

Mentor Programs: Why They're Important and How To Get There

Stacy Hester (U.S. Marine)

TAP Consulting, LLC

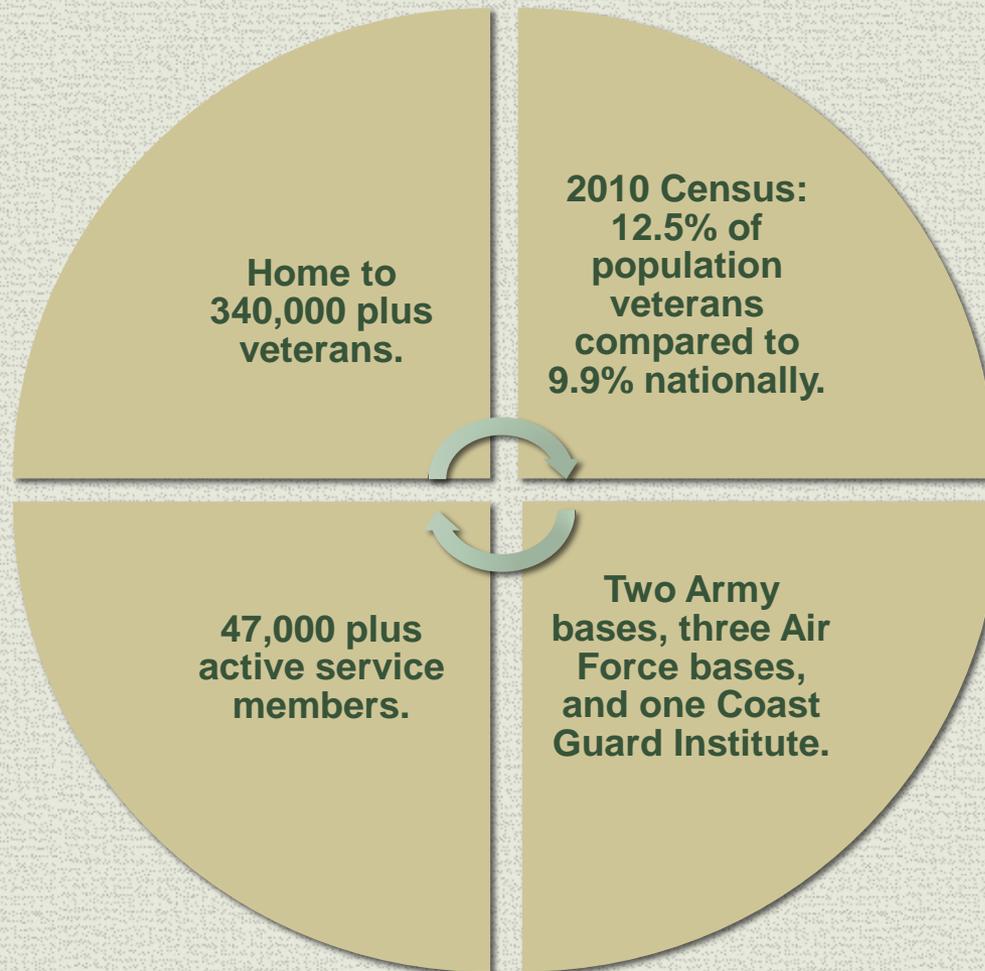
CEO

Kerry L. Mucker II, MA (U.S.A.F. Veteran)

Oklahoma Department of Mental Health & Substance Abuse

Specialty Courts Veterans Liaison

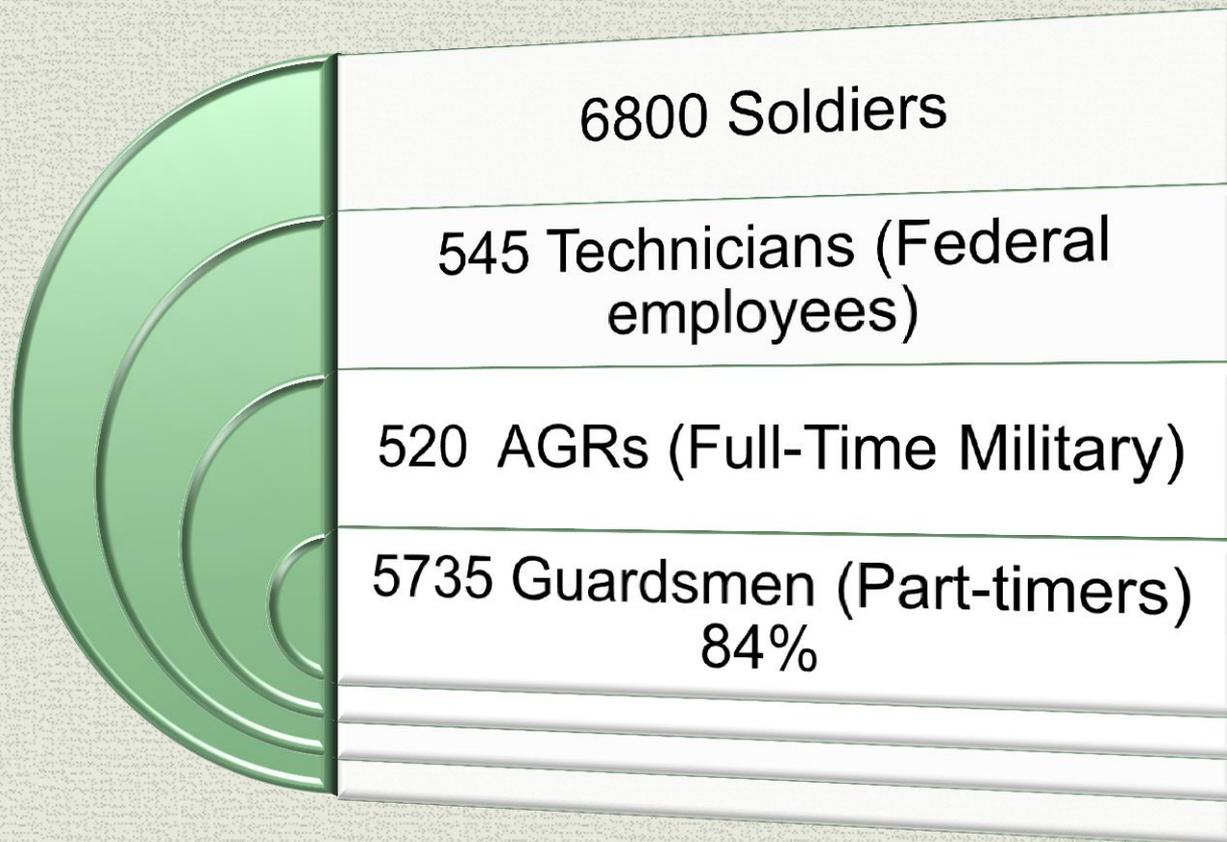
Oklahoma Veteran Dynamics



Veterans in Oklahoma

Oklahoma Veteran Dynamics

Oklahoma National Guard





Oklahoma State Data



Dependent Data ¹



14,513

Total # of Oklahoma dependents for National Guard and Reserve

10,542 National Guard

3,971 Reserve



State Contact

Tabitha Narvaiz, AOS State Community Support Coordinator, 405-227-8209, TNarvaiz@afsc.com

Service members Deployed ² from 9/11/01 to 5/31/2015

United States
1,988,154



65% Active

35% Reserve/Guard

Oklahoma
34,041



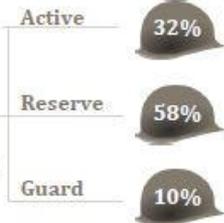
60% Active

40% Reserve/Guard

Multiple Deployments ³ from 9/11/01 to 1/31/2015



26,070
Oklahoma
Service members



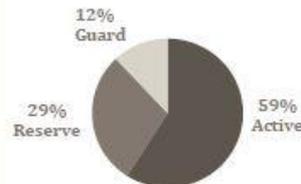
Veteran Suicide Rate ⁴

Veteran suicide deaths increased by **34%** in Oklahoma from 2005 to 2012. An average of **127** Veterans died each year by suicide.



Estimated Separations from Service ⁵ between 4/01/15 to 1/31/2017

4,988 Oklahoma Service members



Oklahoma Veteran Population ^{*}

Total	337,571
War Time	258,253
Gulf War Era	117,140
Vietnam Era	113,892
Korean Conflict	25,598
World War II	12,792
Female	29,848
Male	307,723

^{*} Veteran Population Model as of September 30, 2014

¹ Dependents of Service members who have deployed at least once to OIF/OEF/OND since Sept. 11, 2001 and May 31, 2015 who are currently in the Active or Reserve Component.

² Military deployed to OIF/OEF/OND between Sept. 11, 2001 and May 31, 2015 (1)(2)

³ Service members who have deployed more than once to OIF/OEF/OND between Sept. 11, 2001 and Jan. 31, 2015 who are currently in the Active or Reserve Component. (1)(2)

(1) Presented by the most recent home mailing address of the Service member in the DoD data base

(2) Department of Defense Manpower Data Center (DMDC)

Oklahoma Veteran Dynamics

Persistent Service

From Feb 1, 2013 to Jan 31, 2015, total of 5,105 Service Members deployed from Oklahoma (Army OneSource, 2016).

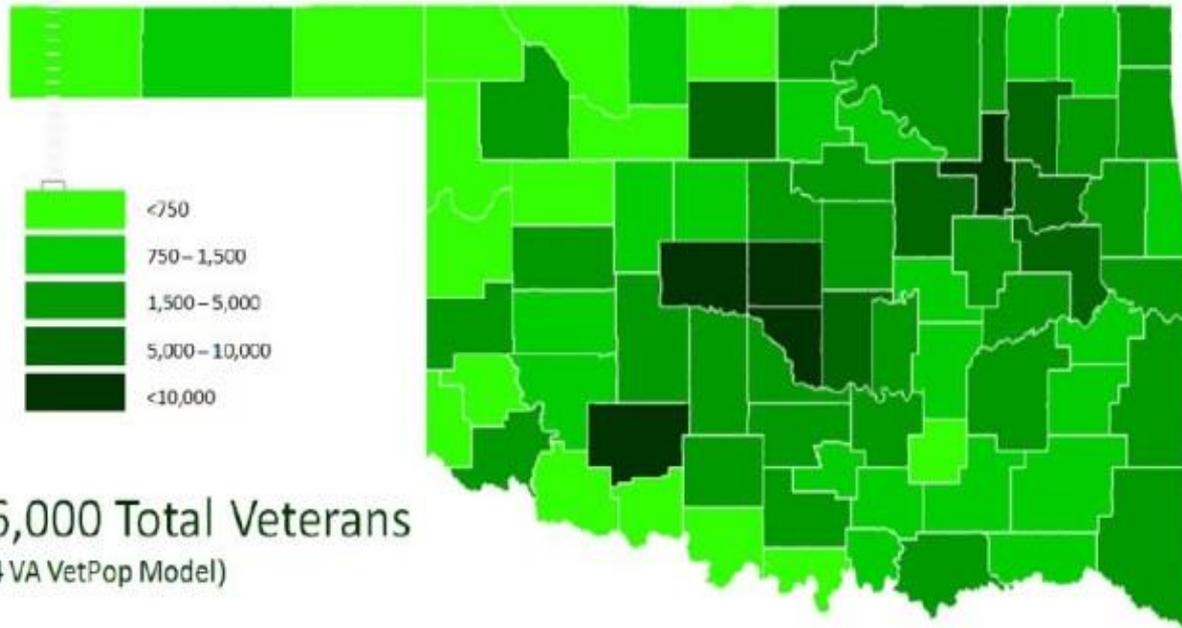
4,949 Oklahoma service members estimated to separate from active duty Apr 1, 2015 and Sep 30, 2016 (DOD Manpower Data Center, 2016)

33,802 Oklahoma service members deployed between Sep 11, 2001 and Jan 31, 2015 (DOD Manpower Data Center, 2016).

In past 5 years, average of 1,500 veterans & active service personnel received substance abuse treatment services, and average of 600 received mental health services through ODMHSAS network of care.

Oklahoma Veteran Population

Location³



10 Most Populated Counties

Oklahoma	57,648
Tulsa	46,885
Cleveland	27,294
Comanche	19,308
Canadian	11,624
Rogers	9,381
Creek	7,328
Wagoner	7,275
Pottawatomie	7,221
Muskogee	6,196

Sources:

1 – U.S. Department of Labor. 2014 Employment Situation of Veterans Summary. Retrieved from <http://www.bls.gov/news.release/vet.nr0.htm>

2 – U.S. Census Bureau. American Fact Finder. Retrieved from http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_13_5YR_S2101&prodType=table

3 – U.S. Department of Veterans Affairs. 2014 VA VetPop Model. Retrieved from http://www.va.gov/vetdata/Veteran_Population.asp

The Invisible Wounds of War



- Post- Traumatic Stress Disorders (PTSD)
- Traumatic Brain Injuries (TBI)
- Military Sexual Trauma (MST)
- Moral/ Soul Injury
- Other Service Hazards & Adjustment Disorders



RISK
FACTORS
POST
MILITARY
DISCHARGE:

- ISOLATION
- RELATIONSHIP PROBLEMS
- UNEMPLOYMENT
- FINANCIAL PROBLEMS
- ADDICTION
- HOMELESSNESS
- DOMESTIC VIOLENCE
- LEGAL ISSUES
- INCARCERATION
- SUICIDE
- OTHERS

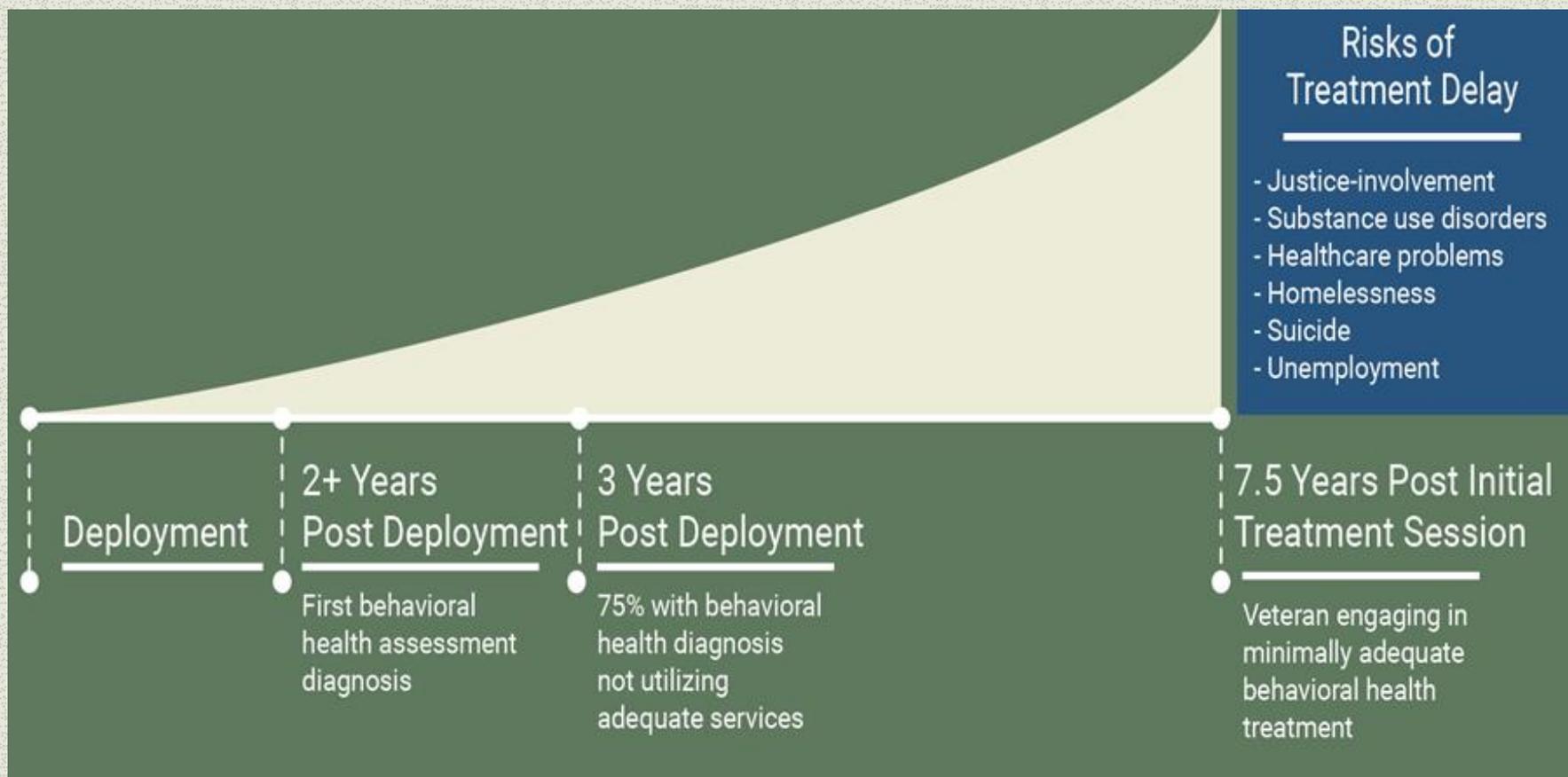
RESERVE & GUARD PERSONNEL



Post Deployment Stress

- May experience a reduction in income
- Transition of health care or loss of health coverage
- Loss of unit/military support system for the family
- Variants of deployments

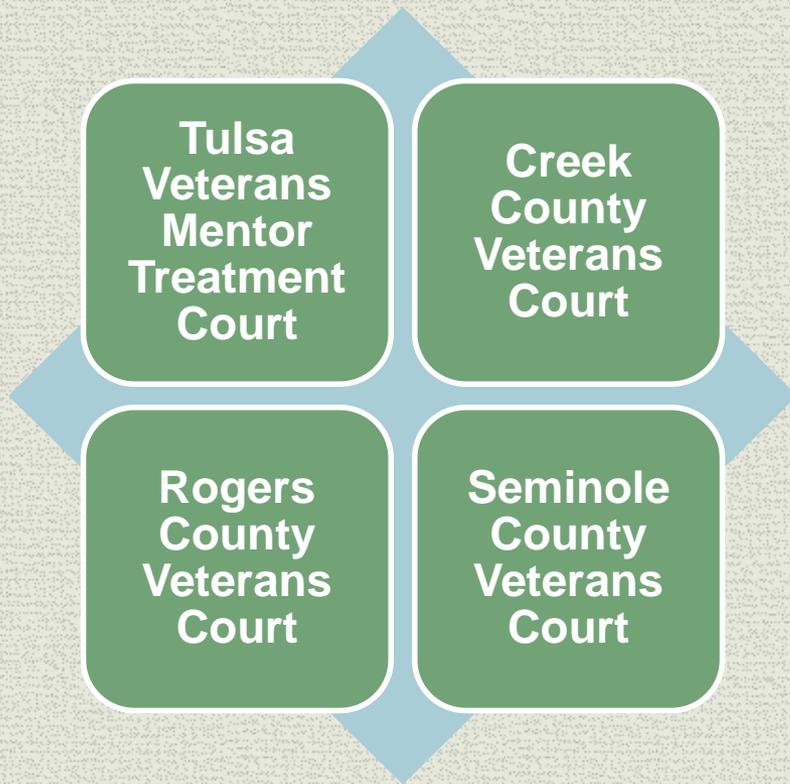
Post- Deployment Delays in Treatment



Spectrums of Assistance



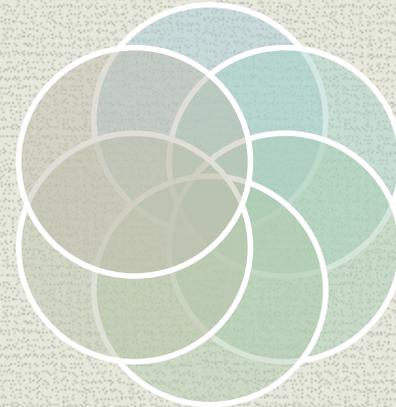
Oklahoma Veteran Justice Programs



Oklahoma County Veterans Diversion Program

Cleveland County

Veterans Initiative Developments



Garfield County

Muskogee County

Pittsburg County

VJO Veteran Justice Program Evaluation

2014 Veterans Court Inventory Results: Mentor Programs

- More than half of courts (61.8%) have an established mentor program
- Across all courts with mentor programs, there were a total of 1,944 Veteran volunteer mentors, with an average of 9 mentors per court
- Of the courts with a mentor program, the most common coordinator is a volunteer mentor coordinator (62.3%), followed by a treatment court coordinator (13.0%), a paid mentor coordinator (11.2%), or more rarely volunteers from community agencies
- 15.2% of courts have a mentor program that is under development

Colorado 4th Judicial District Veterans Trauma Court

Assistance Received

Self-Report	Baseline to 12-Months
Housing	23.6%
Transportation	21.8%
Self-Help or Peer Support	47.3%
Child Care	3.6%
Social or Recreational Activities	9.1%
Other	3.6%

The background of the slide is a stylized American flag with a blue field of white stars on the left and red and white stripes on the right. The stripes are curved and flow across the frame.

TAP Consulting, LLC
(Transition And Purpose)

President: Stacy Hester

Stacy@transitionandpurpose.com

Mentor Programs:

Why They're Important & How To Get There

LEAVE NO VETERAN BEHIND

Mentor
Coordinator

LEAVE NO VETERAN BEHIND

LEAVE NO VETERAN BEHIND

KNOWLEDGE

Mentor
Coordinator

LEAVE NO VETERAN BEHIND



LEAVE NO VETERAN BEHIND

POLICY & PROCEDURE
MISSION STATEMENT
GOALS OF PROGRAM
HISTORY & CULTURE

KNOWLEDGE

Mentor
Coordinator

LEAVE NO VETERAN BEHIND





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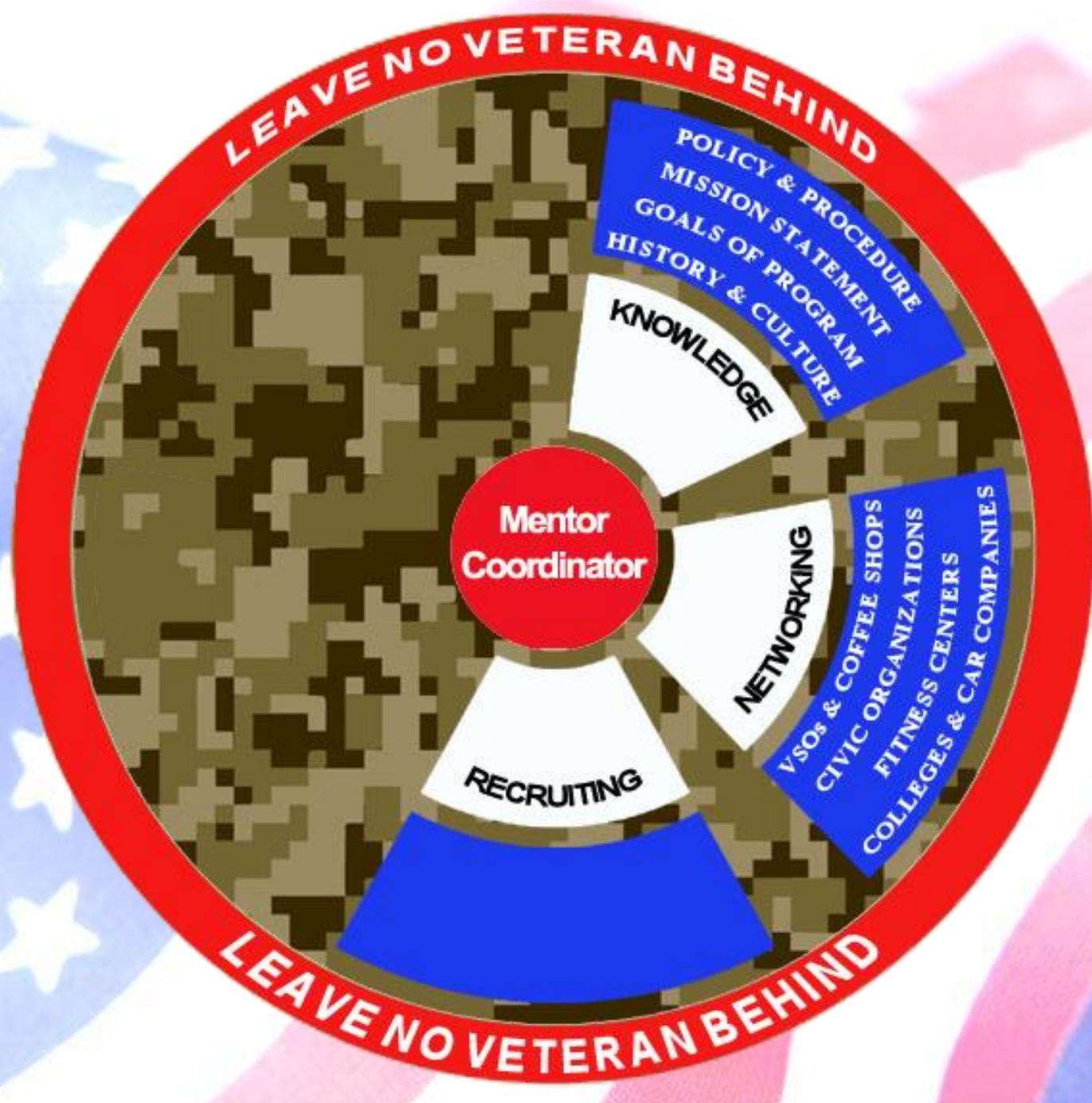
Mentor
Coordinator

NETWORKING

YsOs & COFFEE SHOPS
CIVIC ORGANIZATIONS
FITNESS CENTERS
COLLEGES & CAR COMPANIES

LEAVE NO VETERAN BEHIND

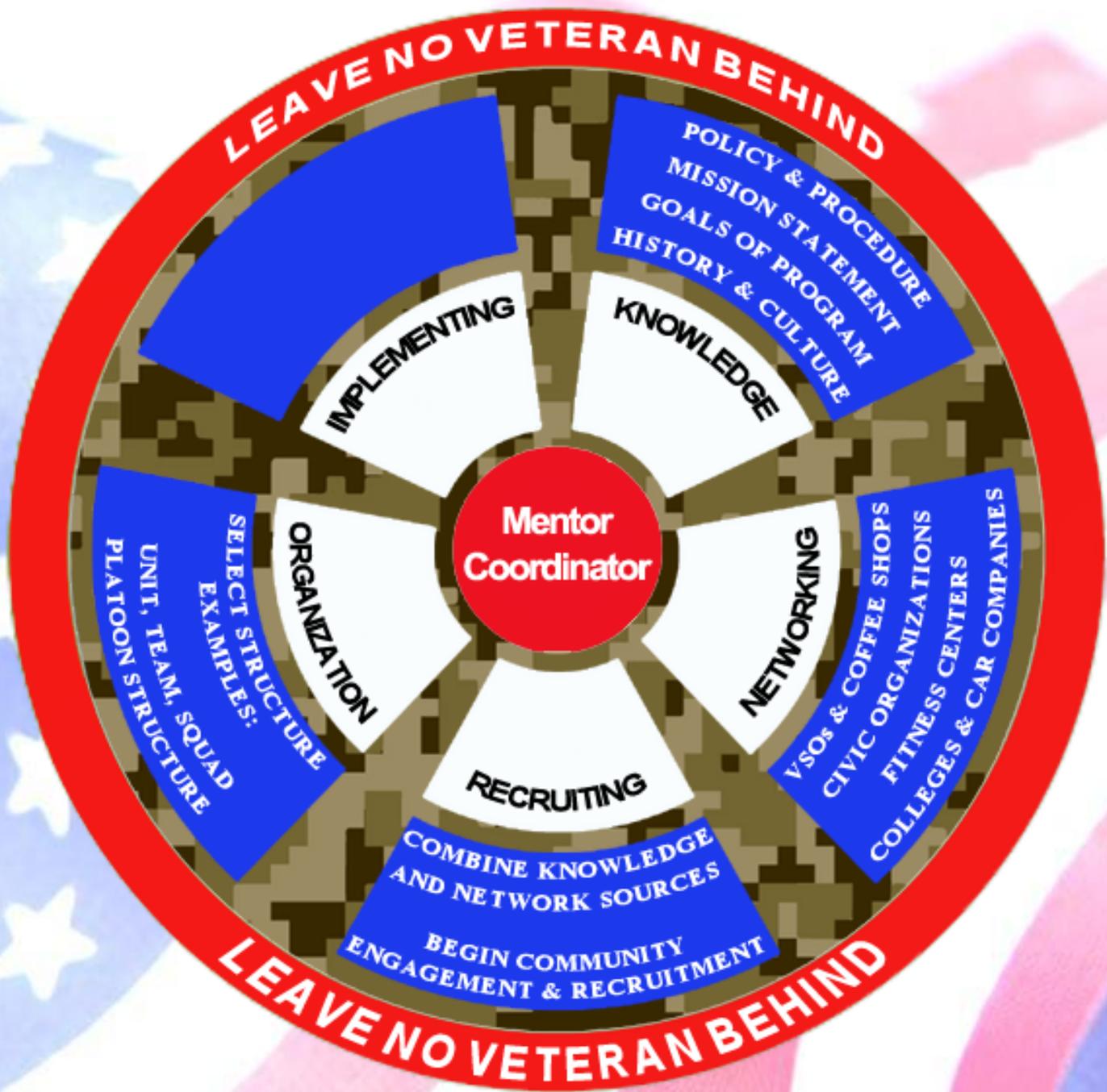
















TAP Consulting, LLC

Questions?

Contact Information:

Stacy Hester | President
Stacy@transitionandpurpose.com

Kerry Mucker | Specialty Courts Veterans Liaison at ODMHSAS
Kerry.Mucker@ODMHSAS.org

The background of the image is a close-up, slightly blurred view of the American flag. The blue field with white stars is visible on the left side, while the red and white stripes dominate the right and bottom portions. The text is overlaid on this background.

Save The Date !!!

February 17, 2017

Location and time TBD!!

ESSENTIAL VETERAN RESOURCES

Fleeting Overview

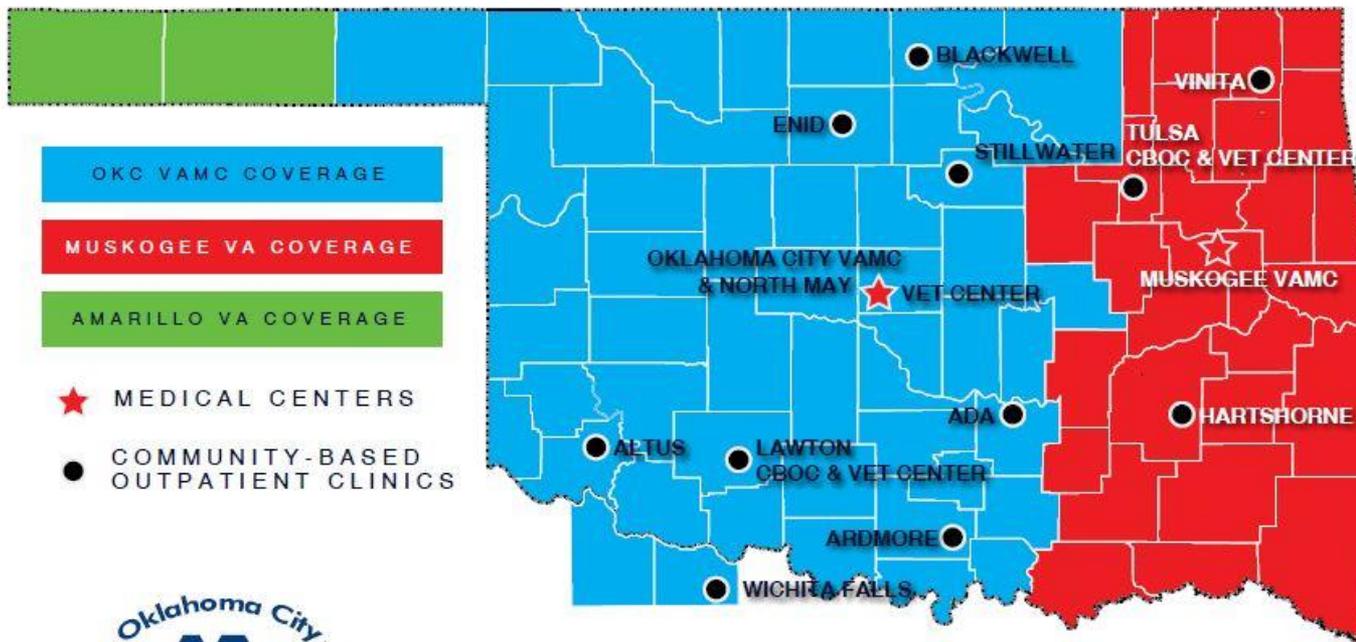
The Department of Veterans Affairs (VA)

- **Veterans Health Administration (VHA)**
 - All Health care services
 - Medical Centers, Ambulatory Care & Community Based Outpatient Clinics
- **Veteran Benefits Administration (VBA)**
 - All VA Benefits - VA Regional Offices
 - Compensation & Pension, GI Bill, Home Loans, etc.
- **National Cemetery Administration (NCA)**
 - National and State Veterans Cemeteries
 - Headstones , Markers & Presidential Memorial Certificates

Distinctions between the VA Branches

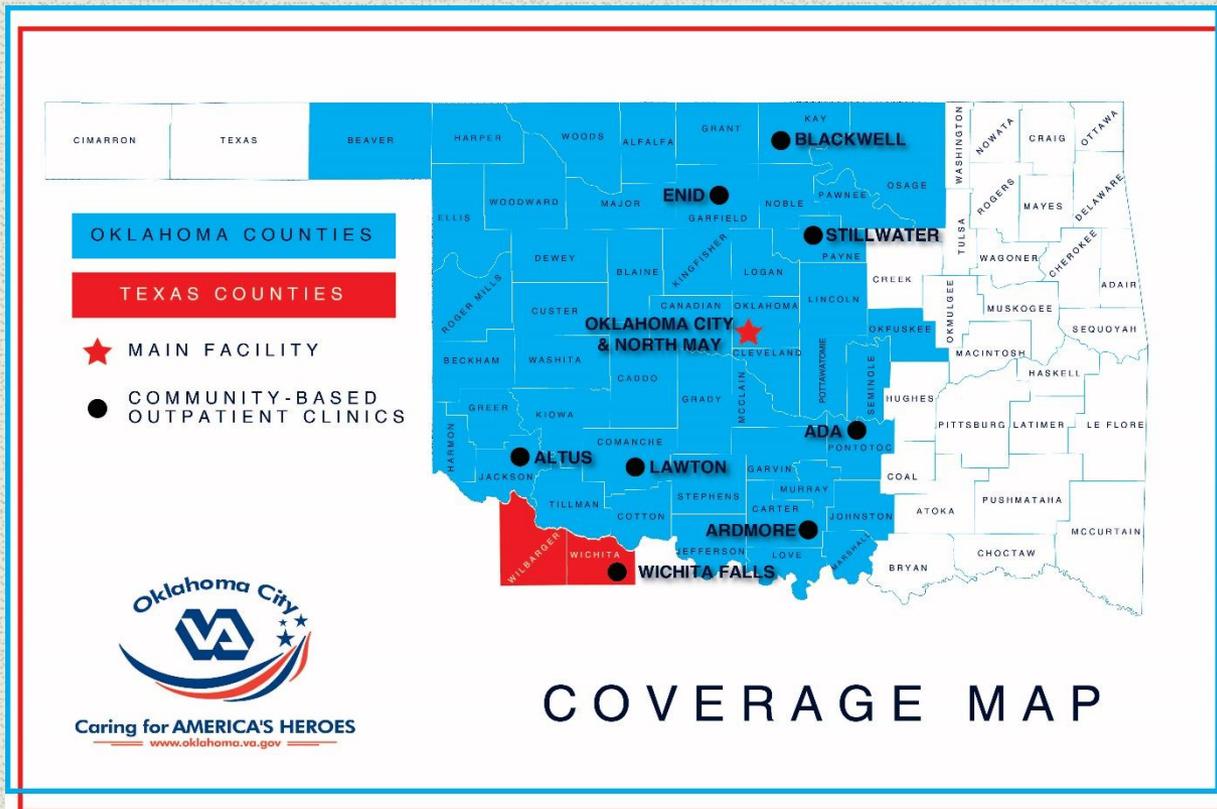
- The Veterans Health Administration (VHA) provides health care and clinics. To understand more how the Veterans Health Administration determine eligibility click here <http://www.va.gov/healthbenefits/apply/veterans.asp> .
- The Veteran Benefit Administration (VBA) provides compensations, pensions & educational benefits. To understand more how the Veteran Benefit Administration determine eligibility click here <http://www.benefits.va.gov/benefits/>
- The National Cemetery Administration (NCA) provides national and state cemeteries, headstones and markers. To understand more how the National Cemetery Administration determine eligibility click here <http://www.cem.va.gov/>

Department of Veterans Affairs Oklahoma Resources



DEPARTMENT OF VETERANS AFFAIRS
OKLAHOMA RESOURCES

Veterans Affairs Catchment Region



VETERANS HEALTHCARE ADMINISTRATION

Enrollment:

- Online- <https://www.1010ez.med.va.gov/>
- Ebenefits.va.gov
- In person- Module A at OKC VAMC
- Paper Application-1010EZ
- Depending on Eligibility Priority Group, income verification is required
- **MUST HAVE A DD214**
 - Must verify Discharge Status and Dates of service

Veteran Justice Outreach National Initiative

- “The purpose of the VJO Initiative is to avoid unnecessary criminalization of mental illness and extended incarceration among Veterans by ensuring that eligible Veterans in contact with the criminal justice system have access to VHA Services.”

Veterans Justice Outreach (VJO) Program

- Outreach, Assessments, case management for justice-involved Veterans in local courts or jails.
- Veteran Identification
- Assistance in eligibility and enrollment
- Continued monitoring and consultation
- Hand-off to VA and community service providers



Veteran Justice Outreach Specialists (VJO) OKC VAMC

- Jessica McLeod MSW, LCSW

Contact Information:

Phone: 405-456-2006

Email: Jessica.McLeod@va.gov

- Omar Rashidzada, MSW

Contact information:

Phone: 405-456-3010

Email: Omar.rashidzada@va.gov

Veteran Justice Outreach Specialists (VJO) JCMVAMC

- Paula Darrow (VJO)
paula.darrow@va.gov

- Doug McCormick
Readjustment Counseling Therapist
Veterans Treatment Court Liaison
(918) 610-2000
douglas.mccormick@va.gov

OK Department of Veterans Affairs

- Services include nursing care, financial assistance in emergencies, and field service counseling in the filing of claims for U.S. Department of Veterans Affairs and state benefits.
- These skilled nursing care centers are located in Ardmore, Claremore, Clinton, Lawton, Norman, Sulphur, and Talihina.
- The Oklahoma Department of Veterans Affairs also has a Claims and Benefits Division.
- Veteran Service Representatives <http://odva.ok.gov/veteran-services-help>
- State/ Federal/ Benefits <http://odva.ok.gov/benefits>



OKLAHOMA DEPARTMENT OF VETERANS AFFAIRS



[Get Help](#)

[Benefits](#)

[Veterans Centers](#)

[Jobs at ODVA](#)

[About ODVA](#)



Vietnam War Commemoration



Remembering Our Fallen

Contact Us

Veterans Crisis Line

1-800-273-8255

Agency Hotline

Report fraud, waste, abuse and neglect.

Toll Free: 855-701-6382 or

Local: 405-521-4934

Central Office

Local: 405-521-3684

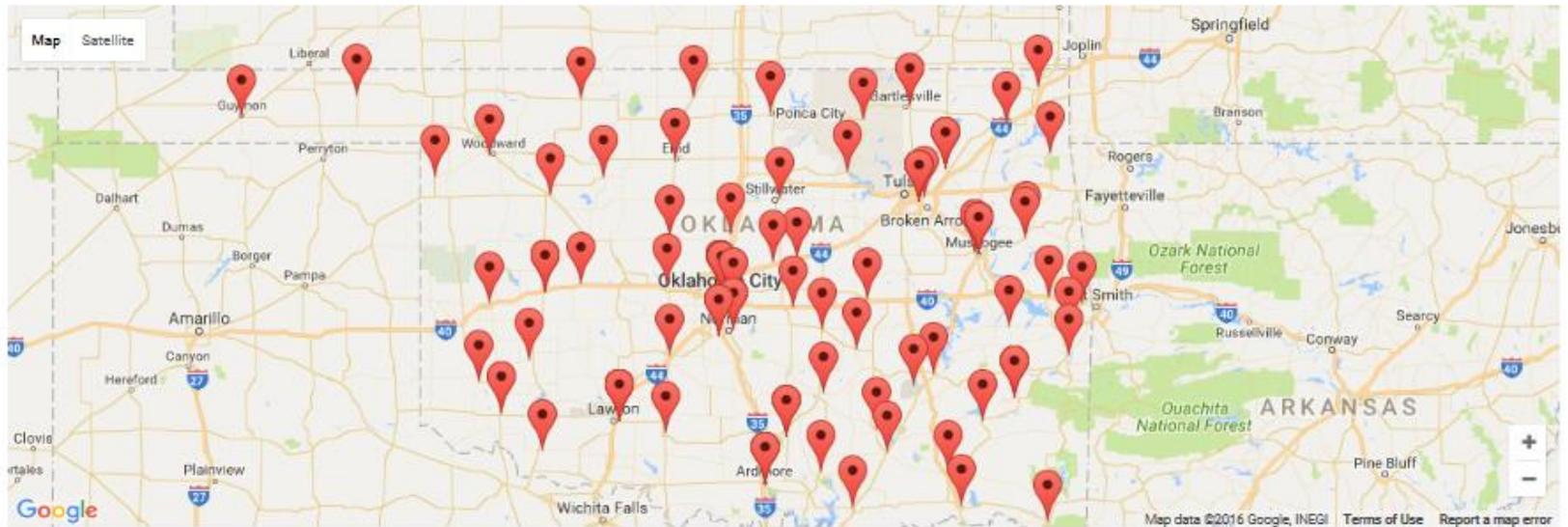
[Mission Statement](#)

Your Name *

[Get Help](#)[Benefits](#)[Veterans Centers](#)[Jobs at ODVA](#)[About ODVA](#)[HOME](#) / [VETERAN SERVICES HELP](#)

Veteran Services Help

Oklahoma's Veterans Services Representatives are helping vets get their benefits across the state every day. Locate the VSR closest to you by clicking a nearby point on the map or by choosing a region below.



Veteran Services Representative (VSR) Itinerary

Northwest

Area 1 (Cleveland, McClain, Oklahoma)

<http://odva.ok.gov/veteran-services-help>

Veteran Service Organizations



- *American Legion*
- *Iraq and Afghanistan Veterans of America (IAVA)*
- *Disabled American Veterans (DAV)*
- *Marine Corps League*
- *National Association for Black Veterans (NABVETS)*
- *Veterans of Foreign Wars (VFW)*
- *Oklahoma Department of Veteran Affairs (ODVA)*



- *Not Limited To This List*

Accredited Service Officers



- Accredited by VA to represent veterans in claims. See requirements in 38 Code of Federal Regulations 14.626-14.637.
- Adhere to all of the Veterans Initiative Courts program policies and procedures.
- Complete the required initial training as specified by the court prior to participation in the Veterans Initiative program.
- Participate in any required additional training as required by the court.

HUD- VASH Programs

The HUD-VASH program is a long term intensive case management program for homeless veterans. HUD-VASH is a united agreement amongst the Department of Housing and Urban Development and VA. HUD provides housing assistance through its Housing Choice Voucher Program (Section 8) that allows homeless veterans to rent privately owned housing. The VA offers eligible homeless veterans clinical and supportive services through its health care system. There are two VA Homeless programs that service Oklahoma; the OKC-VAMC <http://www.oklahoma.va.gov/services/homeless/> & the Homeless Alliance, and the Oklahoma Northeastern regional partners <http://mhaok.org/what-we-do/housing/housing-options/> etc. & VA facilities (see attachments & catchment region– Blue represents region OKC VAMC/ White represents the Tulsa VA & Jack C. Montgomery catchment region). Click this link for eligibility criteria http://www.va.gov/homeless/hud-vash_eligibility.asp or call 1-877-424-3838.

Health Care for Homeless Veterans: Other Programs

Veterans Justice Outreach (VJO) program will identify, outreach, educate and serve legally involved Veterans. Through collaboration with local courts and jails, the VJO works with Veterans, their family members, and sometimes their attorneys to identify Veterans engaged in our legal system, reach out to them even when incarcerated and educate them on VA benefits.

Vocational Development program provides case management, life skills, job preparation training, and direct career placement into the community for homeless Veterans or Veterans at risk of homelessness.

Homeless Substance Use Disorder Specialist provides case management and supportive therapy to homeless Veterans in the community. This worker provides Social Work interventions for individuals, families and groups. Specialist acts as a liaison with community agencies and coordinates community-based services including referral to or from VA programs, government programs, and community agency programs.

Stand Down - Annual event where numerous community agencies gather to provide resources and services to homeless Veterans to assist with ending homelessness.

Bus Tokens - Given as needed for job searches or medical appointments.

Contact Information

Muskogee VA Medical Center
1011 Honor Heights Dr
Muskogee, Oklahoma 74401
918-577-3000
Toll Free: 1-888-397-8387

Tulsa VA Outpatient Clinic
10159 E 11th Street, Ste 115
Tulsa, OK 74128
918-610-2047
Toll Free: 1-888-398-8387

Hartshorne VA Outpatient Clinic
1429 Pennsylvania Ave
Hartshorne, OK 74547
888-878-1598

Vinita VA Outpatient Clinic
269 S 7th St
Vinita, OK 74301
918-713-5400



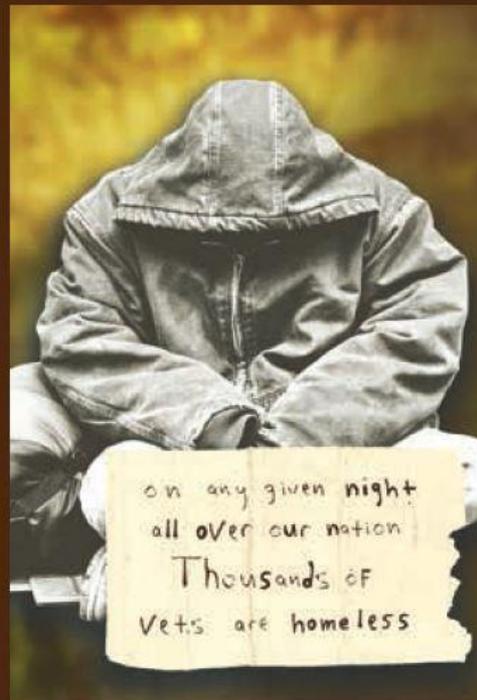
Jack C. Montgomery
VETERANS AFFAIRS
MEDICAL CENTER

"Excellence Starts Here"

1011 Honor Heights Dr
Muskogee, Oklahoma 74401
Phone: 918-577-3000
Toll Free: 1-888-397-8387
www.muskogee.va.gov



Homelessness Among Our Veterans



Supportive Programs for Veterans



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

1-877-4AID-VET

Struggles of the Homeless Veteran

Are you dealing with:
Unemployment
Feeling sad or anxious
Drug or Alcohol misuse
Medical problems

Homelessness is an adverse consequence of varied life struggles. The Jack C. Montgomery VA Homeless Program team can help guide you to live the life you desire.

The VA Wants to End Homelessness Among Our Veterans

"Caring for Veterans is a calling, and our first commitment is to provide them and their families the timely, quality care and benefits they have earned and deserve through their service to our Nation."

Robert A. McDonald

Secretary of the Department of Veterans Affairs

"We're not going to be satisfied until every Veteran who has fought for America has a home in America."

Barack Obama

44th President of the United States of America

HUD-VASH Program

Health Care for Homeless Veterans: Transitional Living

Eligibility Criteria



The HUD-VASH Program is a cooperative effort between the Housing and Urban Department and the Department of Veterans Affairs aimed at providing supportive housing assistance

to homeless Veterans and their families. To be eligible for this program, the Veteran must be currently homeless or imminently homeless (documented as being homeless within 14 days), meet financial eligibility guidelines established by HUD for the region, have a case management need and be willing to participate in on-going case management services.

This innovative project promotes a team approach to ending homelessness: the Veteran works with their public housing authority case worker and their VA case manager to actively address the issues that impaired his/her ability to maintain stable housing. In turn, the VA offers case management support and community resources to actively address those issues and the public housing authority offers rental assistance in the selected, eligible unit chosen by the Veteran. The encompassing goal is to help the Veteran obtain AND maintain stable housing for his/her household.



Yale Apartments

Located in Tulsa, Yale Apartments provide transitional living for Veterans who have a mental health diagnosis. Veterans can reside at Yale Apartments for 30-90 days.



Bryce House (Grant and Per Diem)

Located in Tulsa, Bryce House is a 31-bed residential treatment center for male Veterans recovering from substance abuse. Supportive services are provided at the facility. Veterans can reside up to 24 months.



Liberty House (Grant and Per Diem)

Located in Tulsa, Liberty House is a transitional living facility for homeless male Veterans who are coming out of the prison system, in recovery from alcohol and drug use, and have a desire for recovery. Individualized supportive programs are offered.



12 & 12, Inc.

Located in Tulsa, 12 & 12 Inc. is one of the largest and most comprehensive substance use disorder treatment centers in northeastern Oklahoma. 30-90 days of housing and support are offered to female Veterans and men if beds are available.

** If ineligible for SNAP Program, agree to pay up to \$200.00 per month to assist with food costs.*

	Yale Apart-	Bryce House	Liberty House	12 & 12, Inc.
Male only		■	■	
Female only				■
Be able to work, volunteer or attend school	■	■	■	■
Not be awaiting other housing placement		■	■	
Will be subject to program fees		■	■	
Mandatory savings account program			■	
Mental health diagnosis	■			
Substance Use Disorder or Co-Occurring Diagnosis		■	■	■
Willing to reside in a sober living environment	■	■	■	■
Have 30 days of sobriety		■		■
Be in recovery or have a desire for recovery		■	■	■
Be stable if on psychotropic medications	■	■	■	■
Willing to participate in case management	■	■	■	■
Agree to participate in the SNAP Program *			■	
Must not be a danger to themselves or others	■	■	■	■

SSVF Programs

- The Supportive Services for Veteran Families (SSVF) Program provides grants and technical assistance to community-based or nonprofit organizations to help veterans and their families. SSVF will assist very low-income veteran families residing in or transitioning to permanent housing. Grantees will provide a range of supportive services to eligible veteran families that are designed to promote housing stability. For example, <http://okgoodwill.org/uploads/SSVF%20BROCHURE.pdf> , <http://www.kibois.org/ssvf.html> , and the BRXX4Vets are four of many community based SSVF programs that are located across our state. Together we can end veteran homelessness.

CHANGING THE LIVES OF OKLAHOMA'S VETERANS AND THEIR FAMILIES

For more information on Goodwill's Supportive Services for Veteran Families Program (SSVF), contact us:

Supportive Services for Veteran Families
Program Manager
Phone: 405-887-5710
Email: ssvf@okgoodwill.org

This brochure was funded by a grant from the United States Department of Veteran Affairs. The opinions, findings and conclusions stated herein are those of the author and do not necessarily reflect those of the United States Department of Veterans Affairs.



*Our mission is to enhance the quality of life
for individuals with disabilities and
disadvantages through the
Power of Work.*

PROGRAM PARTNERS

Under the Supportive Services for Veteran Families (SSVF) Program, Goodwill will join forces with **City Rescue Mission**, **The Homeless Alliance**, **Upward Transitions**, **Legal Aid Services of Oklahoma**, **HeartLine**, and **Volunteers of America** to provide services designed to promote housing stability for Oklahoma's veteran families.

THE HOMELESS ALLIANCE
1724 NW 4TH Street
Oklahoma City, OK 73106
405-415-8410
www.homelessalliance.org

CITY RESCUE MISSION
800 W. California Avenue
Oklahoma City, OK 73106
405-232-2709
www.cityrescue.org

UPWARD TRANSITIONS
1134 W. Main Street
Oklahoma City, OK 73106
405-232-5507
www.upwardtransitions.org

LEGAL AID SERVICES OF OKLAHOMA
1-888-534-5243
www.legalaidok.org

HEARTLINE
2-1-1

VOLUNTEERS OF AMERICA
9605 E. 61st Street
Tulsa, OK 74133
918-307-1500
www.voa.org

United Way
Partner Agency



SUPPORTIVE SERVICES FOR VETERAN FAMILIES PROGRAM

Promoting Housing Stability for
Oklahoma's Veteran Families

Goodwill 
Industries of Central Oklahoma 

405-236-4451
www.okgoodwill.org



ABOUT SSVF

The purpose of the Supportive Services for Veteran Families Program (SSVF) is to provide supportive services to very low-income Veteran families who are homeless or at risk for becoming homeless.

Through SSVF homelessness prevention and rapid re-housing services, veteran households will be supported in maintaining long-term housing stability.

HOW IT WORKS

Centralized intake provided by **HeartLine**.

Legal Aid Services of Oklahoma will provide all legal services for participants.

Representative payee services provided by **Volunteers of America of Oklahoma**.

Case management for participants will be provided by **Goodwill Industries of Central Oklahoma, Inc., The Homeless Alliance, City Rescue Mission, and Upward Transitions**.

Partners will allow for candidates to be screened, unmet needs accessed and identified, and support services provided at any of the four case management sites.

SERVICES

OUTREACH

SSVF partners participate in local job fairs, veteran organization events, community functions, and collaborates with additional veteran service providers to reach veterans.

CASE MANAGEMENT

Program partners will provide case managers who will connect with participants and match unmet needs with resources both internally and externally. Follow up and retention services will also be available to participants to provide sustainability.

LEGAL ASSISTANCE

Legal Aid Services of Oklahoma will provide each participant with individualized counseling services to help resolve housing barriers and assist with applying for public housing benefits.

EMPLOYMENT COUNSELING

SSVF participants will have access to specialized employment training, job readiness assistance, individualized employment counseling, and skills assessment. Training offered will include: basic computer training, skills assessment and training, resume development, interview readiness, and job search assistance.

ADDITIONAL SERVICES INCLUDE:

- Housing Barriers Assessment
- Emergency Housing Stability Assistance
- Temporary Financial Assistance
- Housing Counseling
- Rental Agreement Education
- VA Benefits Assistance and Counseling
- DHS Assistance and Counseling
- Landlord-Tenant Mediation
- Future Housing Stability Planning
- Referral to other services, including: health care, health insurance, education services, daily living services, personal financial planning services, transportation services, income support services, and child care services.



Homeless veterans who were discharged from the U.S. military or released under conditions other than dishonorable are eligible for the program.

Healthcare for Re-Entry Veterans (HCRV)

Tony Kirksey, LCSW

Phone :405-456-1762

Email: Anthony.Kirksey2@va.gov

Oklahoma Works / The Oklahoma Employment Security Commission Workforce

- *“As Veterans serving Veterans, our mission is to insure Veterans Priority of Services throughout OESC, along with offering our Veterans and the transitioning service members with the proper resources and services to succeed in the 21st Century workforce. We pledge our utmost to protect their employment rights, maximize their employment opportunities, and meet the labor market demands with qualified veteran employees.”*

Oklahoma Employment Security Commission
Workforce Oklahoma

Directory of Veterans Program Representatives

Please note that these representatives position description requirements have dramatically changed based on U.S. Department of Labor policy.

- (#1) **Local Veterans Employment Service Representatives (LVER)** *conduct outreach services to employers with no Workforce Office Veteran services.*
- (#2) **Disabled Veterans Outreach Program Specialists (DVOP)** *provide intensive employment services to Veterans and Targeted Populations meeting criteria as having or supporting individuals identified with Significant Barriers to Employment.*
- (#3) **All other Veterans will be provided services in each Workforce Office by the Wagner-Peyser Employment Service (ES) Representatives.**

* =Veterans' Program Rep available on Appointment Days

City / Address / Zip Code

Phone / FAX

Representative listed as either LVER or DVOP unless none is provided

Counties Served by this Vet Rep and/or By Appointment

Ada 1500 Hoppe Blvd, Ste 2 74820

Phone (580) 332-1533 FAX (580) 421-9265

Counties Served: Garvin and Pontotoc

Altus 1115 N Spurgeon 73521

Phone (580) 482-3262 FAX (580) 482-3284

DVOP(#2): **Sherrie Harris** Note: This position is full time DVOP.

Counties Served: Greer, Harmon, Jackson and Kiowa

Ardmore 2421 Autumn Run, Ste B 73401

Phone (580) 223-3291 FAX (580) 226-2730

DVOP(#2): **Catherine McBride** Note: This position is ½ time DVOP and ½ time ES.

Counties Served: Carter, Love and Murray

Bartlesville 210 NE Washington Blvd 74006

Phone (918) 331-4800 FAX (918) 333-3610

LVER(#1): **Kenneth Harbuck** Note: This position is ½ time DVOP and ½ time ES.

Veteran Affairs Tribal Programs

- *Michael Gardener*, Native American Nurse Navigator~
OKC-VAMC/ 405-456-3808
- *John Alley*, Medical Admin SPC Indian Health Liaison~
JCMMC / 918-577-4261

Vet Centers

- **Oklahoma City Vet Center**

1024 N.W. 47th St. Suite B OKC, 73118 (405) 456- 5184

<http://www.va.gov/directory/guide/facility.asp?ID=5457>

- **Tulsa Vet Center**

14002 E. 21st St. Suite 200 Tulsa, OK 74134 (918) 628-2760

<http://www.va.gov/directory/guide/facility.asp?ID=5458>

- **Cherokee Nation Vet Center**

Tahlequah, OK 74465 (918) 453-5693

- **Lawton/ Red River Vet Center**

1016 S.W. C Street Lawton, OK 73501 (580) 585-5880

<http://www.va.gov/directory/guide/facility.asp?ID=5892>

- Each location accept walk-ins or appointments. Business hours are listed in the links. Evening appointments are available

Did you know:

- Members who participated in these theaters are also **war zone eligible veterans: Merchant Marines-** Dec. 1941 to Aug. 1945, **Lebanon**– Aug. 1982 to Feb. 1984, **Grenada**– Oct. 1983 to Nov. 1983, **Panama-** Dec. 1989 to Jan. 1990, **Persian Gulf**– Aug. 1990 to..., **Somalia** Sept. 1992 to..., **Bosnia**–Nov. 1995 to Nov 2007, **Kosovo**– Mar. 1999 to..., **Op. Joint Endeavor, Op. Joint Guard,& Op. Joint Forge.**

Suicide Prevention

- Suicide Prevention is consistently a priority of all organizations that provide amenities to service members, veterans, and family members. As mentioned in the introduction:
- Calls from Oklahoma veterans to the Veterans Crisis Line (affiliated with the National Suicide Prevention Lifeline) grew from **318** in 2007 to more than **1,680** in 2010.
- In Oklahoma, from **2004-2007**, **23% (466)** of all suicide victims were veterans, representing **76%** of all violent deaths among veterans. It is estimated that **22** Veterans die from suicide each day (U.S. Veterans Affairs)
- One key resource that can help a veteran in crisis is a receptive call.

1 Is Too Many



ODMHSAS

**OKLAHOMA -
STATEWIDE**

**Oklahoma Department
of Mental Health**

**Reachout National
Hotline**

**Crisis & Information
Line**

24 hours / 7 days

1-800-522-9054



NATIONAL
SUICIDE
PREVENTION
LIFELINETM
1-800-273-TALK (8255)
suicidepreventionlifeline.org

**Learn the
Warning
Signs.**

Surplus Resources

National Suicide Prevention Lifeline
800-273-TALK

Suicide Prevention Resource Center
www.sprc.org

Resource Center (free materials)
www.odmhsas.org/resourcecenter



Veterans Crisis Line

- The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, [chat online](#), or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing](#) individuals is available.



LAWTON

United Way Helpline, Inc.

24 hours / 7 days

(580) 355-7575



OKLAHOMA CITY
Serving Central Oklahoma
HeartLine, Inc.
24 hours / 7 days
(405) 848-CARE (2273)



PONCA CITY

Helpline

24 hours / 7 days

(580) 765-5551



Tulsa Helpline
Helpline Tulsa
8am-6pm / Mon-Friday
9am-5pm / Saturday
(918) 836-HELP
(918) 836-4357

Resources By Dr. Brian Meyer

- Trauma and Recovery (1992), Judy Herman
- Treating Complex Traumatic Stress Disorders (2009), Christine Courtois and Julian Ford, eds.
- Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach (2012), Christine Courtois, Julian Ford, and John Briere
- Treating Survivors of Childhood Abuse: Psychotherapy for the Interrupted Life (2006), Marylene Cloitre, Lisa Cohen, and Karestan Koenen

Resources

- The Trauma Recovery Group: A Guide for Practitioners (2011), Michaela Mendelsohn, Judith Herman, Emily Schatzow, and Diya Kallivayalil
- Seeking Safety (1998), Lisa Najavits
- Skills Training Manual for Borderline Personality Disorder (1993), Marsha Linehan
- Motivational Interviewing, 3rd Ed. (2012), William Miller and Sam Rollnick

Resources

- Trauma Focused-Cognitive Behavioral Therapy :
<http://tfcbt.musc.edu>
- EMDR: <http://www.emdr.com> and
<http://emdria.org>
- Seeking Safety: <http://www.seekingsafety.org>
- Dialectical Behavior Therapy: <http://www.behavioraltech.com>

Resources

- Acceptance and Commitment Therapy: www.act-for-anxiety-disorders.com
- International Society for Traumatic Stress Studies:
<http://www.istss.org>
- www.nadcp.org
- www.ndci.org
- www.militaryfamily.org
- www.justiceforvets.org

Resources

- <http://www.motivationalinterview.org/>
- <http://www.motivationalinterview.org/clinical/METDrugAbuse.PDF>
- Motivational Enhancement Therapy Manual (1994), NIH
Pub. No. 94-3723. Order from
<http://pubs.niaaa.nih.gov/publications/match.htm>.
- <http://mid-attc.org/accessed/mi.htm>

Online and Telephone Resources

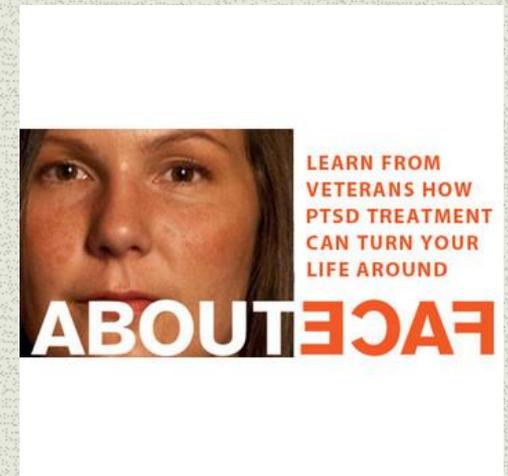


**Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

IT'S YOUR CALL

Confidential help for
Veterans and their families

• • • • Confidential chat at VeteransCrisisLine.net or text to **838255** • • • •



LEARN FROM
VETERANS HOW
PTSD TREATMENT
CAN TURN YOUR
LIFE AROUND

ABOUTFACE



MAKE THE CONNECTION
Share experiences and support for Veterans

Connect on Facebook YouTube

1-800-273-8255 Search Site

Connect to: Who You Are Life Events & Experiences Video Gallery Signs & Symptoms Conditions Resources & Support

**WELCOME TO
MAKE THE CONNECTION**

Connecting Veterans and their family and family members with information, resources, and solutions to issues affecting their lives.

CUSTOMIZE THIS SITE FOR YOU

I am: MALE FEMALE

I served during:

I served in:

I was exposed to combat: YES NO

CUSTOMIZE NOW Share This

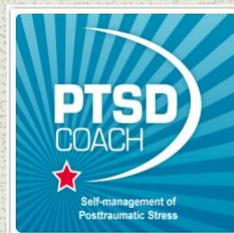
Online Resources

- Self-assessment Mental Health screening
<http://www.militarymentalhealth.org/>
- Computer-based Problem-solving therapy
<http://startmovingforward.t2.health.mil/>
- Wellness resources
<http://afterdeployment.t2.health.mil/>

Self-Help Mobile Applications

<http://www.t2health.org/mobile-apps>

- PTSD Coach
- T2 MoodTracker
- Breathe 2 Relax
- Tactical Breather
- LifeArmor (includes family section)



Self-Help Mobile Applications

<http://www.t2health.org/mobile-apps>

- mTBI Pocket Guide



- Concussion Coach



- Biofeedback



- Parenting2Go



Self-Help Mobile Applications

- Positive Activity Jackpot



<http://www.militarymentalhealth.org/articles/media/>

- Virtual Hope Box



- Provider Resilience
- More to come!



Mobile Applications That Assist Psychotherapy

- PE Coach



- CPT Coach



- CBT-I Coach



- Mindfulness Coach



- ACT Coach



Resources

- www.nadcp.org
- www.ndci.org
- www.militaryfamily.org
- www.justiceforvets.org
- <http://www.apa.org/about/gr/issues/military/military-culture.pdf>
- Swain, S. (2013) Military Competency. Milspec Advisory Group
- Hsu, J. (2010) Overview of military culture. VA Palo Alto Health Care System.
- Van Dyne, L. Ang, S., Livermore, D. (2009). Cultural intelligence: A pathway for leading in a rapidly globalizing world. In K.M. Hannum, B. McFeeters, & L. Booyesen (Eds.), *Leadership across differences: Cases and perspectives*. San Francisco, CA: Pfeiffer

Resources

- www.nacvso.org
- www.drugcourtonline.org
- www.justiceforvets.org
- www.va.org
- www.ndci.org
- www.nadcp.org
- www.amvets.org
- Stiner, M. (2012) Veterans service organizations in veterans treatment courts.
- Stiner, M. (2012) State departments/ commissions of veterans affairs.

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Specialty Courts Veterans Liaison

kerry.mucker@odmhsas.org

(405) 522-8020

(405) 365-7549

www.ODMHSAS.org



Oklahoma Department of Mental Health and Substance Abuse Services

Recovery is Reality in Oklahoma

*THANK YOU
FOR YOUR
TIME!*