

Army Reserve Family Program Update

Welcome to this month's email of *The Connection - Army Reserve Family Program Update*. This month we will cover Readjustment Counseling Services being offered by Vet Centers and information about the new Pentagon channel.

Readjustment Counseling Available to Veterans and Their Dependents

Readjustment counseling is provided at 206 community-based Vet Centers located in all 50 states, the District of Columbia, Guam, Puerto Rico and the U. S. Virgin Islands, and is designed to help combat veterans in their readjustment to civilian life. Vet Center staff provide group, individual, and family counseling plus a wide range of other services to include medical referral, homeless veteran services, employment services, VA benefit referral, and the brokering of non-VA services.

Eligible veterans include those who served on active duty in a combat theater during World War II, the Korean War, the Vietnam War, the Gulf War, or the campaigns in Lebanon, Grenada, Panama, Somalia, Bosnia, Kosovo, Afghanistan, Iraq and the Global War on Terror. Veterans who served in the active military during the Vietnam Era, but not in the Republic of Vietnam, are also eligible, provided they requested services at a Vet Center before 1 January 2004. Vet Centers also provide bereavement counseling to the families of military personnel killed in action and sexual trauma counseling to veterans who suffered sexual trauma while on active duty.

Readjustment difficulties can include post-traumatic stress disorder (PTSD) or any other problems that affect functioning within the family, work, school or other areas of everyday life. For additional information, contact the nearest Vet Center, listed in the federal government section of telephone directories, or visit the Internet at <http://www.va.gov/rcs>. Click on Vet Center Directory and then click on your location.

For VA benefits eligibility, contact a VA benefits office at 1.800.827.1000 from any location in the United States. Assistance is also available through Telecommunication Device for the Deaf (TDD) at 1.800.829.4833.

This information is found in the Department of Veterans Affairs "Federal Benefits for Veterans and Dependents" (2004 Edition). You can download the 123-page booklet to find out about benefits and programs available to veterans and their dependents by visiting the Internet at <http://www1.va.gov/opa/vadocs/fedben.pdf>. You can also visit the Internet at <http://www.va.gov> for links to sections on compensation and pension benefits, health care benefits, burial and memorial benefits, home loan guarantees, and other information.

DoD Launches Pentagon Channel

The Department of Defense has established an informational TV channel to all military installations in the United States via domestic satellite, and overseas through the Armed Forces Radio and Television Service. Broadcasting 24 hours a day, 7 days a week, the Pentagon Channel provides news and information programming from the Pentagon, the Military Services, and operational areas worldwide. More information is available at <http://pentagonchannel.mil> or by calling (703) 428-1200.

TV coverage may be available in your community. You need to contact your local cable and satellite providers. It is free to cable and satellite providers. To find out your provider, log onto <http://pentagonchannel.mil>, enter your zip code and the telephone number of your cable or Direct TV company will be provided. You may need to supply your provider with the coordinates and frequency information listed in the Cable and Satellite Providers section on the website.

You can access **Army One Source** 24 hours a day, 7 days a week, 365 days a year. It's a resource for Soldiers and families for information and referral.

Online at www.armyonesource.com (user id: army; password: onesource)

or by telephone at:

United States toll-free: 800-464-8107

International toll-free: 800-464-81077 / International collect: 484-530-5884

(Use appropriate access codes when placing international calls dialing all digits)

TTY/TDD: 800-346-9188

In Spanish: 800-375-5971



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