

Information on availability of Healthcare and Mental Health Services

The best way to get all of this information explained to you is to attend the Veterans Benefit Briefing and talk to a TRICARE representative. They can tell you specifically what you are eligible for and how long that coverage will last. Medical coverage can be very expensive, so it is important you are aware of what is available to you so that you can make the best choice for your own situation.

One service available to you is the DoD Mental Health Self Assessment Program. This is a mental health and alcohol screening and referral program provided for military families and Service members affected by deployment and mobilization. It is a voluntary and anonymous program offered online, by phone, and through special events held at installations and reserve units. Anonymous, self-assessments are available for depression, bipolar disorder, alcohol use, post-traumatic stress disorder (PTSD), and generalized anxiety disorder. Individualized results and military health resources, including TRICARE, Vet Centers and Military OneSource are provided at the end of every assessment.

Now let's talk about coverage through the Department of Veterans Affairs. For coverage through VA, there are several different requirements. We are going to discuss 3 main types of VA coverage for your transition.

- A Combat Veteran discharged from active duty on or after January 28, 2003. You can receive enhanced enrollment placement for five years after the date you leave the service.
- If you were an activated Reservists or member of the National Guard who served on active duty in a theater of combat operation after November 11, 1998, and left service under any conditions other than dishonorable. If you enroll with VA under the Combat Veteran Authority, you may be able to keep enrollment eligibility even after the five year period ends.

For more information visit the VA website which is: www.va.gov or the VA 1-800 number: 1-800-827-1000.

Additional resources and personalized coaching can be located at www.health.mil/inTransition/default.aspx

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