

Resources for Military Service Personnel and their Families Serving Benton, Sherburne, Stearns and Wright County

In support of these courageous men, women and their families, we have compiled a list of resources that can offer help in a time of need.

UNITED WAY 2-1-1

A free and confidential community helpline available 24 hours a day. 2-1-1 helps people access information they need to navigate and connect you with resources and human services. Dial 2-1-1 from a land line or 1-800-543-7709 from a cell phone.

Consumer Survival Network, CSN WARMLINE

A telephone contact line that provides information, support, encouragement and referral to consumers of mental health services. It can also provide general information on mental health community activities and referrals for family members and the public at large. The purpose is to primarily provide support. This can be done by listening, empowering someone to make changes, problem solving, informing them about the facts of mental illness and referring to professional help as needed. The Warm Line is NOT a crisis line. It is used to encourage people to find the HELP that works for them.

5:00 p.m. to 9:00 p.m.
1-320-654-9641
1-877-210-2932

Four County Crisis Response Team

The team monitors the Mental Health Crisis Phone Line that provides callers with needs assessments and referrals to appropriate resources. If necessary, the Crisis Response Team assists individuals with face-to-face intervention and assessment.
Number (320) 202 – 2071 TTY: Dial 7-1-1

Benton County Veterans Service Officer

<http://www.co.benton.mn.us/Veterans/index.htm>
531 Dewey, Street PO Box, 129 Foley MN 56329
1-320-968-5044

Sherburne County Veterans Service Officer

www.co.sherburne.mn.us/veterans
County Government Center, 13880 Highway 10, Elk River, MN 55330
1-763-241-2741

Stearns County Veterans Service Officer

www.co.stearns.mn.us/817.htm
Walk up: 116 – 10th Ave North St. Cloud, MN 56303
1-320-656-6176

Wright County Veterans Service Officer

www.co.wright.mn.us/department/vetservcivdef/
10 2nd Street NW, RM C-144, Buffalo, MN 55313
1-763-682-7325

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Military and their Families

Military One Source

- Resources for Military personnel and their families.
- Education, relocation, parenting, stress management
- Online communities that are branch specific.

www.militaryonesource.com

1-800-342-9647

Army OneSource

- Accurate and timely information on a variety of topics
- Designed for; family members, soldiers, retirees, civilian employees, and community members
- Family programs, health care, housing, youth services, education, careers, and community support

www.myarmyonesource.com

Minnesota National Guard's

- Official Website
- Provides information and resources for troops and their families.

<http://www.minnesotanationalguard.org/>

Family Assistance Centers (FAC)

- Simplify the process of accessing needed service and support for families of service members.
- The primary mission of any FAC is to inform and emotionally support all military families so the military member can perform his/her mission.
- No military member will be turned away from a FAC regardless of branch affiliation.

1-320-616-3117/1-888-234-1274

Military HOMEFRONT

- The official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers.

- Whether you live the military lifestyle or support those who do, you'll find what you need!

www.militaryhomefront.dod.mil

1-800-342-8647

4 Military Families

- Provides links to many useful sites offering discounts, scholarships, GI Bill information
- Buddy Finder
- Direct email addresses for questions on deployment, divorce, education, legal issues, parenting, travel, and money management.

www.4militaryfamilies.com

Army Reserve Family Programs

- Online programs implement processes & improve support & education for all family programs
- For soldiers, family, friends, employers & volunteers
- Free teleconference connections, classes and e - training available

www.arfp.org

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National Guard Family Program

- Supporting and educating families throughout their National Guard life
- Health benefits, financial, emotional and household support
- Youth programs

www.guardfamily.org

1-703-607-5414

Supporting Military Families in MN, University of Minnesota Extension

- Provide resources to help you learn more about the cycle of deployment and how you can support military families in your community.
- Includes Reintegration Process, Welcome Home!, Becoming a Couple Again, The Voice of a Military Child.

- Support, coping with stress, grief, loss, education and more

www.parenting.umn.edu/militaryKids/index.htm

Operation Homefront

- National nonprofit organization with a mission to provide emergency assistance and morale support
- Available to troops, families, and returning
- Operation Homefront is the parent of CinCHouse.com the largest online magazine and community of military families.

www.operationhomefront.net

Minnesota Department of Veterans Affairs (MDVA)

- Link Vet call center provided by trained staff
- Information on veterans' benefits, healthcare, education, and reintegration.
- The line will roll to Crisis Connection counselors for 24-hour, seven days a week coverage (including holidays) for immediate crisis intervention and psychological counseling.

<http://www.mdva.state.mn.us/>

1-888-546-5838

Minnesota Assistance Council for Veterans

- Provides assistance throughout Minnesota to positively motivated veterans and their families who are homeless or experiencing other life crises.
- No veteran in need will be turned away without doing everything feasible with available resources to get the assistance needed.

www.mac-v.org

Regional Director: Jimmy Collier
VAMC Building 47, One Veterans Drive
Minneapolis, MN 55417
612.726.1327

St. Cloud Stand Down

- On the spot help to all Veterans, regardless of discharge status.
- Employment assistance, tax information, picture ID, wellness exam, consumer credit counseling, housing and shelter information and referrals, vision evaluation, wills dental and eyewear vouchers, female veteran's representative, and many more services.

For more information call: United Way 2-1-1.

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Military.com

- Free membership to service members, military families and veterans
- Connection to government benefits, scholarships, discounts, lifelong friends, mentors, stories of military life/missions

www.military.com

Blue Star Mothers of America, Inc.

- Helps to ensure soldiers receive the benefits they deserve.
- Helps individual service members and their families to be there if something happens.
- The goals have broadened to rehabilitation, hospital work, children's welfare and civil defense.
- Qualifications are: be a mother, father, spouse, sister, brother, grandparent, aunt, uncle, cousin, or friend of someone who is serving, or has an honorable discharge from the Armed Forces of the United States.

www.bluestarmothers.org

QOV (Quilts of Valor)

- The mission of the Quilts of Valor (QOV) Foundation is to cover ALL wounded and injured service members from the War on Terror, whether physically or psychologically, with wartime quilts called Quilts of Valor.
- QOVF UM covers the Upper Midwestern states of **Minnesota**, North Dakota, South Dakota and Wisconsin and is part of the national Quilts of Valor Foundation.
- If you know of someone who should receive a QOV, Please contact us.
1-218-828-9116

Let's Say Thanks

- Pick out a thank you card and Xerox will print and send it to a soldier that is currently serving in Iraq.
- You can't pick who gets it, but it will go to a member of the armed services.
- It is FREE and it only takes a second.

www.LetsSayThanks.com

Transportation

Transportation Resource Center (TRC)

- The TRC utilizes area transportation resources to match the passenger with the most suitable and cost effective transportation.
- Transportation is for residents of **Benton, Morrison, and Stearns** counties.
- The cost will depend on each situation, other reimbursement sources, purpose of transportation, distance and type of transportation needed.
1-320-257-4456/1-877-717-1515

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Disabled Veterans Eligible for Free Transit

- Disabled veterans simply need to show the proper identification card to bus operators of any fixed-route service in the state for a free ride.
- The free ride is also extended to the personal care attendant who may be assisting the disabled veteran as they travel.
- This benefit is also available on the Hiawatha Light-Rail line and the Northstar commuter rail line.
- To qualify, veterans must show a Veteran Identification Card, or VIC issued by a VA Medical Center with the words "Service Connected" or the initials "SC" below the photo.
- The cards are available at both the Minneapolis and St. Cloud VA medical centers.

<http://www.va.gov/healtheligibility/application/IDCard.asp>
1-612-476-1991

Health Services and Veterans with Disabilities

Minneapolis VA Medical Center

- Provides primary, specialty, mental and behavioral health, and extended care and rehabilitative care for Veterans.
- Programs exist in all of the medical, surgical, psychiatric, oral surgery and diagnostic specialties and subspecialties.

<http://www2.va.gov/directory/guide/facility.asp?id=90>

Minneapolis VA Medical Center
One Veterans Drive, Minneapolis, MN 55417
1-612-725-2000/1-800-414-5058

St. Cloud VA Medical Center

- Provides primary medical and mental health services, primary medicine, acute psychiatry, and an array of outpatient specialties.
- Programs exist in all of the medical, surgical, psychiatric, oral surgery and diagnostic specialties and subspecialties.

<http://www.stcloud.va.gov/>

St. Cloud VA Medical Center
4801 Veterans Drive, St. Cloud, MN 56303
1-320-252-1670/1-800-247-1739

National Alliance on Mental Illness of Minnesota

- Offers awareness, support, advocacy, and education
- Post traumatic stress disorder, traumatic brain injury, suicide prevention, and homelessness
- Women veterans, family and children, and multicultural resources
- Active in public policy, legislation and veterans affairs

http://www.nami.org/template.cfm?section=Veterans_Resources

1-888-NAMI-HELPS

National Center for Post- traumatic Stress Disorder:

- Assisting vets following deployment and providing information, training, resources, and education for veterans, individuals, family members, clinicians and professionals concerning PTSD.
- Fact sheets, videos, on-line courses, newsletter, mailing list.

www.ncptsd.va.gov

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PTSD information line at 1-802-296-6300

Courage to Care

- Electronic health campaign for military and civilian professionals serving the military community, as well as for military men, women, and families.
 - Electronic fact sheets on timely health topics relevant to military life.
- www.usuhs.mil/psy/courage.html

Independent Lifestyles, Inc.

- VA peer mentor services which offer services to veterans with disabilities on an individual basis and through a veterans support group.
 - There is also a PCA Choice provider for veterans in need of PCA services and are able to independently able to manage their care
 - Troop 2 Troop Support Group, informational support group for all veterans with disabilities
- www.independentlifestyles.org
1-320-529-9000

Minnesota RxPrice Compare

- Provides information about prescription medicine, safety and cost-saving tips, and programs to help Minnesotans pay for prescription medications.
- www.state.mn.us/portal/mn/jsp/home.do?agency=Rx

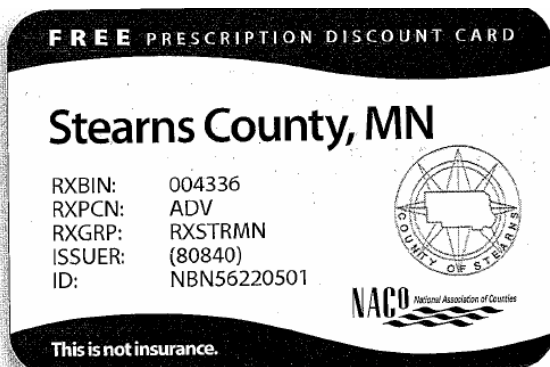
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Prescription Drug Discount Cards

- Average savings of 22% on commonly used medicines
- No membership fees
- No enrollment forms
- No restrictions or limits on frequency of use
- Any Stearns County resident is eligible to use the card
- Available at most human service agencies
- Call 1-877-321-2652 to find a participating pharmacy in you area
- Questions? Call Stearns County Health at 320-656-6155 or visit NACo's website at www.naco.org
- No enrollment required
- No activation fees
- Use as often as needed
- Copies permitted
- For more information about Familywize visit www.familywize.com

Print, cut out and bring the card to your pharmacy to start saving on your Prescription drug costs.



<i>familywize</i> ® PRESCRIPTION DRUG DISCOUNT CARD	
WWW.FAMILYWIZE.ORG	
These cards are being distributed nationwide, free of charge, by the FamilyWize Partnership and participating United Way agencies, county agencies, community and faith-based organizations, some pharmacies, and schools. Discounts are provided by and available only at participating pharmacies.	Member ID: 010108 Group ID: 39401 Bin: 610194 PCN: FW Pharmacies: 877-HELP-977 Members: 866-810-3784 Expires: 12/31/2012 Copies Permitted
THIS IS NOT INSURANCE - DISCOUNTS ONLY	
OTHER IMPORTANT INFORMATION	
<ul style="list-style-type: none"> • Covers all prescription drugs. Accepted at most pharmacies nationwide. Pricing is the lesser of the discounted price or pharmacy's retail price. • Go to WWW.FAMILYWIZE.ORG for a list of participating organizations and pharmacies. additional cards, drug prices, and other program information. • Cannot be used with other prescription cards. Some restrictions apply. Benefits subject to change without notice. Provided by Agelity, Inc. 	
OTRA INFORMACIÓN IMPORTANTE	
<ul style="list-style-type: none"> • Cubre todos los medicamentos de venta con receta. Se acepta en casi todas las farmacias por toda la nación. Pague el precio más bajo, ya sea el descuento del plan, o el precio usual de la farmacia. No puede usarse con otras tarjetas para medicamentos. • Visite WWW.FAMILYWIZE.ORG y obtenga la lista de organizaciones y farmacias participantes, más tarjetas, precios de medicamentos e información del programa. • Descuentos provistos por y válidos sólo en farmacias participantes. Existen ciertas restricciones. Beneficios sujetos a cambio sin aviso previo. 	

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Financial Assistance

Bridge to Benefits

- Offers an eligibility screening tool that allows you to enter in income, household size, etc. to generally determine if you are eligible for various programs (food support, Medical Assistance, Child Care Assistance, etc.).
- Also provides contact information for county agencies and links users to the forms needed to apply for the programs.

www.bridgetobenefits.org

Credit for Military Service in a Combat Zone

- If you served in a combat zone or hazardous duty area any time after December 31, 2008, you may be eligible for a credit of \$120 for each month you served.

- The original credit for military service in a combat zone between Sept. 11, 2001 and December 31, 2006 EXPIRES on October 15, 2010.

- If you served in a combat zone or hazardous duty area any time between Sept. 11, 2001 and December 31, 2008, you to apply for a credit of \$59 for each month you served.

http://www.taxes.state.mn.us/individ/other_supporting_content/military_credit.shtml

Energy Assistance Program

The Energy Assistance Program (EAP) helps pay home heating costs. It assists low-income households that pay a high portion of household income for energy in meeting their immediate home energy needs.

- Households who are at or below 50 percent of the state median income are eligible.
- Size of grant is based on household size, income, and fuel type and energy usage.
- Federally funded through the U.S. Department of Human Services.

Funds are available for renters or homeowners Services include:

- Provide direct payment to the energy supplier.
- Educate consumers to use home heating energy efficiently and safely.
- Advocate with energy suppliers and human service providers on behalf of consumers.
- Crisis help for utility disconnections or necessary fuel deliveries.
- Emergency heating system repair or replacement.

Tri-Cap 1-320-251-1612 in Stearns, Benton, and Sherburne Counties.

Financial Assistance to Air Force Members

- Financial assistance is given when a qualifying individual can't otherwise pay for specific basic needs essential to continued personal effectiveness as an Air Force Member.
- Most assistance is provided as interest free loans, grants or a combination of both.
- Minneapolis St Paul ARS, Air Force Reserve family member will be turned away from a FAC regard.

www.afas.org

1274 Center, 934 AW/APF, 760 Military Highway, Bldg 727, Minneapolis, MN 55450

1-320-616-3117/1-612-713-1516

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“Service members Civil Relief Act,”

- Help ease the economic and legal burdens on military personnel called to active duty status in OIF.
- Mortgage relief, lease termination, protection from eviction.
- 6% cap on interest rates for ALL obligations entered into before beginning active duty.
- A quick explanation and sample letters to write credit card and mortgage lenders.

www.phillysheriff.com/SSCRA.htm

THANKS, Minnesotan’s Military Appreciation Fund

- For those that have served in a combat zone since September of 2001
- The citizens of the State of Minnesota would like to share a modest cash grant to show their appreciation.

www.thankmntroops.org

Minnesotans’ Military Appreciation Fund
P.O. Box 2070
Minneapolis MN 55402
1-877-668-4269

USA Cares

- USA Cares provides military families with financial support and other critical resources in their time of need.
- We provide a Hand up Not a Hand Out.
- Apply on line.

www.usacares.org

1-800-773-0387

* Please see “**General Support Services**” for further financial assistance programs or contact your county veteran services officer

Youth and Children Oriented

Boys & Girls Clubs of Central Minnesota Youth Outreach

Provides free memberships to Boys and Girls Clubs for families with caregivers who are National Guard Reserve, active, deployed or returning military personnel.

www.bgcmn.org

1-320-252-7616

Camp Noah: A Soldiers Coming Home

- For children (K-6) whose parent/parents have been deployed and is now home or coming home.
- Free for any child whose parent is a member of the MN National Guard and was deployed in Iraq.

www.campnoah.org

1-800-987-0061

Deployed Fathers and Families: 10 Ways to Stay Involved with Your Children during Deployment

- Military fathers have unique challenges based on their job responsibilities.
- National Fatherhood Initiative offers several resources to help dads prepare for deployment.

www.fatherhood.org/deployeddads.asp

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Minnesota Child Care Resources and Referral Network

- A statewide network of community agencies offering comprehensive, individualized listings of child care and education.

- This service provides child care for MN Deployed Guardsmen and families.

www.mnchildcare.org

1-320-251-5081 or 1-888-291-9811

Operation: Military Kids (OMK)

-OMK provides youth program opportunities and supportive resources for school age, middle school and teenage youth that have been impacted by deployment.

www.operationmilitarykids.org

1-612-624-7171

1-888-241-4591

Crisis Nursery Care

If you are facing a crisis and need help managing your children, consider the LSS Crisis Nursery - available in Mankato, Duluth, and **St. Cloud**. The legal guardian or parent can request the emergency day and night care for up to three days, by calling a 24 hour crisis hotline. Trained staff also provides referrals, counseling and support, as well as supplies in emergency situations. Children from 0 -12 years of age are eligible.

http://www.lssmn.org/crisis_nurseries.htm

St. Cloud Area Serving **Stearns / Benton County**: 320-654-1090

PATH Crisis Nursery in Wright Co. 1-763-271-1681/1-800-965-1430

YMCA

St. Cloud Area Family YMCA is offering a Free 6 month membership to all OIF/OEF soldiers and their immediate families.

www.stcloudymca.com

1-320-253-2664

Career and Education

Transition Assistance Program/Turbo TAP

- The DOD (Department of Defense) Transition Assistance Program was developed to assist in the transitioning of military personnel and family members leaving the service.

www.transitionassistanceprogram.com

Military Transition Key to Career Success Campaign

- Veterans and transitioning service members are able to connect with high quality career planning, training, and job search resources available at local *One-Stop Career Centers*.

www.careeronestop.org/militarytransition/

Toll-free number: 1-877-872-5627 **TTY:** 1-877-889-5627

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Higher Education Veterans Programs

Mission: "Supporting Veterans, military members and their families at Minnesota colleges and Universities by providing comprehensive Information about benefits and resources as well as creating institutional readiness in support of the unique needs of these students."

www.mymilitaryeducation.org/jmcauley@mdva.state.mn.us

1-320-308-2185

Minnesota WorkForce Center

- Provides free tools, resources and services needed for job search, career planning and training needs.

Hours 8:00 a.m. – 4:00 p.m.

Monday through Friday

1542 Northway Drive, Door 2, St. Cloud

1-320-308-5320

General Support Services

Anna Marie's Alliance

A 24-hour shelter and support services for women and children who are victims of domestic abuse.

1-320-253-6900/1-866-223-1111

Salvation Army

Whether the need is in the area of spiritual counseling, emergency food, shelter or clothing, it will be disseminated without regard to an individual's race, color, creed, sex, age, or religion. Salvation Army's local programs and services include a food shelf, a community lunch program, emergency assistance, Heat Share (a program to help with utility bills), and emergency shelter that includes dedicated transitional beds for veterans.

www.salvationarmy.org

400 Hwy 10 South (223 E. St. Germain, St. Cloud, MN. 56304)

1-320-252-4552/1-320-252-2229

Catholic Charities

With more than 40 different programs, Catholic Charities advances the charitable and social mission of the Diocese of St. Cloud. At Catholic Charities – we build communities, promote family life, and enhance human dignity by providing quality services to meet the physical, social, emotional, and spiritual needs of individuals and families of all faiths and beliefs. Whether you are looking for assistance with food, clothing, shelter or help in dealing with grief and loss, see what Catholic Charities has to offer.

www.ccstcloud.org

911 18th St N. St Cloud, MN 56303

1-320-650-1550/1-800-830-8254

DHS (Department of Human Services)

Exempts Military members and their families from payments of Minnesota Care Premiums.

<http://www.minnesotaveteran.org/index.htm>

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