



Veterans Network Directory - Montgomery County, MD

Transition and Readjustment Assistance and Support

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This is a project of the Montgomery County Commission on Veterans Affairs.

To submit an update, add or remove a listing, or request an alternative format, please contact: MCCVA@montgomerycountymd.gov.

Conflict Resolution Center of Montgomery County

Bethesda Chevy Chase Regional Services Center
4805 Edgemoor Lane, 2nd Floor
Bethesda, MD 20814

301-652-0717 (V)
301-652-0718 (V)

Email: mediation@crcmc.org
www.crcmc.org

Mediation can provide valuable assistance to reintegrate returning Maryland veterans back into their families and communities. Provides mediation free of charge to those who live, work, and/or attend school in Montgomery County.

Crossroads Program – Yellow Ribbon Fund, Inc.

P.O. Box 41048
Bethesda, MD 20824-2018

240-223-1180 (V)

Email: email@yellowribbonfund.org
www.yellowribbonfund.org

Program provides rental cars, hotel stays, and fully furnished apartments for patients and their entire families while at Walter Reed National Military Medical Center - at no cost to post 9/11 military families. This allows families to be together during vital moments when encouragement and hope are most needed. Open to considering requests for other hospitals on a case-by-case basis.

inTransition – Department of Defense – Psychological Health Center of Excellence

Email: dha.ncr.j-9.mbx.intransition@mail.mil

1-800-424-7877 (Toll-Free)

Live Chat is available on the website.

<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition>

Free, voluntary, and confidential program that can assist any service member or Veteran in getting connected with behavioral health care. Assistance is available when:

- Relocating to another assignment
- Returning from deployment
- Transitioning from active duty to reserve component or reserve component to active duty
- Preparing to leave military service
- Any other time they need a new mental health provider or need a provider for the first time.

inTransition coaches are skilled counselors who understand military culture and who maintain privacy and confidentiality. They help participants:

- Connect to a new provider
- Monitor their transition and motivate them to remain in treatment
- Locate local community resources and support groups
- Find crisis intervention services in the new location
- Learn tools to continue making healthy life choices

Services are available to all military members regardless of length of service or discharge status and there is no expiration date to enroll. Military members can sign up at any time from any location. Alternatively, they can ask for a referral from their health care provider or case manager. There is no limit on the number of times inTransition can be used.

Make the Connection

<http://maketheconnection.net>

Connects veterans, their friends and family members with information, resources, and solutions to issues affecting their health, well-being and everyday lives. Hear inspiring stories of strength, learn what has worked for other veterans and explore information about physical and mental health symptoms, challenging life events and mental health conditions. Public awareness campaign by the U.S. Department of Veterans Affairs (VA).

Military.com - Transition Center

www.military.com/military-transition

Government and civilian resources to help veterans transition into civilian life. Resources include information on civilian careers, education options, benefits, money issues, relocation, and retiree benefits. Transition blog features real military transition stories.

Moving Forward

www.veterantraining.va.gov/apps/movingforward/index.html

Free, on-line educational and life coaching program that teaches problem solving skills to help you to better handle life's challenges. Designed for members of the military community. From the Department of Veterans Affairs.

National Military Family Association

2800 Eisenhower Avenue, Suite 250
Alexandria, VA 22314

703-931-6632 (V)

Email: info@militaryfamily.org

www.militaryfamily.org

Educate military families concerning their rights, benefits and services available to them regarding the issues that affect their lives. The website is a one-stop resource for military families, servicemembers, and their friends on a wide-range of topics relevant to the "military" lifestyle.

Onward to Opportunity - D'Aniello Institute for Veterans & Military Families

<https://ivmf.syracuse.edu/onward-to-opportunity/>

Free, comprehensive career skills program that provides civilian career training, professional certifications and job placement support to transitioning service members, members of the selected reserves, Veterans, and military spouses. Partner with private sector companies committed to training and hiring military talent and their spouses earlier in the transition process. Offer distance-learning opportunities through the online-only portion of the program. Offered by the Syracuse University D'Aniello Institute for Veterans and Military Families.

Operation Second Chance

20251 Century Boulevard, Suite 325
Germantown, MD 20874

301-972-1080 (V)

1-888-672-4838 (Toll Free)

<https://operationsecondchance.org>

Work with recovering service members who are wounded, injured or ill and assist with their transition out of intensive care units (ICUs). Assist families of wounded service men and women. Programs include counseling, outdoor adventures, support and assistance, retreats, day trips, scholarships, and mentoring leadership.

Serving Together

Beatriz Mendez, Care Coordinator

Email: bmendez@everymind.org

Cornelius Johnson, Care Coordinator

Email: cjohnson@everymind.org

Donny Williams, Regional Manager

Email: dwilliams@everymind.org

Cori W. Carfagno, Ed.D., Director

Email: ccarfagno@everymind.org

www.everymind.org/servingtogether

301-738-7176 (V)

1-855-738-7176 (Toll Free)

Hours: Monday through Friday, 9 a.m. to 4:30 p.m.

Serve active duty, National Guard, Reservists, veterans and their families who reside in the Metropolitan Washington DC and Greater Baltimore area. Support all individuals who have worn the uniforms of our military – regardless of age, era, branch or discharge status. Care Coordinators guide veterans, service members and their families to the most appropriate services and resources available from employment to benefits navigation, education to mental health and wellbeing supports.

Silver Spring Vet Center

Lillian Varieur, Ph.D., Acting Vet Center Director

2900 Linden Lane

Silver Spring, MD 20910

Email: lillian.varieur@va.gov

www.va.gov/silver-spring-vet-center

301-589-1073 (V)

202-273-9116 (Bereavement Counseling)

Hours: Open Monday through Friday, 8:00 a.m. to 4:30 p.m.; Closed Saturday, Sunday, and Holidays. Walk-ins are permitted during these hours, but appointments are requested. After hours appointments as needed.

Directions: The Silver Spring Vet Center is located near the intersection of Seminary Road/Capitol View Avenue. You can also take the #5 Ride On Bus from either the Silver Spring Metro Station or the Twinbrook Metro Station and be dropped off at the Capitol View Avenue stop. Veterans must show proof of service. The center provides benefits counseling and assistance with navigating the VA and paperwork, as well as employment counseling, counseling on PTSD and sub-PTSD, substance abuse counseling, family and marital counseling, psychological counseling related to readjustment, coordination and referral with doctors, employment related issues, assistance with basic needs such as food, shelter and clothing, medical and legal referrals, homeless assistance and will work with Montgomery County to find shelter placement, sexual trauma counseling, community outreach, bereavement counseling, and more. All services are provided at no cost to the veteran and their family. Veterans do not need to be enrolled with the Department of Veteran Affairs Medical Centers to use the Vet Center. Veterans do not need a disability rating or service connection for injuries from either the Department of Veteran Affairs or the Department of Defense, to use the Vet Center.

U.S. Department of Defense

Ease the transition of active duty military personnel, civilian employees, and family members from government service to private sector. Transition services include counseling, information on education options, computerized job banks, resume writing assistance, and help with the employment interviewing process. All transition services are available to military spouses and family members, without restriction. Services are provided on major military installations by Transition Assistance Offices. Below is each service's Transition Assistance Program and nearest location:

Air Force

Ft. Meade Airman and Family Readiness Center

830 Chisholm Avenue, Building 830

Fort Meade, MD 20755

301-677-4136 (V)

301-677-4138 (V)

Hours: Monday through Friday, 7:30 a.m. to 4 p.m.

<https://meade.armymwr.com/programs/military-and-family-readiness-center>

Offer a variety of services in alliance with the Army and Navy to include information, referral, and financial services, relocation assistance, transition assistance, employment programs, spouse orientations, and more. Serve all single and married active duty, DoD Civilian Personnel and their eligible family members, to include Guard and Reserve members while on active duty, other eligible uniformed members, military retirees, and their eligible family members.

U.S. Department of Defense Continued

Army

Fort Meade Soldiers For Life – Transition Assistance Program (SFL-TAP Center)

4550 Parade Field Lane, Suite 303

Fort Meade, MD 20755

Email: usarmy.meade.imcom-atlantic.mbx.soldier-for-life-tap@mail.mil

301-677-9871 (V)

Hours: Monday through Friday, 7:30 a.m. to 4 p.m.

<https://home.army.mil/meade/about/Garrison/directorate-human-resources/soldier-life-transition-assistance-program-sfl-tap>

Pre-separation briefings, counseling and referrals that can help you learn about programs designed to help you transition and readjust. Job assistance workshops, counseling and resources that can help you find and win the best jobs. The SFL-TAP Virtual Center is an online environment where soldiers can receive all the transition and education services they would receive at a SFL-TAP Center. SFL-TAP counselors can conduct individual counseling sessions, assist with job searching, and provide resume assistance. Seminars are conducted for resume preparation, interviewing training, and preparing for federal employment. Virtual Center visitors can access the resource library which contains transition information, resume materials, seminar slides and many other additional resources.

Coast Guard

Headquarters Program Manager, Commandant (CG-1112), Attn: Office of Work-Life,

U.S. Coast Guard Stop 7907

Rodney Whaley, Transition / Relocation Manager

2703 Martin Luther King Jr. Avenue SE

Washington, DC 20593-7907

Email: rodney.b.whaley@uscg.mil

202-475-5158 (V)

www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Transition-Assistance-Program/

Each Transition/Relocation Manager (TRM) can assist active duty members in scheduling a Transition Assistance Seminar. This mandatory seminar is intended to assist transitioning active duty members in preparing for the civilian job market and prepare members with Career Readiness Standards. These seminars cover such topics as resume writing, interviewing techniques, salary negotiations, and successful attire strategies. Each seminar will also familiarize the member with the benefits they may be entitled to as a separatee or retiree.

Marine Corps

Marine Barracks Transition Readiness Program

8th & I Streets, SE

Washington, DC 20390

Email: M4Lops@usmc.mil

202-433-2721 (V)

<https://8thandi.usmc-mccs.org/marine-family-support/transition-readiness-program/marine-for-life-network>

Marine for Life Network (M4L) connects transitioning Marines and their family members to education resources, employment opportunities, and other veteran services that aid in their career and life goals outside of military service.

Navy

Fleet and Family Support Center (FFSC) - Naval Support Activity Bethesda

9045 Beale Road, Building 11, Room 111

Bethesda, MD 20889

Email: usn.bethesda.nsabethesdamd.list.NNMC-FFSC@mail.mil

301-319-4087 (V)

Hours: 7:30 a.m. to 4 p.m.

<https://walterreed.tricare.mil/About-Us/Military-Onboarding/Fleet-Family-Support-Center-FFSC>

FFSC programs are intended to help make the most of military life. Workshops and seminars are opened to active-duty and retired military personnel and their family members, and if space is available, DoD Civil Service employees, their spouses and contract employees. Navy personnel should make an appointment with their Command Career Counselor for a pre-separation counseling interview at least 180 days prior to separation.

U. S. Vets

District of Columbia Office
152 Wayne Place, SE
Washington, DC 20032
Email: dcinfo@usvets.org

202-683-8357 (V)
1-877-548-7838 (Toll Free)

www.usvets.org

Private non-profit organization providing housing, employment and counseling services to Veterans from all branches of the Armed Forces who have served their country from World War II to the current conflict in Afghanistan.

Transitional Housing program is designed for veterans who might not require a structured program to maintain permanent housing, but who would benefit from continuing supportive services. Residential sites offer housing in a supportive, therapeutic community, with wraparound care including career, mental health and wellness, and case management services to help veterans address the challenges of transition from military life into the civilian community.

Permanent Housing program for veterans who are economically self-sufficient and enjoy living in a community with fellow veterans can lease housing on U.S. VETS campuses. Supports and amenities may include rental assistance, sobriety support, individual and group counseling, peer support and job assistance.

Supportive Services to Veterans Families program offers temporary assistance to at-risk, low-income families in an effort to keep them from becoming homeless. This grant program is designed to house these at-risk families as quickly as possible by providing legal counseling and financial aid for rent, utilities, moving costs, childcare and bus transportation, employment assistance and benefits counseling. Participants in the program can also receive assistance in obtaining Veterans Affairs (VA) benefits covering such things as health care and disability payments.

Women veterans face a variety of challenges that include homelessness and reintegration into the family. But sexual assault or harassment while on active duty make them more likely to develop PTSD than their male counterparts. As a result, female veterans have a high rate of mental health issues and suicide. At U.S.VETS, programs are designed by women veterans with women veterans' unique needs in mind. Offer the ADVANCE Women's Program, Women Vets on Point, and Mothers with Children Program.

Vet Center Combat Call Center – Readjustment Counseling - U.S. Department of Veterans Affairs

www.vetcenter.va.gov/media/Call-Center-PSA.asp

1-877-927-8387 (Toll Free)

Around the clock confidential call center where combat veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat veterans from several eras as well as family members of combat veterans. This benefit is prepaid through the veteran's military service.

Yellow Ribbon Reintegration Program

<https://www.yellowribbon.mil/>

Department of Defense veteran's reintegration program to provide National Guard and Reserve member, their families and their communities by connecting them resources, services, referral, and proactive outreach opportunities throughout the entire deployment cycle. Members and their families should contact the person or persons within their unit responsible for the program.