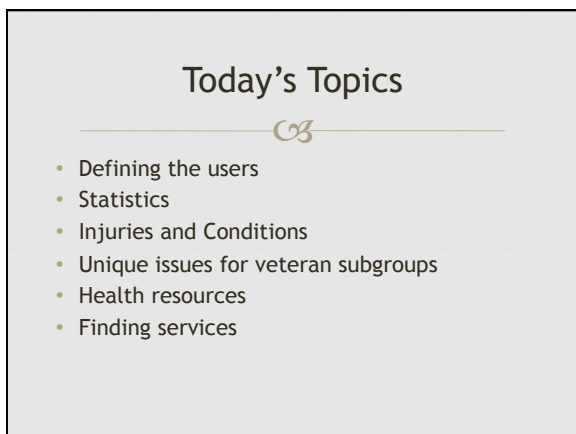
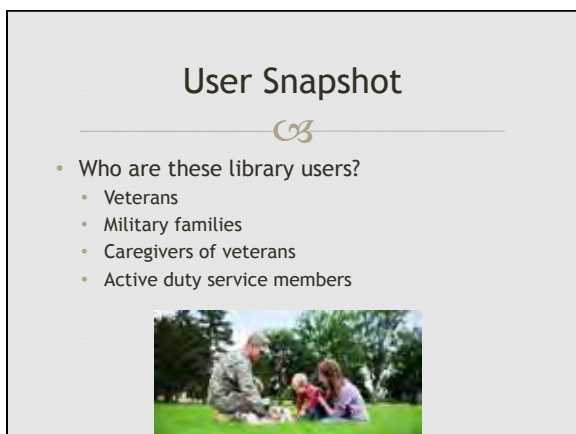


Operation Health: Resources for Veterans and Their Families







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Operation Health: Resources for Veterans and Their Families

A Few Statistics

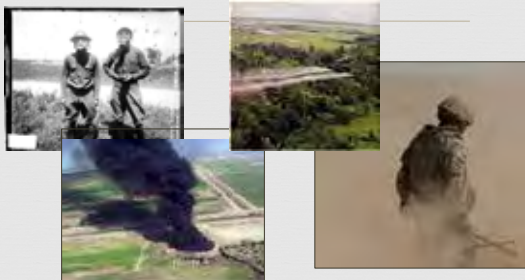


Injuries and Conditions



- Different conflicts, different outcomes
 - Exposures: environmental, substances
 - Physical injuries
 - Mental health issues
 - Social issues

Military Exposures




<http://www.publichealth.va.gov/exposures/>

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Physical Injuries




Traumatic Brain Injury

“...TBI has become the “signature injury” of current warfare”.

Sharon Shively and Daniel Perl

Journal of Head Trauma Rehabilitation,
Vol 27, No. 3, pp 234-239

Brainline Military



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

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Operation Health: Resources for Veterans and Their Families

Mental Health Issues



- PTSD
- Depression
- Sleep disorders
- Anger
- Suicide



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

National Center for PTSD



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

June is PTSD Awareness Month



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Operation Health: Resources for Veterans and Their Families

Navigating the VA.gov Site: Mini Practice



- We'll take about two minutes for this exercise. Go to <http://va.gov/>
- Click on *Veterans Services*
- Note the topics under *Health and Well-Being*
- Click on *Mental Health* and scan the page; go back later explore more
- In the Chat box: Reactions? Anything notable?

Navigating the VA.gov Site



Substance Abuse





<http://www.drugabuse.gov/patients-families>
<http://www.easyread.drugabuse.gov/>

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Operation Health: Resources for Veterans and Their Families

Homelessness

—  —



<http://www.nchv.org/veterans.cfm>

Helpful Tools from NCHV



Special Issues for Women Veterans

—  —



- Family Issues
- Military Sexual Trauma
- Homelessness
- Suicide

<http://www.mentalhealth.va.gov/>
<http://www.womenshealth.va.gov/>

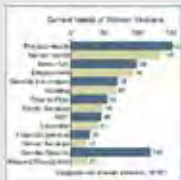
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Operation Health: Resources for Veterans and Their Families

California's Women Veterans



- California has both the greatest number - more than 167,000 - and the greatest proportion of female veterans in the country (9.5 percent).



California's Women Veterans
Response to the 2011 Survey: Preliminary Report
http://www.library.ca.gov/crb/12/FINAL_REPORT.pdf

Older Vets




Support Services



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Operation Health: Resources for Veterans and Their Families


Make the Connection




MakeTheConnection.net is a one-stop resource where Veterans and their families and friends can explore information about physical and mental health symptoms, challenging life events, and mental health conditions.

Highly recommended for any vet, family member or friend seeking support and information
<http://maketheconnection.net/>

Make the Connection



- Customizable
- Allows user to drill down to relevant info



Make the Connection: Signs and Symptoms



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Operation Health: Resources for Veterans and Their Families

Military Families and Friends



<http://maketheconnection.net/family-friends>



Hotlines Worth Noting



- Veterans Crisis Line 1.800.273.TALK (8255)
- National Call Center for Homeless Veterans 1.877.4AID.VET (424.3838)
- VA Caregiver Support Line 1.855.260.3274
- Wounded Warrior Resource Center 1.800.342.9647



Veterans Crisis Line



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Operation Health: Resources for Veterans and Their Families

Support For Caregivers



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

For Stroke Caregivers



<http://www.rorc.research.va.gov/rescue/>

Online Health Resources



- So many excellent sites; where to start?



<http://medlineplus.gov>

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Operation Health: Resources for Veterans and Their Families

Mini Practice



- We'll take about 3 minutes here.
- Go to <http://MedlinePlus.gov>
- Search for the key word *veterans*, then limit your results to Health Topics only
- Scroll the results; click on any one of the Health Topics of interest
- In the Chat box, add any comments!

Searching MedlinePlus



Vets in the Digital Age



- Mobile Apps
- PTSD Coach
 - T2 Mood Tracker
 - Breath2Relax and Tactical Breather


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Operation Health: Resources for Veterans and Their Families

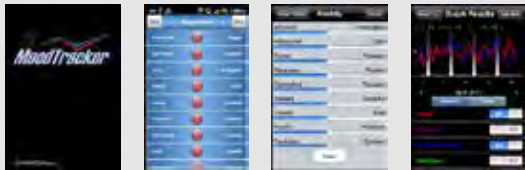
Mobile Apps and Sites

PTSD Coach

- PTSD Coach
- Easy-to-use
- <http://t2health.org/apps>



T2 Mood Tracker



<http://t2health.org/apps/t2-mood-tracker>

Online Support Groups

After Deployment

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

National Alliance on Mental Illness (NAMI)

<http://bit.ly/VetSupport>

- [Veterans Forum](#)
- [Homeless Forum](#)
- [Living with Posttraumatic Stress Disorder](#)

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Operation Health: Resources for Veterans and Their Families

Support in Online Community



Military Kids Connect

- MKC is an online community of military children (ages 6-17 years old) is a safe site that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return.

• <https://www.militarykidsconnect.org/>



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Operation Health: Resources for Veterans and Their Families

The VA Health System



- Complex!
- Where to turn first?
- Helps to know how it's organized



Snapshot of the System - Services and Facilities



- Veterans Administration
- Veterans Health Administration
- Veterans Integrated Service Networks
- State Veterans Services
- County offices
- Vet Centers
- Veterans Service Organizations (VSOs)
- MyHealtheVet

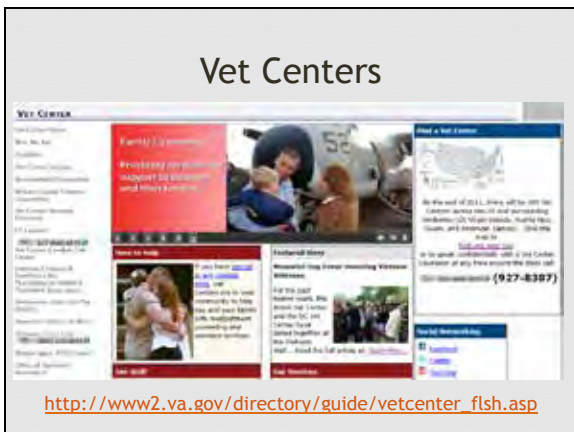
Veterans Integrated Service Networks (VISNs)



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Operation Health: Resources for Veterans and Their Families

Vet Centers



http://www2.va.gov/directory/guide/vetcenter_flsh.asp

State and Local Resources

- State Departments of Veteran Affairs
 - Essential resource for veterans
 - Each state has one
 - Additional benefits vary from state to state
 - <http://www.va.gov/statedva.htm>
- County Veteran Service Organizations
 - www.cacvso.org
- Search for all facilities based on your criteria:
 - http://www2.va.gov/directory/guide/rpt_fac_list.cfm#ic_regions

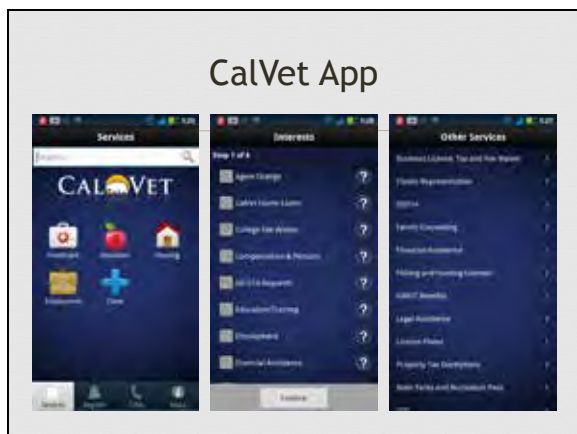
CalVet: the California Department of Veteran Affairs




<http://www.calvet.ca.gov/>

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Operation Health: Resources for Veterans and Their Families



CA Dept. of Veteran Affairs and the CA State Library



- Pilot outreach project to veterans and their families
- Three geographic areas identified
 - Shasta Public Libraries
 - Fresno County Library
 - San Diego County Library
- Veteran 'resource stations' in each library
 - Print resources, designated laptop for veterans' use, trained volunteers and more!

MyHealthVet



My HealthVet is a Personal Health Record and information portal for vets and their caregivers

- Refill VA prescription medicines
- Access links to Federal and VA benefits
- Take on-line courses to improve physical and mental health
- Create personal health records
- Track changes in health

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

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Operation Health: Resources for Veterans and Their Families

More Ways to Find Services and Benefits



National Resource Directory

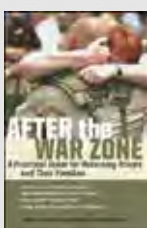
- Connecting wounded warriors, service members, veterans, their families, and caregivers with those who support them

VALNET - VA Libraries

- Librarians are able to help vets (and public librarians) find health information
- Located at some VA hospitals
- Check out the consumer resources (some more up-to-date than others)

http://www.va.gov/VALNET/Consumer_Health.asp

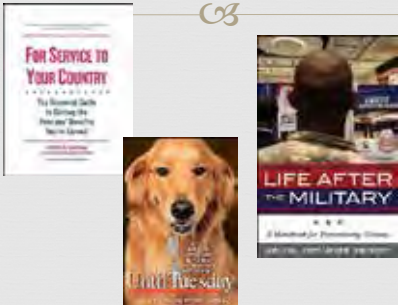
A Few Recommended Titles



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Operation Health: Resources for Veterans and Their Families

A Few More



The image shows three book covers. On the left is 'For Service to Your Country: The Essential Guide to Service for Veterans and Their Families'. In the center is 'Until Tuesday' featuring a golden retriever. On the right is 'Life After the Military: A Handbook for Planning Your Future'.

Finding Organizations: Mini Practice

- Using DIRLINE: Directory of Health Organizations
- <http://dirline.nlm.nih.gov/index.html>
- Try a few searches with simple key words:
 - spinal
 - veteran
- Now try this: (be sure to capitalize OR)
 - amputees OR amputation

Final Words

- Barely scratched the surface
- Be cautious of websites targeted to veterans; many try take advantage of the vulnerabilities faced by this population
- Learn about your own state and county resources; often the personalized services help the veteran reintegrate more easily

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Operation Health: Resources for Veterans and Their Families

Thank You!

Kelli Ham, MLIS
NN/LM Pacific Southwest Region
kkham@library.ucla.edu



<http://nnlm.gov/psr/>
1-800-338-7657



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