

Nebraska Veterans Coalition



Leading the way for Nebraska's Veterans

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A Volunteer Organization Bringing Awareness To Veteran's Issues

Volume 4, Issue 3, March 1, 2023, Newsletter



[Open To America's #1 Veterans Magazine](#)

[The Grapevine](#)

[Click on Publication of Your Choice](#)

<https://veteransgrapevine.com/>

Find the previous Nebraska Veterans Coalition Newsletters here

This is about us:

The Nebraska Veteran's Coalition

The Coalition has led the way in Nebraska since 2014 to persuade the Nebraska Unicameral to enact legislation designed to improve the lives of veterans, active-duty military personnel, and their families to attract and retain Veterans as a means of increasing the size of the Nebraska Work Force. We continue to follow Nebraska state and federal veteran-related legislation along with joining several veterans group Facebook pages. We provide considerable information to veterans on various topics and guide them toward agencies that can help them.

If you are not already a member of our group of over 5,000 friends, please check us out on Facebook (Nebraska Veterans Coalition) and 'Friend' us. We also have a Twitter account - @VetsCoalitionNE. The Grapevine containing both Nebraska and National News and links to websites of interest to veterans. <http://www.nebraskaveterans.org/>,

We are members of a program for the Nebraska Governor's Challenge managed by the

Nebraska Department of Veterans Affairs. The Governor's Challenge has many states and territories participating in the challenge. They are working to develop and implement state-wide suicide prevention best practices for SMVF, using a public health approach. SAMHSA has partnered with the United States Department of Veterans Affairs (VA) ([See Governors Challenge Section Below](#))

Our mission statement can be found on our Facebook and website
We do not ask for, solicit, or accept funding/donations for our efforts.

Join our
Newsletter



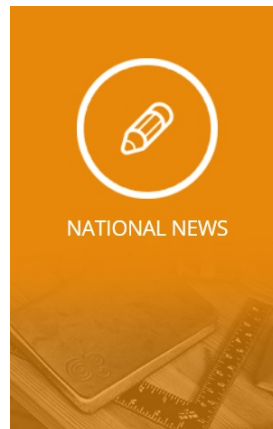
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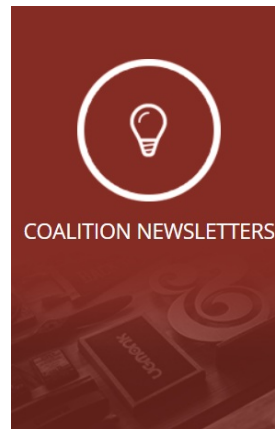
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Nebraska Department of Veterans' Affairs

<https://veterans.nebraska.gov/>



Benefits and Services Overview

Part of our mission is to help veterans identify and access benefits. There is a wide range of county, state, and federal benefits related to education, employment, finance, health care, housing, legal assistance, recreation, taxes, and more. Use our Benefits Expert to help guide you to the benefits you're interested in or learn about some of the most-used benefits. If you have additional questions, don't hesitate to contact your County Veterans' Service Officer or a State Service Officer.

Nebraska Veterans' Gateway

Welcome to your gateway to career and employment resources for Nebraska veterans. We've gathered resources and tools to help shine the way for veterans and their families to find meaningful

employment, receive training and education, and get assistance transitioning from military service to civilian life.

[Nebraska Veterans' Homes](#)

[Our Homes](#)

Nebraska's state veterans' homes offer top-of-the-line domiciliary, intermediate, and skilled nursing care for the men and women who have served our country, as well as eligible family members. The four homes are located in Bellevue, Norfolk, Kearney, and Scottsbluff to provide care to veterans across the state. Click on the homes below to learn more about them. Our homes offer top-of-the-line health services, a range of recreational activities, friendly communities for veterans and their families, and so much more. Click here to view our State of Nebraska Veterans' Homes brochure.

[Military & Veterans' Registry Application](#)

Applicants must submit a DD-214 or NGB-22 indicating the length and character of services.

- If the name of the DD-214 is different from the veteran's current legal name, documentation of the name change is required.
- If you are currently on active duty, please provide a military ID card. This does not include retirement ID cards or VA service cards.

A paper application is available if you prefer to mail in your application. Download Paper Application

[News & Events](#)

<https://veterans.nebraska.gov/news>

[VA to award \\$16 million in grants to help Veterans and service members...](#)Posted: February 24, 2023

[How one Veteran shares his aphasia diagnosis with the world...](#)Posted: February 24, 2023

[NDVA Receives Abraham Lincoln Pillars of Excellence Award for Virtual Claims Clinic Initiative](#) Feb. 21, 2023

[NDVA Military Documentary Grant Application Opens](#) Jan 31 Jan. 27, 2023

NDVA in the News

[State Capitol cornerstone rededicated to veterans 100 years later - 1011 Now](#)

[Hilgert retained as state veterans affairs director - GI Independent](#)

[Veterans Day program to commemorate cornerstone laid at Nebraska State Capitol 100 years ago - Nebraska Examiner](#)

[Veteran suicide prevention starts with simply talking - KSNB](#)

[NDVA hosts first state-backed women veterans event - NTV](#)

[Nebraska to hold symposium for women veterans this weekend in Kearney - World-Herald](#)

Other VA social media:

[U.S. Department of Veterans Affairs U.S. Department of Veterans Affairs Nebraska Western Iowa Health Care System Nebraska Western Iowa Health Care System](#)

Social media

NDVA Twitter https://twitter.com/NEVetsAffairs?ref_src=twsrc%5Etfw

VA Nebraska Western Iowa Health Care System <https://www.facebook.com/NebraskaIowaVA/>

LEGISLATIVE

[Legislative Calendar](#)

<https://nebraskalegislature.gov/calendar/calendar.php>

Legislative Issues

<https://veterans.nebraska.gov/legislative-issues>

[2023 Military & Veterans Legislation](#)

<https://veterans.nebraska.gov/sites/veterans.nebraska.gov/files/doc/2023%20Legislation.pdf>

Legislative Bill Process

Regular Session - the annual legislative session that begins the first Wednesday after the first

Monday in January. Regular sessions generally last 90 legislative days in odd-numbered years and 60 legislative days in even-numbered years.

Legislative Bill (LB) - a proposal to create, change or delete one or more laws. See also act
Introducer's Statement of Intent - see *Statement of Intent*.

Priority Bill - a bill that has priority status and generally is considered ahead of other bills in debate. Each senator may select one priority bill, each committee may select two priority bills, and the speaker may select up to 25 priority bills.

Fiscal Note - a statement prepared by the Legislative Fiscal Office estimating the effect a bill would have on state and/or local expenditures and revenue.

Hearing - a regularly scheduled committee meeting to receive public comment on proposed bills and resolutions.

General File The first stage at which a bill is considered by the full Legislature. Bills on General File may be amended, returned to committee, indefinitely postponed, or advanced to Select File

Enrollment and Review Initial - the Enrollment and Review process that a bill undergoes after it is advanced from General File.

Select File - the second stage at which a bill is considered by the full Legislature. Bills on Select File may be amended, returned to committee, indefinitely postponed or advanced to Final Reading

Enrollment and Review for Engrossment - the Enrollment and Review process that a bill undergoes after it is advanced from Select File. During this stage, the bill is engrossed and engrossed and reprinted for Final Reading.

Enrollment and Review (E & R) - the process of incorporating adopted amendments into a bill, reviewing the bill for technical and grammatical accuracy, and making recommendations relative to arrangement, phraseology, and correlation.

Final Reading - the third and last stage at which a bill is considered by the full Legislature. The clerk reads the entire bill aloud, unless the final reading is waived, and senators vote without debate on whether to submit the bill to the governor.

Floor - the area of the legislative chamber where the senators sit. When a committee advances a bill "to the floor," that means the bill is being sent to the full Legislature for consideration.

Veto - the power of the governor to reject bills passed by the Legislature. The governor has five days, excluding Sundays, to veto a bill. The Legislature has a chance to override the veto. Also, see Line Item Veto.

Veto Override - the power of the Legislature to pass a bill over the governor's veto. A veto override requires the approval of three-fifths (30 members) of the Legislature.

Glossary of Legislative Terms

Nebraska Department of Revenue Property Assessment

[Tax Year 2023 Homestead Exemption | Nebraska Department of ...](#)
[Property Assessment Forms | Property Assessment](#)
[Information Guide](#)

<https://revenue.nebraska.gov/>



CENTER for
RURAL AFFAIRS

Nebraska Legislative Update - Feb. 21, 2023

By [Carlie Jonas](#) on February 21, 2023

"The salvation of the state is in the watchfulness of the citizen." —Hartley Burr Alexander

This Center for Rural Affairs legislation

<https://www.cfra.org/.../nebraska-legislative-update-feb...>

Food, and Agriculture; Health and Safety; Education; Economic Development; Energy and environment;

Related Blogs and Posts

<https://www.cfra.org/blog/nebraska-legislative-update-feb-21-2023>

AARP, others offer free tax prep help to Veterans, military and families

With tax season approaching, prepare now with the [AARP Foundation's Tax-Aide Service](#). The volunteer-run program helps the military community file state and federal tax returns. Trained Tax-Aide volunteers are nationwide and IRS-certified each year to ensure they understand the latest changes and additions to the tax code. Tax-Aide is free and available either virtually or in-person (by appointment only) to all Veterans, service members, and their families regardless of age or whether they are AARP members. <https://news.va.gov/85428/aarp-others-offer-free-tax-prep-help-veterans-military-families/>

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Bill would eliminate waiting period for voting rights

Nebraskans who have been convicted of a felony would have their voting rights automatically restored upon completion of their sentence or probation under a bill considered Feb. 22 by the Government, Military, and Veterans Affairs Committee.

Read more of this post <http://update.legislature.ne.gov/?p=33544>

HEALTH CARE

VA benefits for spouses, dependents, survivors, and family caregivers

A new law makes it easier for survivors of Veterans exposed to toxic material, including burn pits, to receive Dependency and Indemnity Compensation (DIC), tax-free benefit payments available for certain surviving spouses, children, or parents. They may also now be eligible for a one-time payment for accrued benefits, burial benefits, education and training, home loan certificates of eligibility, or health care. Find out which benefits you may qualify for and how to access them.

<https://www.va.gov/family-member-benefits/>

Veterans Peer Support Group



Meetings will be held
every Monday

6:00 pm – 7:00 pm

At Ease USA – Café
(enter through gym)

10605 Burt Circle
Omaha, NE 68114

For more information contact
At Ease USA clinical manager,
Laura Fischer, at 531-247-4040 ext 2.

AtEaseUSA.org



Service Member & Veteran Dialectical Behavior Therapy Skills Group*



Tuesday Evenings,
6:00 pm – 7:30 pm

February 21
through May 9, 2023

At Ease USA
10605 Burt Circle • Omaha, NE 68114

Groups will run for 90 minutes with a 10 minute break.

*DBT is used to treat traumatic stress-related issues, including PTSD. This class will improve your relationships, reduce emotional suffering, help manage anxiety and rediscover hope for the future. Class is free to military service members and is limited to 12 members. Workbook included.

AtEaseUSA.org

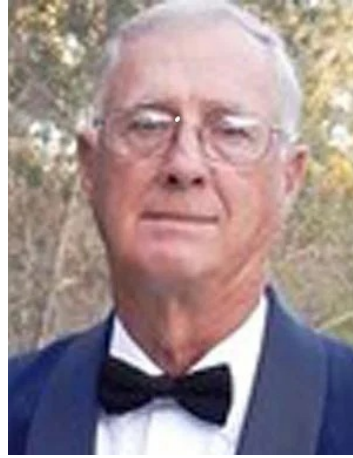
Contact: Beth Kramer
531-247-4040
or beth@ateaseusa.org to register

Veterans Voices: Too many veterans living with post-traumatic stress disorder

- Feb 22, 2023 John Stewart

Post-traumatic stress disorder (PTSD) is an

almost daily news item concerning our military veterans because it is a health condition occurring in so many who served our country in uniform.



What is PTSD? A question many in our communities have frequently asked me, so let me tell you all about it.

It is a mental health condition that's triggered by a terrifying event, either experiencing it or witnessing it, and it may include a number of symptoms. In worst cases, the National Center for PTSD reports that 20 percent of those with PTSD may have a substance use disorder of alcohol or drugs that is greater than the general population. In far worst cases, it can possibly result in suicide.

What is it?

Many military veterans hate the term PTSD, in particular the word "disorder," and fail to get needed treatment after experiencing symptoms of PTSD. What are those symptoms? The Disabled American Veterans organization provides the following:

Reliving the event: Awake or asleep, a trigger can cause painful memories to surface and make the sufferer feel as though they are experiencing the event all over again.

Avoidance: Veterans will often avoid situations that remind them of the event. For example, some veterans avoid crowded places or loud, overstimulating situations. Some veterans will even avoid talking about the incident that affects them.

Persistent negative emotions: Veterans who experience PTSD can be overwhelmed by negative feelings. A veteran may also feel difficulty establishing trust, experience feelings of guilt, shame, remorse, disinterest in previously enjoyable activities or genuinely find it hard to feel happy.

Hypervigilance or hyperarousal: Veterans experiencing hyperarousal will feel constantly on alert and often uneasy in unfamiliar situations. For instance, they may prefer to find a seat facing the door in a restaurant, watch for dangerous people or objects in normal everyday situations, or feel the need to be near a point of egress.

Veterans with signs of PTSD may also find it difficult to sleep or relax, be prone to anger or irritability, startle easily, act recklessly or abuse drugs or alcohol as a coping mechanism.

For many veterans, memories of their wartime operations can still be upsetting long after they served in combat. Though having served many years ago, military experience can still affect them. PTSD is more common among veterans of different service eras, specifically Vietnam veterans in the past few decades, but I believe that commonality will be significant in a few years for those who served in the recent 20-year war, the longest in our nation's history.

Deployment factor

The number of deployments for some who fought in Iraq or Afghanistan are rather unbelievable. Research shows that military deployments increase the risk of PTSD. In fact, it has been reported that PTSD is three times more likely among veterans who deployed compared to those who did not. Most soldiers in the Army deployed at least three times or more and I hesitate to think of the actual numbers by Navy Seals, Green Berets and other Special Operations small manpower units. Something lost in the number of deployments is that of our National Guard who served and fought alongside their active-duty counterparts. For example, the Army National Guard deployed over 220,000 citizen-soldiers on over 250,000 deployments, while the Air National Guard deployed 34,000 on over 44,000 deployments.

Suicides

Of course, suicides play a large role in the world of PTSD. There were 6,000 or more veteran suicides per year from 2008 to 2017 and the rate of suicide among veterans may be more than double what federal officials report annually because of undercounting related to drug overdose deaths and service record errors.

America's Warrior Partnership, working with the University of Alabama and Duke University, reviewed death data from 2014 to 2018 for eight states and found thousands of cases of suspected

or confirmed veterans suicides were not included in federal calculations and if applied across all of our states the suicide rate for veterans would be 44 per day.

Additionally, the National Bureau of Economic Research reports that in the two decades since US service members first deployed to Iraq and Afghanistan, the suicide rate for veterans, adjusted for age and gender, has risen nearly twice as quickly as that for nonveterans.

I think you can now understand what PTSD is and the possible consequences of having it. I firmly believe we will see a significant increase in those developing PTSD from the recent war as they grow older, a problem found in us old Vietnam War veterans, that may lead to increased suicide rates. In fact, according to a Rand Corporation report in 2021, the largest number of veterans who die by suicide are between 55 and 74 years old and in 2018, they reported that 2,587 veterans with ages in that bracket died by suicide, a rate of 30.4 per 100,000.

Who can help?

Now, to my fellow veterans, let's talk PTSD. You have the Veterans Administration (VA) at your doorstep for help. Let's outline where you can get help and use a method to determine if you, in fact, might have PTSD.

The VA provides a self-screen for PTSD with a short set of questions to determine if someone needs to be assessed further for PTSD. It is similar to getting a blood cholesterol screen to see if you might need more assessment or treatment. But, unlike a blood test, a PTSD self-screen asks questions to help you understand if your thoughts, feelings and behaviors may be related to PTSD. I copied the short test from their website, so let's give it a try.

Here we go with the first question:

Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example:

A serious accident or fire;

A physical or sexual assault or abuse;

An earthquake or flood;

A war;

Seeing someone be killed or seriously injured;

Having a loved one die through homicide or suicide;

Have you ever experienced this kind of event?

YES / NO

If no, screen total = 0. Please stop here. If yes, please answer the questions below:

In the past month, have you:

Had nightmares about the event(s) or thought about the event(s) when you did not want to?

YES / NO

Tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)?

YES / NO

Been constantly on guard, watchful or easily startled?

YES / NO

Felt numb or detached from people, activities, or your surroundings?

YES / NO

Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?

YES / NO

VA indicates that if you answered "yes" to three or more questions it does not always mean you have PTSD; however, you could have it and recommended you share your response with your doctor who can do a full assessment for PTSD or refer you to someone who can.

Symptoms

Some of the symptoms of PTSD overlap with other mental health problems. For example, trouble concentrating or feeling less interested in things you used to enjoy can be signs of both depression and PTSD. And different problems have different treatments. Your mental health care provider can determine whether you need treatment for PTSD or another type of treatment.

Yes, it can be scary to consider that you might have PTSD but knowing why you're feeling this way can help you make sense of your symptoms. Please, ask for professional help.

You can find more in-depth screening tests at <https://www.myhealth.va.gov/mhv-portal-web/ptsd-screening> that include PTSD, depression, substance abuse, and alcohol. I encourage you to review each of them.

No matter where you live, PTSD treatment is available in our VA with specialists who provide treatment from nearly 200 specialized PTSD programs throughout the country offering education, evaluation, and treatment. The programs include:

One-to-one mental health assessment and testing

Medications

One-to-one psychotherapy and family therapy

Group therapy (covers topics such as anger and stress, combat support, partners, etc.) or groups for veterans of specific conflicts or specific trauma

Some VA medical centers are now offering walk-in clinics. By walking into the primary care clinic and asking for help, a veteran can usually be seen that day by a mental health provider.

Obviously, I am no expert on this matter and if you believe you need help go see an expert.

Don't depend upon my poor attempts at explaining an important subject. However, I've had some experience because I was once diagnosed with PTSD and, failing to get help, came very close to ending my life about 30 years ago. Fortunately, I reached out. Plus, I got involved with trying to help and support my fellow veterans and volunteering in the community. By doing so I have found many more people these past three decades that were worse off than me and needing support.

And, when I did so, it helped me.

As such, I have always encouraged veterans and family members to get involved with their local veterans organizations and volunteer in the community. So many people need help and I am confident it will also help you if experiencing PTSD.

So, brothers-in-arms, seek help. If it is immediate, call the Veterans Crisis Line by simply dialing 988 and press 1. Also, as of Jan. 17, veterans thinking about hurting themselves can get free crisis care, including inpatient, for up to 90 days at VA. You do not need to be enrolled in VA care.

And, to you in the civilian community, please support local veteran organizations that truly need your help so they can care for their members and families. Veterans provided you the freedoms you enjoy every single day and it must be returned, in kind, by you as a free American in the greatest country on earth.

John Stewart is a retired Air Force Chief Master Sergeant and disabled Vietnam War veteran. In 2016 he was inducted into the Florida Veterans Hall of Fame. His columns are sourced from public, government and private information and content is checked for accuracy as best as possible.

However, you have the responsibility to confirm the contents before committing any related actions.

Visit his website at www.veteransofcitruscounty.com.

<https://tinyurl.com/2p553gln>

Lebanon VA Medical Center places 300+ homeless vets into permanent housing

The Lebanon VA Medical Center found permanent housing placements for more than 300 homeless veterans in 2022.

The accomplishment was announced by the U.S. Department of Veterans Affairs on Feb. 9 as part of its tallying for the department's overall goal to place 38,000 homeless veterans nationwide into housing over 2022.

<https://lebtown.com/2023/02/16/lebanon-va-medical-center-places-300-homeless-vets-into-permanent-housing/>

Peer Support Workers for the Military-Affiliated Population:

Resources and Examples

Date: March 15, 2023

Time: 1:00–2:30 p.m. ET

Peer support workers are individuals with lived experience who are in recovery and who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of return to use or engagement in unhelpful practices. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.*

Service members, Veterans, and their families (SMVF) are often overwhelmed by the complexities of navigating the service systems designed to support them. While many resources are in place to support the health and well-being of SMVF, finding and accessing those resources can be challenging. Training and supporting peer support workers with military-affiliated experience can help bridge the gap between the SMVF individual who needs resources and the organizations that are designed to meet those needs.

This webinar will provide attendees with information regarding the Substance Abuse and Mental Health Services Administration's (SAMHSA) available resources to support implementing and

strengthening peer support within the behavioral health system of care. We will also provide programmatic overviews from organizations that have implemented peer support services, including the training and support for peers with lived experience and implementation of peer support services. Participants will have an opportunity to learn how they can effectively implement peer support programs within their organization or partner with organizations that specialize in peer support services for the military-affiliated population.

Moderator

- Stacey Owens, M.S.W., LCSW-C, Military and Veterans Affairs Liaison, Center for Mental Health Services, SAMHSA

Presenters

- Elizabeth Sweet, Public Health Analyst, Office of Recovery, SAMHSA
- Mark Graham, MAJ General, USA, Ret., Executive Director, Vets4Warriors, Rutgers University Behavioral Health Care National Call Center
- Zach Kenny, Overwatch Program Manager, StackUp

Learning Objectives

- Demonstrate the important role trusted peers can play in connecting SMVF to resources
- Provide an overview of SAMHSA resources for peer support workers
- Demonstrate examples of organizations that have effectively implemented a peer support worker training model

*"Peer Support Workers for those in Recovery," Recovery Support Tools and Resources, SAMHSA, last modified September 27, 2022, <https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers>.



Good news for Veterans and caregivers

<https://content.govdelivery.com/accounts/USVHA/bulletins/34a33b2>

VA health care news you can use

There's a lot going on in VA health care. Here are some of our latest stories about Veterans and for Veterans. Find out [how to apply for VA health care benefits](#).

Good news for Veterans and caregivers

VA is extending eligibility and benefits for Legacy Participants and Legacy Applicants in the Program of Comprehensive Assistance for Family Caregivers through September 30, 2025.

2023 National Veterans Day poster contest now open

We are now accepting submissions for the 2023 Veterans Day Poster Contest. Submissions are due by 11:59 p.m. ET on April 1, 2023.

Acupressure for low back pain

Low back pain is very common among Veterans. A simple acupressure routine may provide pain relief.

GOVERNORS CHALLENGE





Governor's and Mayor's Challenges to Prevent Suicide Among Service Members, Veterans, and their Families

Nebraska has a team participating in the Governor's Challenge

About SAMHSA

Learn about the efforts and objectives of the Service Members, Veterans, and their Families Technical Assistance (SMVF TA) Center.

Since 2010, the SAMHSA Service Members, Veterans, and their Families Technical Assistance (SMVF TA) Center has provided technical assistance support to state and territory, military and civilian [interagency teams](#) working to strengthen behavioral health systems that serve service members, veterans, and their families.

Technical assistance is also provided to SAMHSA stakeholders and grantees on issues and resources related to the behavioral health needs of service members, veterans, and their families.

What We Do

The SMVF TA Center addresses the behavioral health needs of service members, veterans, and their families by:

- Monitoring evolving trends in the following areas:
 - Behavioral health-focused prevention, treatment, and recovery support needs for both mental health and substance use in service members, veterans, and their families
 - Challenges faced by states and territories
- Providing [technical assistance](#), training tools, and consultation to teams within states and territories in ways that promote coordination among civilian, military, and veteran service systems
- Identifying, sharing, and encouraging the adoption of promising, best, and evidence-based practices that support the resilience and emotional health of service members, veterans, and their families
- Identifying experts and resources to meet the evolving needs of states and territories related to strengthening behavioral health care systems and services for service members, veterans, and their families
- Supporting the planning and implementation of [state and territory interagency teams](#), including the provision of technical assistance before and after the meetings of Policy Academies
- Supporting the training of SAMHSA stakeholders and grantees on issues and providing [resources and publications](#) related to service members, veterans, and their families

Key Objectives

The following are key objectives of the SMVF TA Center:

- Strengthening ongoing collaboration at the state and territory level among key public and private (civilian, military, and veteran) agencies and stakeholders that address, or need to address, the behavioral health needs of service members, veterans, and their families
- Providing a centralized mechanism for states and territories to use when they have questions about behavioral health systems for service members, veterans, and their families; and to learn, connect, and share with experts and peers
- Increasing awareness of and access to resources and programs that strengthen behavioral health care systems for service members, veterans, and their families
- Increasing awareness of and coordinated responses to meeting the behavioral health needs of service members, veterans, and their families among agencies, providers, and stakeholders in the states and territories receiving technical assistance
- Increasing the number of states and territories that implement promising, best, and evidence-based practices that strengthen behavioral health care systems for their service members, veterans, and their families

The Need for Support

More than 1.3 million active duty members serve in the four Department of Defense military Service

branches: Army, Navy, Marine Corps, and Air Force. More than half (52.3%) of all active duty members have a spouse and/or dependents, with almost 1.6 million active duty family members serving an important role in our military community ([Profile of the Military Community 2020](#)). According to the [U.S. Department of Veteran Affairs](#), approximately 250,000 service members transition to civilian life each year. These Service Members, Veterans, and their Families have answered the call of military service, and we, as a Nation, must stand ready to support them in their time of need.

Just like their civilian counterparts, many service members, veterans and their families will need behavioral health prevention, treatment, and recovery support services. Military-culturally competent community supports are critical because we know the following:

Active Duty Service Members

- In 2021, more active component service members (individuals affected) (n=517,491) had for injury/poisoning than any other morbidity-related category. Mental health disorders accounted for more hospital bed days (n=179,986) than any other morbidity category and over half (51.3%) of all hospital bed days overall (Figures 1a, 1b). Together, injury/poisoning and mental health disorders accounted for over three-fifths (61.1%) of all hospital bed days and about two-fifths (40.8%) of all medical encounters. ([Absolute and Relative Morbidity Burdens Attributable to Various Illnesses and Injuries, Active Component, U.S. Armed Forces, 2021](#))
- Stigma and career concerns are commonly reported barriers to care among service members (Melanie A. Hom, Ian H. Stanley, Matthew E. Schneider, Thomas E. Joiner, [A systematic review of help-seeking and mental health service utilization among military service members, Clinical Psychology Review, Volume 53, 2017, Pages 59-78](#))
-)

National Guard and Reservists

- National Guard and Reserve members have their own unique set of challenges. The National Guard has over 458,000 personnel serving in 3,600 communities throughout the country, according to the [Adjutants General Association of the United States](#)
- . Active duty members have a solid support structure when they return home to their base from deployments. This is often not the case for National Guard and Reserve members returning home to civilian communities that frequently cannot relate to their military experiences. These communities may also not have as many resources to meet their behavioral health needs. Reservists are often more isolated than the Guard because they are not tied to any base in their area or state.

Veterans

- The [2022 National Veteran Suicide Prevention Annual Report \(PDF | 2.8 MB\)](#) indicated a decrease in Veteran suicides, with 343 fewer Veteran suicides in 2020 than in 2019; even though the Veteran population increased in 2020 (pg. 6). The average number of Veteran suicides for 2020 is 16.8 a day (pg. 7). Veteran suicides are still occurring at a higher rate than that of non-Veteran U.S. adults (pg. 10; 31.7 per 100,000 Veteran suicides vs. 16.1 per 100,000 civilian suicides in 2020).
- In 2020, 26.2% 5.2 million Veterans had a mental illness and/or substance use disorder ([National Survey on Drug Use and Health: Veterans](#))
 - Among Veterans with a mental illness: 1 in 3 (1.3 million) had a serious mental illness
- Among Veterans with a substance use disorder:
 - 4 in 10 (41.9% or 1 million) struggled with illicit drugs
 - 7 in 10 (70.1% or 1.7 million) struggled with alcohol use
 - 1 in 8 (12% or 290,000) struggled with illicit drugs and alcohol

Families and Caregivers

- Extended and repeated deployments can cause significant stress to military families. Based on a 2019 study published in [Child and Adolescent Psychiatry and Mental Health](#)

• , parental military deployments can negatively impact the mental health of children. The study found children of parents who were deployed showed more behavioral problems than children of non-deployed parents

According to RAND's [seminal study](#)

on military caregivers in 2014, there is an estimated 5.5 million military and veteran caregivers who provide informal care and support to current and former U.S. service members.

- Caregivers report higher levels of mental health problems than non-caregivers and have an increased risk for developing depression and anxiety

- Many caregivers in military families are caring for recipients with “invisible” conditions. Most commonly they are caring for someone with “emotional or mental health concerns” rather than or in addition to physical health concerns (See the Blue Star Families [Caregiving in Military Families 2020 Military Family Lifestyle Survey Special Report \(PDF | 5.9 MB\)](#))
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Call to Action

This is just the tip of the iceberg. Efforts need to be expanded, plans need to be refreshed, and lessons learned need to be shared. At this critical time, we must all work together to improve the capacity of our civilian behavioral health service system to serve service members, veterans, and their families. This can be accomplished by ensuring providers are informed on military culture and adopting promising, best, and evidenced-based practices. Service members, veterans, and their families deserve the highest level of care that can be delivered through an easy-to-navigate, coordinated system that allows them to access quality behavioral health care in their communities.

Sign Up for SAMHSA Email Updates

<https://samhsa.us4.list-manage.com/subscribe?u=d0780dc94825e65acd61c17dc&id=ee1c4b138c>

- To sign up for updates or to access your subscriber preferences, please enter your contact information.

MISCELLANEOUS INFORMATION



[WoVeN | Women Veterans Network | \(wovenwomenvets.org\)](http://wovenwomenvets.org)

Our Story

Before the development of WoVeN, our staff worked with women Veterans for years across a variety of settings. During this time, they saw the power of connection that happens when women Veterans came together and shared their stories. But they also noticed that women Veterans sometimes struggled to find each other. The idea for WoVeN was born – a community of women Veterans, where women can benefit from sisterhood and support one another!

Established in 2017, WoVeN is a vibrant community for women Veterans of all eras and service branches. In addition to providing community, WoVeN strives to empower women Veterans with information, education, and resources to improve their quality of life.

Connection and community are at the core of the WoVeN program. You can get involved in WoVeN by [joining a WoVeN group](#), [becoming a WoVeN Peer Leader](#), or interacting with other women Veterans through our [Facebook Community Page](#).

Use this form to sign-up for the WoVeN Newsletter and stay informed about upcoming events, member interviews, and more! <https://www.wovenwomenvets.org/>

[The American Legion Department of Nebraska](#)

P.O. Box 5205 Lincoln, NE, 68505-0205 402-464-6338

Department Commander Department Adjutant Don Suchy Dave Salak

[NEWSLETTER](#)

January/February 2023

[The American Legion - Department of Nebraska - News \(nebraskalegion.net\)](#)



Our Mission

To enhance the well-being of America's veterans, their families, our military, and our communities by our devotion to mutual helpfulness. The American Legion's vision statement is "The American Legion: Veterans Strengthening America." The American Legion's value principles are as follows:

A VETERAN IS A VETERAN - which means The American Legion embraces all current and former members of the military and endeavors to help them transition into their communities.

SELFLESS SERVICE - which means The American Legion celebrates all who contribute to something larger than themselves and inspires others to serve and strengthen America.

AMERICAN VALUES AND PATRIOTISM - which means The American Legion advocates for upholding and defending the United States Constitution, equal justice and opportunity for everyone and discrimination against no one, youth education, responsible citizenship and honoring military service by observing and participating in memorial events.

FAMILY AND COMMUNITY ENGAGEMENT - which means The American Legion meets the unique needs of local communities.

ADVANCING THE VISION - which means The American Legion educates, mentors and leads new generations of Americans.

HONOR THOSE WHO CAME BEFORE US - which means The American Legion pays perpetual respect for all past military sacrifices to ensure they are never forgotten by new generations.

The American Legion's motto is "Veterans Strengthening America."

<https://mylegion.org/PersonifyEbusiness/Find-a-Post>

<https://www.legion.org/vsa>

This month's
FEATURED COUNTY VETERAN SERVICE OFFICER INFORMATION
Extracted from

Nebraska Department of Veterans Affairs

<https://veterans.nebraska.gov/>

County Veterans Service Offices Directory 02/21/2023

<https://veterans.nebraska.gov/cvso>

CUMING COUNTY

Service Officer Jason Gatzemeyer (402) 372-6012 jgatzemeyer@cumingcounty.ne.gov

Secretary Kim Kaup kkaup@cumingcounty.ne.gov

Location Courthouse,

Mailing Address 200 S. Lincoln St., Rm 54 West Point, NE 68788

Hours Monday – Friday 8:30 am to 4:30 pm

Website: <http://cumingco.com/government/departments/veteran-services-emergency-manager/>

CUSTER COUNTY

Service Officer Emory Haynes (308) 872-2071 vso@custercountyne.gov

Secretary Marian Feddersen Fax: (308) 872-6170 veterans@custercountyne.gov

Location Courthouse, West Annex Broken Bow, NE 68822

Mailing Address 431 S. 10th Broken Bow, NE 68822

Hours Monday – Friday 9 am to 5 pm

Website http://co.custer.ne.us/webpages/veterans_services/veterans_services.html

Also CVSO for Blaine and Loup Counties

DAKOTA COUNTY

Service Officer Willard "Bill" Johnston (402) 987-2120 ddcvso@dakotacounty.ne.gov

Asst CVSO Nicholas Nieman Fax: (402) 494-9220

Location Courthouse, 1601 Broadway Dakota City, NE 68731



Heartland of America Chapter --
We Never Stop Serving -- -- We Are One Powerful Voice -- for Every Officer at Every Stage of
Life and Career

Open the link below and see the Newsletter

The Bulletin Board is the Newsletter of the Heartland of America Chapter of the Military Officers Association of America. Content is from members, MOAA's Take Action, Legislative Action Center, and other military-oriented sources. The material used is public domain or attributed as to source and copyright. Our editorial policy is the same non-partisan policy as MOAA

(Open link for MORE <http://www.heartlandmoaa.us/>)

MOAA Home Page

Link

[MOAA - MOAA Home Page](#)

The professional association for military officers and their families at every stage of their life

Why Join MOAA

The Military Officers Association of America (MOAA) is the country's leading organization protecting the rights of military servicemembers and their families. Those who belong to MOAA not only lend their voices to a greater cause, but they also gain access to extensive benefits tailored to the needs and lifestyles of military officers. MOAA members proudly hail from every branch of the uniformed services. To them, we have made the same promise that they have made to their country: Never Stop Serving.

More About MOAA

MOAA's greatest mission is to improve the lives of those who serve and their families, which is achieved largely through the tireless advocacy efforts taking place in our nation's capital. MOAA's experts in Washington are there to support legislation that benefits the military community and are equally vigilant when fighting to stop legislation that threatens our livelihood. The larger our numbers, the greater our voice.

Membership is open to active duty, former, retired, and National Guard and Reserve commissioned and warrant officers of the uniformed services and their surviving spouses.

Dues to MOAA are not deductible as a charitable contribution for federal tax purposes. Annual membership dues include a \$16.95 subscription to Military Officer magazine.

Mission

MOAA is the nation's largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization.

With more than 350,000 members from every branch of service - including active duty, National Guard, Reserve, retired, former officers, and their families - we are a powerful force speaking for a strong national defense and representing the interests of military officers at every stage of their careers.

MOAA's highest priority is providing first-class service to our members. We are the leading voice on compensation and benefit matters for all members of the military community. We provide expert advice and guidance to our members.

Purpose More.....

History More

Leadership More

Membership

Membership is open to active duty, National Guard, Reserve, retired, and former commissioned officers and warrant officers of the following uniformed services: Army, Marine Corps, Navy, Air Force, Space Force, Coast Guard, Public Health Service, and National Oceanic and Atmospheric Administration.

Memberships also are available for surviving spouses of deceased officer.

[Upcoming Events](#)

NEWS AND INFO

ADVOCACY

MEMBER BENEFITS

RESOURCES

ABOUT MOAA

<https://www.facebook.com/moaa>

<https://tinyurl.com/y4w37nw6>



[Unapologetically Rural](#)

We are unapologetically rural. We stand up for the small family farmer and rancher, new business owner, and rural communities. For more than 40 years, we've been a leading force engaging people to build a better rural future. We live this work. Welcome to our rural revolution.

“The salvation of the state is in the watchfulness of the citizen.” — Hartley Burr Alexander

Last week marked the end of bill introduction in the Nebraska Legislature. Senators introduced 812 new bills and 31 resolutions during the 10-day period. Committee hearings begin this week. Each bill introduced will be scheduled for a hearing in one of 14 standing committees.

Working alongside the Center, Sen. Tony Vargas introduced [Legislative Bill \(LB\) 740](#), which would make it easier for food truck owners to obtain the necessary operating and inspection permits. Nebraska is currently operating under an outdated set of rules and regulations that were originally developed for brick and mortar restaurants. This bill proposes a set of changes that will streamline the permitting process and help food truck operators to more easily take advantage of their mobile nature and expand their markets. If you are a food truck owner and would like to offer support for this bill through written or in-person testimony, please contact me.

[Click here](#) for more information on the bills we are following, and to read our full update.

We value your input as we engage with the legislative process. If you would like to share your support, concerns, insights or opposition by providing testimony in-person, via letter or by visiting with your senator, please do not hesitate to contact me at carliej@cfra.org or 402.687.2100 ext. 1032.

Sincerely,

Carlie Jonas

Policy Associate

<https://www.cfra.org/?emci=84aa2ae8-1d9c-ed11-994c-00224832eb73&emdi=08540992-2c9c-ed11-994c-00224832eb73&ceid=3524086>



U.S. Department of Veterans Affairs Women Veterans CWV -

Center for Women Veterans (CWV)

<https://www.va.gov/womenvet/>

Welcome, all women Veterans, family members, caregivers, and advocates! The Center for Women Veterans' (CWV) mission is to monitor and coordinate VA's administration of health care, benefits, services, and programs for women Veterans. We serve as an advocate for cultural transformation and to raise awareness of the responsibility to treat women Veterans with dignity and respect to #BringWomenVeteransHome2VA.

Today's VA is focused on the needs of women Veterans and cultural transformation. We aim to provide an environment free from harassment. VA has introduced White Ribbon, a national call to action to eliminate sexual harassment, sexual assault, and domestic violence. VA Secretary McDonough is making accountability of those who commit harassment or sexual assault an important part of creating a culture that is free from harassment and sexual assault, without fear of retaliation.

We are women Veterans proud to serve our sister Veterans and those who serve them. Stay in touch, sign up for email, and follow us on Facebook and Twitter @VAWomenVets. We share information on benefits

<https://www.va.gov/womenvet/>

Women Veterans Outreach

<https://www.va.gov/womenvet/outreach/index.asp>

U.S. Department of Veterans Affairs CWV - News Update

We want to hear from women who have served in the military

In Case You Missed It: The Center for Women Veterans is sharing recent news stories that may interest women Veterans, military women, and their supporters every week. Share your thoughts about them on social media @VAWomenVets.

Women Veterans NOT using your earned VA Benefits & Services, we would love to hear from you. Please take our survey; it takes 5 minutes and is anonymous. <https://survey.voice.va.gov/?cwv-women-veterans>

U.S. Department of Veterans Affairs sent this bulletin at

U.S. Department of Veterans Affairs sent this bulletin at 02/14/2023 09:00 AM EST

[Women military veterans in Wisconsin rally behind I Am Not Invisible](https://www.militarytimes.com/news/your-military/2023/01/23/new-dod-health-agency-director-is-baddest-woman-in-the-army/) 02/07/2023 08:59 AM EST

<https://www.militarytimes.com/news/your-military/2023/01/23/new-dod-health-agency-director-is-baddest-woman-in-the-army/> 02/07/2023 08:59 AM EST

<https://news.va.gov/115611/protecting-your-pact-act-benefits/> 02/07/2023 08:59 AM EST

<https://news.va.gov/115530/va-combats-covid-19-providing-care-veterans/> 02/14/2023 09:00 AM EST

<https://news.va.gov/115356/veteran-inspires-move-weight-loss-journey/> 02/10/2023 09:00 AM EST

<https://news.va.gov/115437/northwest-arkansas-mamava-pod-breast-feeding/> 02/10/2023 09:00 AM EST

Center for Women Veterans (CWV) Research for Women Veterans

On this page:

[Participate in VA Research](#) | [VA Reports and Research](#) | [Special Volumes](#) | [PubMed.gov Resources](#)

VA does not endorse and is not responsible for the content of any external website links. These sites are provided for informational purposes only.

Other Resources

VA Hotline on Health Care and Benefits for Women Veterans

1-855-VA-WOMEN (1-855-829-6636)

VA Center for Women Veterans

<https://www.va.gov/womenvet/>

VA's Women Veterans Quick Start Guide now available

<https://blogs.va.gov/VAntage/79371/>

Women Veterans Issues

<https://www.benefits.va.gov/PERSONA/veteran-women.asp>

Women Veterans Health Care

<https://www.womenshealth.va.gov>

Homeless Women Veterans

https://www.va.gov/homeless/for_women_veterans.asp

Women In Military Service For America Memorial Foundation

<https://www.womensmemorial.org/>

VA creates National Women Veterans Oncology System of Excellence in fight against breast cancer

<https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5549>

V-WISE – Women Veterans Igniting the Spirit of Entrepreneurship

<https://vwise.vets.syr.edu/>

U.S. Department of Labor Website for Women Veterans

<https://www.dol.gov/agencies/vets/womenveterans>

Events

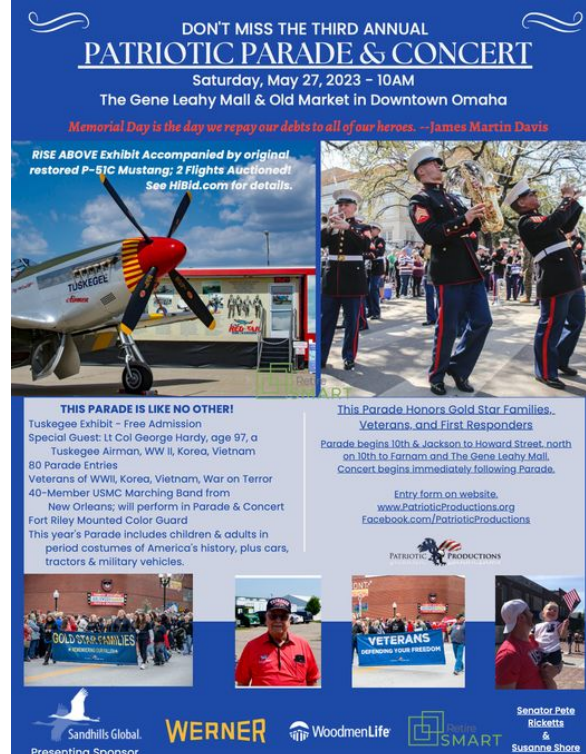


CENTER *for*
RURAL AFFAIRS

Upcoming Events

From small business trainings to beginning farmer learning circles to town hall events with lawmakers and more, we strive to connect you with resources and peers across rural communities.

<https://www.cfra.org/events>



SATURDAY, MAY 27, 2023 AT 11 AM

Patriotic Parade & Concert

Memorial Day, previously called Decoration Day, often becomes another three-day weekend for many. Although a Parade may seem too jovial for such a somber day, the Parade and Concert (with Roll Call of the Fallen spoken by Gold Star families present), is an attempt to educate children and young folks about the debt we owe to those who paid the ultimate price.

Veterans are invited to walk or ride in the Parade. If not part of a group, please arrive at the Parade lineup area east of 10th & Jackson at 9 am and you will fall in line with the veteran peers of your era. We will have wagons or trailers for those who prefer a ride.

THE PARADE BEGINS WESTBOUND FROM 10TH & JACKSON TO THE OLD MARKET AND BACK TO 10TH STREET AND NORTH TO FARNAM.

CONCERT IMMEDIATELY FOLLOWS THE PARADE AT GENE LEAHY MALL.

LET'S MAKE THIS MEMORIAL DAY WEEKEND POWERFUL, AS WE TEACH OUR YOUTH WHAT IT MEANS TO HONOR THOSE WHO SERVED AND DIED TO PROTECT AMERICA'S FREEDOM.

IF YOU HAVE ALREADY SIGNED UP FOR THE PARADE, THANK YOU! DAN & LORI FALCON, PARADE LINEUP ORGANIZERS, WILL CONTACT YOU IN EARLY MAY WITH LINEUP DETAILS.

Gene Leahy Mall

Already confirmed are 40 Marines of the USMC Marching Band, Fort Riley's Mounted Color Guard, and the "Rise Above" exhibit featuring the perseverance of the Tuskegee Airmen & Women Airforce Service Pilots (WASP). Accompanying the exhibit will be an original (restored) P-51C Mustang flown by the Tuskegee Airmen.

Two tickets will be auctioned for the very rare flight in this aircraft over Omaha! More information will be posted on the website and Facebook page, including an entry application to participate in the parade. If coming as an organization or group, please complete the entry application found under Parade Info on the website. <https://allevents.in/omaha/patriotic-parade-and-concert/200023889394921#> Parking will be available east of 9th & Jackson.

MAR 13 AT 4 PM – MAR 18 AT 4 PM

VETERANS' APPRECIATION WEEK DISPLAY & EVENTS MARCH 13-18

Maple Ridge Retirement Community 3525 N. 167th Circle, Omaha, NE 68116

VETERANS APPRECIATION WEEK

DISPLAY: Maple Ridge Retirement Community is proud to display Nebraska's "Remember the Fallen", March 13th through 18, 2023.

JOIN TOGETHER: The week is to celebrate our veterans, active duty, National Guard and Reserve service members, and their families! There's a different service era being honored each day with a special meal. Please mark your calendar and make your reservations by calling 402-614-3160 by March 1st.

FUN-RAISING DAY: Saturday afternoon, March 18 is a fun-raising event for veteran organizations. We look forward to seeing you there FROM 1-4 PM



Outreach and events

VA proudly works alongside others to connect Veterans to the benefits they've earned. Explore resources for our outreach partners such as Veteran Service Organizations (VSOs), and sign up for events.

VA benefits can help Veterans and their families buy homes, earn degrees, start careers, stay healthy, and more. Join an event for conversation and information.

Displaying 1through–10 of 74 results for All g [Outreach & Events](#) | [Outreach Events](#) | [Veterans Affairs \(va.gov\)](#)



USEFUL LINKS

AMVETS

Blue Valley Community Action, Inc.

Central Nebraska Community Action Partnership

DANTES Military Family Resources <https://www.dantes.doded.mil/FinancialAid/MilitaryFamilyResources.html>

DANTES provides no-cost education and career-planning programs <https://www.dantes.doded.mil/>

Disabled American Veterans <https://www.dav.org/>

Family Assistance Center <https://ne.ng.mil/FPO/Pages/FAC.aspx>

GI Bill Assistance <https://benefits.va.gov/gibill/>

Homeless Program <https://www.va.gov/homeless/>

<https://www.va.gov/nebraska-western-iowa-health-care/>

Launch a New Cybersecurity Career <https://www.fedshirevets.gov/>

Marines helping Marines <http://marineshelpingmarines.org/>

Military Order of the Purple Heart <https://www.purpleheart.org/>

Military.com Veteran Jobs <https://www.military.com/veteran-jobs>

My Health Vet <https://www.myhealth.va.gov/mhv-portal-web/home>

My VA facility and status updates <https://www.va.gov/>

Northeast Nebraska Community Action <https://nencap.org/>

One net online <https://www.onetonline.org/>

Paralyzed Veterans of America <https://pva.org/>

Parenting and Professionalism Parenting and Professionalism: The Myth of Having It All - ZERO TO THREE

Parents as Teachers, <https://parentsasteachers.org/>

Sesame street for military families <https://sesamestreetformilitaryfamilies.org/>

The American Legion <https://www.legion.org/>

Today's military life magazine <https://www.todaymilitary.com/military-life/futures-magazine>

Tricare <https://www.tricare.mil/>

US Small Business Administration homepage <https://www.sba.gov/>

VA benefits homepage <https://www.ebenefits.va.gov/ebenefits/homepage>

VA Contact Center <https://www.va.gov/contact-us/>

VBA eBenefits <https://www.ebenefits.va.gov/ebenefits/homepage>

Vet Center <https://www.vetcenter.va.gov/>

Veterans Affairs Health Administration (VHA) <https://www.nebraska.va.gov>

Veterans Affairs Health Administration (VHA) <https://www.nebraska.va.gov>

Veterans of Foreign Wars (VFW) <https://www.vfw.org/Assistance>

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