

List of Resources

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For Employers



My HealthVet

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



VA My HealthVet Website:

A way for Veterans and their families to manage healthcare

My HealthVet is a website devoted to serving Veterans and their families. It allows Veterans to take an active approach in their health care.

What You Need to Know

My HealthVet offers many tools to help you manage your health care. You can:

- Refill your VA prescription medicines
- View your VA appointments
- Find links to federal and VA benefits
- Find information about readjustment post-deployment
- Take online courses to improve your physical and mental health
- Create and print your own personal health record
- Track changes in your health

How do I use My HealthVet?

Type www.myhealth.va.gov in the browser address bar and press enter. Click on “Go to My HealthVet—Enter Here.” This will take you to the Home Page.

If you just want to look up health information, you do not need to register. To get the full range of services for My HealthVet, you do need to register. Registration is easy. Just follow the simple steps listed on the website.

Keep all your health information in one handy place. It is very simple. After you log in, you can enter the following information in My HealthVet:

- Military health history
- Medications
- Allergies
- Medical events, like diseases and surgeries
- Family health history

- Emergency phone numbers
- Contact information for your healthcare team members

Use the Health Tracking Tools

You can keep up-to-date information about your health. Just click on the “Track Health” tab. Then enter your health information. This will help you see your health progress.

- Blood pressure
- Heart rate
- Temperature
- Weight
- Pain levels

Keep Track of Lab Values and Test Results

You can enter and then print records of your lab results. Just click on the “Track Health” tab and then the “Labs & Tests” tab. This feature is especially helpful if you visit a new healthcare provider. Also, you can print out graphs to see how your health changes over time.

Keep Health Journals

To improve your health, keep a health journal of what you eat and how much you exercise. Just click on the “Track Health” tab and then the “Journal” tab.

Make a Medical Information Card

Enter your blood type, the drugs you take, and other information. Print and cut out the card. Carry it with you in case of emergency.

Find Good Health Information

My HealtheVet has lots of medical information that you can trust. Just click on the “Research Health” tab. You will find links to healthy living tips, advice about diseases and mental health topics, and a medical library.

Log on Today!



Local Resources for Veterans and Their Families

Local Veterans Affairs Clinics and Services

VA Community Based Outpatient Clinic- St. Croix

Box 12, RR-02, The Village Mall, #113 Kings Hill, VI 00850-4701

(340) 778-5553

http://www.caribbean.va.gov/visitors/st_croix.asp

VA Community Based Outpatient Clinic- St. Thomas

VI Medical Foundation, Suite 101, 50 Estates Thomas, St. Thomas, U.S.V.I. 00802

(340) 693-0005

http://www.caribbean.va.gov/visitors/st_thomas.asp

VA Vet Center

VI Medical Foundation, Suite 101, 50 Estates Thomas, St. Thomas, U.S.V.I. 00802

STT (340) 774-5017

The Village Mall, RR 2 Box 10553 Kingshill, St. Croix, VI 00850

STX (340) 778-5553

Military Sexual Trauma Coordinator

Social Work Service, D-227

10 Casia Street, San Juan, Puerto Rico 00921-3201

1 (787) 641-7582 Ext: 12331

VA Caribbean Healthcare System in Puerto Rico

Veterans Affairs Medical Center

10 Casia Street

San Juan, PR 00921

1 (787) 641-7582

1 (800) 449-8729

www.caribbean.va.gov

Local Resources for Veterans and Their Families

VA Women Veterans Program Manager

VA Caribbean Healthcare System

10 Casia Street, San Juan, Puerto Rico 00921-3201

Phone: 1 (787) 641-4559 Ext: 31422

Fax: 1 (787) 641-4559

Toll-free: 1(800) 449- 8729

www.va.gov/womenvet

Local Office of Veterans Affairs

US Virgin Islands Office of Veterans Affairs

1013 Estate Richmond, Christiansted, St. Croix Virgin Islands 00820

(340) 773-6663 **or** (340) 774-6100

<http://www.nasdva.net/group/usvirginislands>

Veterans Affairs Benefits Information

VA Veterans Benefits Administration

1 (800) 827-1000

Montgomery GI Bill Benefits Information and Assistance

1 (888) GIBILL-1 [1 (800) 442-4551]

www.gibill.va.gov

VA Veteran Healthcare Eligibility Information

1 (877) 222-VETS [1 (877) 222-8387]

www.va.gov/elig

Veteran Military Records

www.archives.gov/research_room/vetrecs/index.html

Local Resources for Veterans and Their Families

Local National Guard and Department of Defense Services

National Guard Family Organization VIAANG

Virgin Islands National Guard, JFHQ
4031 La Grande Princesse, Lot 1B
Christiansted, V.I. 00820-4353
(340) 712-8022

Transitions Assistance Advisor

Virgin Islands National Guard, JFHQ
4031 La Grande Princesse, Lot 1B
Christiansted, V.I. 00820-4353
(340) 712-7781

Virgin Islands NGB PHP Director of Psychological Health

Joint Forces Headquarters #34 Aldersville, Christiansted, VI, 00820
(340) 773-5113

Non-VA Clinics/ Services

Schneider Regional Medical Center (SRMC)

9048 Sugar Estate, St. Thomas, U.S. Virgin Islands 00802
(340) 776-8311

info@rlshospital.org

<http://www.rlshospital.org>

Myrah Keating Smith Community Health Center

P.O. Box 8312, St. John, U.S. Virgin Islands 00831
(340) 693-8900

<http://www.rlshospital.org/myrah.htm>

The Charlotte Kimmelman Cancer Institute

9048 Sugar Estate, St. Thomas, U.S. Virgin Islands 00802
(340) 775-5433

Local Resources for Veterans and Their Families

Gov. Juan F. Luis Hospital & Medical Center

4007 Estate Diamond Ruby, Christiansted, Virgin Islands
(340) 778-6311

Virgin Islands Department of Health

Department of Health St. Croix

Charles Harwood Complex 3500 Est. Richmond, Christiansted, VI 00820
(340) 773-1311

<http://www.healthvi.org>

Department of Health St. Thomas/St. John

1303 Hospital Ground Suite 10, Charlotte Amalie, St. Thomas, VI 00802
(340) 774-9000

<http://www.healthvi.org>

Local State Departments

U.S. Virgin Islands Housing Finance Authority

STT (340) 777-4432

STX (340) 772-4432

U.S. Rural Development

5030 Anchorway, Ste 4

Christiansted, VI 00820-4962

(340) 773-9146 ext. 4

Social Security Administration

Sunny Isles Shopping Center

Nisky Shopping Center

1 (800) 772-1213

Local Resources for Veterans and Their Families

Department of Human Services

Family Preservation Grants, Financial Assistance, Protective Services, Burial Assistance

STX (340) 773-2323

STT (340) 774-0930

Department of Labor

STX Vet Rep W. Doctrine (340) 773-1440 ext: 209

STT/STJ Vet Rep Kayyon Harley (340) 776-3700

Education

University of the Virgin Islands

STT (340) 776-9200

STX (340) 778-1620

American Legion

Enrique Romero Nieves Post No. 102

#1 Est. Peters Rest.

Christiansted

Saint Croix, VI 00820

(340) 692-2066

Myron Goldstein Danielson Post No. 85

No.2 Hospital Ground

Christiansted

Saint Croix, VI 00820

(340) 692-2066

Bromley Berkley Post No. 133

P.O. Box 1331

Frederiksted, VI 00841

(340) 772-3139

Local Resources for Veterans and Their Families

Patrick U. George Post No. 90

#18 Sub Base Wapa Bldg
St. Thomas, VI 00802
(340) 776-2332

Viggo E. Sewer Post No. 131

P.O. Box 37
St. John, VI 00802
(340) 776-6445

Community Organizations

Women's Coalition of St. Croix

7 East Street, Christiansted, St. Croix, USVI
(340) 773-9272
wsc@pennswoods.net
<http://wcstx.com/>

Lutheran Social Services

STT (340) 776-7499
STX (340) 772-4099

Red Cross

8000 Nisky Center, Suite 222, St. Thomas, USVI 00802
(340) 774-0375
6035 Castle Coakley, Christiansted, USVI 00820
(340) 778-5104
<http://www.usvi-redcross.org/>

Help for Homeless Veterans

10,000 Helpers of St. Croix

Homeless Shelter for Mentally Ill
(340) 719-2828

Local Resources for Veterans and Their Families

Catholic Charities of the Virgin Islands

STX Soup kitchen, homeless shelter for women and children (340) 773-0132

STT Homeless shelter for men (340) 777-8518

Methodist Training and Outreach Center

Soup Kitchen, counseling, rental assistance

Market Square, St. Thomas (340) 776-4455

Salvation Army

Soup Kitchen

STT (340) 776-0070

STX (340) 773-6162

Family Assistance

Family Resource Center

Bunker Hill, St. Thomas

(340) 776-3966

Help With Substance Misuse

St. Croix Mission Outreach

Off-island Substance Abuse Treatment

(340) 778-4357

The Village Partners in Recovery

Substance Abuse Treatment

(340) 719-9900

Alcoholics Anonymous (AA)

(340) 776-5283

Narcotics Anonymous

(340) 998-6481

Online Resources for Veterans and Their Families

Battlemind

Battlemind by the US Army

<https://www.battlemind.army.mil/>

Find information on pre and post-deployment and psychological debriefing. Also, there are video resources, such as for when family members deploy.

Caregiving

Department of Veterans Affairs: Caregiver Support

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

The Department of Veterans Affairs (VA) offers assistance to caregivers. Caregivers provide a valuable service for Veterans and are "partners" with VA in providing excellent health care. Caregivers allow Veterans to remain in their own home and also play an important role in supporting Veterans who are hospitalized or living outside their home.

Employer Assistance

Employer Support of the Guard and Reserve

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

Find information on employer support for Guard and Reserve service. It provides information on employer outreach, how to reduce or resolve employer and/or employee problems through a nationwide Ombudsman program.

1555 Wilson Blvd.

Arlington, VA 22209

1 (800) 336-4590

Americas Heroes at Work

<http://www.americasheroesatwork.gov/>

Designed for employers and the workforce development system, this website is your link to information and tools to help returning service members and Veterans living with TBI and/or PTSD succeed in the workplace - particularly service members returning from Iraq and Afghanistan.

Online Resources for Veterans and Their Families

Family and Community Reintegration

Operation Healthy Reunions

<http://www.nmha.org/reunions/>

Find information on returning home and coping with war and loss. It also provides great resources under “Resources and Links” such as deployment, readjustment and outreach services, PTSD, and suicide prevention.

Phone: 1 (703) 684-7722

Toll-free: 1 (800) 969-6642

TTY: 1 (800) 433-5959

Fax: 1 (703) 684-5968

Real Warriors

<http://www.realwarriors.net>

Find information on building resilience, assisting in recovery, and supporting reintegration of returning service members, Veterans and their families.

Military Spouse Resource Center

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

Find information on resources for employment and education for military spouses.

Seamless Transition

<http://seamlesstransition.vssc.med.va.gov/>

Find information on post-deployment, health re-assessment, and educational materials.

Military One Source

<http://www.militaryonesource.com>

Find information on deployment, parenting, relationships, special needs, and transition resources.

1 (800) 342-9647 or 1 (800) 346-9188

En español llame al: 1 (877) 888-0727

Female Veterans

Department of Veterans Affairs: Women Veterans Health Care

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

This website provides information on health care services available to women Veterans. This includes comprehensive primary care, specialty care, rehabilitation, mental health and treatment for military sexual trauma.

Online Resources for Veterans and Their Families

General Health Information

My HealthVet

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

My HealthVet is a free, online Personal Health Record that empowers Veterans to become informed partners in their health care. Its aim is to have Veterans and families actively participate in their health care.

General OEF/OIF/OND Information

Department of Veterans Affairs: Returning OEF/OIF/OND Veterans

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

This site provides information on Veterans Benefits and compensation. It also includes a wealth of information and resources pertaining to your health. This website serves as your gateway to what the Veterans Affairs has to offer.

Mental Health and Substance Misuse

The Mental Health Assessment Program

<https://www.militarymentalhealth.org>

Find information on screening tools such as depression, alcohol, or PTSD. You can take these screening tests anonymously.

Military Sexual Trauma (MST)

Department of Health: Sexual Assault Prevention and Response

www.sapr.mil

This website provides guidance and other information for victims of sexual assault, the individuals they turn to, unit commanders, first responders and others dealing with this sensitive issue.

Department of Veterans Affairs: Military Sexual Trauma (MST)

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

This website provides information on VA programs and services available to MST victims.

Post-Traumatic Stress Disorder (PTSD)

US Department of Veterans Affairs, National Center for Post-Traumatic Stress Disorder

www.ncptsd.va.gov

Find information on PTSD, coping with war, Veterans and their families, and disaster relief resources. Click on “Web Resources” for more useful information such as organizations, trauma types, children and adolescents, and treatment.

Online Resources for Veterans and Their Families

Veterans and Families

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

Information on PTSD, children of PTSD Veterans, Veterans and families transitioning home from deployment, from military to civilian life, and homecoming preparedness guide.

1 (916) 320-4395

Mental Health America

www.nmha.org

Find information about; locating a therapist in your area, depression, PTSD, military families, how to regain a sense of normalcy, and reconnecting with children post-deployment.

2000 N. Beauregard Street, 6th Floor Alexandria, VA 22311

Phone: 1 (703) 684-7722

Fax: 1 (703) 684-5968

Toll-free: 1 (800) 969-6642

TTY: 1 (800) 433-5959

National Guard Virtual Armory

www.virtualarmory.com/

Find information on understanding PTSD and acute stress disorder, mobilization, and deployment. This website has fact sheets for families.

Stress Management

Hooah 4 Health

<http://www.hooah4health.com>

Find information on stress management, depression, sleep and sleep disorders, self-esteem, and deployment. Click on “New Site Map” under the search tool for an easier website to navigate.

Traumatic Brain Injury (TBI)

Traumatic Brain Injury: The Journey Home

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

This site provides an informative and sensitive exploration of Traumatic Brain Injury (TBI), including information for patients, family members, and caregivers.

Personal Health Record

It is very important to keep track of your health to make sure you get the best care possible. A personal health record will help your healthcare team know exactly what your health history is. Working with your healthcare team to stay well is as important as getting treatment when you are sick. To keep track of your health, make sure you know:

Blood Pressure

Check each _____ week (s) / month (s)

My goal is: _____

Cholesterol and Lipids (fats)

Check each _____ month (s) / year (s)

My goal is: _____

Weight

Check each _____ week (s) / month (s)

My goal is: _____ lbs.

Tetanus Vaccine

Every 10 years (for most people)

Date: _____

Flu Vaccine

Usually between September 1 and March 31 each year

Date: _____

Blood Type

(Example: A-positive, O-negative)

My blood type is _____

For Women:

Mammogram

Obtain every 1-2 years

I had mine on ___/___/___

Pap test

Obtain every 1-3 years

I had mine on ___/___/___

My Medicines

Include all medications (prescription, nonprescription, vitamins, supplements, herbs)

| Name of Medication | Dose (Such as: 2 pills) | How Often and When (Such as: 2 times per day) |
|---------------------------|--|--|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

For Persons 50 Years and Older

Screening for colon cancer begins at age 50:

Check every _____ years
I had mine on: _____ / _____ / _____

Pneumonia Vaccine:

Once at age 65 (for most people)

I had mine on: _____ / _____ / _____

The major health problem(s) I have are:

Surgeries (type and date):

Family Medical History:

Disease / Condition

Relationship to you (Example: parent, sibling)

| | |
|-------|-------|
| <hr/> | <hr/> |

Allergies

My Healthcare Providers:

| Name | Phone | Type of Provider |
|----------|-------|------------------|
| 1) _____ | _____ | _____ |
| 2) _____ | _____ | _____ |
| 3) _____ | _____ | _____ |

EMERGENCY: DIAL 9-1-1

In case of emergency contact:

Name _____

Address _____

Phone Number _____

Important Documents:

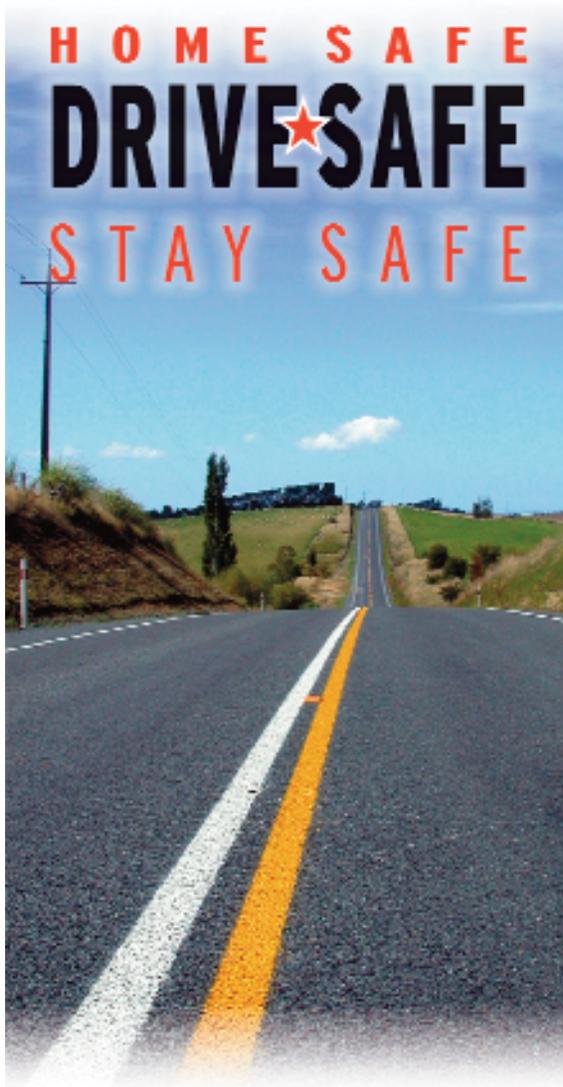
Testament/ Will

No _____ Yes, it is located at: _____

Advance Medical Directives

No _____ Yes, it is located at: _____

★★★
— VETERANS' —
SAFE DRIVING
— INITIATIVE —
— — —



 Department of
Veterans Affairs



Home safe. Drive safe. Stay safe.

www.safedriving.va.gov

Motor vehicle crashes are the leading cause of death in Veterans in the early years after returning from deployment.

Do not let that happen to you.

- Do not drink and drive.
- Do not ride with a drunk driver.
- Always wear your seat belt when you are driving in the passenger seat or in the back seat of a car.
- If you ride a motorcycle, always wear a helmet and ride sober.
- Mile for mile, your risk of a fatal crash is about 35 times higher on your motorcycle than in your car.

You are home now!

Returning to Work Post-Deployment

Going back to work as a civilian can be hard. Service members may have trouble fitting back into the workplace. As an employer or supervisor you can help make the transition easier.

What You Need to Know

Service members bring many good qualities to the workforce. They have valuable leadership and problem solving skills. They can be assets to your place of business. Most Veterans will adjust to work without problems. However, a small number of Veterans may have trouble due to:

- Family and relationship problems
- Financial problems
- Difficulty letting go of survival skills
- Coping with sadness and loss
- Post-Traumatic Stress Disorder (PTSD)
- Traumatic Brain Injuries (TBI)

Tips for Helping Service Members Readjust to Work

- **Educate co-workers.** Before the service member returns to work, meet with their co-workers. Explain the importance of being supportive of the service member. Remind employees not to ask sensitive questions. This includes questions about injuries or combat experiences.
- **Update the service member.** Meet with service members to discuss their job duties. Give them detailed job tasks that are manageable. Explain any new policies or staff changes. This will help them feel part of the team again.
- **Educate the returning service member.** This can include any job-related training or education requirements. This will help them feel more confident in their skills.
- **Allow for readjustment time.** Be aware that everyone is different. Some people need more time to adjust. Encourage the service member to ask for guidance and support. Make sure they take breaks throughout the day. This will help reduce excess stress.
- **Provide special accommodations.** Plan for the special needs of those who have been injured. The service member's family can help identify potential problem areas at work.

When should you seek help?

Seek help if the service member has trouble readjusting to work. This can include:

- Poor work performance
- Trouble concentrating
- Anxiety, depression, and fatigue
- Alcohol or other substance abuse problems

Visit www.americasheroesatwork.gov to find useful information for employers and supervisors. This website has:

- Common employer questions
- Fact sheets and reference guides
- Presentations and training tools
- Step-by-step Veteran hiring information

REMEMBER....

Going back to work as a civilian can be hard. Service members may have trouble fitting back into the workplace. Educate co-workers before the service member returns to work. Remind them to be respectful with any questions they ask. Encourage the service member to ask for guidance and support. Seek help if the service member has trouble adjusting to work.

Know Employment and Re-Employment Rights

As an employer you must be aware of the rights guaranteed to members of uniformed services. The law applies to every employer, including small businesses with only one employee. The following is a short summary of the rights guaranteed to employees upon their return from service.

You must re-employ a returning service member if:

- The returning employee notified you in advance that he or she was leaving the job for service in the uniformed services.
- The period of service did not exceed 5 years with a single employer, with some exceptions allowed for situations such as call-up during emergencies.
- The returning employee must have been released from service under honorable conditions (not because of a court martial).
- The returning employee must return to work in a timely manner or have submitted a timely application for re-employment.

Law coverage

The law covers nearly all employees.

Pension plan

You must give the returning employee the pension plan benefits that accumulated during his or her service.

Health plan

When the service member returns to work you must give him or her the pre-service health plan with no delay.

Hiring and firing

You are not allowed to discriminate in hiring and firing based on the employee's membership in the uniformed services.

FOR EMPLOYERS



The creation of this book was funded by the Department of Veterans Affairs Health Services Research and Development (HSR&D) Quality Enhancement Research Initiative (QUERI) program through grant #RRP 09-179.



Published by:

**Department of Veterans Affairs
North Florida/South Georgia Veterans Healthcare System
1601 SW Archer Road (151B)
Gainesville, Florida 32608**

2011

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