List of Resources

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For Employers
My HealtheVet

http://www.myhealth.va.gov

VA My HealtheVet Website:
A way for Veterans and their families to manage healthcare

My HealtheVet 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 HealtheVet 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 HealtheVet?

Type www.myhealth.va.gov in the browser address bar and press enter. Click on “Go to My HealtheVet—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 HealtheVet, 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 HealtheVet:

• 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 HealthVet 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
wcsc@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 HealtheVet
https://www.myhealth.va.gov
My HealtheVet 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)

<table>
<thead>
<tr>
<th>Name of Medication</th>
<th>Dose</th>
<th>How Often and When</th>
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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:

<table>
<thead>
<tr>
<th>Disease / Condition</th>
<th>Relationship to you (Example: parent, sibling)</th>
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<tbody>
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Allergies
______________________________________________________________________________________________________
______________________________________________________________________________________________________
My Healthcare Providers:

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<th>Name</th>
<th>Phone</th>
<th>Type of Provider</th>
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EMERGENCY: DIAL 9-1-1

In case of emergency contact:

Name
Address
Phone Number

Important Documents:

Testament/ Will

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<th>No_____ Yes, it is located at:</th>
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Advance Medical Directives

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<th>No_____ Yes, it is located at:</th>
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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!

www.safedriving.va.gov
FOR EMPLOYERS

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 problem solving skills. They are among the most respected members of our society. However, a small number of Veterans may have trouble due to:

- Traumatic Brain Injuries (TBI)
- Post-Traumatic Stress Disorder (PTSD)
- Chronic pain and loss
- Difficulty letting go of Survival skills
- Financial problems
- Alcohol or other substance abuse problems
- Anxiety, depression, and fatigue
- Poor work performance
- Trouble concentration
- Poor interpersonal skills
- 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.
- Discuss their job duties. Give them detailed job tasks that are manageable. Explain any new policies or skill changes. Give them feedback. Encourage the service member to ask for guidance and support. Make sure they take breaks.

- Educate the returning service member.
- This can include any job-related training or education they may need. Encourage them to 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 them feel more confident in their skills.

- 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. The service member’s family can help identify potential problem areas at work. Make sure they take breaks.

When should you seek help?

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

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

Visit www.america'sheroesatwork.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
- Training and training tools
- Presentations and training tools

FOR EMPLOYERS
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. Reframing 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 to ask for guidance and support. Seek help if the service member is having difficulty adjusting to work. The following is a summary of the rights guaranteed to members of uniformed services.

**Know Employment and Re-Employment Rights**

1. **The returning employee must return to work in a timely manner or have submitted a timely application for re-employment.**
2. **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. Application for re-employment

- The law covers nearly all employees. Application for re-employment.
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.

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1601 SW Archer Road (151B)
Gainesville, Florida 32608
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For more information contact Connie.Uphold@va.gov