

Resources for Military Service Members and Their Families

Army Strong Community Center

The goal of the Army Strong Community Center is to support geographically dispersed military members and families and to connect them with resources in their local community—*Serving Family Closest to Where They Live*.

The Army Strong Community Center is a community-based office dedicated to assisting military members, veterans, retirees, and their families. Areas of support include: benefits and entitlements, briefings to groups, education and employment assistance, counseling, and financial referrals. On-site resources include a child play area, lending library, and internet-enabled computer. Those interested in their services are welcome to drop-in for a visit, or get in touch via e-mail or phone.

Office Hours:

Monday – Friday 8 a.m. - 5 p.m.

Saturday 8 a.m. - 4:30 p.m.

Location:

99 Soldiers Lane

Coraopolis, PA 15108-2550

Lisa Ellek or Heather Uphold

Customer Support Coordinators

(412)507-3813 or (412)604-8153

After Duty hours: (404)784-2997 or (404)903-7798

lisa.m.ellek.ctr@us.army.mil

heather.uphold@us.army.mil

Psychology Clinic at Duquesne University

Providing affordable psychological services for the university and the greater Pittsburgh community. Also, we provide free counseling and support to military service members who have served or who expect to serve in the Afghanistan and/or Iraq conflicts (OEF/OIF/OND), to the veterans of those conflicts, and to the families and loved ones of the those involved.

<http://www.duq.edu/psychology-clinic/military-services.cfm>

Office Hours:

8 a.m. - 4 p.m.

Monday – Friday

Appointment Hours:

8 a.m. - 7 p.m.

Monday - Friday

Duquesne University

Psychology Clinic

600 Forbes Avenue

908 Rockwell Hall

Pittsburgh, PA 15282

Linda Pasqualino

Assistant to Director

Phone: 412 396-6562

Fax: 412 396-4150

dupsychclinic@duq.edu

Office of Veterans Services at the University of Pittsburgh

MISSION: We assist veterans, guardsmen, and reservists in receiving their military benefits; facilitate their transition into University life; and support their ongoing academic success.

<http://www.veterans.pitt.edu/>

412-624-6919

veterans@pitt.edu

Veteran's Service Center at the Community College of Allegheny County

The Center of Excellence for Veteran Student Success (CEVSS) vision is to:

- Engage all military veterans in appropriate services to further their skill development.
- Serve as a confidential single point of contact to veterans in identifying available services in southwestern Pennsylvania.
- Enhance economic opportunities for military veterans.
- Assist veterans

<http://www.ccac.edu/default.aspx?id=137550>

Brochure:

http://www.ccac.edu/files/PDF_Document/71de6286cf2d453fb776a7dc773f8de9.pdf

CCAC–Allegheny Campus
808 Ridge Avenue
Milton Hall, Room 226
Pittsburgh, PA 15212
412.237.6503/2635
VeteransServices@ccac.edu

**CCAC Veterans Health Career
Education Project**
412.237.2560

**CCAC Center of Excellence for
Veteran Student Success**
412.237.6597

Veterans of Foreign Wars (VFW)

MISSION: To foster camaraderie among United States veterans of overseas conflicts. Also, to serve our veterans, the military, and our communities and to advocate on behalf of all veterans.

VISION: Ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country.

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

<http://www.vfw.org/Assistance/National-Veterans-Service/>

Veterans Leadership Program of Western Pennsylvania

The Veterans Leadership Program of Western Pennsylvania provides essential housing, employment, and other vital supportive services to eligible veterans, service members and their families to improve self-sufficiency, sustainability and quality of life.

In order to qualify for services, you must provide proof of you or your immediate family member's veteran status. VLP accepts the DD-214 form, VA Medical Card, or Statement of Service. If you do not have one, VLP will work with you to obtain a copy of the needed form.

http://www.vlpwpa.org/content.agent?page_name=Begin+the+Process

2417 East Carson Street
Pittsburgh, PA 15203
Phone: 412-481-8200

Books

Trauma and Dreams. Barrett, Deirdre. Harvard University Press, 2001.

Offering dream research and tips for using dreams for healing from PTSD and other trauma-related disorders, based on direct clinical experience.

The Insomnia Answer. Glovinsky, Paul and Spielman, Arthur. New York: Berkley Publishing Group, 2006.

A personalized program for identifying and overcoming the three types of insomnia.

Say Good Night to Insomnia. Jacobs, Gregg D. New York: Henry Holt and Company, LLC, 1998.

This book teaches you how to overcome insomnia by learning the facts about sleep, changing the way you think about sleep, and using sleep-promoting habits.

No More Sleepless Nights (Revised Edition). Hauri, Peter and Linde, Shirley. New York: Wiley and Sons, 1996.

Offers an internationally acclaimed sleep therapy program for readers to customize to their own lifestyle.

The Promise of Sleep. Dement, W.C., and Vaughn, C. Delacorte Press. 2000.

A hands-on prescription for a better night's sleep. Also includes self-tests, information on prescription and over-the-counter sleep aids, and tips addressing insomnia, jet-lag, snoring and other sleep-related problems.

Blogs

WebMD

<http://blogs.webmd.com/sleep-disorders/>

Dr. Michael Breus shares information and advice on sleep disorder and insomnia treatments and causes.

Popular Science

<http://popsci.typepad.com/popsci/2007/10/sleep-deprivati.html>

Articles and readers' blogs about sleep, sleep deprivation and common sleeping problems.

The Post-9/11 GI-Bill

The Post-9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service on or after September 11, 2001, or individuals discharged with a service-connected disability after 30 days. You must have received an honorable discharge to be eligible for the Post-9/11 GI Bill.

http://www.gibill.va.gov/benefits/post_911_gibill/index.html

Vets4Vets

Vets4Vets is a non-partisan organization dedicated to helping Iraq and Afghanistan-era veterans to heal from the psychological injuries of war through the use of peer support.

<http://vets4vets.us/>

Veterans Affairs: OEF/OIF/OND Clinic

Operation Enduring Freedom (OEF) / Operation Iraqi Freedom (OIF) / Operation New Dawn (OND) programs tailored to meet your specific health care needs. Some of the many services OEF/OIF/OND Veterans can access through this program include:

- Primary Care
- Dental Care
- Vision Care
- Polytrauma
- Rehabilitation
- Behavioral Health Care
- Psychological Services
- Counseling
- Family Benefits Counseling
- Referral Assistance

Veterans have five years from their date of discharge to receive free health care for any combat-related condition. After the five years, a co-payment status will depend on whether your illness or injury is found to be service-connected.

http://www.pittsburgh.va.gov/OEF_OIF_contacts.asp

7180 Highland Drive
Building 1, 2nd Floor
Pittsburgh, PA 15206
412.954.5116

VA Sleep Clinic at University Drive

Phone: (412)360-6315

Fax: (412)360-6316

The University Drive Division of VA Pittsburgh Healthcare System is located in Oakland, adjacent to the University of Pittsburgh's Petersen Events Center. With 146 beds, University Drive provides medical, neurological, and surgical care in addition to receiving the most outpatient visits of all VAPHS facilities.

Specialized services available at University Drive include sleep studies, bariatrics, speech and audiology, dermatology, optometry/ophthalmology, arrhythmia and arthritis, diabetes assessment and education, endocrinology, gastroenterology, nephrology, pain management and wound clinic, urology, and more.

After Deployment: Wellness Resources for the Military Community

Topics, Assessments, and Videos:

- Post-Traumatic Stress
- Physical Injury
- Anxiety
- Health & Wellness
- Military Sexual Trauma
- Tobacco
- Work Adjustment
- Mild Traumatic Brain Injury
- Sleep
- Depression
- Life Stress
- Alcohol & Drugs
- Families with Kids
- Resilience
- Stigma
- Families & Friendships
- Spirituality
- Anger

<http://afterdeployment.org/>

Military OneSource

Contains numerous articles and information on sleep including:

- Why is sleep important?
- What happens during sleep?
- Sleep and disease
- How much sleep do you need?
- Tips for getting a good night of sleep
- Sleep Apnea
- Tips for Daytime Sleepers (for shiftworkers)
- Tips on how to get and protect daytime sleep
- Getting a Good Night's Sleep

<http://www.militaryonesource.com/MOS/Tools.aspx>

About Face

http://www.ptsd.va.gov/public/about_face.html

About Face is dedicated to changing the lives of Veterans with posttraumatic stress disorder (PTSD). Here Vets can learn about PTSD, explore treatment options and, most importantly, hear stories from other Vets who have faced PTSD and regained control of their lives.

Service men and women are there for each other in the field. They can be here for each other here, on this site. AboutFace is about using the shared bonds of military service to make life better and easier for Vets and their families coping with PTSD. By using the powers of honesty and openness, Vets can help each other begin the process of healing.

AboutFace is produced by the VA's National Center for PTSD.

Chill Drills

The drills are specially designed to keep service members calm and focused on deployment, and to help ease the stresses of returning home after combat. Service members who start using Chill Drills before deployment can find it easier to handle stress later on in the deployment cycle.

Chill Drills Playaway contains five specially designed tracks, each with its own focus:

- Tuning in
- Releasing stress
- Easing back pain
- Getting to sleep
- Music to chill by (just music)

To download to your computer or iPod-

<http://www.militaryonesource.com/MOS/FindInformation/Category/Topic/Issue/Material/CDTracks.aspx?MaterialID=16841>

Order a battery powered MP3 player, pre-loaded with the Chill Drills - Go to

<http://www.militaryonesource.com/chilldrills>. Create a log-in, add it to your basket, and then fill in your shipping information.

Other audio books are available through: <http://militaryonesource.myilibraryaudio.com/>

Veterans Affairs (VA)

VA Pittsburgh Call Center: (412)954-5158

VA provides a wide range of benefits including, Disability, Education and Training, Vocational Rehabilitation and Employment, Home Loan Guaranty, Dependant and Survivor Benefits, Medical

Treatment, Life Insurance and Burial Benefits. [VA Benefits in Brief](#) is a printable document that provides an at-a-glance description of VA benefits, as well as contact phone numbers and locations.

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

VA Benefits in Brief:

<http://www.vba.va.gov/pubs/forms/VBA-21-0760-ARE.pdf>

Local VA Locator:

<http://www2.va.gov/directory/guide/home.asp?isFlash=1>

VA Benefit Information:

<http://www.vba.va.gov/bln/21/Benefits/>

VA Returning Service Members (OEF/OIF):

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

FAQs:

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

About VA Mental Health:

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

"Military Families Cope with Change"

Sesame Street's Talk, Listen, Connect initiative aims to provide support and significant resources for military families with children ages 2-5 who are affected by deployments and combat related injuries.

<http://www.sesameworkshop.org/initiatives/emotion/tlc/changes>

Long Road Home

WQED's Long Road Home website shares stories and offers advice to veterans and their families who are coping with the emotional wounds of war.

<http://wqed.org/tv/specials/long-road-home.php>

Restore Warriors

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

Goal: Help wounded service members and their families who are struggling with the impact of combat stress in their daily lives.

Restore Warriors has been created to provide:

- Information about combat stress-related injuries

- Help to assess your emotions and behaviors
- Reassurance that you are not alone - an estimated 600,000 military personnel and veterans will suffer from invisible injuries
- Hope that you can successfully deal with these symptoms
- Help to renew your self-confidence
- Assistance to build stronger relationships
- A new sense of well-being

Restore Warriors is an anonymous website where real warriors share their personal stories, situations, and strategies for fellow warriors and their families to help themselves deal with real life, everyday issues related to combat stress, PTSD, and brain injuries.

Eight self-help modules plus a brief self-assessment will give you feedback about which module might be the most useful for you.

Free Annual Pass to America's National Parks and Federal Recreational Lands

This free annual pass is available to active duty service members and their families. The pass is:

- Free
- Available to US military members and their dependents in the Army, Navy, Air Force, Marines, and Coast Guard, as well as most members of the US Reserves and National Guard. Proper military ID is required (CAC Card or DoD Form 1173).
- Obtained in person at Federal recreation sites that charge entrance or standard amenity fees.
- Good for entrance to Fish and Wildlife Service and National Park Service sites that charge Entrance Fees, and Standard Amenity Fees at Forest Service, Bureau of Land Management and Bureau of Reclamation sites.
- Applicable to the pass owners and any accompanying passengers in a private non-commercial vehicle at per vehicle fee areas, or the pass owner and up to additional 3 adults at sites that charge per person.
- Non-transferable

More information about the free annual pass is available here: <http://www.store.usgs.gov/pass/military.html>

UPMC Sleep Medicine Center

For more than 20 years, UPMC's Sleep Medicine Center has been dedicated to helping diagnose and treat sleep disturbances and disorders

<http://www.upmc.com/Services/sleep-medicine-center/Pages/default.aspx>

UPMC Sleep Medicine Center
3601 Fifth Avenue
4th Floor,
Falk Medical Building
Pittsburgh, PA 15213

UPMC Sleep Medicine Center at Monroeville
400 Oxford Drive
Pittsburgh, PA 15146

University of Pittsburgh – Sleep Medicine Institute

The University of Pittsburgh Sleep Medicine Institute is the first center of excellence established by the University's NIH-funded Clinical and Translational Science Institute (CTSI). The Sleep Medicine Institute leverages the extraordinary talent, infrastructure and resources of the CTSI and its partners to offer unique multidisciplinary training opportunities for young researchers, to support collaborative research initiatives across the lifespan with investigators from a wide range of disciplines, and to translate promising new treatments into practice.

Sleep Medicine at Pitt:

<http://www.sleep.pitt.edu/>

3811 O'Hara Street;
Pittsburgh, PA 15213
(412) 246-5302

Sleep Medicine at Montefiore:

http://www.sleepcenters.org/CentersInfo.aspx?Center_ID=174280

3459 Fifth Avenue
Suite S 639.11, Montefiore
Pittsburgh, PA 15213
(412) 692-2880
(412) 692-2888

To learn about sleep research studies through the Sleep Medicine Institute, please visit:

<http://www.sleep.pitt.edu/content.asp?id=1474>

For information on other research studies currently taking place at the University of Pittsburgh, please visit

www.clinicalresearch.pitt.edu.