

## Rucksack Essentials – Post Deployment

Your deployment entitles you to a variety of state and federal benefits and services. Please take time to review your eligibility for the benefits, resources and services described in this document.

Benefits, Resources and Services	Eligibility and/or Resource Description	Recommended Actions	Contact Information
<b>County Veteran Service Officers</b>	County Veteran Service Offices are staffed by certified and accredited service officers to help Ohio's Veterans apply for benefits. These benefits include: <b>Federal</b> - Disability Compensation, Pension, Healthcare, Education, Home Loans, Burial and Survivor Benefits. <b>State</b> - Veterans Bonus, Education, Employment, Healthcare, Home Loans, Ohio Veterans Homes and Military Injury Relief Fund. <b>Local</b> - Claim Preparation & Assistance, Financial Assistance, and Transportation to VA medical appointments and Indigent Burials.	Consider using your County Veteran Service Office for benefit applications and claim assistance and processing.	<b>Veterans can find their local office by calling: 877-OHIO-VET (877-644-6838)</b> <b>Or visiting:</b> <a href="https://dvs.ohio.gov/wps/portal/gov/dvs">https://dvs.ohio.gov/wps/portal/gov/dvs</a>
<b>Ohio Veterans Bonus</b>	Your Title 10 service entitles you to the Ohio Veterans Bonus. \$100 per month, not to exceed \$1,000, for service in Afghanistan. \$50 per month, not to exceed \$500, for service anywhere else in the world.	You may receive a bonus of up to a maximum of \$1,500 for all eligible service. Apply online or contact the Ohio Veterans Bonus Office to determine if you have remaining eligibility.	<b>Apply on line at:</b> <a href="https://dvs.ohio.gov/wps/portal/gov/dvs/resources-for-veterans/veterans-bonus">https://dvs.ohio.gov/wps/portal/gov/dvs/resources-for-veterans/veterans-bonus</a> <b>877-OHIO VET (877-644-6838).</b>
<b>Ohio Military Injured Relief Fund</b>	The Military Injured Relief Fund grants a one-time, tax-exempt monetary payment to military service members injured in active service (combat related) as a member of the Armed Forces of the United States serving after October 7, 2001, and to individuals diagnosed with post- traumatic stress while serving after October 7, 2001.	Complete the MIRF application online and send the application and required documents to: Ohio Department of Veterans Services / Attn: MIRF P.O. Box 373 Sandusky, OH 44871 Seek assistance through your local County Veteran Service Office.	<b>For more information contact: MIRF Program at: 877-644-6838, opt. 3.</b> <a href="https://dvs.ohio.gov/wps/portal/gov/dvs/veteran-benefits/benefits-resources/military-injury-relief-fund">https://dvs.ohio.gov/wps/portal/gov/dvs/veteran-benefits/benefits-resources/military-injury-relief-fund</a>
<b>VA Home Loan Guarantee</b>	If you were not eligible prior to your Title 10 service (at least 90 days), you now have this lifetime benefit of the VA Home Loan Guarantee.	Planning to buy, build or refinance consider using the GI Bill Home Loan Guarantee. Requires no money down and no PMI – Private Mortgage Insurance.	<b>Use a bank/lender that is familiar with the VA Home Loan Guarantee Program. The lender can pull your certificate of eligibility or you can download it yourself at:</b> <a href="https://www.ebenefits.va.gov">https://www.ebenefits.va.gov</a>

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<b>TRICARE - TAMP - Transitional Assistance Management Program</b>	The Transitional Assistance Management Program (TAMP) provides 180 days of premium-free transitional health care benefits. A National Guard or Reserve member separating from a period of more than 30 consecutive days of active duty served for a preplanned mission or in support of a contingency operation.	Enroll in TRICARE Reserve Select prior to your TAMP benefit expiration.  Member only: \$46.70/month  Member/Family: \$229.99/month	<b>TRICARE TAMP</b> <a href="https://tricare.mil/tamp">https://tricare.mil/tamp</a>  <b>TRICARE TRS:</b> <a href="https://www.tricare.mil/Plans/Enroll/TRS">https://www.tricare.mil/Plans/Enroll/TRS</a>  <b>Regional contractor:</b> East Region 1- <a href="tel:8004445445">800-444-5445</a>
<b>TRICARE Reserve Select</b>	TRS provides comprehensive health care coverage when you're not activated. TRS is a premium healthcare benefit at very reasonable monthly rate for single soldiers and families.	Enroll in TRICARE Reserve Select prior to your TAMP benefit expiration.  Member only: \$46.70/month Member/Family: \$229.99/month	<b>TRS Enrollment</b> <a href="https://www.tricare.mil/Plans/Enroll/TRS">https://www.tricare.mil/Plans/Enroll/TRS</a>  <b>Regional contractor:</b> East Region 1- <a href="tel:8004445445">800-444-5445</a>
<b>Education Benefits Earned</b>	90+ days of qualifying Active Duty (AD) service after 10 Sep 2001 entitles you to the Post 9/11 GI Bill. Payment tier is based upon aggregate qualifying AD days. Includes a tuition payment, housing stipend, and books & supplies stipend. This is the only education benefit able to transfer to dependents. (certain criteria required)  Note: You may be eligible for the Ohio National Guard Scholarship Program after your ETS, with qualifying mobilization time.	Contact the Ohio National Guard GI Bill Manager at <a href="tel:6143367293">614-336-7293</a> or email <a href="mailto:ng.oh.oharnng.list.ngoh-j1-eiom@mail.mil">ng.oh.oharnng.list.ngoh-j1-eiom@mail.mil</a> Apply online at: <a href="https://www.va.gov">https://www.va.gov</a> or call 1-888-GI Bill 1 ] 1- <a href="tel:8774424551">877-442-4551</a>  Contact the Ohio National Guard Scholarship Program (OHNGSP) Coordinator to determine if you have remaining eligibility.	<b>For More Information</b> <a href="https://www.va.gov/education/about-gi-bill-benefits/post-9-11/">https://www.va.gov/education/about-gi-bill-benefits/post-9-11/</a>  <b>Ohio National Guard GI Bill Manager at <a href="tel:6143367293">614-336-7293</a></b>  <b>Additional Education questions contact the ONG Education Service Officer at: <a href="tel:6143367023">614-336-7023</a></b>  <b>ONGSP-Contact Mr. Lonny Kirby at <a href="tel:6143367143">614-336-7143</a> or email: <a href="mailto:lonny.r.kirby.nfg@mail.mil">lonny.r.kirby.nfg@mail.mil</a></b>
<b>Military Service and Medical Records</b>	Ensure that service records associated with your deployment are loaded into IPERMS. If you incurred an illness, injury or disease while on deployment it is imperative that you insure this information is contained in your medical records.	Use <b>IPERMS</b> to download your Service Records to a CD. <b>Medical records</b> can be obtained by contacting the Medical Records Manager. Ensure the information in your records are correct. Also ensure that you have a copy of your Military and Medical Records. Records are critical to obtaining benefits you may have earned and Medical Records are critical in establishing service connected illness, injury and disease.	<b>Service Records - IPERMS</b>  <b>Medical – Speak with your Medical Readiness NCO or contact the Medical Records Manager at <a href="tel:6143367457">614-336-7457</a></b>

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<b>LOD - Line of Duty</b>	A LOD is an investigation that service connects an injury, illness, or disease that occurred while a Soldier was in a duty status.	Establish an LOD within 180 days of coming off of Title 10 orders for any illness, injury or disease that you incurred while on deployment. Use your approved LOD to enroll in VA Healthcare.	<b>Work with your Unit Medical Readiness NCO or contact the OARNG Health Services at <a href="tel:614-336-7024">614-336-7024</a></b>
<b>eBenefits</b>	eBenefits allow Veterans and Service members to access official military personnel documents, view the status of their disability compensation claim, transfer entitlement of Post-9/11 GI Bill to eligible dependents (Service members only), and register for and update direct deposit information for certain benefits.	When you need fast, easy access to manage your VA & DoD benefits, claims and military documents, go online and register for a Premium eBenefits Account.	<b>eBenefits is located at <a href="http://www.ebenefits.va.gov">www.ebenefits.va.gov</a></b>  <b>Note: You may have registered for eBenefits during Demobilization</b>
<b>VA Healthcare Application 10-10EZ</b>	The primary purpose of this form is to request enrollment in the VA Health Care System (Apply for Medical Benefits). Typically, veterans who have NOT previously enrolled or applied for VA health care benefits should use this form.	Create a VA ebenefits account and submit your 10-10EZ online or Go to your... <ul style="list-style-type: none"> <li>▪ County Veteran Service Office</li> <li>▪ See a Veterans Benefits Advisor at your closest VA Medical Center</li> <li>▪ Combat theater Veterans should report to your closet VA Medical Center – Enrollment Desk</li> </ul>	<b>eBenefits</b>  <a href="https://www.ebenefits.va.gov">https://www.ebenefits.va.gov</a>
<b>VA Healthcare Enhanced Eligibility</b>	Veterans who served in a theater of combat operations after November 11, 1998 are eligible for an extended period of eligibility for health care for 5 years post discharge. Eligible combat Veterans will have free medical care and medications for any condition that may be related to their service in theater.	This is literally the easiest way to enroll in VA Healthcare. Do not miss this special term of eligibility. Report to your local VA Medical Center Enrollment Desk.	<b>Enhanced Eligibility</b> <a href="https://www.va.gov/healthbenefits/apply/returning_service_members.asp">https://www.va.gov/healthbenefits/apply/returning_service_members.asp</a>
<b>VA Disability Compensation</b>	Disability Compensation is a tax free monetary benefit paid to Veterans with disabilities (rated 10-100%) that are the result of a disease, injury or illness incurred or aggravated during military service.	If you receive a Veterans Administration (VA) Disability Compensation rating (DC) you may not receive DC and military pay for the same day. At the end of each fiscal year, you must record the number of drills and active duty days you performed on a new VA Form 21-5189-2 and send it to the VA.	<b>Compensation</b> <a href="https://www.benefits.va.gov/compensation/index.asp">https://www.benefits.va.gov/compensation/index.asp</a>

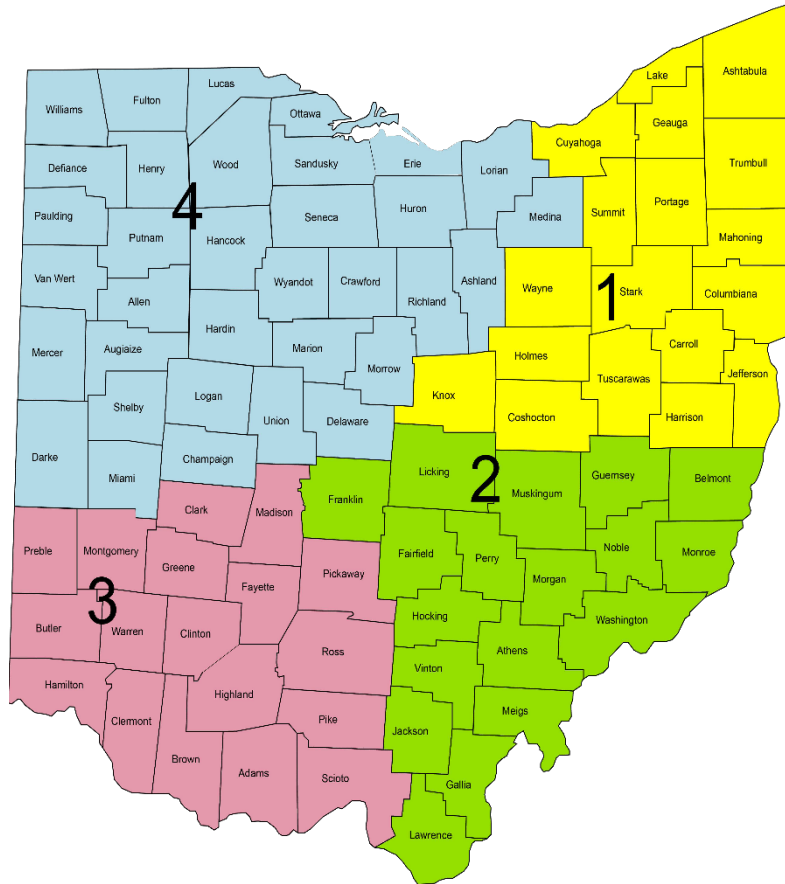
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<b>VA Vet Centers</b>	Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, for service members that served on active duty in any combat theater or area of hostility; or experienced a military sexual trauma.	Asking for assistance is a sign of resiliency. Therefore, if you and your family might benefit from readjustment counseling, don't hesitate to visit your closest Vet Center.	<p><b>Use this VA link to find the Vet Center closet to where you live.</b>  <a href="https://www.vetcenter.va.gov/">https://www.vetcenter.va.gov/</a></p> <p>Note: Vet Center eligibility has significantly expanded in recent years.</p>
<b>VA Burial Benefits</b>	National Guard members who are Federalized and serve for the period called are eligible for burial benefits.	You may want to make a note of this with your military records. Burial benefits include burial at a national cemetery, an inscribed <b>headstone, marker, or medallion</b> , an allowance to partially reimburse the burial and funeral costs of a Veteran, a Presidential Memorial Certificate, and an American flag to drape over a Veteran's casket.	<p><b>VA Burial Benefits</b>  <a href="https://www.cem.va.gov/burial-benefits/">https://www.cem.va.gov/burial-benefits/</a></p>
<b>Veterans Federal Government Hiring Preference</b>	<p>As the result of your active duty you are now eligible for a <b>5 point preference</b> when applying for a federal job.</p> <p>You are <b>10 point preference</b> eligible if you have a service connected disability, or received a Purple Heart.</p>	If you're considering federal employment check out the USA JOBS links to the right for more information and application for federal employment.	<p><b>USA JOB Links specifically addressing Veterans and Guard and Reservists</b>  <a href="https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/veterans/">https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/veterans/</a></p> <p><a href="https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/national-guard/">https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/national-guard/</a></p>
<b>Ohio National Guard Employment Enhancement Program</b>	The Ohio National Guard Employment Enhancement Program (NGEEP) has Employment Specialists throughout Ohio who can connect you with military friendly companies.	Contact a NGEEP Specialist if you are in need of job preparation assistance, networking or career counseling.	<p><b>Find the NGEEP Specialist in your region at:</b>  <a href="https://ong.ohio.gov/frg/FRG_employment.html">https://ong.ohio.gov/frg/FRG_employment.html</a></p>
<b>Unemployment Compensation</b>	Title 10 Active Duty Services of 180 days or more entitles you to the same unemployment benefits as other Americans.	File for unemployment as soon as you become unemployed.	<p><b>This website:</b>  <a href="https://unemployment.ohio.gov">https://unemployment.ohio.gov</a>  <b>is the only place where you can file for unemployment benefits with the state of Ohio, read and reply to your correspondence, and maintain your unemployment account.</b></p>

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<b>Personal Financial Counselors</b>	Certified Personal Financial Counselors (PFCs) are available to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.	Contact a Personal Financial Counselor near you. <b>All services are provided at no cost!</b>	<p><b>Cincinnati – PFC</b>  <a href="tel:513-431-1300">513-431-1300</a>  <a href="mailto:PFC.Cincinnati.USAR@zeiders.com">PFC.Cincinnati.USAR@zeiders.com</a></p> <p><b>North Canton – PFC</b>  <a href="tel:740-447-3727">740-447-3727</a>  <a href="mailto:PFC5.OH.NG@Zeiders.com">PFC5.OH.NG@Zeiders.com</a></p> <p><b>Springfield – PFC</b>  <a href="tel:937-917-6778">937-917-6778</a>  <a href="mailto:PFC2.OH.NG@zeiders.com">PFC2.OH.NG@zeiders.com</a></p> <p><b>Columbus – PFC</b>  <a href="tel:614-600-8355">614-600-8355</a>  <a href="mailto:PFC.OH.NG@zeiders.com">PFC.OH.NG@zeiders.com</a></p> <p><b>Toledo – PFC</b>  <b>OPEN POSITION</b>  <a href="mailto:PFC6.OH.NG@zeiders.com">PFC6.OH.NG@zeiders.com</a></p> <p><b>Wooster – Mansfield - PFC</b>  <a href="tel:330-620-2042">330-620-2042</a>  <a href="mailto:PFC3.OH.NG@zeiders.com">PFC3.OH.NG@zeiders.com</a></p>
<b>Psychological Health Coordinators</b>	Your Psychological Health Coordinator (PHC) can assist with: <ul style="list-style-type: none"> <li>▪ Post deployment adjustments</li> <li>▪ Couples conflict</li> <li>▪ Children’s behavioral concerns</li> <li>▪ Anger management</li> <li>▪ Work place stressors</li> <li>▪ Communication concerns</li> <li>▪ Substance use/abuse</li> <li>▪ Suicidal ideations</li> <li>▪ Depression/Anxiety symptoms</li> <li>▪ Traumatic Brain Injury</li> </ul>	It takes courage to ask for help for you, a loved one, or a battle buddy. Please know you can reach out to your Psychological Health Coordinator confidentially. He or she is a licensed and trained mental health professional and will be able to assist.	<p><b>Psychological Health Coordinators</b></p> <p><b>371st SUS BDE</b>            Karey Thompson  <a href="mailto:karey.a.thompson.ctr@mail.mil">karey.a.thompson.ctr@mail.mil</a>            Mobile: <a href="tel:937-441-4419">937-441-4419</a></p> <p><b>73rd BDE</b>            Colin Fowler, LPCC-S  <a href="mailto:colin.b.fowler.ctr@army.mil">colin.b.fowler.ctr@army.mil</a>            Office: <a href="tel:614-336-6000">614-336-6000</a> x4291            Mobile: <a href="tel:614-572-8783">614-572-8783</a></p> <p><b>174th ADA and STC BDE</b>  <b>OPEN POSITION</b></p> <p><b>16th ENGR BDE</b>            Madelyn Scarberry, LISW-S  <a href="mailto:madelyn.m.scarberry.ctr@army.mil">madelyn.m.scarberry.ctr@army.mil</a>  <a href="tel:614-336-6000">614-336-6000</a> ext. 6899</p> <p><b>37th IBTC BDE</b>            Kelly King-Feciuch, LPCC  <a href="mailto:Feciuch.k.king.ctr@army.mil">Feciuch.k.king.ctr@army.mil</a>  <a href="tel:614-307-1810">614-307-1810</a></p> <p><b>Director, Psychological Health</b>            MAJ David Kirker, LISW-S  <a href="mailto:david.i.kirker.mil@army.mil">david.i.kirker.mil@army.mil</a>  <a href="tel:614-336-7393">614-336-7393</a></p>

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<b>OHIOCARES</b>	OHIOcares is designed to provide seven days a week consultation regarding behavioral health issues or concerns for Ohio National Guard members and their families. It is staffed by Ohio National Guard independently licensed clinicians.	Although the VA is the primary source of services for veterans, the OHIOcares partnership identifies additional community based resources available to service members and their families.	<p><b>Non-emergency resource information line at:</b>  <a href="tel:800-761-0868">800-761-0868</a></p> <p><b>OHIOcares</b>  <a href="https://ohiocares.ohio.gov/">https://ohiocares.ohio.gov/</a></p>
<b>Chaplains</b>	Ohio National Guard chaplains and chaplain assistants assist to strengthen spiritual faith, resiliency, emotional well-being, and healthy relationships for service members and their families.	The State Chaplain's Office can link you with your unit chaplain who may be able to assist you with: personal needs or concerns; cope with stress, grief, abuse, or addictions; address issues involving sexual harassment or sexual assault; assist with thoughts about suicide; answer questions about religion, theology, or faith; and assist with religious accommodations. Your conversation with the chaplain is confidential.	<b>STATE CHAPLAIN</b> <a href="tel:614-336-7377">614-336-7377</a>
<b>Military OneSource</b>	Military OneSource is a Department of Defense-funded program that's both a call center and a website, providing comprehensive information on every aspect of military life that is free to active duty, National Guard and reserve service members, and their families.	Military OneSource provides a wide range of support including confidential non-medical counseling, financial counseling, specialty consultations on education, health and wellness coaching and many other services.	<p><b>Learn what Military OneSource has to offer.</b>  <a href="http://www.militaryonesource.mil">http://www.militaryonesource.mil</a></p> <p><a href="tel:800-342-9647">800-342-9647</a></p>
<b>Transition Assistance Advisors</b>	Transition Assistance Advisors provide support and advocacy for Soldiers transitioning (out of the military to civilian life, active duty, wounded, ill and injured, medical retirement or separation and traditional retirement.	<p>Contact a Transition Assistance Advisor to answer your questions related to:</p> <ul style="list-style-type: none"> <li>▪ State and Federal Veteran Benefits</li> </ul>	<p><b>Michael Magnusson, OARNG TAA</b>  <a href="tel:614-336-4192">614-336-4192</a>  <a href="mailto:michael.j.magnusson.civ@army.mil">michael.j.magnusson.civ@army.mil</a></p> <p><b>Chelsea N. Sintobin</b>  Reserve Component Transition Assistance Advisor  Federal Contractor  <a href="mailto:csintobin@gapsi.com">csintobin@gapsi.com</a></p> <p><b>202-987-3919</b></p>

# FAMILY READINESS AND WARRIOR SUPPORT SERVICES

Your pathway to local, county, regional, state and federal information, resources and services will always be through your Regional Soldier and Family Readiness Specialists (SFRS). SFRS are highly trained professionals who provide information, resources, referrals, and assistance to all Service Members and Families before, during, and after deployments, or whenever there is a need.



You can reach your Regional Soldier and Family Readiness Specialist by calling: [800-589-9914](tel:800-589-9914)