

Rucksack Essentials – OARNG Post Deployment – Benefits-Resources-Services – Recommended Actions

Benefits/Resources/Services	Eligibility and/or Resource Description	Recommended Actions	Contact Information
County Veteran Service Officers	<p>County Veteran Service Offices are staffed by certified and accredited service officers to help Ohio’s Veterans apply for benefits. These benefits include:</p> <p>Federal - Disability Compensation, Pension, Healthcare, Education, Home Loans, Burial and Survivor Benefits.</p> <p>State - Veterans Bonus, Education, Employment, Healthcare, Home Loans, Ohio Veterans Homes and Military Injury Relief Fund.</p> <p>Local - Claim Preparation & Assistance, Financial Assistance, and Transportation to VA medical appointments and Indigent Burials.</p>	<p>Consider using your County Veteran Service Office for benefit applications and claim assistance and processing.</p>	<p>Veterans can find their local office by calling: 877-OHIO-VET (877-644-6838) Or visiting: www.ohiovets.gov</p>
Ohio Veterans Bonus	<p>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.</p>	<p>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.</p>	<p>Apply on line at: www.veteransbonus.ohio.gov or call 1-877-OHIO VET (1-877-644-6838).</p>
Ohio Military Injured Relief Fund	<p>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.</p>	<p>Complete the MIRF application online at http://dvs.ohio.gov/main/mirf.html 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.</p>	<p>For more information contact: MIRF Program at 1-877-644-6838, opt. 3.</p>

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VA Home Loan Guarantee	If you were not eligible prior to your Title 10 service, 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.	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: https://www.ebenefits.va.gov
TRICARE - TAMP - Transitional Assistance Management Program	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: \$42.83/month Member + Family: \$218.01/month	TRICARE TAMP https://tricare.mil/tamp TSP https://www.tricare.mil/Plans/Enroll/TRS Regional contractor: <ul style="list-style-type: none"> ▪ East Region 1-800-444-5445
TRICARE Reserve Select	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: \$42.83/month Member + Family: \$218.01/month	TRS Enrollment https://www.tricare.mil/Plans/Enroll/TRS Regional contractor: <ul style="list-style-type: none"> ▪ East Region 1-800-444-5445
Education Benefits Earned	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 (614) 336-7293 or email ng.oh.oharnng.list.ngoh-j1-eiom@mail.mil Apply online at: https://www.va.gov or call 1-888-GI Bill 1 (1-877-442-4551). Contact the Ohio National Guard Scholarship Program (OHNGSP) Coordinator to determine if you have remaining eligibility.	More information is available at https://www.benefits.va.gov/gibill/post911_gibill.asp Ohio National Guard GI Bill Manager at (614) 336-7293 Additional Education questions contact the ONG Guidance Counselor at 614-336-7275 ONGSP-Contact Mr. Lonny Kirby at (614-336-7143 or email: lonny.r.kirby.nfg@mail.mil

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Military Service and Medical Records	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 IPERMS to download your Service Records to a CD. Medical records 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.	Service Records - IPERMS Medical – Speak with your Medical Readiness NCO or contact the Medical Records Manager at 614-336-7038
LOD - Line of Duty	A LOD is an investigation that service connects an injury, illness, or disease that occurred while a Soldier was in a duty status.	You will want to 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. Your LOD is the official acknowledgement of your service connected illness, injury and disease. Use your LOD to enroll in the VA.	Work with your Unit Medical Readiness NCO or contact the OARNG Health Services at 614-336-7024
eBenefits	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.	eBenefits is located at www.ebenefits.va.gov Note: You may have register for eBenefits
VA Healthcare Application 10-10EZ	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	Create a VA ebenefits account and submit your 10-10EZ online or: <ul style="list-style-type: none"> ▪ Go to your County Veteran Service Office 	eBenefits https://www.ebenefits.va.gov/ebenefits

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10-10 EZ Continued	applied for VA health care benefits should use this form.	<ul style="list-style-type: none"> ▪ See a Veterans Benefits Advisor at your closest VA Medical Center ▪ Combat theater Veterans should report to your closet VA Medical Center – Enrollment Desk 	
VA Healthcare Enhanced Eligibility	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.	Enhanced Eligibility https://www.va.gov/healthbenefits/apply/returning_servicemembers.asp
VA Disability Compensation	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.	Compensation https://www.benefits.va.gov/compensation
VA Vet Centers	Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to service members that served on active duty in any combat theater or area of hostility; or experienced a military sexual trauma. Counseling services can include family members.	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 or contact OHIOCARES for referral assistance.	Use this VA link to find the Vet Center closet to where you live. https://www.va.gov/directory/guide/home.asp OHIOCARES https://ohiocares.ohio.gov/ or 800-761-0868

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VA Burial Benefits	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 headstone, marker, or medallion , 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.	VA Burial Benefits https://www.cem.va.gov/burial_benefits/
Veterans Federal Government Hiring Preference	As the result of your active duty you are now eligible for a 5 point preference when applying for a federal job. You are 10 point preference eligible if you have a service connected disability, or received a Purple Heart.	If you're considering federal employment check out the USA JOBS links to the right for more information and application for federal employment.	USA JOB Links specifically addressing Veterans and Guard and Reservists https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/veterans/ https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/national-guard/
Ohio National Guard Employment Enhancement Program	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.	Find the NGEEP Specialist in your region at: https://ong.ohio.gov/frg/FRG_employment.html
Unemployment Compensation	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.	This website, https://unemployment.ohio.gov , is the only place where you can file for unemployment benefits with the state of Ohio, read/reply to your correspondence, and maintain your unemployment account.
Personal Financial Counselors	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	Contact a Personal Financial Counselor near you. All services are provided at no cost!	Cincinnati – PFC (Vacant) 513-526-4319 PFC.Cincinnati.USAR@zeiders.com North Canton – PFC 419-607-0869

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<p>PFC Continued</p>	<p>getting an education, buying a home and planning for retirement.</p>		<p>PFC3.OH.NG@zeiders.com or 740-447-3727 PFC5.OH.NG@Zeiders.com</p> <p>Springfield – PFC 937-309-1531 PFC2.OH.NG@zeiders.com</p> <p>Columbus – PFC 614-600-8355 PFC.OH.NG@zeiders.com</p> <p>Toledo – PFC (Vacant) 419-277- 6377 PFC6.OH.NG@zeiders.com</p>
<p>Psychological Health Coordinators</p>	<p>Your Psychological Health Coordinator (PHC) can assist with:</p> <ul style="list-style-type: none"> ▪ Post deployment adjustments ▪ Couples conflict ▪ Children’s behavioral concerns ▪ Anger management ▪ Work place stressors ▪ Communication concerns ▪ Substance use/abuse ▪ Suicidal ideations ▪ Depression/Anxiety symptoms ▪ Traumatic Brain Injury 	<p>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>	<p>Psychological Health Coordinators</p> <p>371st SUS BDE Barb Herbst, LISW-S barbara.r.herbst.ctr@mail.mil Office: 614-336-8999 Mobile: 614-623-2625</p> <p>73rd BDE Colin Fowler, LPCC-S colin.b.fowler.ctr@mail.mil Office: 614-336-6000 x4291 Mobile: 614-572-8783</p> <p>174th ADA and STC BDE Monica Szonn- Lillard, LISW-S Monica.m.szonn-lillard.ctr@mail.mil Office: 614-336-4292 Mobile: 614-639-0337</p>

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PHC Continued			<p>16th ENGR BDE Madelyn Scarberry, LISW-S madelyn.m.scarberry.ctr@mail.mil 614-336-6000 ext. 6899</p> <p>37st IBTC BDE Kelly King-Feciuch, LPCC Feciuch.k.king.ctr@mail.mil</p> <p>Director of Psychological Health CPT David Kirker, LISW-S david.i.kirker@mail.mil 614-336-7393</p>
OHIOCARES	<p>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.</p>	<p>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>	<p>Non-emergency resource information line at 1-800-761-0868</p> <p>OHIOcares https://ohiocares.ohio.gov/</p>
Military OneSource	<p>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, their families</p>	<p>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>	<p>Learn what Military OneSource has to offer. Visit http://www.militaryonesource.mil or call 800-342-9647</p>

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If you would like to talk with an Ohio Army National Guard **Transition Assistance Advisor** regarding state and federal benefits, please feel free to Contact:

Michael Magnusson, OARNG TAA

Warrior Support Services

614-336-4192

michael.j.magnusson.civ@mail.mil

http://ong.ohio.gov/frg/FRG_benefits.html

Terry Dean, OH/TAA

614-336-7349

Terry.w.dean.ctr@mail.mil

To reach the Troop and Family Assistance Center Specialist in your Region call: 1-800-589-9914