

Assistance/ Resource Log

For Military Members and Families

Financial Assistance

- VFW Unmet Needs Program (www.vfw.org)
 - Funds from donations are available to the five branches of service (Army, Navy, Air Force, Marines and Coast Guard), as well as members of the Reserves and National Guard. Funds awarded by the program are offered in the form of grants--not loans--so recipients don't need to repay them. As they are typically less than \$1,500, there is little chance that they will affect the recipient's taxes. Grants are to be used for mortgage assistance, rent, home repair, vehicle repair and maintenance, appliance repair, groceries, transportation expenses, medical expenses, and much more. Apply online at the website above.
- EANGUS We Care for America Foundation (703) 519-3846
 - The EANGUS We Care for America Foundation, Inc. (WCFA) will offer an emergency grant (referred to hereafter as the "National Guard Soldier and Airmen Emergency Relief Fund") to any member of the Army and Air National Guard (referred to as "eligible member") who has experienced **catastrophic financial hardship and personal property loss** (see examples on page 2) while serving as a member of the National Guard of the United States. The assistance will continue to be made available based on availability of funds. In the absence of available funds, requests will be returned to the initiator. Membership in EANGUS is not required for eligibility in this program. To apply contact EANGUS We Care For America Foundation, Inc., 3133 Mount Vernon Avenue, Alexandria, Virginia 22305. Fax: 703-519-3849 Phone: 703-519-3846
- Air Force Aid Society (www.afas.org)
 - Eligibility-Active duty members and their dependents, Retired Air Force personnel and their dependents, but not on a continuing basis. Case by case review. Air National Guard and Air Force Reserve personnel on extended duty over 15 days, away from their home station, under Title 10, U.S. Code. Spouses and dependent age children of deceased Air Force personnel (who died on active duty or in retired status). Financial assistance is given when a qualifying individual cannot otherwise pay for specific basic needs essential to continued personal effectiveness as an Air force member. The Society believes that it is better to err on the side of generosity in assisting with need. However, AFAS does not provide assistance for nonessentials, nor does it supplement the income of people who consistently lack sufficient self-discipline to live within their means. The Society does not use contributed dollars to assist members with "wants" and "desires" -- needs are first priority.
- American Red Cross (www.redcross.org)
 - The Red Cross works with the military aid societies (Army Emergency Relief, Navy Marine Corps Relief Society, Air Force Aid Society and the

Coast Guard Mutual Assistance). This partnership helps to provide financial assistance for emergency travel that requires the presence of the service member or his or her family, burial of a loved one, or with assistance that cannot wait until the next business day (food, temporary lodging, urgent medical needs, or the minimum amount required to avoid eviction, utility shut off, etc.).

- American Legion, Temporary Financial Assistance (www.legion.org)
 - Through TFA, a local Post can call upon the National Organization for cash assistance to help maintain the basic needs of veterans' children. The TFA fund has been used to assist families in meeting the costs of shelter, food, utilities and health expense items when the parents are unable to do so, thereby keeping the child, or children, in a more stable home environment.
- USA Cares (www.usacares.us)
 - USA Cares is a "Hand Up and not a Hand Out" to our military servicemen and women and their families. The primary intention of the donated funds is to assist families in quality of life issues. Our most important objective is to be there for those immediate issues that require a quick turn around, like food on the table, or other quality of life issues.
- United Way 2-1-1 (see information/ referral)

Financial Counseling

- Positive Solution Forming Budget Counseling-contact Tami Lage(515) 222-3660
- Consumer Credit Counseling Service
 - 6200 Aurora Avenue, Suite 504W, Urbandale, IA 50322 (515) 225-2227
- Consumer Credit of Des Moines
 - 6129 SW 63rd Street, Des Moines, IA 50321 (515) 287-6428 (800) 955-5765

Mental Health/ Family Counseling

- Vet Center (www.va.gov)
 - Vet Centers provide readjustment counseling and outreach services to all veterans who served in any combat zone. Services are also available for their family members for military related issues. Veterans have earned these benefits through their service and all are provided at no cost to the veteran or family.
- Military OneSource (www.militaryonesource.com or (800) 342-9647)
 - Military OneSource can provide a referral for six face-to-face sessions, per issue, to professional civilian counselors at no cost to the service member or family member (please note in-person counseling is only available in the United States and Puerto Rico).
- United Way 2-1-1 (see information/ referral)

(Counseling in the Des Moines Area)

- Broadlawns Medical Center Outpatient Mental Health -(515) 282-5750
- Catholic Charities- (515) 244-3761
- Children & Families of Iowa- (515) 288-1981

- Des Moines Pastoral Counseling- (515) 274-4006
- Employee and Family Resources- (515) 288-9020
- Lutheran Social Services- (515) 274-4946
- Child/Adolescent Guidance- (515) 244-2267
- Community Action Program- (515) 282-6770
- Behavioral Health Resources (Golden Circle)- (515) 241-0982
- Community Support Advocates- (515) 883-1776

Child Care Resources

- Child Care Aware (www.childcareaware.org)
 - Child Care Resource and Referral organizations (CCR&Rs) are your local experts on child care and provide parents with many services, including referrals to local child care providers.

Child Care Resource & Referral of Central Iowa

808 5th Ave

Des Moines, IA 50309

Phone: (515) 246-3560

Toll Free: (800) 722-7619 (For In-State Use Only)

Fax: (515) 323-5211

Email: Childnetiowa.org

Website: <http://www.childnetiowa.org>

Employment

- Vet Jobs (www.vetjobs.com)
 - VetJobs is the Veterans of Foreign Wars sponsored military related job board for transitioning military, veterans and their family members (spouses and children). VetJobs is particularly strong in assisting Guard and Reserve members and their spouses.
- Helmets to Hardhats (www.helmetstohardhats.org)
 - Helmets to Hardhats is a new national program that offers direct entry into apprenticeship programs within the construction industry to National Guard, Reserve and transitioning active duty members. It provides our members with quality career training and employment opportunities within the construction industry. For any of your soldiers who are deploying an apprenticeship can be waiting for them when they return home. This is a great benefit to any soldier that wears or has worn the uniform. Any soldier can register to use the site. For soldiers who are not interested in the union, there may be opportunities for referral to positions offered by agencies affiliated with the unions. It can even benefit spouses.
- ESGR- Employer Support of the Guard and Reserve (www.esgr.mil)
 - The Employer Support for the Guard and Reserve (ESGR) is a Department of Defense organization. The ESGR was established in 1972

to promote cooperation and understanding between Reserve component members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment. The mission of the ESGR is to Gain and maintain active support from all public and private employers for the men and women of the National Guard and Reserve.

- United Way 2-1-1 (see information/ referral)

Healthcare

- TRICARE (www.triwest.com)
- TRICARE offers health coverage to military members and families, active duty status and traditional status. For TRICARE information go to the above website, call 888-TRIWEST or contact MPF at 515-256-8530. Camp Dodge also has a TRICARE Office located next to the Firehouse. They do not have a phone number or make appointments. They take walk-ins only.
- Neighborhood Health Initiative-Central Iowa Resource (515-309-4795)
 - Provides free information, education, referrals, and assistance to help you get the health information and healthcare you need.
- Broadlawns Medical Center
 - 1801 Hickman Road, Des Moines, IA 50314 -(515) 282-2200
- Jim Ellefson Free Medical Clinic
 - 1607 East 33rd Street, Des Moines, IA 50317 -(515) 266-7622
- United Way 2-1-1 (see information/ referral)

Dental Services (Free and Subsidized)

- DMACC Dental Clinic-(515) 964-6280
 - By Appt, Cleaning & X-rays for all ages
- Des Moines Health Center- (515) 244-9136
 - Exams, X-rays, Preventative & Restorative, Discounted services to eligible. All ages, Spanish available

Addiction

- Central Iowa Gambling Treatment Program, Inc. -800-341-3576
- Chemical Dependency Education Program
 - Iowa Lutheran Hospital, 700 E. University Avenue, Des Moines, IA 50316-2392 -(515) 263-2424
- Al-Anon Family Groups
 - 1804 41st Street, Des Moines, IA 50310 -(515) 277-5059
- Powell Chemical Dependency Center
 - IA Lutheran Hospital, 700 East University, Des Moines, IA 50316 (515) 263-2424
- Mercy Franklin Center
 - 1818 48th Street, Des Moines, IA 50310 -(515) 271-6111 (866) 595-4459

Legal

- Legal Aid Society of Polk County

- Client pays court costs. Bankruptcy, divorce, child support/ custody, problems with government, assistance programs, landlord/ tenant, wills, collection problems, garnishments, unfair sales, (515) 243-1193
- Drake Legal Clinic
 - Free to the public, client pays court costs, First come first serve basis on various civil court matters (515) 271-3851
- Youth Law Center of Polk County
 - Free confidential legal help for youth under 18 yrs. (515) 244-1172
- Volunteer Lawyers Iowa Bar Association
 - Group of private attorneys who provide pro bono services to low income families (515) 244-8617

Hotlines

- Domestic Violence Hotline (800) 942-0333
- Sexual Assault Hotline (515) 286-3535 Available 24 Hour
- Suicide Hotline (800) 447-1985
- Gambling Hotline (800) 238-7633 or 800-BETS-OFF
- Alcohol Abuse Hotline (800) 252-6465 (aka 1-800 ALCOHOL)
- Child Abuse/ Dependent Adult Abuse Hotline (800) 362-2178
- National Youth Crisis Hotline (800) 448-4663
- Narcotics Anonymous (515) 244-2277

Information/ Referral

- Military OneSource (www.militaryonesource.com)
 - Military OneSource is a 24-hour, 7-days-a-week, toll-free information and referral telephone service – **1-800-342-9647** – available worldwide to active duty, Reserve, and National Guard military members and their families; and to deployed civilians and their families. Military OneSource provides information ranging from everyday concerns to deployment-related issues. Also, if there is a need for face-to-face counseling, Military OneSource can provide a referral for six sessions per issue to professional civilian counselors at no cost to the service member or family member (please note in-person counseling is only available in the United States and Puerto Rico). Overseas, Military OneSource can help access the existing services provided through the Medical Treatment Facilities.
- United Way 2-1-1 (www.unitedwaydm.org)
 - United Way funds 2-1-1, a bilingual, 24/7 information and referral phone service which links people in crisis with resources throughout the community. Each caller is matched with direct assistance to any of 1,588 social service agencies in a 15-county area, providing everything from food and shelter, rental assistance, counseling and medical care. Call 2-1-1 or go online to find resources by county.
- National Guard Family Program (www.guardfamily.org)
 - Find information on Family Readiness Programs, plans and operations, trainings, conferences, outreach programs, resources, assistance, and much more. This is the one stop for all family program related information.

Other Services

- Family Support Network- American Legion (800-504-4098)
 - If you have a family in need of assistance, such as car repair, mowing the lawn, grocery shopping, home repair, call the Family Support hotline and the American Legion will take your call at their call center and redirect it to a local American Legion post that can help you.
- Operation Heromiles (www.heromiles.org)
 - The program is comprised of individual airlines whose passengers donate their frequent flyer miles to assist service members and their families. Specifically, Fisher House Foundation provides free airline tickets to military men and women who are undergoing treatment at a military or VA medical center incident to their service in Iraq or Afghanistan, and their families. There are two categories of eligible recipients: Service men and women with an approved leave of five or more days may be given a free round trip airline ticket for a trip from the medical center to their home and return if they are not eligible for government funded airfare. Qualifying service men and women may be given free round trip airline tickets to enable their family or close friends to visit them while they are being treated at the medical center.
- America Supports You (www.americasupportsyou.mil)
 - Many non-profit organizations want to help meet your needs. These groups send care packages, donate airline miles to help reunite returning military men and women with their families, support scholarship funds or send support to wounded service members. Using the links on this page you will find more than 150 non-profit organizations that have joined the America Supports You team and are dedicated to helping you and your families.
- Fisher House (www.fisherhouse.org)
 - There is at least one Fisher House™ at every major military medical center to assist families in need and to ensure that they are provided with the comforts of home in a supportive environment. Annually, the Fisher House™ program serves more than 8,500 families, and have made available more than two million days of lodging to family members since the program originated in 1990. Based on a comparison of fees at a Fisher House™ (the average charge is less than \$10 per family per day, with many locations offering rooms at no cost) with commercial lodging facilities in the same area, it is estimated that families have saved more than \$60 million by staying at a Fisher House™ since the program began.
- 132d FW Member Yellow Pages
 - Find services provided by our military members (such as carpentry, painting, real estate, etc.) at www.boardpateri.com
- Red Cross Notification (www.redcross.org or 515-243-7681)
 - American Red Cross communication services keep military personnel in touch with their families following the death or serious illness of a family member or other important events, such as the birth of a child. The Red Cross quickly sends these communications on behalf of the family to

members of the U.S. Armed Forces serving anywhere in the world, including ships at sea, embassies and isolated military units. The information or verification in a message assists the service member's commanding officer with making a decision regarding emergency leave.

- When making a Red Cross Notification you will need the service member's **Full name, rank, branch of service, Social security number, Military address, and information about the deployed unit and home base unit.**