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U.S. AIR FORCE

NJDMAVA HIGHLIGHTS

DECEMBER 2, 2015



A THANKSGIVING FEAST AT PARAMUS

Story and photo by Capt. Mark Lim, 444th Mobile Public Affairs Detachment

The three dining rooms of the New Jersey Veterans Memorial Home at Paramus Veterans were filled on Thanksgiving Day with more than just residents, staff and turkey. The rooms were filled with laughter and smiles as more than 100 family members came out to enjoy a meal with their veteran.

“The facilities are wonderful, bright and clean. The volunteers have been very nice, this is the best I’ve seen my dad eat in weeks,” said Maureen Holly from Clifton, whose father, Richard Murray has been a resident of the home since March 2015.

“Staff and volunteers are very friendly and interested in the veteran’s stories. I walk in and they always know my name,” said Gwen VanDeWeghe, who joined her husband Aurele at the veterans home five months ago.

“This is a very good event. I wish

our turkey at home was this good,” said Alan VanDeWeghe, Ramsey, the VanDeWeghe’s son, and that appreciation was echoed by his sister, Amy Young, Westwood, “All the volunteers are doing a great job.”

Aside from the staff, local volunteers including the Elks Club, VFW, and Boy Scouts to name a few, banded together to help serve and cleanup the meal.

The event was a powerful example of



Richard Murray, center, with his granddaughter Beth, left, son-in-law Tim and daughter Maureen on Thanksgiving Day at the Paramus Veterans memorial Home. Murray was a Combat Merchant Marine in World War II. (U.S. Army National Guard photo by Capt. Mark Lim/Released)

the great things that can be accomplished when the local community comes together to care of their veterans, especially fitting on a holiday known for giving thanks.

ATTN: VETERANS & CONCERNED CITIZENS!
Are you concerned on how Veterans diagnosed with Post Traumatic Stress Disorder (PTSD) are treated in judicial proceedings?

Let your voice be heard

PUBLIC HEARING

Friday, December 4, 2015
10 a.m. - 1 p.m.

AMERICAN LEGION POST #331

11615 2nd Ave. (Corner of 117th St. & 2nd Ave.)

STONE HARBOR, NJ 08247

This Public Hearing is open to anyone. All those wishing to give testimony please be on time and prepared to give both oral and written testimony.

This Public Hearing is being held by a Task Force created by the New Jersey Senate and General Assembly and overseen by the New Jersey Department of Military & Veterans Affairs. The Task Force shall examine current data, research, programs and initiatives related to the impact of PTSD upon Veterans to include those members of the New Jersey National Guard and how it has affected their treatment in judicial hearings.

The Task Force shall also identify effective strategies for the court system to adopt to effectively interact with Veterans diagnosed with PTSD and develop recommendations to implement those strategies, including legislation or court rules, if appropriate, based on their findings. Three Public Hearings will be held and a final report shall be issued to the Governor.

To register to give testimony, or if you have any questions please contact;

Albert Bucchi
Ph. 609-530-6962

Albert.Bucchi@dmava.nj.gov

Chuck Robbins
Ph. 609-530-6855

Chuck.Robbins@damava.nj.gov

Cynthia Barnes
Ph. 609-530-6975

Cynthia.Barnes@dmava.nj.gov



E-mail your Highlights submissions to: mark.olsen@dmava.nj.gov by close of business Wednesday

COVER PHOTO

Maj. Kiel Gilliland with his son, Garrett, welcomes his wife, 108th Wing pilot Maj. Sharon Gilliland after her “fini flight” on a KC-135R Stratotanker at Joint Base Mcguire-Dix-Lakehurst on Nov. 5, 2015. Her mid-air refueling was specially coordinated between the 108th and his Air Force Reserve unit - the 514th Air Mobility Operations Squadron. (U.S. Air National Guard photo by Master Sgt. Carl Clegg/Released)

Hanging it up for a simple life: It's complicated

Story and photo by Master Sgt. Carl Clegg, 108th Wing Public Affairs

Working a nine-to-five schedule and having a house with a picket fence is the American dream for many.

But what happens when you make your living at 35,000 feet in the air?

Oh, and so does your husband.

And you both have part-time flying gigs for the Air Force and you have two children under 3.

Life moves quickly at 500 miles-per-hour, and for someone who never considered herself to be the mommy type, hitting the brakes is a new but necessary step.

"It's time to simplify my life," said Maj. Sharon Gilliland, a KC-135R pilot with the New Jersey Air National Guard's 108th Wing.

"My dad was a C-130 pilot at Willow Grove Naval Air Station and my uncle was a reserve loadmaster on a C-141 at McGuire Air Force Base; I guess flying was just in my blood," said Gilliland, whose flying career started at Purdue University as an aviation technology major.

A pilot for 19 years, "I've been flying since before I had my driver's license," she said. As a commercial pilot for Spirit Airlines, Gilliland flies three to four days a week. Combine that with flying five to six days a month for the Guard plus drill weekends and deployments, and life gets complicated.

Gilliland's husband, Kiel, recently left active duty Air Force where, for 12 years, the University of Washington ROTC grad was a C-17 Globemaster III pilot and weapons school instructor. Kiel now flies commercially for Delta Airlines and serves with the 514th Air Mobility Operations Squadron. Between them, the Gillilands have eight deployments and 360 combat sorties to their credit. At any given time, both Sharon and Kiel can be flying to opposite ends of the world, but there



Capt. Sharon Gilliland, right, a KC-135 Stratotanker pilot with the 108th Wing, poses for a photo with her husband Maj. Kiel Gilliland, and their children, Garrett and Lacey, following her final flight at Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 5, 2015. (U.S. Air National Guard photo by Master Sgt. Carl Clegg/Released)

are two very precious reasons why more time at home is worth the sacrifice of their part-time jobs.

The Gillilands have a son, Garrett who is almost three and a daughter, Lacey who is one-and-a-half.

"We want to focus on raising our kids," said Sharon.

But Sharon has not given up on serving her country. She has accepted a new job with the Air Force Reserve as a tanker planner with the 514th Air Mobility Operations Squadron just across the airfield from her old unit. "A tanker planner job allows me to still serve my country and be around Air Force flyers, but without all of the added time requirements of being a pilot," says Sharon.

The "fini flight" is a tradition that has been around since at least World War II and for Sharon and Kiel, it was perhaps historic. Both flew their respective aircraft on a joint Guard and Reserve mission on Nov. 5.

"The 108th does refueling missions with the regular Air Force and

Reserves all the time, but Kiel and I never flew the same mission before," said Sharon.

With a little pre-planning and some luck, the couple was able to make a little history and memories to last a lifetime. Cameras clicked away as the engines silenced. Friends and family cheered as Sharon emerged from the aircraft crew hatch. Fellow pilots and crew members doused the pilot with water while her husband sprayed her with champagne. A soaking wet, but jubilant Sharon Gilliland was warmly greeted by her children and husband and surrounded by the people she cares most deeply about--simple really--not complicated at all.

Trees for troops



Douglas H. Fisher, right, Secretary of the New Jersey Department of Agriculture, ceremonially kicked off the choose and cut Christmas tree season Nov. 30, 2015, at Wyckoff's Tree Farm in White Township along with, left to right, Laura DePrado, New Jersey Agricultural Society; Col. Mark Piferski, Department of Military and Veterans Affairs; Tim Dunne, Vice President, New Jersey Christmas Tree Growers Association; John Wyckoff and Warren County Freeholder Ed Smith. Gov. Chris Christie proclaimed Nov. 30, 2015, as Jersey Grown Christmas Tree Day, encouraging New Jersey residents to support the state's farmers and visit choose and cut Christmas tree farms, as

well as showing appreciation of our military during the holiday season. Wyckoff also participates in several charitable causes, including Christmas Trees for New Jersey Military Families. His family will donate the tree cut by Fisher to that cause, which is a joint program of the New Jersey Department of Agriculture, the New Jersey Christmas Tree Growers Association and the New Jersey Agricultural Society. The goal is to donate 100 trees that will be presented to New Jersey National Guard members and their families at a ceremony at the Joint Military and Family Assistance Center in Bordentown Dec. 14, 2015. (Courtesy photo)



Jacobs visits residents

Medal of Honor recipient retired Col. Jack Jacobs, second from right, poses for a photo with Joseph Brandspiegel, left, CEO of the New Jersey Veterans Memorial Home at Menlo Park, along with home residents and Don Buzney, right, Nov. 30, 2015. Jacobs discussed his Army service and answered resident's questions. Buzney volunteers at the Home and was instrumental in arranging Jacob's visit. (Photo by Dorothy DeLosReyes)

BUDDY CHECK: IS SOMEONE YOU KNOW AT RISK FOR SUICIDE?

From *Guard Your Health*

You and your battle buddies have been through a lot together.

You've sweat out drill weekends and responded to national disasters. Many of you have deployed together overseas. You've seen how your buddies react during times of intense stress.

Remembering their "normal" reaction to stressors can help you recognize when your friend's behavior just doesn't seem right.

Consider the following tips to help you identify serious changes in behavior and know when and how to reach out for help—whether your friend is next to you, on the phone, or online.

Suicide risk factors

Be on the lookout for any significant changes in a Soldier's family, personal, or job life. While the following risk factors do not mean someone is suicidal, they do increase the chances that someone may need help. Risk factors to look for may include:

Relationship problems (loss of relationship, divorce)

Significant loss (death, job, home)

Legal trouble (current or pending actions)

Serious health issues

Social isolation, living alone

Not being able to form or sustain meaningful relationships

Listen and be aware if your buddy mentions that they feel helpless, hopelessness, guilt, or that he or she just doesn't see a way out.

Suicide warning signs

Not all people at risk of suicide exhibit warning signs. But there are some signs that may indicate someone may be thinking about or planning a suicide. Seek professional help if your buddy is:

Thinking about hurting or killing him/herself

Sleeping too much or too little

Increasing his/her alcohol or drug use

Withdrawing from family or friends

Having unusual mood swings or

acting out

Engaging in risky behavior such as reckless driving or inappropriate sexual behaviors

Seek immediate help if a Soldier:

Formulates a plan

Talks about suicide

Has an obsession with death

Gives away possessions or appears to be finalizing affairs

ACE – How You Can Help

Ask. You may have to flat-out ask a friend if he or she is thinking about suicide. Asking shows you care and opens a door for him or her to vent. You may have to do this over the phone, if being there in person isn't an option. Use social media to get your friend on the phone if you see an alarming post.

When discussing such intense feelings, truly listen and avoid giving advice or arguing.

Care. Try to get your friend to seek immediate help from his/her doctor, mental health professional, chaplain, or nearest emergency room. If your friend is more comfortable speaking with someone on the phone, they can call 911 or call the National Suicide Prevention Lifeline at 800-273-TALK (8255) and press 1 for the Military Crisis Line.

The Lifeline is staffed 24/7 by people who understand what Soldiers have been through and the daily challenges your friend and you face. It's a confidential and free service.

Escort. If you think a friend is a suicide risk, you don't have to handle the situation alone. Many services and professionals stand ready to assist:

The National Guard Bureau's Psychological Health Program provides support to help you through challenging issues, like how to talk with a friend about suicide. A Director of Psychological Health is someone you can talk to confidentially about your problems—big or small – in a safe, confidential environment.

Unit Commanders

Unit Chaplains

If you need to act fast:

Additional resources that can help when you fear a friend may hurt him or herself:

Call the National Suicide Prevention Lifeline at 800-273-TALK (8255). Counselors are available 24 hours a day, seven-days a week. The service is available to anyone and all calls are confidential.

Contact Vets4Warriors for free peer support. The support line (1-855-VET-TALK) is available 24/7 for National Guard Soldiers.

Reach to Military OneSource for free non-medical counseling through their website or by calling 800-342-9647.



Guard Your Health (www.guardyourhealth.com) is a health and medical readiness campaign for Army National Guard Soldiers and their families sponsored by the Army National Guard Chief Surgeon's Office.

Guard Your Health provides Soldiers with information, motivation and support to overcome challenges and make healthy decisions for themselves, their families and their units.

To learn more about improving your health, visit the Guard Your Health website; like "Army National Guard Health" on Facebook and follow @ARNG-Health at twitter.com/ARNG-Health.

Freedom Awards nominations open

From the Employer Support of the Guard and Reserve

Nominations for the 2016 Employer Support of the Guard and Reserve Freedom Awards are open until Dec. 31, 2015.

Any Guard or Reserve service member can nominate their employer. If a service member does not have access to submit a nomination, a family member can nominate the service member's employer on their behalf.

You can nominate small, large (500+) and public employers. The employer MUST be the service member's current employer. To nominate your employer, go to <https://esgr.csd.disa.mil/fa/NominateYourEmployerView.aspx>

Click on the "Nominate" button at the top or bottom of this page. Open the form and review the questions before filling in any of the fields.

If you do not know how to answer any of the questions, print the form and gather the pertinent information before going any farther. Ask your employer or HR representative for

clarification if you need assistance answering the questions.

The form must be completed in one session, so fill out the nomination form fully and accurately. There is not an option to save your data and submit later.

For each question, please provide supporting information in the text box below each question. This is your chance to enhance your nomination by providing thorough explanations of why your employer deserves to be considered for this award. Explaining on all of the ways in which your employer supports you, your family, other service members and the military community will ensure the strongest nomination possible.

After your nomination is submitted, it will go to a review committee in your state. Once the nomination period closes, the state will select semifinalists to move forward. A



review board at HQ ESGR, a Department of Defense agency, considers all semifinalists for selection to the next round. The group of finalists goes before a National Selection Board comprised of senior Department of Defense officials, representatives from each of the seven Reserve Components, employer associations and past recipients of the Freedom Award. This selection committee makes recommendations for up to 15 recipients to the Secretary of Defense for final approval. Semifinalists are announced in early spring, and recipients are finalized by early summer.

YOU ARE INVITED TO...

Building firm family relationships takes the combined energy, talent, desire, vision, and focus of each family member, plus a framework for applying universal, self-evident principles that enable family members to communicate their challenges and overcome them successfully together.

Weekend Includes:

2 day training event

Take home materials

4 meals

2 nights lodging

Effective training for the workplace and home.

When: 12/11/2015-12/13/2015

Where: Stockton Seaview Hotel & Golf Club

Dress Code: Very Comfortable

Ages: 4-17

***Childcare for 0-3 yrs. TBD**


REGISTER NOW @ WWW.STRONGBONDS.ORG/

POC: SGT John Schwartz
Joint Military Family Assistance Center
1048 U.S. Highway 206
Bordentown, NJ 08505
Phone: (609) 324-7025
Email: john.w.schwartz22.mil@mail.mil

A Holiday Strong Bonds for the FAMILY!

Veterans Outreach Campaign

Jan. *26 – 28, 2016
Veterans Outreach Campaign and Medal Ceremony
10 a.m. – 8 p.m., Daily
Quaker Bridge Mall
DMAVA medal ceremony on Jan. 26 at 11 a.m.
at Center Court
150 Quakerbridge Road, Lawrenceville, NJ 08648

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|--|--|---|--|
| <p>New Jersey Department of Military and Veterans Affairs PO Box 340 Trenton, NJ 08625-0340 1-888-8NJ-VETS(8387) or www.state.nj.us/military</p> | |  <p>Raymond L. Zawacki, Deputy Commissioner for Veterans Affairs (609-530-7062) Cheryl Henderson, Executive Secretarial Assistant (609-530-7045) Chuck Robbins, Assistant to DCVA/Outreach Coordinator (609-530-6855)</p> | |
| Veterans Healthcare Services (DVHS) | | | |
| <p>Brigadier General Steven Ferrari, Director 609-530-8967 Donna Myers, Sec. 609-530-8766 Virginia Fless, QA Coordinator 609-530-8979 Fax: 609-530-8970</p> | | <p>Menlo Park Veterans Memorial Home Joseph Brandspiegel, CEO Jennifer Pajak, Sec. 132 Evergreen Road, PO Box 3013 Edison, NJ 08818-3013 732-452-4102 Fax: 732-603-3016</p> | |
| <p>Paramus Veterans Memorial Home Dianne Tabron-Falder, CEO Diane Callaghan, Sec. 1 Veterans Drive Paramus, NJ 07652 201-634-8525 Fax: 201-967-8856</p> | | <p>Vineland Veterans Memorial Home Boris Ressek, CEO Sharon Davis, Sec. 524 North West Boulevard Vineland, NJ 08360-2895 856-405-4207 Fax: 856-896-6714</p> | |
| Veterans Services (DVS) | | | |
| <p>Albert J. Bucchi, Director 609-530-8682 Cynthia Bismes, Sec. 609-530-8975 Fax: 609-530-7075</p> | | <p>Brigadier General William C. Doyle Veterans Memorial Cemetery Iven Dumas, State Supt. - 609-738-2424 Genia DiBella, Sec. - 609-738-2404 Cyndi Dzurnin, Informant Office Supervisor. - 609-738-2407 Dennis Macomber, Honor Guard. - 609-758-7505 350 Provinceline Road, Wrightstown, NJ 08562 609-738-2400 Fax: 609-758-0169 Maintenance/Cemeteries/Memorials Joseph Arroyo & Kenneth Smith Supervisor, 609-738-2408 Fax: 609-758-3480</p> | |
| <p>Vietnam Veterans Memorial 1 Memorial Lane, PO Box 848, Halmedel NJ 07733 732-335-0033 Fax: 732-335-1107</p> <p>Korean Memorial Boardwalk/Brighton Park, Atlantic City, NJ 08401</p> <p>War World II Memorial W State Street, Trenton, NJ 08608</p> | | <p>Veterans Haven South Walter Nail, Supt. - 609-567-4948 Vacant, Asst. Supt. - 609-567-3715 301 Spring Garden Road, PO Box 80 Winslow, NJ 08895 609-561-0269 Fax: 609-567-5186</p> | |
| <p>Veterans Haven North Sean VanLew, Supt. - 908-537-1960 Laura Blaine, Sec. - 908-537-1963 200 Sanatorium Road, Suite 101 Glen Gardner, NJ 08826 908-537-1969 Fax: 908-537-1990</p> | | <p>State Approving Agency-GI Bill Programs Charles Rowe, Bureau Chief - 609-530-6842 Marisol Meyer, Education Prog Asst - 609-530-6849 Lynn Yesatolina, State Admin - 609-530-6858 Joan Edwards, State Admin - 609-530-6948 Fax: 609-530-7196</p> | |
| <p>Veterans Benefits Bureau Patricia A. Richter, Bureau Chief - 609-530-6949 Elizabeth Schofield, Prin Staff Officer - 609-530-6954 Paul Kate, Staff Asst - 609-530-6826 Vacant, Sec. - 609-530-6868 Michele Johnson, Sec. - 609-530-7035 Fax: 609-530-6970</p> | | <p>Veterans Service Offices Joseph Bucco, State Supervisor - 609-530-6830 Christopher Wambach, State Supervisor - 609-530-6863 Joseph E. Nyzio, VSO - 609-530-6857</p> <p>VA Regional Office/Philadelphia Charles Piscopo, VSO - (Mon - Wed, Alternate Fridays) 5000 Wissahickon Avenue, Philadelphia, PA 19144 856-853-4184/4185/4186</p> | |
| <p>Atlantic City/Cape May Nicholas Petrozino, VSO Shermi Mome, Sec. 1008 Absecon Boulevard, Atlantic City 08401-1999 - (Atlantic City Army) 609-441-3080/3061 Fax: 609-441-3899 (closed alternate Fridays)</p> | | <p>Bergen/Passaic Richard Mannes, VSO Titus Ostajgw, Sec. 125 Slate Street, Suite 109, Hackensack 07601-5435 201-996-8050/8051 Fax: 201-996-8009</p> | |
| <p>Camden/Gloucester Joseph Frost, VSO Charles Piscopo, VSO (Tuesdays and Thursdays) Diane Rosci, Sec. 658 N Evergreen Avenue, Woodbury 08096 - (Woodbury Army) 856-853-4184/4185/4186 Fax: 856-384-3781 (closed alternate Fridays)</p> | | <p>Essex/Union Robert Maulano, VSO Shelley Darby, Sec. 20 Washington Place, Room 439, Newark 07102-3174 973-927-3230 Fax: 973-648-2356</p> | |
| <p>Mercer William McDonnell, VSO Theresa Tomcheck, Sec. 151 Eggerts Crossing Road, Room 136, Lawrenceville 08848 - (Lawrenceville Army) 609-671-6697/6696 Fax: 609-671-6656</p> | | <p>Middlesex/Somerset Joseph Battilo, VSO Vacant, Sec. 1060 Hamilton Street, Somerset 08873 - (Somerset Army) 732-937-6347/6348 Fax: 732-937-6417 (closed alternate Fridays)</p> | |
| <p>Newark Liaison/VA Regional Office Vacant, VSO Vacant, Sec. 20 Washington Place, Room 431 Newark 07102-3174 973-297-3336 Fax: 973-642-0830</p> | | <p>Ocean Vacant, VSO Robin Mitchell, Sec. James J. Howard Outpatient Clinic 970 Route 70, Brick 08724-3550 732-840-3033/3034 Fax: 732-840-0399</p> | |
| <p>Sussex/Morris William Robinson, VSO 479 West Clinton Street, Dover 07801 - (Dover Army) 973-366-0245/0347 Fax: 973-366-0360 (closed alternate Fridays) *Sussex, 12 Munsonhurst Road, Frankford, 07416 (Thursday/Friday) 973-827-4020 Fax: 973-827-4024 - (Frankford Army)</p> | | <p>Warren/Hunterdon *Sibley Smith, VSO/Ombudsman Lisa Szymanski, Sec. 200 Sanatorium Road, Glen Gardner, NJ 08826 908-537-0831/0832 Fax: 908-537-0833 *Flemington, 4 Gauntt Place, Flemington, 08822 (Wednesday) 908-294-6146</p> | |
| <p>Monmouth Peter J. Midgley, VSO Rita Hyland, Sec. 630 Bangs Avenue, Suite 320, Asbury Park 07712-6904 732-775-7009/7005 Fax: 732-775-3612</p> | | <p>Salem/Cumberland Leigh R. Follie, VSO Catherine Raniolo, Sec. 524 Northwest Boulevard, Vineland 08360-2895 856-405-4388/4390/4389 Fax: 856-696-6499</p> | |
| <p>Southern Ocean County Resource Center Nicholas Petrozino, VSO (Thursday only) 179 South Main Street (Route 9) Manahawick, NJ 08050 609-978-5895 Fax: 609-978-6445</p> | | | |

Volunteers honored at luncheon



Brig. Gen. Michael Cunniff, left, The Adjutant General, presents a joint legislative resolution to Michael, second from left, and Susan Woomer as Ray Zawacki, deputy commissioner, New Jersey Department of Military and Veterans Affairs, right, joined in the presentation at the annual Veterans History Project luncheon at the Manasquan Elks Lodge Nov. 18, 2015. The father and daughter team, who recorded oral histories at the National Guard Militia Museum of New Jersey at Sea Girt, accepted the resolution on behalf of Robert Struble, a World War II veteran and resident at the New Jersey Veterans Memorial Home at Paramus. Each of the 19 veterans who were honored at the luncheon were presented a resolution. (NJDMAVA photo by Kryn P. Westhoven/Released)

Breakfast with Santa on the Battleship!



December 12, 2015

For an unforgettable holiday treat, come have breakfast with Santa aboard the Battleship New Jersey, Saturday, December 12 at 9am! Don't miss this fun-filled event. Package includes breakfast served from the chow line, photo with Santa, prizes and a self-guided tour of the ship. Seating is limited! Tickets are \$24 for adults, and \$18 for children 12 and under and just \$10 per person for military families.

Call 856-966-1652 x107 for more information and for reservations.



NJDMAVA HIGHLIGHTS is published weekly under provisions of AR 360-1 and AFI 35-101 by the Public Affairs Office of the New Jersey Department of Military and Veterans Affairs for all members of the New Jersey Army and Air National Guard, their families, the New Jersey veterans community, retirees and civilian employees. The views and opinions expressed herein are not necessarily those of the Department of Defense, the Army, the Air Force, the National Guard Bureau, Veterans Affairs or the State of New Jersey. Letters may be sent to: NJDMAVA Highlights, Public Affairs Office, NJDMAVA, PO Box 340, Trenton, NJ 08625-0340. E-mail at: pao@dmava.nj.gov

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MILITARY

MOM  MOM
1-844-MIL-M2M1

1-844-645-6261

The Military "MOM 2 MOM" Peer Helpline Program

By dialing 1-844-MIL-M2M1 (1-844-645-6261) Military MOM 2 MOM helpline program a military parent will receive the following services;

Military Mom 2 Mom Peer Support- Military M2M Peer Supporters will be available to provide telephone peer support to callers in need. Military family members trained in peer counseling and crisis support will offer peer support, explain resources, and explore your needs. Military Mom 2 Mom peer support is also available through our website for a live chat experience online.

Military Mom 2 Mom Clinical Assessment – Military M2M Clinicians will be on the helpline as part of the team of clinical professionals available to do telephonic assessment and gauge the depression, anxiety, and family & marital issues, etc. that may be impacting your life.

Military Mom 2 Mom Network- A Military M2M database of specially trained service providers will be available for referrals for your mental health needs.

Military Mom 2 Mom Support Groups- Within your communities Mom Peer Supporters will be available for Military Mom 2 Mom support groups.



THE HEALTHCARE
FOUNDATION OF NJ

1-844-MIL-M2M1
1-844-645-6261

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