

# HELP FOR OUR VETERANS



Our Veterans and active service members face a gantlet of transitional problems that extent far beyond doctor's visits, a PTSD medical diagnosis or loss of limbs or abilities. It's time that we make sure we also help them adjust to life outside the military. The Department of Veterans Affairs must also make it their mission to help Veterans better adjust to civilian life so they can get on with living one.

## **Step #1. Streamline and simplify access for Federal benefits and services**

## **Step #2. Amend or modify the VA MISSION Act of 2018 to incorporate comprehensive assistance and mental healthcare through the VA, VA Mental Health Services or Private Care**

Help services and mental healthcare shall include:

- Understanding and abiding by civilian legal standards that may be different from military standards.
- Coexisting with cultures, values, and norms different from those of the military.
- Dealing with authority figures.
- Re-establishing and even re-evaluating relationships with family and friends.
- Finding a new career path.
- Pursuing college/university education.
- Locating a new home.
- Veteran's relationship with him/herself, their sense of identity, purpose and self-worth.
- Reassessment of life goals and ambitions, followed by setting and achieving personal/professional goals.

- Coping with “starting over” in society. No longer holding the respect and authority afforded by a particular rank and/or billet, ultimately being regarded as “Joe Smith” versus “Sergeant Smith, the Platoon Sergeant”.
- Psychological effects of traumatic experiences, which may inhibit personal and professional growth. Examples include PTSD, survivor’s guilt, depression and inclinations towards substance abuse/addiction.
- Physical handicap as a result of injuries sustained in combat. Such injuries may include disfigurement, amputation and scarification.