

MILITARY DIGEST

JUNE 1, 2020



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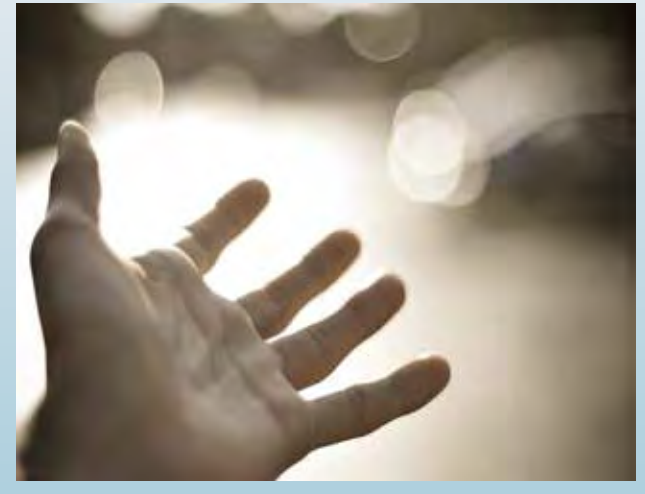
June is PTSD Awareness Month



Not All Wounds are VISIBLE

You Are Not Alone

Mental health is an important part of our daily lives. Make the Connection (MTC) created a way for veterans to connect and hear about other veterans road to recovery. Through support, information, resources, and solutions to issues MTC is able to help Veterans, their family members and friends with issues affecting their lives. You also can explore information about signs, symptoms, and conditions that are related to mental health and well-being.

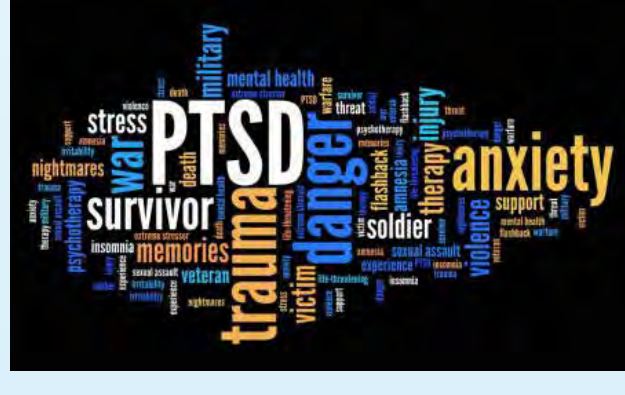


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[RESOURCE LOCATOR](#)

Posttraumatic Stress Disorder (PTSD) Treatment Works

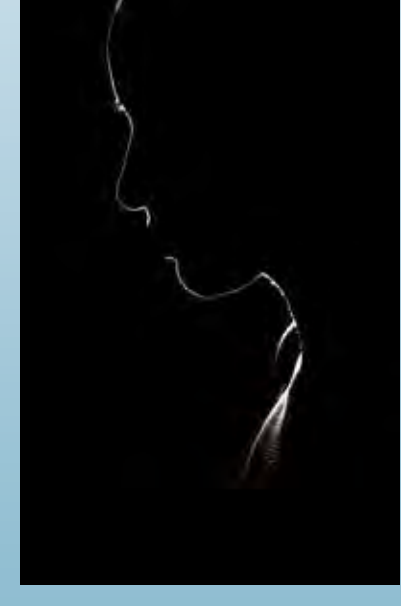
PTSD is something that is close to home for many of us. You may have family members and loved ones that strive daily to combat the flood of emotions and triggers associated with PTSD. Each of them working to overcome the trauma and not allow it to define who they are. The Department of Veteran Affairs offers a variety of inpatient and outpatient services for service members and their dependents suffering from mental health issues. They even offer support for family and friends who are helping a service member combat PTSD.



[UNDERSTAND PTSD](#)

Lone Survivor Foundation

The Lone Survivor Foundation is a non-profit founded by Retired Navy SEAL Marcus Luttrell. In 2005 he was badly injured during an intelligence gathering mission. Luttrell was the sole survivor of the mission. During his time in recovery on his ranch he discovered a different type of healing. One that was "more than the standard government treatment plan of talk therapy and medication." He wanted to share the knowledge he gained and wanted to provide that opportunity to military members and their families.



[LEARN MORE](#)

The Independence Fund

The Independence Fund was founded in 2007 to provide services to severely wounded, injured, or ill Veterans to overcome physical, mental, and emotional wounds incurred in the line of duty. The most recent program, Independence@Home, was created to help homebound Veterans impacted with isolation and that need assistance with home needs, groceries, cleaning and product delivery. Those with special circumstances may receive a \$100 gift card.



[LEARN MORE](#)

[APPLY](#)

Veteran Service Companions

Service animals and companions are also great at assisting military members maintain their mental health. They have been known to alleviate stress, sense the onset of a mental health episode and decrease depression and anxiety for the handler. Veteran owned organizations offer assistance with pairing veterans with service animals that are best suited to assist them.



[PAWS FOR PURPLE HEARTS](#)

[PAWS AND STRIPES](#)

[AMERICA'S VET DOGS](#)



Military-to-Civilian Transition Assistance

Changing from military to civilian status sounds simple, but in reality it is far from that. This transition can be quite daunting as it is the start of a new phase in a Service Member's life. Did you know that transitioning to becoming a civilian starts 2 years prior to your transition date? Don't worry, there are guides available through the VA and Veteran owned organizations to make the transition as smooth as possible.

[VA TRANSITION ASSISTANCE](#)

[TAP OFFICE LOCATOR](#)

[DEPARTMENT OF LABOR](#)

[MILITARY TRANSITION.ORG](#)

COMMIT Foundation

The objective of The COMMIT Foundation is to connect servicemembers and veterans to a professional network that encourages them to widen their apertures and translate their cultivated professional skills to a meaningful career in the civilian sector.

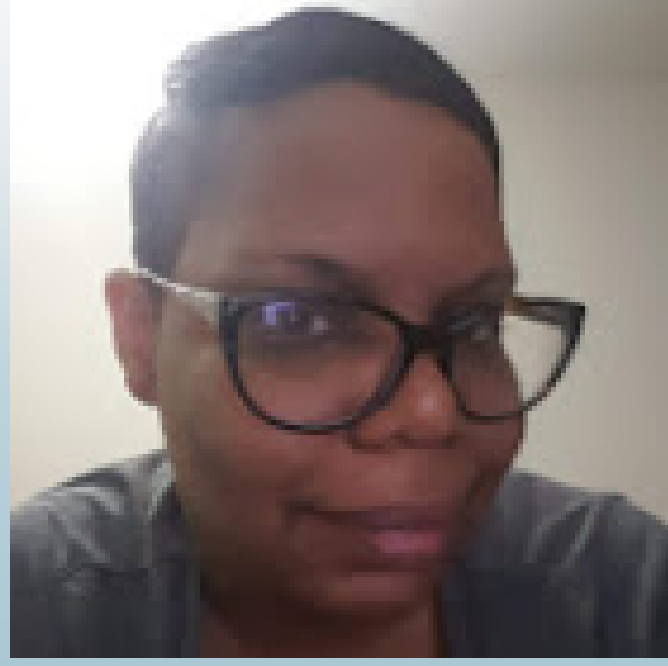


[LEARN MORE](#)

[TRANSITION MENTORING](#)

Staff Spotlight

Ciciley Allen - Associate Director, Student Financial Services/ School Certifying Official



I am a native Washingtonian. I graduated from the University of the Potomac with a Bachelors in Business and a MBA in Management. I have worked in education for the past 15 years. Been with the University of the Potomac since 2015. I am the Associate Director of Student Financial Services and one of my duties is the School Certifying Official (SCO). I have been a School Certifying Official for 10 years. As the SCO I understand how the progress, conduct, registration, and attendance reporting can impact our students. I am responsible for enrollment certification for our military students, monitor student grades to ensure satisfactory process and report grades and terminations as needed, and monitor attendance and update required systems upon withdrawal and graduation.

Military News Release

National Center for PTSD
NAMI: National Alliance on Mental Illness

TRANSITION MENTOR PODCASTS

- SuccessVets (Byron Chen)
- Command Your Business (Scott Fussell)
- Veteran On the Move (Joe Crane)
- Military Entrepreneur Show (Dan Evans)
- Military Veterans in Creative Careers (Justin Sloan, Jennifer Marshall, Trevor Scott)

Upcoming Dates

- June 21, 2020: 2020-06A Ends
- June 22-28: Summer Break - No Classes
- June 29, 2020: 2020-08A Term Begins
- July 4, 2020: Independence Day, UOTP CLOSED
- August 23, 2020: 2020-08A Ends