



Military Connections Directory 2015

CRISIS LINES

Disaster

American Red Cross – Northland Chapter 800-950-4275

Domestic and Sexual Violence

Advocates For Family Peace 800-909-8336 or 218-326-0388
Military Sexual Assault Support 877-995-5247
National Domestic Violence Hotline 800-799-7233
National Sexual Assault Hotline 800-656-4673
Northshore Horizons (Lake County) 800-834-5923 or 218-834-5924
PAVSA South St. Louis Co. 218-726-1931
Safe Haven Shelter 218-728-6481
Sexual Assault Program North St. Louis Co. 800-300-3102 or 218-749-4725
Support Within Reach (Itasca County) 866-747-5008 or 218-326-5008
148th Fighter Wing 218-343-1266
Sexual Assault Response Coordinator (SARC) 651-282-4078

Mental Health/Suicide

National Suicide Prevention Hotline 800-SUICIDE (784-2433)
Range Mental Health Center – Virginia 800-450-2273
Veterans Suicide Prevention Hotline 800-273-TALK (8255)

Poison Control

Minnesota Poison Control 800-222-1222

United Way 211

211 or 800-543-7709

Vet Linkage Line

1-888-LinkVet (546-5838)

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Many services in this directory are specific to military personnel, family members and veterans. There are many more services that are available to the general public that also may be of assistance. Call 2-1-1 or 800-543-7709 for more information.

ARMED FORCES EMERGENCY COMMUNICATION SERVICES

American Red Cross

Phone: (877) 272-7337

Website: <http://www.redcross.org/find-help/military-families/emergency-communication-services>

Service Description: When a military family experiences a crisis, the American Red Cross is there to help. Wherever their military service takes them, service members can rest assured that the Red Cross will deliver notification of an emergency such as the death or serious illness of an immediate family member, as well as the good news of the birth of a service member's child or grandchild. Twenty-four hours a day, 365 days a year, the Red Cross relays urgent messages containing accurate, factual, complete and verified descriptions of the emergency to service members stationed anywhere in the world, including on ships at sea and at embassies and remote locations. Even if the service member receives an email or phone call from home, Red Cross-verified information assists the member and his/her commanding officers with making a decision regarding emergency leave. Knowing in advance that communication links, access to financial assistance and information and referral will be available in an emergency brings peace of mind to service members and to the families from whom they are separated.

How to Contact the Red Cross for Assistance

The American Red Cross Emergency Communications Center is available to help 7 days a week, 24 hours a day, 365 days a year. **Call (877) 272-7337** if you are currently one of the following, or if you are a family member calling about one of the following:

- Anyone on active duty in the Army, Marines, Navy, Air Force or Coast Guard
- An activated member of the Guard and Reserve of all branches of the U.S. Armed Forces
- An immediate family member or dependent of anyone in the above categories
- A civilian employed by or under contract to the Department of Defense and stationed outside the Continental United States and any family residing with them at that location
- A military retiree or the retiree's spouse or widow(er)
- A Cadet or midshipman at a service academy; ROTC cadet on orders for training
- A Merchant Marine aboard a U.S. Naval Ship

When calling the Red Cross, be prepared to provide as much of the following information about the service member as is known:

- Full legal name
- Rank/rating
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard)
- Social Security number
- Date of birth
- Military unit address
- Information about the deployed unit and home base unit (for deployed service members only)

BASIC NEED SERVICES

Northeastern Minnesota Energy Assistance

- **Arrowhead Economic Opportunity Agency (AEOA)**
Virginia (Central Offices): 702 S 3rd Ave, Virginia, MN 55792
Phone: (218) 749-2912 or 800-662-5711 **TDD:** 800-862-0175
Website: www.aeoa.org **Email:** eap.document@aeoa.org
How to Apply: Call for appointment **Hours:** 8 a.m.-4:30 p.m. Monday-Friday
Service Description: Provides financial grants to be used towards energy costs for residential heating bills. Additional funds are available for crisis situations and energy-related repairs. Runs October 1st – May 31st.
Eligibility: Available to individuals or families in Cook, Lake and St. Louis Counties including the City of Duluth and Grand Portage Reservation.

Wisconsin Energy Assistance

- **Ashland County**
630 Sanborn Avenue, Ashland, WI 54806
Phone: (715) 682-7004
- **Bayfield County**
117 E 5th Street PO Box 100, Washburn, WI 54891
Phone: (715) 373-6144
- **Douglas County**
1316 N. 14th Street, Suite 400, Superior, WI 54880
Phone: (715) 395-1304

Ruby's Pantry

5833 Pecan Street, North Branch, MN 55056

Phone: (615) 674-0009

Website: www.rubyspantry.org **Email:** goodnews@rubyspantry.org

Service Description: To procure and distribute corporate surplus food and goods to help fight poverty, hunger and disease in rural communities for those with low resources and in crisis.

- **Northeastern MN Distribution Sites:** Babbitt, Brookston, Cloquet, Cohasset, Cook, Duluth, Eveleth, Grand Marais, Hermantown, International Falls
- **Douglas County WI Distribution Sites:** Superior

Salvation Army – Cloquet

316 Carlton Avenue, Cloquet, MN 55720

Phone: (218) 879-1693

Website: <http://salvationarmynorth.org/community/duluth>

Service Description: Local programs include food Tuesday food shelf, emergency, energy and utility assistance, thrift store, back-to-school supplies and seasonal assistance.

Salvation Army – Greater Duluth

215 S. 27th Avenue West, Duluth, MN 55811

Phone: (218) 722-7934

Website: <http://salvationarmynorth.org/community/duluth>

Service Description: The Greater Duluth Salvation Army is an intricate part of the local social services network. We offer a wide range of basic needs services including a weekday hot lunch, emergency food shelf, medical food shelf, housing assistance (refer to housing section), rent and mortgage payments, heat and other utilities, clothing and household items from our Salvation Army Thrift Store, transportation, youth enrichment and adult fellowship.

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Salvation Army - Hibbing

107 W Howard Street, Hibbing, MN 55746

Phone: (218) 263-5096

Website: <http://salvationarmynorth.org/community/hibbing>

Service Description: The Hibbing Salvation Army offers area residents a wide range of basic needs services, such as food shelf and bread distribution, free hot evening meals Monday-Friday, rent and deposit assistance, utility assistance, fuel assistance, lodging for homeless and transients, emergency prescriptions, thrift store vouchers, summer day camp and youth ministry, men's and women's ministries and seasonal assistance like back to school supplies. Help is provided to anyone in need without discrimination.

Salvation Army – International Falls

1301 3rd Avenue West P.O. box 592, International Falls, MN 56649

Phone: (218) 283-3394

Website: <http://salvationarmynorth.org/community/international-falls/>

Service Description: From meeting your most basic needs to outlining the path to long-term solutions, we can help you overcome the obstacles you face today and provide hope for tomorrow. Programs and services include: emergency lodging, utility payments, heatshare program, emergency food pantry and medical help, men's and women's ministries and youth ministry and character-building programs.

Salvation Army - Superior

916 Hughitt Avenue, PO Box 485, Superior, WI 54880

Phone: (715) 394-7001

Website: <http://www.salvationarmywi.org/wum/superior>

Service Description: We believe in meeting the basic needs of individuals and families, young and old. These basic needs include food, clothing shelter and household needs. While meeting the physical needs, The Salvation Army staff also offer hope and guidance to those coming in for services. Programs available include: Casework Services, Coats for Kids, Community Care Ministries, Community Meals, Holiday Assistance, Hot Meals Program, Pathway of Hope, Seasonal Assistance and Youth Activities.

Salvation Army - Virginia

507 12th Avenue West, Virginia, MN 55792

Phone: (218) 741-1889

Website: <http://salvationarmynorth.org/community/virginia>

Service Description: The Virginia Salvation Army assists residents of the Northern Range in emergencies and offers ongoing basic services such as a free dinner program Monday – Friday, a summer food service program for youth, emergency food shelf, Sunday morning worship service and Sunday school for all ages. Aid is provided to anyone in need without discrimination.

COUNTY VETERANS SERVICE OFFICES (CVSO)

County Veterans Service Offices (CVSO) advise and assist all veterans and their dependents with all state and federal benefits including: Discharge reviews - Disability compensation and insurance - Financial assistance - Medical and dental care - Alcohol and drug dependency treatment - Burial benefits and death benefits - Education and training - the G.I. Bill and more.

Carlton County Veterans Services (CVSO)

Community Services Building, 14 N 11th St, Suite 120, Cloquet, MN 55720

Phone: (218) 499-6838

Website: www.co.carlton.mn.us

Cook County Veterans Service Office (CVSO)

Cook County Courthouse, 411 West 2nd St. Room 2100, Grand Marais, MN 55604

Phone: (218) 387-3639

Website: www.co.cook.mn.us

Douglas County Veterans Service Office (CVSO) - WI

1316 North 14th Street, Room 347, Superior, WI 54880

Phone: (715) 395-1331

Website: www.douglascountywi.org

Koochiching County Veterans Service Office (CVSO)

715 4th Street, International Falls, MN 56649

Phone: (218) 283-1179

Website: www.co.koochiching.mn.us

Lake County Veterans Service Office (CVSO)

Lake County Service Center, 616 3rd Ave, Two Harbors, MN 55616

Phone: (218) 834-8326

Website: www.co.lake.mn.us

St Louis County Veterans Service Office (CVSO)-Duluth

405 E. Superior St, Suite 130 Duluth, MN 55802

Phone: (218) 725-5285 **Toll Free:** 800-450-9777

Website: www.stlouiscountymn.gov

St Louis County Veterans Service Office-(CVSO) Ely

320 Miners Drive East Room 103, Ely, MN 55731

Phone: (218) 365-8203 **Toll Free:** 800-450-9777

Website: www.stlouiscountymn.gov

St Louis County Veterans Service Office-(CVSO) Hibbing

Courthouse Annex 1814 East 14th Ave, Hibbing, MN 55746

Phone: (218) 262-6090 **Toll Free:** 800-450-9777

Website: www.stlouiscountymn.gov

St Louis County Veterans Service Office-(CVSO) Virginia

Northland Office Center 307 S. 1st Street, Suite 110 Virginia, MN 55792

Phone: (218) 749-7110 **Toll Free:** 800-450-9777

Website: www.stlouiscountymn.gov

DEPARTMENT OF VETERANS AFFAIRS

Department of Veterans Affairs

Provides financial assistance for disabled veterans and dependents - Includes financial assistance, dental, optical, health insurance payments, and utilities. Available for up to six months. Apply through County Veteran Service offices. - Information concerning veterans' activities and benefits

- **Minnesota**
State Veterans Service Building, 20 West 12th Street, 2nd Floor, Room 206
Saint Paul, MN 55155-2006
Phone: (651) 296-2562
Website: www.mdva.state.mn.us
Eligibility: Veterans or their dependents in Minnesota
- **Wisconsin**
30 West Mifflin Street, Madison, WI 53707
Phone: 800-947-8387
Website: <http://dva.state.wi.us/>
Eligibility: Veterans or their dependents in Wisconsin

EDUCATION BENEFITS

College of St. Scholastica

1200 Kenwood Avenue, Tower Hall 2143, Duluth, MN 55811

Phone: (218) 723-6645

TTY: (218) 723-6790

Toll Free: 800-447-5444

Website: www.css.edu

Email: veterans@css.edu

- **Veteran's Resource Center**

Eligibility: Serves students, staff and faculty that are military veterans, current and former military members and their families.

How to Apply: Call or walk in

Hours: 8 a.m. – 4:30 p.m. Monday-Friday

Service Description: The mission of the Veterans Resource Center (VRC) is to provide resources and transition services to all military veterans, current and former military members, and their families in a way that promotes the Benedictine values of respect, hospitality, and community. The VRC has comfortable couches for relaxing, closet space for bags and books, fridge and microwave for your lunch, two computers with unlimited printing for college classes, and occasionally free snacks. We organize social events for networking opportunities, such as our Veteran's Day luncheon and new student social.

Duluth Business University (DBU)

4724 Mike Colalillo Dr, Duluth, MN 55807

Phone: (218) 722-4000

Toll Free: 800-777-8406

Website: www.dbumn.edu

Fisher House Foundation

- **Heroes Legacy Scholarships**
Website: <http://militaryscholar.org/legacy/index.html>

Military Connections Directory

Service: A scholarship program of the Fisher House Foundation for military children. Grant applications open in December of each year.

Eligibility: Dependent unmarried children under age 23 of active duty personnel, Reserve/Guard and retired military members, or survivors of service members who died while on active duty may apply for a Heroes' Legacy Scholarship if they meet one of the following additional criteria:

- o One of the parents died while serving on active duty on or after September 11, 2001 in any branch or component of the U. S. Armed Forces OR
- o One of the parents, while serving on active duty on or after September 11, 2001, became disabled - meaning that the parent qualified for receipt of Traumatic Servicemembers' Group Life Insurance (TSGLI) OR
- o One of the parents, who was on active duty on or after September 11, 2001, received a permanent and total compensation rating of 100% from the Department of Defense or Department of Veterans Affairs.

Applicants must be enrolled, or planning to enroll, in a full-time undergraduate degree program in the fall of 2015 in an accredited U.S. college or university, or junior/community college. High school applicants must have a minimum unweighted GPA of 3.0 (on a 4.0 basis) to be eligible to apply. College applicants must have a minimum unweighted GPA of 2.5 (on a 4.0 basis) to be eligible to apply. College freshmen must submit a first semester college transcript.

- **Scholarships for Military Children**

Website: <http://militaryscholar.org/sfmc/index.html>

Service: A scholarship program of the Fisher House Foundation for military children. Grant applications open in December of each year.

Eligibility: Only dependent unmarried children under age 23 of active duty personnel, reserve/guard and retired military members, or survivors of service members who died while on active duty or survivors of individuals who died while receiving retired pay from the military, may apply for a scholarship. Dependent children of NOAA (National Oceanic and Atmospheric Administration), Public Health Service, other federal or military related agencies or activities, or DoD civilian employees are not eligible unless they meet the above requirement. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) database and that they have a current dependent military ID card. The DEERS database will be the primary method of verifying eligibility.

Applicants must be enrolled, or planning to enroll, in a full-time undergraduate degree program at an accredited U.S. college or university. Applicants who have earned an undergraduate degree or who are enrolled in a graduate degree program are not eligible. High school applicants must have a minimum unweighted GPA of 3.0 (on a 4.0 basis) to be eligible to apply. College applicants must have a minimum unweighted GPA of 2.5 (on a 4.0 basis) to be eligible to apply. Students attending a community or junior college must be enrolled in a program of studies designed to allow the student to transfer directly into a four-year program. **Applicants who receive an appointment to one of the U.S. Military Academies (or affiliated preparatory schools) or are awarded a full scholarship at any accredited U.S. post-secondary institution of higher education are not eligible to receive funds from this program.** A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees, and other related expenses.

- **Scholarships for Military Spouses**

Website: www.militaryfamily.org

Service: Spouse scholarship and professional funds range from \$500-\$2500 and are available to military spouses with a valid military ID. Applications are open from December through January each year. The award is a one-time payment that must be used within 12 months. You can apply each year, even if you have been awarded in the past.

Military Connections Directory

Fond Du Lac Tribal and Community College

2101 14th Street, Cloquet, Minnesota 55720

Phone: (218) 879-0800

Toll Free: 800-657-3712

Website: www.fdlcc.edu

Hibbing Community College

1515 East 25th Street, Hibbing, MN 55746

Phone: (218) 262-7200

TTY: (218) 262-7294

Toll Free: 800-224-4422

Website: www.hibbing.edu

***Higher Education Veterans Services**

Eligibility: Veterans.

How to Apply: Call

Hours: 8 a.m. – 4:30 p.m. Monday-Friday

Service Description: The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits

Itasca Community College

1851 East Highway 169, Grand Rapids, MN 55744

Phone: (218) 322-2300

Toll Free: 800-996-6422

Website: www.itscacc.edu

***Higher Education Veterans Services**

Eligibility: Veterans

How to Apply: Call

Hours: Refer to Monthly online schedule

Service Description: The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits

Lake Superior College

2101 Trinity Road, Duluth, MN 55811

Phone: (218) 733-7604

TTY: (218) 722-6893

Toll Free: 800-432-2884

Website: www.lsc.edu

***Veterans Resource Center**

Eligibility: Veterans

How to Apply: Call

Hours: Tuesday & Thursday 8 a.m. - 1:30 p.m., Friday 8 a.m. to 4:30 p.m.

Service Description: The Veterans Resource Center assists student veterans, active duty personnel, dependents, reservists and National Guard members with G.I. Bill benefits programs. This on-campus office is available to veterans, their family, current military member or dependent.

Mesabi Range Community & Technical College

1001 West Chestnut Street, Virginia, MN 55792

Phone: (218) 741-3095

TTY: (218) 749-7783

Toll Free: 800-657-3860

Website: www.mesabirange.mnscu.edu

***Higher Education Veterans Services**

Eligibility: Veterans

How to Apply: Call

Hours: Refer to Monthly online schedule

Service Description: The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits

Rainy River Community College

1501 Highway 71, International Falls, MN 56649

Phone: (218) 285-7722

Toll Free: 800-456-3996

Website: www.rrcc.mnscu.edu

Military Connections Directory

***Higher Education Veterans Services**

Eligibility: Veterans

How to Apply: Call

Hours: Refer to monthly online schedule

Service Description: The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits

University of Minnesota Duluth

60 Solon Campus Center 1049 University Drive, Duluth, MN 55812

Phone: (218) 726-8791

TTY: 800-627-3529

Website: d.umn.edu/onestop/veterans **Email:** umdvet@d.umn.edu

Service Description: As part of One Stop Student Services under the Office of Financial Aid, the Veterans Resource Center assists eligible student veterans, active duty personnel, dependents, reservists, and National Guard members with G.I. Bill benefits and questions regarding state and federal educational benefits programs.

This on-campus office is available to you and your family members if you are a veteran or current military member. Contact the Veterans Resource Center with your concerns or questions regarding VA benefits, employment, family assistance, and transition issues.

The office works with various University staff to ensure that you have access to educational benefits, as well as assistance with and/or information on

- payment extensions while waiting for educational benefits,
- military transfer credit,
- veteran resident status,
- withdrawals due to deployments, and
- referrals to the correct service providers. Check out the GI Bill Website for complete veterans educational benefits information.

University of Wisconsin Superior - UWS

139 Main Belknap & Caitlin P.O. Box 2000, Superior, WI 54880

Phone: (715) 394-8228

Website: www.uwsuper.edu

Vermilion Community College

1900 East Camp Street, Ely, MN 55731

Phone: (218) 365-7200

Toll Free: 800-657-3608

Website: www.vcc.edu

***Higher Education Veterans Services**

Eligibility: Veterans

How to Apply: Call

Hours: Refer to Monthly online schedule

Service Description: The regional coordinator provides information to assist veterans and their families on a full range of benefits, especially military educational benefits

Wisconsin Indianhead Technical College (WITC)

600 North 21st Street, Superior, WI 54880

Phone: (715) 394-6677

Toll Free: 800-243-9482

Website: www.witc.edu

EMPLOYMENT

Hero 2 Hired Employment Coordinator (EC)

Current or recently separated Veterans, Service Members of all branches to also include Spouses. EC provides resume assistance, employment search, interview tips, mock interviews in person or online.

- **State of Minnesota**

Phone: (706) 464-1793 **Hours:** 8 a.m-4:30 p.m. Monday-Friday

Website: <https://www.ebenefits.va.gov/ebenefits/jobs>

Employer Support of the Guard and Reserve (ESGR)

8180 Belden Blvd, Cottage Grove, MN 55016

Phone: (651) 282-4285

Toll Free: 800-336-4590

Website: www.esgr.mil

Service: Department of Defense organization that provides free education, consultation and, if necessary, mediation for employers of Guard and Reserve employees.

Minnesota Workforce Center

Current or former military members, no matter the era of service, receive priority services in all Workforce Centers across the state. WFC staff provide the fastest, most effective service possible – in person or online.

Website: <http://mn.gov/deed/job-seekers/veteran-services/>

- **Cloquet:** 715 Cloquet Avenue, Cloquet, MN 55720
Phone: 218-878-4414
Hours: 8 am – 4:30 pm
- **Duluth:** 402 West 1st Street, Duluth, MN 55802
Phone: (218) 302-8400 **Email:** duluth.wfc@state.mn.us
Hours: 8 a.m. – 4:30 p.m. Monday – Friday
- **Grand Rapids:** 1215 Southeast 2nd Ave, Grand Rapids, MN 55744
Phone: (218) 327-4480 **Email:** grandrapids.wfc@state.mn.us
Hours: 8 a.m. – 4:30 p.m. Monday – Friday
- **Hibbing:** 3920 13th Avenue East, Hibbing, MN 55746
Phone: (218) 231-8590 **Email:** hibbing.wfc@state.mn.us
Hours: 8 a.m. – 4:30 p.m. Monday – Friday
- **Virginia:** 820 North 9th Street., Suite 250, Virginia, MN 55792
Phone: (218) 735-3740 **Email:** virginia.wfc@state.mn.us
Hours: 8 a.m. – 4:30 p.m. Monday – Friday

Wisconsin Job Center

Advances veterans into the workforce through targeted business engagement and effective employment services.

Website: <http://wisconsinjobcenter.org>

- **Superior:** 1805 North 14th Street, Suite 1, Superior, WI 54880
Phone: (715) 392-7800 **TDD/TTY:** 711
Email: DWDETNorthWest@dwd.wisconsin.gov
Hours: 7:45 a.m. – 4:30 p.m. Monday – Friday

FINANCIAL ASSISTANCE

Home Loans – Veterans Affairs

The U.S. Department of Veterans Affairs helps Servicemembers, Veterans, and eligible surviving spouses become homeowners. As part of our mission to serve you, we provide a home loan guaranty benefit and other housing-related programs to help you buy, build, repair, retain, or adapt a home for your own personal occupancy. VA Home Loans are provided by private lenders, such as banks and mortgage companies. The VA guarantees a portion of the loan, enabling the lender to provide you with more favorable terms.

Website: <http://www.benefits.va.gov/homeloans/index.asp>

- **Purchase Loans** help you purchase a home at a competitive interest rate often without requiring a down payment or private mortgage insurance. Cash Out Refinance loans allow you to take cash out of your home equity to take care of concerns like paying off debt, funding school, or making home improvements.
- **Interest Rate Reduction Refinance Loan (IRRRL):** also called the Streamline Refinance Loan can help you obtain a lower interest rate by refinancing your existing VA loan.
- **Native American Direct Loan (NADL) Program:** helps eligible Native American Veterans finance the purchase, construction, or improvement of homes on Federal Trust Land, or reduce the interest rate on a VA loan.
- **Adapted Housing Grants:** help Veterans with a permanent and total service-connected disability purchase or build an adapted home or to modify an existing home to account for their disability.
- **Other Resources:** many states offer resources to Veterans, including property tax reductions to certain Veterans.

Minnesotans' Military Appreciation Fund ("Thank Minnesota Troops")

P.O. Box 2070, Minneapolis, MN 55402

Phone: 1-877-668-4269 **Email:** support@thankmntroops.org

Website: www.thankmntroops.org

Eligibility: MN Resident prior to deployment. Non-MN residents refer to website for more details. Served in a designated Combat Zone and received Hostile Fire Pay after September 11, 2001. All branches of service, Active service or honorably discharged providing DD214.

Service Description: Provides cash grants to all service members deployed in combat zones such as Iraq and Afghanistan, and to the families of service members who are killed in combat.

National Veterans Service Fund

- **Limited Emergency Assistance**

P.O. Box 2465, Darien, CT 6820

Toll Free: 800-521-0198

Website: www.nvsf.org

Eligibility: All veterans and their families

Service Description: Last resort agency for financial assistance

Operation Homefront

2615 Commerce Street, LaCrosse, WI 54603

Phone: (608) 658-5290

Website: www.operationhomefront.net

Service Description: Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items and financial assistance.

Military Connections Directory

ReserveAid

2515 McKinney Ave, 11th Floor, Dallas, TX 75201

Phone: (972) 934-4731

Website: <http://reserveaid.org/contact-us>

Eligibility: Post 9/11 Veterans and family members

Service Description: A non-profit organization that provides financial support to Reservists and National Guard members who are currently deployed in the Global War on Terror or who have recently returned from deployment. Reserve Aid does not provide loans, but helps service members and their families (on a one-time basis) by paying bills such as rent/mortgage, utilities, car insurance, telephone etc.

USA Cares, Inc.

562 N Dixie Blvd., Suite 3, Radcliff, KY 40160

Toll Free: 800-773-0387

Website: www.usacares.org

Eligibility: Post 9/11 Veterans and family members

Service Description: USA Cares exists to help bear the burdens of service by providing post-9/11 military families with financial and advocacy support in their time of need. Their four core programs are Emergency Financial Assistance, Jobs Program, Combat Injured (PTSD) (TBI) and Housing Assistance.

United Way of Northeastern Minnesota

229 West Lake Street, Chisholm, MN 55719

Phone: (218) 254-3329 **Email:** info@unitedwaynemn.org

Website: www.unitedwaynemn.org

Service Description: Offers financial assistance to veterans, active military and their families residing in the United Way of Northeastern MN territory that are experiencing a crisis or hardship through the payment of a medical/dental expense, utility bill travel expense etc.

VFW Unmet Needs Program

406 West 34th Street, Kansas, MO 64111

Phone: (866) 789-6333 **Email:** unmetneeds@vfw.org

Website: www.vfw.org/UnmetNeeds

Service Description: Unmet Needs is there to help America's service members who have been deployed in the last six years and have run into unexpected financial difficulties as a result of deployment or other military-related activity. The program provides financial aid of up to \$5,000 to assist with basic life needs in the form of a grant -not a loan- so no repayment is required. To further ease the burden, we pay the creditor directly.

Eligibility: The Service Member or Veteran must have been Honorably Discharged from the military within the past 72 months prior to applying. The applicant must be the service member or eligible dependent listed under DEERS. The hardship must be due to one of the following: deployment, military pay issue or military illness or injury. Applicants can only receive funds only once every 18 months, and only twice total.

HOUSING ASSISTANCE

Arrowhead Economic Opportunity Agency (AEOA)

Virginia (Central Offices): 702 S 3rd Ave, Virginia, MN 55792

Phone: (218) 749-2912 or 1-800-662-5711 **TDD:** 1-800-862-0175

Website: www.aeoa.org

How to Apply: Call for appointment **Hours:** 8 a.m.-4:30 p.m. Monday-Friday

- **Fix-Up Fund Program**

Provides low interest loans to fix up your home, improve energy efficiency, address accessibility issues, upgrade wells and septic systems, build a garage or build an addition.

Eligibility: Available to individuals or families in Cook, Lake and St. Louis Counties (excluding Duluth)

Phone: (218) 735-6827 or 1-800-662-5711 ext. 6827

- **Homeless Services**

Provides assistance in meeting basic needs, homeless shelters in Virginia & Hibbing, financial assistance, counseling, case management and referrals. Housing Crisis is available for those facing homelessness. Financial assistance and counseling is available to help people keep their current housing or find new stable housing.

Eligibility: Available to individuals or families in Cook, Lake and St. Louis Counties (excluding Duluth)

Virginia: (218) 748-7357 or 1-800-662-5711 ext. 7357 or call the Emergency Shelter, Bills House at 218-741-2063

Hibbing: (218) 263-8487

Lake/Cook County: (218) 834-2280 ext. 111 or 1-800-223-1850

- **Single Family Rehabilitation**

Provides funding for current homeowners to improve the condition of their housing. Typical rehabilitation projects include new roofs, windows, doors, flooring, or upgrades on heating, wiring and plumbing. Loans may be deferred or low-interest depending on household income.

Eligibility: Available to individuals or families in Cook, Lake and St. Louis Counties (excluding Duluth)

Phone: (218) 735-6827 or 1-800-662-5711 ext. 6827

Minnesota Assistance Council for Veterans - MACV

5209 Ramsey Street, Duluth, MN 55807

Phone: (218) 722-8763 **Website:** www.mac-v.org

How to Apply: Call for appointment **Hours:** 8 a.m.-5 p.m. Monday-Friday

Eligibility: clients must be a veteran with 181 days of active duty service. For most programs, MACV follows the same eligibility criteria as the Minnesota Department of Veterans Affairs. The veteran must be a Minnesota resident (30 days) and homeless or at imminent risk of becoming homeless and must be motivated to make positive change

Service Description: MACV is a statewide nonprofit organization (501c3) that exists to help veterans who are homeless or at risk of becoming homeless, or dealing with a life crisis. MACV accomplishes its mission by providing services directly or in collaboration with other service agencies.

- **Assistance**

MACV is dedicated to honouring those who served us first. MACV does not duplicate any services already available through Federal, State or County veteran benefits. Primary services include housing and employment assistance with: Rent – Mortgage – Utilities – Transportation – Food assistance – Employment – and Legal Referrals through our Vetlaw Program.

Military Connections Directory

- **Housing**

MACV operates Duluth Veterans' Place in Duluth that has eleven permanent housing units, four transitional and one handicap transitional unit. Supportive services for veterans are provided onsite. MACV also offers Structured Independent Living in a 5 bedroom house (SIL) in Duluth. There are many other programs that offer assistance throughout MN for other housing options.

- **Standowns**

MACV hosts a number of StandDowns each year which offer one-stop services for veterans to gather information and receive assistance from multiple agencies at one time. A calendar of events can be found at: <http://www.mac-v.org/calendar.html>

Minnesota Veterans Home – Silver Bay

45 Banks Boulevard, Silver Bay, MN 55614

Phone: 218-353-8700 or 877-729-8387

Website: <http://mn.gov/mdva/homes/silver-bay/>

How to Apply: Call for appointment

Hours: 8 a.m.-5 p.m. Monday-Friday

Eligibility: Residents must be - honorably discharged Veterans who entered service from Minnesota, or are current Residents, who served 181 consecutive days on active duty, unless discharged earlier because of disability incurred in the line of duty. -The spouse of an eligible Veteran who is at least 55 years old and meets residency requirements. -Able to demonstrate a medical or clinical need for admission. Residents contribute to the cost of their care according

Service Description: Residents enjoy an assortment of services designed to meet their physical, social and spiritual needs. They include: Skilled Nursing Care, including specialized Dementia Care - Medical Service with 24-hour Nursing Care - Social Services - Individualized Recreational Services - Rehabilitation Services, including Physical, Occupational and Speech Therapy - Large Rehabilitation Gym for Specialized Programming or Independent Activity - Mental/Behavioral Health Service - Chaplain and Spiritual Care Service - Nutritional Service - Pharmaceutical Service - Transportation Service Locally and to Duluth - Barber and Beauty Services - Activities that utilize our natural resources

Range Transitional Housing

Provides transitional and permanent supportive housing to homeless individuals and families in northern St. Louis County. A case manager is assigned to each client to assist with supportive services to achieve self-sufficiency.

Website: www.rthousing.org

How to Apply: Call for appointment

Hours: 8 a.m.-5 p.m. Monday-Friday

Email: rth@rthousing.org

- **Virginia:** 442 Pine Mill Court, Virginia, MN 55792 **Phone:** (218) 741-9628
- **Hibbing:** 2121 2nd Ave East, Hibbing MN 55746 **Phone:** (218) 263-9250

Salvation Army – Greater Duluth

215 S. 27th Avenue West, Duluth, MN 55811

Phone: (218) 722-7934

Website: <http://salvationarmynorth.org/community/duluth/community-pages/housing-programs/>

- **Rapid Re-housing for Families in Shelter**

Supports low-income families in shelter who need up to one year of rental assistance to obtain stable housing. Participants must complete a coordinated intake and referral. Support is offered to locate and maintain housing through rent subsidies, utility assistance, housing deposit grants, application feed, moving assistance and advocacy.

Phone: 218-722-7934

Military Connections Directory

- **Family Homelessness Prevention**
Provides support and financial assistance to single households or families that are at risk of becoming homeless. Those served must have already applied for St. Louis County emergency assistance, have an income and an eviction notice. Program benefits include food, transportation and medical care, advocacy and referral to other resources, rent and utility assistance (if eligible).
Phone: 218-740-3156
- **Family Transitional Housing**
Family Transitional Housing provides up to two years of housing in furnished units and intensive support services to homeless families with children under age 18. Participants pay 30 percent of their income as rent and must have maintained sobriety for at least six months. Program benefits include, safe, affordable housing, intensive, supportive services, education and employment assistance, personal budgeting classes, advocacy and referral to other resources.
Phone: 218-740-3051

INFORMATION AND REFERRAL

Access North/Center For Independent Living of Northeastern MN

Access North provides a number of services for veterans with disabilities and their families that include: Budgeting/Money Management – Benefits Management – Locate Housing – Interview Job Skills – Independent Living Skills – PCA Services – Social Recreation and the Home Access/Ramp Program. Staff work closely with Veteran service providers to assist individuals and their families with navigating the system so they can receive the benefits they are entitled to. Access North services are intended to supplement benefits and services the veteran may receive from the Department of Veteran Affairs (VA), state veteran services, programs offered by the respective unit, and those offered by other federal or state VA programs.

Website: http://www.accessnorth.net/veterans/Veterans_Services/Veterans_Services.html

- **Duluth Branch Office**
118 E Superior Street, Duluth, MN 55802
Phone: 218-625-1400 **V/TTY:** 888-625-1401
- **Hibbing Main Office**
1309 East 40th Street, Hibbing, MN 55746
Phone: 218-262-6675 **V/TTY:** 800-390-3681

LSS C.O.R.E. Military/ Veteran Family Service

424 West Superior Street, Suite 204, Ordean Building Duluth, MN 55802

Phone: (218) 302-6842 **Toll Free:** 1-888-881-8261

Website: www.lssmn.org/veterans

Service Description: Minnesota C.O.R.E. is a partnership between the Minnesota Department of Veterans Affairs (MDVA) and Lutheran Social Service of Minnesota (LSS). The C.O.R.E program provides Veterans and their families with: mental health, behavioral, employment and financial counseling services throughout the state of Minnesota. C.O.R.E. counselors work with men, women, adolescents, and children experiencing issues related to their well-being, including depression and anxiety disorders, PTSD, marital and family problems, divorce, addiction, unemployment and financial issues, as well as overall life stressors. C.O.R.E. counselors can also help clients enroll in schools and universities, volunteer, gain employment and financial security, and find permanent housing. These services are offered in-home, at local offices, or by telephone. Additionally, several

Military Connections Directory

C.O.R.E. counseling groups provide treatment and support for a specific Veteran population, such as women, family violence, addictions and suicidality.

Military Home Front/Exceptional Family Member Program (EFMP)

Phone: (800) 342-9647

Website: www.militaryhomefront.dod.mil/tf/efmp

Service Description: Over 100,000 military families have members with special needs. These include spouses, children, or dependent parents who require special medical or educational services. These family members have a diagnosed physical, intellectual, or emotional condition. The Exceptional Family Member Program (EFMP) works with these families to address their unique needs. The materials within this section of Military HOMEFRONT are designed to give service members and their family's critical information and resources related to the EFMP program.

Military OneSource

Phone: 1-800-342-9647

Hours: 24 hours day/7 days a week

Website: www.militaryonesource.mil

Service Description: Military OneSource is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, and reserve members, and their families. Information includes, but is not limited to, deployment, reunion, relationships, grief, spouse employment and education, parenting and childhood services. It is a virtual extension to installation services.

- Confidential services, including non-medical counseling and specialty consultations are available through Military OneSource. Eligible individuals may receive confidential services at no cost. Check eligibility. International Calling Options. Non-Medical Counseling options include: Face-to Face Counseling, Online Counseling, Telephonic Counseling and Video Counseling.

Minnesota Department of Veterans Affairs

- **Link Vet**

Toll Free: (888) 546-5838

Eligibility: Veterans or their dependents in Minnesota

Website: www.minnesotaveteran.org

Service Description: Toll-free phone line offering information, referrals, suicide prevention Lifeline to Minnesota veterans and the families. - Information available on veterans' benefits, health care and reintegration services.

National Veterans Foundation

Assistance for Veterans and Their Families

9841 Airport Boulevard, Suite 418, Los Angeles, CA 90045

Phone: (888) 777-4443

Website: www.nvf.org

Service Description: Toll-free helpline for all veterans and their families - Live chat - Resource Center with information on benefits, employment and events - Guide to available financial assistance

Wounded Soldier and Family Hotline

Fort Belvoir, VA 22060

Phone: 1-800-984-8523 **Email:** usarmy.jbsa.medcom.mbx.medcom-wsf-support@mail.mil

Hours: 24/7

Website: <http://armymedicine.mil/Pages/wounded-soldier-and-family-hotline.aspx>

Eligibility: Wounded or injured soldiers and their families

Service Description: Provides wounded and injured soldiers resources to obtain outpatient related assistance regarding issues they have not been able to resolve through their own chain of command or medical treatment

Military Connections Directory

facility - Captures timely and accurate information from soldiers and their families on the quality of outpatient care in order to ensure prompt and thorough response to concerns and to increase the reality and perception of soldiers receiving timely, quality care.

United Way 2-1-1

424 West Superior Street, Suite 402, Duluth, MN 55802

Phone: 2-1-1 or 1-800-543-7709

Hours: 24/7

Website: www.211unitedway.org

Service Description: Provides information on and referrals to community, health and social services. Using a state-wide database, call specialists direct callers to appropriate programs in their area. Serves Minnesota and Douglas County in Wisconsin.

LEGAL ASSISTANCE

ABA Military Pro Bono Project

321 N. Clark Street, Chicago, IL 60654

Phone: (312) 988-5783 **Website:** <http://www.militaryprobono.org>

Service Description: The ABA Military Pro Bono Project accepts case referrals from military attorneys on behalf of junior-enlisted, active-duty military personnel and their families with civil legal problems, and it places these cases with pro bono attorneys where the legal assistance is needed. The Project is also the platform for Operation Stand-By, through which military attorneys may seek attorney-to-attorney advice to further assist their service member clients.

Legal Aid of Northeastern MN

The law offices of Legal Aid Service of Northeastern Minnesota (LASNEM) provide free legal advice and representation to low income people who live in Northeastern MN. Our goal is to provide representation and legal services to as many clients as possible consistent with the most important needs of our clients. Our attorneys provide basic protection by enforcing the law when our clients' rights are violated, by representing our clients' interests in obtaining changes in law where its effect is unjust, and by informing low income people of their legal rights and responsibilities.

Website: www.lasnem.org

- **Duluth**
302 Ordean Building, 424 West Superior Street, Duluth, MN 55802
Phone: (218) 623-8100 **Tollfree:** 855-204-1697
- **Grand Rapids**
350 N.W. 1st Ave. Suite F, Grand Rapids, MN 55744
Phone: (218) 322-6020 **Tollfree:** 800-708-6695
- **Virginia**
Olcott Plaza Suite 200, 820 N. 9th Street, Virginia, MN 55792
Phone: (218) 749-3270 **Tollfree:** 800-886-3270

MEDICAL, MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

MEDICAL SERVICES

Courage to Care Campaign

Website: www.couragetotalk.org

Service Description: An educational campaign for hospitals and healthcare sites developed by the Center for the Study of Traumatic Stress. The campaign seeks to connect families to resources and providers in the hospital environment who can answer their questions, talk with them about their children, or address other family or communication concerns related to an active duty injury.

TRICARE

Tricare West Phone: (Minnesota) 888-874-9378

Tricare North Phone: (Wisconsin) 877-874-2273

Website: www.tricare.mil

Eligibility: TRICARE is military health care available to active duty service members and retirees of the seven uniformed services, their family members, survivors and others who are registered in the Defense Enrollment Eligibility Reporting System (DEERS) and possess a valid military ID card.

Service Description: TRICARE offers several health care programs which beneficiaries can choose from. Eligibility for each program varies. Services include: Medical care - Dental care - Mental health care - Vision care - Prescription coverage

VA Clinic - Hibbing

990 West 41st Street, Suite 78, Hibbing, MN 55746

Phone: (218) 263-9698 **Hours:** 8:00 a.m.-4:30 p.m. Monday - Friday

Website: www.minneapolis.va.gov/locations/Hibbing

Eligibility: Must be enrolled in the Minneapolis VA Health Care System to receive treatment at this clinic.

Service Description: Outpatient medical services for veterans including primary care, immunizations, Tele-Health Care, Tele-Retinal Services, Laboratory, X-ray (imaging) Services, Women's Health Care, OEF/OIF services and Mental Health Services

VA Clinic - Ely

720 Miners Drive East, Ely, MN 55731

Phone: (218) 365-0001 **Hours:** 8:00 a.m.-4:30 p.m. Tuesdays and Thursdays

Eligibility: Must be enrolled in the Minneapolis VA Health Care System to receive treatment at this clinic.

Website: www.minneapolis.va.gov/locations/Ely

Service Description: Outpatient medical services for veterans

VA Clinic – Twin Ports

3520 Tower Avenue, Superior, WI 54880

Phone: (715) 398-2400 **Hours:** 8:00 a.m.-4:30 p.m. Monday-Friday

Website: www.minneapolis.va.gov/locations/TwinPorts

Eligibility: Must be enrolled in the Minneapolis VA Health Care System to receive treatment at this clinic.

Service Description: Primary care including chronic disease management, patient education and health promotion, immunizations, mental health services with on-site staff and telemedicine capability linked to providers in Minneapolis, laboratory services, minor procedures, women's health care, OEF/OIF services, radiology and imaging services, audiology services, ophthalmology services and physical therapy services.

Veterans Affairs Health Care System – Minneapolis

One Veterans Drive, Minneapolis, MN 55417

Phone: (612) 725-2000 **Toll Free:** (866) 414-5058

Hours: 24 hours/day for hospital. Service hours vary

Website: www.minneapolis.va.gov

Eligibility: Veterans with one day or more of honorable active military service who enlisted before 9/7/80 - Veterans enlisting after 9/7/80 require two full years active duty - There may be limitations based on income and assets. - Statewide service. For questions regarding eligibility or enrollment call (612) 467-2071

Military Connections Directory

Service Description: Medical specialties with both inpatient and outpatient services including: AIDS Care – Addiction Recovery – Blind Rehabilitation – Cancer Care – Caregiver Program – Chaplain Service – Chronic Pain Management – Community Resource and Referral Center – Dental Care – Depression & Anxiety – Drug and Alcohol – Extended Care and Rehabilitation – Flu Shots – Foster Home Program – Geriatric Research and Education – HIV Care – Hematology/Oncology – Homelessness – Hospice & Palliative Care – Imaging Services – MOVE Weight Management Program – Medical Foster Home Program – Mental Health – Military Sexual Trauma – Retroviral Treatment – Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn Program – Oncology – Pharmacy – Psychological Trauma – Radiology – Sleep Disorders – Stress Management – Surgical – Women’s Veteran Services

- **Fisher House Lodging Program**

Website: www.fisherhouse.org

Phone: (888) 294-8560

Service Description: Housing for families of patients receiving long-term medical care at the VA Medical Center providing a place to rest, prepare meals, launder clothes and allow children to lead relatively normal lives. Program is for persons requesting three nights of lodging or more, not for a single nights lodging.

- **Social Work Services**

Service Description: Provides discharge and health care planning - Senior companion program - Community nursing home and home care programs - Case management - Advance directives education and assistance - Information and referral

Veterans Affairs Health System - St. Cloud

4801 Veterans Drive, Saint Cloud, MN 56303

Phone: (320) 252-1670 **Toll Free:** 800-247-1739

Website: www.stcloud.va.gov

Eligibility: All Veterans who meet VA eligibility guidelines

Service Description: Audiology clinic - Dental clinic - Optometry clinic - Orthopedic clinic - Podiatry clinic - Surgery clinic - Urology clinic - Clinical pharmacy clinic - Diabetic clinic - Environmental exams - General medical clinic - Hematology/Oncology clinic - Internal medicine clinic - Rheumatology clinic - Physical Rehabilitation - Weight loss clinic - Women’s clinic - VA Compensation and pension exams - Mental Health services – Rehabilitation services – Skilled Nursing Home.

MENTAL HEALTH SERVICES

Birch Tree Center

4720 Burning Tree Road, Duluth, MN 55811

Phone: 218-623-1800

Hours: 24/7

Website: www.birchtreeduluth.com

Service Description: A community and regional collaboration providing mobile crisis services to adults and children and crisis stabilization to adults experiencing a mental health crisis or emergency.

Duluth Vet Center

4402 Haines Road Ste. 3, Duluth, MN 55811

Phone: (218) 722-8654 **Toll Free:** 877-927-8387

Hours: 8:00am–8:00pm Monday – Wednesday, 8:00am–9:00pm Thursday, 8:00am–5:30pm Friday **Website:**

<http://www.vetcenter.va.gov/>

How to Apply: Call or Walk-In

Military Connections Directory

Eligibility: Vet Centers serve all eras of war zone veterans. Service area includes veterans living in northern Minnesota

Service Description: Individual and group counseling for Veterans and their families, family counseling for families who experience an active duty death, military sexual trauma counseling and referral, outreach and education including PDHRA, community events etc., substance abuse assessment and referral, employment assessment & referral, VBA benefits explanation & referral, screening & referral for medical issues including TBI, depression etc.

Give an Hour

P.O. Box 5918, Bethesda, MD 20824

Website: www.giveanhour.org **Email:** info@giveanhour.org

Service Description: Give an Hour mental health providers offer free counseling to individuals, couples and families in the military and veteran community. Our providers help people deal with a range of mental health concerns, including relationship issues, anger, depression, anxiety, nightmares, substance abuse, as well as post-traumatic stress and traumatic brain injuries. We also offer counseling to family members experiencing the deployment of a loved one and to service members and their families during the transition from military to civilian life.

Kind Mind Center

2602 1st Avenue Hibbing, MN 55746

Phone: (218) 263-5949

Website: www.kindmindcenter.com

Service Description: Provides long and short-term psychotherapy for individuals, families and teens, in the treatment of behavior patterns, depression, anxiety, grief/loss, crisis counseling, major life changes, trauma, chronic pain/health and PTSD using a variety of techniques including but not limited to Acceptance & Commitment Therapy, Attachment Therapy, Motivational Interviewing, Eye Movement Desensitization and Reprocessing (EMDR), and Cognitive Behavioral Therapy.

Military and Family Life Counselor Program

Phone: (218) 576-5108

Service Description: Support military families struggling with issues such as deployment-related stress, reintegration, and pressures of managing parenting and finances while a loved one is deployed through short-term, non-medical counseling services to service members and their families at no cost.

*Non-medical counseling services include: Anger management, communication, relationship issues, conflict resolution, parenting, decision-making skills, deployment stress, coping skills, homesickness, relocation adjustment, reintegration, separation, building resiliency, sadness, grief and loss.

Range Mental Health Center

624 13th Street South, Virginia, MN 55792 (Main Office)

Phone: 218-749-2881 or 800-450-2273 **Website:** www.rangementalhealth.org

Service Description: Provides comprehensive integrated behavioral health care to adults and children in Northern Minnesota that include outpatient, inpatient, home based and drop-in services.

Speare Psychological Services, P.A.

225 1st Street North Suite 3100, Virginia, MN 55792

Phone: (218) 741-3740

Website: jonathanspeare.com

Service Description: Provides short term and long term psychotherapy for individuals and couples experiencing difficulties such as: anxiety, phobias and panic attacks, depression and grief, victimization, abuse and trauma, stress management, pain management, marital and other relationship problems, alcoholism, chemical dependency and substance abuse problems and nightmares. Uses a variety of therapeutic approaches including: Rational Emotive/Cognitive behavior Therapy, Psychodynamic Therapy, Family/Marital/Relationship Therapy, Clinical Hypnosis, Guided Imagery, Gestalt Therapy and Eye Movement Desensitization Therapy and

Military Connections Directory

Reprocessing (EMDR). Other non-traditional and experimental approaches available may include: Thought Field Therapy, Emotional Freedom Therapy, Tapas Acupuncture Technique, Energy Diagnostic and Treatment Methods and Advanced Integrative Therapy

- **Give An Hour Provider** – Provides one free hour a week of critical mental health services to those who serve and their loved ones. www.giveanhour.org

Veteran Resilience Project – A Program of Trauma Recovery/HAP

Phone: (612) 222-8768

Website: www.veteranresilienceproject.com

Service Description: The Veterans Resilience Project of Minnesota with Trauma Recovery/HAP offers 12 EMDR Therapy sessions at no cost to veterans and military currently serving from all branches of the armed forces since 9/11. Our project is supported by a skilled group of veterans and EMDR therapists, our clinicians (several of whom are veterans or veterans' family members) provide trauma recovery therapy at no cost to veterans.

SUBSTANCE ABUSE SERVICES

Arrowhead Center

505 12th Ave West, Virginia, MN 55792

Phone: (218) 749-2877

Website: www.arrowheadcenterinc.org

Service Description: Provides outpatient treatment for chemical dependency and substance abuse.

Catherine Booth Residence for Chemical Dependency

Phone: (218) 740-3051

Service Description: A transitional housing program that focuses on people recovering from chemical dependency. The residence is open to men and women with children.

Center for Alcohol & Drug Treatment

314 West Superior Street, Unit 400, Duluth, MN 55802

Phone: (218) 723-8444 **Email:** Admissions@CADT.org

Hours: 24/7

Website: cadt.org

Service Description: Provides chemical health, substance abuse and addiction treatment as well as recovery services to anyone seeking help for drug, alcohol or gambling problems. CADT's programs utilize many different approaches to treatment and recovery.

Douglas County Alcohol and Other Drug Abuse (AODA) Services

1316 North 14th Street, Suite 400, Superior, WI 54880

Phone: 715-395-1304 **Website:** www.douglascountywi.org

Hours: 24/7

Service Description: Provides chemical dependency services to address and treat problems related to alcohol and other drug abuse.

Joint Substance Abuse Prevention Program

600 Cedar Street, St. Paul, MN 55101

Phone: (651) 268-8909

Service Description: The Minnesota National Guard Counter Drug Program that provides substance abuse prevention and awareness education, treatment resources, referrals and outreach to all service members and

Military Connections Directory

military families, in an effort to reduce substance abuse, strengthen our families, increase retention and enhance combat readiness.

Minnesota Recovery Connection

822 S. 3rd Street Suite 101, Minneapolis, MN 55415

Phone: (612) 584-4158

Email: info@minnesotarecovery.org

Website: www.minnesotarecovery.org

- **Telephone Recovery Support** – This peer-to-peer recovery support program provides volunteers the opportunity to reach out over the phone to individuals seeking recovery in order to connect them to the resources they need to achieve and maintain recovery.

Range Treatment and Detox Center

626 13th Street South, Virginia, MN 55792

Phone: (218) 741-9120

Hours: 24/7

Service Description: Provides a multi-disciplinary approach toward the treatment of chemically dependent individuals, their families, and significant others. Services are available on both a residential or outpatient basis for adolescents and adults.

MILITARY FAMILY ASSISTANCE CENTERS

Military Family Assistance Center (FAC)

Military Family Assistance Centers (FACs) are geographically dispersed throughout the nation to offer resources, referrals and support to all Servicemembers and their families. FACs are confidential and available 24/7 to all branches regardless of status as mandated by the Department of Defense (DoD). FACs provide information and referrals on crisis intervention, legal, financial and community resources, TRICARE, and DEERS/ID Cards. In addition, case by case emergency financial assistance can be accessed via the MN Military Family Foundation. FACs network with military and civilian resources to answer any and all questions you may have.

- **Northeast Minnesota Locations:**

Cloquet – 102 Armory Road, Cloquet, MN 55720

Duluth – 4015 Airpark Blvd, Duluth, MN 55811

Hibbing – 2310 Brooklyn Drive, Hibbing, MN 55746

Pine City – 1305 Main Street South, Pine City, MN 55063

Phone: (218) 723-4852

148th Fighter Wing – 4680 Viper Street, Duluth, MN 55811

Phone: (218) 788-7833

- **Northwest Wisconsin Locations:**

1-800-292-9464, option 3

www.wisconsinmilitary.org

Inter-Service Family Assistance Committees (ISFAC)

An Inter-Service Family Assistance Committees (ISFAC) is a voluntary military cooperative partnership at a regional or state level organized to provide a comprehensive view of the needs of Service members, Military

families and veterans within their specific locations and to recommend solutions from the resources of that community. They foster a sustainable network of local support, facilitate governmental/non-governmental, non-profit, corporate partners and local citizens collaboration and fill service and information gaps.

MILITARY YOUTH

Child Care Aware of Minnesota

380 E Lafayette Frontage Road Suite 103, St. Paul, MN 55107

Phone: (651) 290-9704 **Toll Free:** (888) 308-3224

Website: www.childcareawaremn.org

Service: A resource website to assist parents in locating high quality child care.

- **Give Army Parents a Break Respite Care** – Qualified Army Families receive 8-16 hours of child care every month for each child up to age 12.

Eligibility: You, your spouse or designated Guardian must be a geographically dispersed

- Accessions Command Army Recruiter
- ROTC Cadet Cadre (Trainers)
- Drill Sergeants
- Deployed Army National Guard
- Deployed Army Reserve soldier. Accessions Command

- **Operation Military Child Care (OMCC)** – Eligible families receive fee assistance for full-time or part time child care services. Parents using OMCC services will be responsible for a co-pay.

Eligibility: Army recruiters, married soldiers whose spouse is working, looking for work or attending school (same applies to unmarried legal parents living in the same household) and Soldiers with orders in support of one of the following Deployments:

- Operation Iraqi Freedom (OIF)
- Operation Enduring Freedom (OEF)
- Global War on Terror (GWOT)
- Overseas Contingency Operations
- Operation Noble Eagle

MN National Guard – Child and Youth Program

8180 Belden Blvd, Cottage Grove, MN 55016

Phone: (651) 268-8695 or (651) 242-6938

Service: The purpose of the ARNG CYSS is to support the readiness and resilience of geographically dispersed Soldiers and their Families by reducing the conflict between parental responsibilities and mission requirements through age-appropriate youth programming within the program core elements.

Operation Purple Camp

Operation Purple Camp offers military kids a FREE WEEK of camp where they connect with other kids, just like them. And purple happens to be their perfect mix of Army green, Coast Guard blue, Air Force blue, Marine Corps red and Navy blue! At camp kids have the opportunity to bond through a unique and memorable summer camp experience.

Military Connections Directory

Website: www.militaryfamily.org/kids-operation-purple/camps

- **McGregor, MN**

Catholic Youth Camp is a traditional resident camp. Campers stay in cabins based on age and gender and participate in a variety of activities such as archery, arts and crafts, fishing, swimming, canoeing, dance, drama, sports and group games. During OPC, CYC is a nondenominational camp, open to campers of all backgrounds.

Phone: (651) 636-1645

Special Needs Resource Project

380 E Lafayette Frontage Road Suite 103, St. Paul, MN 55107

Website: www.snrproject.com

Service: Provides a basic guide for parents of children with chronic health issues, disabilities and special needs. The site is designed to help you get a jump-start in your search for helpful information and resources. Our aim is to help you learn the basic skills you'll need to obtain the specific resource information, equipment, and services your child and family needs. Focused on children ages 0-22.

SERVICE ORGANIZATIONS

Blue Star Mothers – Lake Superior Chapter, (MN Chapter 15)

We are a military service and support organization for mothers of military members in any branch of the service, active or veteran. Dads, grandparents, and interested friends are also welcome to attend meetings and participate in service events. We meet monthly (except for July) on the 3rd Thursday of every month from 6:30 – 8:30 pm at the First United Methodist Church, 230 E. Skyline Blvd, Duluth, MN. We support one another and our military families during the deployment cycle, do service activities related to our local military and veteran groups, and invite speakers on issues related to our military. We pack and send care packages to deployed military every other month. In addition, we support our local Gold Star Families (who have lost a military member while on active duty.)

- **Duluth** PO Box 3493, Duluth, MN 55803

Phone: (218) 724-0661 **Email:** sealund55@gmail.com

Disabled American Veterans

Disabled American Veterans Groups provide free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA). Represents disabled veterans with military claims providing advocacy, information, and forms assistance - Participates in medical equipment loan program called Vets for Vets which loans beds, electric wheelchairs, and other medical equipment to vets in need.

- **Duluth - GILBERT W NORDMAN #6**

Mailing Address: PO Box 16142, Duluth, MN 55816

Meeting Location: 506 W Michigan Street

Phone: 218-341-9098

- **Grand Rapids – ITASCA COUNTY #13**

Mailing Address: PO Box 5025, Grand Rapids, MN 55744

Meeting Location: 930 NE 1st Ave

Phone: 218-341-9098

- **Hibbing – RUSSO-GOLOB CHAPTER #3**

Mailing Address: 5141 1st Avenue, Hibbing, MN 55746

Meeting Location: 5th Ave East 23rd St. – Memorial Building

Phone: 218-262-2563

Military Connections Directory

- **Superior – EDWARD B FROELICH #4**
Mailing Address: PO Box 412, Superior, WI 54880
Meeting Location: Senior Citizens Center – 1527 Tower Ave
Phone: 715-394-9537
- **Virginia – KOLSTAD #23**
Mailing Address: PO Box 719, Virginia, MN 55792
Meeting Location: 229 Chestnut Street
Phone: 218-741-2426

Minnesota American Legion

20 West 12th Street, Room 300A, Third Floor, Veterans Service Building Saint Paul, MN 55155

Phone: (651) 291-1800 **Toll Free:** (866) 259-9163

Website: www.mnlegion.org

Eligibility: Based on honorable service with the U.S. Armed Forces.

Service Description: Provides information to veterans on benefits available to them. Provides information on educational scholarships. Individual posts provide social, educational, and other services to their members. To find an American Legion post in Minnesota, visit www.mnlegion.org/html/minn_posts.html

Northland Vietnam Veterans Association

Meeting Address: 5209 Ramsey Street Duluth 55807

Mailing Address: PO Box 16975, Duluth, MN 55816

Meetings: 4th Monday of each month for members

Website: www.nvva.us

Eligibility: Membership is open to Vietnam and Vietnam era veterans. Spouses and friends of veterans are eligible for associate memberships.

Service Description: Offers information and referral, advocacy and some counseling. Voting membership open to Veterans who served between 1960-1975.

Veterans of Foreign Wars Posts - Minnesota

B52 Veterans Service Building, 20 West 12th Street, Saint Paul, MN 55155

Phone: (651) 291-1757

Website: www.vfw.state.mn.us

Eligibility: VFW membership is available to all U.S. Citizens who have been honorably discharged from the U.S. armed forces and who have earned an overseas campaign medal.

Service Description: VFW Posts offer a variety of social and educational activities and other services to their members and members families. Services vary by post.

To find a VFWs throughout Minnesota, go to: <http://www.vfw.state.mn.us/hdqrts.html>

Volunteer Services of Carlton County

199 Chestnut Avenue #3, Carlton, MN 55718

Phone: (218) 879-9268

Website: www.vsccl.com

Service Description: A non-profit service provider and advocate working to improve the quality of life in the community. With a caring network of dedicated volunteers and partners, we secure and distribute food, clothing, information, referrals, and emergency assistance in a respectful and dignified manner to people in need.

Military Connections Directory

Yellow Ribbon Cities/Communities

A Yellow Ribbon Community unites all areas within a community to create a comprehensive network that connects and coordinates agencies, organizations, resources and employers for the purpose of proactively supporting Servicemembers and military families.

- **Duluth**
Phone: 218-590-7716 **Email:** ppedersen@mac-v.org
- **Grand Rapids**
Phone: 218-259-4711 **Email:** sharon.voltz@state.mn.us
- **Hibbing-Chisholm Area**
Phone: 218-969-7827 **Email:** jen_jen12@msn.com

SURVIVOR OUTREACH SERVICES

Fort Snelling National Cemetery

7601 34th Avenue South, Minneapolis, MN 55450

Phone: (612) 726-1127

To schedule a burial (866) 900-5417 and follow up with a call to (800) 535-1117

Hours:

- **Office Hours:** Monday thru Friday 8:00 a.m. to 4:25 p.m.
Closed federal holidays except Memorial Day and Veterans Day.
- **Visitation Hours:**
April - October (During Daylight Savings Time)
Open Monday thru Friday - 7:30 a.m. to 8:00 p.m.
Open Saturday, Sunday and federal holidays - 8:00 a.m. to 8:00 p.m.
October - April
Open Monday thru Friday - 7:30 a.m. to 5:00 p.m.
Open Saturday, Sunday and federal holidays - 8:00 a.m. to 5:00 p.m.

Minnesota State Veterans Cemetery

15550 Hwy 115, Little Falls, MN 56345

Phone: (320) 616-2527

Email: info.cemlf@state.mn.us

Website: <http://mn.gov/mdva/resources/burials/stateveterans.jsp>

Hours:

- **Office Hours:** Monday thru Friday 8:00 a.m. – 4:30- p.m.
- **Visitation Hours:** Seven days a week during daylight hours

Navy Gold Star Program

Navy Gold Star is the Navy's official program for providing long-term support to surviving families of Sailors who pass while on Active Duty. Personnel eligible to participate in the NGS program include the widow, parents and the next of kin. The term "widow" includes widower ; the term "parents" includes mother, father, stepmother, stepfather, mother through adoption, father through adoption, and foster parents who stood in loco parentis; the term "next of kin" only includes children, brothers, sisters, half-brothers, and half-sisters; and the term "children" includes stepchildren and children through adoption.

Website: www.navygoldstar.com

- **Sandra Neuman - Navy Gold Star Installation Coordinator**

Phone: 1-866-854-0638, Fleet and Family **Email:** Sandra.neuman@navy.mil
13910 45th Ave NE Ste 857, Marysville WA, 98271

Military Connections Directory

Survivor Outreach Services

Survivor Outreach Services is the official Army program designed to provide long term support to surviving Families of Fallen Soldiers. Survivor Outreach Services is a "one" Army program. Regardless of a service member's Army component, duty status, location, or manner of death, Survivor Outreach Services Support Coordinators and Financial Counselors are here to provide dedicated outreach and support when, and for as long as the family members desire. The Support Coordinators and Financial Counselors will also provide the same services to surviving families from any of the other branches of service (Navy, Air Force, Marine Corps and Coast Guard) and we want to encourage those families to contact us so that we can add them to our outreach and introduce them to other MN Families of the Fallen. We know that there are no words or actions that can ever fully solace a family in their loss, for there is no greater calling than to serve ones' nation with honor and dignity. For us, there is no greater duty than to support the Families of those who have died in service to our nation.

Website: www.sos.army.mil

- **Support Coordinator – Northern MN**
Office: 651-268-8112 **Cell:** 218-255-6121
1115 Wright Street, Brainerd, MN 56401
- **Support Coordinator - Twin Cities/Metro**
Office: 651-282-4116 **Cell:** 651-331-8581
8180 Belden Blvd., Cottage Grove, MN 55016
- **Support Coordinator - Southern MN**
Office: 651-268-8265 **Cell:** 507-696-5424
410 Prospect Ave., Albert Lea, MN 56007

TRANSPORTATION

Disabled American Veterans Transportation Program

3520 Tower Avenue, Superior, WI 54880

Phone: 715-398-2406

- **Transportation to VA Medical Center**

Eligibility: Serves Veterans in Northeast Minnesota and Northwest Wisconsin. Veteran must have an appointment at the VA Hospital in Minneapolis

How to Apply: Call for appointment

Hours: 1000-1400 Monday - Friday

Service Description: Van provides transportation for veterans who have an appointment at the VA Hospital at Fort Snelling. Caregivers may ride with the veteran. Van picks up riders at Twin Ports VA Outpatient Clinic 0530, McDonalds in West Duluth 0530 and the Holiday Station in Scanlon 0600 Monday –Thursday only. Arrives in Minneapolis 0900-0930. Van also provides transportation to and from Twin Ports VA Outpatient Clinic on Wednesdays and Thursdays for veterans who have an appointment. Van is staffed by volunteer drivers. Hours: starts at 0800 Wednesday and Thursday only.

Duluth Transit Authority (DTA)

Eligibility: Disabled Veterans displaying a Department of Veteran Affairs Service Connected identification card or "Service Connected or SC card" will be afforded free public transportations on DTA buses on regular DTA bus routes. Buses in Superior, Proctor and Duluth.

Military Connections Directory

Fisher House Foundation

111 Rockville Pike Suite 420, Rockville, Maryland 20850

Phone: (888) 294-8560 or (301) 294-8560

- **Hero Miles:** Provides round-trip airline tickets to wounded, injured, and ill service members and/or their families who are undergoing treatment at a military or VA medical center; or who are attending an authorized event. Flights are made possible through frequent flyer mile donations made by individual airline passengers.
- **Hotels for Heros:** Provides hotel rooms to the families of wounded, injured, and ill military service members who are undergoing treatment at authorized medical centers when a Fisher House is not available. Rooms are made possible through the donation of rewards points by hotel reward members.

Iron Range Veterans Rider Van

Phone (Hibbing): (218) 262-6090 **Toll Free Ext (Hibbing):** 800-450-9777 ext. 8390

Phone (Virginia): (218) 749-7110 **Toll Free Ext (Virginia):** 800-450-9777 ext. 7110

Website: www.stlouiscountymn.gov/ADULTFAMILIES/Adult/VeteranServices/Transportation.aspx

Hours: Runs every other business day: Van leaves the Hibbing Country Kitchen parking lot in Hibbing at 0600 and then travels to the Virginia Country Kitchen to pick up veterans waiting there at 0630.

Eligibility: Any veteran in North St. Louis County needing a ride to the Veterans Affairs Medical Center in Minneapolis.

How to Apply: Please call to reserve a van seat and verify pick-up time and pick-up point as soon as you receive your VA scheduled appointment notification.

Service Description: The van makes trips from Hibbing and Virginia to the Veterans Affairs Medical Center in Minneapolis two to three times a week. It is up to the veteran to ensure that his/her appointment is scheduled for the days the van is transporting to the center. Donations for van expenses are accepted. Suggested donation is \$50 round trip. Riders receiving VA Travel Pay are required by their VA Travel Pay to pay the driver.

OTHER RESOURCES

Army Medicine: <http://armymedicine.mil/Pages/Home.aspx>

Commissaries and Exchanges: www.commissaries.com

Disabled Veterans Rest Camp: www.vetscampmn.org

Housing Link: www.housinglink.org

LawHelpMN: <http://www.lawhelpmn.org/issues/veterans/assistance-for-veterans>

Lawyers For Warriors: <http://lawyersforwarriors.blogspot.com/2009/06/minnesota-legal-assistance-to-military.html>

Minnesota AMVETS: www.tristateveterans.com/amvets.html

Minnesota Veterans Website: <http://www.mdva.state.mn.us/MinnesotaVeteran.htm>

Military HOMEFRONT: www.militaryhomefront.dod.mil

Military Spouse Career Center: www.military.com/spouse

Military Spouse: <http://www.careeronestop.org/militaryspouse>

Military Student: <http://www.militaryimpactedschoolsassociation.org>

National Center for PTSD: <http://www.ptsd.va.gov>

National Coalition for Homeless Veterans: www.nchv.org

OurMilitary.mil: <http://www.ourmilitary.mil/>

Special Needs Stop: <http://www.specialneedsstop.com/minnesota-resources>

Transition Assistance Program/Turbo TAP: <http://www.turbotap.org/register.tpp>

Tutor.com www.military.tutor.com

US Department of Housing and Urban Development: <http://portal.hud.gov>

US Department of Veteran Affairs: www.va.gov

USA4Military Families: www.usa4militaryfamilies.dod.mil

Vietnam Veterans of America: <http://www.vva.org>

**This directory was produced in cooperation with the 148th Fighter Wing,
the MN Military Family Assistance Center in Duluth and the
United Way of Northeastern Minnesota**

Inclusion of an organization in this directory does not constitute endorsement of its programs or policies by the above listed organizations, while exclusion does not imply disapproval. Every effort has been made to obtain accurate information about the organizations listed in this directory.

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