

DMVA helps Lebanon VA Medical Center Find Veterans

FT INDIANTOWN GAP

- A new partnership has been forged between the Office of the Deputy Adjutant General for Veterans Affairs (ODAGVA) and the Lebanon VA Medical Center (LVAMC) helping the VA promote outreach to more combat veterans.

“Under this new agreement, a Nurse Case Manager from the Lebanon VAMC works directly with DMVA officials in office space at Fort Indiantown Gap. Together, DMVA and Federal officials are assisting our combat veterans with their transition, as well as, coordinating both State and Federal benefits” said Brigadier General

Scott Wagner, Pennsylvania Deputy Adjutant General for Veterans Affairs, “It’s a great cooperative relationship allowing our National Guard Veterans more timely access to VA benefits.” Fort Indiantown Gap is where the DD 214’s for each Pennsylvania Veteran are maintained.

Enrolling for, and receiving VA healthcare is an important step to determining if the Veteran has special medical needs, such as post-traumatic stress disorder, traumatic brain injury or any other care related to their wartime service. Combat veterans are eligible for five years of free medical care from the VA for anything that could possibly be related to their combat experience after separation from active military service. Within the VA system, veterans have access not only to healthcare, but other benefits including home loan guarantees, education benefits, training, and life insurance.



Danielle Klinger, a Lebanon VA Medical Center case manager, reviews a recent DD Form 214 at the Office of the Deputy Adjutant General for Veterans Affairs.

“VA outreach is occurring much quicker than in the past”, said Robert Callahan, Director of the Lebanon VAMC. “This partnership is a great way to maximize and coordinate both State and Federal benefits for our returning combat veterans”. In 2008, the Lebanon VAMC treated 2,135 combat veterans and, in just over the past five months, 1,500 received care. In addition to the mail and telephone efforts, the Lebanon VAMC has also been holding on-post briefings for National Guard and Reserve troops returning from deployment. In this way, all returning troops will be fully aware of their benefits from the VA.

The agreement came about as a result of a Memorandum of Understanding signed by Robert Callahan, Jr., the Director of the Lebanon VA Medical Center and Brigadier General Scott Wagner, the Deputy Adjutant General for Veterans Affairs.

Spring Outlook and the Way Ahead

by Brigadier General Scott D. Wagner, Deputy Adjutant General for Veterans Affairs

Last month I had the opportunity to meet the new Secretary of Veterans Affairs, General Eric Shinseki, at the mid-winter conference of the National Association for State Directors of Veteran's Affairs. General Shinseki lauded the VA's health care system, but admitted much work still needs to be done. He spoke of the need to streamline, or reduce the time veteran's claims spend in the benefit adjudication process. He reviewed the benefits and process of implementing the Post 9/11 GI Bill, which goes into effect on August 1, 2009. Lastly, he asked everyone to work together in assisting veterans in their search for meaningful jobs, assisting with our homeless veteran programs, and reaching out to veterans in emotional crisis. Here at home, our office is in-step with supporting the new Secretary's intent, and to further maximize benefits and continuum of care for our Commonwealth's veterans.

This spring we take our mantra of Advocacy, Outreach and Integration to the next level. We are presently organizing a Veterans' Expo to be conducted in Harrisburg in June, whereby we plan to bring all



Deputy Adjutant General for Veterans Affairs, Scott D. Wagner (left) shakes hands with the Secretary of the U.S. Dept. of Veterans Affairs, Gen Eric K. Shinseki (right) at the National Association of State Directors for Veterans Affairs (NASDVA) conference in February 2009.

stakeholders together, including state agencies, veteran service organizations and non-profit groups, to create synergy of effort in furthering veterans' interests. Stay tuned for more details as our plan comes together in the upcoming weeks.

We continue to seek out efficiencies and best practices in managing our system of state veteran's homes, in bringing home benefits through our service organizations and county directors of veterans' affairs, and in seeking out new programs to better benefit our veterans and their families.

Welcome to SIXBURGH!



The Residents of the Southwestern Veterans Center are pictured cheering for the Pittsburgh Steelers during Super Bowl XLIII. Everyone enjoyed watching the game on the facility's 100" screen, snacking on specially prepared appetizers and screaming for the "Black & Gold". When the team brought home an unprecedented 6th Super Bowl victory, the residents showed their support by renaming the city.....SIX-BURGH!

New VFW Program Combats Rising Suicide Problem

HARRISBURG - The Department of Pennsylvania Veterans of Foreign Wars (VFW) is developing a new plan to combat the rising tide of suicides across the country. The plan is a re-thinking of the suicide prevention process.

The VFW intends to meet this challenge by being proactive and getting involved with deploying soldiers long before someone gets to the suicidal stage. There will be several aspects to this approach including online chat, social activities, and the traditional post-oriented activities.

The VFW already runs an “Adopt-A-Unit” program which pairs a post with a deployed military unit. The post sends care packages to the troops and also gives moral support to the dependents that are left behind. The VFW has adopted more than 1,000 military units from all branches of the U.S. Armed Forces.

Adopting a unit, however, is only the beginning. State VFW Commander Larry Wade sees a need for more interaction. He wants to hold support group meetings for the family members, which is an alternative way to interact with those who are deployed.

The plan will follow those that deploy through their three phases of deployment: pre-deployment, deployment, and post-deployment. During this time, the VFW will let both the deployed member and the families know they are not alone in this process and there is someone who can help.

Although specific reasons for suicide aren't clear, there are specific triggers, such as failed relationships or marriage; employment, financial, or medical issues. These problems are exacerbated by depression and substance abuse. These triggers are usually the result of personal changes in the relationship between the deployed person and those with whom they interact.

Linda Gray, one of the designers of the VFW program is a Major in the Army National Guard who has recently returned from a deployment in Iraq.

“Whether you want to or not, deployment is going to change you.” she notes, “I don't want anyone else to go through what I did.”

Gray recalls her own experiences as a returnee and her experience is one of the motivating factors for developing this program.

Carol Sonnen, the Suicide Prevention Coordinator for the Lebanon VA Medical Center agrees.

“Suicide prevention starts before a person verbal-

izes thoughts about harming themselves.”

That is why it is important to act before the deployment starts. Returnees are at an increased risk for substance abuse. In many cases, those suffering from PTSD become substance abusers, are unable to readapt to daily life after living in a combat zone, or become abusive to their spouse or family. This, in turn, makes them susceptible to suicide. Suicide becomes the only possible solution to problems caused by PTSD for these service members.

Being deployed in a location where your life is constantly in peril will have a profound effect on your personality in regard to how you react to things. This is known as Post-Traumatic Stress Disorder (PTSD). PTSD is a condition where your brain overreacts to stimuli as a result of a traumatic event, such as combat. Even simple things like cars backfiring can cause an extreme reaction if you spent time in an area where there were a lot of explosions. Reactions can be delayed, too, taking place long after the incident that triggered the response—in some cases not showing up for years. There are veterans of the Vietnam war who are only now beginning to experience signs of PTSD after years of normal living. Suicidal behavior is not always easily recognized, especially by those that are closest to the person. Other unit personnel may not be able to notice changes, either, especially if the unit is extremely cohesive. In fact, in many cases, it is someone who is not close to the person who can notice changes in their behavior.

The VFW's program hopes to educate family members about what to look for and what to expect. Family members will be invited to classes which will identify some of the warning signs to look for and to expect certain changes in their loved one. There will also be one-on-one sessions, where family members can talk. These visits are followed up with a pamphlet that identifies the warning signs for suicidal behavior.

After the member returns from deployment, the VFW plans to approach these individuals, but not right after their return. Many returnees are only focused on their families and getting back to a routine when they first return. They need time to “decompress” first. Many sufferers of PTSD don't begin to show signs until they've been back for a few months.

Wade proposes a different idea. He wants to hold social gatherings that promote companionship and

gives a place for vets to interact with each other.

The emphasis is on giving veterans the opportunity to talk and encouraging them to do so. The military culture promotes 'toughness' and sometimes, asking for help can be seen as appearing weak. For others, it is the stigma of seeking professional help. The military claims visits to mental health services wouldn't adversely affect one's career, but in some cases, mental health could become the deciding factor in whether or not an applicant would get a special duty assignment. Veterans have a hard time dealing with psychological issues as a result. There is also, however, a shared experience that most combat veterans have that makes it easier for them to talk to each other about their experiences.

Wade's reasoning for this is simple, "A vet will talk to another vet before they'll talk to anyone else."

Talking about these experiences is the first step in dealing with the problem. Often, a person who is able to talk about their experiences will see reduced incidents of PTSD symptoms. They also begin to understand that they are not alone in their experiences and that also reduces the stress of dealing with these issues.

"You've got to get that [person] talking" Gray explains, "If we don't give them an outlet, there may be more suicides."

Most of the materials used by the VFW's program are from the U.S. Department of Veterans Affairs, who is also participating in the administration of the program through the Lebanon VA Medical Center.

The program is already getting support from local businesses who are displaying posters for the program in their shop windows. Smith Transport, Inc. is putting the VA's suicide hotline number on its fleet of trucks. There's still more to be done, however.

The VFW needs volunteers to help with the program and more community involvement before it can begin to run at a steady pace. Wade has already publi-

cized the program through the Pennsylvania State War Veterans Council and the State Veterans Commission. They have also made some strides into the electronic realm by establishing a group on the Facebook social networking site.

Reaching out to the younger veterans poses special challenges. Although the membership numbers of the VFW are up as a result of the Adopt-A-Unit program, many VFW posts are seen as just another place to drink. Many younger veterans don't have the time to attend a regular meeting, so using a social gathering as a way to get veterans together works well. For those who are not able to socialize in person, the Internet can provide a medium for interaction. This is where Facebook comes into play. The site has an online group where veterans can join and talk to other veterans, thus stimulating the same sort of discussions that would ordinarily take place in person. The group is monitored and members must be approved in order to join in. This gives the group a measure of security and intimacy for those who participate in discussions. The site can be reached at www.facebook.com and search for suicide prevention in the groups section.

This program is not limited to the VFW. Wade would like to see this as an umbrella group under which all veterans organizations can fall. He's already begun reaching out to the other veterans organizations for alternate places to meet. He has made presentations to active duty units to let them know there is support for them when they deploy. He also envisions this program ultimately going national.

"[The VFW] is more than just a bar. There's help [available] if you're deployed and have a problem."

Letting veterans know they're not alone with their demons is just another way to give them support.

To find out more about the VFW Suicide Prevention effort or how you can participate, call the Department of Pennsylvania VFW at (717) 234-7927.

Study Reflects Need for Three Additional Veterans' Homes

FT. INDIANTOWN GAP - The results of the "Veterans Homes Needs Assessment and Feasibility Study of Additional Veterans Homes", will be released on March 31, 2009. The assessment was conducted by a Pennsylvania-based firm, Computer Aid, Inc. (CAI), in partnership with First Chesapeake Group, Inc.

As part of the Department of Military and Veterans Affairs' (DMVA) ongoing mission to support Pennsyl-

vania veterans with highest quality services, a request to conduct such a study was issued in December of 2008. So as to gain a better understanding of demographic trends and projections of the Pennsylvania veteran population and their spouses with respect to long-term care needs and future planning alternatives, a comprehensive study was begun to evaluate available and relevant data, conduct impact analysis and

recommendations. Part of the assessment criteria was to gain an understanding of whether additional veterans' homes are needed and to provide an accurate overview of the capacity of current facilities, the projected veteran population and alternative care models.

In a briefing conducted at Fort Indiantown Gap on March 5, 2008, representatives from the study team told attendees that DMVA will need flexibility in order to meet the changing veteran population over the next 20 years. With respect to that population and services available, they identified three under-served areas (Northcentral, Southcentral and LehighValley/Reading) and it was their recommendation that three additional sites be considered as part of a comprehensive continuum of care plan. As well, it was suggested that expansion need not be physical, but could be achieved through the development of alternative models and partnerships with existing civilian health care services and governmental entities. Data for the assessment study was captured by analyzing nine distinct regions in Pennsylvania, the veteran populations by age group

and residency, existing veteran facilities locations, nursing and assisted living facilities, hospitals, numerous health care systems and examining the overall physical and mental health requirements of the veteran population. Projected demands point to the incorporation of a new model of care that adequately captures the increasing domiciliary/personal care demographic. In addition to the traditional institutional-based care that DMVA provides, it recommended developing a continuum of care model that meets the needs of the veterans it serves. For the community-based care model, each DMVA facility will act as a hub to provide social work services, physical and occupational therapy and respite care.

The survey was based on data generated by Vet-Pop, the U.S. Department of Veterans Affairs population numbers (which were derived from the 2000 census). A subcommittee of the Pennsylvania State Veterans Commission will be responsible for following the process and, if indicated, will be part of a site review team.

Veterans History Project: Adventures In Storytelling

HARRISBURG - Seargeant Major Walter Zapotoczny was looking for a way to increase the amount of historical data within the Headquarters 28th Division History Office Archives. When he first took over as Command Historian, there was a noticeable lack in the amount of soldiers' stories and historical information. There seemed to be an abundance of information on World War I and II, but not very much on later periods.

The Veterans History Project, conducted by the U.S. Library of Congress seemed to be the best way to increase the division's historical records. The program relies on volunteers throughout the nation to collect veterans' stories on behalf of the Library of Congress. The project archives its collection at the Library of Congress and makes them available to researchers and the public. The project is also compiling a unique archives for scholars to use.

The Pennsylvania Department of Military and Veterans Affairs Public Affairs office gave Zapotoczny



Sergeant Major Walter Zapotoczny, the 28th Division Command Historian (left) interviews World War II Army veteran Allen E. Smith (right) for the Veterans History Project. This project collects recorded video and audio interviews from veterans of all wars for the Library of Congress.

access to their television studio to record interviews and the 28th Division Public Affairs Officer issued him a video camera for use when a veteran was unable to get to the studio for an interview.

Zapotoczny set out to participate in this program at first, simply to collect veterans stories, but he got

much more than he bargained for. On average, he invests four hours in pursuit of a 40-minute interview. This includes convincing veterans to be interviewed on camera, the paperwork required for submission to the Library of Congress, and extensive background research.

“I do a thorough background search on my subjects. I find out where they were and what they did so I’m prepared to ask questions during the interview.”

Zapotoczny has access to the 28th Division Library, which contains a collection of historical records, rare books, and other items of historical interest. Although this collection is not accessible to the general public, there are ways to gain access to the collection for research. Ultimately, if funding becomes available, this collection can be digitized and made available to the general public online at some future date, although no plans are being made at the present time.

To date, Zapotoczny has conducted a total of seven interviews. Getting people to commit to being interviewed is perhaps the most difficult part. Many veterans don’t want to tell their story because they don’t think it was important, or because their experiences may be too personal to share. A number of these veterans, including his own father, have elected to take their stories to their graves. Zapotoczny thinks that is a

terrible loss.

“Approximately 1,600 veterans pass away every day—That’s 1,600 stories...gone.”

Zapotoczny has tried to preserve as many stories as he can. When a veteran agrees to being interviewed on camera, he or she is usually enticed by the complimentary DVD of the session that can be passed down to their children and grandchildren. This item quickly becomes a way to connect with future generations who had never experienced what these veterans had.

One of the unintended results of conducting these interviews is that the veteran begins to feel better having got his or her experiences out in the open. In fact, some realize after reacting emotionally during an interview that they’re more affected by the experience than they previously thought. That, in itself, becomes a form of therapy for these individuals.

“The more one talks about his experiences, the better one feels,” observes Zapotoczny.

Some stories will be so compelling they’re unforgettable, such as the first two interviews Zapotoczny conducted for the project.

“My first two interview [subjects] fought during World War II for the Germans. They were captured as Prisoners of War and sent to the United States. Eventually, they settled here as American citizens and ended up in the Army fighting in Korea!”

In some cases, the real experience never gets recorded. Zapotoczny had two subjects who had never met each other, but served in the same theater. Once the interview was finished, he was amazed at how these two could relate to each other having shared the same experience. That interaction is a memory that will last.

The Veterans History Project is always looking for people to help with the project. They are also interested in telling the stories of those who have not have seen combat, but served during a period of armed conflict. They will accept digital video or audio recordings, as well as documents, photographs, narratives, memoirs, or wartime diaries. You can also send official military documents, maps, or two-dimensional artwork.

To find out more about this project, or to participate, visit www.veteranshistoryproject.org.

American Legion National Commander Visits PA DMVA



David K. Rehbein, the American Legion National Commander (left) discusses issues with Brigadier General Scott Wagner, Deputy Adjutant General for Veterans Affairs during a recent visit. Rehbein visited with staff of the Office of the Deputy Adjutant General for Veterans Affairs and also took a tour of Fort Indiantown Gap.

Kiski Valley Veterans & Patriots Association Hold 'Hero Walk' from Philly to Pittsburgh

LEECHBURG - The Kiski Valley Veterans & Patriots Association has undertaken a huge fund raising effort to raise \$250,000 for the Wounded Warrior Project. The idea, dubbed the PA Hero Walk, was conceived by Al Pulice, store manager of the Leechburg Giant Eagle and a director on the board of the Kiski Valley Veterans & Patriots Association. The Wounded Warrior Project, WWP, is a nationally known fund raising support group for severely wounded Afghanistan and Iraq War veterans and their families. During rehabilitation, families can be provided with financial assistance including housing, food, childcare and transportation costs, so the service member does not have to recover alone.

For the veterans themselves, the organization provides various services including WWP Backpacks. The Backpacks contain essential care and comfort items, including clothing, toiletries, a calling card, CD player and playing cards, all designed to make their hospital stay more comfortable. A smaller version of the Backpack, the Transitional Care Pack is sent directly to Iraq and Afghanistan to provide immediate comfort during a warrior's relocation to a U.S. military trauma center. The WWP also provides for adaptive sports for wounded service members and for outdoor activities such as hunting, fishing, archery, boating and camping.

The PA Hero Walk participants will set out from the Philadelphia Phillies baseball game in Philadelphia on June 20. They will be accompanied by Armstrong County Commissioner Jim Scahill who, dressed as General John Forbes, will retrace the Forbes Trail, now PA route 30, The group of walkers will make stops at Devon, Coatesville, Lancaster, York, Gettysburg, Harrisburg (all day on 6/26), Chambersburg,



McConnellsburg, Everett, Reels Corners, Ligonier, Blairsville, Leechburg, Lower Burrell and finally, they will reach Valley High School Memorial Stadium in New Kensington on July 4. Canisters of donations for the wounded warriors will be picked up in each town as the walkers wend their way along the 312 miles back to Western Pennsylvania.

An all-day concert featuring The Little River Band, The Jaggerz, On the Ridge, Rush Hour, Barn Hill, American Pie, The Buffet Man and Gary Raykin and the Studio E Band will commence at the stadium at 12:30 p.m. upon the arrival of the walkers. Children can play all day on activities that will include Bungee Jump and Moonwalk, and a huge fireworks display will follow the concert at 9:30 p.m. Local cuisine and beverages will be available for purchase throughout the day. Tickets can be purchased for \$25.00 at the Citizen's Banks in both the Leechburg and the New Kensington Giant Eagle stores. Tickets will also be available at www.ticketweb.com for \$30.00. Children under the age of 12 will be admitted free with a paying adult.

April 2009 Community Events

If you know of an upcoming event that you'd like to see on our calendar, email cnelson@state.pa.us or call (717) 861-6979 and we'll add it to the Community Calendar section. Newsletters are published at the beginning of each month, so be sure to get the dates to us as soon as possible.

- **April 1 - 2:** Veterans Sanctuary Open House. Take a tour and hear about plans for a veterans sanctuary, a community-based drug and alcohol abuse treatment facility. RSVP to Mary at (610) 439-8479 or email marymack@treatmenttrends.org. 6:30 PM at Treatment Trends, Inc. 24 S. Fifth Street, Allentown, PA

- **April 2:** Keystone AUSA Meeting. The program for this meeting will be a presentation by CSM Brian Bogner and Mrs. Katie Johnson. Together they manage the Casualty Assistance and Community Based Wounded Warrior Transition program for the PA Army National Guard. A catered dinner will be available at a cost of \$15.00 per person. Please contact Roysetta Bruner, chapter secretary at: Roysetta@comcast.net or 717-926-6682 by March 27th. 6:00 to 9:00 PM at Building 4-134, Fort Indiantown Gap, Anville, PA
- **April 4:** Combat Stress Intervention Program - Research Conference. Learn about what mental and behavioral health researchers have learned about barriers to seeking care for post-traumatic stress disorder. Psychologists, Social Workers, Physicians, Other Medical Practitioners, Nurse Practitioners, and Veteran Advocates welcome. Space is limited, register by April 1, 2009. Call (724) 503-1001 ext 6067. 8:00 AM to 5:00 PM at Dieter-Porter Lecture Hall, Washington & Jefferson College, 60 S. Lincoln St, Washington, PA
- **April 4:** Ohio Women Veterans Conference. A conference geared to meet the needs of women veterans by providing them information and resources, and honoring and recognizing them for their courageous service to our nation and for our freedoms. \$5.00 registration fee. Call Rebecca Lee at 740-474-3650 for details. 8:00 AM to 3:00 PM at the Aladdin Shrine Center, 3850 Stelzer Road, Columbus, OH
- **April 6 - 7:** Philadelphia Career Fair. 11:00 AM to 3:00 PM at the Crowne Plaza, 4100 Presidential Boulevard, Philadelphia, PA
- **April 8:** DVVH Job Fair & Open House. The home is looking for RN, LPN, LPN PRN, and CNAs. 11:00 AM to 5:00 PM at Delaware Valley Veterans' Home, 2701 Southampton Rd, Philadelphia, PA
- **April 8:** Parkway Central Library Annual Entry Level Job Fair. Call 215-686-5426 for information. 9:00 AM to 1:00 PM at Parkway Central Library, 1901 Vine Street, Philadelphia, PA
- **April 9:** CareerLink Veterans' Job Fair. The Job Fair will focus on matching the leadership, dedication and technical skills of Southcentral Pennsylvania's veterans and their families with area businesses. 2:00 to 7:00 PM at the Farm Show Complex, Harrisburg, PA
- **April 14 - 16:** PA Dept of Education Certifying Official Workshop. For educational institution officials who certify veteran/eligible individual enrollment to the U.S. Department of Veterans Affairs. Attendees must register in advance - call (717) 787-2414 to register. 8:30 AM to 3:00 PM at Edinboro University, Edinboro, PA
- **April 14:** Advance Job Fair. 9:30 AM to 2:30 PM at the Valley Forge Convention Center, 1160 First Avenue, King of Prussia, PA. For more information, visit <http://health-care-job-fairs.advance-web.com>.
- **April 21:** PA Dept of Education Certifying Official Workshop. For educational institution officials who certify veteran/eligible individual enrollment to the U.S. Department of Veterans Affairs. Attendees must register in advance - call (717) 787-2414 to register. 8:30 AM to 3:00 PM at South Hills School of Business & Technology, 480 Waupelani Drive, State College, PA

- **April 22:** PA Dept of Ed New Certifying Official Workshop. For educational institution officials who certify veteran/eligible individual enrollment to the U.S. Department of Veterans Affairs. Attendees must register in advance - call (717) 787-2414 to register. 8:30 AM to 3:30 PM at the PATTAN Center, 6340 Flank Drive, Harrisburg, PA
- **April 23:** PA Dept of Ed Experienced Certifying Official Workshop. For educational institution officials who certify veteran/eligible individual enrollment to the U.S. Department of Veterans Affairs. Attendees must register in advance - call (717) 787-2414 to register. 8:30 AM to 3:00 PM at the PATTAN Center, 6340 Flank Drive, Harrisburg, PA
- **April 25:** Youth Job Fair and Activity Expo. 9:00 AM to 2:00 PM at the Community College of Philadelphia Northwest Campus, 1300 West Godfrey Avenue, Philadelphia, PA. Visit <http://nationalcareerfaairs.com> for more information.
- **April 28:** PA Dept of Ed New Certifying Official Workshop. For educational institution officials who certify veteran/eligible individual enrollment to the U.S. Department of Veterans Affairs. Attendees must register in advance - call (717) 787-2414 to register. 8:30 AM to 3:30 PM at the University of Phoenix - Lower Bucks Campus, 311 New Rodgers Road, Levittown, PA
- **April 29:** PA Dept of Ed Experienced Certifying Official Workshop. For educational institution officials who certify veteran/eligible individual enrollment to the U.S. Department of Veterans Affairs. Attendees must register in advance - call (717) 787-2414 to register. 8:30 AM to 3:00 PM at the University of Phoenix - Lower Bucks Campus, 311 New Rodgers Road, Levittown, PA
- **April 30:** PA Dept of Ed Certifying Official Workshop. For educational institution officials who certify veteran/eligible individual enrollment to the U.S. Department of Veterans Affairs. Attendees must register in advance - call (717) 787-2414 to register. 8:30 AM to 3:30 PM at Penn State - Worthington, 120 Ridge View Drive, Dunmore, PA

It takes the courage and strength of a warrior to ask for help
If you or someone you know is in an emotional crisis
call 1-800-273-TALK Press 1 for Veterans

SUICIDE PREVENTION
U.S. Department of Health and Human Services
Department of Veterans Affairs

Pennsylvania Office of the Deputy Adjutant General for Veterans Affairs

Main Office:	1-800-547-2838
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