

Mil/Vet/Family Weekly Telebriefing Resources and Links

Courage to Call

24/7/366 Resource and services information, guidance, and navigation for Active Duty Military, Veterans, Reservists, National Guards, and Their Families. (Next year, it'll be 24/7/365)

www.courage2call.org

- Current updated access to resources
 - (877) My US Vet (877) 688-7838 or 211 select language, then option #4
- Live chat with a veteran
 - www.courage2call.org
- Daily Updates
 - Facebook: @courage2call
 - Instagram: CourageToCall
 - Twitter: @CourageToCall

2-1-1 SD

24 hours a day, 365 days each year, 211 San Diego is the region's trusted source for access to community, health, social, and disaster services. By simply dialing 211 the call is free, confidential and available in more than 200 languages. 211 provides access to 6,000+ services, resources and programs through our online database.

<https://211sandiego.org/>

- Phone: Dial 211 and select language! The call is free.
- Online Chat: <https://211sandiego.org/contacts/>

County of San Diego Office of Military and Veteran Affairs (OMVA)

(Known in other Counties and States as CVSO and/or VSO)

https://www.sandiegocounty.gov/hhsa/programs/ais/veterans_services/

- Comprehensive benefits counseling
- Claims preparation and submission

Military & Veterans Resource Guide

https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/ais/documents/Resource_Guide.pdf

Local VA Care and Benefits:

<https://www.swccd.edu/resources/vision/documents/12966.pdf>

California Department of Veterans Affairs (CalVet)

Lance Lunker (Pronounced: Yun-ker)

CalVet Local Interagency Network Coordinator (LINC), San Diego

Lance.lunker@calvet.ca.gov

California Veterans Benefits Overview

<https://www.calvet.ca.gov/VetServices/Documents/CalTAP/Core%20Curriculum/Module%205/California%20State%20Benefits%20Overview.pdf>

California Veterans Resource Book

<https://www.calvet.ca.gov/VetServices/Documents/Veteran%20Resource%20Book.pdf>

Find a VA FACILITY:

- National - <https://www.va.gov/directory/guide/home.asp>
- California - <https://www.va.gov/directory/guide/state.asp?STATE=CA&dnum=ALL>
- Or call 1-877-222-VETS (8387).

VA HOTLINES:

- Veterans Crisis Line: 800-273-TALK (8255), or Text: 838255
- Combat Call Center: 877-WAR-VETS (927-8387)
- Women Veterans Call Center: 855-VA-WOMEN (829-6636)

San Diego VA Healthcare System (VHA)

<https://www.sandiego.va.gov/>

(858) 552-8585 or (800)-331-8387

San Diego Veterans Benefits Administration (VBA)

<https://benefits.va.gov/sandiego/>

San Diego VA Regional Office Fact Sheet

- For more information about the San Diego VARO or to sign up to receive this monthly fact sheet, please email dir.vbasdc@va.gov

VA Vantage Point Blog

<https://www.blogs.va.gov/VAntage/>

Vet Centers

Readjustment Counseling for Combat Veterans & treatment for Military Sexual Trauma

- San Diego Vet Center: 2790 Truxton Road, Suite 130 San Diego, CA 92106
858.642.1500
- San Marcos Vet Center: One Civic Center Drive, Suite 140 San Marcos, CA 92069
760.744.6914
- Chula Vista Vet Center: 180 Otay Lakes Road, Suite 108 Bonita, CA 91902-2439 877-618-6534 Or 877-927-8387

San Diego Armed Forces YMCA (Active Duty and Retired Military)

<https://www.asymca.org/san-diego-home>

Facebook: @ASYSandiego

Twitter: @ASYSanDiego

- **Food distribution**
 - Neighborhood Food Distribution was converted to a “drive-through only” in support of social distancing. Our staff packed 500 food boxes last Thursday, 6' apart, and will distribution this week. We were typically serving 210 families twice per month for a total of approximately 420 military families. Our new process is 400 food boxes per week for a total of 1600 military families provided support each month, an increase of 280%.
- **Programs**
 - Clinical counselors are working remotely utilizing tele-health for counseling support. Their focus is anxiety, depression, post-par-tum depression, and marital.
 - All Family & Youth Enrichment (FYE) programs to include Operation Little Learning, After School Achievement Academy, and Operation Hero have been moved on-line via Facebook Live and YouTube Live. The families and kids have really enjoyed this. We are seeing between 3,000 to 5,000 views for each session.

American Red Cross of San Diego/Imperial Counties

<https://www.redcross.org/local/california/san-diego.html>

USO San Diego

<https://sandiego.uso.org/>

- Operations at many locations are impacted.
- Check here for updates and program offerings.
 - https://www.uso.org/coronavirus?_ga=2.159157246.512546739.1585537429-1234700280.1585537429