

**VETERANS
BLOG**



VETERANS RESOURCE



TRANSITION GUIDE



**Research, Knowledge, and Resources
for your
Transition into Civilian Life and Beyond!**

DR. JOHN E. HEINTZELMAN

Veterans Resource & Transition Guide

If you're a Veteran in crisis or concerned about one, there are caring, qualified VA responders standing by to help 24 hours a day, 7 days a week.



The Veterans Crisis Line is a free, anonymous, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care.

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Abstract

The current problem in our society demonstrates that many veterans, when they transition out of the military, do not have the knowledge, training, or resources to reintegrate back into civilian society properly in their efforts to survive. They do not know where to go, what to do, and do not even have a plan to survive in the civilian world. This guide is intended to educate, provide evidence and research, and provide knowledge and resources to veterans in the effort to gain a better understanding of the dynamics of veteran and help veterans understand and survive their transitional experience after military separation. The purpose of the Veteran Reintegration Guide is to provide ONE STOP and QUICK REFERENCE source of Research, Knowledge, and Resources for veterans to easily reference in the effort to help educate veterans on the issues and process of transitioning out of the military, what to do once they get out, develop a plan, and provide resources to help make life a little easier during and after that experience. An additional information has been added for survivors benefits for surviving widows and a military 101 class to help educate the civilian workforce on military culture and lifestyle. Additional intent of this guide is to make it a LIVING document by taking input from readers and providers on information and resources, providing annual updates to veterans on the ever-changing and developing process of transitioning and resources. This guide will provide a resource of knowledge to veterans helping guide them through their journey of transition.

Dedication

This guide has been dedicated to all of my veteran brothers and sisters who have fought or are fighting for this country and its people's freedoms. These veterans sacrifice so much and ask for so little to serve a country that at times, is very ungrateful. Many of these veterans have difficulty dealing with many reintegration issues when returning home from combat or transitioning back into civilian life because of combat injuries. Depending on the individual, this may result in many different outcomes like anger, anxiety, depression, alcoholism, poor health, and sometimes suicide. These are serious and sometimes very personal issues that must be addressed. This guide will hopefully help fill the current voids in the current systems, educate veterans and civilian counterparts, provide knowledge and resources to make transitioning easier, and help veterans with plans their civilian futures for experience a better lifestyle.

Acknowledgements

The transformation I have experienced between my transition from the military and establishing a new civilian life has something that has been almost unexplainable. There are so many people that have been either directly or indirectly played a role in that transformation. Too many to thank here, but enough to at least acknowledge in a general sense of gratitude. Thank you to all my military mentors for the training, military fortitude, skills, drive, and knowledge persevere through tough times of transition, especially CSM retired Michael Williamson for his mentorship and expertise in resumes and government job searching. Thank you to Capella University for providing me an outstanding education in their doctoral program for psychology. This program allowed me to research veteran reintegration thoroughly through the dissertational process with the guidance, support, and encouragement of three outstanding mentors. Dr. Loraine R. Fernandez, Dr. Reba Glidewell, Dr. Jacquelyn St. Germaine and Dr. Todd Hale. Their guidance, support, and encouragement helped challenge and push me through the dissertation's developmental process and beyond boundaries that I thought I was capable. I especially would like to thank Becky Brahma for your support and encouragement in everything I do. You are amazing and an inspiration! Additionally, I would like to thank previous employers for saying "yes" and "no" to push me to new heights and goals, past relationships to show me that there is more in life, and to friends that have always been there for me when I needed words of encouragement to keep going and push through hard times. If I missed anyone, I apologize in advance. Thank you to everyone for all of your support, it does not go unnoticed or unappreciated.

CliffsNotes Version

This version of the book is designed to give you (the reader) a sample of each chapter, its contents, and the intent of the book. Each chapter has been extremely abbreviated and has a link at the end to help with purchasing a full version of the book. Hopefully this version will give you a sample of the recourses available to veterans, families, employers, and friends. Please let me know if there are any resources that need updating or need to be added. We are in this together and we must continually change with these ever-changing times to remain mentally and physical healthy.

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CHAPTER 1 – INTRODUCTION TO MILITARY LIFESTYLE and CULTURE



Introduction

The United States Armed Forces are highly trained and ready to respond at a moment's notice to natural or human-created disasters that occur anywhere in the world. Yet many Americans' have limited knowledge about the military. Only their thoughts and opinions are acquired from movies, books, social media, and news reports. Very few people outside the military can fully understand the culture, the values, or the people who make up the ranks of the most powerful military force on earth.

Why do people in the U.S. Armed Forces dedicate their lives to military service? What is the structure of the U.S. military, and who are the people that make up its ranks? How have recent wars and conflicts affected today's Armed Forces? This chapter is designed to answer these questions by providing an overview of the military as an institution, its people who are the backbone of the institution, what is military culture, and how current conflicts have affected service members and their families, and the future of military service.....

Definition of Terms & Acronyms

The military is a very distinct community that has a language that is unique and different from that of its civilian counterparts. It utilizes many different terms and acronyms that are sometimes foreign to many people. Here is some explanation to some of those terms that you may encounter throughout the study:

Acronyms

Humorous and Entertaining Acronyms

Conclusion

Hopefully this chapter has been enlightening and informative in how the military is structured, operates, and how its culture is unique and functions as a whole. An interesting note about military culture is how influential cultures are on each other. Culture is a crucial determinant in organizational effectiveness and plays an enormous role in the lives of military organizations. Leadership is essential to creating and maintaining organizational culture. Leaders who can shape an organization's culture from its inception have an outsized influence on its future.....**more in the book!**



CHAPTER 2 – BACKGROUND AND RESEARCH

Introduction

Veteran reintegration is a topic that has become more concerning due to the recent operational tempo that our soldiers have endured since 2001. A study was recently conducted by myself in 2020 on “Veteran Reintegration” that has some very relevant and interesting facts for this book. The topic for this study was on the dynamics of veteran reintegration after military service separation.

Current research centers on supporting the veterans, primarily post-deployment, while on active-duty status. Upon exiting military service, the support mechanisms available to veterans become less utilized. As shown by Sayer, Carlson, and Frazier (2014), over 25% of the veteran population experience major social functioning issues related to combat trauma. This study explored the critical challenges of reintegration in the areas of coping and resilience. This focus established the relevant social issues that challenge veterans with reintegration back into normal mainstream society without traditional military support systems. Although it may not have encompassed every situation for every individual soldier, it did capture quite a few situations and scenarios that challenge soldiers during reintegration. This guide’s primary focus is to educate, provide knowledge and research, and provide resources to soldiers and civilians on topics that revolve around veteran reintegration. These topics include military lifestyle and culture, background and research, making the transition decision, transition preparation, making the transition leap, difficulties/mistakes/obstacles, common transition challenges and statistics, resources, VA benefits, survivors benefits handbook, survivors guide, military rank, military 101 presentation, and veteran reintegration dissertation.

Perspective

My perspective on this book is to take everything I have learned from the time I transitioned out of the military until the time I graduated with my Ph.D. in Psychology. It was not an easy, smooth, seamless transition. I thought I had it all planned out, and it would be an easy transition. My resume was good, and I had a decent education level, I had an excellent military background, I thought what it took to be a civilian. Then reality set in, my plan fell apart, and only after three months, I almost became homeless. I had submitted over 200 job applications with no luck. It wasn’t for lack of trying. My expectations, though, may have been too high, which is something the military does a great job at building up over a 22-year career.

I found out that my resume was written wrong, I was not representing myself the proper way on paper or at interviews, I also did not prepare far enough out like I should have (1-year at least). I also should have got out with little to no bills, which would have made the transition a lot easier and less stressful. I was so lost and stressed from this experience that I made it my mission to learn as much as I could about the transition process and resources available to veterans. My dissertation topic for college was on “Veteran Reintegration.” I wanted to know about the challenges that influence and affect veterans during reintegration. There were too many individualized challenges, so I had to reduce it down to just a few primary and common influencers for my study.

This book is intended to educate those civilians who may be ignorant to the military and what veterans go through, help veterans who are thinking about transitioning out of the military, help veterans who are currently in transition, veterans who have already transitioned and need help with resources, or spouses who have had the unfortunate loss of a veteran and need help with resources.

I would also like this to be a living document that can grow with additional perspectives, knowledge, and resources. I will and never proclaim to know everything. So please share anything you may have learned and know that may help other veterans with transitional experiences or resources. I would love to update this book to help veterans with additional resources that they so deserve and are entitled to them.....**more in the book!**



CHAPTER 3 - MAKING THE TRANSITION DECISION

First of all, thank you for your service to our country and all of your sacrifices in doing so. I do not think that can be said enough. However, every veteran in the military has asked themselves the same overarching question. While as simple as it may seem, it is one of the most challenging questions that will ever be faced by members of the armed forces. Whether you are a career military member or just sign on for one term, the time comes as you whether you should re-enlist or transition back into the civilian world. Those people usually do not have an excellent plan for transition. For many others, the decision is difficult due to many factors that influence as to whether it would be beneficial or not. The following chapter asks several questions and talks about topics that may help make those decisions or at least give some information that will help make that decision a little easier.

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CHAPTER 4 – TRANSITION PREPARATION



So, you finally made the decision that you want to transition to civilian life? You have done a lot in your military career, but there is a lot of things to do to prepare for a transition that may seem to be very simple. Getting out of the military is a huge deal, almost as big of a deal as joining the military. It is not something that you end up just doing one day. If

you just hastily fill out a checklist and go back to your hometown, thinking everything will work itself out, you will be in for a big surprise. There are quite a few things that you will want to think about before you make that transitional leap. First, you need to start with what that overarching plan of precisely what you want to do when you get out.

Here are some questions to consider; Will you be getting a civilian job in a specific field? Is that field similar to what you did in the military? Or will you go to school? Where will you do these things? How will you prepare to pay for all of these things? Are there any benefits to help with expenses? Do you even know how to navigate the VA system? Does Tuition Assistance cost all of your expenses? What about the blended retirement system? Do you know how to get a VA home loan? You have some great questions. All of your questions can be satisfied in the Transition Assistance Program that you must attend before you transition.

All of this may seem tremendous. And it is overwhelming, particularly if you want to ensure everything is covered, have all the information, and make the best decisions for your future. Everything will be covered, starting with an honest assessment of whether this is the right time for you to leave the military. We will cover tuition assistance and everything else you need to know while maximizing all the benefits that Uncle Sam promised after your service to the country. We will even find out if your military job has a career equivalent in the world.....**more in the book!**



CHAPTER 5 - MAKING THE TRANSITIONAL LEAP

Military service is difficult, demanding, and for many veterans dangerous. Returning to civilian life can pose challenges for veterans that can seem equally, if not more demanding than their prior military professions. Why do some veterans have a more challenging time readjusting to civilian life while others make the transition with little or no difficulty? To answer that question, every veteran has different attitudes, experiences, and demographic characteristics that identify independent factors that potentially make the transition either easy or difficult.

Four variables have been identified to significantly increase the likelihood that a veteran would have an easier time transitioning to civilian life, and six factors predicted a more difficult transition experience.

One influential factor in this transition is education. According to the studies, veterans who possessed a graduate degree from college are more likely to have an easier time readjusting to their post-military life than personnel who had only high school diplomas. Veterans who clearly understood their missions while serving in the military also experienced fewer difficulties transitioning than those who did not fully understand their duties or assignments while in service. In contrast, veterans who reported an emotionally traumatic experience while serving or had suffered a significant service-related injury were more likely to report problems in their transition.

Studies show that there are lingering consequences of psychological trauma from military service are staggering: The probabilities of an easier transition from 82% for those who did not experience a traumatic event to 56% for those who did, a 26-percentage point decline and the most significant change; positive or negative.

Also, those who served in combat zones and those who knew someone who was killed or injured faced steeper odds of an easier transition. Veterans who served in post-9/11 periods also report more transitional difficulties than those who served in prior conflicts or periods between major conflicts.

Two other factors significantly shaped the transitional experiences of post-9/11 veterans. Post-9/11 veterans who were married had an exceptionally more difficult time readjusting than single people.....**more in the book!**



CHAPTER 6 – TRANSITION DIFFICULTIES / MISTAKES / OBSTACLES

Individual and Social Difficulties

During a veteran’s transitional experience, over 47 percent reported difficulty. Veterans and their families encountered a wide range of transition-related difficulties during their reintegration into civilian life. Here are some of those difficulties;

Loss of Connection

A loss of connection to the military community was the fundamental transition difficulty for the veteran and their spouses. The military environment is often considered a “family” by providing support, valued friendships, bonds, structure, and security. So, the separation from the military can be experienced as a separation from “family” connections. Also, veterans may experience symptoms of grief and stress in response to a perceived “loss of the military self.”

These difficulties from these changes become exacerbated when veterans and their families feel they do not “fit in” with civilian society or when civilians do not understand or value them.....

Loss of Purpose

During the transition, loss of purpose is also closely tied to the loss of connection. A thirty-nine percent loss in the sense of purpose was the next top transitional challenge for veteran families to the military community. Nearly half of the veterans did not have a sense of purpose after the military.....
Locating employment or education after transitioning from the military helps veterans find purpose and achieve a greater sense of connection and belonging. Veterans who pursued higher education after separating report that their education provided them with direction and purpose.

Stress, Depression & Suicidal Thoughts

Veteran arduous transitional experiences have been associated with higher stress levels and a greater incidence of depressive symptoms and thoughts of suicide. Most of this is due to inadequate transitional preparation for veterans and their families.

Nearly seventy percent of veteran families prepare for transition less than a year before separating, yet sixty-four percent of veterans reported that they “need time to figure out what to do with their lives during their transition.”..... **more in the book!**



CHAPTER 7 - COMMON TRANSITION CHALLENGES AND STATISTICS

The Veteran Experience of the Post-9/11 Generation

A new generation in the United States is changing society's perspective on today's military Veteran. About one-in-five veterans of the have served in the military after the terrorist attacks of September 11, 2001. These veterans are experiencing combat deployments and reintegration back to civilian life in a completely different way than veterans from previous combat eras.

Approximately three-quarters of these veterans have deployed at least once, as compared to fifty-eight of veterans from prior eras. The 9/11 veterans are also about twice as likely to have served in a combat zone, thus making them more likely to bear battle scars. Nearly half of these veterans have reported that they had emotionally distressing experiences related to their military service, and about a third of them have had professional help dealing with those experiences. Also, thirty-six percent say that, regardless of the support, suffered from post-traumatic stress syndrome (PTSD).

When these veterans think of or discuss their service in the military, most of them express an extreme amount of pride. Strikingly, post-9/11 era veterans were less likely to prior war eras (fifty-eight percent to seventy percent). Many veterans express their imprint of war as to being felt well beyond their tour of duty in combat. It carries over into their transition into civilian life regardless of era of service. Interestingly, combat veterans are less likely to feel optimistic about their futures, say they did not get the respect they deserved, having difficulty with a lack of structure in civilian life, and felt disconnected from family or friends, when compared to non-combat veterans.

Also, veterans who served in combat report positive impacts from their experience. Most of these experiences in combat made them feel closer to the friends they served, showed their strengths, and that they were stronger than expected, and ultimately changed their priorities in life. Most veterans stated that their training in the military prepared them properly for the unexpected and to serve in combat. Alternatively, veterans are less appreciative of how the military prepared them for their transition to civilian life. Only half of the veterans who transition to civilian life state that they were prepared properly. Even though both eras appear to have similar difficulties in the military, preparing them for civilian life, post-9/11 veterans seem to have more difficulty with the readjustment process. Over half of post-9/11 veterans report a challenging readjustment as compared to one in five pre-9/11 veterans. The readjustment difficulties become worse in combat veterans due to having to deal with emotionally traumatic experiences.....**more in the book!**



CHAPTER 8 – VETERAN SUICIDE

What makes me different than the ones wanting to commit suicide?

So, just yesterday, I received word that a veteran I knew, who I thought had it all together, attempted to commit suicide (for

the second time). It boggled my mind! I was confused, frustrated, concerned, and wondering what I could do to help prevent other Veterans from having to experience this common occurrence. I have seen, done, and experienced just as much, if not more, bad, and traumatic shit downrange as this Veteran I knew, so I did some soul searching and asked some other fellow veterans what kept them going to fight those demons and get through those lonely/dark times. Here are some different perspectives about suicide from Soldiers:

Overview

U.S. Department of Veterans Affairs - *Facts About Veteran Suicide: June 2018*

Suicide is a serious public health issue that affects people from all walks of life, regardless of whether they have served in the military. Suicide is preventable! Veteran suicide is an urgent issue that society must address. The VA has embraced an inclusive public health approach that looks beyond the individual to involve peers, family members, and the community.

Suicide is a complex issue and is persuaded by many intersecting factors to increase or decrease suicide risk. The VA Suicide Prevention Program addresses the risk factors associated with suicidal behavior — like a previous suicide attempt, stressful life events, or lethal means — while promoting the protective factors — like positive coping skills, feeling connected with others, and access to mental health care.

Veteran Suicide Statistics 2015

Veterans accounted for fourteen percent of all deaths by suicide among U.S. adults and constituted eight percent of the U.S. adult population.

- Suicide resulting from firearms remains high among Veterans. Sixty-seven percent of suicide deaths involved firearms.
- After adjusting for the age differences, suicide in 2015 was 2.1 times higher among veterans than non-Veteran adults.
- After adjusting for the age differences, suicide in 2015 was 1.3 times higher among male veterans than non-Veteran adult men.**more in the book!**



CHAPTER 9 - RESOURCES

National Parks

Property Taxes

Tax Free States

States that Do & Don't Tax Military Retirement Pay

9 States That Don't Tax Personal Income

7 States That Do Fully Tax Military Retirement Pay

21 States That Don't Tax Military Retirement Pay (but do have state personal income tax)

13 States With "Special Provisions" Or Other Consideration For Military Retirement Pay

See veterans benefits for all 50 states.....**more in the book!**

State Veteran Organizations

Nevada



VEGAS VETERN HOCKEY FOUNDATION (VVHF)

Contact: Jason Griego

Website: www.vvhfoundation.org

Phone: 702-575-3494



MERGING VETS AND PLAYER (MVP)

Contact Bruno Moya or Isaac Saldivar

Website: <https://vetsandplayers.org>



ACCLAIM REAL ESATE

Contact: Joe Weinberger

Phone: 718-708-1422

Email: joe.weinberger@acclaimre.com

Website: www.acclaimre.com



ALL VETERAN TRANSIT

Contact: Donnie Dupray

Phone: 702-755-1916

Email: info@allveterantransit.com

Website: www.allveterantransit.com

Nationwide



LEASHES OF VALOR

Contact: Danique Masingill

Phone: 540-424-0111

Website: www.leashesofvalor.org



WAYPOINT VETS

Contact: Sarah Lee

Uniting and Empowering Veterans through activities and adventure!

www.waypointvets.org

more in the book!

National & Local Businesses that support Veterans with Discounts

Veterans and active-duty members of the US Armed Forces are eligible for year-round discounts from many retailers. To show gratitude to veterans and active-duty members of the armed forces, many retailers offer special discounts to active and former military personnel, veterans, families of the Armed Forces, and first-responders.

By presenting a military ID, DD-214 or filling out an application online, veterans can save money on everything from apparel to technology to insurance. Here is a good list of retailers the offer discounts and it is always a good practice to ask at any store you are shopping at, since many do not advertise, or in case they require in-person verification.

Crutchfield

Military members get \$25 off \$250 with **TroopID**

Dell

Dell's Military Rewards program offers discounts on laptops that are part of Dell's premier selection. All computers are equipped with webcams to keep military members connected to their families.

Elegant Case

Active Duty, Veterans & Dependents get 20% off element phone cases.

Game Stop

All active and former military personnel receive a 10% discount off all new video game software and accessories; all pre-owned software, hardware and accessories; and all collectibles in GameStop U.S. store locations.

Microsoft

Microsoft offers up to 10% off select products for active, former, and retired military personnel and their families on PCs, PC gaming, Office 365, Xbox One, accessories and much more.

Lenovo

10% off the entire purchase for Active Military, Reservists, Veterans and immediate family members with TroopID plus free shipping. APO/FPO/DPO shipping available.

100s of local and national businesses listed **more in the book!**

Your 2020 State Benefits for Regular and Disabled Veterans

<https://www.military.com/benefits/veteran-state-benefits/state-veterans-benefits-directory.html>

Everyone knows about the federal benefits available to veterans, but did you know each state offers great benefits to their veterans? State benefits range from free college and employment resources to free hunting and fishing licenses. Most states also offer tax breaks for their veterans, along with specialized license plates from their Department of Motor Vehicles (DMV). Many states even provide their veterans with cash bonuses for serving in the military.

A list has been compiled of a handy summary of the benefits that each state and territory offer. Each summary page also has a link directly to the specific State Department of Veterans Affairs. There may be a benefit available to you and your family that you did not know about! Please select the appropriate state link below for information you require.

All states listed and linked to listed benefits **more in the book!**



CHAPTER 10 - VA BENEFITS

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

The link listed above is just a starting point for all of the Benefits available to veterans from the U.S. Department of Veteran Affairs (VA). Veterans benefits help Veterans and their families buy homes, earn degrees, start careers, stay healthy, and more. Join an event for conversation and information. Of course, all veterans must first qualify for these benefits and each program has individual requirements that will be stated clearly on each link. The VA is a huge entity to navigate and manage so if you need help, ask an expert like the DAV, or any organization that specializes in helping veterans. Other fellow veterans who have had success of knowledge with the VA system are other great resource the inquire about how to use the VA system properly..... All services listed **more in the book!**



CHAPTER 11 – MILITARY SPOUSES TRANSITION & RESOURCES

So, most of this guide is centered around veterans and their needs. However, veterans could not do what they do without the support and sacrifice of their families and spouses. Although not directly mentioned, many portions of this guide are for spouses, like the Military

101 Presentation (Chapter) Survivors Benefits (Chapter)

Articles

4 BIG Expenses When Leaving the Military

The transition from military life is challenging for anyone, whether your veteran is getting out after four years or retiring after twenty years. Even the most prepared may have difficulty transitioning to the civilian world when deciding to leave the military. One of the most significant issues in transitioning out of the military primarily centers around finances. Ideally, military families should begin planning and saving for life after the military long before their service member separates; but unfortunately, that is not always possible....

5 Ways to Help Military Children Transition to Civilian Life

With young children, you are not the only one who will experience challenges during transition. Military life has prepared your children for many transitional challenges, but this change will be different in many other ways. Transitioning into the civilian world can feel a little more isolating for you and your family without the built-in support system that military families are accustomed to.....

Employment

Strengthen Your Resume by Going Back to School

MAYBE YOU HAVE NOTICED BY THE EMPLOYMENT BLOGS AND PODCASTS THAT THERE IS a trend in the change in mindset on the problem of underemployment. It is spreading like wildfire across military spouse professional and social media platforms, and for a good reason.

More professionals opt for upskilling and micro-credentialing to pinpoint the exact skills and knowledge needed for rapid employment versus the lengthy and time-consuming traditional college degree.

It is a tide-shift away from the “academy” – the ancient Greek pursuit of knowledge and study in its traditional sense. There is something nostalgic and appealing in the academy – the scholarly pursuit and eternal search of knowledge and wisdom in the field you are passionate about. On the other hand, the ancient Greeks did not have hundreds of thousands of dollars in student debt and huge under-employment rates. So, there is that....

You Can Pave the Way for Women to Follow

The New York Times reports that U.S. entrepreneurship has increased by twenty-four percent during the coronavirus crisis, the most significant increase to date.

The entrepreneurship world is more competitive than ever, with everyone striving for financial gains and social media fame. Now ambition is excellent to have; however, how you use it will determine how far you will genuinely get to your goals.....
Many more Resources for Military spouses.

Training

Did you know that the military spouse community is eligible to take the same sba-led entrepreneurial training programs offered to service members and veterans? These programs are free of charge and are happening on over 180 installations and in local communities around the nation. Take the first step and sign up for one of our training programs today.

- [Boots to Business](#)
- [Boots to Business Reboot](#)
- [Veteran Women Igniting the Spirit of Entrepreneurship \(V-WISE\)](#)
- [Lift Fund \(San Antonio\)](#)
- [Entrepreneurship Bootcamp for Veterans' Families](#)
- [Veterans Institute for Procurement \(VIP\)](#)

Counseling

Are you a military spouse who is interested in starting a business and in search of coaching? The SBA provides one-on-one counseling in local communities around the nation through our SBA district offices and resource partners (consisting of Veterans Business Outreach Centers, Women's Business Centers, Small Business Development Centers, and SCORE). Find an SBA resource in your local community and get started today.

Resources

[1. USAA](#)

· USAA provides service members, veterans, and families with a comprehensive suite of mentoring tools and information to assist with the transition process and civilian employment.

[2. Veterati](#)

· Veterati allows you to access unlimited career mentors to help with your transition and integration. Join thousands of service members, veterans, and spouses in setting up free 1-hr career mentorship phone calls with successful professionals. Veterati allows you to choose your mentor and as many as you would like. Sign-up and Get Started Now!

[3. Military Spouse Ementor Program](#)

· The program will assign a military spouse mentor for guidance and support with challenges of all kinds and for assistance finding meaningful employment with longevity and upward mobility.

[4. Digital Mentor For Military Spouse Employment](#)

· This is an interactive database that provides customized answers to common military spouse employment questions.

[more in the book!](#)

CHAPTER 12 - VETERANS SURVIVORS BENEFITS HANDBOOK

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1. Your Key Documents to Keep on Hand
2. Death Notification Checklist
3. Credit Reporting Agency Notification
4. VA Death Benefits and Services
5. Summary of VA Dependent and Survivor's Benefits
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7. The Nevada Veterans Memorial Cemeteries
8. Southern Veterans Memorial Cemetery Application
9. Introduction to the VA's improved Death (Widow) Pension
10. Pension (Survivors Pension)
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more in the book!

CHAPTER 13 - SURVIVAL GUIDE

This is a guide that has an enormous amount of resources and knowledge for veterans. It is very useful and should be used by every veteran in almost every situation. If you would like to access the digital version be refer to this following link: <http://www.nd.gov/veterans/files/resource/survival-guide.pdf>

For American veterans, servicemembers and their families

**THE AMERICAN
VETERANS AND
SERVICEMEMBERS
SURVIVAL
GUIDE**

★★★★

HOW TO CUT THROUGH THE
BUREAUCRACY AND GET WHAT
YOU NEED—AND ARE ENTITLED TO

By Veterans for America

With a Foreword by Bobo Miller

more in the book!

Information within this chapter is provided by the Veterans of America (2008). The American Veterans and Servicemembers Survival Guide. Retrieved from <http://www.nd.gov/veterans/files/resource/survival-guide.pdf>

CHAPTER 14 – CONCLUSION

Review

Everything covered in the guide is centered on the veteran. Although different chapters and appendixes may be used by family members, employers, friends, civilians for educational purposes, the idea is to educate, support and help the veteran through challenging issues of reintegration and transition. Even if this veteran may not be experiencing any challenges at the moment it is just nice to that the community is thanking veterans with resources and discounts for their sacrifice and service to our great nation. One thing that has been discovered through this journey of reintegration research is the lack of knowledge on the available of resources and how to properly navigate the system upon exiting military service. This guide will hopefully help ease that gap of knowledge. However, there is an understanding that this is not an “Be all, end all” resource! Things like this will change, and change quickly with our ever-evolving society and technologies. There is a plan to help adapt with change, but your help is needed to make it work.

Living Document – Input and Regular Updates

You have ultimately made a big step in purchasing this guide to improve your knowledge in veteran resources and transitional tools for reintegrating veterans. Congratulations! If you cannot find a resource for your needs, please contact us at info@johneheintzeman.com so we can research it for you and possibly find something that may help.

Resources are always evolving and changing so we may not have been able to get it in this book. However, this guide would only be so good unless it stayed up-to-date with current resources and information. This can only be accomplished with the help of you and the community to get the widest dissemination. The purpose of this guide is to be a LIVING document and evolve over time to continuously provide veterans with new and up-to-date resources and information on an annual basis free of charge. There is a process to get this all done in a fair and respectful manner though, so please use the following steps:

- 1) Email your email address with proof of guide purchase on Amazon E-books. The email is info@johneheintzeman.com
- 2) Get confirmation email that you have been added to Database.
- 3) Help disseminate to word to others about the guide and to businesses that may want to help veterans.
- 4) If you find any businesses that want to get that services add into the database of resources please have them email their info and services to info@johneheintzeman.com
- 5) Additionally, if you find any corrections, issues, updates, or additional information to the content within the guide please send you input to info@johneheintzeman.com

We are all in this together as a team. The bigger the team, the better the outcome! Please help me help support you and your needs!

The Future – Books - Website – Blog – Podcasts

As an author, especially as a veteran, I have discovered that planning is imperative to ensuring success. Although this book has been released, planning for the next two books has started even before the release of this book. The next book will be research and knowledge on the soldier's perspective of PTSD and TBI to better explain to clinical psychologist how to connect and treat combat-injured soldiers. This will help fill gaps of knowledge for veterans and clinicians in perspectives of combat and treatment to help bridge the gaps and improve overall patient/clinician relationships and treatment outcomes. The expected release date is June of 2023. The book after that is scheduled to be released in June of 2025, and will give the soldier a voice on their perspective on the mental aspects of combat and being a soldier. It will research the positive and negative aspects of being a soldier and the effects of combat, along with the perspective of the soldier. This will allow the world to see the emotional and mental aspects of serving your country, which ultimately has a price. This intended purpose of the book is to educate, inform, and help the world understand the sacrifices of a soldier so they understand the issues and challenges they face during their reintegration and transition back into the civilian world.

Additional planning and resources have been developed to those who may want more than just reading literature, or may not want to wait that long. An author website has been developed; www.johneheintzelman.com to provide you with up-to-date information on book release information; however, a unique feature on this site is the Veteran Blog section of the website. This section provides monthly, weekly, and unlimited subscription access to blog articles on various veteran reintegration topics and other interesting information to help veterans out in their daily lives. So, maybe you want more! Future plans of audio and video enhancements will be made in the near future with weekly Podcasts and monthly classes to help veterans with an array of informational items to improve knowledge and curiosity. It is called the “**Veteran Doctor**”! Just search on any podcast server for “Veteran Doctor” and listen to the latest podcast or look at some of the achieved episodes at www.theveterandoctor.com. Once again, your input is welcome and needed to help continuously improve the site! All suggestions should be sent to info@johneheintzelman.com. I hope you will be as excited as this content, as I am as a veteran and an author. **more in the book!**



APPENDIX A - MILITARY RANK

Insignia of the United States Armed Forces – Officers										
O-1	O-2	O-3	O-4	O-5	O-6	O-7	O-8	O-9	O-10	SPECIAL
ARMY										
Second Lieutenant (2LT)	First Lieutenant (1LT)	Captain (CPT)	Major (MAJ)	Lieutenant Colonel (LTJG)	Colonel (COL)	Brigadier (BG)	Major General (MAG)	Lieutenant General (LTJG)	General (GEN)	General of the Army (GA)
MARINES										
Second Lieutenant (2LT)	First Lieutenant (1LT)	Captain (CPT)	Major (MAJ)	Lieutenant Colonel (LTJG)	Colonel (COL)	Brigadier General (BGen)	Major General (MAG)	Lieutenant General (LTJG)	General (Gen)	
NAVY										
Ensign (ENS)	Lieutenant Junior Grade (LTJG)	Lieutenant (LT)	Lieutenant Commander (LCDR)	Commander (CDR)	Captain (CAPT)	Rear Admiral Lower Half (RADM/LH)	Rear Admiral Upper Half (RADM/UH)	Vice Admiral (VADM)	Admiral (ADM)	Fleet Admiral (FADM)
AIR FORCE										
Second Lieutenant (2nd Lt)	First Lieutenant (1st Lt)	Captain (Capt)	Major (Major)	Lieutenant Colonel (Lt Col)	Colonel (Col)	Brigadier (Brig Gen)	Major (Maj Gen)	Lieutenant (Lt Gen)	Colonel (Col)	
COAST GUARD										
Ensign (ENS)	Lieutenant Junior Grade (LTJG)	Lieutenant (LT)	Lieutenant (LCDR)	Commander (CDR)	Captain (Capt)	Rear Admiral (RADM/LH)	Rear Admiral (RADM/UH)	Vice Admiral (VADM)	Admiral (ADM)	

Insignia of the United States Armed Forces – Enlisted										
E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9		
ARMY										
Private (Pvt)	Private 2 (Pvt2)	Private First Class (Pfc)	Corporal (Cpl)	Sergeant (Sgt)	Sergeant First Class (Sgt1)	Staff Sergeant (Sst)	Master Sergeant (Mst)	Sergeant Major (SgtMaj)	Sergeant Major Grade 1 (SgtMaj1)	
MARINES										
Private (Pvt)	Private 2 (Pvt2)	Private First Class (Pfc)	Corporal (Cpl)	Sergeant (Sgt)	Sergeant First Class (Sgt1)	Staff Sergeant (Sst)	Master Sergeant (Mst)	Sergeant Major (SgtMaj)	Sergeant Major Grade 1 (SgtMaj1)	
NAVY										
Seaman Recruit (SR)	Seaman Apprentice (SA)	Seaman (S)	Fireman (FM)	Fireman First Class (FFC)	Fireman (FF)	Boatswain (Bos)	Boatswain (Bos)	Boatswain (Bos)	Boatswain (Bos)	
AIR FORCE										
Airman Recruit (AR)	Airman Apprentice (AA)	Airman (A)	Airman First Class (AFC)	Airman (A)	Airman (A)	Airman (A)	Airman (A)	Airman (A)	Airman (A)	
COAST GUARD										
Seaman Recruit (SR)	Seaman Apprentice (SA)	Seaman (S)	Fireman (FM)	Fireman First Class (FFC)	Fireman (FF)	Boatswain (Bos)	Boatswain (Bos)	Boatswain (Bos)	Boatswain (Bos)	
WARRANT										
ARMY										
Warrant Officer 1 (WO1)	Warrant Officer 2 (WO2)	Warrant Officer 3 (WO3)	Warrant Officer 4 (WO4)	Warrant Officer 5 (WO5)	Warrant Officer 6 (WO6)	Warrant Officer 7 (WO7)	Warrant Officer 8 (WO8)	Warrant Officer 9 (WO9)	Warrant Officer 10 (WO10)	
MARINES										
Warrant Officer 1 (WO1)	Warrant Officer 2 (WO2)	Warrant Officer 3 (WO3)	Warrant Officer 4 (WO4)	Warrant Officer 5 (WO5)	Warrant Officer 6 (WO6)	Warrant Officer 7 (WO7)	Warrant Officer 8 (WO8)	Warrant Officer 9 (WO9)	Warrant Officer 10 (WO10)	
NAVY										
Warrant Officer 1 (WO1)	Warrant Officer 2 (WO2)	Warrant Officer 3 (WO3)	Warrant Officer 4 (WO4)	Warrant Officer 5 (WO5)	Warrant Officer 6 (WO6)	Warrant Officer 7 (WO7)	Warrant Officer 8 (WO8)	Warrant Officer 9 (WO9)	Warrant Officer 10 (WO10)	
COAST GUARD										
Warrant Officer 1 (WO1)	Warrant Officer 2 (WO2)	Warrant Officer 3 (WO3)	Warrant Officer 4 (WO4)	Warrant Officer 5 (WO5)	Warrant Officer 6 (WO6)	Warrant Officer 7 (WO7)	Warrant Officer 8 (WO8)	Warrant Officer 9 (WO9)	Warrant Officer 10 (WO10)	

more in the book!

APPENDIX B - MILITARY 101 PRESENTATION

MILITARY CULTURE 101
Not Just One Culture, but
Many Cultures



more in the book!

Content, Research and Data for presentation came from Goodale, Abb, & Moyer (Unknown). Military Culture 101 Presentation. Retrieved from <https://docplayer.net/18466751-Military-culture-101-not-one-culture-but-many-cultures.html>

APPENDIX C – STATE OF NEVADA VETERANS BENEFITS

Since my residence is in the state of Nevada, I will discuss the benefits available to residents within that state, however although they may not be the exact same, your states benefits may be similar. Please check with your state advocates to get specifics.

Benefits Offered:

- VA Claims Assistance
- NDVS Offices
- Discounted Hunting and Fishing Licenses
- Disabled Veterans Tax Exemption
- Veteran’s Tax Exemption (War-Time)
- Waived Document and Recording Fees
- Special Veteran License Plates
- Veteran’s Driver License Designator
- Competitive State Employment Hiring Benefits
- Job Training and Placement Help

- Nevada State Veterans Homes
- Nevada State Cemeteries
- Employment
- Entrepreneurship for Veterans in Nevada
- Education Benefits
- Loans and Grants
- Suicide Prevention
- Nevada Service Organizations
- Insurance & CHAMPVA
- Legal and Financial Services
- Pensions
- VA Healthcare
- Disability Compensation
- Presumptive Conditions

more in the book!

APPENDIX D - VETERAN REINTEGRATION DISSERTATION

To view dissertation virtually, please goto:
<https://www.proquest.com/docview/2441254097>

VETERAN REINTEGRATION

by

John E Heintzelman

REBA GLIDEWELL, PhD, Faculty Mentor and Chair
JACQUELYN ST. GERMAINE, PhD, Committee Member
TODD HALE, PhD, Committee Member

Elizabeth Riley, PhD, Dean of Psychology
Harold Abel School of Psychology

A Dissertation Presented in Partial Fulfillment
Of the Requirements for the Degree
Doctor of Philosophy

Abstract

This study intended to gain a better understanding of the dynamics of veteran reintegration after military service separation. The research design that was chosen for this quantitative research study was nonexperimental correlational to better understand the relationship between multiple dependent and independent variables. It was designed to determine the epistemological and correlational assumption of social reintegration and the resilience of veterans. The population of this study was adult veterans departed from military service for more than six months but no more than one year. The sample size was 102 veterans ($N = 102$). The non-probability and convenience sampling were conducted through Qualtrics. The data analysis was managed and analyzed with IBM SPSS Software. Testing data was organized by an anonymous participant ID and sort them in numeric order. Data types to be analyzed are made up of interval variables based on different types of measurements of perceptions of satisfaction or feelings on an array of topics. This current research aimed to help address the gap in previous research and analyze questions regarding the effects of stress-anxiety-depression (SAD), coping (COP), resilience (RES) on the reintegration of veterans back into society. As shown in the results of this study, RES and COP affect veteran reintegration to overcome the challenges of SAD. Individuals with higher levels of RES and COP had higher levels of success in reintegration. Thus, showing that RES and COP are adaptive traits. These findings were intended to help psychologists better understand how to implement treatments, improve reintegration, and enhance society's perception of the United States veteran.

Capella University
June 2020

more in the book!

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Photo by James Lavish



ABOUT THE AUTHOR

Dr. John Heintzelman served in the military from 1992 till 2015. He served as an Airborne Infantry Senior NCO for over 22 years with numerous awards and decorations to include the Bronze Star and Purple Heart. After over 22 years he decided to pursue his doctorate in Psychology with an emphasis on PTSD and TBI. During this journey he discovered through his own experiences, injuries, studies, research, and helping other people that there were so many other factors, challenges and obstacles that affect veterans and their reintegration back to civilian life. Although each of these factors, challenges, and obstacles are usually individualistic based on the veteran's experiences and abilities to adjust to their completely new lifestyle, there still are common trends that show issues that need to be addressed both individually and socially in the veteran reintegration process and/or systems. John wants to give back to his fellow veterans and educate the public on the challenges that veterans face daily as they transition back in their new civilian lives. His intention for this guide is to provide a ONE STOP or QUICK REFERENCE source of Research, Knowledge, and Resources for veterans to easily reference in the effort to help educate veterans on the issues, challenges, and process of transitioning out of the military, what to do once they get out, develop a plan, and provide resources to help make life a little easier during and after that experience. Additional information has been added for survivors benefits to help surviving widows and a military 101 class to help educate the civilian workforce on military culture and lifestyle. Additional intent of this guide is to make it a living document by taking input from readers and providers on information and resources, providing annual updates to veterans on the ever-changing and developing process of transitioning and resources. Please visit his author website, Veteran Blog at www.johneheintzelman.com, and podcast called "Veteran Doctor" www.theveterandoctor.com. **more in the book!**

