



OUR MISSION FOR 2023-2024

Veterans & Family Support is the heart of our organization and a program that every member & Auxiliary can and should participate in. This year's focus will be supporting the National Programs, National Veteran Services, and Veterans & Military Support along with Suicide Prevention & Mental Health Awareness. Offering guidance acquiring benefits and providing helpful resources is the core of this program. United "**Banding Together for Our Veterans**" we can "**Do It for Those Who Can't**".

CONTACT DEPARTMENT CHAIRMAN

Annie Sullivan @ 360-274-9178

EMAIL: anniesullivan1972@gmail.com

WEBSITES PROGRAM INFORMATION

vfwauxwa.org

www.vfwauxiliary.org Natl website
Malta Login/Member Resources

VETERANS CRISIS LINE CONTACTS

Make a difference in the life of a Veteran or service member by educating yourself and others about the warning signs of suicide. The Veterans Crisis Line connects veterans & their families & friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans & love one's:

Call 1-800-MyVA411 access VA Dept
Call 988 and Press 1
Chat online at veteranscrisisline.net
Send a text message to 838255

VETERANS & FAMILY SUPPORT BULLETIN #1

VFW NATIONAL VETERAN SERVICES – NVS

The VFW's National Veterans Service helps veterans, service members and their families obtain the benefits they deserve – at no cost. NVS provides a nationwide network of nearly 300 VFW Service Officers who help veterans navigate the Veterans Affairs system. These highly skilled professionals assist veterans whether they are VFW members or not, in filing claims for disability compensation, rehabilitation & educational programs, pension & death benefits, employment & training programs and works to ensure veterans receive quality, timely and accessible VA health care.

Donations to NVS can be made by your Auxiliary:

By Mail: Made ck payable to VFW Auxiliary Department of WA along with a check summary to: VFW Auxiliary Dept of WA, Attn: Cindy Burkey, PO Box 13193, Spokane Valley, WA 99213

VFW VETERANS & MILITARY SUPPORT – VMS

VMS contains programs initiated by the VFW serving active-duty & recently discharged military. The Program includes the following:
Military Assistance Program - MAP

Unmet Needs

VFW "Sports Clips" Help a Hero Scholarship

Information on these programs can be found at: www.vfw.org

Donations to VMS can be made by your Auxiliary:

By Mail: Made ck payable to VFW Auxiliary Department of WA along with a check summary to: VFW Auxiliary Dept of WA, Attn: Cindy Burkey, PO Box 13193, Spokane Valley, WA 99213

OUR GOAL THIS YEAR

Last year's report shows 7 auxiliaries donated to VMS. NVS is not tracked so is probably about the same. With that being said the **GOAL** is to increase donations by providing awareness of the benefits of these programs. **There will be an incentive drawing at Mid-Winter & State Convention for the Auxiliaries who donate to both programs. One Auxiliary will be drawn at each event to receive a \$50 VFW Store Gift Certificate.** The "**Challenge**" now begins to increase our support.

Suicide Prevention and Mental Health Awareness Resources

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH: So please review the suggestion pg. included or on the Auxiliary website the things your Auxiliary can do to participate

- VFW Mental Wellness Campaign – www.vfw.org/assistance/mental-wellness
- Campaign to Change Directions – go to www.giveanhour.org
- Give an Hour – www.giveanhour.org
- Patients Like Me – www.patientslikeme.com/join/vfw
- One Mind – <https://onemind.org>
- The Elizabeth Dole Foundation – <https://www.elizabethdolefoundation.org>
- Help Heal Veterans (Therapeutic Crafts) – www.healvets.org
- Veterans Voices Writing Project – www.veteransvoices.org