

## Veterans & Family Support Program Helen Steinberg

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### 2024-5 PROGRAM PRIORITIES

- **Veterans and Military Support Programs & National Veterans Service**
- **Suicide Prevention and Mental Health Awareness**
- **Child Care for Active-Duty Service Members**

I think the first thing that drew most of us to the VFW Auxiliary was our desire to give back to the veterans that have given so much to us and our country. Those veterans and their families are our families and as such we want to support and care for them.

This year we are being asked to focus on the three areas above. In addition to all the things we normally do, we are challenged to be creative and innovative to find new ways to provide support to our veterans, active military and their families. But first we have to educate ourselves on all these programs so that we, in turn, can pass on information to others.

### Veterans and Military Support Programs & National Veterans Service

The **VFW National Veterans Service (NVS)** provides a network of service officers who help Veterans obtain the benefits they have earned in including compensation, access to health care, education and pension benefits.

The **VFW Veterans & Military Support Programs** include the Military Assistance Program, Unmet Needs and the “Sport Clips Help a Hero Scholarship.”

More information on these programs can be found on the vfw.org website.

### ***What can we do to support these programs?***

- **We can** send monetary donations. The mailing information for NVS and Veterans and Military Support can be found in the Quick Reference Guide for Donations towards the beginning of this Program Book
- **We can** become familiar with the work the NVS does and what type of benefits Veterans may be eligible for and help to spread awareness
- **We can** send care packages to deployed troops
- **We can** apply for financial grants from the VFW to host events to support and recognize our troops
- **We can** run programs to help reduce food insecurity for the families of active military
- **What other ideas do you have?**

## **Suicide Prevention and Mental Health Awareness**

While the number of veterans committing suicide each day has reduced in recent years, even one death is too many. In addition, many veterans and active military suffer from invisible injuries and emotional stress and they may not recognize the signs or know how to get help.

### ***What can we do to help?***

- ***We can*** familiarize ourselves with the signs of emotional suffering so that we can help others
- ***We can*** be willing to have conversations about mental health and emotional wellbeing
- ***We can*** host events to raise awareness of Suicide Prevention and Mental Health Awareness
- ***We can*** become familiar with resources such as the Veterans Crisis Line and other available service providers
- ***We can*** host therapeutic activities such as painting, crafts, yoga or music
- ***We can*** support our local Vet Centers which provide readjustment counselling for combat veterans and military sexual trauma
- ***What other ideas do you have?***

National Citations and/or awards may be available for the Auxiliary that hosts the most outstanding activity and/or event to increase awareness of suicide and mental health for veterans, military and their families. An entry form is required and is available in MALTA Member Resources. Entries are due to me by March 31, 2025 for judging.

## **Child Care for Active-Duty Service Members**

By providing support for the children of active-duty military, we also provide support for their parents. Just little things can make a big difference in reducing stress or improving their quality of life.

### ***What can we do?***

- ***We can*** offer to baby sit or child mind for a few hours
- ***We can*** provide gift baskets for new mothers with things like diapers and other newborn necessities
- ***We can*** sew or purchase clothing for children
- ***We can*** lend a caring ear to a stressed first-time mother or father whose spouse may be deployed
- ***We can*** host activities for the children of our Adopt-a-Troop
- ***What other ideas do you have?***

### **Department Legacy Awards**

- Two Legacy Awards will be awarded to one Outstanding Auxiliary Chairman for best Performance in the Veterans & Family Support Program and in support of the California VFW Service Officers.

I am looking forward to seeing and hearing about, the fun and ingenious ways that our California Auxiliaries fulfil their mission of “Veteran and Family Support.”



## Civil Disaster Grant Application

Name: \_\_\_\_\_

Membership No. \_\_\_\_\_ Member Since: \_\_\_\_\_

Auxiliary and District No.: \_\_\_\_\_

Current Address: \_\_\_\_\_

Home Number: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Give brief description of loss (including out-of-pocket amount and date and attach official report of damage):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If the Member was forced to evacuate their home and area, but sustained no actual damage to their home, but incurred costs for lodging, submit copies of receipts for lodging.

Address where check should be mailed: \_\_\_\_\_

\_\_\_\_\_

Printed name and signature of person validating this:

\_\_\_\_\_  
(Printed Name)

\_\_\_\_\_  
Signature

Date: \_\_\_\_\_

Mail this form to:  
VFW Auxiliary Department Headquarters  
9136 Elk Grove Blvd. – Suite 101  
Elk Grove, CA 95624  
(916) 509-8724

**These are the questions you should try to answer when you make your reports about your Auxiliary's Veterans & Family Support projects online. Include sufficient details in your description to help your Department Chairman recognize your accomplishments. Select the appropriate "Activity" when completing your report.**

## VFW Auxiliary National Year-End Report Worksheet Veterans & Family Support 2024-2025

This form is for statistical purposes only.

The Department Chairman must submit this report form to their Department President by May 1.  
This report to be processed in MALTA by the Department President by May 10<sup>th</sup>.

Department: \_\_\_\_\_ Number of participating Auxiliaries: \_\_\_\_\_

1. Number of Auxiliaries that promoted, participated, hosted or co-hosted with their VFW Post activities for any VFW Program. (Examples: Disaster Relief, Military Assistance Program (MAP), National Veterans Service (NVS), Unmet Needs, Veterans & Military Suicide Prevention and Mental Health awareness.)  
\_\_\_\_\_
2. Number of Auxiliaries that provided direct aid to veterans, service members and/or their families (Examples: meals, transportation, cards, packages, donations, etc.)  
\_\_\_\_\_
3. Approximate number of veterans, service members and/or their families assisted.  
\_\_\_\_\_
4. Total monetary donations and/or value of donations and goods/services provided to veterans, service members and/or their families.  
\_\_\_\_\_

Department Chairman signature: \_\_\_\_\_

Date: \_\_\_\_\_ Conference: \_\_\_\_\_