



VETERANS VOICE

Winnebago County Department of Veterans Services Newsletter

August 2023

Yellow Ribbon Program Financial Aid

Are you a current or prospective student Veteran? With the Yellow Ribbon Program, you can receive educational aid to help avoid out-of-pocket expenses if costs exceed your Post-9/11 GI Bill entitlement. The program can help you afford tuition for out-of-state college, graduate school, and various training programs that your VA benefits may not cover.

In order to be eligible for this program you must qualify for the Post-9/11 GI Bill at the 100% benefit level and at least one of the following must be true:

- You served at least 36 months on active duty (either all at once or with breaks in service) and were honorably discharged, **or**
- You received a Purple Heart on or after September 11, 2001, and were honorably discharged after any amount of service, **or**
- You served at least 30 continuous days (all at once, without a break) on or after September 11, 2001, and were discharged or released from active duty for a service-connected disability, **or**
- You're an active-duty service member who has served at least 36 months on active duty (either all at once or with breaks in service), **or**
- You're a spouse using the transferred benefits of an active-duty service member who has served at least 36 months on active duty, **or**

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“A healthy attitude is contagious but don’t wait to catch it from others. Be a carrier.”

- Tom Stoppard

Yellow Ribbon Program



POST ★ 9/11
GI BILL

It's Your Future



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- You're a dependent child using benefits transferred by a Veteran, **or**
- You're a Fry Scholar

[Learn about the Fry Scholarship](#)

[Learn about transferring Post-9/11 GI Bill benefits](#)

Your school must meet certain requirements. All of the following must be true:

- Your school is an institution of higher learning, **and**
- Your school offers the Yellow Ribbon Program, **and**
- Your school hasn't offered the Yellow Ribbon benefit to more than the maximum number of students in their agreement, **and**
- Your school has certified your enrollment with the VA and provided Yellow Ribbon Program information

[Find schools that offer the Yellow Ribbon Program this year](#)

What benefits can I get through this program?

You can get money to help pay for tuition and fees at any of these types of schools:

- A private school that may have higher tuition and fees, **or**
- A foreign school, **or**
- A public school if you want to attend as a nonresident student.

If you qualify, your school will contribute a certain amount toward your extra tuition and fees through a grant, scholarship, or similar program. We'll match the contribution.

How do I get this benefit?

- 1) [Apply for Post-9/11 GI Bill benefits](#) - if you qualify for benefits, you'll get a Certificate of Eligibility (COE).
- 2) Turn in your COE to your school - bring your COE to your school's certifying official, or to the financial aid, military liaison, or other appropriate office. Ask to apply for the Yellow Ribbon Program.
- 3) Wait for a decision. Your school will decide:
 - Whether it has already enrolled the maximum number of students for the program period. Enrollment is on a first-come, first-served basis.
 - How much funding you'll receive.
- 4) Follow up - You'll get a notice from your school about whether it has accepted you into the program and how much money you'll receive for tuition and fees.

Click [here](#) to learn more about the Yellow Ribbon Program.



WELLNESS MONTH

National Wellness Month

In August, we celebrate National Wellness Month, prioritizing your self-care, managing stress, and promoting healthy routines. Create wholesome habits in your lifestyle and focus on self-care to feel like your best self!

We can often put our health and wellness on the back burner due to work deadlines, traffic, family obligations and other stressors. Research has shown self-care helps manage stress and promotes happiness. For a happy and healthy life, it is important to focus on wellness and self-care. National Wellness Month was born out of the idea that if we are going to do big things in the world - build our careers, raise a family, further our education, create new ideas, and nurture our bodies - we need to take care of ourselves.

Five Habits for Self-Care:

1. Drink lots of water - stay hydrated and your body will feel better.
2. Get your sleep - Commit to getting a full 8 hours of sleep every night.
3. Exercise - Just 30 minutes of walking every day can help boost your mood and improve your health.
4. Try a relaxing activity - activities like yoga, hiking, reading books, listening to music or painting can improve your mood.
5. Practice gratitude and positivity - you are what you think.

Mental Health Among Student Veterans

Mental health among college students has been a popular topic among higher education professionals and academic researchers. For most traditional students, the transition to college life from high school can be tough. Newfound independence can be an advantage and disadvantage depending on the person.

Student veterans are an especially vulnerable population on college campuses. The average ages of student veterans and traditional students leaves quite a significant gap between the two groups. This makes it harder for student veterans to make connections and friends on campus. Furthermore, student veterans often have additional responsibilities, such as spouses, children, and aging parents. These extra obligations can cause stress for student veterans on top of a heavy academic (and possibly professional) workload, which could result in a greater need for mental health services. Ultimately, it is essential to connect these students with resources that can help them more easily navigate their responsibilities while also succeeding at their schoolwork.

Resources for Student Veterans

The increase in need for mental health services leads to many individuals not seeking care. For student veterans, there are many resources that are not available to the public. Military OneSource primarily connects active duty personnel and their families with resources, however, there is also a portion of the website dedicated specifically to [Veterans Resources](#). Here are a few of the most popular resources for veterans seeking mental health services:

1. [Give an Hour](#): This organization connects individuals to a local mental health clinic for a free— in-person counseling session. There are specific directories for those specializing in trauma-informed care and crisis management.
2. [Patients Like Me](#): Partnering with Iraq and Afghanistan Veterans of America (IAVA), this community connects people with similar experiences and provides peer-to-peer support.
3. [Mission Reconnect](#): This evidence-based program uses mind and body therapies with veterans and their partners to support physical, mental, and relationship health.

Making connections with local Department of Veterans Affairs hospitals can also be a huge help to veterans, especially those most recently in transition to civilian life, who are looking to navigate VA care. Health care professionals at these hospitals have answers to where veterans can find help where they live. Reaching out to social workers and psychologists at the VA may assist colleges and universities in finding new resources for student veterans.

Suicide Prevention

Currently, one of the Department of Veterans Affairs top health care priorities is preventing veteran suicide. Most recent data notes that an average of 16.8 veterans a day ended their life by suicide in 2020. While the veteran suicide rate has been decreasing in recent years, it is still of utmost importance to further improve care for veterans and connect them with people that are professionally trained to help. If you know of somebody that might be thinking of ending their life or at risk of suicide, please connect them with care. The [Veterans Crisis Line](#) is active 24/7 to help veterans that dial 988, then press 1. There is also an online chat service and a text line which veterans can reach by texting 838255. This service is available to veterans, service members, National Guard and Reserve members, and those who support them.

While there are several outside resources that exist to help veterans at times of risk, sometimes the most essential resource is the help of fellow student veterans. They can relate and connect through experience. Therefore, having strong communication channels and groups among student veterans on campus can help alleviate some stress. Higher education professionals can help by being aware and showing compassion to stressors unique to student veterans, while providing these individuals with resources that can help them better succeed in school and in daily life.

Upcoming Event



1332 SPRUCE STREET OSHKOSH WI 54901

SATURDAY, AUGUST 26, 2023

REGISTRATION BEGINS AT 8:00 AM

SHOW FROM 10:00 AM—2:00 PM

FREE ADMISSION & ENTRY

CONTACT US

Winnebago County
Veterans Service Office

Oshkosh Location
220 Washington Ave.
Oshkosh, WI 54901
(920) 232-3400

Neenah Location
211 N. Commercial
Neenah, WI 54956
(920) 729-4820

Stay informed about benefits; join our e-mail list.
Send a request to:

CVSO@winnebagocountywi.gov

Visit us on the web at:

www.winnebagocountywi.gov/veterans



www.facebook.com/WinnebagoCVSO

For a list of more events,
check out our [calendar](#) !