



John L. McClellan
4300 W. 7th Street
Little Rock, AR



Eugene J. Towbin
2200 Fort Roots Drive
North Little Rock, AR

For more information:

**Department of Veteran Affairs for
OEF/OIF Veterans**
www.va.gov/healtheligibility.

**Department of Defense Web Portal for
Military Transitioners**
<http://www.dodtransportol.org>

**Easing the Transition from Soldier to
Civilian**
<http://www.acap.army.mil>

**Veteran Online Application for VBA
Benefits Website**
<http://vabenefits.vba.va.gov/vonapp>

Military OneSource-1-800-342-9647
<http://www.militaryonesource.com>

Little Rock Vet Center
501-324-6395

VA Regional Office (Benefits/Claims)
1-800-827--1000

VA Services

Information

Telephone Care Program - 501-257-5656 or
1-800-224-8387

Appt. Line - 501-257-3999 or 1-866-722-4838

Dental Clinic

501-257-2200 (NLR/Bldg. 170/2B)

Enrollment for VA Services, information about travel pay, change of address

Eligibility – 501-257-2614 (NLR/Bldg. 170)

501-257-5715 (LR)

Mental Health Services

National Suicide Hotline –
1-800-273-TALK (8255)

VA Suicide Prevention Coordinator

501-257-3094 **assists with referral for services*

Mental Health Crisis Hotline – 501-257-2847

Mental Health Clinic—501-257-3131

**(NLR/Bldg. 170/Unit IL)*

Substance Abuse

501-257-3490 or 501-257-1000, ext. 55061

Traumatic Brain Injury Clinic/ Physical Medicine and Rehab Service

(www.dvbic.org) 501-257-2991

Women's Health Clinic

501-257-5662

Vocational Rehab Services

501-257-1668

Operation Enduring & Iraqi Freedom Veterans Program

<http://www.oefoif.va.gov/>



Central Arkansas
Veterans Healthcare

4300 West 7th Street
Little Rock, AR 72205

&

2200 Fort Roots Drive
North Little Rock, AR 72114

How we serve OEF/OIF Veterans

The VA is ready to provide health care and more to our newest veterans. Here are some of the benefits VA provides:

Five Years of Enhanced Health Care. You are eligible for enhanced VA health care benefits for 5 years. This starts the date you separate from the military. You may not choose VA healthcare at this time. But you must enroll within 5 years to receive health benefits later on.

Dental Benefits. You may be eligible for one time dental care. You must apply for a dental exam within 180 days of your separation date.

Primary Health Care for Veterans.

The VA provides general and specialized health care services. We strive to meet all the needs of veterans returning from combat deployments. This includes specialty health care for women veterans.

Mental Health Services

- Sexual Trauma Counseling
- Domiciliary Residential Rehabilitation Treatment Program
- Post Traumatic Stress Disorder (PTSD):
- Inpatient and Outpatient Programs
- Alcohol and Drug Dependency Treatment
- Outreach programs for homeless veteran
- Veterans Industries/Transitional Resident Program

Non-Health Care Benefits

We can also refer OEF-OIF veterans for help with benefits. Benefits may include:

- compensation and pension claims
- vocational rehabilitation
- home loans
- education

CAVHS OEF/OIF Program

Every VA Medical Center has a team standing by ready to welcome OIF/OEF service members. We can help coordinate your care.

Our OEF-OIF staff is here to assist recent combat veterans with their VA care. This program assists veterans who have served in Iraq or Afghanistan. Other countries include: Kuwait, Saudi Arabia, Turkey, Tajikistan, Uzbekistan, Kyrgyzstan, Pakistan, and the waters of the Persian Gulf

Your service must be since September 11, 1998. The Service must be in one of the combat zones listed above. These are priority patients. Their access to care is emphasized. If you were active duty in the Armed Forces, Reserves or National Guard you are eligible for care under the "National Defense Authorization Act of 2008."

CAVHS also has a Polytrauma Support Assessment Team. The team performs traumatic brain injury screenings. If needed, referrals are sent to:

- ◆ Primary Care
- ◆ Mental Health
- ◆ Speech
- ◆ Neuropsychology
- ◆ Audiology
- ◆ Physical Therapy
- ◆ Occupational Therapy
- ◆ Vision

OEF/OIF Program Staff:

Program Manager

Nakia Williams, LMSW

(501) 257-6706

Case Manager/Social Worker:

Valerie Williams-Dewese, LMSW

(501) 257-4945

Transition Patient Advocate:

Leotis Nichols

(501) 257-5414

Our OEF/OIF staff can assist in the following ways:

- ✦ Complete a onetime post-deployment health risk assessment
- ✦ Help with issues related to deployment injuries or illnesses
- ✦ Help navigate the VA system
- ✦ Perform courtesy visits with OEF-OIF veterans hospitalized at CAVHS
- ✦ Provide outreach activities to military units throughout Arkansas

Homecoming after Deployment

With deployment, comes change. Knowing what to expect and how to deal with changes can make homecoming more enjoyable and less stressful.

Expectations

- ◆ You may miss the excitement of the deployment for a while.
- ◆ Spouses may have become more independent and learned new coping skills.
- ◆ You may not want to talk about it when others keep asking.
- ◆ You may wonder if you still fit in with family members and friends.

Tips

- ◆ Support good things your family has done.
- ◆ Take time to listen and talk with loved ones.
- ◆ Be patient with yourself and family members.
- ◆ Be aware that your family may not be the same as before; everyone may have changed.