

# Military Veteran Peer Network Brochure



**This brochure is provided as a  
community education service of the  
Helen Farabee Centers  
and the  
Military Veteran Peer Network**

# **ATTENTION VETERANS**

**My name is Elliot Bonner and I am the Veteran Peer Coordinator for the Helen Farabee Centers. My goal is to seek out and help veterans that may need services from our community. All information gathered is confidential and protected by law. There are many services that are available to our veterans that you may not be aware of, and it is my job to ensure you receive those services. We have a friendly and dedicated staff that is trained in various aspects of mental health, substance abuse, and referral services. Please fill out the form on the other side and bring it to the center or mail it to the address below. You may also contact me via e-mail.**

**Helen Farabee Centers  
Att. Elliot Bonner  
500 Broad St  
Wichita Falls, TX. 76307**

**(940) 397-3315 Office**

**(940) 636-9354 Cell**

**[bonnere@helenfarabee.org](mailto:bonnere@helenfarabee.org)**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone Number** \_\_\_\_\_ **Age** \_\_\_\_\_

**Branch of Service** \_\_\_\_\_ **Years Served** \_\_\_\_\_

**Type of Discharge** \_\_\_\_\_ **Date of Discharge** \_\_\_\_\_

**Era of Conflict** \_\_\_\_\_

**Please check all that apply**

**PTSD** \_\_\_\_\_ **Traumatic Brain Injury (TBI)** \_\_\_\_\_ **Sexual Trauma** \_\_\_\_\_

**Depression** \_\_\_\_\_ **Substance Abuse** \_\_\_\_\_ **Suicide** \_\_\_\_\_

**Once this form is completed and returned a staff member will contact you.**

**If you know any other veterans that needs services, please pass the message.**

**WE ARE HERE TO HELP YOU**

**Military Veteran Peer Network Wichita Falls**

**MVPN Peer Basic Training**

**First Friday of Every Month**

**Phase 1**

**MVPN Overview**

**Military Cultural Competency**

**Suicide Awareness**

**Peer Support Opportunities**

**Active Listening**

**Description**

Basic training is an entry level course that will enable you to become more aware of the Military and Veteran community as well enable you to become a state sponsored peer mentor with the Military Veteran Peer Network (MVPN). This three hour training is designed to provide volunteers with frontline intervention tools to address the immediate basic needs of the individual service members, veterans and their families.

**Location**

**Candlewood Suites Hotel Conference Room  
1320 Central Freeway  
Wichita Falls, TX 76305  
(940) 322-4400**

**POC: Elliot Bonner (940) 397-3315 or [bonnere@helenfarabee.org](mailto:bonnere@helenfarabee.org)**





# Post-Traumatic Stress Disorder

## What is Post-Traumatic Stress Disorder? (PTSD)

Post-Traumatic Stress Disorder is an anxiety disorder that may occur after exposure to an extremely stressful, threatening or catastrophic event. Extremely stressful events include combat, torture, disasters, witnessing violent death, life-threatening accidents, violent crimes, threats of serious injury or death, or sexual assault.

## Symptoms of PTSD

**Arousal Symptoms:** Restlessness, sleeplessness, hyper alert, unable to relax, and difficulty concentrating.

**Intrusive Symptoms:** mental replays, nightmares, actual sensation of the event.

**Avoidance Symptoms:** shutting off emotions, hiding from the world, and avoiding reminders of the event.

## Problems

Individuals that have PTSD can develop personal, family, social, and health problems if they do not get help for their symptoms. Potential problems can be panic attacks, rage towards love ones, inability to participate in family life and work, high blood pressure, chest pains, and severe headaches.

## How we can help

We have a peer group meeting called Bring Everybody In The Zone (BEITZ). The goal of the group is to help active duty, reserves, guard, veterans, their families and others who suffer from the effects of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Sexual Assault and traumatic experiences in our lives and the lives of those close to us.

We train volunteers who are former services members and spouses to become facilitators who are there to help our service members/veterans and their families deal with the aftermath of trauma in their lives

**We have peer group meetings every Monday from 1200-1300 at the Candlewood Suites Hotel, 1320 Central Freeway in the conference room and an all women group every Tuesday from 1730-1830 at 901 Indiana Avenue.**

# **Helen Farabee Centers and the Military Veteran Peer Network**

*For information about our Veteran  
Services, please contact:*

**Elliot Bonner  
Veteran Peer Coordinator  
500 Broad St  
Wichita Falls, Texas 76307-8266  
940-397-3315 office  
940-636-9354 Cell #  
bonnere@helenfarabee.org**



# Traumatic Brain Injury (TBI)

## What is a Traumatic Brain Injury? (TBI)

TBI is an injury to the brain caused by an external force that produces either an alteration of consciousness or loss of consciences. The causes of a TBI can be bullets, fragments, blasts, falls, motor vehicle crashes, and assaults.

## Symptoms of TBI

TBI has these symptoms: sleep difficulties, poor concentrations, irritability, fatigue, memory problems, headaches, anxiety, trouble thinking, dizziness, blurry or double vision, and sensitivity to bright light.

## Categories of TBI

**Mild TBI:** If you weren't knocked out at all or if you were unconscious for less than 30 minutes, the injury was most likely mild.

**Moderate TBI:** The longer you were unconscious, the longer recovery usually takes. If you were unconscious for more than 30 minutes but less than a day, the injuries were most likely moderate.

**Severe TBI:** Patients who are unconscious for more than a day have suffered a severe injury. Although many patients make a good recovery even after a severe head trauma, symptoms can often last some time.

## How we can help

We have a peer group meeting called Bring Everybody In The Zone (BEITZ). The goal of the group is to help active duty, reserves, guard, veterans, their families and others who suffer from the effects of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Sexual Assault and traumatic experiences in our lives and the lives of those close to us.

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# Women Veterans

## **Services Available for Women Veterans**

There are numerous services and benefits that offers to Women Veterans such as disability compensation, pension, education benefits, health care, home loans, vocational rehabilitation, employment services, and mental health services.

### **The Center for Women Veterans**

The center for Women Veterans monitors and coordinates VA's administration of programs, health care and benefits services for Women Veterans.

### **Women Veterans Call Center**

The women Veterans call center provides information about benefits, eligibility and services especially for women Veterans. The number is 1-855-829-6636. The hours of operation are Monday–Friday 8am to 10pm and Saturday 8am to 6:30pm EST.

### **Women Veterans Health Care**

Women Veterans Health Care works to ensure that women Veterans get high quality health services. At each VA Medical Center, a Women Veterans Program Manager is designated to assist women Veterans.

### **Disability Compensation**

Women Veterans can apply for disability compensation for any current difficulties that are related to your service to include MST.

### **Education Benefits**

Women Veterans can get education benefits. Women Veterans can get the Montgomery GI Bill. The Post 9/11 GI Bill is for service members and their families who served after Sept. 10, 2001.

### **Home Loans**

Women Veterans are entitled to home loans. Department of Veterans Affairs Home Loan Guaranty Program provides loan guaranties to Service Members, Veterans, Reservists, and un-remarried surviving spouses.

### **Homeless Services**

The Department of Veterans Affairs has programs to prevent and eliminate Veteran homelessness. The HUD-VASH program provides permanent, supportive housing for the most vulnerable homeless Veterans and special services for homeless women Veterans. You can call 1-877-424-3838 or [www.va.gov/homeless](http://www.va.gov/homeless)

### **MST & Mental Health Care**

VA Medical Centers have inpatient mental health services. All treatment for physical and mental health conditions related to MST is provided free of charge.

### **Employment**

Women Veterans can access these websites for possible employment.

[www.vaforvets.va.gov](http://www.vaforvets.va.gov),  
[www.vacareers.va.gov/veterans](http://www.vacareers.va.gov/veterans),  
[www.fedshirevets.gov](http://www.fedshirevets.gov),  
[www.dol.gov/vets](http://www.dol.gov/vets)



# Military Culture

## **What is the US Military?**

The US military refers to the five branches of the United States Armed Forces.

### **Army**

The mission of the Army is to fight and win our Nation's wars by providing prompt, sustained land dominance across the full range of military operations and spectrum of conflict in support of the combatant's commanders.

### **Navy**

The mission of the Navy is to maintain, train, and equip combat ready Naval Forces so they are capable of winning wars, deterring aggression and maintaining freedom of the seas

### **Air Force**

The mission of the United States Air Force is to fly, fight, and win in air, space, and cyberspace.

### **Marines**

The mission of the Marine Corps is to train, organize and equip for offensive amphibious employment and as a force in readiness.

### **Coast Guard**

The mission of the Coast Guard is maritime safety, security, and stewardship.

### **Home Loans**

Women Veterans are entitled to home loans. Department of Veterans Affairs Home Loan Guaranty Program provides loan guaranties to Service Members, Veterans, Reservists, and un-remarried surviving spouses.

## **Military Personnel**

The military is composed of three different categories of military personnel and they are active duty, reserves and guard forces, and Veterans and retirees. Active duty are actively participating in the armed forces, reserves and guard forces work civilians jobs while serving one weekend a month and two weeks a year, and Veterans and retirees have served in the armed forces and are considered past military members.

## **Military Structure**

The military is structured under the Department of Defense which is led by the Secretary of Defense and is advised by the heads of four services. The Army, Navy, Air Force, and the Marines. The military departments in the DOD are the Department of the Air Force, Department of the Navy, and the Department of the Army. The Marines are considered to be part of the Navy, but they are a separate organization.

The United States Coast Guard has been in numerous departments, but in 2003 the Coast Guard was moved under the Department of Homeland Security. The Coast Guard can be transferred to the Department of the Navy during times of war by the President.

There are three categories of rank in the military.

- Commissioned Officers (O1—O9)

The officer Corps is the leadership of the military and they must have at least a bachelor's degree.

- Warrant Officers (W01—CW5)

Warrant officers outrank enlisted members and specialize in a technical area like intelligence, aviation, or military police.

- Enlisted Personnel (E1—E9)

This also includes non-commissioned officers. NCO's are leaders who received orders from officers and manage how the enlisted personnel will execute those orders.

## **Who is a Veteran?**

A Veteran is any individual who served in any branch of the U.S. military. When individuals leave military service and take off those boots for good they are considered Veterans. Some individuals retire from military service and some served for a certain amount of years, but they are U.S. Veterans. Some of those individuals may have been discharged for medical reason, but there are some that may have been discharged from service for disciplinary reason and may not be entitled to certain benefits. That will be determined by their discharged status. When an individual leaves military service, they will be discharged from active duty and received a DD214, Certificate of Release or Discharged from active duty. It represents the complete record of a service member's time in the military.

# Military Veteran Peer Network Information Sheet



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

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

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Date of Discharge:** \_\_\_\_\_ **Type of Discharge:** \_\_\_\_\_

**Era of Conflict:** \_\_\_\_\_

**Assistance Needed:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Elliot Bonner**  
**Veteran Peer Coordinator**  
**(940) 397-3315**  
**[bonnere@helenfarabee.org](mailto:bonnere@helenfarabee.org)**  
**500 Broad Street**  
**Wichita Falls, TX. 76307**

# **Veteran's Peer Group Meeting**

**New Location (March 2017)**

**Candlewood Suites Hotel**

**1320 Central Freeway**

**Contact Elliot Bonner**

**(940) 397-3315**

**[bonnere@helenfarabee.org](mailto:bonnere@helenfarabee.org)**



# MVPN Volunteer Description

## **Volunteer Description**

### **Veteran Peer Mentor – SMVF Only**

**Purpose:** The position of a peer mentor is to serve as an advocate for a veteran who may be transitioning into civilian life or may simply need some help and support.

### **Veteran Peer Support Groups - SMVF Only**

**Purpose:** If trained, the volunteer can serve as a group leader for the MVPN peer group meetings. Our support groups are designed to create a free and confidential support for active duty, reserves, guards, veterans, their families and others who suffer from the effects of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), and Military Sexual Trauma (MST).

### **MVPN Community Outreach Team - All individuals**

**Purpose:** The purpose of the community outreach team is make people aware about the MVPN program and the services that we provide. The volunteer may be asked to participate in community activities sponsored by the MVPN program.

### **MVPN Training - All Individuals**

**Purpose:** Volunteers may be asked to attend certain training classes to upscale their skill level to better assist veterans, military, and their families. Basic Training will be mandatory for all volunteers.

### **Justice Involved Veterans (JIV) - SMVF Only**

**Purpose:** The purpose if this position is to assist incarcerated Veterans in city, county, or state jails or prisons. The volunteer will be required to attend a free volunteer training course offered by TDCJ. The volunteer may be asked to visit with incarcerated Veteran inmates. \* This will require a background check.



I acknowledge and agree to the terms of the volunteer position and I further understand that I am subject to a criminal background check conducted by the Texas Department of Criminal Justice (TDCJ) to gain access to state jails and prisons. I understand I will obey all the rules and regulations governing the TDCJ volunteer program.

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Signature of Volunteer

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Date

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Signature of Veteran Peer Coordinator

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Date