

MINNESOTA FAMILY SUPPORT & RECOVERY COUNCIL

2017 ANNUAL CONFERENCE




Veterans & Child Support

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Veteran Outreach Coordinator

Minnesota Adult & Teen Challenge

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MNTC Programs



Short-Term Licensed Chemical Dependency Treatment Program:


- Exceeds Rule 31 clinical standards utilizing evidence-based best practices
- MN insurance and most commercial insurances accepted
- Outpatient – 120 hours over three months: Evening groups and individual counseling
- Inpatient Residential – 7-90 days (average 21-45) based on assessed individual needs

Long-Term Recovery Program: (Faith based)

- 13 months based on individual readiness to graduate

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Chemical and Mental Health Services



Licensed Alcohol and Drug Counselors: Clients receive individual counseling one hour per week and group counseling nine hours per week the first 17 weeks in the long-term program and then an additional 37 weeks of 3 hours per week of group counseling and psychoeducational regarding addiction, recovery and health.

Veteran Program at MNTC with collaborative services

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Mental Health Services

MNTC provides:

- Mental Health Screening
- Diagnostic Assessment
- Psychological assessment (if indicated)
- Relapse Prevention education
- Dialectic Behavioral Therapy and Cognitive Behavioral Therapy
- Family Therapy (if indicated)

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Bio - story



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A VETERAN DEFINED

- Principled Uprightness of Character
- Personal Integrity
- Honor
- Sacrifice

The word "veteran" as used in **Minnesota Statutes**, except in sections 136F.28, 196.21, and 243.251, means a citizen of the United States or a resident alien who has been separated under honorable conditions from any branch of the armed forces of the United States after having served on active duty for 181 consecutive

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MACV (Minnesota Assistance Council for Veterans)



- 501 (c)(3) Nonprofit
- Established 1990
- Operates 3 Regional Offices for statewide outreach: Mankato, Duluth and the Twin Cities Metro

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MACV Locations:



<p>St Paul Headquarters: 360 Robert Street N Ste:306 St Paul, MN 55101</p> <p>MACV-Metro: One Veterans Drive VAMC - Bldg 4 Minneapolis, MN 55417</p>	<p>MACV-Duluth: 5209 Ramsey Street Duluth, MN 55807</p> <p>MACV-Mankato: 12 Civic Center Plaza, Ste: 1615 Mankato, MN 56011</p>
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VA BENEFITS



- Health Care - VAMC or clinics
- Disabilities and Pensions
- Home Loan Guarantees
- Memorial Affairs - National Cemetery - Fort Snelling
- County
- State
- Federal

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Military and Veterans



- Vietnam Vets (1961-1975)
- Persian Gulf (1990-present)
- Operation Enduring Freedom (OEF)
- Operation Iraqi Freedom (OIF)
- Operation New Dawn (OND) (all – 2001-present)

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National Findings (OEF/OIF)



Approximately 1.7 million have deployed since 2001
 34% have deployed multiple times
 28% are National Guard or Reservists (average age is 36)
 46% of Regular Forces are under 25 yrs old; for many this is the first time they have left home

Approximately 895,000 OEF/OIF veterans are separated from the military and ELIGIBLE for VA services

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Roughly one in every 5 suffer from major depression or PTSD, estimated at 300,000. Only half have sought treatment.

As many or more report possible brain injuries from explosions or other head wounds. An estimated 50%-60% of spouses of TBI patients suffer depression.
 Roughly 50% have spouses and children

Reasons for NOT seeking help were cited as concern over side effects of medication, they believe family and friends will help, or they fear seeking help might damage their military careers.

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Studies have found that veterans returning from combat are 63% more likely to report new-onset heavy drinking than those not deployed to combat zones;
 Young veterans had the highest risk for developing alcohol-related problems.

Alcohol is commonly used as a coping mechanism after traumatic events.

National Findings (OEF/OIF)

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Women in the Military


An estimated 180,000 OEF/OIF veterans are women

- According to the DoD in 2010, more than 30,000 single mothers have deployed to Iraq & Afghanistan since 2001.

Women now make up:

- 15% of active duty military
- 17% of National Guard/Reserves
- 20% of New Recruits in all branches

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390,000 Veterans Live in Minnesota

MN is 21st in population; 5th in size of National Guard

MN Army Air National Guard has been in over 33 countries in the last 5 years

National Findings (OEF/OIF)

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20-25% of veterans recently back from tours of duty are UNEMPLOYED.

- Of those employed since leaving the military, 25% earn less than \$21,840 yearly.

• Source: Department of Veterans Affairs


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In the Headlines

- "Long Iraq Tours make Home a Trying Front"
- "Battle Worn Veterans"
- "When Troops Bring the War Home"
- "Hundreds of Iraq Vets are Homeless"
- "Treating War's Toll on the Mind"
- "For Troops, Stress a Lingering Hazard"

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Unique injuries and mental health issues among veterans returning from Iraq and Afghanistan

- **TBI** – Increasing evidence that combat-related TBI are a frequent occurrence. One half of all injuries are TBI due to explosions. Most common physical injury.
- **PTSD** – The VA defined PTSD as a type of anxiety that affects people who've experienced a particular traumatic event that creates intense fear, helplessness of horror. 20% (one of five) of Iraq veterans (seeking help) have PTSD with women suffering more pronounced and debilitating forms of PTSD.
- **SUD** – Includes both abuse and dependency of alcohol and drugs. SUD can create or exacerbate problems for homeless veterans looking for work or starting new jobs. On the other hand, employment can provide a powerful motivator for veterans.

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Statistics Provide Typical Profile of a Homeless Veteran



- Typical homeless Veteran is male, single, most come from poor, disadvantaged communities, 45% suffer from mental illness, and 50% have substance abuse problems.
- More than 67% served our country for at least three years in the military with Honorable Discharge.

<http://www1.va.gov/homeless/>

An estimated 6500 female veterans are currently homeless



- In this country and the number is expected to continue to rise (5% of total homeless veteran population)
- A female veteran is four times more likely to be homeless than a female civilian
- One out of 10 homeless veterans under the age of 45 is now a woman
- Unlike their male counterparts, many have the added burden of being a single parent.

National Statistics

Approximately 390,000 veterans in MN (23,000 female); approx. 100,000 are getting VA Health Care, but another 70,000 are eligible (for female veterans only 1500 are connected to the VA)

Estimated that over 4000 are homeless or at risk of becoming homeless at some point in the year

669 veterans are homeless on any given night; (250 in the Metro area)

1 in 4 homeless men are veterans. Veterans represent approx. 13% of the homeless population in MN (1 in 8)

32% of those veterans have served in combat zone

Source: Wilder Research 2009 Statewide Survey of Homeless Veterans in Minnesota

Veterans Needs to be self reliant




A coordinated effort that provides secure housing, food, essential physical health care, substance abuse treatment and aftercare, mental health counseling – support and employment / legal assistance.

- **Employment = Housing = Empowerment**

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Partnerships




MDVA, CVSO and Community Resources
In the efforts to not duplicate any service already available to a veteran, all partners make sure a referral is made to the CVSO (County Veteran Service Officer) in order for the veteran to be assessed for eligibility for county/state/federal benefits.

Such as:
State Soldiers Assistance Program, Special Needs, Dental and Eye Care and Education Benefits

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Desired Outcomes of Services for each Veteran




Placement in appropriate housing

- Increased level of life / living skills
- Increased level of income – self sustain
- Increase level of Financial Responsibility
- Mental and Physical wellness
- Increase level of community awareness and involvement
- Ability to interact in relationships and engage.

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VETLAW




To identify and address legal issues that present barriers to housing, employment and financial stability.

Provide direct legal services to veterans through legal clinics, referrals and representation.

- Legal Clinics
- Attorney Referral Network
- StandDown Court

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Legal Barriers as Identified by Veterans




- Criminal charges & convictions
- Family Law
 - Child Support
 - Divorce
- Restricted drivers license
- Re-entry services for incarcerated veterans

• "Overall, family and legal concerns rank as the four highest ranked unmet needs, ahead of permanent, transitional and emergency housing"

CHALENG report 2010

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Two Service Models for Addressing Unmet Veterans Legal Needs



Child Support Initiative


- Collaboration between VA, MACV Legal Clinic and StandDowns.
- Local models differ based on child support system and available resources
- Mixture of pro bono/staff
- National network to resolve international issues

Veterans treatment courts and StandDown courts

- VTCs open to all veterans, differ in scope by jurisdiction
- StandDown Courts are aimed for all veterans with legal issues with focus on homeless services
- Resolving barriers to stability while identifying triggers to avoid in the future

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Need for Veterans Child Support Assistance



Vietnam / Gulf War Era Veterans

- High instance of unmodified orders, many covering decades in which the vet was disabled or otherwise unable to work.
- Unlikely to contact child support or case management systems for assistance.
- May have arrears only

OIF/OEF Veterans

- Experiencing high rates of divorce and family law involvement.
- Education and assistance can prevent them from owing tens of thousands in the future.

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Unmodified Child Support Orders as Barrier to Stability





- Child support is the second most cited problem faced by homeless veterans.
- Enforcement tools include garnishment, license suspension and contempt proceedings.
- Effect on veterans mental health and relationships

StandDown survey

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Challenges to Self-Representation

- **Mental and Physical Health**
- Distrust of the system and government.
- Lack of legal knowledge
- Instability (housing, employment, Family structure)

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Minnesota Legal Clinics



Service Providers

- Minnesota Assistance Council for Veterans
- Volunteer Attorneys
- Volunteer Law Students
- County Veteran Service Officers
- County Child Support Workers
- Health Care team from VAMC
- Substance Abuse Treatment

Collaboration



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RESOURCES



Minnesota Assistance Council for Veterans: www.mac-v.org

County Veteran Service Officers Directory: www.macvso.org/directory.aspx

Minnesota Veteran One Stop Website: www.minnesotaveteran.org

Mark Rios – Veteran Outreach Coordinator:
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Thank you

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