Important Legal Documents to Have on Hand

The following documents may be applicable to a specific situation and are defined to determine if they apply to you and your family. Many of these documents may have been prepared as you planned for a deployment or separation. Refer to those preparations as you determine you next steps.

- ☐ **General Power of Attorney**
- ☐ **Durable Power of Attorney**
- ☐ **Medical Power of Attorney**
- ☐ **Financial Power of Attorney**
- ☐ ***In Loco Parentis* Special Power of Attorney**
- ☐ **Advance Directive**
- ☐ **Living Will**
- ☐ **Last Will and Testament**

Why is it important for service members to have legal documents available during the recovery process?

The process of recovering from a serious injury can be long and unpredictable. In addition, many of the surgeries and medical procedures recommended for recovery include some risk that a service member will become temporarily or permanently incapacitated. While incapacitated, a service member will be unable to manage his or her own affairs and may need others to make decisions about personal, financial and medical matters. Taking the time to gather and prepare the proper documents in advance allows service members to choose people to act on their behalf, to make their wishes known to their loved ones and, if they wish, to give legally binding instructions. While it may be uncomfortable to talk about certain possibilities, doing so in advance may help avoid conflict and allow for quick and decisive action in the event of an emergency.

What types of documents should injured service members have prepared?

Service members and their relatives should try to locate identification documents such as **birth certificates**, **marriage certificates**, **passports**, and any other similar documents that can verify family relationships as soon as possible once medical treatment have begun. These documents may become important when dealing with insurance companies, financial institutions and government agencies. It is a good idea to keep the originals of these documents in a safe place together

with other important documents and to keep copies in a second, easily accessible place in case the service member or a relative needs access to them at any point. In addition, certain documents empowering others to act on a service member's behalf, such as a **financial power of attorney**, **a health care advance directive**, or a **living will**, should be made available in case the service member becomes unable to make decisions or to communicate his or her wishes to others. These documents are discussed in more detail below. Finally, all service members should make sure they have a legally valid will and should review the beneficiary designation forms for any life insurance policies they have to make sure they are current and accurate.

What are the types of Powers of Attorney (POA)?

General Power of Attorney: A General POA grants virtually unlimited ability to act for another person and allows the holder of that legal document the right to sell personal property, and to use the grantor's credit.
Durable Power of Attorney: A POA must be **"durable"** in order to remain valid if the principal becomes physically incapacitated.
Financial Power of Attorney: A financial power of attorney is a legal document by which one person gives another person the authority to act in his or her place regarding financial affairs. A financial power of attorney can be general or limited to specific actions, such as filing tax returns or signing insurance forms
Medical Power of Attorney: Allows you to select a person to act on your behalf and to make medical decisions in the event you are incapacitated, either temporarily or permanently (may also be referred to as a "Durable Power of Attorney").
***In loco Parentis* Special Power of Attorney:** This Special POA will allow a natural or adoptive parent to designate, in writing, someone to make decisions regarding the children, such as medical, educational, and financial on behalf of the natural or adoptive parent.

Most powers of attorney become effective immediately when signed by the principal. There is also the option, however, to use a "springing" power of attorney that only become effective after a designated event, such as travel overseas or incapacity. Be aware that Powers of Attorney do not have to be accepted by every financial institution, company or organization. It is better to verify acceptance of documents prior to departure. Service members and their families should consult a legal professional when preparing a power of attorney.

These are all powerful but necessary documents needed to ensure you have access to the best care available to you. The best time to make these decisions is before a crisis.

What is a health care advance directive (may also be called a Health Care Proxy)?

A health care advance directive consists of a Will and a Medical Power of Attorney. A service member may use a health care advance directive to list limitations regarding which types of treatment he or she is willing to receive. Health care advance directives often become important in situations when a service member is unconscious and a physician requires authorization to perform certain procedures. In the absence of a health care advance directive, these decisions will fall to a service member's spouse, parents or next of kin, depending on state law. Signing a health care advance directive may avoid conflict in situations when state law is unclear or family members might disagree on the appropriate course of action.

What is a Living Will? How is that different from a Last Will and Testament?

A Living Will is a document directing a physician to refrain from taking lifesaving measures (such as CPR), or to remove life-sustaining treatment (such as a feeding tube) under certain conditions, such as a permanent coma following brain death. In the absence of a Living Will or other intervention, doctors are bound to use all available life sustaining and lifesaving measures to keep a patient alive.
A Last Will and Testament governs the distribution of a person's property after he or she dies. The laws about what constitutes a valid Will are complex, and they vary by state. A service member who wishes to create a Will or modify an existing Will should consult a qualified legal professional.

What should service members who do not have all of these documents do to obtain them?

Creating these documents often involves making difficult personal decisions and also requires legal expertise. Service members who wish to create a will or sign a power of attorney, health care advance directive or living will should consult a qualified legal professional. For more information on finding someone who can assist in drafting legal documents, see *Chapter 10, Legal Assistance.*

*Federal law clearly defines "Primary next of kin" and "Secondary next of kin". When decisions are being made for medical care, medical professionals will abide by the wishes of the Primary next of kin and then the Secondary next of kin for guidance regarding the wishes of the recovering service member.

Resources:

- To locate the nearest military legal assistance office, use the legal assistance locator at http://legalassistance.law.af.mil/content/locator.php

- To locate service specific legal assistance, call the HQ for the service branch you wish to locate.
  Air Force: (343) 953-4179
  Army: (703) 696-1477
  Marine Corps: (703) 614-1266/3880/3886
  Navy: (202) 685-4642

- The American Bar Association Operation Enduring LAMP provides legal services to military service member through a network of state and local bar associations.
  www.abanet.org/legalservices/helpreservists

Office of the Staff Judge Advocate (SJA)

The Marine Corps offers free legal assistance to active duty, some reservists and retired Marines, including medically retired Marines and their dependents, through SJA legal assistance offices located on nearly every military base. Because of the SJA's expertise in military matters, this should be the first place Wounded, Ill, and Injured (WII) Marines seek legal assistance for military issues.

A military legal assistance attorney is a military or civilian Department of Defense lawyer whose primary duty is to advise individuals eligible for military legal assistance about their personal legal affairs. While the service is free, it is subject to resource constraints and limited to certain issues, some of which are described below.

For eligible persons, a military legal assistance attorney can:
Provide advice or representation about select areas of the law, such as:

- Medical and Physical Evaluation Boards (MEBs and PEBs);
- Family and domestic relations (including family support, adoption, custody, paternity and name changes);
- Consumer affairs;
- Taxes on real estate, personal property, and income;
- Landlord/tenant issues (including leases, inability to pay rent, security deposits and evictions); and
- Immigration and naturalization;

and perform general legal services, such as:

- Preparing and signing correspondence on behalf of the client;
- Negotiating with another party or that party's attorney;
- Preparing legal documents;
- Notarizing documents;
- Drafting powers of attorney;
- Drafting wills;
- Drafting advance medical directives (living wills);
- Offering estate planning advice;
- Reviewing contracts and leases;
- Offering some types of personal financial advice; and
- When necessary, referring eligible persons to a civilian lawyer.

Your closest SJA Office is:

_____

How Do You Rate as a Money Manager?

		A	B	C
1.	I have managed the bulk of my own expenses since I was	16-18	18-21	over 21
2.	I have my own checking account	now	at one time	never
3.	I have my own savings account	now	at one time	never
4.	I have trouble balancing my checkbook	never	sometimes	usually
5.	I run out of money before I run out of month	never	sometimes	usually
6.	I have been bothered by a creditor demanding payment on an overdue bill	never	sometimes	usually
7.	I worry about money	never	sometimes	usually
8.	I have been refused credit	never	once	more than once
9.	I am in debt	never	sometimes	usually
10.	I spend more than I planned	never	sometimes	usually
11.	I can afford what I want	usually	sometimes	never
12.	I regret what I buy	never	sometimes	usually
13.	I save regularly	usually	sometimes	never
14.	I enjoy spending money	never	sometimes	usually
15.	I feel as if I have thrown my money away	never	sometimes	usually
16.	My spouse thinks I am a	penny pincher	prudent spender	spend thrift
17.	I think I am a	penny pincher	prudent spender	spend thrift
18.	I like extravagance	never	sometimes	usually
19.	Lack of money is my biggest problem	never	sometimes	usually
20.	I buy on impulse	never	sometimes	usually
21.	I buy ahead	usually	sometimes	never
22.	I have to juggle my creditors	never	sometimes	usually
23.	There are important things I want that I will ____get	probably	possibly	never
24.	I would go into debt to go on vacation	never	sometimes	usually
25.	I review my net worth	annually	sometimes	never
26.	I count on future raises or bonuses to pay some of my bills	never	sometimes	usually
27.	I write checks and then have to cover them	never	sometimes	usually
28.	I have had checks bounce	never	sometimes	usually
29.	I estimate my expenses well	usually	sometimes	never
30.	My monthly rent or mortgage payments are _____ of my monthly after-tax income	less than 25%	more than 25%	25%

"A" = 1 point 1 x _____ = _____

"B" = 2 points 2 x _____ = _____

"C" = 3 points 3 x _____ = _____

TOTAL = _____

44 and below = Tight45-75 = Good Balance 76+ = Spendthrift

*This exercise is for information purposes only. It a tool to assist you as you plan your future.

Marine/Family Budget Form

*This is a suggested format for a family budget. Adapt to your needs as you see fit.

MONTHLY EXPENSES

******** (List here monthly expenses which are **not paid by allotment**) *********

PAYMENT FOR	PAY TO	AMOUNT 1ST PAYDAY	15TH PAYDAY
HOUSING	_____	$_____	$_____
FOOD	_____	$_____	$_____
CLOTHING	_____	$_____	$_____
GASOLINE	_____	$_____	$_____
TELEPHONE	_____	$_____	$_____
CELL PHONE	_____	$_____	$_____
HOUSEHOLD SUPPLIES	_____	$_____	$_____
CAR LOAN (1)	_____	$_____	$_____
CAR LOAN (2)	_____	$_____	$_____
OTHER LOANS	_____	$_____	$_____
	_____	$_____	$_____
	_____	$_____	$_____
ENTERTAINMENT	_____	$_____	$_____
CREDIT CARDS	_____	$_____	$_____
	_____	$_____	$_____
	_____	$_____	$_____
POSTAGE/MAILING	_____	$_____	$_____
INSURANCE:			
LIFE	_____	$_____	$_____
RENTERS INS	_____	$_____	$_____
VEHICLE	_____	$_____	$_____

OTHER EXPENSES (SPECIFY)

_____ $_____

_____ $_____

_____ $_____

TOTAL EXPENSES NOT PAID BY ALLOTMENT **$_____**

******** (List here monthly expenses **paid by allotment**) **********

PAYMENT FOR	**PAY TO**	**AMOUNT 1ST. PAYDAY**	**15TH PAYDAY**
ALLOTMENT FOR_____		$_____	$_____
ALLOTMENT FOR_____		$_____	$_____
ALLOTMENT FOR_____		$_____	$_____
ALLOTMENT FOR_____		$_____	$_____
ALLOTMENT FOR_____		$_____	$_____
TOTAL EXPENSES PAID BY ALLOTMENT		$_____	(+) $_____
			(=)$_____
TOTAL EXPENSES NOT PAID BY ALLOTMENT *(See previous page for amounts)		$_____	(+) $_____
			(=)$_____
TOTAL MONTHLY EXPENSES			(=) $_____

*(Add total expenses not paid by allotment with total expenses paid by allotment to arrive at total monthly expenses).

MONTHLY INCOME (this information may be found on the SM LES)

SERVICE MEMBER'S BASE MONTHLY PAY	$_____
BASIC ALLOWANCE FOR SUBSISTENCE (BAS)	(+) $_____
BASIC ALLOWANCE FOR HOUSING (BAH)	(+) $_____
CLOTHING ALLOWANCE	(+) $_____
OTHER ALLOWANCE (S)	(+) $_____
FAMILY SEPARATION ALLOWANCE (FSA)	(+) $_____
ANY OTHER ALLOWANCE or PAY or INCOME	(+) $_____
TAXES (FEDERAL, STATE, SOCIAL SECURITY)	**(-)** $_____
TOTAL MONTHLY NET INCOME	**(=) $**_____(h)

If married – ***please complete the rest of the budget below***

SPOUSE'S MONTHLY NET PAY	$_____
OTHER INCOME (PART TIME JOB, ETC.)	(+)$_____
SPOUSE & OTHER TOTAL MONTHLY INCOME	(=) **$**_____**(I)**
SPOUSE & OTHER TOTAL MONTHLY INCOME	$_____(i)
MARINE'S NET MONTHLYINCOME	(+) $_____(h)
MARINE'S/FAMILY'S MONTHLY EXPENSE	(-) $_____(g)
MARINE'S/FAMILY'S SURPLUS **(i) + (h) - (g)**	**(=) $**_____

Budget Guideline Chart		
Category	**Description**	**Percent Expenditure**
Savings	All savings and investments	10-15 percent
Housing	Mortgages, rents, property taxes, repairs and improvements, utilities, gas, telephone	Monthly expenses such as housing, food, transportation, personal, clothing, medical, etc. should be less than 70 percent
Food	All food and meals out	
Transportation	Gas, repairs, insurance, parking, and public transportation	
Personal	Postage, cosmetics, haircuts, tobacco, etc.	
Clothing	All clothing purchases, shoes and alterations	
Medical	Insurance, prescription, medical and dental expenses	
Debt	Car Loan/Lease, credit cards, personal loans, student loans	Less than 20 percent

Definitions

Allotment: Defense Finance and Accounting Service (DFAS) can set up an allotment, an automatic payment that is deducted directly from your paycheck by DFAS. Regular payments can be paid automatically ensuring that there is no lapse in service or coverage. You can manage allotments through MyPay, https://mypay.dfas.mil/mypay.aspx. The following are examples of allotments:

- Thrift Savings Plan (Military 401K plan)
- Insurance Allotment (SGLI, TSGLI, Dental)
- Contribution Allotment (CFS, NMCRS, etc)
- Savings Allotment (savings account at bank or credit union)
- Discretionary Allotment (spouse, living expenses, etc)

Direct Deposit Payment: A Direct Deposit Payment is set up with your bank or credit union and deducted from your pay once it reaches the bank or credit union. Examples of direct deposits may be:

- Car Payment
- Mortgage payment
- Credit card payments
- Split Pay (Marines may receive a portion of their pay at their duty locality each payday)

****The information provided in this format is a guide only. Adapt the budget and form to the specific needs and situation of you and your family. A budget only works if it can be used.**

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society (NMCRS) is a nonprofit charitable organization. The local office provides financial, educational and other services for active duty, retired military personnel and their family members. "Taking care of its own" is the society's motto. The Society relies heavily on volunteer assistance rendered by family members of military personnel. Financial assistance may take the form of a loan without interest, an outright grant, or a combination of the two, depending upon the circumstances and the repayment ability.

1. Services provided:
   - Preparing a practical budget to avoid financial problems.
   - Financial aid for emergency or unexpected medical or dental work. Supply payment of the patient's share of medical expenses covered by TRICARE, United Concordia and Medicare programs.
   - Financial aid if an allotment check fails to arrive on time.
   - Financial aid in the event emergency travel is necessary.
   - Help with funeral expenses (according to need) in the event of a death in the immediate family.
   - Education assistance through a Student Loan Program.
   - Assistance with the cost of essential vehicle repair.
   - Assistance with financial needs in the case of a disaster.

2. Services not provided:
   - Assistance to allow service members to live beyond their means (normal income).
   - Finance business ventures or purchasing a home/car, or similar permanent investments.
   - Finance vacations, annual leave, or liberty.
   - Paying debts contracted prior to entry into the service.
   - Paying income or other taxes or interest on loans.
   - Purchasing of nonessentials.
   - Payment of fines or legal expenses.
   - Provide funds for marriage, divorce or adoption.

Navy-Marine Corps Relief Society can offer assistance to any eligible family member. The family member needs to contact the local NMCRS office and make an appointment to learn about the services available and how to access them. To be eligible, the family member will need to present a dependent ID card and preferably a General Power of Attorney, although it is not required. It is **not required** that the service member fill out an authorization for the

family member to access the services of NMCRS.

When the service member can afford to repay, financial assistance is provided as an interest-free loan, which is normally repaid by allotment. If repayment would cause a hardship, assistance may be provided as a grant or a combination of grant and interest-free loan. NMCRS does not, however, assist with the purchase of non-essentials, nor does it supplement the income of persons who live beyond their means.

3. If you personally request for NMCRS assistance, they are authorized full access to pay or personnel records, including any follow-up information relating to the orderly settlement of accounts.

Local NMCRS Information:_____

American Red Cross

The American Red Cross is a 24-hour a day agency. They can be reached at: 1-877-272-7337 in the U.S.

The American Red Cross offers communication assistance when the Marine and his family are unable to communicate directly or when a family cannot obtain information. Family members of Marines often turn to American Red Cross when there is a sudden illness, death or birth in the family. While deployed, the American Red Cross can help you find out about these and other emergencies in your family. If you are the patient, American Red Cross workers in military hospitals will write letters for you. If an emergency arises and your family must contact you overseas, the American Red Cross cooperates with service officials to get the message delivered.

American Red Cross provides emergency financial assistance in the event of disaster. Appropriate referrals between Navy-Marine Corps Relief Society and American Red Cross are made when necessary to give complete consideration of needs. The American Red Cross can provide NMCRS financial assistance when there is not an available NMCRS office (after hours or not near an installation). Local chapter contact information can be obtained from the ARC web site (http://www.redcross.org).

Local American Red Cross Information:

_____

WOUNDED WARRIOR CALL CENTER

FACT SHEET

THE SERGEANT MERLIN GERMAN WOUNDED WARRIOR CALL CENTER, inaugurated in December 2007, enables the Marine Corps to extend support to Marines through a variety of services to include advocacy, resource identification and referral, information distribution, and care coordination for Wounded, Ill, and Injured (WII) Marines and their family members.

Trained Call Center staff is primarily veteran and retired Marines or family members of Marines. These dedicated individuals are not only skilled at providing help, but they also share a common bond with those they serve.

In addition to receiving calls from active duty and veteran Marines, the Call Center also conducts outreach calls. Outreach calls offer assistance on a wide variety of issues, such as service disability ratings, medical care, employment, counseling, and benevolent organizations.

An additional Call Center outreach capability is the Rapid Action Poll (RAP). The Wounded Warrior Regiment leadership frequently needs to quickly, yet accurately, pulse WII Marines' and their families' opinions on specific issues to aid in their strategic planning, decision-making, and policy development. Feedback from Marines and their families, through the RAP capability, helps the Regiment to provide the best care possible by proactively identifying specific needs and challenges.

In addition to the WWR Call Center, both Wounded Warrior Battalion East and West have Call Cells. These Cells reach out to active duty WII Marines who remained with or returned to their parent commands. This proactive engagement enables the Regiment and Battalions to monitor their recovery and provide information on new programs and/or resources that would benefit the Marine and their family.

CALL CENTER BENEFITS

WII Marines and their families may contact the Call Center for advice and/or support for many issues, including:

- Benefits and Entitlement
- TSGLI
- Financial Planning
- GI Bill
- Employment/Education Support
- Psychological Health Concerns
- Counseling support on a variety of issues

For assistance or to receive additional information contact:

Sergeant Merlin German
Wounded Warrior Call Center
24/7 toll free at 877.487.6299

THE WOUNDED WARRIOR REGIMENT

The Wounded Warrior Regiment (WWR) stood up in April 2007 and immediately began to assume responsibilities for non-medical Wounded Warrior care. **The mission of the WWR is to provide and facilitate assistance to WII Marines, Sailors attached to or in direct support of Marine units, and their family members, throughout the phases of recovery.** The Regimental Headquarters element, located in Quantico, Virginia, coordinates the operations of two Wounded Warrior Battalions located at Camp Pendleton, California, and Camp Lejeune, North Carolina. The Regimental Headquarters provides unity of command and unity of effort through a single Commander who provides guidance, direction, and oversight to the Marine Corps WII non-medical care process and ensures continuous improvements to care management and the seamless transition of recovering Marines.

WWR FAMILY READINESS PROGRAM

FACT SHEET

THE WOUNDED WARRIOR REGIMENT'S FAMILY SUPPORT PLAN provides for two populations: (1) Wounded, Ill, and Injured (WII) Marines and their families, and (2) the WWR-wide staff and their families. The highest support priority lies with the WII population and ensuring that these Marines and their families receive the full support they require.

The geographic dispersion of the WII population and their various recovery phases requires additional partnerships and staff to ensure continuity of care. A WWR Family Support Team consisting of a host of non-medical care advocates; such as Family Readiness Officers (FROs), Family Support Coordinators (FSCs), Wounded Warrior Battalion Detachments, VA Polytrauma Liaisons, and Recovery Care Coordinators working together to ensure the smooth delivery of family support services.

Communication is key to ensuring the Regiment meets the needs of WII Marines and their families and a primary responsibility of the FRO/FSC is to identify convenient and innovative ways for Marines and families to provide feedback. The FRO/FSC stays in contact with families in various ways: monthly "What's Happening" e-mails, quarterly newsletters, instant messages and command updates through the Mass Communication Tool, quarterly family events, and through one-on-one interaction.

Additionally, a vital method of communication is the regularly-scheduled Family Readiness Town Hall meetings. Town Hall meetings are conducted at regional locations. Marines, spouses, parents, and caregivers are invited to participate. The meetings serve as a mechanism for two-way discussion and identification of needs in order to provide immediate and sustaining solutions.

USMC'S FAMILY READINESS PROGRAM OVERVIEW

Family readiness is defined as families who are prepared and equipped with the skills and tools to successfully meet the challenges of the military lifestyle.

The Family Readiness Officer (FRO) is the face of the commander's vision for family readiness and will provide direct coordination for the Unit Family Readiness Program. The FRO's duties fall into the following categories: Official Communication; Readiness and Deployment Support; Information and Referral; Family Outreach; Administrative/Logistical; Event Management; and Volunteer Management.

For more information see:
http://www.usmc-mccs.org/fro

Contact a Wounded Warrior Regiment FRO at:
703.432.1879 (MCB Quantico, VA)
910.449.9800 (Camp Lejeune, NC)
760.429.8606 (Camp Pendleton, CA)

For assistance or to receive additional information contact:
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Wounded Warrior Call Center
24/7 toll free at 877.487.6299

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FOCUS RESILIENCY TRAINING

FACT SHEET

FOCUS (Families OverComing Under Stress) in collaboration with the Marine Corps Wounded Warrior Regiment, has developed a program to address the specific needs of the Regiment's Wounded, Ill, and Injured (WII) Marines and their families.

FOCUS is a resiliency training program designed to assist and promote strong Marine Corps families so that they are better equipped to contend with the stress associated with multiple deployments, combat stress, and physical injuries.

A service member's injury or illness affects all members of the family. FOCUS works with the entire family to teach skills that assist them as they come together to overcome their challenges and adapt to their "new normal". The FOCUS program is flexible and allows families to customize a recovery plan based on their specific needs. Military families are taught resiliency skills; including emotional regulation, communication, goal setting, handling traumatic reminders, and problem solving. Families are also provided practical strategies and tools for talking to children about illness and combat related injuries.

FOCUS is available aboard:

- MCB Quantico
- Camp Lejeune
- Camp Pendleton
- Hawaii

FOCUS provides:

- In-home services for local families of WII Marines at a time most convenient to the family
- Individual and group level services are also offered and provide training on methods to cope with the challenges associated with stress, change, injury and/or illness

If you are not located at or near one of these installations:

- Training is available over the phone and is conducted in sessions that are conducive to a family's schedule
- In-home visits are available based on the level of need and availability of staff
- Referrals are available through the Wounded Warrior Call Center at 1-877-487-6299

* FOCUS staff are master's level trainers and refer counseling support and/or needed medical attention to the appropriate clinical support staff.

FOCUS PROGRAM OVERVIEW

FOCUS is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS is founded on leading evidence-based family intervention models for at-risk families which have demonstrated positive emotional, behavioral and adaptive outcomes over time. FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior in collaboration with the National Child Traumatic Stress network and Children's Hospital Boston/Harvard Medical School.

For more information
310.794.2482 • www.focusproject.org

For assistance or to receive additional information contact:
Sergeant Merlin German
Wounded Warrior Call Center
24/7 toll free at 1-877-487-6299

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WWR CLINICAL SERVICES STAFF

FACT SHEET

THE WOUNDED WARRIOR REGIMENT CLINICAL SERVICES STAFF supports a comprehensive Psychological Health and Traumatic Brain Injury (TBI) program to help every Marine receive the best prevention, identification and treatment available.

The Clinical Services Staff includes a Psychological Health Coordinator, a TBI Coordinator, and five Licensed Clinical Care Consultants (LCCs). The Clinical Services Staff along with the Mental Health Advisor and Regimental Surgeon make up the medical staff for the Regiment.

The Clinical Services Staff work closely with Marines and civilian staff to determine the most appropriate course of action for Wounded, Ill, and Injured (WII) Marines and their families.

The Clinical Services Staff is available to assist WII, their families, and commands with the following:

- Coordinating care through multiple contacts at varying medical facilities and charitable organizations
- Provide outreach education about medical conditions such as TBI, combat operational stress, PTSD and substance abuse
- Assist commands in evaluating the needs of a wounded, ill, or injured Marine and answer questions about medical symptoms and diagnoses
- Discuss coping and resiliency resources with Marines and family members after a deployment
- Screen Marines with TBI for possible inclusion in research studies
- Review Post-Deployment Health Reassessment (PDHRA) and address any questions or unresolved issues

IMPORTANT CONTACT INFORMATION

If you or a loved one experiences distress associated with combat trauma, you should make an appointment with your primary care manager. If you need counseling or help locating services, call the Wounded Warrior Call Center 877.487.6299 or the Clinical Services Staff in your region.

Wounded Warrior Regiment
MCB Quantico
703-649-2668

Wounded Warrior Battalion East
MCB Camp Lejeune
910-450-6733

Wounded Warrior Battalion West
MCB Camp Pendleton
760-725-3721

For assistance or to receive additional information contact:
Sergeant Merlin German
Wounded Warrior Call Center
24/7 toll free at 1-877-487-6299

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WWR CHARITABLE GIVING OFFICE

FACT SHEET

THE WOUNDED WARRIOR REGIMENT'S (WWR's) CHARITABLE GIVING OFFICE supports Wounded, Ill, and Injured (WII) Marines and Sailors in support of Marine units as well as active duty, retired and medically retired Purple Heart recipients and their families.

The WWR's Charitable Giving team:

- Investigates donors to ensure reliability and to identify non-prohibited sources
- Coordinates with legal officers on offers of gifts and/or donations
- Serves as a conduit and coordinator for many of the Regiment's special events and programs (i.e. concerts, athletic outings, family activities, or community-based initiatives)

The Charitable Giving Office coordinates with a broad range of charitable groups and private individuals who provide a range of financial and in-kind support and services to the WII Marines, Sailors and their families.

Donations to the WWR are used to assist WII Marines, Sailors in support of Marines, and their families who have extreme circumstances and/or emergent needs. Donors may also designate donations to specific areas such as recreational therapy, family support, child care, or a specific unit, etc.

Monetary and In-kind donations can be accepted by the WWR. For a Monetary Donation, checks must be made payable and sent to:

Department of Navy Gift Fund
In Memo line: Wounded Warrior Regiment
3025 John Quick Road
MCB Quantico, VA 22134
C/O Charitable Donations Coordinator

In-Kind Donations must be made with prior coordination with the Charitable Donations Coordinator. Please call 703.432.1847 for information regarding in-kind needs.

*All gifts to the Regiment, Battalions, or individual Marines require an offer letter. Please see the WWR website and complete the Donation Form or e-mail: wwrdonations@usmc.mil

PURPLE HEART COMMUNITY OUTREACH PROGRAM

The WWR developed the Purple Heart Community Outreach Program to provide news, information, and events to Purple Heart recipients and their families. Past events include tickets to sporting events such as NASCAR, football and baseball games, hunting and fishing trips, golfing opportunities, and banquets/dinners.

The goal of the program is to assist Purple Heart recipients and their families in remaining active in the USMC family and their local community.

If you are an OEF/OIF Purple Heart recipient, or know someone who is, and would like to participate in this program please complete the form on our website to join the mailing list.

www.woundedwarriorregiment.org

For assistance or to receive additional information contact:

Sergeant Merlin German
Wounded Warrior Call Center
24/7 toll free at 877.487.6299

THE WOUNDED WARRIOR REGIMENT

The Wounded Warrior Regiment (WWR) stood up in April 2007 and immediately began to assume responsibilities for non-medical Wounded Warrior care. **The mission of the WWR is to provide and facilitate assistance to WII Marines, Sailors attached to or in direct support of Marine units, and their family members, throughout the phases of recovery.** The Regimental Headquarters element, located in Quantico, Virginia, coordinates the operations of two Wounded Warrior Battalions located at Camp Pendleton, California, and Camp Lejeune, North Carolina. The Regimental Headquarters provides unity of command and unity of effort through a single Commander who provides guidance, direction, and oversight to the Marine Corps WII non-medical care process and ensures continuous improvements to care management and the seamless transition of recovering Marines.

SUPPORT TO WOUNDED/ILL/INJURED RESERVE PERSONNEL

FACT SHEET

The Marine Corps Wounded Warrior Regiment (WWR) was established to provide and facilitate assistance to wounded/ill/injured (WII) Marines and their family members throughout the phases of their recovery. The WWR is a single command with a strategic reach that provides non-medical care to the total Marine force: Active Duty, Reserve, Retired, and Veteran Marines. This non-medical care is provided whether Marines are at major military treatment facilities, at home away from bases and stations, or with their operational units.

Although all non-medical care support offered by the WWR is provided to Reserve Marines, specific Reserve-related elements of WWR care coordination include:

- Under a Return Integration Location (RILOC) Process, the WWR's Reserve Medical Entitlements Determination (RMED) Division facilitates medical evaluations of mass groups of Reservists returning from deployment. Working with the demobilization site Medical Treatment Facility, blocks of appointments are arranged for studies and specialist evaluations. This enables immediate treatment of service–connected medical issues and facilitates the administrative work related to Marines in Medical Hold or Line of Duty processes. At post-deployment health reassessment sites, VA representatives help Reserve Marines make appointments at VA medical facilities and provide readjustment counseling services.

The WWR's Reserve Medical Entitlements Determination (RMED) Division maintains oversight of all cases of reservists who require medical care beyond their contract period for service-connected ailments. Those who require extension on active duty are placed into the Medical Hold Program. Those who do not require extension on active duty, or who desire to demobilize to return to their civilian life, have their medical needs addressed through the WWR's Line of Duty Benefit (LODB) Program. WWR's RMED Division provides expansive advocacy for real-time tracking and monitoring of Reservists under its auspices.

- The Marine Corps has a Reserve Psychological Health Outreach Program with six psychological health teams at Marine Reserve sites across the Nation (Devens, MA; Marietta, GA; New Orleans, LA; Kansas City, MO; Ft. Lewis, WA; and San Bruno, CA). These teams provide psychological health assessment and outreach to returning Reservists; facilitate access to psychological health support resources for Reservists and families, and provide education in Combat Operational Stress Control Training and suicide prevention.

The majority of the WWR's staff consists of Reserve Marines. This provides a high level of Reservist subject matter expertise to deal with Selected Marine Corps Reserve and Individual Ready Reserve Marines, which allows for heightened advocacy with regard to Reserve-specific issues.

- Under the RILOC process, the WWR coordinates a VA outreach initiative to educate demobilizing Reservists on various types of VA benefits entitlements, such as health care, education, housing, and more.
- To support remote and isolated Reservists, the WWR has District Injured Support Cells (DISCs), who are geographically dispersed mobilized Marine Reservists who conduct face-to-face visits and telephonic outreach to Reserve and former Marines and families located throughout the country.
- The WWR utilizes Marines from over 180 Reserve Training Centers located in 48 states including Puerto Rico and the District of Columbia to provide outreach support to WII Marines and families from coast to coast.
- The WWR's DISCs and the Marines from the Reserve Training Centers have immediate access to the WWR's Medical Cell and Clinical Services Staff for psychological health and/or traumatic brain injury issues.
- The WWR is collaborating with a resiliency training program, Families OverComing Under Stress (FOCUS), to teach WII Marines and families (including Reserve and remote and isolated Marines) to contend with the stress associated with multiple deployments, combat stress, and physical injuries. Families are provided practical strategies and tools for talking to children about illness and combat-related injuries.
- The WWR uses the Military and Family Life Consults (MFLC) Program for Reservists and their families. The MFLC Program provides short term, situational, problem0slving counseling services and helps Service members and their families understand the impact of stress, deployments, family reunions following deployments and the stresses of military life.

In April 2008, the WWR's Sergeant Merlin German Wounded Warrior Call Center conducted a Reserve-specific outreach program. Call Center representatives successfully contacted all members of a Marine Corps Personnel Recovery Platoon (721 Reservists who may bear the less visible wounds of battle) to check on their well-being and offer information and referral as needed.

BENEFITS AND COMPENSATION

FACT SHEET

This fact sheet provides information on Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) service member benefits. For further details on any benefit listed, please contact the Sgt. Merlin German Wounded Warrior Call Center at 1.877.487.6299.

COMBAT ZONE TAX EXCLUSION ALLOWANCE (CZTE):
Any time a service member is hospitalized or rehospitalized for a wound(s), disease, or injury incurred while serving in a combat zone or qualified hazardous duty area, the member is eligible for combat tax exclusion. A member is considered as hospitalized or rehospitalized until such time as status as a hospital patient ceases by reason of discharge from the hospital. A member receiving inpatient care may receive CZTE up to two years after the CZ designation terminates.

TRAUMATIC SERVICEMEMBERS' GROUP LIFE INSURANCE (TSGLI):
Provides financial assistance to service members during their recovery period from a serious traumatic injury. Payment amounts up to $100,000 are determined by the Office of SGLI (OSGLI) and are based on the severity of injury or combined loss of ability to perform specific activities of daily living. A retroactive provision exists to make payments for members who suffered a qualifying loss between Oct. 7, 2001 and Nov. 30, 2005. Injuries must have occurred during participation in OIF or OEF while serving in a geographic location that qualified the service member for CZTE.

PAY AND ALLOWANCE CONTINUATION (PAC):
Per MarAdmin 685/08 service members of the Regular or Reserve Components who in the line of duty, incurred a wound, injury, or illness while serving in a combat operation or a combat zone, while serving in a hostile fire area, or while exposed to a hostile fire event (regardless of location), and are hospitalized for treatment of the wound, injury, or illness may be eligible for the Pay and Allowance Continuation program, known as PAC. PAC was authorized by the 2008 National Defense Authorization Act and became effective 15 May 2008. PAC enables service members who become wounded, injured or ill in the combat zone and are undergoing medical treatment to continue to receive their hardship duty pay, hostile fire/imminent danger pay, deployed Per Diem (incidental expense portion only), Hazardous duty incentive pay as well as other special-incentive monies such as special assignment and parachute, or "jump," pay during their period of hospitalization and recovery period. PAC pay starts when injured service members are first hospitalized and continues for a year, with possible six-month extensions due to extraordinary circumstances. The date of first hospitalization is the date the service member is first hospitalized for the incurred injury, illness or wound.

FAMILY SEPARATION ALLOWANCE (FSA-T II):
This is payable to members with dependents to compensate for additional expenses incurred as a result of enforced Family Separation and when the Service members is on TDY (or temporary additional duty) away from the permanent station continuously for more than 30 days, and the member's dependents are not residing at or near the TDY station. This includes members who are required to perform a period of the TDY before reporting to their initial station of assignment. The amount payable is $250.00.

HOSTILE FIRE PAY OR IMMINENT DANGER PAY ALLOWANCE (HFP/IDP):
HFP/IDP is payable at a monthly rate of $225 when, as certified by the appropriate commander, a member is, subjected to hostile fire (HFP) or on official duty in a designated IDP area. It is payable in addition to all other pay or allowances. Additionally, it is payable in the full amount without being prorated or reduced, for each month, during any part of which, a member qualifies. Active and Reserve Component members who qualify, at any time during a month, will receive the full amount of HFP/IDP regardless of the period of time in active duty or the number of days they receive basic pay during that month. *HOSPITALIZATION: A member entitled to HFP/IDP, who is receiving in-patient care for a wound or injury incurred as a result of hostile action, is entitled to HFP/IDP for each month of hospitalization and continues up to an additional three months after the month in which the wound or injury occurred.*

COMBAT ZONE TAX EXCLUSION LEAVE:
Leave earned in a combat zone is not taxed. If a member takes leave during the month of departure from the combat zone, the member accrues no additional tax benefits because the month is already tax free. Enlisted members and warrant officers have no limitation or ceiling on the value of payments exempt from taxes for any month in which they

qualify for the exemption. Commissioned officers are subject to a limit on the value of federal tax-exempt payments and exemption from federal and state tax withholding for each month in which they qualify for the exemption.

CIVILIAN/MILITARY CLOTHING ISSUE: CIVILIAN CLOTHING FOR INJURED ACTIVE DUTY PERSONNEL:
Provides civilian attire (no more than $250) suitable for wear by a service member during travel as a result of medical evacuation for treatment in a medical facility, or for travel to a medical facility or the service member's home station, as a result of al illness or injury incurred or aggravated by the member while on active duty in support of Operation Noble Eagle, OIF, or OEF.

MILITARY CLOTHING FOR INJURED ACTIVE DUTY PERSONNEL:
Provides for clothing issue to hospitalized enlisted service members who are not in possession of their uniform clothing due to medical evacuation and/or hospitalization. The clothing issue consists of the minimum amount of uniform clothing necessary to maintain acceptable standards of appearance.

PROFILE CHANGE AND UNIFORM ALTERATION POLICY FOR COMBAT WOUNDED PERSONNEL:
Provides for uniform alteration for both officer and enlisted combat wounded service members being retained on active duty. Commanders will provide for uniform alterations and/or replacements to personnel with profile changes due to combat-related illnesses or injuries. Officers are authorized clothing replacements for designated specific replacements only.

TRAVEL AND TRANSPORTATION ALLOWANCES FOR SUBSEQUENT MEDICAL TREATMENT:
Members who subsequently are ordered to travel outside the local vicinity of their PDS for necessary medical care are authorized travel allowances for TAD travel. If the member is determined to be physically incapable of traveling alone, one escort/attendant with transportation and travel allowances may be authorized to escort. If a member is subsequently ordered to travel within the vicinity of their PDS or TAD station, then reimbursement of local travel may be authorized. If within the vicinity of his PDS, then the member may be reimbursed mileage for the distance that exceeds the commuting distance (between member's residence and normal place of duty at his or her PDS). If instead the member is away from his or her PDS, e.g., at his or her Home of Record, then the member may be reimbursed the entire mileage to/from his or her residence and TAD location of the MTF/medical facility. Members may be provided or reimbursed travel and transportation allowances only while they are in a duty status. They must have their leave status stopped/started and a duty status started/stopped on any days they execute travel.

SUBMISSION OF FINAL TRAVEL VOUCHER:
Service members separating have one year from the date of separation to submit their final travel voucher, DD form 1351-2 (July 2004) to the Finance/Disbursing Office that services the member's last active duty site. Members who retire or are placed on the PDRL/TDRL have one year (plus a period equal to the period of the member's hospitalization or treatment) from the date of retirement (active duty termination) to submit their final travel vouchers to the Finance/Disbursing office that services the member's last active duty site.

RESERVE AND GUARD SERVICE MEMBERS' HEALTHCARE OPTIONS:
TRICARE Reserve Select is available for Reservists whose active duty service was in support of a contingency operation on or after Sep. 11, 2001. Enrollment is contingent on the member executing a service agreement for one or more whole years through their unit. Eligibility is based on service under Title 10 for 90 or more consecutive days or less than 90 days due to injury, illness, or disease acquired while deployed. TRS coverage must be purchased, and members pay a monthly premium for health care coverage.

FOR MORE INFORMATION, PLEASE VISIT:

DFAS Wounded Warrior Pay Site:
http://www.dfas.mil/militarypay/woundedwarriorpay/wwpublications.html

National Resource Directory Pay Benefits and Compensation Site:
http://www.nationalresourcedirectory.gov/nrd/public/DisplayPage.do?parentFolderId=6032

THE WOUNDED WARRIOR REGIMENT

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UNITED STATES MARINE CORPS WOUNDED WARRIOR REGIMENT

ETIAM IN PUGNA "STILL IN THE FIGHT"

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INVITATIONAL TRAVEL ORDERS AND NON-MEDICAL ATTENDANT ORDERS

FACT SHEET

Provided below is an explanation of Invitation Travel Orders (ITOs) and Non-Medical Attendant Orders (NMA) for family members supporting Wounded, Ill, and Injured Marines.

Unit Commanders, WII Marines, and families traveling on ITO or NMA orders are encouraged to contact the local Marine Point of Contact (POC) or Wounded Warrior Battalion for any updates to the information contained in this fact sheet. If there are additional questions regarding ITOs or NMAs after reading this fact sheet, your local Marine POC is available to assist you.

WHAT DO ITOS AUTHORIZE?

ITOs are government funded orders that can authorize up to three individuals designated by a very seriously or seriously WII Marine to travel to the medical facility providing care. When on ITOs, travel to and from the hospital, hotel costs, meals, and incidental expenses are reimbursed by the government. Per diem will be paid at the locations daily rate for meals and incidental expenses. The per diem rates received may differ depending on the location of the medical facility. Lodging costs cannot exceed the approved lodging rate for the area. Information on local per diem rates can be found on the DoD website or contact a local Marine POC to receive information on current rates.

HOW TO OBTAIN AN ADVANCE?

Families who require advanced funds due to a financial hardship are authorized a funds advance while traveling to or staying at the medical treatment facility. The number of days eligible to receive advanced payment depends upon the family's length of stay at the facility. Advanced payments must be claimed on the travel voucher and payment will be deducted from the final settlement. For more information or to request an advanced payment, contact a local Marine POC.

HOW TO GET REIMBURSED FOR TRAVEL ENTITLEMENTS WHILE AT THE MEDICAL TREATMENT FACILITY?

In order to get reimbursed for the amount spent on travel, lodging, meals, and incidentals, a completed travel voucher, DD Form 1351-2 must be submitted. Included with the form should be copy of the ITO or NMA orders. Contact a local Marine POC for assistance in completing and filing a travel claim.

WHAT IS MONTHLY TRAVEL ACCRUAL?

A monthly travel accrual is a voucher that is submitted every month to pay the travel entitlements accrued from the previous month. A local Marine POC can assist in completing and submitting monthly vouchers. If preferred, a family member can wait to submit a voucher until all travel is completed. The final settlement voucher would then reimburse for the entire period.

NON-MEDICAL ATTENDANT ORDERS

When a Marine becomes an outpatient, a family member or caregiver may be issued Non-Medical Attendant (NMA) orders. While the Marine is an outpatient, one person is typically authorized NMA travel entitlements. NMAs are similar to ITOs, with the same travel entitlements authorized. Family members are authorized per diem and lodging costs at the current location rate not to exceed the approved lodging rate for that specific location. A travel voucher should be submitted once a month until it is determined by the medical doctor that the NMA is no longer required and a final settlement voucher should be submitted once the Marine return to their home base/ station. For further information contact a local Marine POC.

TRAVEL VOUCHER CHECK LIST

Remember that a complete travel package includes the original or one clear copy of the following:

- DD Form 1351-2 (signed)
- ITO/NMA Orders
- Amendments/Endorsements (if issued)
- Lodging receipts
- Any receipt $75.00 or more
- Completed EFT Form

The following check list will help ensure your travel voucher is complete for payment:

__ Sign your voucher.
__ Provide a daytime phone number and/or an e-mail address.
__ Staple attachments (receipts) to voucher.
__ Double check your voucher to ensure all information is correct.
__ Keep a copy of your complete voucher package for your reference.
__ Submit your travel voucher to your Marine POC.
__ EFT information verified.

MORE QUESTIONS?

Call the Wounded Warrior Regiment
WWR Call Center: 1.877.487.6299
WWBn-East Call Cell: 910.451.1202
WWBn-West Call Cell: 760.763.6715

THE WOUNDED WARRIOR REGIMENT

Established in 2007, the Marine Corps Wounded Warrior Regiment provides and facilitates assistance to combat and non-combat wounded, ill, and injured Marines and sailors attached to or in direct support of Marine units and their family members in order to assist them as they return to duty or transition to civilian life. The Regimental headquarters, located in Quantico, VA, Commands the operations of two Wounded Warrior Battalions located at Camp Pendleton, CA. And Camp Lejeune, NC, and multiple detachments in locations around the globe.

TRAUMATIC SERVICEMEMBERS' GROUP LIFE INSURANCE

FACT SHEET

TRAUMATIC SERVICEMEMBERS' GROUP LIFE INSURANCE (TSGLI) provides traumatically injured service members with funds to meet immediate, post-injury financial needs. TSGLI payments are designed to help traumatically injured service members and their families with financial burdens associated with recovering from a severe injury.

Public Law 109-13, enacted 11 May 2005, created the TSGLI program. The legislation became effective on 1 Dec 2005. A provision of the law extended retroactive coverage for members who incur a qualifying loss as a direct result of injuries incurred on or after 7 Oct 2001, through and including 30 Nov 2005, in Operations Iraqi or Enduring Freedom -or- the member must have been serving in a geographic location that qualified the member for the Combat Zone Tax Exclusion under the Internal Revenue Service Code at the time the traumatic event occurred.

TSGLI provides tax free lump-sum payments in increments of $25,000, ranging from $25,000 to $100,000, depending on the extent of the service member's loss. According to federal policy (38 CFR 9.20):

- Traumatic injury is defined as physical damage to a living body that is caused by a traumatic event. It excludes damage to a living body caused by medical or surgical treatment of an illness or disease.
- Traumatic Event is defined as the application of external force, violence, chemical, biological, or radiological weapons, or accidental ingestion of a contaminated substance causing damage to a living being.

Financial counseling services are available to TSGLI beneficiaries at no cost. Once a claim is approved, their will be an option on the claim form to elect beneficiary financial counseling. **The Wounded Warrior Regiment encourages Marines and families to take advantage of this free professional financial counseling service.**

TSGLI COVERED LOSSES

- Loss of sight, hearing, or speech
- Amputation(s)
- Limb Salvage
- Paralysis
- Facial Reconstruction
- Severe Burns
- Hospitalization
- Loss of Activities of Daily Living

**** These are examples*

To find out if you qualify contact Headquarters Marine Corps TSGLI office at:

1-877-216-0825

The TSGLI Procedures Guide and application form can be found at:
www.woundedwarriorregiment.org.

For assistance or to receive additional information contact:

Sergeant Merlin German
Wounded Warrior Call Center
24/7 toll free at 1-877-487-6299

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TRAUMATIC BRAIN INJURY

FACT SHEET

TRAUMATIC BRAIN INJURY (TBI), more commonly known as a concussion, has become one of the signature injuries of the OEF/OIF conflict. The source of this injury is often exposure to a concussive blast (i.e. IEDs, RPGs, land mines, mortar and artillery detonations). However, TBI can also stem from a traumatic event to the head in the way of a fall, motor vehicle accident or firearm injury. It is believed that 15-30% of deployed service members may have suffered from some form of TBI.

Symptoms can be mild to moderate to severe, depending on the extent of the damage. Symptoms may include behavioral changes, headaches, dizziness, blackouts, tunnel vision, difficulty speaking, lack of muscle control, unconsciousness and seizures. If left untreated, TBI may result in permanent disability or even death.

Mild TBIs are the most prevalent TBI and often go unreported at the time of initial injury. 15% of people with mild TBI may have symptoms that last one year or more. Mild TBI is defined as an injury to the brain resulting from an external force and/or acceleration/deceleration mechanism from an event, such as a blast, fall, direct impact, or motor vehicle accident which causes an alteration in mental status.

Moderate TBI is defined as an injury involving loss of consciousness for more than 30 minutes and up to 24 hours, with post traumatic amnesia greater than one day up to seven days.

Severe TBI is defined as an injury resulting in loss of consciousness for more than 24 hours, with post traumatic amnesia for greater than seven days.

TBI prognosis varies based on the individual and the brain injury. Recovery can be seen months, and even years after the initial injury. Most mild TBI injuries will resolve spontaneously with time, education, and reduction of exposure to additional head injuries within a close span of time. Moderate to severe TBI, may require coordination of the TBI stabilization teams, rehabilitation teams, occupational therapist and other specialist in conjunction with the TBI patient and his/her family to ensure the TBI patient's success.

WWR CLINICAL SERVICES STAFF

The WWR Clinical Services Staff (CSS), composed of a psychological health program coordinator, TBI program coordinator, licensed clinical care consultants, mental health advisor, regimental surgeon and other staff, is available to assist Wounded, Ill and Injured (WII) Marines, their families and Commands with the following:

- Coordination of assistance and care at varying medical facilities and with charitable organizations
- Providing outreach education about TBI
- Assisting commands in evaluating the needs of a WII Marine and answering questions about medical symptoms and diagnosis
- Discussing coping and resiliency resources with Marines and family members after deployment
- Screening Marines with TBI for possible inclusion in research studies
- Reviewing the Post-Deployment Health Reassessment (PDHRA) and addressing any questions or unresolved issues

For assistance or to receive additional information contact:

Sergeant Merlin German
Wounded Warrior Call Center
24/7 toll free at 1-877-487-6299

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POST TRAUMATIC STRESS DISORDER

FACT SHEET

POST-TRAUMATIC STRESS DISORDER (PTSD), also known as "shell shock," is a type of anxiety condition. It can occur after a person has seen or experienced a traumatic event that involved the threat of injury or death. PTSD symptoms usually start soon after the traumatic event, but may not happen until months or years later. Symptoms may also come and go over many years. During the initial readjustment period (3-6 months) after deployment, it is normal to experience Combat Operational Stress with PTSD-like symptoms. However, if after the initial readjustment period or at any time PTSD symptoms are affecting day-to-day activities (i.e. interfering with work or home life); an individual should be evaluated to see if they are suffering from PTSD.

Symptoms of PTSD are as follows:

- Repeated "reliving" of the event, which disturbs day-to-day activity. This could include: flashback episodes triggered by sight, sounds or smells; recurrent distressing memories of the event; repeated dreams of the event; and physical reactions to situations similar to the original traumatic event.
- Avoidance, which could include: emotional "numbing"; feelings of detachment; inability to remember important aspects of the trauma; lack of interest in normal activities; less expression of moods; staying away from places, people, or objects that resemble or are related to the event; sense of having no future.
- Arousal and or difficulty concentrating, which could include: exaggerated responses to unexpected events; hyper vigilance; irritability or outbursts of anger; sleeping difficulties.

There are screening tools available to help medical providers identify whether you or a loved one is suffering from symptoms of PTSD. There are also many medical and alternative treatments and therapies available for those suffering from PTSD, some of these include: counseling, cognitive-behavioral therapy, eye movement desensitization and reprocessing, exercise therapy, acupuncture and medications to name a few.

COMMAND ASSISTANCE

The WWR Clinical Staff is available to assist Wounded, Ill and Injured (WII) Marines, their families and commands with the following:

- Coordination of assistance and care at varying medical facilities and with charitable organizations
- Providing outreach education about PTSD
- Assist commands in evaluating the needs of a WII Marine and answering questions about medical symptoms and diagnosis
- Discuss coping and resiliency resources with Marines and family members after deployment
- Reviewing the Post-Deployment Health Reassessment (PDHRA) and addressing any questions or unresolved issues

If you or a loved one is experiencing symptoms of PTSD, make an appointment with your primary care manager. If you need counseling or help locating services, please contact:

Sergeant Merlin German
Wounded Warrior Call Center
24/7 toll free at 1-877-487-6299

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