



REVEILLE

VA Continues Community Suicide-Prevention Challenge

The U.S. Department of Veterans Affairs (VA) and the Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) convened seven teams March 27-29 in Arlington, Virginia, for the Mayor's Challenge to Prevent Suicide Among Service Members, Veterans and their Families.

With the goal of eliminating suicide by promoting a comprehensive public health approach that empowers communities to take action, the sites that participated in the mayor's challenge policy academy were: Clarksville, Tennessee; Kansas City, Missouri; Oklahoma City, Oklahoma; Mecklenburg County, North Carolina; Tulsa, Oklahoma; Reno/Truckee Meadows, Nevada; and Suffolk County, New York.

Suicide is a major public health concern that affects everyone. It is estimated 45,000 Americans, including 6,000 Veterans, die by suicide each year.

"The mayor's challenge provides a roadmap for how communities can contribute to the national effort of preventing Veteran suicide," said VA Secretary Robert Wilkie. "We are pleased to continue our partnership with SAMHSA, so we can provide suicide-prevention training and support to the communities where Veterans live, work and thrive."

At the policy academy, representatives from the sites developed strategic action plans to implement in their communities. The collaborative teams included community, municipal and military stakeholders, among others. VA and SAMHSA provided technical assistance to support local efforts, document outcomes and share strategies with other municipalities.

The Mayor's Challenge was launched in March 2018, bringing together representatives of eight cities to develop local action plans to prevent Veteran suicide. Since then, the Mayor's Challenge program has expanded to a total of 24 cities. An inaugural Governor's Challenge that involved seven state teams took place in February, replicating the effort on the state level. Participants in both programs form interagency teams to bolster Veteran suicide-prevention efforts in their communities.

To learn more about the efforts of VA's Office of Mental Health and Suicide Prevention, visit https://www.mentalhealth.va.gov/suicide_prevention. For information on SAMHSA's suicide prevention efforts, visit <https://www.samhsa.gov/suicide-prevention/samhsas-efforts>.

Veterans who are in crisis or having thoughts of suicide, and those who know a Veteran in crisis, can contact the Veterans Crisis Line for confidential support 24 hours a day, seven days a week, 365 days a year. Call 800-273-8255 and press 1, send a text message to 838255 or chat online at VeteransCrisisLine.net/Chat.

REVEILLE Summer 2019 Volume 27 Issue 1

Suicide-Prevention Challenge.....	1
RallyPoint & PsychArmor.....	2
Benefits on VA.gov.....	3
Director's Desk.....	4
Important Phone Numbers & Dates.....	4





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RP RALLYPOINT

What Is RallyPoint?

RallyPoint is the premiere digital platform for the military community to come together and discuss military topics both socially and professionally. Our members include military service members, veterans, family members, caregivers, survivors, and supporters of those in uniform.

RallyPoint connects members and provides tools to succeed along their entire lifetime journey - from recruit through retirement and beyond. Members build peer to peer relationships across branches, generations, and conflicts forged by the common bond of service. Within the community, members can build their professional network, ask questions, share photos and stories, connect with members in a secure environment, and explore educational and career opportunities.

RallyPoint can be accessed at <https://www.rallypoint.com/about-us>



Take Free Courses Now!

PsychArmor Institute is a national nonprofit that provides FREE Online Education and support to all Americans who work with, live with or care for Military Service Members, Veterans and their families.

Courses for those Americans supporting Veterans include caregivers, employers, educators, healthcare providers, volunteers/non-profits, and government. PsychArmor can be accessed at <https://psycharmor.org/>

Funders of PsychArmor



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Explore VA.gov to Learn About Your Benefits

- **Disability**

File a claim for disability compensation for conditions related to your military service, and manage your benefits over time.

- **Health Care**

Apply for VA health care, find out how to access services, and manage your health and benefits online.

- **Education and Training**

Apply for and manage your GI Bill and other education benefits to help pay for college and training programs.

- **Housing Assistance**

Find out if you're eligible for VA home loan programs to help you buy, build, repair, or keep a home. If you have a service-connected disability, see if you qualify for a housing grant to help you live more independently.

- **Careers and Employment**

Apply for vocational rehabilitation services, get support for your Veteran-owned small business, and access other career resources.

- **Life Insurance**

Explore VA life insurance options for Veterans, Servicemembers, and families. Manage your policy online, file claims for benefits, and access helpful resources.

- **Pension**

Apply for monthly payments for wartime Veterans and survivors with limited or no income who meet certain age and disability requirements.

- **Burials and Memorials**

Get help planning a burial in a VA national cemetery, order a headstone or other memorial item to honor a Veteran's service, and apply for survivor and dependent benefits.

- **Records**

Apply for a printed Veteran ID card, get your VA benefit letters and medical records, and learn how to apply for a discharge upgrade.



The Director's Desk

Greetings, friends of VUB!





I'd like to introduce you to Michelle Shutt, VUB's new Advisor. Prior to joining VUB, Michelle worked for several years at WKU's Educational Opportunity Center, one of our sister TRIO programs. She is replacing our old Advisor, Rick Wright, who retired in December.

Thanks to her time in EOC, Michelle brings a wealth of financial aid experience to the program. She also has a tremendous heart for helping others. She's the proud daughter of Korean War veteran, and she's very eager to help the veterans of VUB prepare for and enroll in school.

So if you are interested in going back to school, make sure to give Michelle a call at (270) 745-5008. It doesn't matter if you know exactly what you want to do, or if you need help deciding on what plans would work best for you. Michelle will gladly do all she can to help you find the right path for you.

Davy Stone
Director, VUB @ WKU

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WKU®

Important Numbers and Dates

Catherine McKee, WKU VA Certifying Official (270) 745-3732	MAY 30	Memorial Day, VUB Closed
Stephanie Gabbard, VA Voc-Rehab, B.G. Office (270) 846-2092	JUN 8	ACT Test Date
Military Student Services, WKU (270) 745-2180	JUN 14	ACT Registration Deadline for JUL 13
Shawn Stovall, SKYCTC VA Certifying Official (270) 901-1188	JUL 4	Independence Day, VUB Closed
Department of Employment Services, Bowling Green (270) 746-7237	JUL 13	ACT Test Date
VA Regional Office, Louisville (502) 566-4482	AUG 16	ACT Registration Deadline for SEP 14
VA Regional Office, Nashville, TN (615) 695-6384	SEP 2	Labor Day, VUB Closed
BG VA Community Based Outpatient Clinic (270) 782-0120	SEP 14	ACT Test Date
VA Medical Center, Louisville (800) 376-8387	SEP 27	ACT Registration Deadline for OCT 26
VA Medical Center, Nashville, TN (800) 228-4973	OCT 26	ACT Test Date
Military Records Branch, Frankfort (502) 607-6041	NOV 11	Veterans Day
American Legion, Bowling Green (270) 781-3574 Veterans Service Officer		
Veterans of Foreign Wars, Bowling Green (270) 781-1872		

*Please call early for information on test dates. VUB may pay testing fees, but to do so we must have your application at least six weeks prior to the registration postmark deadline.