

September 2017

Veteran Resource Center

Quote of the Month

“Courage is fear holding on a minute longer.”
- General George S. Patton



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VRCs

Meet the Staff

We are honored you have selected MSJC to pursue your academic goals. We are committed to supporting the next chapter of your life. Did you know the Veterans Resource Centers (VRCs) at our Meniffee and San Jacinto campuses exist to support your transition and success at MSJC? The VRCs at MSJC are one-stop holistic support centers designed to provide a safe and welcoming space for Veterans, Active Duty Service members and their dependents to receive guidance, support, camaraderie, information and resources to ensure student success. Stop by between classes or if you have any questions or concerns. We welcome your visits!

In The News

MSJC received a generous donation from the Hemet/San Jacinto Chamber of Commerce to support the Veterans Resource Centers (VRCs). On Friday, August 4th 2017 Student Veterans Victoria Almeida, Aaron Goins and Cory Mathis represented the VRCs at MSJC at the Hemet/San Jacinto Chamber of Commerce “First Friday” event at the Salvation Army in Hemet. The Chamber presented Dr. Colson, MSJC Vice President of Student Services with a check in the amount of \$2,250.00. The Chamber has an annual golf tournament and proceeds are donated to a non-profit. This year their focus was on Student Veterans. The funds will be used to support the success of our Student Veterans, examples include, gas and textbook vouchers, scholarships, and basics like coffee and water for our VRCs.



SCO Corner

Remember to complete and submit the MSJC Student Statement of Responsibility (Blue Form) form each term to activate your education benefits and when you add or drop a course.

Update from the Department of Veteran Affairs (VA)

Post 9/11 GI Bill beneficiaries can now download a Post 9/11 GI Bill Statement of Benefits through vets.gov. The Post 9/11 GI Bill Statement of Benefits provides details on remaining entitlement, eligibility percentage, and benefit end date. The information is real-time data pulled from the same system used by the education benefit processors.

Important Dates

Sept 1- Last day to submit paperwork for credit by examination

Sept 4 - Holiday College closed (Labor Day)

Sept 11- Patriot Day In memory of the individuals killed in the 2001 September 11th attacks.

Sept 15- Last day to apply for pass/no pass for a full-term class (some classes have an earlier date; refer to Enrollment Services)

Oct 1: 1st day to submit 2018-2019 FAFSA and Dream Act Applications

Did You Know

Did you know you could continue to make a difference? Help support the transition and success of our military students at MSJC by joining the MSJC Eagles Veterans and Dependents Organization (EVDO). Contact David Osteen, EVDO President at msjcevd@gmail.com.

Resources for Homeless Veterans - U.S Department of Housing and Urban Development - VA Supportive Housing (HUD-VASH) Program

HUD-VASH is a collaborative program between HUD and VA combines HUD housing vouchers with VA supportive services to help Veterans who are homeless and their families find and sustain permanent housing. Through public housing authorities, HUD provides rental assistance vouchers for privately owned housing to Veterans who are eligible for VA health care services and are experiencing homelessness.

VA case managers connect Veterans with support services such as health care, mental health treatment and substance use counseling to help them in their recovery process and with their ability to maintain housing in the community. Among VA

homeless continuum of care programs, HUD-VASH enrolls the largest number and largest percentage of Veterans who have experienced long-term or repeated homelessness. As of Sept. 30, 2015, HUD had allocated more than 78,000 vouchers to help house Veterans across the country. Locally this program is located at Loma Linda VA Hospital in Building 32. For more information visit [HUD-VASH](https://www.hudvash.org).



Honor Wall



Did You Know Our VRCs include an "Honor Wall" celebrating the success of our Student Veterans? The Honor Wall is an inspiration to fellow Veterans who follow proudly in their footsteps. Please consider participating in our Honor Wall when you complete your academic goals. Provide us with a picture of yourself (head or full-body). We will pay to have your picture printed on a 4X4 plaque and display your picture at both of our Veterans Resource Centers. When you submit your picture,

please make sure you include:

- Full Name
- Military Branch
- Military Rank
- Term(s) of Service
- Graduation Date (Term and Year)
- Major
- Transfer Acceptance (if applicable)/Other
- Your Picture



** If you or if you know a Veteran who recently graduated from MSJC, please let us know!

Recent additions to our Honor Wall include:

Name: Dawn Waddell Moss

Branch: Marine Corps

Rank: E-7/GySgt

Term of Service: 20 years

Graduation: Spring 2017

Major: Science



Name: Michael Thompson

Branch: US Army

Rank: PFC, E-3

Term of Service: 6/30/1987 - 12/07/1989

Graduation Term/Year: Fall 2016 with Distinction, PTK



Name: Morgan E. Comstock

Branch: US Army

Rank: PV-2

Term of Service: 1 Year
(Honorably Discharged under Medical Circumstances)

Graduation: Spring 2017

Major: Early Child Education (ECE)

University: CSU Long Beach - Liberal Studies for Multi-Subject Teaching



Four Things You Should Know About PTSD

Post-Traumatic Stress Disorder (PTSD) continues to be a leading health issue among Veterans of recent conflicts overseas. In San Diego, nearly a fourth of San Diego Veterans screened at the VA who served in Iraq or Afghanistan were diagnosed with PTSD between FY2010-2016. Treatments like Cognitive Processing Therapy and Prolonged Exposure Therapy are largely successful in helping diagnosed Veterans manage their condition, however, successful treatment often requires management of other conditions linked to PTSD.

Here are four things you should know about the “and” that often accompanies PTSD:

1. 80% of people with PTSD have other conditions such as insomnia, addiction or traumatic brain injury. Many of these conditions may have begun with experiences that triggered PTSD and many developed because of having PTSD. Insomnia, for example, could have been caused by anxiety or distress that is part of the PTSD.
2. According to Dr. Sonya Norman, patients generally have better outcomes if conditions are treated simultaneously vs. separately at different time intervals. “Often, one condition feeds the other,” said Norman. “For example, if someone is drinking to try to manage their PTSD symptoms and they get treatment to stop drinking, they may start drinking again because they are left without a way to manage their PTSD symptoms. Getting treatment for both together can help that from happening.”
3. As more data becomes available, Veterans will increasingly have coordinated care to

address both conditions simultaneously with the hope of better outcomes for Veterans.

4. Having PTSD and other conditions can make each condition more severe or more complicated. However, treating PTSD can help people succeed in treating those other conditions too. Studies show that if someone’s PTSD gets better, they are more likely to reduce substance use too when they get treatment for both.

Clinicians will often measure signs of improvement through decreased symptoms of avoidance, anxiety, flashbacks or nightmares. Along with that, follow-up appointments with Veterans will result in patients talking about their improved quality of life, better relationships with their family, more success at work and the ability to enjoy life (retrieved August 31st 2017 from https://www.sandiego.va.gov/SANDIEGO/features/know_ptsd.asp For more information on PTSD, consult with your primary care provider, or visit <https://www.ptsd.va.gov/>



Toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, [chat online](#), or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for [deaf and hard of hearing](#) individuals is available.

Patriot Day

On September 11th of each year, in memory of the individuals killed in the 2001 September 11th attacks, the United States observes "Patriot Day and the National Day of Service and Remembrance." The flag of the United States is flown at half-staff at the White House and on all U.S. government buildings throughout the world. Flags are also displayed on individual homes.

Additionally, a moment of silence is observed corresponding to the attacks beginning at 8:46 a.m. (Eastern Daylight Time), the time the first plane,

American Airlines Flight 11, struck the North Tower of the World Trade Center. We will never forget !



Cooperative Work Experience Education Program

Are you interested in exploring career opportunities, resume writing, interview techniques and job searching workshops to enter the job market? Meniffee and San Jacinto Campuses are holding workshops for students at both campuses. Additional information and how to RSVP for the workshops may be at the Career and Technical Education (CTE) website -[MSJC-CTE](#) Are you interested in an internship for Fall 2017?. Did you know internship workshops are mandatory for ALL INTERESTED OR ACTIVE students seeking or enrolled in an Internship Course for Credit.

Please contact the CTE department to schedule an appointment ASAP. For appointments please call (951) 639-5567 or visit website [MSJC-CWEE](#)

MENIFEE CAMPUS

WALK-INS | 12:30 PM – 2 PM | Counseling Dept.
TBD

INTERNSHIP WORKSHOPS
12:30 PM – 2 PM | ROOM 951
OCT 3
DEC 5

RESUME WORKSHOP
12:30 PM – 2 PM | ROOM 951
AUG 31
NOV 15

JOB SEARCH WORKSHOP
12:30 PM – 2 PM | ROOM 951
SEPT 11
OCT 26

INTERVIEW WORKSHOP
12:30 PM – 2 PM | ROOM 951
SEPT 19

SAN JACINTO CAMPUS

WALK-INS | 12:30 PM – 2 PM | Counseling Dept.
TBD

INTERNSHIP WORKSHOPS
12:30 PM – 2 PM | ROOM 111
NOV 8

RESUME WORKSHOP
12:30 PM – 2 PM | ROOM 111
SEPT 27

JOB SEARCH WORKSHOP
12:30 PM – 2 PM | ROOM 112
SEPT 21
OCT 26

INTERVIEW WORKSHOP
12:30 PM – 2 PM | ROOM 111
OCT 18

CAREER EXPLORATION
12:30 PM – 2 PM | ROOM 111 & 112
OCT 19-RM 112
NOV 15-RM 111

Veterans Resource Center Staff

Benny Rivas

Veterans Resource Specialist
Certifying Official



I am Benny Rivas and I am the Veterans Certifying Official at the Veterans Resource Center. I graduated from University of California, Riverside with a Bachelor's of Arts in Sociology. I've been with the college for almost two (2) years and it's a pleasure serving veteran and dependent students.

Diana Chacon

Veterans Resource Specialist
Certifying Official

I have worked at MSJC in the Financial Aid Department for about two years. I have been working at the VRC for almost a year and a half. Before working at MSJC, I worked at the Registrar's Office at University of California, Riverside. I graduated with a Bachelor's of Arts in Public Policy from the University of California, Riverside.



Martina Moncada

Coordinator Veterans Services



I am honored to serve as the Coordinator for Veterans Services. I am a U.S. Air Force Veteran with more than 10 years of service in the medical profession. I ended up homeless after my transition from the Air Force into higher education. It was a different time. Colleges and universities, for the most part, were not positioned to serve or support Veterans. Moreover, I lacked an understanding of higher education in

the United States. As a first generation college bound German immigrant, I did not know the difference between private and public institutions of higher education, I did not understand transfer credit, AP credit or the difference between regional and national accreditation. I had never heard of the FAFSA nor did I understand what an EFC represented and consequently did not understand the difference between subsidized and unsubsidized student loan. I have served as Dean of Enrollment Management, Associate Dean of Admissions and Financial Aid, and prior to my arrival at MSJC, as Director of Military and Veterans Affairs. I have provided hundreds of philanthropic workshops on Financing an Education and How to Select a College. Based on my experiences, I believe I understand the needs of students transitioning into higher education in the U.S. Coupled with my knowledge and understanding, I hope to bring awareness to those who do not know and ensure MSJC military students are able transform their lives and continue to make a difference in the communities we serve. I am also proud to be a member of a team of professionals in our VRCs who are among the most knowledge and dedicated employees and students at MSJC. Stop in and say hello. I can be found at the Meniffee VRC Mondays, Wednesdays and Fridays and at our San Jacinto VRC Tuesdays and Thursdays.

Veterans Resource Center Staff



Debra Gleason

Veterans Resource Center
Counselor

I am an alumni of MSJC. I received my Liberals Arts degree in Social Behavioral Sciences and Liberal Arts in Math and Science at MSJC. I continued my education with Bellevue University in Business. I received a Masters degree in Counseling Psychology from Cal Baptist University. I have been employed with MSJC since 2006. I have been a counselor in the VRC for over a year. I have always wanted to work with the military population and I found that in assisting with their education.



Terry Russell

Veterans Resource Center
Counselor

I started working at Mt. San Jacinto College nearly 5 years ago, when I was freshly minted as a university doctoral student looking to help Veteran Students. I've had a number of career pathways here at Mt. San Jacinto College – Student Worker, Associate Counselor, and Director of Student Success and support. These job titles have added to my knowledge base that was obtained in my 20 year career in the United States Marine Corps. For decades, I have been helping Veterans navigate troubled waters by counseling them from the time they first joined the service to well after they retired or completed their time in the service. I promise to continue to deliver the best, most actionable, and accurate trusted Counseling-among all Veteran Services today that focus on the Veteran's Well-Being.



Leslie Medina

Veterans Resource Center
Counselor

I am a 10 year Navy Veteran. I joined the service after graduating high school in Bowie, MD. I completed college courses from several higher ed. Institutions. I earned an A.S. from Coastline Community College-Military Program and transferred to UCSD where I earned my B.A. in Sociology. Upon completion of my Master's degree in Counseling in 2013, I worked as a veterans career counseling for a non-profit agency servicing homeless veterans. I have been working for MSJC as a Veterans and General Counselor since December 2015.

Meniffee Veterans Resource Center (VRC)

Bldg. 1017

Hours: Monday-Thursday

8:00-5:30

(951) 487-3247

veterans@msjc.edu

San Jacinto Veterans Resource Center (VRC)

Bldg. 1560

Hours: Monday-Thursday

8:00-5:30

(951) 487-3247

veterans@msjc.edu

