

**Army**  
**Transition Assistance Program (TAP)**  
**Pre-Separation Counseling Service Provider Referral Information**

The information in this document supplements the TAP manual Pre-Separation Counseling effective 18NOV2020 to begin use NLT 04JAN2021.

The Service Provider Referral document dated January 2021 contains updated information and website resources for topics covered during the manual PSC. The SPR document will be provided as part of the PSC.

BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
<b>DS Logon</b>	<p>DS Logon provides secure means of authentication to PII and personal health information for all beneficiaries and other individuals with a continuing affiliation with DoD.</p> <p>You will need this to access <a href="http://www.VA.gov">www.VA.gov</a>, milConnect and other benefit and transition related websites that you currently use CAC logon.</p>	<p>DS Logon Self-Service: <a href="https://myaccess.dmdc.osd.mil/">https://myaccess.dmdc.osd.mil/</a></p> <p><u>Username:</u></p> <p><u>Password:</u></p>
<b>Effects of A Career Change</b> <b>Caregiver Information</b>	<p>Some professionals and agencies on base are 1) Base Chaplain; 2) Base Medical Clinic; 3) Behavioral Health Clinic, and 4) Military &amp; Family Support/Service Center/Counselors.</p> <p>Service specific TAP resources</p> <p>Military and Veterans Service Organizations are also valuable resources for assistance and guidance. Veteran Service Organizations provide advocacy, education, and other support for the unique issues facing Veterans.</p> <p>VA Vet Centers were established by Congress for the provision of readjustment counseling as a resource available to you and your family during and after your military service.</p> <p>Military OneSource®, is a Department of Defense-funded information, referral, and assistance program. Confidential services are provided worldwide through the call center and website 24 hours a day, 7 days a week, at no cost to eligible users.</p> <p>The National Resource Directory (NRD) is a resource website that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them.</p>	<p>Army Transition Assistance Program Centers: <a href="https://www.sfl-tap.army.mil/">https://www.sfl-tap.army.mil/</a></p> <p>Navy Fleet and Family Support Centers: <a href="https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/transition_assistance.html">https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/transition_assistance.html</a></p> <p>Airman/Military and Family Readiness Center: <a href="https://www.afpc.af.mil/Separation/Transition-Assistance-Program/">https://www.afpc.af.mil/Separation/Transition-Assistance-Program/</a></p> <p>Marine and Family Programs: <a href="https://usmc-mccs.org/services/family/">https://usmc-mccs.org/services/family/</a></p> <p>Coast Guard Health, Safety and Work-Life Center: <a href="https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Transition-Assistance-Program/">https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Transition-Assistance-Program/</a></p> <p><a href="https://www.va.gov/vso/">https://www.va.gov/vso/</a></p> <p><a href="https://www.va.gov/vso/VSO-Directory.pdf">https://www.va.gov/vso/VSO-Directory.pdf</a></p> <p>VA Vet Centers: <a href="http://www.vetcenter.va.gov/">http://www.vetcenter.va.gov/</a></p> <p>Military OneSource®: <a href="http://www.militaryonesource.mil/">http://www.militaryonesource.mil/</a> or call</p>

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	<p>DOD provides Special Compensation for Assistance with Activities of Daily Living (SCAADL) for caregivers.</p> <p>Post-transition, VA helps, and support services provided for family caregivers of eligible veterans.</p>	<p>800-342-9647</p> <p>National Resource Directory: <a href="https://nrd.gov/">https://nrd.gov/</a></p> <p>TAP Events / Military Life Cycles Courses: <a href="https://tapevents.org/courses">https://tapevents.org/courses</a></p> <p><a href="https://warriorcare.dodlive.mil/benefits/scaadl/">https://warriorcare.dodlive.mil/benefits/scaadl/</a></p> <p><a href="https://www.caregiver.va.gov">https://www.caregiver.va.gov</a></p>
<p><b>Sexual Assault Prevention and Response Office (SAPRO) or SAPR program</b></p>	<p>Service member (SM) Sexual Assault information:</p> <p>SM who were sexually assaulted are eligible for a confidential review of characterization of terms of discharge or separation IAW section 547 of NDAA for FY 2015.</p> <p>Enlisted SM or a commissioned officer who made an Unrestricted Report of sexual assault and is recommended for involuntary separation from the Military Services within one year of final disposition of his or her sexual assault case may request a general or flag officer review of the circumstances of and grounds for the involuntary separation IAW DoDI 1332.14 and 1332.30.</p>	<p>Section 547 of NDAA for FY 2015</p> <p>DoDI 1332.14 and 1332.30</p> <p>Army Regulation 600-20</p> <p><a href="https://www.sapr.mil/">https://www.sapr.mil/</a></p> <p>DoD Safe Helpline: 1-877-995-5247</p> <p><a href="https://www.va.gov/health-care/health-needs-conditions/military-sexual-trauma/">https://www.va.gov/health-care/health-needs-conditions/military-sexual-trauma/</a></p>
<p><b>Reserve Affiliation and Reserve Component Counselors at Installations (Selected Reserve, Inactive National Guard, Individual Ready Reserve)</b></p>	<p>Explore the Reserve options in the geographic area where you plan to relocate and reside. If you want more information, you can contact a Reserve recruiter on your installation.</p> <p>Documentation <b>MUST</b> show you have completed a “Continuum of Military Service Opportunity Counseling”.</p> <p>DoDM 1000.13, Volume 1 authorizes issuance of a DoD Form 2, “Armed Forces of the United States Identification Card” or “DoD Identification (ID) Cards: ID Card Life-Cycle.”</p> <p><i>Required for AC Service members (SMs) only.</i></p>	<p>Installation Reserve Recruiter:</p> <p><a href="http://www.goarmy.com/reserve.html">http://www.goarmy.com/reserve.html</a></p> <p>RAPIDS Site Locator (RSL) for Armed Forces of the United States Identification Card (Reserve) card issuance:</p> <p><a href="https://idco.dmdc.osd.mil/idco/">https://idco.dmdc.osd.mil/idco/</a></p> <p>DoDM 1000.13</p>
<b>Employment Support</b>		
<p><b>Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA)</b></p>	<p><b>MUST</b> meet eligibility criteria for reemployment rights; applies not only to active duty, but also Guard and Reserve.</p>	<p><a href="http://www.benefits.va.gov/guardreserve">http://www.benefits.va.gov/guardreserve</a></p> <p><a href="http://esgr.mil/USERRA/What-is-USERRA.aspx">http://esgr.mil/USERRA/What-is-USERRA.aspx</a>, or call, 1-800-336-4590, Option 1, to speak to an Ombudsman.</p>

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	<p>USERRA is administered by the United States Department of Labor, through the Veterans' Employment and Training Service (VETS).</p> <p>USERRA requires that SMs provide advance written or verbal notice to their employers for all Military duty unless giving the employer notice is impossible, unreasonable, or precluded by military necessity (recommend providing written notice).</p>	<p>For more information, contact VETS website at:  <a href="https://www.dol.gov/agencies/vets/programs/userra">https://www.dol.gov/agencies/vets/programs/userra</a></p>
<p><b>Verification of Military Experience and Training (VMET), DD Form 2586</b></p>	<p>VMET form is available to all eligible departing SMs, including National Guard and Reservists and documents and verifies your military experience and training, which is useful in discussing civilian occupations related to your military Service, and translating military terminology and training into civilian terms.</p> <p>Download DD Form 2586 at least 120 days before you transition from active duty.</p> <p><i>Coast Guard personnel DO NOT have VMET documents.</i></p>	<p><a href="https://milconnect.dmdc.osd.mil/milconnect/">https://milconnect.dmdc.osd.mil/milconnect/</a></p> <p>Access with CAC or DS Logon. Upon verification, select "Retrieve my Correspondence/Documentation" banner. Click on "DoD Transition Assistance Program (DoDTAP)." Locate "VMET" tab. Select VMET Document (DD-2586). Click Submit</p> <p>VMET FAQ's:  <a href="https://milconnect.dmdc.osd.mil/milconnect/public/faq/Training-VMET">https://milconnect.dmdc.osd.mil/milconnect/public/faq/Training-VMET</a></p>
<p><b>O*NET Online and My Next Move for Veterans</b></p>	<p>Research potential occupations. Browse careers or search for careers by keywords or MOS/MOC. Learn more about this and other tools during MOC Crosswalk.</p>	<p>O*NET: <a href="http://www.onetonline.org/">http://www.onetonline.org/</a> or  <a href="https://www.mynextmove.org/vets/">https://www.mynextmove.org/vets/</a></p>
<p><b>Licensing, Certification, and Apprenticeship Information</b></p>	<p>Identify and document requirements you need to meet to acquire your civilian credential.</p>	<p><a href="https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/test-fees/">https://www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits/test-fees/</a>  <a href="https://www.careeronestop.org/FindTraining/find-training">https://www.careeronestop.org/FindTraining/find-training</a></p> <p><a href="https://www.dol.gov/agencies/vets">https://www.dol.gov/agencies/vets</a>  <a href="https://www.dol.gov/agencies/eta/apprenticeship">https://www.dol.gov/agencies/eta/apprenticeship</a>  <a href="https://www.apprenticeship.gov/">https://www.apprenticeship.gov/</a></p> <p><a href="https://www.apprenticeship.gov/sites/default/files/GI_Bill_Fact_Sheet_Veterans.pdf">https://www.apprenticeship.gov/sites/default/files/GI_Bill_Fact_Sheet_Veterans.pdf</a></p> <p><a href="mailto:DOLapprenticeship@dol.gov">DOLapprenticeship@dol.gov</a></p>
<p><b>Credentialing Opportunities On-Line (COOL)</b></p>	<p>Each Service has their own Service-specific COOL programs designed to match military occupations to civilian credentials (occupational certifications, licenses, and apprenticeships) and provide resources to help Soldiers, Sailors, Airmen, Marines and Coast Guardsmen attain these credentials.</p>	<p>All Services Credentialing Opportunities On-Line (COOL):  <a href="https://www.cool.osd.mil/">https://www.cool.osd.mil/</a></p> <p>Army COOL: <a href="https://www.cool.osd.mil/army/index.htm">https://www.cool.osd.mil/army/index.htm</a></p> <p>Navy COOL: <a href="https://www.cool.navy.mil/usn/">https://www.cool.navy.mil/usn/</a></p>

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	<p>The Army Credentialing Assistance Program is now available to you on ArmyIgnitED!</p>	<p>AF COOL: <a href="https://afvec.us.af.mil/afvec/af-cool/welcome">https://afvec.us.af.mil/afvec/af-cool/welcome</a>                      Marine Corps COOL: <a href="https://www.cool.navy.mil/usmc/">https://www.cool.navy.mil/usmc/</a>                      Coast Guard COOL: <a href="https://www.cool.osd.mil/uscg/index.htm">https://www.cool.osd.mil/uscg/index.htm</a>                      ArmyIgnitED: <a href="https://www.armyignited.com/app/">https://www.armyignited.com/app/</a></p>
<b>Education and Training Opportunities</b>		
<p><b>United Services Military Apprenticeship Program (USMAP)</b></p>	<p>The United Services Military Apprenticeship Program (USMAP) website provides active duty members of the Navy, Marines, Coast Guard, and Army that allows you to improve your job skills and complete different civilian apprenticeship requirements while still on active duty with a streamlined ability to identify and register for Apprenticeships.</p>	<p>Army Education office locator: <a href="https://www.goarmyed.com/public/public_goarmyed-education_centers.aspx">https://www.goarmyed.com/public/public_goarmyed-education_centers.aspx</a>                      USMAP: <a href="https://usmap.netc.navy.mil/usmapss/static/index.htm">https://usmap.netc.navy.mil/usmapss/static/index.htm</a></p>
<p><b>MilGears</b></p>	<p>MilGears can help you identify and produce career pathways, which map your military occupations to civilian occupations and credentials to post-Service employment.</p> <p><i>As of October 2020, MilGears may have limited capabilities, but will be fully operational for all Services in 2021.</i></p>	<p>MilGears: <a href="https://milgears.osd.mil/">https://milgears.osd.mil/</a></p>
<p><b>DoD SkillBridge</b></p>	<p>Promotes civilian job training authority available for military Soldiers 180 days from transition.</p> <p>The Army refers to its SkillBridge program as the Career Skills Program (CSP).</p> <p>DoDI 1322.29 ‘Job Training, Employment Skills Training, Apprenticeships, and Internships (JTEST-AI) for Eligible Service Members’</p>	<p>SkillBridge: <a href="https://dodskillbridge.usalearning.gov/">https://dodskillbridge.usalearning.gov/</a>                      Career Skills Program: <a href="https://home.army.mil/imcom/index.php/customers/career-skills-program">https://home.army.mil/imcom/index.php/customers/career-skills-program</a>  <a href="https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/132229p.pdf">https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/132229p.pdf</a></p>
<p><b>Defense Activity for Non-Traditional Education Support (DANTES)</b>  <b>American Council on Education</b>  <b>Joint Services Transcript (JST)</b></p>	<p>Programs such as Kuder-Journey, Online Academic Skills Course (OASC) and College Placement Skills Training (CPST), National Test Centers and National Test Prep, ensure that Service members have the program support necessary to identify post-secondary education goals, attain degree completion, and ultimately transfer valuable knowledge and skill sets to civilian life.</p>	<p>DANTES: <a href="http://www.dantes.doded.mil/">http://www.dantes.doded.mil/</a>                      Kuder Journey: <a href="http://www.kuderjourney.com/">http://www.kuderjourney.com/</a>  <a href="https://www.dodmou.com/">https://www.dodmou.com/</a>  <a href="https://www.acenet.edu/Programs-Services/Pages/Credit-Transcripts/Military-Guide-Online.aspx">https://www.acenet.edu/Programs-Services/Pages/Credit-Transcripts/Military-Guide-Online.aspx</a>  <a href="https://jst.doded.mil/jst/">https://jst.doded.mil/jst/</a></p>

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	<p>DANTES' mission is to help Service members achieve their educational goals by managing a portfolio of defense education programs.</p> <p>JST is an academically accepted document approved by the American Council on Education (ACE) to validate a service members military occupational experience and training along with the corresponding ACE college credit recommendations.</p>	
<p><b>AmeriCorps and Volunteering</b></p>	<p>National service program that enables people of all ages help solve tough community challenges while advancing their careers and connecting with their community.</p> <p>AmeriCorps members receive a flexible education award that complements GI Bill benefits, and full-time members receive a modest living allowance, health care benefits, and childcare assistance. Opportunities are available for military spouses and dependents as well.</p>	<p>AmeriCorps: <a href="https://www.nationalservice.gov/focus-areas/veterans-and-military-families">https://www.nationalservice.gov/focus-areas/veterans-and-military-families</a></p>
<p><b>Troops to Teachers Program – “Proud to Serve Again”</b></p>	<p>K-12 public, charter, or Bureau of Indian Affairs school teacher assistance. Provides transition assistance for those becoming first-time teachers.</p> <p><b>MUST</b> register with TTT within 3 years after separation or retirement date AND prior to first day of teaching to apply for financial assistance.</p> <p><i>Due to the uncertain FY21 budget, Troops to Teachers program registrations or bonus applications are not being accepted at this time.</i></p> <p><i>Service members and veterans interested in becoming a program participant should complete the "Program Interest" form. This form provides basic contact information so you can be notified directly if program funding becomes available.</i></p>	<p>Troops to Teachers: <a href="https://proudtoserveagain.com/">https://proudtoserveagain.com/</a></p>

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<b>Comprehensive Services</b>		
<b>DoDTAP Web Portal</b>	The DoD Transition Assistance Program (DoDTAP) for Service Members and Veterans web site is designed to provide separating Service members and Veterans access to their VMET documents and other Transition Assistance information which will assist them during their transition process from the military.	DoDTAP: <a href="https://www.dodtap.mil/">https://www.dodtap.mil/</a>
<b>Department of Labor</b>	The DOL website(s) help you translate military skills and experience into civilian terms, build a resume, search for jobs, and provides essential interview tips and resources to link you with job search websites and databases.  Use website “MySkillsMyFuture” to explore training, compare skills banks, examine typical job duties, and technology, and search employers and jobs.	DOL Website: <a href="https://www.veterans.gov/">https://www.veterans.gov/</a> DOL VETS: <a href="https://www.dol.gov/agencies/vets">https://www.dol.gov/agencies/vets</a> Bureau of Labor Statistics: <a href="https://www.bls.gov/">https://www.bls.gov/</a> MySkillsMyFuture: <a href="https://www.myskillsmyfuture.org/">https://www.myskillsmyfuture.org/</a>
<b>Department of Labor Employment Fundamentals of Career Transition (One-Day)</b> <b>Department of Labor Employment Track (Two-Day)</b> <b>Department of Labor Career and Credential Exploration (Two-Day)</b> <b>Additive Workshops (site specific)</b> <b>DOL TEAMS</b>	You are required to attend the DOL One-Day unless you meet the criteria for an exemption. The Department of Defense established exemptions for DOL EFCT participation. Exemptions <b>MUST</b> be requested and documented on the DD form 2648.  Spouses or caregivers of eligible transitioning SMs may be eligible to receive job assistance through their local transition office.  The Transition Employment Assistance for Military Spouses (TEAMS) effort will assist military spouses in their career endeavors with training on employment essentials, tailored to their unique circumstances.	<a href="https://www.tapevents.org/courses">https://www.tapevents.org/courses</a> <a href="https://www.veterans.gov/milspouses/events/">https://www.veterans.gov/milspouses/events/</a>
<p><b>AR 600-81 - Transition Assistance Program</b>, Department of Labor Employment Workshop exemptions, 5-19 and Army Directive 2019-26.</p> <p>a. The DOLEW is the only CRS event from which a Soldier can possibly be exempt. Reasons eligible Soldiers can be exempt from the DOLEW portion of the TAP curriculum are:</p> <ol style="list-style-type: none"> <li>(1) Eligible Soldiers retiring after 20 or more years of active Federal service in the military departments.</li> <li>(2) Eligible Soldiers who, after serving their first 180 continuous days or more on Active Duty can meet at least one of the following criteria: <ol style="list-style-type: none"> <li>(a) Are able to provide documented evidence of civilian employment.</li> <li>(b) Are able to provide documented acceptance into an accredited vocational training, undergraduate, or graduate degree program.</li> <li>(c) Have specialized skills which, due to unavoidable circumstances, are needed to support a unit scheduled to deploy within 60 days. Additionally, a make-up plan must accompany the postponement certification.</li> </ol> </li> </ol>		

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<p>(d) Eligible Soldiers who have previously participated in the DOLEW in the previous 36 months may request an exemption.            (e) Soldiers not medically capable of attending.</p> <p>b. The first Commander with UCMJ authority in the eligible Soldier’s chain of command certifies on the DD Form 2958* any such request for exemption from the DOLEW.            c. A TAP staff member documents on the DD Form 2958* the decision of an eligible Soldier who qualifies for an exemption and elects not to participate in the DOLEW.            d. A TAP staff member documents on the DD Form 2958* any approved exemptions and records them in TAP XXI.            e. Eligible Soldiers who qualify for an exemption may still elect to participate in the DOLEW.</p> <p style="text-align: center;">* The AR 600-81 identifies the DD Form 2958 which has been replaced by the DD Form 2648.</p>		
<p><b>Workforce Innovation and Opportunity Act (WIOA)</b>   <b>American Job Centers (AJC) / State Employment Agencies</b></p>	<p>WIOA:            Provides SMs training, education, employment, and support service opportunities to enter and succeed in the workforce.</p> <p>AJC:            State Employment Agency offices are also called AJC but may be referred to differently by each state.</p> <p>AJC Priority of Service: At an Employment Service/AJC, you go to the head of the line. If resources are limited, lack of training dollars for instance, you would receive access to those services instead of other applicants.</p>	<p>U.S. DOL – Employment and Training Administration (ETA):  <a href="https://www.dol.gov/agencies/eta/wioa/">https://www.dol.gov/agencies/eta/wioa/</a></p> <p>American Job Centers:  <a href="https://www.careeronestop.org/LocalHelp/service-locator.aspx">https://www.careeronestop.org/LocalHelp/service-locator.aspx</a>            or 1-877-US2-JOBS (877-872-5627)</p>
<p><b>State Job Boards</b></p>	<p>Every state has a job board. Employers can search for applicants; applicants can search for positions. These job boards are free resources for employers and job seekers.</p>	<p>Career One Stop:  <a href="https://www.careeronestop.org/JobSearch/FindJobs/state-job-banks.aspx">https://www.careeronestop.org/JobSearch/FindJobs/state-job-banks.aspx</a></p>
<p><b>Federal Employment Opportunities</b></p>	<p><b>Veterans Preference</b></p> <p>Gives eligible Veterans preference in appointment over many other applicants; does not guarantee a job.</p> <ul style="list-style-type: none"> <li>• <b>MUST</b> have been discharged under an honorable or general discharge.</li> <li>• Can be based on dates of active duty service, receipt of a campaign badge, Purple Heart, or a service-connected disability.</li> <li>• DOES apply to all new appointments in the competitive service and many in the excepted service.</li> <li>• DOES NOT apply to internal agency actions such as promotions, transfers, reassignments, and reinstatements.</li> </ul>	<p>Applications should follow <a href="https://www.usajobs.gov/">https://www.usajobs.gov/</a> application procedures.</p> <p>Register for an account via: <a href="https://login.gov/">https://login.gov/</a></p> <p>Go Defense: <a href="http://godefense.cpms.osd.mil">http://godefense.cpms.osd.mil</a></p> <p>OPM: <a href="https://www.opm.gov/forms/pdf_fill/sf15.pdf">https://www.opm.gov/forms/pdf_fill/sf15.pdf</a></p> <p>Feds Hire Vets: <a href="https://www.fedshirevets.gov/">https://www.fedshirevets.gov/</a></p> <p>Veterans Preference Advisor:  <a href="https://webapps.dol.gov/elaws/vets/vetpref/vetspref.htm">https://webapps.dol.gov/elaws/vets/vetpref/vetspref.htm</a></p> <p>Transitioning to Federal Employment:  <a href="https://tapevents.org/courses">https://tapevents.org/courses</a></p>

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	<ul style="list-style-type: none"> <li>• DOES NOT apply to retired members of the Armed Forces unless you are a disabled Veteran OR you retired below the rank of major or its equivalent.</li> <li>• Types of preference eligibles include:               <ul style="list-style-type: none"> <li>○ Disabled (10-point preference eligible)</li> <li>○ Non-disabled (5-point preference eligible)</li> <li>○ Sole Survivorship (0-point preference eligible)</li> </ul> </li> <li>• Agencies which use:               <ul style="list-style-type: none"> <li>○ Numerical rating and ranking system add additional 5 or 10 points to the numerical score of qualified preference eligible Veterans.</li> <li>○ Category rating system, preference those who have a compensable service-connected disability of 10 percent or more (CPS, CP) are placed at the top of the highest category on the referral list.</li> </ul> </li> </ul> <p><b>Federal jobs in the executive branch generally fall into three categories:</b></p> <ul style="list-style-type: none"> <li>• Competitive Service – individuals must go through a competitive hiring process before being appointed.</li> <li>• Excepted Service – agencies set their own qualifications and are not subject to the appointment, pay and classification rules; however, they are subject to Veterans Preference.</li> <li>• Senior Executive Service – special authorities give the Veteran a very significant advantage over others because there is no need to compete outside the special hiring authority.</li> </ul> <p><b>Special Hiring Authorities for Veterans:</b></p> <p><b>1. Veterans Employment Opportunities Act (VEOA)</b>            To be eligible to be considered pursuant to VEOA appointment, your <b>latest</b>, discharge must be issued under honorable conditions (this means an honorable or general discharge), <b>AND</b> you must be either:</p>	<p><b>MUST</b> provide acceptable documentation of your preference or appointment eligibility: May be a copy of your DD-214, "Certificate of Release or Discharge from Active Duty," which shows dates of service and discharge under honorable conditions.</p> <p>Federal Agency’s Veteran Employment Program Office (VEPO) (if applicable) or Human Resources where you are interested in working to find out more about VRA opportunities.</p> <p>List of Veteran Employment Program Offices:  <a href="https://www.fedshirevets.gov/veterans-council/agency-directory/">https://www.fedshirevets.gov/veterans-council/agency-directory/</a></p> <p>180-Day Restriction on DOD Employment of Military Retirees - Consult the Human Resources office of the hiring agency with questions.</p> <p><a href="https://uscode.house.gov/view.xhtml?req=granuleid:USC-prelim-title5-section3326&amp;num=0&amp;edition=prelim">https://uscode.house.gov/view.xhtml?req=granuleid:USC-prelim-title5-section3326&amp;num=0&amp;edition=prelim</a></p> <p><a href="https://www.opm.gov/">https://www.opm.gov/</a></p>



## Pre-Separation Counseling Service Provider Referral Information

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	<ul style="list-style-type: none"> <li>• preference eligible (defined in title 5 U.S.C. 2108(3)), <b>OR</b></li> <li>• a Veteran who substantially completed 3 or more years of active Service.</li> </ul> <p>Can apply to a merit promotion announcement that is open to candidates outside the agency, but not open to the general public like a competitive appointment.</p> <p>Not subject to geographic area of consideration limitations. <b>MUST</b> rate and rank among best qualified when compared to current employee applicants in order to be considered for appointment.</p> <p><b>2. Veterans Recruitment Appointment (VRA)</b> Special authority where agencies may appoint an eligible Veteran without open competition. May be appointed to any qualified position, up to GS-11 or equivalent.</p> <p>This is an excepted service appointment. Upon satisfactory completion of 2 years of substantially continuous service, you will be converted to the competitive service. If you are employed in a temporary or term position under VRA, you will not be converted to the competitive service after 2 years. There is no limit to the number of times you can apply under VRA, as long as you meet the definition of a covered Veteran under applicable law.</p> <p>To be eligible for VRA you must be one of the following:</p> <ul style="list-style-type: none"> <li>• Served during a war or are in receipt of a campaign badge for service in a campaign or expedition, <b>OR</b></li> <li>• are a disabled veteran, <b>OR</b></li> <li>• are in receipt of an Armed Forces Service Medal (includes the Global War on Terrorism Service Medal) for participation in a military operation, <b>OR</b></li> </ul>	

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	<ul style="list-style-type: none"> <li>• are a recently separated veteran (within 3 years of discharge); <b>AND</b></li> <li>• separated under honorable conditions (this means an honorable or general discharge).</li> </ul> <p>Veterans claiming eligibility on based on Service in a campaign or expedition for which a medal was awarded <b>MUST</b> be in receipt of the campaign badge or medal.</p> <p><b>3. Thirty Percent or More Disabled Veterans</b></p> <p>Veterans thirty percent or more disabled may be given a temporary or term position for which they are qualified. Unlike VRA however, there is no grade limitation. The 30% or More Disabled Veteran authority allows an agency to non-competitively appoint any veteran with a 30% or more service-connected disability.</p> <p>There is no requirement that you be converted to a permanent position, but an agency has the authority to convert such a position to a permanent position if it chooses to do so. The agency would first place you on a time limited appointment of at least 60 days and could then convert that appointment to a permanent appointment at management's discretion. When the authority is used to meet a time-limited need, however, you will not be converted to a permanent appointment.</p> <p>You will be eligible if you:</p> <ul style="list-style-type: none"> <li>• Retire from active military service with a service-connected disability rating of 30% or more</li> <li>• Receive a rating by the Department of Veterans Affairs showing a compensable service-connected disability of 30% or more</li> </ul>	

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	<p><b>Appointments of retired members of the armed forces to positions in the Department of Defense</b></p> <p>A retired member of the armed forces may be appointed to a position in the civil service in or under the Department of Defense (including a nonappropriated fund instrumentality under the jurisdiction of the armed forces) during the period of 180 days immediately after his retirement only if:</p> <ul style="list-style-type: none"> <li>• the proposed appointment is authorized by the Secretary concerned or his designee for the purpose, and, if the position is in the competitive service, after approval by the Office of Personnel Management; or</li> <li>• the minimum rate of basic pay for the position has been increased under section 5305 of this title.</li> </ul> <p><i>This 180-day restriction is only for Department of Defense positions and does not apply to military retiree appointments to other Federal Agencies.</i></p>	
<p><b>Veterans Federal Procurement Opportunities</b></p>	<p>Executive Order 13360</p> <p>Mentor-Protégé Program available through the SBA.</p>	<p><a href="https://www.sba.gov/sites/default/files/articles/gc_execorder.pdf">https://www.sba.gov/sites/default/files/articles/gc_execorder.pdf</a></p> <p>To find contract opportunities: <a href="https://beta.sam.gov/">https://beta.sam.gov/</a></p> <p>Federal Contractor Registry: <a href="http://federalcontractorregistry.com/">http://federalcontractorregistry.com/</a></p>
<p><b>Hiring Preference in Non-Appropriated Fund (NAF) Jobs</b></p>	<p>Preferences are advantages in the candidate selection process. Individuals can claim the following Preferences:</p> <ol style="list-style-type: none"> <li>1. Military Spouse Preference (MSP)</li> <li>2. Transition Hiring Preference (THP)</li> <li>3. Family Member Preference and Off-Duty Military</li> <li>4. Veteran's Preference</li> </ol> <p>Candidates with preferences are considered in the order listed, then all other applicants are considered.</p>	<p><b>NOTE:</b> For current listing of job opportunities and benefits information, the website for each NAF employer is listed below:</p> <p>Air Force Services: <a href="https://www.nafjobs.org/">https://www.nafjobs.org/</a></p> <p>Air Force and Army Exchange Service: <a href="https://publicaffairs-sme.com/applymyexchange/">https://publicaffairs-sme.com/applymyexchange/</a></p> <p>Army Morale, Welfare and Recreation: <a href="https://armycivilianservice.usajobs.gov/">https://armycivilianservice.usajobs.gov/</a></p>

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		Navy Exchange Service Command: <a href="https://www.mynavyexchange.com/nex/work-for-us">https://www.mynavyexchange.com/nex/work-for-us</a>  Navy Morale, Welfare and Recreation: <a href="https://www.navymwr.org/careers">https://www.navymwr.org/careers</a>  Marine Corps Community Services: <a href="https://careers.usmc-mces.org/">https://careers.usmc-mces.org/</a>
<b>Small Business Administration (SBA) Entrepreneurship Track – Boots to Business (B2B)</b>	The SBA B2B is a two-step entrepreneurship training program:  Step One - 2-day TAP Entrepreneurship Track workshop <ul style="list-style-type: none"> <li>• May be offered through local TAP Center</li> <li>• Available “24/7” through LMS system</li> </ul> Step Two - Follow-on services provided by SBA such as online courses, or using individualized SBA resources, such as local SBA District Offices or the SBA network of Veterans Business Outreach Center.	B2B: <a href="https://sbavets.force.com/s/">https://sbavets.force.com/s/</a>  SBA: <a href="https://www.sba.gov/">https://www.sba.gov/</a>  Veterans Business Outreach Centers: <a href="https://www.sba.gov/page/veterans-business-outreach-center-vboc-program">https://www.sba.gov/page/veterans-business-outreach-center-vboc-program</a>
<b>Leave, Travel, and Housing</b>		
<b>Permissive Temporary Duty (PTDY) and Excess Leave (EL)</b>	Permissive TDY (PTDY) and Excess Leave (EL) may be authorized for the purpose of job search and house hunting activities that facilitate the relocation to civilian life.	DA Form 31; “Request and Authority for Leave”  DoDI 1327.06; “Leave and Liberty Policy and Procedures” <a href="https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/132706p.pdf">https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/132706p.pdf</a>  Army Regulation 600-8-10

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
<p><b>Travel and Transportation Allowances</b></p>	<p>Eligible retired Soldiers and certain involuntary separating Soldiers (e.g., with separation pay and at least eight years continuous active duty) are authorized storage and shipment of household goods for up to one full year. An extension cannot be authorized or approved if it extends travel and transportation allowances for more than 6 years from the date of separation, release from active duty or retirement, or from the date the Service member's dependent receives an official notice that the Service member is dead, injured, missing, interned, or captured. The only time the 6 years may be exceeded is when a Service member's certified on-going medical condition prevents relocation of the dependent for longer than 6 years from the notification date.</p> <p>Household goods may be shipped to:</p> <ul style="list-style-type: none"> <li>• Any destination within the US</li> <li>• Home of Record outside the US: place lived when they entered the military</li> <li>• Any other place: Reimbursement is limited to the PCS travel and transportation allowances to a location in the CONUS that the Service member selects.</li> </ul> <p>Members separating from the service have 180 days from the effective date of discharge to move personal property at government expense. If unsure of where they want to move, local storage of up to 180 days may be requested.</p>	<p>Base Transportation office</p> <p>Extension information - Title 10, U.S. Code, § 1141, "Involuntary Separation"</p> <p>The Family Center for the Base Relocation Assistance Program</p> <p>Military OneSource®:  <a href="https://www.militaryonesource.mil/moving-housing">https://www.militaryonesource.mil/moving-housing</a></p> <p>Joint Travel Regulations (JTR):  <a href="https://www.defensetravel.dod.mil/site/travelreg.cfm">https://www.defensetravel.dod.mil/site/travelreg.cfm</a></p> <p>Defense Travel Management Office:  <a href="http://www.defensetravel.dod.mil/">http://www.defensetravel.dod.mil/</a></p> <p>DoDI 5154.31:  <a href="https://www.defensetravel.dod.mil/site/dodi5154.cfm">https://www.defensetravel.dod.mil/site/dodi5154.cfm</a></p>
<p><b>Contact Information for Housing Counseling Assistance</b></p>	<p>Encompasses military housing, rental property, and veteran homelessness.</p>	<p>Post Housing office</p> <p>National Call Center for Homeless Vets: 1-877-424-3838</p> <p>HUD-VASH: <a href="https://www.va.gov/homeless/hud-vash.asp">https://www.va.gov/homeless/hud-vash.asp</a></p> <p>HUD Veteran Resource Center (HUDVET):  <a href="https://www.hudexchange.info/homelessness-assistance/resources-for-homeless-veterans/">https://www.hudexchange.info/homelessness-assistance/resources-for-homeless-veterans/</a></p> <p><a href="https://www.hud.gov/program_offices/comm_planning/veteranhomelessness">https://www.hud.gov/program_offices/comm_planning/veteranhomelessness</a></p>

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
<b>Education Assistance</b>		
<p><b>U.S. Department of Education Federal Aid Programs</b></p> <p><b>U.S. Department of Education Programs Supporting Veterans</b></p>	<p>The Federal Student Aid Program provides information on:</p> <ul style="list-style-type: none"> <li>• Obtaining aid</li> <li>• Filling out financial aid applications</li> <li>• Rules and regulations</li> <li>• Student loan accounts</li> </ul> <p>U.S. Department of Education Programs Supporting Veterans:</p> <ul style="list-style-type: none"> <li>• Veterans Upward Bound Program</li> <li>• Educational Opportunity Centers</li> <li>• Centers of Excellence for Veteran Student Success</li> </ul>	<p>U.S. Department of Education Federal Student Aid Program:  <a href="https://studentaid.gov/">https://studentaid.gov/</a>  <a href="https://www2.ed.gov/about/offices/list/ope/supporting-veterans.html">https://www2.ed.gov/about/offices/list/ope/supporting-veterans.html</a></p>
<p><b>Other Federal, State, or Local Education/Training Programs and Options</b></p>	<p>Additional resources include learning about different undergraduate, graduate, or certificate programs there are and the options you have through military programs.</p>	<p>Base Education Center – Education Services Specialist (ESS) or Education Services Officer (ESO)</p> <p>Go Army Ed:  <a href="https://www.goarmyed.com/public/public_goarmyed-education_centers.aspx">https://www.goarmyed.com/public/public_goarmyed-education_centers.aspx</a></p>
<b>Mental and Medical Healthcare</b>		
<p><b>Information on Availability of Healthcare and Mental Health Services</b></p>	<p>Health care options available to Soldiers and their Family Members.</p> <ol style="list-style-type: none"> <li><b>1. DoD Mental Health Self-Assessment Program:</b> Mental health and alcohol screening and referral program provider for military families and Service members affected by deployment and mobilization. This is a voluntary and anonymous offered online, by phone and through special events held at installations or Reserve units.</li> <li><b>2. Yellow Ribbon Reintegration Program (YRRP):</b> NGB and RC members, their families, and communities - connects with resources throughout the deployment cycle. NGB Soldiers may also seek assistance from the National Guard Bureau’s Psychological Health Program.</li> <li><b>3. DoD’s <i>inTransition</i> Program:</b> A confidential coaching program that answers questions about treatment options, provides information about community</li> </ol>	<p>DoD Mental Health Self-Assessment Program:  <a href="https://screening.mentalhealthscreening.org/military_ndsd">https://screening.mentalhealthscreening.org/military_ndsd</a>  <a href="https://www.pdhealth.mil/">https://www.pdhealth.mil/</a></p> <p>National Guard Bureau’s Psychological Health Program:  <a href="https://www.militaryonesource.mil/national-guard/psychological-health-program/">https://www.militaryonesource.mil/national-guard/psychological-health-program/</a></p> <p>Yellow Ribbon Reintegration Program (YRRP):  <a href="https://www.yellowribbon.mil/">https://www.yellowribbon.mil/</a></p> <p>DoD <i>inTransition</i> Program:  <a href="https://www.pdhealth.mil/resources/intransition">https://www.pdhealth.mil/resources/intransition</a></p> <p>Deployment Health: <a href="https://www.pdhealth.mil/readiness-early-intervention/deployment-health">https://www.pdhealth.mil/readiness-early-intervention/deployment-health</a></p>

## Pre-Separation Counseling Service Provider Referral Information

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
	<p>resources, and secures an appointment with a behavioral health provider at your new location. <i>inTransition</i> services are available to ALL military members regardless of length of service or discharge status and there is NO expiration date to enroll.</p> <p><b>4. Deployment Health – Health Assessment Programs:</b> Per DoD Directive (DoDD) 6490.2E Comprehensive Health Surveillance, "comprehensive health surveillance is an important element of force health protection programs to promote, protect, and restore the physical and mental health of DoD personnel throughout their military service and employment, both in garrison and during deployment." To support this directive, DoD instituted both a deployment health assessment program and an annual periodic health assessment program. These programs are outlined in this section along with relevant policies and procedures.</p>	<p>Behavioral Health Treatment Services Locator, Substance Abuse and Mental Health Services Administration (SAMHSA): <a href="https://www.samhsa.gov/find-treatment">https://www.samhsa.gov/find-treatment</a></p> <p>VA: <a href="https://www.mentalhealth.va.gov/index.asp">https://www.mentalhealth.va.gov/index.asp</a></p>
<p><b>Suicide Prevention Resources for Veterans, Families and Friends</b></p>	<p>Veterans and their family and friends can utilize the Veterans Crisis Line to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year. This resource connects Veterans in crisis, and their families and friends, with qualified VA responders, even if they are not registered with the VA or enrolled in VA health care.</p>	<p>Veterans Crisis Line: 1-800-273-8255 and Press 1, For TTY users: Use your preferred relay service, or dial 711 then 1-800-273-8255</p> <p>Chat online: <a href="http://www.VeteransCrisisLine.net">http://www.VeteransCrisisLine.net</a></p> <p>Text: 838255</p>
<p><b>Separation Health Assessment (SHA)</b></p>	<p>Remember to schedule your Separation Health Assessment (SHA) between 90 and 180 days before you separate or start terminal leave. The SHA is a single separation examination the Department of Defense (DoD) and Department of Veterans Affairs (VA) use to capture your complete medical history.</p> <p>RC and NGB who have served a minimum of 180 days on active duty or 30 days in a contingency operation <b>MUST</b> have a SHPE complete prior to release from active duty.</p> <p>If you have an illness or injury that you believe was caused—or made worse—by your active-duty service, you can file a claim for disability benefits 180 to 90 days before you leave the military. This may help speed up the claim decision process so you can get your benefits sooner. Find out how to file a claim through the Benefits Delivery at Discharge (BDD)</p>	<p>To be prepared for the SHA in either a DoD or VA facility, you <b>MUST</b> complete form DD 2807-1 available at the TRICARE Online Patient portal: <a href="https://www.tricareonline.com">https://www.tricareonline.com</a></p> <p>Military Health System (MHS) GENESIS Patient Portal DoDI 6040.46</p>

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
	<p>program—and what to do if you have less than 90 days left on active duty. Applying for VA benefits prior to separation through the Benefits Delivery at Discharge (BDD) program; the VA disability exam will meet this requirement.</p> <p>Online medical record access, to include the Service Treatment Record, is through the TRICARE Online Patient Portal and the MHS GENESIS Patient Portal. Review your “Problem List” to ensure important conditions are listed there. Review the “Documents” section to ensure that any material from other health care systems sent to your record room are captured.</p>	
<p><b>Transitional Healthcare Benefit/Tricare</b></p>	<p>The Health Insurance Marketplace helps uninsured people find health coverage.</p> <p>Eligibility for transitional healthcare, also referred to as Transitional Assistance for 180 days (TA-180), is not automatic. <i>Members who fail to enroll in TRICARE Prime or TRICARE Select will lose all TRICARE coverage and default to direct care, space available only coverage, provided in a military hospital or clinic.</i></p> <p>Your options for coverage may be different depending on whether you retire, separate, or are released from active duty.</p> <p>Ensure that you and your Family members are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS).</p> <p>You must enroll in a TRICARE plan within 90 days after your retirement. You may have to pay annual enrollment fees.</p> <p>If you don’t enroll in TRICARE Prime or TRICARE Select within 90 days of retirement, you may request a retroactive enrollment if you do so within 12 months of your retirement. If you don’t enroll, you and your family members will only be able to get care at a military hospital or clinic if space is available. Coverage must begin effective the day after you ended your previous TRICARE coverage, and any TRICARE enrollment fees must be paid retroactive to that date.</p> <p>Under age 65 when you retire, the following TRICARE health plans are available to you, if eligible: 1) TRICARE Prime; 2)</p>	<p>TRICARE: <a href="https://tricare.mil/">https://tricare.mil/</a>. Option Tabs include:</p> <ul style="list-style-type: none"> <li>• Plans &amp; Eligibility (<i>Find a TRICARE Plan, Health, Dental, Special Programs: CHCBP, TAMP, etc.</i>);</li> <li>• Find a Doctor (<i>Find a Military Hospital or Clinic, Change My Primary Care Manager, etc.</i>);</li> <li>• What’s Covered (<i>Mental Health, Pharmacy, Vision, etc.</i>);</li> <li>• Costs; Life Events (QLEs, <i>Retiring, Separating from Active Duty, Moving, Going to College, etc.</i>); and</li> <li>• Forms &amp; Claims (Filing and Download a Form).</li> </ul> <p>Access “About Us” for information on TRICARE and the Health Insurance Marketplace or call your TRICARE regional contractor.</p> <p>HealthCare.gov coverage options, <a href="https://www.healthcare.gov/">https://www.healthcare.gov/</a> or <a href="https://www.healthcare.gov/veterans/">https://www.healthcare.gov/veterans/</a></p> <p>TRICARE Patient Portal: <a href="https://www.tricareonline.com/tol2/prelogin/desktopIndex.xhtml">https://www.tricareonline.com/tol2/prelogin/desktopIndex.xhtml</a></p> <p>Nearest personnel office or ID card facility, search DEERS locations at <a href="https://idco.dmdc.osd.mil/idco/">https://idco.dmdc.osd.mil/idco/</a></p> <p><a href="https://tricare.mil/deers">https://tricare.mil/deers</a></p> <p>Eligibility can be viewed: <a href="https://milconnect.dmdc.osd.mil/milconnect/">https://milconnect.dmdc.osd.mil/milconnect/</a></p>



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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
	<p>TRICARE Select; 3) US Family Health Plan, and 4) TRICARE Young Adult. 5) Dental Coverage with Retirees</p> <p>Retired and age 65 or older and have Medicare Part A and Part B, you have TRICARE For Life: This is a Medicare-wraparound coverage option for TRICARE beneficiaries who have Medicare Part A and Medicare Part B, regardless of age or place of residence.</p> <p>You may only change plans following a Qualifying Life Event (QLE) or during the annual open season. <i>QLEs that apply to Federal Employee Dental and Vision Insurance Program (FEDVIP) differ from TRICARE's QLEs.</i></p> <p><b>1. Transitional Assistance Management Program (TAMP)</b>                      TAMP provides 180 days of premium-free TRICARE transitional health care benefits after regular TRICARE benefits end. If you're eligible, the 180-day TAMP period begins the day after you separate from active duty. You have 90 days from the start of TAMP to enroll or reenroll in a TRICARE plan. During TAMP, dental care is provided on a space-available basis in military dental treatment facilities. However, you need to know that space-available dental care is very limited and not available for dependents.</p> <p><b>2. Dental and Vision</b>                      For Retired Soldiers, eligible beneficiaries will have the opportunity to sign up for the "Federal Employees Dental and Vision Insurance Program (FEDVIP)". Eligible sponsor <b>MUST</b> enroll in a FEDVIP dental and/or vision plan within 60 days of the date of retirement.                      For non-Retired Soldiers, your dental options during the 180-day TAMP period are for:</p> <ul style="list-style-type: none"> <li>• Active duty Soldiers who qualify for TAMP remain eligible for dental care at military dental clinics during the TAMP period on a space-available basis. You <b>DO NOT</b> qualify for the TRICARE Active Duty Dental Program during the TAMP period</li> </ul>	<p>Find someone nearby to help you apply at:  <a href="https://localhelp.healthcare.gov/#/">https://localhelp.healthcare.gov/#/</a></p> <p>TAMP: <a href="https://tricare.mil/tamp/">https://tricare.mil/tamp/</a> or  <a href="https://tricare.mil/Plans/SpecialPrograms/TAMP/DentalOptions">https://tricare.mil/Plans/SpecialPrograms/TAMP/DentalOptions</a></p> <p>FEDVIP dental and vision insurance coverage:  <a href="https://www.benefeds.com/">https://www.benefeds.com/</a></p>

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	<ul style="list-style-type: none"> <li>Active duty Family members are already enrolled in the TRICARE Dental Program, remain eligible until their eligibility for TRICARE is lost upon the sponsor's final separation date.</li> </ul>	
<b>Adaptive Tools for Individuals with Limitations or Disabling Conditions</b>	DoD Computer/Electronic Accommodations Program (CAP) Assistive technologies Limitations <ul style="list-style-type: none"> <li>Limited use of upper extremities</li> <li>Vision</li> <li>Hearing</li> <li>Cognitive</li> <li>Communication</li> </ul>	CAP: <a href="http://www.cap.mil">www.cap.mil</a> <a href="https://www.cap.mil/Programs/WSM.aspx">https://www.cap.mil/Programs/WSM.aspx</a> <a href="https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/602522p.pdf">https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/602522p.pdf</a>
<b>Finances</b>		
<b>Financial Literacy and Preparedness for Transition</b>	<p>The Servicemembers Civil Relief Act and Military Lending Act provide a wide range of protections for individuals on active duty. After transition, you will also no longer be eligible for certain consumer protections such as the Military Lending Act and Servicemembers Civil Relief Act (SCRA), so be sure to carefully review the terms of new credit or loans such as for a car or other large purchase.</p> <p>You retain your contributions to the Thrift Savings Plan. Less than \$200, TSP will automatically send you a check for the amount and close the account; vested account balance of \$200 or more after leaving military service, you can leave the money in the TSP until later, or you can withdraw the account at any time.</p> <p>The Survivor Benefit Plan is an optional benefit for retired Soldiers, and all active duty military members are automatically covered under SBP at the full amount while on active duty.</p>	Thrift Savings Plan, <a href="https://www.tsp.gov/index.html">https://www.tsp.gov/index.html</a> TAP Financial Counselor or Financial specialist at your command or installation. National Guard or Reserve, or you are not located near a military installation, contact Military OneSource® at 1-800-342-9647, or <a href="http://www.militaryonesource.mil/">http://www.militaryonesource.mil/</a> Save and Invest.org: <a href="https://www.saveandinvest.org/">https://www.saveandinvest.org/</a> Consumer Financial Protection Bureau (CFPB): <a href="http://www.consumerfinance.gov/">http://www.consumerfinance.gov/</a> Servicemembers Civil Relief Act: <a href="https://scra.dmdc.osd.mil/scra/#/home">https://scra.dmdc.osd.mil/scra/#/home</a> Military Lending Act: <a href="https://mla-ap.dmdc.osd.mil/mla/#/home">https://mla-ap.dmdc.osd.mil/mla/#/home</a> Thriftline at 1-877-968-3778

## Pre-Separation Counseling Service Provider Referral Information

Use the following information to locate services and agencies where you can receive assistance.

BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
		<p>Survivor Benefit Program:  <a href="https://militarypay.defense.gov/Benefits/Survivor-Benefit-Program/Overview/">https://militarypay.defense.gov/Benefits/Survivor-Benefit-Program/Overview/</a>  <a href="https://www.militaryonesource.mil/financial-legal/personal-finance">https://www.militaryonesource.mil/financial-legal/personal-finance</a></p>
<p><b>Separation Pay</b></p>	<p>Separation pay eligibility and amounts are determined by the type of separation and based on Separation Program Designator (SPD) codes.</p> <p>Personnel medically separated for a disability incurred in a combat zone or from combat-related operations may be entitled to an enhanced disability separation pay.</p>	<p>Post personnel office.</p> <p>Separation Pay regulations:</p> <ol style="list-style-type: none"> <li>1) Title 10, Ch. 59, § 1174, Separation Pay Upon Involuntary Discharge or Release from Active Duty</li> <li>2) Department of Defense Instruction 1332.29, Eligibility of Regular and Reserve Personnel for Separation Pay.</li> <li>3) SMs who received separation pay, review:</li> <li>4) Law (10 U.S. Code § 1174(h)(2)) and</li> <li>5) Policy (Department of Defense Instruction 1332.29, §3 .6.2) governing Separation Pay.</li> </ol> <p>DoDI 1332.18, “Disability Evaluation System (DES),” which incorporated and cancelled the Directive-Type Memorandum (DTM) on Implementing Disability-Related Provisions of the National Defense Authorization Act of 2008, dated March 18, 2008, contains information on separation pay for those medically separated.</p> <p><a href="https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/133218p.pdf">https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/133218p.pdf</a></p>
<p><b>Unemployment Compensation (UCX)</b></p>	<p>The Unemployment Compensation for Ex-servicemembers or UCX program provides benefits for eligible separating military personnel. The program is administered by the States as agents of the Federal government. Hence, the law of the State (under which the claim is filed) determines benefit amounts, number of weeks benefits can be paid, and other eligibility conditions. Unemployment benefits are usually provided in the form of weekly or bi-weekly payments and are paid for by the various branches of the military.</p>	<p>Department of Labor:  <a href="https://oui.doleta.gov/unemploy/ucx.asp">https://oui.doleta.gov/unemploy/ucx.asp</a></p> <p>Unemployment Compensation by State:  <a href="https://www.careeronestop.org/WorkerReEmployment/UnemploymentBenefits/unemployment-benefits.aspx">https://www.careeronestop.org/WorkerReEmployment/UnemploymentBenefits/unemployment-benefits.aspx</a></p> <p>Unemployment Benefits Finder:  <a href="https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx">https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/Find-Unemployment-Benefits.aspx</a></p>

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
	<p>If you were on active duty and separated under honorable conditions, you may be entitled to benefits based on that service.</p> <p>You can use the CareerOneStop Unemployment Benefits Finder to locate your state to find information about eligibility and how to file for unemployment benefits. The state you are relocating to may require you to file for unemployment benefits online or may provide a toll-free number.</p>	<p>Fact Sheet:  <a href="https://www.dol.gov/sites/dolgov/files/VETS/files/unemployment-benefits-for-student-veterans-fact-sheet.pdf">https://www.dol.gov/sites/dolgov/files/VETS/files/unemployment-benefits-for-student-veterans-fact-sheet.pdf</a></p>
<b>Supplementary Assistance</b>		
<p><b>State Veteran Benefits</b></p>	<p>Additional benefits through your state may include: Educational grants and scholarships, special exemptions/discounts on fees/taxes, home loans, Veteran's homes, and free hunting and fishing privileges</p>	<p>Specific state benefits (VA):  <a href="https://www.va.gov/statedva.htm">https://www.va.gov/statedva.htm</a></p> <p>State Veteran's Benefits:  <a href="https://militarybenefits.info/state-veterans-benefits/">https://militarybenefits.info/state-veterans-benefits/</a></p>
<p><b>Commissary, Exchange, and Morale, Welfare, and Recreation (MWR) Benefits (Retirees and Honorably Discharged Veterans)</b></p>	<p>Depending on your separation status, honorably discharged veterans (including Honorable and General (under honorable conditions) may be eligible for access to some or all of these:</p> <p><b>1. Full Commissary, Exchange, and MWR Privileges</b>            These groups of honorably discharged veterans and their eligible dependents are authorized full commissary, exchange, and MWR privileges which include on-installation MWR facilities and the new online MWR travel booking engine.</p> <ul style="list-style-type: none"> <li>• Uniformed services retirees, including voluntary, temporary, and permanent disability retired list retirees of the active and Reserve components</li> <li>• Former uniformed SMs eligible to receive retired pay at age 60 for non-regular service who have been discharged from their respective Service or agency and maintain no military affiliation</li> <li>• Medal of Honor recipients who are not eligible under another separation status</li> <li>• Veterans with 100 percent service-connected disability or employability as rated by the Department of Veterans Affairs</li> </ul>	<p>Privilege Policy Document:  <a href="https://download.militaryonesource.mil/12038/MOS/Factsheets/expanding-access-fact-sheet.pdf">https://download.militaryonesource.mil/12038/MOS/Factsheets/expanding-access-fact-sheet.pdf</a></p> <p>Exchange Websites:  <a href="https://www.shopmyexchange.com/">https://www.shopmyexchange.com/</a>, or  <a href="https://www.mynavyexchange.com/">https://www.mynavyexchange.com/</a>, or  <a href="http://mymcx.com/">http://mymcx.com/</a>, or  <a href="https://shopcgx.com/">https://shopcgx.com/</a>  <a href="https://www.vetverify.org/">https://www.vetverify.org/</a> to verify eligibility and establish an online account.</p> <p><i>You may be asked to submit discharge paperwork (DD214) for review to verify your eligibility.</i></p> <p>Local exchange customer service counter</p> <p>Exchange Credit Program: <a href="https://www.myecp.com/">https://www.myecp.com/</a></p> <p>The Exchange Credit Program (ECP) operates the MILITARY STAR program on behalf of the Army, Air Force, Navy, Marine Corps and Coast Guard. ECP is operated and funded by the Army and Air Force Exchange Service (AAFES), a branch of</p>

## Pre-Separation Counseling Service Provider Referral Information

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
	<p>Extension of Privileges, Chapter 54 of title 10, United States Code, is amended by adding subsection 1065. The new subsection indicates use of commissary stores and MWR facilities by certain veterans and caregivers for veterans. This will take effect on Jan. 1, 2020. It will allow about 3 million more people to shop at military stores.</p> <p>The amendment allows veterans who were awarded the Purple Heart, Medal of Honor, or those former prisoners of war, veterans with service-connected disability and a caregiver to use commissary stores and MWR facilities on the same basis as a member of the armed forces entitled to retired or retainer pay.</p> <p>Live in a foreign country: may lose commissary and/or Base Exchange privileges due to treaty, SOFA, or military base agreements between US and host country.</p> <p><b>2. Two-year Commissary, Exchange, and MWR Access</b></p> <p><b>Commissary:</b> A Service member who is involuntarily separated under other than adverse conditions from active duty during the period of qualified service may continue to use the commissary store during the 2-year period beginning on the date of the member's involuntary separation in the same manner as an active duty Service member.</p> <p><b>Exchange:</b> Uniformed or Retired Uniformed Personnel, either on Active Duty or serving in any category of the Reserve Component, Medal of Honor Recipients Honorably discharged veterans with 100 percent Service-connected disability</p> <p><b>MWR Access:</b> Honorably discharged veterans with 100 percent Service-connected disability and involuntarily separated Service members under Transition Assistance Management Program and/or Medal of Honor recipients are entitled to unlimited use and authorized for all MWR programs.</p>	<p>the Department of Defense, established by Congress to protect service members from predatory lending by offering responsible credit solutions.</p> <p>MWR travel booking engine at: <a href="https://www.americanforcestravel.com/">https://www.americanforcestravel.com/</a></p> <p>Department of Defense Instruction 1330.17, DoD Commissary Program: <a href="https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/133017p.pdf?ver=2018-09-14-130620-490">https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/133017p.pdf?ver=2018-09-14-130620-490</a> DoD Instruction 1015.10 for MWR programs:</p> <p><a href="https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/101510p.pdf">https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/101510p.pdf</a></p> <p>DoDI 1330.21 Armed Services Exchange Regulations: <a href="https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/133021p.pdf">https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/133021p.pdf</a></p> <p><a href="https://www.aafes.com/exchange-stores/patrons.htm">https://www.aafes.com/exchange-stores/patrons.htm</a></p>

## Pre-Separation Counseling Service Provider Referral Information

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
	<p><b>3. Veterans Military Exchange Online Shopping Benefit and Military Star Card</b>                      Online benefit does not authorize installation access or in-store shopping for veterans who DO NOT otherwise have such privileges. Honorably discharged veterans are also eligible to retain or apply for the Military Star card.</p> <p><i>Update your MILSTAR personal information before transition. You may be required to out-process with local exchange.</i></p>	
<p><b>Voting Assistance</b></p>	<p><b>1. Absentee Voting</b>                      Most States require you to register to vote to start the absentee voting process. We encourage you use the Federal Post Card Application (FPCA). The FPCA is a form you can use to register to vote and request absentee ballots for the year. We suggest that you send in a new FPCA every year and when you move.</p> <p><b>2. Service Voting Information</b>                      Service members and their eligible family members living outside their voting jurisdiction (within or outside the U.S.) are able to vote absentee. During your period of transition, you can find voting information and receive direct assistance by visiting your Installation Voter Assistance Office.</p> <p><b>3. Uniformed and Overseas Citizens Absentee Voting Act</b>                      UOCAVA citizens are U.S. citizens who are active members of the Uniformed Services, the Merchant Marine, and the commissioned corps of the Public Health Service and the National Oceanic and Atmospheric Administration, their eligible family members and U.S. citizens residing outside the United States. This Act provides the legal basis for these citizens' absentee voting requirements for federal offices.</p> <p><b>4. The Military and Overseas Voter Empowerment Act</b>                      The Military and Overseas Voter Empowerment Act (MOVE) amended UOCAVA and other statutes by providing greater protections for Service Members, their eligible family members, and other overseas citizens. Among other provisions,</p>	<p><a href="https://www.fvap.gov/military-voter/overview">https://www.fvap.gov/military-voter/overview</a>  <a href="https://www.fvap.gov/info/contact/iva-offices">https://www.fvap.gov/info/contact/iva-offices</a>                      UOCAVA - Federal Voting Assistance Program:  <a href="https://www.fvap.gov/info/laws/uocava">https://www.fvap.gov/info/laws/uocava</a>                      MOVE Act:  <a href="https://www.fvap.gov/uploads/FVAP/Policies/moveact.pdf">https://www.fvap.gov/uploads/FVAP/Policies/moveact.pdf</a>                      State/Territory Election websites Federal Voting Assistance Program (FVAP): <a href="https://www.fvap.gov/links">https://www.fvap.gov/links</a>                      You can find additional information on voting assistance for Soldiers, their families and overseas citizens at: <a href="http://www.fvap.gov/">www.fvap.gov/</a>                      National Voter Registration Form:  <a href="https://www.eac.gov/voters/national-mail-voter-registration-form">https://www.eac.gov/voters/national-mail-voter-registration-form</a>  <i>As you transition back to civilian life, you will no longer be covered by the UOCAVA. You and your eligible family members should notify your local election official of your change in voter registration status and update your information to vote locally. Complete a National Voter Registration Form to register as a civilian.</i></p>

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
	the MOVE Act requires States to send absentee ballots to UOCAVA voters at least 45 days before federal elections.	
<b>Legal Assistance</b>	Military installation legal assistance available at no cost for will preparation, powers of attorney, contract review, debit or credit problems, landlord-tenant issues, family law, tax law and estate planning. Retired Soldiers can use the installation legal and financial offices on a space-available basis.	U.S. Army Judge Advocate General’s Corps Legal Information Portal (JAG University): <a href="https://jagu.army.mil/">https://jagu.army.mil/</a> , (requires CAC login)  <a href="https://legalassistance.law.af.mil/">https://legalassistance.law.af.mil/</a>
<b>Post Government (Military) Service Employment Restriction Counseling</b>	DoD Components shall provide guidance on relevant Federal and DoD Government service employment restrictions, as part of out-processing procedures, to military members who are leaving Federal Service. Most common post government employment restrictions include: Personal Lifetime Ban, Seeking or Negotiating for Post Government Employment and Trade or Treaty One-Year Ban	Installation legal office (Staff Judge Advocate or legal counselor’s office) to ensure you receive a post government (military) employment restriction briefing or counseling from an ethics official, <a href="https://jagu.army.mil/">https://jagu.army.mil/</a> , (requires CAC login)
<b>Statement of Benefits</b> <b>Benefits Guide for Reserve Component Military Members</b>	A summary of all benefits available to members of the Armed Forces and Reserve Components on current benefits administered by the DoD and Department of Veterans Affairs (VA).	Army: <a href="https://myarmybenefits.us.army.mil/">https://myarmybenefits.us.army.mil/</a>  Navy: <a href="https://www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx">https://www.public.navy.mil/bupers-npc/career/payandbenefits/Pages/default2.aspx</a>  Air Force: <a href="https://www.myairforcebenefits.us.af.mil/">https://www.myairforcebenefits.us.af.mil/</a>  Marine Corps: <a href="https://usmc-mccs.org/cycle/transition/">https://usmc-mccs.org/cycle/transition/</a>  Coast Guard: <a href="https://www.dcms.uscg.mil/">https://www.dcms.uscg.mil/</a>  Army Reserve: <a href="https://www.usar.army.mil/P3/">https://www.usar.army.mil/P3/</a>  Navy Reserve: <a href="https://www.public.navy.mil/BUPERS-NPC/CAREER/RESERVEPERSONNELMGMT/Pages/default.aspx">https://www.public.navy.mil/BUPERS-NPC/CAREER/RESERVEPERSONNELMGMT/Pages/default.aspx</a>  Air Force Reserve: <a href="https://www.myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits?type=component">https://www.myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits?type=component</a>  Marine Reserve: <a href="https://milconnect.dmdc.osd.mil/milconnect/public/faq/Military_Transitions">https://milconnect.dmdc.osd.mil/milconnect/public/faq/Military_Transitions</a>

## Pre-Separation Counseling Service Provider Referral Information

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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
		Coast Guard Reserve: <a href="https://milconnect.dmdc.osd.mil/milconnect/public/faq/Military_Transitions">https://milconnect.dmdc.osd.mil/milconnect/public/faq/Military Transitions</a>
<b>VA Benefits and Services</b>		
<b>The Department of Veterans Affairs (VA)</b>	<ol style="list-style-type: none"> <li>1. VA Health Administration</li> <li>2. VA Health Care and VA Dental Care</li> <li>3. VA Vet Center</li> <li>4. Other VA Health Care and Other Benefits</li> <li>5. VA Life Insurance</li> <li>6. Veterans Group Life Insurance (VGLI)</li> <li>7. Servicemembers' Group Life Insurance (SGLI)</li> <li>8. Traumatic Injury Protection under Servicemembers' Group Life Insurance (TSGLI)</li> <li>9. Family Servicemembers' Group Life Insurance (FSGLI)</li> <li>10. Service-Disabled Veterans Insurance (S-DVI)</li> <li>11. Veterans' Mortgage Life Insurance (VMLI)</li> <li>12. VA Disability Benefits</li> <li>13. Benefits Delivery at Discharge (BDD)</li> <li>14. Transitional Health Care Benefit</li> <li>15. VA Solid Start</li> </ol>	VA: <a href="http://www.va.gov/">http://www.va.gov/</a> <a href="https://www.va.gov/getstarted/">https://www.va.gov/getstarted/</a> Call MyVA311 for Help: 1-844-698-2311 If you have hearing loss, call TTY: 711 <a href="https://www.va.gov/find-locations/">https://www.va.gov/find-locations/</a> Health Benefits Hotline: 1-877-222-VETS(8387) My HealtheVet Help Desk: 1-877-327-0022 eBenefits Technical Support: 1-800-983-0937 <a href="https://www.va.gov/life-insurance/">https://www.va.gov/life-insurance/</a> Support for SGLI or VGLI: 1-800-419-1473 All Other VA Life Insurance Programs: 1-800-669-8477 <a href="https://www.va.gov/disability/">https://www.va.gov/disability/</a> VA Benefits Hotline: 1-800-827-1000 eBenefits Technical Support: 1-800-983-0937 SGLI Online Enrollment System (SOES): <a href="https://milconnect.dmdc.osd.mil/milconnect/">https://milconnect.dmdc.osd.mil/milconnect/</a> ; sign in, and go to Benefits, Life Insurance SOES <a href="https://www.benefits.va.gov/transition/solid-start.asp">https://www.benefits.va.gov/transition/solid-start.asp</a> <a href="https://www.benefits.va.gov/TAP/docs/VA-Benefits-Participant-Guide.pdf">https://www.benefits.va.gov/TAP/docs/VA-Benefits-Participant-Guide.pdf</a>



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BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
<p><b>Education Benefits:</b>  <b>Post-9/11 GI Bill (Chapter 33),            Montgomery GI Bill (Chapter 30),            Montgomery GI Bill Selected Reserve (Chapter 1606)</b></p>	<p>VA educational benefits, Veterans Affairs</p> <p>Transferability of education benefits is a retention incentive.</p> <p>If eligible for the Post-9/11 GI Bill program, you may be able to transfer all or some unused educational benefits to your spouse or children, if you meet certain criteria.</p> <p>In order to transfer educational benefits to a Family member, military members <b>MUST</b> make an irrevocable election to convert from their existing educational program (such as the Montgomery GI Bill) to the Post-9/11 GI Bill. Transfer to dependents can <b>ONLY</b> be made while serving in the Armed Forces <b>WHILE ON ACTIVE DUTY</b> (as in before retirement or separation).</p> <p>Members who join the Selected Reserve may have the option to transfer unused benefits to Family members.</p> <p><i>Updated rules for transferability were implemented Jan. 12, 2020.</i></p>	<p><a href="http://www.va.gov/">http://www.va.gov/</a></p> <p>GI Bill Hotline: 1-888-GIBILL-1 (888-442-4551)</p> <p>Students Outside the U.S.: 001-918-781-5678</p> <p>VA Benefits Hotline: 1-800-827-1000</p> <p><a href="http://benefits.va.gov/gibill">http://benefits.va.gov/gibill</a></p> <p>eBenefits Technical Support: 1-800-983-0937</p> <p>milConnect: <a href="https://milconnect.dmdc.osd.mil/milconnect/">https://milconnect.dmdc.osd.mil/milconnect/</a></p> <p><a href="https://www.va.gov/education/transfer-post-9-11-gi-bill-benefits/">https://www.va.gov/education/transfer-post-9-11-gi-bill-benefits/</a></p>
<p><b>State and Local Healthcare and Mental Health Services</b></p>	<p>State Government offices, Local US Government, City Government and Federal Government</p>	<p><a href="http://www.statelocalgov.net/">http://www.statelocalgov.net/</a></p>
<p><b>Continued Health Care Benefits Program (CHCBP)</b></p>	<p>The CHCBP is a premium-based healthcare program administered by Humana Military, providing qualified beneficiaries with optional healthcare for 18–36 months after military care benefits end. It is available to former qualified uniformed service members, their family members, former spouses who have not remarried, adult children and unmarried children by adoption or legal custody.</p>	<p><a href="https://www.humanamilitary.com/beneficiary/benefit-guidance/special-programs/chcbp/">https://www.humanamilitary.com/beneficiary/benefit-guidance/special-programs/chcbp/</a></p> <p>Humana Military: 1-800-444-5445</p>
<b>Next Steps</b>		
<p><b>Individual Transition Plan (ITP)</b>  <b>Individual Development Plan (IDP)</b></p>	<p>Every branch of Service has a Service specific criterion-based ITP. Your ITP serves as the roadmap to keep you on track to achieve your post-transition goals.</p> <p>An IDP is a tool to assist Soldiers in planning their career and personal development goals.</p>	<p>DoD TAP, <a href="https://www.dodtap.mil/">https://www.dodtap.mil/</a></p> <p>Army TAP: <a href="https://www.sfl-tap.army.mil">https://www.sfl-tap.army.mil</a></p> <p>TAP Virtual Center, 1-800-325-4715</p> <p>Army Career Tracker (IDP) : <a href="https://actnow.army.mil/">https://actnow.army.mil/</a></p>

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Use the following information to locate services and agencies where you can receive assistance.

BENEFITS/TRANSITION SERVICES	SERVICE PROVIDER/ ORGANIZATION	CONTACT INFORMATION
<b>Local Service Provider Referral Information</b>		
<b>BENEFITS/TRANSITION SERVICES</b>	<b>SERVICE PROVIDER/ ORGANIZATION</b>	<b>CONTACT INFORMATION: LOCATION/TELEPHONE #</b>
<b>Warm Handover Information</b>		
	<b>VA Benefits and Services</b>	<a href="https://www.va.gov/find-locations">https://www.va.gov/find-locations</a> Toll-free: 844-698-2311
	<b>Department of Labor</b>	<a href="https://www.dol.gov/general/location">https://www.dol.gov/general/location</a> Toll-free: 866-487-2365
	<b>Military OneSource</b>	<a href="https://www.militaryonesource.mil/">https://www.militaryonesource.mil/</a> Toll-free: 800-342-9647