

## **Soldier for Life – Transition Assistance Program (SFL-TAP)**

### **Preseparation Counseling Service Provider Referral Information**

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

The SFL-TAP consists of services which include individual transition counseling and required courses to assist you in meeting your personal goals and Career Readiness Standards (CRS) throughout the transition process. There are four Individual Transition Plan (ITP) tracks; Soldiers must elect at least one track to meet their post-military goals. Listed below are the standardized SFL-TAP courses, tracks and associated CRS.

#### **TRANSITION COURSES:**

Transition Overview	MOS Crosswalk	Financial Planning Workshop
DOL Employment Workshop (DOLEW)	VA Benefits Briefings I & II	Individual Transition Plan Review
Accessing Higher Education	Career Technical Training	Entrepreneur Workshop

#### **ITP TRACKS: Employment, Education, Technical Training, and Entrepreneurship**

#### **CRS TO BE COMPLETED BY ALL SOLDIERS PRIOR TO TRANSITION DATE:**

Complete Preseparation Briefing & Initial Counseling with DD Form 2648 Assessment submission	Complete MOS Crosswalk GAP analysis (Captures two CRS) 1) Evaluated transferability of military skills to civilian workforce and 2) Documented requirements and eligibility for licensure, certification, and apprenticeship
Complete eBenefit Registration	Complete Army Transition Spending Plan
Complete Assessment Tool	Complete Job application package* or job offer letter
Attend DOL Employment Workshop	Complete Individual Transition Plan
Receive DOL Gold card (pending government deactivation; date TBD)	Complete Continuum of military service counseling (AC only)
Attend VA Benefits Briefings I & II	Complete Capstone with DD form 2648 submission

#### **CRS TO BE COMPLETED PRIOR TO TRANSITION DATE BY SOLDIERS ELECTING THE EDUCATION OR TECHNICAL TRAINING TRACK ON THEIR ITP**

Attending the 2-Day Track Course is not a required CRS. The Entrepreneur Track does not have required CRS:

Assessment to identify aptitudes, interests, strengths and skills	Comparison of academic or training institution choice
College, university, or technical training application or acceptance letter	Confirmation of one-on-one counseling with a college, university, or technical institution advisor or counselor

\*Job Application Package = 1 resume (civilian/federal), 1 references, submit 2 job applications **OR** receive a job offer letter or returning to job/has employment.

## **Soldier for Life – Transition Assistance Program (SFL-TAP)**

### **Preseparation Counseling Service Provider Referral Information**

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

#### **ADDITIONAL CRS INFORMATION:**

- a. Soldier CRS requirements will vary at any of the six SFL-TAP Pilot locations (Forts Hood, Bragg, Campbell and Drum; USAG Bavaria; and Joint Base Lewis-McChord) based upon the Office of Economic and Manpower Analysis (OEMA) assigned category for Active Component Soldiers. All Pilot Participants are required to complete the ITP. Pilot Participants who elect ITP Higher Education or Technical Training as their transition goal still have the additional CRS to complete. DOLEW Exemption Criteria can be applied to Pilot participants.
- b. During Initial Counseling Soldier will also receive information on MyArmyBenefits website and a vets.gov website demonstration to include AJC POC Locator identification.

#### **EXEMPTION CRITERIA FOR DEPARTMENT OF LABOR EMPLOYMENT WORKSHOP PARTICIPATION:**

- a. Eligible Service members retiring after 20 or more years of active federal service in the Military departments.
- b. Eligible Service members who, after serving their first 180 continuous days or more on Active Duty, pursuant to Title 10 U.S.C., that meet at least one of the following:
  - Are able to provide documented evidence of civilian employment.
  - Are able to provide documented acceptance into an Accredited Career Technical Training, Undergraduate, or Graduate Degree Program.
  - Have specialized skills which, due to unavoidable circumstances, are needed to support a Unit on orders scheduled to deploy within 60 days. The first commander in the Eligible Service Members' Chain Of Command, with authority pursuant to Chapter 47 of the Uniform Code of Military Justice (UCMJ), must certify any such request for Exemption from the DOLEW. A make-up plan must accompany the postponement certification.
  - Have previously attended the DOL Employment Workshop in the previous 36 months.
- c. Recovering Service members imminently transitioning from Active Duty, who are enrolled in the Education and Employment Initiative (E2I) or a similar transition program designed to secure employment, higher education, or Career Technical Training Post-Separation.

If you qualify for an exemption and you do not want to attend the employment workshop, document your exemption on a DD Form 2648 and provide proof of Exemption Criteria to an SFL-TAP Counselor. Exemptions are voluntary. Soldiers transitioning under the Exempted categories may still elect to participate in the DOLEW.

**\*\*PROOF MUST BE PROVIDED TO AN SFL-TAP COUNSELOR ONE (1) WEEK PRIOR TO THE SCHEDULED DOLEW WORKSHOP\*\***

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
<b>Effects of A Career Change</b>	<p>Some of the professionals and agencies on base are:</p> <ul style="list-style-type: none"> <li>• The Base Chaplain</li> <li>• Base Medical Clinic</li> <li>• Behavioral Health Clinic</li> <li>• Family Support/Service Center/Family Readiness Center</li> </ul>	<p>VA Vet Centers, <a href="http://www.vetcenter.va.gov/">http://www.vetcenter.va.gov/</a>;      Military OneSource®, <a href="http://www.militaryonesource.mil/">http://www.militaryonesource.mil/</a>,      1-800-342-9647      Military and Veteran Service Organizations,  <a href="https://veterans.house.gov/resources-for-veterans/veterans-service-organizations.htm">https://veterans.house.gov/resources-for-veterans/veterans-service-organizations.htm</a></p>
<b>Reserve Affiliation and Reserve Component Counselors At Installations</b>	<p>Required for Active Component Service members <b>only</b>: You must have documentation that shows you have completed a “Continuum of Military Service Opportunity Counseling”.</p>	<p>Reserve recruiter on the installation.  <a href="http://www.goarmy.com/reserve.html">http://www.goarmy.com/reserve.html</a></p>
<b>Verification of Military Experience and Training (VMET), DD form 2586</b>	<p>The VMET form is available to all eligible departing Service members, including National Guard and Reservists. (<i>Coast Guard personnel DO NOT have VMET documents.</i>)</p>	<p><a href="https://www.dmdc.osd.mil/tgps/">https://www.dmdc.osd.mil/tgps/</a>      Missing information on members currently serving may be added through the standard personnel file submissions to Defense Manpower Data Center (DMDC). Errors may or may not be corrected for separated or retired members.      Please visit your local personnel office, see “Data Omissions/Errors” FAQs on the VMET website.      1-800-727-3677</p>
<b>Civilian Occupations Corresponding to Military Occupations/ O*NET</b>	<p>This site is useful for researching potential occupations. Browse career or search for careers by keywords or MOS. Learn more about this and other tools during the MOS Crosswalk.</p>	<p>O*NET, <a href="http://www.onetonline.org/">http://www.onetonline.org/</a> or  <a href="http://www.mynextmove.org/">http://www.mynextmove.org/</a></p>
<b>Licensing, Certification, and Apprenticeship Information</b>	<p>Identify and document the requirements you need to meet in order to acquire your civilian certification.</p>	<p><a href="https://www.benefits.va.gov/gibill/licensing_certification.asp">https://www.benefits.va.gov/gibill/licensing_certification.asp</a>      DOL American Job Centers (AJC)  <a href="http://www.careeronestop.org/CREDENTIALING/CredentialingHome.asp">www.careeronestop.org/CREDENTIALING/CredentialingHome.asp</a> or  <a href="http://www.dol.gov/vets/">www.dol.gov/vets/</a></p>
<b>Military Occupation Specialty (MOS)</b>	<p>Develop a GAP analysis which will identify gaps between your military skills and those required in the civilian industry, and 2) Identify and document the requirements</p>	<p><a href="http://www.careeronestop.org">www.careeronestop.org</a>,  <a href="http://myskillsmyfuture.org">myskillsmyfuture.org</a>,  <a href="http://www.servicelocator.org">www.servicelocator.org</a>      (877) US-2JOBS</p>

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
	you need to meet in order to acquire your civilian certification.	
<b>U.S. Army Credentialing Opportunities On-Line</b>	MOS related credentialing information currently includes enlisted and warrant officer. Officers can use the website to find valuable information about manager credentials.	Army Credentialing Opportunities On-Line (COOL), <a href="https://www.cool.army.mil/">https://www.cool.army.mil/</a>
<b>U.S. Navy Credentialing Online (Navy Cool)</b>	Site designed for Navy personnel.	Navy COOL, <a href="http://www.cool.navy.mil">http://www.cool.navy.mil</a>
<b>U.S. Air Force Credentialing Online (AF Cool)</b>	Site designed for Air force enlisted personnel.	AF COOL, <a href="http://www.cool.airforce.com">http://www.cool.airforce.com</a>
<b>U.S. Marine Corps Credentialing Online (Marine Corps Cool)</b>	Site designed for Marine Corps personnel.	Marine Corps COOL, <a href="http://www.cool.navy.mil/usmc">http://www.cool.navy.mil/usmc</a>
<b>United Services Military Apprenticeship Program (USMAP)</b>	For USMC, Navy or Coast Guard Participation in the USMAP does not require you to make any off duty investment of hours.	Post Education office ApprenticeshipUSA, <a href="https://doleta.gov/OA/usmap.cfm">https://doleta.gov/OA/usmap.cfm</a>
<b>DoD SkillBridge</b>	Promotes the civilian job training authority available for transitioning military Soldiers	SkillBridge: <a href="http://dodskillbridge.com/">http://dodskillbridge.com/</a>
<b>Defense Activity for Non-Traditional Education Support (DANTES)</b>	Programs and services include: <ul style="list-style-type: none"> <li>• College Comparison Support Tool</li> <li>• College Entrance Exams</li> <li>• OCONUS Education Center Contact and Support</li> </ul>	DANTES, <a href="http://www.dantes.doded.mil/">http://www.dantes.doded.mil/</a> Academic Institution Partnerships <a href="https://www.dodmou.com/Home/InstitutionsList">https://www.dodmou.com/Home/InstitutionsList</a>
<b>DoDTAP Web Portal</b>	Provides information to ensure Soldiers and their spouses are prepared for the next step in civilian life	DoD TAP web portal, <a href="https://www.dmdc.osd.mil/tac/">https://www.dmdc.osd.mil/tac/</a> VA, <a href="http://www.vets.gov">www.vets.gov</a>
<b>Department of Labor</b> 1. American Job Centers / State Employment Agencies 2. DOL Website	CareerOneStop	<a href="http://myskillsmymfuture.org">myskillsmymfuture.org</a> DOL Veterans.gov, <a href="http://www.veterans.gov">http://www.veterans.gov/</a> American Job Centers: <a href="http://www.servicelocator.org">www.servicelocator.org</a> DOL Website: <a href="https://www.dol.gov/vets/">https://www.dol.gov/vets/</a>
<b>Department of Labor Employment Workshop (DOLEW)</b>	The Department of Defense has established exemptions for participation in Department of Labor Employment Workshop. Service members who qualify for an exemption and elect not to participate in the DOL	DOLEW Participant Guide, Amazon.com e-Book:

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
	Employment Workshop must request to be exempted and formally document their decision on the DD form 2648. Receive DOL Gold Card Certificate (pending government deactivation; date TBD)	
<b>Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA)</b>	Must meet eligibility criteria for reemployment rights. This applies not only to active duty, but also the Guard and Reserve.	<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. For more information, contact the VETS website at: <a href="http://www.dol.gov/vets/programs/userra/index.htm">www.dol.gov/vets/programs/userra/index.htm</a> , or go to: <a href="http://www.benefits.va.gov/guardreserve">www.benefits.va.gov/guardreserve</a> .
<b>State Employment Agencies</b>	State Employment Agency offices are also called AJC, but may be referred to differently by each state. Use the website “mySkills MyFuture” to find current labor market information.	AJC nearest office, Career One Stop, <a href="https://www.myskillsmymfuture.org/www.servicelocator.org">https://www.myskillsmymfuture.org/www.servicelocator.org</a>
<b>State Job Boards</b>	Every state has a job board for their state. Employers can search for applicants. Applicants can search for positions.	Career One Stop, <a href="http://www.careeronestop.org/jobsearch/cos_jobsites.aspx">http://www.careeronestop.org/jobsearch/cos_jobsites.aspx</a>
<b>Public and Community Service Opportunities (PACS)</b>	Non-profit, public and community service organizations such as schools, hospitals, law enforcement agencies, social service agencies and many more for employment opportunities.	Corporation for National & Community Service, <a href="http://www.nationalservice.gov/">http://www.nationalservice.gov/</a> or Corporation for National & Community Service – United We Serve, <a href="http://www.serve.gov/">http://www.serve.gov/</a>
<b>AmeriCorps and Volunteering</b>	National service program that enables people of all ages help solve tough community challenges while advancing their careers and connecting with their community.	<a href="https://www.nationalservice.gov/programs/ameri corps/veterans">https://www.nationalservice.gov/programs/ameri corps/veterans</a>
<b>Troops To Teachers Program – “Proud To Serve Again”</b>	K-12 public, charter, or Bureau of Indian Affairs school teacher assistance. Provide transition assistance for those becoming first-time teachers.	Registration can be completed online by visiting TTT – Proud to Serve Again, <a href="http://www.proudtoserveagain.com/">http://www.proudtoserveagain.com/</a> .
<b>Federal Employment Opportunities</b>	There are three main ways to acquire a federal position: <ul style="list-style-type: none"> <li>• Merit promotion</li> <li>• Special Hiring Authorities</li> <li>• Competitive Appointment (open to the general public)</li> </ul>	Feds Hire Vets, <a href="http://www.fedshirevets.gov/">http://www.fedshirevets.gov/</a>
<b>USAJOBS</b>	USAJOBS is the official job site of the U.S. federal government.	USAJOBS, <a href="https://www.usajobs.gov/">https://www.usajobs.gov/</a>
<b>Go-Defense</b>	Links to DOD agency websites.	Go-Defense, <a href="http://godefense.cpms.osd.mil">http://godefense.cpms.osd.mil</a>

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
<b>Veterans' Preference in Federal Employment</b>	<p>A "point system" of either 5 points or 10 points is used to determine veterans' hiring preference.</p> <p>Five point preference determined by active duty service in specified time periods.</p> <p>You may be a 10 point preference eligible if you have a service connected disability determination with active duty service OR received a Purple Heart with active duty service. You will need to submit a Standard form SF-15, "Application for 10-point Veterans' Preference."</p> <p>Military retirees at or above the grade of O4 are not eligible for veterans' preference unless they are a disabled veteran.</p> <p>Reservists who are retired from the Reserves but are not receiving retired pay are not considered "retired military" for purposes of veterans' preference.</p>	<p>OPM: <a href="http://www.opm.gov/forms/pdf_fill/SF15.pdf">www.opm.gov/forms/pdf_fill/SF15.pdf</a></p> <p>Standard form SF-15  <a href="http://www.opm.gov/forms/pdf_fill/SF15.pdf">http://www.opm.gov/forms/pdf_fill/SF15.pdf</a></p> <p>For preference eligibility, visit the DOL Veterans' Preference Advisor at <a href="https://webapps.dol.gov/elaws/vetspref.htm">https://webapps.dol.gov/elaws/vetspref.htm</a>.</p> <p>File a complaint with the DOL's Veterans' Employment and Training Service (VETS),  <a href="http://www.dol.gov/elaws/vets/vetpref/agency.htm">http://www.dol.gov/elaws/vets/vetpref/agency.htm</a>. If VETS is unable to resolve the complaint within 60 day, appeal to the Merit Systems Protection Board, <a href="https://e-appeal.mspb.gov/">https://e-appeal.mspb.gov/</a>.</p> <p>office of Personnel Management (OPM),  <a href="http://www.fedshirevets.gov/job/vetpref/index.aspx">http://www.fedshirevets.gov/job/vetpref/index.aspx</a></p>
<b>Veterans Federal Procurement Opportunities</b>	Mentor-Protégé Program available through the SBA.	<p>To find the competitive procurement announcements visit FedBizOpps.gov, <a href="https://www.fbo.gov/">https://www.fbo.gov/</a></p> <p>Central Contractor Registration system at <a href="https://uscontractorregistration.com/central-contractor-registration-ccr/">https://uscontractorregistration.com/central-contractor-registration-ccr/</a></p>
<b>Office of Personnel Management (OPM) Special Hiring Authorities</b> 1. <b>Veterans Recruitment Appointment (VRA)</b>	Veterans Recruitment Appointment (VRA), and 30% or more disabled Veteran authority.	<p>List of Veteran Employment Program offices, <a href="http://www.fedshirevets.gov/AgencyDirectory/index.aspx">http://www.fedshirevets.gov/AgencyDirectory/index.aspx</a>.</p> <p>Feds Hire Vets, <a href="http://www.fedshirevets.gov/">http://www.fedshirevets.gov/</a></p>
<b>Hiring Preference in Non-Appropriated Fund (NAF) Jobs</b>	<p>To be eligible, you need to be:</p> <ul style="list-style-type: none"> <li>• Involuntary separating and have an honorable discharge with the SPD code that provides transition benefits OR</li> <li>• Separating with a special separation benefit OR</li> <li>• Separating with the voluntary separation incentive</li> </ul>	NAF, <a href="https://www.nafjobs.org">https://www.nafjobs.org</a> .

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
<b>Workforce Innovation and Opportunity Act (WIOA)</b>	<p>The Workforce Investment Act or WIA was replaced by the Workforce Innovation and Opportunity Act or WIOA. The Act:</p> <ul style="list-style-type: none"> <li>• Provides training and education opportunities</li> <li>• Assists job seekers</li> <li>• offers career services</li> </ul>	<p>U.S. DOL – Employment and Training Administration (ETA),  <a href="https://www.dol.gov/WIOA/">https://www.dol.gov/WIOA/</a></p>
<b>Small Business Administration (SBA) Entrepreneurship Track – Boots to Business</b>	<p>Course:</p> <ul style="list-style-type: none"> <li>• May be offered through local SFL-TAP Center</li> <li>• Available “24/7” through the Joint Knowledge Online (JKO) system</li> <li>• Link to JKO from the SBA website.</li> </ul>	<p>Joint Knowledge Online (JKO) system, and SBA,  <a href="http://www.sba.gov/vboc">www.sba.gov/vboc</a>  <a href="http://www.sba.gov/bootstobusiness">www.sba.gov/bootstobusiness</a>  <a href="https://www.sba.gov/offices/headquarters/ovdb/resources/160511">https://www.sba.gov/offices/headquarters/ovdb/resources/160511</a>.</p> <p>SFL-TAP Center location finder, <a href="https://www.sfl-tap.army.mil/default.aspx">https://www.sfl-tap.army.mil/default.aspx</a></p>
<b>Permissive Temporary Duty (PTDY) and Excess Leave (EL)</b>	<p>Permissive TDY (PTDY) and Excess Leave may be authorized for the purpose of job search and house hunting activities that facilitate the relocation to civilian life. Applies only to a well-defined group of eligible personnel. You can request excess leave or PTDY/TAD, but not both. Granting PTDY (or excess leave) is subject to mission requirements and approval of the unit commander. No more than 30 days Excess Leave can be granted. You cannot combine it with liberty weekends, special liberty, or holidays, to extend the period of actual job/house hunting activities beyond the days authorized.</p>	<p>Post supporting personnel office.</p> <p>Your Commander.</p> <p>DA form 31</p>
<b>Travel and Transportation Allowances</b>	<p>Eligible retirees and certain involuntary separatees (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. Household goods may be shipped to:</p> <ul style="list-style-type: none"> <li>• HOS any destination within the United States</li> <li>• HOR the place lived when they entered the military</li> <li>• The place outside the United States from which they were initially called to active duty</li> </ul>	<p>Base Housing or 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="http://www.militaryonesource.mil/">http://www.militaryonesource.mil/</a>,  Joint Federal Travel Regulations (JFTR) at  <a href="http://www.defensetravel.dod.mil/">http://www.defensetravel.dod.mil/</a></p> <p>MILPERSMAN 1320-220</p>

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
	All other separatees are authorized storage and shipment of household goods up to six months. Items may be shipped to the location in which they collected separation travel pay.	DoDI 1332.36 – “Overview of PCS Travel and Transportation Allowances Table”
<b>Contact Information for Housing Counseling Assistance</b>	Encompasses military housing, rental property and HUD.	Post Housing office HUD - call the VA care line number which is 1-877-424-3838. HUD Veteran Resource Center (HUDVET), <a href="http://portal.hud.gov/hudportal/HUD?src=/program_offices/common_planning/veteran_information">http://portal.hud.gov/hudportal/HUD?src=/program_offices/common_planning/veteran_information</a>
<b>U.S. Department of Education Federal Aid Programs</b>	The program provides information on: <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>	U.S. Department of Education Federal Student Aid Program, <a href="https://studentaid.ed.gov/sa/">https://studentaid.ed.gov/sa/</a> Veterans Upward Bound Program, <a href="http://www2.ed.gov/programs/triovub/index.html">http://www2.ed.gov/programs/triovub/index.html</a>
<b>Other Federal, State, or Local Education/Training Programs and Options</b>	Additional education options you may want to take advantage of during your transition	Base Education Center – Education Service Specialist (ESS) or Education Service officer (ESO) 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> <a href="http://studentveterans.org/">http://studentveterans.org/</a> 1-202-223-4710
<b>Information on Availability of Healthcare and Mental Health Services</b> <ol style="list-style-type: none"> <li>1. Suicide Prevention Resources for Veterans, Families and Friends</li> </ol>	Health care options available to Soldiers and their Family Members.	National Guard Bureau's Psychological Health Program: <a href="https://www.jointservicessupport.org/PHP/Default.aspx">https://www.jointservicessupport.org/PHP/Default.aspx</a> Behavioral Health Treatment Services Locator: <a href="findtreatment.samhsa.gov">findtreatment.samhsa.gov</a> Veterans Crisis Line: 1-800-273-8255 and Press 1, chat online: <a href="http://www.VeteransCrisisLine.net">www.VeteransCrisisLine.net</a> Text: 838255
<b>Separation History and Physical Examination (SHPE)</b>	Must be completed prior to separation. Reserve and National Guard members who have served a minimum of 180 days on active duty or 30 days in a contingency	To access the DD form 2807-1, further instruction on how to complete the SHPE as well as linkages to VA resources, go

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
	<p>operation must also have an SHPE completed prior to release from active duty. If you are applying for VA benefits prior to separation through the Benefits Delivery at Discharge (BDD) program, the exam you receive from the VA will meet this SHPE requirement. If you choose to not apply for VA benefits or don't have enough time to complete the BDD process prior to separation, you will receive your SHPE through your Military Treatment Facility. To be prepared for the SHPE in either a DoD or VA facility, you must complete form DD 2807-1 available at the TRICARE OnLine Patient portal.</p>	<p>to TRICARE OnLine Patient portal:  <a href="https://www.tricareonline.com">https://www.tricareonline.com</a></p> <p>Military OneSource®, <a href="http://www.militaryonesource.mil/">http://www.militaryonesource.mil/</a></p>
<b>Transitional Healthcare Benefit/Tricare</b>	<p>Eligibility for transitional healthcare, also referred to as Transitional Assistance for 180 days (TA-180), is not automatic, as individuals must meet one of the six qualifying criterion.</p> <p>You must make sure that you and your family members are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS).</p>	<p>Nearest personnel office or ID card facility, search DEERS locations at <a href="https://www.dmdc.osd.mil/rsl/">https://www.dmdc.osd.mil/rsl/</a>;  <a href="https://milconnect.dmdc.osd.mil">https://milconnect.dmdc.osd.mil</a>.</p> <p>TRICARE “Plan Wizard”, <a href="http://www.tricare.mil/mybenefit">http://www.tricare.mil/mybenefit</a>;  <a href="https://tricare.mil/enroll">https://tricare.mil/enroll</a></p> <p>TRICARE program options at <a href="https://tricare.mil/">https://tricare.mil/</a>;  <a href="https://tricare.mil/retiring">https://tricare.mil/retiring</a></p> <p>HealthCare.gov coverage options,  <a href="https://www.healthcare.gov/">https://www.healthcare.gov/</a></p> <p>TRICARE transitional health care:  <a href="https://www.tricare.mil/mybenefit">https://www.tricare.mil/mybenefit</a>.</p> <p>Affordable Care Act Counselors, visit:  <a href="https://www.tricare.mil/aca">https://www.tricare.mil/aca</a>, or call your TRICARE regional contractor.</p> <p>Health Insurance Marketplace:  <a href="https://www.healthcare.gov/veterans/">https://www.healthcare.gov/veterans/</a></p> <p>Find someone nearby to help you apply at:  <a href="https://localhelp.healthcare.gov/#intro">https://localhelp.healthcare.gov/#intro</a>.</p> <p>Dental Options: <a href="http://tricare.benefeds.com">http://tricare.benefeds.com</a></p>
<b>Financial Management</b>	<p>One benefit that you retain whether you are separating or retiring is your contributions to the Thrift Savings Plan (TSP). If you have less than \$200, TSP will automatically send you a check for the amount and close the account. If</p>	<p>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></p>

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
	<p>you have a 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 (SBP) is specifically for retirees, and all active duty military members are automatically covered under SBP at the full amount while on active duty.</p>	<p>Research financial information:</p> <p>Thrift Savings Plan, <a href="https://www.tsp.gov/index.html">https://www.tsp.gov/index.html</a></p> <p>Save and Invest.org, <a href="https://www.saveandinvest.org/">https://www.saveandinvest.org/</a>;</p> <p>Consumer Financial Protection Bureau (CFPB), <a href="http://www.consumerfinance.gov/">http://www.consumerfinance.gov/</a></p> <p>U.S. Department of Defense, <a href="http://www.defense.gov/">http://www.defense.gov/</a></p> <p>Military.com, <a href="http://www.military.com/">http://www.military.com/</a> or</p> <p>Military OneSource®, <a href="http://www.militaryonesource.mil/">http://www.militaryonesource.mil/</a></p> <p>Thriftline at 1-877-968-3778</p> <p><a href="http://www.defenselink.mil/militarypay">www.defenselink.mil/militarypay</a></p> <p><a href="http://www.cfpb.gov">www.cfpb.gov</a></p> <p>Service member's Civil Relief Act and Military Lending Act</p>
<b>Separation Pay</b>	<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> </ol> <p>Service members who received separation pay, review:</p> <ol style="list-style-type: none"> <li>1) Law (10 U.S. Code § 1174(h)(2)) and</li> <li>2) Policy (Department of Defense Instruction 1332.29, §3 .6.2) governing Separation Pay.</li> </ol> <p>for information on Medically Separated pay, refer to the DTM on Implementing Disability-Related Provisions of the National Defense Authorization Act of 2008, dated March 18, 2008.</p>
<b>Unemployment Compensation (UCX)</b>	<p>Different states have different requirements and rules for eligibility. First step of process is to file a claim in your state.</p>	<p>AJC nearest office,</p> <p><a href="https://www.careeronestop.org/LocalHelp/service-locator.aspx">https://www.careeronestop.org/LocalHelp/service-locator.aspx</a></p> <p><a href="https://www.vets.gov/">https://www.vets.gov/</a></p>
<b>General Money Management</b>	<p>The basic rule of thumb is to have at least three to six months living expenses in a savings account in the event of lost wages and other emergencies. Having this</p>	<p>Family Support/Service Centers and meet with financial Counselors</p>

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
	<p>financial cushion as you make your transition will reduce some of the stress transition brings.</p> <p>Attend SFL-TAP Financial Planning Seminar/ Workshop to complete budget.</p>	<p>Financial specialist at your command or installation or SFL-TAP Financial Counselor. Military OneSource<sup>©</sup>, <a href="http://www.militaryonesource.mil/">http://www.militaryonesource.mil/</a>,</p>
<b>Personal Savings and Investment</b>	<p>When opening a savings account, look for an FDIC or National Credit Union Association (NCUA). For higher interest earnings, there are four common types of investments: U.S. Savings Bond, Certificate of Deposit (CD), Stocks, and Mutual Funds. Not all funds are insured and investors may lose some or all of the value of their investment.</p>	<p>Save and Invest.org, <a href="https://www.saveandinvest.org/">https://www.saveandinvest.org/</a></p>
<b>State Veteran Benefits</b>	<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="http://www.va.gov/landing2_locations.htm">http://www.va.gov/landing2_locations.htm</a></p>
<b>Two-Year Commissary and Post Exchange Privileges (Eligible Involuntary Separatees)</b>	<p>Eligible Involuntary Separatees</p> <p>Commissary and exchange stores available for 2 years after separation; may extend to MWR privileges. May lose commissary and/or Base Exchange privileges due to treaty, SOFA, or military base agreements between the United States and a host country.</p>	<p>Local military personnel office.</p>
<b>Voting Assistance</b>	<p>Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) loss of coverage</p> <p>Must notify your local election official of your change in voter registration status and update your information to vote locally.</p> <p>Sample letter is provided at Federal Voting Assistance Program, <a href="http://www.fvap.gov/uploads/FVAP/VAO/staying_template.docx">http://www.fvap.gov/uploads/FVAP/VAO/staying_template.docx</a>.</p> <p><a href="http://www.fvap.gov/uploads/FVAP/VAO/moving_template.docx">http://www.fvap.gov/uploads/FVAP/VAO/moving_template.docx</a>.</p>	<p>UOCAVA - Federal Voting Assistance Program, <a href="http://www.fvap.gov/uploads/FVAP/Policies/uocavalaw.pdf">http://www.fvap.gov/uploads/FVAP/Policies/uocavalaw.pdf</a></p> <p>National Voter Registration form at U.S. Election Assistance Commission (EAC), <a href="https://www.eac.gov/nvra/">https://www.eac.gov/nvra/</a></p> <p>State/Territory Election websites Federal Voting Assistance Program, <a href="https://www.fvap.gov/links">https://www.fvap.gov/links</a></p> <p>If you will be remaining or moving abroad after separation from the military, you can find additional information on voting assistance for overseas citizens at Federal Voting Assistance Program</p>

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
<b>Legal Assistance</b>	<p>Military installation legal assistance offices 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.</p> <p>Retirees can use the installation legal and financial offices on a space-available basis.</p>	<p>U.S. Army Judge Advocate General's Corps Legal Information Portal, <a href="https://jagu.army.mil/">https://jagu.army.mil/</a>, (requires CAC login)</p> <p><a href="http://legalassistance.law.af.mil/content/locator.php">http://legalassistance.law.af.mil/content/locator.php</a></p>
<b>Post Government (Military) Service Employment Restriction Counseling</b>	<p>There are additional restrictions for retired military personnel and Reservists' foreign employment. You cannot decline this counseling; it is required. Most common post government employment restrictions include: Personal Lifetime Ban, Seeking or Negotiating for Post Government Employment and Trade or Treaty One-Year Ban</p>	<p>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)</p>
<b>Individual Transition Plan (ITP)</b>	<p>The ITP becomes an extension of an Individual Development Plan (IDP) at your enlistment as you separate or retire. The standard ITP for all branches of Service includes six sections.</p> <p>SFL-TAP offices, SFL-TAP Virtual Center, 24/7</p>	<p>DoD TAP, <a href="https://dodtap.mil/index.html">https://dodtap.mil/index.html</a>  <a href="https://www.sfl-tap.army.mil">https://www.sfl-tap.army.mil</a> – Find a SFL-TAP center close to you. SFL-TAP Virtual Center 1-800-325-4715</p>
<b>MANDATORY VA BENEFITS BRIEFING I AND II</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>Education Benefits (Post-9/11 GI Bill Chapter 33), (Montgomery GI Bill Chapter 30)</b>	VA educational benefits, Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>VA Health Administration</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>VA Health Care</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>VA Dental Care</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>VA Vet Center</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>State and Local Healthcare and Mental Health Services</b>	State Government offices, Local US Government, City Government and Federal Government	<a href="http://www.statelocalgov.net/">http://www.statelocalgov.net/</a>

## Soldier for Life – Transition Assistance Program (SFL-TAP)

### Preseparation 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: LOCATION/TELEPHONE #
<b>Other VA Health Care and Other Benefits</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>Continued Health Care Benefits Program</b> - Option to purchase 18-Month Conversion Health Insurance. Concurrent pre-existing condition coverage with purchase of Conversion Health Insurance.	TRICARE; Humana	<a href="http://www.tricare.mil/chcpp">http://www.tricare.mil/chcpp</a> 1-877-874-2273 <a href="https://www.humana-military.com/">https://www.humana-military.com/</a> 1-800-444-5445
<b>Veterans Group Life Insurance (VGLI)</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>Service Members' Group Life Insurance (SGLI)</b>	Veterans Affairs	<a href="http://Benefits.Va.Gov/Insurance/Sgli.Asp">http://Benefits.Va.Gov/Insurance/Sgli.Asp</a> 1-800-669-8477
<b>Traumatic Injury Protection Program (TSGLI)</b>	Veterans Affairs	<a href="http://Benefits.Va.Gov/Insurance/Tsgli.Asp">http://Benefits.Va.Gov/Insurance/Tsgli.Asp</a> 1-800-419-1473
<b>Family Service Members' Group Life Insurance (FSGLI)</b>	Veterans Affairs	<a href="http://Benefits.Va.Gov/Insurance/Fsgli.Asp">http://Benefits.Va.Gov/Insurance/Fsgli.Asp</a>
<b>Service-Disabled Veterans Insurance (S-DVI)</b>	Veterans Affairs	<a href="http://Benefits.Va.Gov/Insurance/S-Dvi.Asp">http://Benefits.Va.Gov/Insurance/S-Dvi.Asp</a>
<b>Veterans' Mortgage Life Insurance (VMLI)</b>	Veterans Affairs	<a href="http://www.Benefits.Va.Gov/Insurance/Vmli.Asp">http://www.Benefits.Va.Gov/Insurance/Vmli.Asp</a>
<b>VA Life Insurance</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>Transitional Health Care Benefit</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>
<b>VA Disability Benefits</b>	Veterans Affairs	<a href="http://benefits.va.gov/benefits/">http://benefits.va.gov/benefits/</a> 1-800-827-1000
<b>Benefits Delivery at Discharge (BDD)</b>	Veterans Affairs	<a href="http://www.va.gov/">http://www.va.gov/</a>