

# The City of Pittsburgh Answers the Call of Duty

(Hiring and Supporting People Who are Active Military, Veterans, and Families.) Community Resource Guide

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## Statement

The City of Pittsburgh is answering the call of duty and is committed to providing support and resources to all those who served. We're proud to be a veterans' employer, ESGR (Employer Support of the Guard and Reserves) signatory, and provide of veterans' preference points for our competitive positions. Diversity and inclusion are core values of the City of Pittsburgh and we expect that every individual is valued for his or her differences. These differences include, but are not limited to appearance, ideas, race, gender, religion, socioeconomic status, ethnicity, beliefs, sexual orientation, and Differing Abilities (Disabilities).

Our commitment to diversity and inclusion in our workforce means that we expect everyone's differences to be embraced and respected by all. We are passionate about recruiting and retaining the most skilled professionals and we recognize that these differences will only strengthen the City of Pittsburgh. We want to ensure that our employees have a meaningful public service work experience and feel valued both at work and in the communities that we serve. The City of Pittsburgh seeks to achieve this goal by cultivating a diverse and inclusive workplace culture

There is a lot of information available across the internet, this guide is in place to centralize the information for easier access. This guide provides information on resources in the community designed specifically for active duty, reserves, National Guard, veterans, and their families. The City of Pittsburgh is committed to ensuring military members and their families are aware of the services in our community. The guide consists of contact information, and the services they provide. This is not a comprehensive list of all community resources available to veterans in the Pittsburgh area.

**Transitional Services** 

## **Transitional Services**

When transitioning from the military back to civilian life, you may face challenges with a smooth transition. Transitional services are in place to help veterans adjust to civilian life. The following resources in our community can aid in the process of transitioning from military to civilian life. The available services help veterans understand the way the civilian world operates and how to access other resources that could be available to them. Below is the contact information, description of services, and resources.

#### **Defenders of Freedom**

P.O. Box 22582 Pittsburgh, PA 15222

412-973-1831 or https://defendersoffreedompa.us/

- As the wars have prolonged the focus of Defenders of Freedom has turned to helping Veterans at home. DOF offers emergency financial assistance to wounded and transitioning Veterans, resume preparation, and employment searches. Additionally, they have Veteran initiated programs for peer mentoring. They continue to send care packages upon request from deployed Troops.
  - $\circ$   $\;$  Supports post 9/11 combat veterans transitioning back to civilian life

#### **Heroes Supporting Heroes**

7313 Noblestown Rd. Oakdale, PA 15071

412-235-1737 or <u>https://www.heroessupportingheroes.org/the-heroes-support-network/veteran-support-services/54</u>

- Heroes Supporting Heroes uses a veteran support finder tool to display a list of resources that meet your personal needs based on a short questionnaire that contains age, gender, if you have a disability rating from the VA, war you served in, branch of military, and income range. After you complete this information, you will have the option to select the area(s) you need the most support.
  - Transitional services that will help military members and their spouses get ready to successfully move from the military to civilian life

#### **Hiring Our Heroes**

#### https://www.hiringourheroes.org/

- The goal of Hiring Our Heroes is to create a movement across America and in our communities where veterans and military families have resources and opportunities to succeed after the military.
- Transition assistance/veteran road map breaks down the transition process to help veterans navigate the process to have a successful transition.

#### **Military One Source**

1-800-342-9647 or https://www.militaryonesource.mil/all-the-ways

- Military One Source provides information and services for veterans and military families. The information and services offered by Military One Source helps to simplify the process as much as possible for a smooth transition.
- Military Life Cycle
  - Separation and transition: what to know and how to prepare for the process

## **Transitional Services**

3825 University Dr. Pittsburgh, PA 15213

412-822-2362 or https://www.benefits.va.gov/tap/tap-index.asp

- The VA TAP is designed for veterans transitioning to civilian life. Services and resources offered help to achieve success after the military. This course can be taken online or in person. These resources are available at your instillation and in your community to assist you and your family. Find a complete list of services for each location through the VA website.
  - Transition Assistance Program consists of:
    - Transition over view
    - MOC crosswalk: how to translate your military skills
    - Financial planning
    - VA benefits
    - Employment workshop
    - Individual transition plan

When a veteran is transitioning out of the military and into civilian life, medical challenges could get in the way of a smooth transition. The resources listed below provide a range of medical-related services that can aid with the transition process. Below is the contact information, description of services, and resources.

#### Allegheny County: Department of Veteran Services Resources

4141 Fifth Ave. Pittsburgh, PA 15213

412-621-4357 or https://www.alleghenycounty.us/veterans/resources.aspx

- Allegheny County: Department of Veteran Services provides veterans and their families' up to date information and numerous community resources that are committed to supporting current and former military personnel.
  - o Assists veterans with health issues specific to military veterans
    - Mesothelioma

Female veterans' healthcare

PTSD

- Wounded Warrior Project
- o Provides a list of local agencies and groups providing information about specific health issues
- A list of resources located outside of Allegheny County can be found on their website.

#### **Concussion Clinic/ Team TBI**

200 Lothrop St. PUH Suite B-400 Pittsburgh, PA 15213

- 412-383-8326 http://www.team-tbi.com/study
  - University of Pittsburgh is conducting a study to investigate the complexity of brain injuries and how targeted interventional strategies may improve outcome and function. The study is currently taking place to help medical and health professionals better understand Traumatic Brain Injury. When partaking in the study the following will occur:
    - The impact of traumatic brain injury
    - $\circ~$  A customized treatment plan will be used after your evaluation

#### DAV (Disabled American Veterans)

Rm 1606 1000 Liberty Ave. Pittsburgh, PA 15222

412-395-6241 or https://www.dav.org/veterans/resources/

- Disabled American Veterans is a national organization, dedicated to a single purpose: empowering veterans to lead high-quality lives with dignity and respect. This is accomplished by ensuring that veterans and their families can access the full range of resources available to them.
  - Military toxic exposure

o Military sexual trauma

o PTSD/TBI

Service animals

#### **Duquesne University Military Services Program**

227 Rockwell Hall - 600 Forbes Avenue Pittsburgh, PA 15282 412-396-6562 or <u>dupsychclinic@duq.edu</u> or <u>https://www.duq.edu/about/centers-and-institutes/psychology-clinic/military-services</u>

- Free counseling and support services to who have served or who expect to serve in the Iraq and/or Afghanistan conflicts and to the families and loved ones of the those involved.
  - o Military sexual trauma

 $\circ$  Deployment/homecoming

• Traumatic brain injury

o Reentry into civilian life

Post-traumatic stress

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#### Goodwill of Southwestern PA

Robert S. Foltz Building: 118 52nd St. Pittsburgh, PA 15201

412-481-9005 https://www.goodwillswpa.org/programs-and-services

- Goodwill is a community agency that provides a range of services through employment related education and work force development. Their programs assist participants by enhancing soft skills like communication or adaptability to be as marketable as possible.
  - o Job training
  - Assistive technology is any item that helps individuals with disabilities perform tasks that may otherwise be difficult or impossible. Assistive technology can be high-tech or low-tech. For example:
    - High-tech: screen magnification software, mobility aids, keyboard alternatives
    - Low-tech: pencil grips, velcro, jumbo office supplies

#### **Heroes Supporting Heroes**

7313 Noblestown Rd. Oakdale, PA 15071

412-235-1737 or <u>https://www.heroessupportingheroes.org/the-heroes-support-network/veteran-support-services/54</u>

- Heroes Supporting Heroes uses a Veteran Support Finder tool to display a list of resources that meet your personal needs based on a short questionnaire that contains age, gender, if you have a disability rating from the VA, war you served in, branch of military, and income range. After you complete this information you will have the option to select the area(s) you need the most support.
  - Drug and alcohol services
  - Mental health
  - o PTSD
  - o Disability services
  - o Service animals
  - Referral services

#### **Military One Source**

1-800-342-9647 or https://www.militaryonesource.mil/all-the-ways

- Military One Source provides information and services about health related topics. Many of these resources are in place to provide you the information to start and maintain a healthy life style or educate you about healthier options.
  - o Healthcare
  - Healthy living
  - o Mental health
  - Wounded warrior
  - Wellness apps for your smart device

#### Outdoor Odyssey/ Semper Fi Odyssey

450 Boy Scout Rd. Boswell, PA 15531

814-629-6516 or https://www.outdoorodyssey.org/semper-fi-odyssey

- Semper Fi Odyssey is the military specific branch of Outdoor Odyssey. This program is a leadership academy that helps veterans through the transition process and prepare for the future. This program is a six-day holistic transition. For more information about the program, use the contact information listed above.
- Reinforces significance of mental, physical, spiritual, emotional, and social wellbeing.
- $\circ \quad \text{Adapted physical activity} \\$

#### PA serves

1200 Reedsdale St. 2nd Floor, Pittsburgh, PA 15233

1-855-838-7744 or https://pittsburgh.americaserves.org/veteran-services/

- PA Serves offers current and former military members and their families access to a list of services designed for military members. The services offered are broken into categories. Each category will list the provider and the services they offer.
  - Health and wellness
  - Physical health
  - Mental health
  - Behavioral health
  - Substance use

#### Shepherd's heart/Veterans home/House of Hope

13 Pride St. Pittsburgh, PA 15219

#### 412-277-9895 or https://shepheart.org/about-shvh

- Shepherd's Heart/Veterans Home is an organization that aims to serve male veterans. House of Hope is a program through Shepherd's Heart. They provide a range of services for homeless male veterans eligible for VA services.
  - o PTSD
  - $\circ$  Substance use
  - o Mental health

- Case management/Clinical assessment/Referral
- o Acute care bedrooms

#### The American Legion

Pittsburgh Area

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412-395-6230 or https://www.legion.org/services

- The American Legion service veterans throughout the United States: they are able to provide information on health care options and other medical resources that can be useful when navigating your options
- $\circ$   $\;$  Health care options avaiible to current and former military personnel
  - Resources for certain health conditions
    - Bereavement counseling
    - PTSD
- "Operation Comfort Warrior"
  - Emotional health
  - Mental health

- TBI
- Suicide prevention
- Physical health
- Spiritual health

#### **University of Pittsburgh- Military Resources**

450 Technology Dr. Pittsburgh, PA 15219

412-624-3420 or <u>https://www.cmmr.pitt.edu/news-story/updated-pittsburgh-resources-military-membersfamiliesveteransretireees</u>

- The University of Pittsburgh developed a resource website for local veterans. The resources available cover a variety of services and resources designed for veterans and their families.
- o Crisis intervention
- Current medical studies taking place at the university
- Medical resources around the community for veterans and their families

#### VA Pittsburgh HealthCare system

3825 University Dr. Pittsburgh, PA 15213

412-822-2362 or https://www.va.gov/health-care/

- The VA healthcare system is an organization designed for veterans. The VA has a range of benefits at different locations around the Pittsburgh area. A complete list of services for specific locations can be found on the website
  - Primary care
  - Mental health services
  - Women's health
  - Chemical or hazardous exposure
  - Veterans health and wellness program

#### VA Pittsburgh HealthCare system: Pittsburgh Vet Center

#### 2500 Baldwick Rd. Pittsburgh, PA 15205

#### 412-920-1765 or https://www.pittsburgh.va.gov/services/vet-centers.asp

- The VA healthcare system is an organization designed for veterans. The VA has a range of benefits at different locations around the Pittsburgh area. This branch office of the VA guides veterans and their families through many of the major adjustments in lifestyle that occurs after returning from combat.
  - Drug and alcohol counseling
- o Individual and group readjustment counseling
- Military sexual trauma counseling
- Referrals to community counseling
- o Bereavement counseling

#### VA Healthcare System: Mental Health

4100 Allequippa St. Pittsburgh, PA 15219

412-360-6600 or https://www.pittsburgh.va.gov/services/behavioral-health.asp

- The VA healthcare system is an organization designed for veterans. The VA has a range of benefits at different locations around the Pittsburgh area. This office may also be able to provide services for certain mental health problems even if you don't qualify for benefits through the VA. This section of the VA provides high-quality mental health services.
  - o In-patient and out-patient psychiatric unit
  - Psychiatry
  - Psychology
  - o PTSD
  - Treatment for addictive disorders

#### VA Healthcare System: PTSD

802-296-6300 or <a href="https://www.ptsd.va.gov/">https://www.ptsd.va.gov/</a>

- This is a nationwide resource for veterans experiencing PTSD. Post-traumatic stress falls under the category of mental health. After experiencing a turmeric event like a car accident, sexual assault, or war you may experience symptoms. If those symptoms last for an extended period of time you should consider different treatment options.
  - o Treatment options
  - o Symptoms
- Know when to get medical professional involved

#### VA Healthcare System: Women's Healthcare

University Dr. Bldg. 1 or H.J. Campus

412-360-6289 or https://www.pittsburgh.va.gov/services/women/index.asp

- This resource is specifically for female veterans. The VA healthcare system is an organization designed for veterans. The Healthy Women's Center has multiple services at this location to make appoints and transportation easier for patients. The VA Pittsburgh female veterans program seeks to promote the health, welfare and dignity of female veterans and their families by ensuring equal access to timely, sensitive and quality healthcare.
- o General health
  - Primary care
  - Preventive care
- Chronic disease management
- o Female health
  - Breast exams
  - Cervical cancer screenings
  - STD/STI testing
  - Family planning
- o Mental health
  - Anxiety
  - Depression
- Military Sexual Trauma Treatment
- Well-being
  - Health coaching
  - Nutrition and weight management
  - Mindfulness

#### **Veterans Crisis Line**

1-800-273-8255 (Press 1) or Text 838255

https://www.veteranscrisisline.net/ (Chat online)

- This is a national resource for current and former military members and their families. This resource is in place to help during crisis situations.
  - $\circ$   $\;$   $\;$  Free for service members and their families in need of mental health support  $\;$
  - Tips on how to recognize red flags or when someone needs help
  - Provides a list of local support groups in your area

When making the transition out of the military you may face some challenges with providing basic necessities. Not having basic necessities makes transitioning a very rough process. The resources in this section helps veterans acquire these items. Below is the contact information, description of services and resources.

#### Allegheny County: Department of Veteran Services Resources

4141 Fifth Ave. Pittsburgh, PA 15213

412-621-4357 or <a href="https://www.alleghenycounty.us/veterans/resources.aspx">https://www.alleghenycounty.us/veterans/resources.aspx</a>

- Allegheny County: Department of Veteran Services provides veterans and their families' up to date information and numerous community resources that are committed to supporting current and former military personnel.
  - Housing and homelessness
    - Human services housing resources
- County real estate tax exemption

- Habitat for humanity
- $\circ$   $\;$  Local agencies that provide housing assistance

#### American Red Cross: Service to the armed forces

Phone: 412-263-3100 or https://www.redcross.org/get-help/military-families/video-library.html

- The Red Cross helps members of the military, veterans and their families prepare for, cope with, and respond to, the challenges of military service
  - Emergency communication for deployed and/or state-side service members and their family.
  - Emergency financial assistance consideration through military aid societies.
  - Pre and post deployment workshops.
  - Disaster assistance (fire, flood.....).
  - Volunteer opportunities.

#### Defenders of freedom

P.O. Box 22582 Pittsburgh, PA 15222

#### Phone: 412-973-1831 or https://defendersoffreedompa.us/

- DOF offers emergency financial assistance to wounded and transitioning Veterans, resume preparation, and employment searches. Additionally, they have Veteran initiated programs for peer mentoring. They continue to send care packages upon request from deployed troops.
  - Rent/utility payments
  - o Repairs

#### Heroes Supporting Heroes

7313 Noblestown Rd. Oakdale, PA 15071

412-235-1737 or <u>https://www.heroessupportingheroes.org/the-heroes-support-network/veteran-support-services/54</u>

- Heroes Supporting Heroes uses a Veteran Support Finder tool to display a list of resources that meet your personal needs based on a short questionnaire that contains age, gender, if you have a disability rating from the VA, war you served in, branch of military, and income range. After you complete this information you will have the option to select the area(s) you need the most support.
  - Adaptive support
  - o Childcare
  - Food assistance

- Home repair/Furniture assistance
- Home/Homelessness services
- $\circ$  Transportation

#### Jeremiah's Place

6435 Frankstown Ave. Pittsburgh, PA 15206

412-924-0726 or <a href="https://jeremiahsplace.org/how-we-help/our-services/">https://jeremiahsplace.org/how-we-help/our-services/</a>

- Jeremiah's Place provides emergency care for children up to age five. The most common emergencies Jeremiah's place experiences with parents are domestic violence/abuse, funerals, job interview/training, labor and delivery, unsafe/lapse in child care, medical appointments, military deployment, and respite care.
- 24/7 Emergency childcare

• Onsite social workers

Housing

Specialized housing

Home disaster planning

#### **Military One Source**

#### 1-800-342-9647 or https://www.militaryonesource.mil/all-the-ways

- Military One Source provides information and services about moving and housing options for current and former military members and their families. The information and services offered by Military One Source provides tips and information for every step of the move and know all your options to make the most of the allowances you have to make the transition to a new base or when leaving the military as easy as possible.
  - o Moving
    - PCS & Military moves
    - Planning your move
    - Moving and deployment

#### PA serves

1200 Reedsdale St. 2nd Floor, Pittsburgh, PA 15233

1-855-838-7744<a href="https://pittsburgh.americaserves.org/veteran-services/">https://pittsburgh.americaserves.org/veteran-services/</a>

- PA Serves offers current and former military members and their families access to a list of services designed for military members. The services offered are broken into categories. Each category will list the provider and the services they offer.
  - Clothing

• Housing and shelter

• Household goods

Utilities

• Food assistance

#### Pittsburgh Area Commissary 316<sup>th</sup> Expeditionary Sustainment Command

79 Soldiers Ln, Moon, PA 15108

Phone: 412.375.6310 or Email: <u>Pittsburgh.commissary@deca.mil</u> or

https://www.commissaries.com/recipes/all-recipes?title=&sort by=created&items per page=9&page=9

- Military commissaries sell groceries and household goods to active-duty, Guard, Reserve, and
  retired members of all seven uniformed services of the United States and eligible members of
  their families at a discounted cost.
  - $\circ$  Shopping
  - Healthy living/recipes

- o Barber shop
- o I.D. cad replacement/distribution
- Shepherd's Heart/Veterans Home/House of Hope

13 Pride St. Pittsburgh, PA 15219

- 412-277-9895 or https://shepheart.org/about-shvh
  - Shepherd's Heart/Veterans Home is an organization that aims to serves male veterans. House of Hope is a program through Shepherd's Heart. They provide a range of services for homeless male veterans eligible for VA services.
  - Life skills training

- Long term housing
- Supported permanent housing
- Transportation

#### VA Pittsburgh HealthCare system

3825 University Dr. Pittsburgh, PA 15213

412-822-2362 or https://www.benefits.va.gov/vocrehab/index.asp

- The VA healthcare system is an organization designed for veterans and their families. The VA has a range of resources and services at different locations around the Pittsburgh area.
  - Homes & Hope
    - Transitional housing
    - Permanent Housing
  - Transition and care management

#### VA Healthcare System: Mental Health

3825 University Dr. Pittsburgh, PA 15213

412-360-6600 or https://www.pittsburgh.va.gov/services/behavioral-health.asp

- The VA healthcare system is an organization designed for veterans and their families. The VA has a range of resources and services at different locations around the Pittsburgh area.
- Homeless veterans services
  - Shared housing

#### Veterans Leadership Program of Western Pennsylvania

2934 Smallman St. Pittsburgh, PA 15201

412-481-8200 or <a href="http://www.vlpwpa.org/services/">http://www.vlpwpa.org/services/</a>

- Veterans Leadership Program provides one-on-one case management for veterans to provide thoughtful recommendations around each individual's unique circumstances. Veterans Leadership Program also assists veterans in goal setting, budgeting, and selfsufficiency/sustainability.
  - Emergency housing
  - o Rapid re-housing
  - o Permanent housing
  - Homeless prevention

#### **Veterans Place**

945 Washington Blvd. Pittsburgh, PA 15206

412-363-0500 or <a href="https://www.veteransplaceusa.org/program/veterans-resource-center/">https://www.veteransplaceusa.org/program/veterans-resource-center/</a>

- Veterans Place promises to make veteran's lives better by fulfilling their daily commitment to connect veterans to tools, services, and resources that will help them to become more self-sufficient.
  - Veterans resource center
    - Grant per diem service center (day program)
    - Low income veterans and families
    - Female veterans place
    - Food bank
  - o Transitional housing

During the transition from military to civilian life you may experience challenges with skills, education, or employment. There are many reasons why this happens. The resources listed below are in place to help veterans with anything related to education, skills, or employment so the transition process is as smooth as possible.

#### Allegheny County: Department of Veteran Services Resources

4141 Fifth Ave. Pittsburgh, PA 15213

412-621-4357 or https://www.alleghenycounty.us/veterans/resources.aspx

- Allegheny County: Department of Veteran Services provides veterans and their families' up to date information and numerous community resources that are committed to supporting current and former military personnel.
- o Education and training
  - Community leadership course for veterans
  - Neighborhood learning alliance
  - PA Department of Military and Veterans Affairs
- Job Search Assistance
  - Pittsburgh CONNECTS
  - Recruit military
- o Information about job fairs and special events

#### CareerLink Pittsburgh/PA CareerLink

304 Wood St. Pittsburgh, PA 15222

412-552-7100 or https://www.careerlinkpittsburgh.com/#jobseeker-section

- PA Careerlink provides veterans with information about community resources. The resources are provided in two ways: in person and online. Veterans can receive help with the job search process, updating resumes, or partake in workshops.
  - o In-Person resources
    - Searching for a Job
    - Creating a resume
    - Job resources
- Goodwill of Southwestern PA

Robert S. Foltz Building: 118 52nd St. Pittsburgh, PA 15201

412-481-9005 or https://www.goodwillswpa.org/programs-and-services

- Goodwill is a community agency that provides a range of services through employment related education and work force development. Their programs assist participants by enhancing soft skills like communication or adaptability to be as marketable as possible.
  - Job Search Services
    - Resume writing/interviewing skills
  - Education & Training
    - High school equivalency/GED
    - Digital skills training
    - Retail skills training
    - ESL (English as a Second Language) classes
    - Computer based testing

- Online resources
  - Career counseling
  - Job search assistance
  - Workshops

#### **Heroes Supporting Heroes**

7313 Noblestown Rd. Oakdale, PA 15071

412-235-1737 or <u>https://www.heroessupportingheroes.org/the-heroes-support-network/veteran-support-services/54</u>

- Heroes Supporting Heroes uses a Veteran Support Finder tool to display a list of resources that meet your personal needs based on a short questionnaire that contains age, gender, if you have a disability rating from the VA, war you served in, branch of military, and income range. After you complete this information you will have the option to select the area(s) you need the most support.
  - Education and scholarships
  - Employment assistance

#### Hiring Our Heroes

#### https://www.hiringourheroes.org/

- The goal of Hiring Our Heroes is to create a movement across the United States and in our communities where veterans and military families have resources and opportunities to succeed after the military.
  - o Career summits

• Hiring expos

- Resume engine
- Veteran roadmap

Corporate fellowship

#### Military One Source

1-800-342-9647 or https://www.militaryonesource.mil/all-the-ways

- Military One Source provides information and services to further the education and employment opportunity for service members and their family. The information and services offered by Military One Source helps to simplify the process as much as possible for a smooth transition.
- $\circ \quad \text{Service Members}$ 
  - Preparing for higher education
  - Choosing a college
  - Employment
  - Children and Youth
    - Pre-k to 12 Education
    - Higher education for your children
    - Changing schools
    - Youth employment
- o Spouses

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- MycAA scholarship
- Career exploration
- Education, training & licensing
- Employment readiness
- Career connections
- Managing your career/career coaching

#### O\*Net Online

#### https://www.onetonline.org/find/descriptor/browse/Abilities/1.A.1/

- This is a national resource that is in place to help active duty, reserves, National Guard, and veterans better understand the skills and experiences they had in the military. When having a better understanding they will have an easier time translating those skills for their resume and interviews.
  - o Translating skills and occupations from military language to civilian language

#### Outdoor Odyssey/ Semper Fi Odyssey

450 Boy Scout Rd. Boswell, PA 15531

814-629-6516 or https://www.outdoorodyssey.org/semper-fi-odyssey

- Semper Fi Odyssey is the military specific branch of Outdoor Odyssey. This program is a leadership academy that helps veterans through the transition process and prepare for the future. This program is a six-day holistic transition.
  - Networking practice
  - Self-marketing

#### PA serves

1200 Reedsdale St. 2nd Floor, Pittsburgh, PA 15233

1-855-838-7745 https://pittsburgh.americaserves.org/veteran-services/

- PA Serves offers current and former military members and their families access to an array of services designed for military members. The services offered are broken into categories. Each category will list the provider and the services they provide.
  - Education
  - o Employment
- o Entrepreneurship

#### **Pittsburgh Hires Veterans**

1333 Banksville Rd. Pittsburgh, PA 15216

412-388-0100 or <a href="https://pittsburghhiresveterans.org/contact/">https://pittsburghhiresveterans.org/contact/</a>

- Pittsburgh Hires Veterans serves current and former military members including the National Guard and Reserves. Pittsburgh Hires Veterans helps military members with training, education, and vocational rehab to have success finding employment post-military. For more information, use the contact information listed above.
- o Education and Training
  - Possible vocations
  - Vocation counseling
  - Connect to education and training
  - Help completing applications for schooling

- Employment opportunities
  - Develop resumes
  - Job applications
  - Participate in mock interviews
  - Personal referrals to employers

#### Shepherd's heart/Veterans home/House of Hope

13 Pride St. Pittsburgh, PA 15219

412-277-9895 or https://shepheart.org/about-shvh

- Shepherd's Heart/Veterans Home is an organization that aims to serve male veterans. House of Hope is a program through Shepherd's Heart is providing a range of services for homeless male veterans eligible for VA services.
  - o Employment assistance
  - Life skills training

#### The American Legion

Pittsburgh Area

412-3956230 or https://www.legion.org/services

- The American Legion services veterans throughout the United States; they provide information on education, employment, and skills that will be useful when navigating your options.
  - Career center
- o Education

Employment

#### VA Pittsburgh HealthCare system

3825 University Dr. Pittsburgh, PA 15213

#### 412-822-2362 or https://www.va.gov/health-care/

- The VA healthcare system is an organization designed for veterans. The VA has a range of benefits and services at different locations around the Pittsburgh area.
  - Vet Success
    - Job counseling
    - Transition coordinators
    - Vocational rehab and employment
  - Educational benefits

#### Veterans Leadership Program of Western Pennsylvania

2934 Smallman St. Pittsburgh, PA 15201

412-481-8200 or http://www.vlpwpa.org/services /

- Veterans Leadership Program provides one-on-one case management for veterans to provide thoughtful recommendations around each individual's unique circumstances. Veterans Leadership Program also assists veterans in goal setting, budgeting, and self-sufficiency and sustainability.
  - Employment programs

#### **Veterans Place**

945 Washington Blvd. Pittsburgh, PA 15206

412-363-0500 or https://www.veteransplaceusa.org/program/veterans-resource-center/

- Veterans Place promises to make veterans lives better by fulfilling their daily commitment to connect veterans to tools, services, and resources that will help them to become more self-sufficient.
  - Employment services
    - Post 9/11 employment
    - Homeless veteran reintegration program (employment focused)
    - Low income veterans and families job placement

# Family and Spouse Resources

## Family and Souse Resources

When you are transitioning out of the military, your family is also going through a transition period. Any challenges you may experience, they may being going through something similar. The following resources are designed for military families and spouses. Below is the contact information, description of services and resources.

#### CareerLink Pittsburgh/ PA CareerLink

304 Wood St. Pittsburgh, PA 15222

412-552-7100 or https://www.careerlinkpittsburgh.com/#jobseeker-section

- PA Careerlink provides veterans with information about community resources. The resources are provided in two ways: in person and online.
  - o In person resources
    - Searching for a Job
    - Creating a resume
    - Job resources

#### DAV (Disabled American Veterans)

Rm 1606 1000 Liberty Ave. Pittsburgh, PA 15222

412-395-6241 or https://www.dav.org/veterans/resources/

- Disabled American Veterans is a national organization, dedicated to a single purpose: empowering veterans to lead high-quality lives with dignity and respect. This is accomplished by ensuring that veterans and their families can access the full range of resources available to them.
  - Caregiver
    - Caregiver education

Local programs

• Online resources

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Career counseling

Workshops

Job search assistance

Additional resources
 Heroes Supporting Heroes

7313 Noblestown Rd. Oakdale, PA 15071

412-235-1737 or <u>https://www.heroessupportingheroes.org/the-heroes-support-network/veteran-support-services/54</u>

- Heroes Supporting Heroes uses a Veteran Support Finder tool to display a list of resources that meet your personal needs based on a short questionnaire that contains age, gender, if you have a disability rating from the VA, war you served in, branch of military, and income range. After you complete this information you will have the option to select the area(s) you need the most support.
  - o Childcare
  - Deployment services

- Food assistance
- Home repair/furniture assistance

#### **Hiring Our Heroes**

#### https://www.hiringourheroes.org/

- The goal of Hiring Our Heroes is to create a movement across America and in our communities where veterans and military families have resources and opportunities to succeed after the military.
  - Professional development/networking
  - Military spouse hiring events

- Career spark: a skills-based resume builder for military spouses
- $\circ \quad \text{Military spouse fellowship program}$

## Family and Souse Resources

#### **Military One Source**

1-800-342-9647 or https://www.militaryonesource.mil/all-the-ways

- Military One Source provides information and services about military transitions for family and spouses of military members. The information and services offered by Military One Source helps to simplify the process as much as possible for a smooth transition.
  - Family and Relationship
    - Spouse
    - Family life/Parenting children
    - Survivor & Casualty assistance
      - Services for spouses and children of deceased military members
    - Special Needs
      - Assisting with special education, financial planning, support, and childcare.
    - Relationships
      - Tips for keeping a strong relationship
      - Managing deployment/ separations
  - Military Life Cycle
    - New to military deployment
    - Friends and family

#### Military Spouse Employment Resources

Phone: 1-877-696-7226 or Email: askus@msccn.org or https://www.msccn.org/about.html

- The military Spouse Corporate Career Network (MSCCN) helps to provide military spouses with training and job placement opportunities
  - Employment training programs
  - Job placement solutions
  - o No cost services to all military-affiliated spouses

#### Outdoor Odyssey/ Semper Fi Odyssey

450 Boy Scout Rd. Boswell, PA 15531

#### 814-629-6516 or https://www.outdoorodyssey.org/semper-fi-odyssey

- Semper Fi Odyssey has a military children specific program that aims to alleviate and master stress placed on children of injured veterans. This is achieved by matching a child with a mentor that has also experienced something similar. Through this program they hope to build confidence that can be used in all aspects of their life.
  - Military child's camp (dependent of injured service member)

#### PA serves

1200 Reedsdale St. 2nd Floor, Pittsburgh, PA 15233

1-855-838-7744 or https://pittsburgh.americaserves.org/veteran-services/

- PA Serves offers current and former military members and their families access to an array of services designed for military members. The services offered are broken into categories. Each category will list the provider and the services they provide.
  - Individual and family support

## Family and Souse Resources

#### **University of Pittsburgh- Military Resources**

450 Technology Dr. Pittsburgh, PA 15219

412-624-3420 or <u>https://www.cmmr.pitt.edu/news-story/updated-pittsburgh-resources-military-membersfamiliesveteransretireees</u>

- The University of Pittsburgh developed a resource website for local veterans. The resources available cover a variety of services and resources designed for veterans and military families.
   Eamily support resources
  - Family support resources

#### US Department of Labor: Military Spouse

#### https://www.veterans.gov/milspouses/#resources

- This is a national resource providing services specifically for military spouses to understand their options when they are seeking employment. How to create a resume and have successful interviews.
  - o American job center
  - Career one stop's job search
- o USA jobs
- o Boots to business

- Virtualjobs.usnix.com
  - One stop shop to find employment

#### **USO:** Pathfinder

#### 1-888-484-3876 or https://www.uso.org/programs

- This is a national resource to help current and former service members and their spouses understand their options when they are seeking employment. The services include helping create a resume and how to have a successful interview.
  - $\circ$   $\,$  Making the transition process easier and as smooth as possible  $\,$

#### VA Healthcare System: Transportation

University Dr. or H.J. Campus Locations

412-822-2222 or https://www.pittsburgh.va.gov/Transportation.asp

- The VA healthcare system is an organization designed for veterans and their families. The VA has a range of benefits at different locations around the Pittsburgh area.
  - o Local accommodations for families of veterans getting treatment at the VA
    - You must live 50 miles away, have no transportation, or inclement weather
      - In-patient: Fisher House
      - Out-patient: Hoptel/Lodging Program

#### **Veterans Place**

945 Washington Blvd. Pittsburgh, PA 15206

412-363-0500 or https://www.veteransplaceusa.org/program/veterans-resource-center/

- Veterans Place promises to make veterans lives better by fulfilling their daily commitment to connect veterans to tools, services, and resources that will help them to become more selfsufficient.
  - o Food bank

The following categories are covered in this section: benefits, financial, and legal services specifically for veterans and military families. The resources provided below are in place to help veterans navigate the process of obtaining, understanding, and using the resources available to you. Below is the contact information and a description of services offered by each community organization.

#### Allegheny County Bar Association's Military and Veterans Affairs Committee

400 Koppers Building - 436 Seventh Ave. - Pittsburgh, Pennsylvania 15219

Phone: Daniel Kunz: 412-396-5287 or Email: <u>kunz575@duq.edu</u> or <u>http://www.acba.org/Military-and-</u> <u>Veterans-Affairs-Committee</u>

Duquesne University provides a variety of legal services to military personnel and their families
 Legal services for veterans, military and their families

#### Allegheny County: Department of Veteran Services Resources

4141 Fifth Ave. Pittsburgh, PA 15213

412-621-4357 or https://www.alleghenycounty.us/veterans/resources.aspx

- Allegheny County: Department of Veteran Services provides veterans and their families' up to date information and numerous community resources that are committed to supporting current and former military personnel.
  - Educational gratuity (scholarships, grants, etc)
- Pensions
- Real estate property tax exemption

• Flags and emblem markers

- o Veterans temporary assistance grant
- Veteran classification for "wartime" benefits
  - Burial benefits forms
  - Driver's license, vehicle registration, parking placard
- Pennsylvania veterans court
  - Legal assistance for veterans struggling with addiction and/or mental health who are committed of non-violent crimes
- Recording of discharge: obtaining copies of DD-214 or discharge papers

#### DAV (Disabled American Veterans)

Rm 1606 1000 Liberty Ave. Pittsburgh, PA 15222

412-395-6241 or https://www.dav.org/veterans/resources/

- Disabled American Veterans is a national organization, dedicated to a single purpose: empowering veterans to lead high-quality lives with dignity and respect. This is accomplished by ensuring that veterans and their families can access the full range of resources available to them.
  - Death benefits
     Post military health/mental health

#### Goodwill of Southwestern PA

Robert S. Foltz Building: 118 52nd St. Pittsburgh, PA 15201

412-481-9005 or https://www.goodwillswpa.org/programs-and-services

- Goodwill is a community resource that provides a range of services through the community. The program assists participants by assisting with financial services.
- Community Services
  - Income assistance Tax assistance

#### **Heroes Supporting Heroes**

7313 Noblestown Rd. Oakdale, PA 15071

412-235-1737 or <u>https://www.heroessupportingheroes.org/the-heroes-support-network/veteran-</u> support-services/54

- Heroes Supporting Heroes uses a Veteran Support Finder tool to display a list of resources that meet your personal needs based on a short questionnaire that contains age, gender, if you have a disability rating from the VA, war you served in, branch of military, and income range. After you complete this information you will have the option to select the area(s) you need the most support.
  - o Benefits assistance

• Education and scholarships

• General legal services

• Immigration

• Homelessness/Housing

Public benefits: SSI/SSDI

• Wills/ living wills/power of attorney

o Financial assistance

• Legal services

#### **Military One Source**

#### 1-800-342-9647 or https://www.militaryonesource.mil/all-the-ways

- Military One Source provides information about benefits, financial, and legal services for current and former military members. The information provided consists of possible benefits or any support they may need with legal or financial services. The services offered by Military One Source helps to simplify the process as much as possible for a smooth transition.
  - Veterans and Military Funeral Benefits
  - Financial Support Legal Services

#### PA serves

1200 Reedsdale St. 2nd Floor, Pittsburgh, PA 15233

1-855-838-7744 or https://pittsburgh.americaserves.org/veteran-services/

- PA Serves offers current and former military members and their families access to an array of services designed for military members. The services offered are broken into categories. Each category will list the provider and the services they provide.
  - Income support/money management Legal services

#### Pro-Bono Center of the Allegheny County Bar foundation

436 Seventh Avenue, 400 Koppers Building, Pittsburgh, PA 15219

Barbara Griffin: 412-402-6677 or 412-402-6668 or http://www.pittsburghprobono.org/Get\_Legal\_Help.asp

- Provides legal services to service members and their families .
  - Child custody/ child support
  - Consumer/bankruptcy/taxes
  - Criminal/Prisoner's rights
  - Disabilities and health
  - o Divorce
  - Employment/return to workforce
- The American Legion: Pittsburgh Area

412-3956230 or https://www.legion.org/services

- The American Legion services veterans throughout the United States, they are able to provide information on benefits, financial, and legal services that can be useful when navigating your options.
  - o Benefits center
  - Financial services

#### **University of Pittsburgh- Military Resources**

450 Technology Dr. Pittsburgh, PA 15219

412-624-3420 or <u>https://www.cmmr.pitt.edu/news-story/updated-pittsburgh-resources-military-membersfamiliesveteransretireees</u>

- The University of Pittsburgh developed a resource website for local veterans. The resources
  available cover a variety of services and resources designed for veterans and military families.
- $\circ \quad \text{Legal resources}$

• Financial resources

- ID cards/DEERS
  - DEERS (Defense Enrollment Eligibility Reporting System): A data base of people eligible to receive military benefits.

#### VA Pittsburgh HealthCare system

3825 University Dr. Pittsburgh, PA 15213

#### 412-822-2362 or https://www.va.gov/health-care/

- The VA healthcare system is an organization designed for veterans and their families. The VA has a range of benefits and services at different locations around the Pittsburgh area.
  - o PA Benefits
    - Birth, death, and discharge records
    - Hunting and outdoor recreational activities
    - State educational grants and financial aid
    - Veterans preference and employment
  - Income and financial eligibility

#### VA Pittsburgh HealthCare system: Pittsburgh Vet Center

#### 2500 Baldwick Rd. Pittsburgh, PA 15205

#### 412-920-1765 or https://www.pittsburgh.va.gov/services/vet-centers.asp

- The VA healthcare system is an organization designed for veterans. The VA has a range of benefits at different locations around the Pittsburgh area. This branch office of the VA guides veterans and their families through many of the major adjustments in lifestyle that occurs after returning from combat.
- o Benefits assistance
- Referral guidance

#### Veterans Leadership Program of Western Pennsylvania

2934 Smallman St. Pittsburgh, PA 15201

#### 412-481-8200 or <a href="http://www.vlpwpa.org/services/">http://www.vlpwpa.org/services/</a>

- Veterans Leadership Program provides case managers to work one-on-one with veterans to provide thoughtful recommendations around an individual's circumstances. Veterans Leadership Program also assists the veterans in goal setting, budgeting, and selfsufficiency/sustainability.
  - Supportive services
    - Free tax preparation
    - Homeless prevention
    - SOAR: (SSI- SSDi) Outreach, Access, and Recovery
    - Veterans court