



## Homecoming After Deployment

Returning home from deployment brings change. Knowing what to expect and how to deal with changes can make homecoming more enjoyable and less stressful.

### *Expectations:*

- You may miss the excitement of the deployment for a while
- Spouses may have become more independent and learned new coping skills
- You may not want to talk about your experiences when others keep asking.
- You may wonder if you still fit into the family.

### *Tips:*

- Support good things your family has done
- Take time to listen and talk with loved ones
- Be patient with yourself and family members
- Be aware that your family may not be the same as before; everyone has changed



## Contact Us

For more information about VA services available to you, please contact:

VA Medical Center  
 Bldg 101/Room 107  
 3710 SW US Veterans Hospital Road  
 Portland, Oregon 97239  
 503-220-8262 or 1-800-949-1004, ext 53062  
 Fax 503-220-3475

### Our Team

*Back row, left to right:*

Victoria Koehler, MSW, LCSW  
 OEF/OIF Program Manager

Tricia Strombom, RN, BSN  
 OEF/OIF Case Manager

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Jeanette Morrison, MSW, LCSW  
 OEF/OIF Case Manager

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 Transition Patient Advocate



# Operation Enduring Freedom Operation Iraqi Freedom OEF/OIF Program

at the  
**VA Medical Center  
 Portland,  
 Oregon**



## OEF/OIF Veteran Services

*The Portland VA Medical Center is committed to providing medical care and counseling services for returning service members.*

We are charged with service to the most severely injured OEF/OIF combat Veterans in need of special coordination of care. We are also available for OEF/OIF Veterans in the community who need help with the transition to VA care. We are available for all OEF/OIF Veterans who have special concerns and need for additional advocacy within the system. We work with Veterans and their families in order to strengthen and ease the transition from active duty to VA care.

In that capacity we are available for:

- Support the transition from military treatment facilities, active duty convalescent leave, and med hold through enrollment and access to VA care.
- Offer guidance and referral for financial and compensation benefits through Veteran's Benefits Administration (VBA).
- Referrals to education and vocational benefits counseling
- Connect with appropriate community agencies as needed
- Provide resources for behavioral health and family counseling
- Transportation resources

It is our goal to ensure all service members returning from combat receive priority consideration and world-class service.

We encourage you to call us to answer any questions, make an appointment or get more information.

## Enrollment Options

All Veterans must apply to receive VA health care benefits. You can apply for VA health care by completing VA form 1010EZ, in the Enrollment Office of the medical center or clinics. You can also access the form on the internet at <http://www.va.gov/1010ez.htm> or call the VA Healthcare Eligibility Center at 877-222-VETS (8387).

## Establishing Combat Veteran Eligibility

Active Component and Reserve Component personnel who served in designated combat zones (since November 11, 1998) are entitled to 5 years of free care from the date of separation from active duty.

- This includes Reservists or National Guard members who have been activated for federal duty and now have "Veteran status."
- After the 5 years of free care expires, you will be eligible for VA health care under normal eligibility standards. For more information: <http://www.va.gov/healtheligibility/>
- *Note:* Free care refers to all services potentially related to or aggravated by the Veteran's combat experience. Co-payments may be charged for treatment of non-combat related conditions.
- **Dental Benefits.** We provide dental examinations and benefits to Veterans with service related dental conditions. You may be eligible for one-time dental care but you must **apply for a dental exam within the first 180 days** of your separation date.

