VET NET ALLY

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California State University, Long Beach
WELCOME
Marshall Thomas, Ed.D.

- Director, CSULB Veterans Services
My partners in this endeavor
- Patrick O’Rourke, Ed.D.
- Michael Barraza, Psy.D.
INTRODUCTIONS
VET NET Ally Agenda

- VET NET Ally Program Overview
- Veterans by the Numbers
- Why We Joined
- Military 101
- Break
- Challenges for Veterans
- Status Exercise
- How are We Helping Veterans
- Situational Awareness
- Student Panel (held on Day One of Summit)
- Being an Ally
VET NET ALLY PROGRAM

Overview
VET NET Ally

- The VET NET Ally program was developed at CSU, Long Beach as a faculty and staff awareness program designed to
  - educate members of the university community
  - foster a supportive campus atmosphere, and
  - establish a network of visible Allies for veterans.

Thomas, M.W. A Safe Zone for veterans: Developing the VET NET Ally program to increase faculty and staff awareness and sensitivity to the needs of military veterans in higher education. Ed.D. dissertation, California State University, Long Beach, United States -- California. Retrieved February 25, 2011, from Dissertations & Theses @ California State University, Long Beach. (Publication No. AAT 3425191).
One of the most important aspects of being a VET NET Ally is that you are entrusted with providing an atmosphere of safety to those that come to you. In the simplest terms, VET NET Ally confidentiality means that what a student says to you is confidential and stays with you.

For more information about confidentiality, see the VET NET Ally Handbook.
Who is a veteran?

- Veteran
  - Combat
  - Non-combat
- Service Member
  - Active Duty
  - Reserve Duty
VETERANS BY THE NUMBERS
By the Numbers: United States

- U.S. Active Duty Forces – 1,477,602
- U.S. Veterans – 21,806,449*
- U.S. Population – 313,299,234
- Veterans make up 14% of the US

By the Numbers: Then and Now

Service During Wartime

- WWI: 4.7
- WWII: 16.1
- Korean War: 5.7
- Vietnam War: 8.7
- Gulf War: 2.2
- Gulf War II: 4

(Millions)
By the Numbers: Then and Now

Percentage Who Served During Wartime

<table>
<thead>
<tr>
<th>War</th>
<th>Nonmilitary</th>
<th>Military</th>
</tr>
</thead>
<tbody>
<tr>
<td>WWI</td>
<td>103.2</td>
<td>4.7</td>
</tr>
<tr>
<td>WWII</td>
<td>139.9</td>
<td>16.1</td>
</tr>
<tr>
<td>Korean War</td>
<td>157.6</td>
<td>5.7</td>
</tr>
<tr>
<td>Vietnam War</td>
<td>202.7</td>
<td>8.7</td>
</tr>
<tr>
<td>Gulf War</td>
<td>253</td>
<td>2.2</td>
</tr>
<tr>
<td>Gulf War II</td>
<td>306.8</td>
<td>4</td>
</tr>
</tbody>
</table>

WWI, WWII, Korean War, Vietnam War, Gulf War, Gulf War II
By the Numbers: Active Duty Services

1,447,602 men and women serve on active duty
By the Numbers: Active Duty Gender

Men: 86%
Women: 14%

Pew Research Center
By the Numbers: Active Duty Ethnicity

- White: 64%
- Black: 16%
- Hispanic: 11%
- Asian: 3%
- Native American/Alaskan Native: 1%
- Other/Multiracial: 4%

Pew Research Center, 2011
By the Numbers: California

- TOTAL: 1,972,000
- Wartime: 1,474,100
  - Gulf War: 503,900
  - Vietnam War: 640,200
  - Korean War: 223,000
  - WWII: 184,200
- Peacetime: 497,900
- Female: 166,700
- Male: 1,805,300

Why are Veterans Different?
By the Numbers: Education - US vs. Military

<table>
<thead>
<tr>
<th>Education Level</th>
<th>U.S.</th>
<th>Military</th>
</tr>
</thead>
<tbody>
<tr>
<td>High School</td>
<td>86%</td>
<td>99%</td>
</tr>
<tr>
<td>Bachelor's degree</td>
<td>27%</td>
<td>18%</td>
</tr>
<tr>
<td>Advanced Degree</td>
<td>9%</td>
<td>7%</td>
</tr>
</tbody>
</table>

New Student Veterans - Fall 2012
Combat Tours - Afghanistan

- 87% None
- 11% 1 Tour
- 1% 2 Tours
New Student Veterans - Fall 2012
Combat Tours - Iraq

- 38% 1 Tour
- 35% 2 Tours
- 23% 3 Tours
- 3% None
Vets Prevail Video
WHY WE JOINED
The purpose of this is to highlight the many reasons why people choose to join the military.

BUT FIRST...
How many people join the U.S. military each year?
## Why We Joined

<table>
<thead>
<tr>
<th>Service</th>
<th>Active Duty</th>
<th>Reserves</th>
<th>Army/Air National Guard</th>
<th>Total by Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Army</td>
<td>47,300</td>
<td>22,100</td>
<td>38,900</td>
<td>108,300</td>
</tr>
<tr>
<td>Air Force</td>
<td>23,900</td>
<td>7,100</td>
<td>7,300</td>
<td>38,300</td>
</tr>
<tr>
<td>Navy</td>
<td>28,500</td>
<td>6,600</td>
<td>0</td>
<td>35,100</td>
</tr>
<tr>
<td>Marine Corps</td>
<td>21,500</td>
<td>7,600</td>
<td>0</td>
<td>29,100</td>
</tr>
<tr>
<td>Total by Component</td>
<td>121,200</td>
<td>43,400</td>
<td>46,200</td>
<td>210,800</td>
</tr>
</tbody>
</table>

The percentage of people who enlisted in the U.S. military from California in 2010 was 11 percent.
Most people join for a combination of reasons that often include:

- Adventure
- Patriotism
- Familial Tradition
- Rite of Passage
- Change of Environment
- Career Preparation
- Economic Incentives

MILITARY 101

Culture and Lifestyle
Military Culture - Terminology

- bulkhead
- porthole
- deck
- chow
- leave
- cover
- head/latrine
- colors
Military Culture - What’s in a Name?

- Army
  - Soldier
- Marine Corps
  - Marine
- Navy
  - Sailor
- Air Force
  - Airman
- Coast Guard
  - Guardian
Military Culture – Chain of Command

Enlisted

- No Insignia Private E-1 (PVT)
- Private E-2 (PV2)
- Private First Class E-3 (PFC)
- Specialist E-4 (SPC)
- Corporal E-4 (CPL)
- Sergeant E-5 (SGT)
- Staff Sergeant E-6 (SSG)
- Sergeant First Class E-7 (SFC)
- Master Sergeant E-8 (MSG)

First Sergeant E-8 (1SG)
Sergeant Major E-9 (SM)
Command Sergeant Major E-9 (CSM)
Sergeant Major of the Army E-9 (SMA)

Officers

- 2nd Lieutenant O-1 (2LT)
- 1st Lieutenant O-2 (1LT)
- Captain O-3 (CPT)
- Major O-4 (MAJ)

- Lieutenant Colonel O-5 (LTC)
- Colonel O-6 (COL)
- Brigadier General O-7 (BG)
- Major General O-8 (MG)
- Lieutenant General O-9 (LTG)
- General of the Army O-11 (GOA)
Military Culture – Customs and Courtesies
Camaraderie
Tomb Sentinels from the Army’s 3rd Infantry Regiment’s “The Old Guard” have guarded the Tomb for 24 hours a day, 365 days a year regardless of the weather, since 1948.
Initial training required by all services
  - Physical
  - Mental
  - Emotional
Tailored to the unique needs and characters of each service
The “self” is replaced by the “team”
In a society that has few rites of passage Boot Camp provides one
It’s not all boot camp

- It’s a **JOB** with
  - Pay and Benefits
  - Holidays and vacations
  - Uniforms and physical fitness
- It’s an **ADVENTURE** with
  - Deployments into dangerous locations
  - Travel around the globe
  - Constant training
- It’s a **DUTY** with
  - Customs and courtesies
  - Rigid hierarchy
  - Leadership training and experience
  - Camaraderie and a sense of shared purpose
Getting out is a lifestyle change!

- Becoming a civilian
  - Losing camaraderie
  - Getting a job
  - Choosing what to wear
  - Finding housing
  - Eating
- Being a veteran
  - Pride in service
  - Silence about service
  - A Band of Brothers
Getting out is a lifestyle change!

- Becoming a student
  - Choosing a major
  - Selecting classes
  - Studying
  - Questioning authority
  - Being a fellow student
LIBERTY
STUDENT VETERANS IN HIGHER EDUCATION

Issues, Challenges, and Concerns
Transitioning

Department of Defense

CCC, CSU, UC

Civilian Career
Veterans Educational Benefits

- U.S. Department of Veterans Affairs
  - Vocational Rehabilitation Program
  - Montgomery G.I. Bill
  - Post 9/11 G.I. Bill
- California Department of Veterans Affairs
  - CalVet Fee Waiver
Spring 2011 Colleges

Number of Colleges Attended

- One: 22%
- Two: 35%
- Three: 24%
- Four: 14%
- More than Four: 5%

* More than 75% have attended two or more colleges prior to CSULB
Access for Veterans:  
Fall 2014 Undergraduate Applicants

As of April 8, 2014

- 167 Admit
- 104 Intend to Matriculate
- 37 CSU Deny
- 73 CSULB Deny
- 10 Withdrawn*
- 237 Under Review

96 graduate applications are in various stages of the admissions process.

*Applications withdrawn due to non-payment of fee (6), failure to submit Supplemental Application (136), or missed deadline (10).
Challenges - Bureaucracy
Challenges – G.I. Bill limitations

- G.I. Bill
  - Pays Tuition and Fees
    - Only for in-state charges (until July 2015)
  - Pays Housing Allowance (BAH)
    - Only while classes are in session
      - No pay during half of December and January
    - Only pays 100% if student is full time
      - What if the student can’t get his/her required courses?
      - What if a student has a learning or physical disability?
    - Pays nothing if student is less than 51%
  - Only lasts for 36 academic months
    - Four 9-month academic years! Perfect, right?
    - Not so fast! - The average time taken to achieve a bachelor degree in the US is more than five years
Challenges – Mental Health Concerns

- **Military Sexual Trauma**
  - The full range of sexual trauma from harassment to assault
  - Experienced by 20% of women and 1% of men (1)

- **Traumatic Brain Injury (TBI)**
  - Traumatically induced physiologic disruption of brain function as manifested by at least one of the following: (2)
    - Any period of loss of consciousness (LOC)
    - Any loss of memory for events before or after the injury
    - Any alteration in mental state at the time of the accident

2. American Congress of Rehabilitation Medicine, 1993
Challenges – Mental Health Concerns

- **Posttraumatic Stress Disorder (PTSD)**
  - an anxiety disorder that can occur following the experience or witnessing of a traumatic event.
  - Combat
  - Childhood Abuse or Rape
  - Accidents
  - Assault
  - Disasters

1. From CCCCO Welcome Home Presentation – Dr. David Joseph
PSA – “Common Area”
Needs

- Healthcare support and referral
- Admissions counseling & outreach
- Priority admissions
- Priority registration
- Peer networking
- Employment assistance
STATUS EXERCISE

Who would you tell?
The purpose of this exercise is for you to get a better understanding of what it is like to be a student veteran.

As has been stated before military indoctrination or boot camp is a process of socializing someone to the military culture, but not enough is done to facilitate servicemembers reintegrating back into society.
VET NET Status Exercise

Vignette 1.

- You are a 24 year old Asian-American. After some time, you recognize that the difficulties you are having in life and class are related to PTSD. You have had to take some classes over and only recently begun to see a therapist who tells you it is going to get better. You are not feeling like much has changed and are in close contact with a faculty member who has negative views about current military actions and often criticizes decisions and operations that you participated in. During these actions you might have experienced trauma and/or lost friends. This course is important for you to progress in your studies, which you’ve had significant difficulties with.

- Would you disclose your status?
  - In class?
  - Office hours?
  - During a group project with peers?

- Why or why not?
VET NET Status Exercise

- Vignette 2.
- You are a 28 year old European-American woman after having served you feel very different from other students. You are older than most, and recently divorced. Your experiences in different countries have provided you with a very different perspective. You recognize that few people on campus have similar experiences as you. This has made your transition very difficult. You have felt rejected and believe some people have even distanced themselves from you when you have disclosed your status. Recently you have been able to form some friendships but worry about how you may be perceived if you talk about your experiences as part of the military.

  - Would you disclose your status?
    - In class?
    - Office hours?
    - During a group project with peers?
  - Why or why not?
VIGNETTE 3.

You are a 25 year old Latina Political Science major who served in the Coast Guard. When you have previously disclosed your having served you are often asked why the military continues to maintain a presence in Iraq, if the U.S. will establish a base there, and if you have killed someone. You have repeatedly explained to people the function of the Coast Guard, and they continue to ask you the same questions. You are tired of answering questions like these and do not want be the spokesperson for current military actions.

Would you disclose your status?
- In class?
- In office hours?
- During a group project with peers?
- Why or why not?
VET NET Status Exercise

• Vignette 5.
• You are a 23 year old African-American man who had tremendous amounts of responsibility placed on you when you were in the military. As part of the USMC White House Security Detachment you carried a loaded weapon in the presence of the President of the U.S. At times you have been trained to accomplish things many people never even consider themselves capable of doing. You are often irritated at hearing people complain in class about things you consider to be trivial.
• Would you disclose your status?
  • In class or in office hours?
  • In a romantic relationship?
  • During a group project with peers?
• Why or why not?
HOW ARE WE HELPING VETERANS?
Recent Legislation?

- **California S.B. 2133**
  - Priority Registration
    - Active Duty
    - Reserves/National Guard
    - 4 years of priority registration within 15 years of leaving the service

- **California Assembly Bill 13**
  - Student Residency Requirements
    - Expands the current exemption given to veterans from paying non-resident tuition at CCCs by one year.
    - Requires CCC and CSU and requests UC to conform and comply with Veterans Access, Choice, and Accountability Act of 2014 (Public Law 113-146)
What’s happening in the CSU?

- CSU
  - Rolling application dates for veterans and service members
  - All 23 campuses have unique admissions requirements
  - Most campuses have special admissions programs for veterans

- CSULB
  - Veterans are considered “local students” for admissions purposes
Transferring to a CSU Campus

- Minimum CSU requirements
  - 60 transferrable units
  - “Golden Four” – Oral Communication, Written Communication, Critical Thinking, and Math
- G.E. Certification is great, but it is NOT a transfer requirement!
- All 23 campuses have unique admissions requirements
- Most campuses have special admissions programs for veterans

The Bottom Line

- Determine which campus your student would like to attend, and connect with the Veterans Services Office at that campus.
CSULB Veterans Services

Director
Advocacy and Outreach

School Certifying Official

Veterans Advisor

Administrative Coordinator

Veterans Administration Work Study Program
Student Assistants

Benefits Certification

Academic Support and Outreach

Federal V.A. Benefits Support/Outreach

VetSuccess on Campus Counselor
Partnership between USDVA and Colleges and Universities

- Provides USDVA Counselor to assist with
  - On-campus outreach to Veterans.
  - Transition support services.
  - Referrals for VA medical and mental health services.
  - Adjustment and career counseling services specific to VA benefits and Veteran issues.
  - Assistance in applying for other VA benefits.
  - Job placement assistance and coordination with local Disabled Veterans’ Outreach Program (DVOP) Specialists and Local Veterans’ Employment Representatives (LVERs).
  - Referrals to campus services as necessary.

2013 expansion to 62 new locations included these California colleges and universities

- American River College
- California State University – Long Beach
- California State University – Los Angeles
- Citrus College
- Irvine Valley College
- LA City College
- Long Beach City College
- Mira Costa College
- Mt. San Antonio College
- Pasadena City College
- Saddleback College
Recent and Upcoming Events

- President’s BBQ with Graduating Veterans
- Women Veterans’ Luncheon with WRC
- Veterans Lunch with the Deans
- Veterans Week Celebration
  - Film Festival
    - Reserved to Fight
    - Restrepo
  - Veterans Services Open House
  - VET NET Ally Seminar for Students
  - Veterans Day Ceremony
  - Marine Corps Birthday Celebration
VetNet Student Organization
SITUATIONAL AWARENESS
Situational Awareness

- Dropped Class
- Controversial Class Topic
- Unit Deployment
- Anti-war Demonstration on Campus
- Depletion of GI Bill Resources
Responding to Veterans*

• Refrain from discussing the war unless course content dictates you must – approach the topic with sensitivity
• Never put a veteran on the spot about his/her experience
• Veterans may complain about their nonveterans peers – especially if their classroom behavior is disrespectful
• Veterans may not be used to thinking in gray – a campus doesn’t have a hierarchical structure
• Group work: veterans may not understand the notion of discussing the topic in a slow, deliberate fashion

Responding to Veterans*

- Consider allowing random, self-selected seating
- Allow the veteran to miss class for VA appointments
- If it seems the veteran is having problems, this may be a reality; ask about sleeping problems, depression, anxiety – seek professional help if confirmed
- Be careful about thanking veterans – not everyone had a positive experience

**DON’T ASK, “DID YOU EVER KILL SOMEONE”**

STUDENT PANEL
BEING AN ALLY
Mission of an Ally

- Support the academic freedom and professional, personal and social success of service members and veterans,
- Provide support, information, and assistance for service members and veterans,
- Respect the right to privacy and confidentiality of veterans and service members in accordance with the Confidentiality Statement in the VET NET ALLY Handbook, and
- Create a welcoming environment for service members and veterans at your college by displaying the VET NET Ally symbol in a visible location.
Has been presented at
- CSU-Los Angeles
- CSU-Dominguez Hills
- San Diego State University
- Sacramento State University
- University of California, Irvine
- University of California, San Francisco
- Long Beach City College
- National University (San Diego)
- Vanguard University (Costa Mesa)
- Citrus College
- West Los Angeles College
- Saddleback College
- Cuyamaca College
- Pasadena City College
- Hartnell College
- Southern California University of Health Sciences
- NASPA National Conference 2011 in Philadelphia
- CCCSFAAA Conferences
  - San Diego
  - LA Mission College
  - Mt. San Jacinto College
  - Chabot College

Has been adopted by
- CSU-Los Angeles
- University of California, Irvine
- Santa Monica City College
- Santa Ana College
- Orange Coast College
Your participation in today’s seminar and your support of veterans on our campus is greatly appreciated.

Sincerely,

The VET NET Ally Program