

Veteran Peer Support Enhancement Program: Resource Guide

This guide aims to provide peer support leaders with essential tools, discussion topics, facilitation techniques, and additional resources to effectively support veterans transitioning to civilian life. The goal is to create a supportive community that enhances mental health, social connection, and overall well-being.

Discussion Topics

1. Transition Challenges

- Coping with the transition from military to civilian life
- Managing expectations vs. reality
- Navigating employment and education opportunities

2. Mental Health and Well-being

- Addressing PTSD and other mental health issues
- Stress management techniques
- The importance of self-care and mindfulness

3. Building Relationships

- Reconnecting with family and friends
- Building new social networks
- Effective communication skills

4. Physical Health

- Maintaining physical fitness post-service
- Nutrition and healthy living
- Accessing healthcare services

5. Purpose and Identity

- Finding a new sense of purpose
- Exploring hobbies and interests
- Setting personal goals and ambitions

6. Financial Stability

- Managing finances and budgeting
- Understanding the benefits and resources available

- Planning for the future

7. Community Engagement

- Volunteering and giving back
- Involvement in veteran organizations
- Civic engagement and advocacy

Facilitation Techniques

1. Active Listening

- Practice active listening to understand and support participants' experiences and feelings.
- Encourage sharing by asking open-ended questions.

2. Creating a Safe Space

- Establish group norms to ensure a respectful and supportive environment.
- Promote confidentiality and trust within the group.

3. Peer-Led Discussions

- Encourage veterans to lead discussions on topics of interest to foster ownership and engagement.
- Rotate leadership roles to build confidence and diverse perspectives.

4. Structured Activities

- Incorporate structured activities such as mindfulness exercises, role-playing scenarios, or group problem-solving tasks.
- Use activities to promote interaction and build camaraderie.

5. Resource Sharing

- Provide information on local resources, support services, and events.
- Encourage participants to share their experiences and resources that have helped them.

6. Feedback Mechanism

- Regularly solicit feedback to improve the support sessions.
- Use surveys or group discussions to gather insights and suggestions.

Additional Resources

1. Mental Health Services

- VA Mental Health Services: www.mentalhealth.va.gov, (800) 273-8255
- National Alliance on Mental Illness (NAMI): www.nami.org, (800) 950-6264

2. Employment and Education

- Department of Veterans Affairs Employment Services: www.va.gov/careers-employment, (800) 827-1000
- GI Bill Information: www.benefits.va.gov/gibill, (888) 442-4551

3. Financial Assistance

- Veterans Benefits Administration: www.va.gov/benefits, (800) 827-1000
- Military OneSource Financial Resources: www.militaryonesource.mil, (800) 342-9647

4. Physical Health

- VA Health Care: www.va.gov/health, (877) 222-8387
- American Council on Exercise: www.acefitness.org, (888) 825-3636

5. Community and Advocacy

- Team Rubicon: teamrubiconusa.org, (310) 640-8787
- Veterans of Foreign Wars (VFW): www.vfw.org, (816) 756-3390

6. Support Networks

- Wounded Warrior Project: www.woundedwarriorproject.org, (888) 997-2586
- Operation Homefront: www.operationhomefront.org, (210) 659-7756