



# Maryland's Commitment to Veterans

**David Galloway**

Contact Us at:  
1(877)770-4801  
[bha.mcv@maryland.gov](mailto:bha.mcv@maryland.gov)



# Our Team

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- ❖ Joy Ashcraft, LMSW  
Director, Maryland's Commitment to Veterans
- ❖ Angel Powell  
Social Media and Communications Lead – Southern RRC
- ❖ Dina Karpf  
Intensive Case Management Lead – Eastern RRC
- ❖ David Galloway  
Education and Outreach Lead – Western RRC
- ❖ Richard Reed  
Communications and Data Analyst Lead – Central RRC

# What We Do

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- ❖ Referral Services
- ❖ Case Management
- ❖ Outreach & Education
- ❖ Trainings
  - Peer Support
  - Suicide Prevention
  - Safetalk
  - ASIST

# Eligibility

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Who is eligible?

Approximately 450,000 Maryland veterans are currently eligible to utilize services provided by Maryland's Commitment to Veterans.

How does it work?

Maryland's Commitment to Veterans' mission is to help veterans transition into healthy civilian life. We are available to answer questions, address concerns, or help with any obstacle a veteran and family might face and serve as the connection to wellness services they need. We are committed to providing veterans the assistance they require while transitioning to healthy civilian life –  
24/7

# Where are we?

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Maryland's Commitment to Veterans can be reached 24/7. Regional Resource Coordinators cover every jurisdiction in the state of Maryland. They assist in coordinating comprehensive wellness services, including mental health and substance use disorder services. For further information, please visit our website: <http://veterans.health.maryland.gov>

# **Military Culture**

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# Military Ethos

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<b>Strength</b>	<b>Guiding Ideal</b>	<b>Vulnerability</b>
<b>Placing the welfare of others above one's own welfare</b>	<b>Selflessness</b>	<b>Not seeking help for health problems because attending to personal health is not a priority</b>
<b>Commitment to accomplishing missions and protecting comrades in arms</b>	<b>Loyalty</b>	<b>Survivor guilt and complicated bereavement after losing friends</b>
<b>Toughness and ability to endure hardships without complaint</b>	<b>Stoicism</b>	<b>Not acknowledging significant symptoms and suffering after returning home</b>
<b>Following an internal moral compass to choose "right" over "wrong"</b>	<b>Moral Code</b>	<b>Feeling frustrated and betrayed when others fail to follow a moral code</b>
<b>Becoming the best and most effective professional possible</b>	<b>Excellence</b>	<b>Feeling ashamed of (or not acknowledging) imperfections</b>

# Military Separation & Transitioning Challenges

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## **Service member transition issues:**

Some find transitioning to full-time civilian life challenging.

Such challenges include:

- Lack of regimented routines
- Lack of order and command
- Service members may feel let down or even betrayed by those they once trusted, or feel abandoned by those who once cared about their welfare (this betrayal can be extended to VA)
- Service members may feel they let their comrades down. These feelings may complicate separation from service and subsequent adjustment to civilian life
- Maintaining contact with military organizations and former peers may help

# The Nature of Separation

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- The process of grieving the loss of military attachments can be made much more difficult if those attachments were highly conflicted at the time of the Service members separation from the military
- This may be the case for Service members who feel let down or even betrayed by those they once trusted, or feel abandoned by those who once cared about their welfare
- Similarly, Service members may harbor concerns about having let their buddies down. These feelings may complicate separation from service and subsequent adjustment to civilian life

# A Little Bit About Veteran Culture

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- Veterans stick together and tend to help one another
- Not all Veterans have been involved in combat
- Not all have gone overseas
- Veterans identify by their past military occupations
- Most Veterans like to talk about their time in the military
- Most Veterans are proud that they served
- Many Service members maintain communications for years or decades with former unit members by e-mail, phone, or physical presence at reunions
- For some Veterans, their commanding officer or small unit leader will always be someone they respect and may turn to in times of need

# VETERANS ARE DANGEROUS?

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- As I watch my two young children develop, I worry about how media coverage of combat veterans and PTSD will affect them as they grow up, what their friends may assume about their father. In previous eras perhaps he would have been lauded as a hero, but today's headlines seem just as likely to characterize him as a "ticking bomb." –Veteran participant
- Several news stories describe recent Veterans as "ticking time bombs" or as "dangerous" on account of post-traumatic stress. It's a narrative that has persisted for decades
- Some Veterans internalize this stigma: "dysfunctional vet"
- But.....

# Veteran Questions

## Continued

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What branch of Service are/were you in?

Why did you join that branch?

How would you like to be addressed?

What kinds of missions have you participated in?

Are/were you an officer, warrant officer, or enlisted?

What is/was your rank?

What is/was your job? What do/did you do? (i.e., one's job may have nothing to do with the person's MOS in some cases).

What training have you received?

Where have you been stationed?

MARYLAND'S COMMITMENT TO VETERANS  
CONFERENCE SERIES

# MARYLAND WOMEN VETERANS CONFERENCE

SAVE THE DATE

0800 - 1630 ~ March 31, 2021



Keynote Speaker: Command Sergeant Major Gretchen Evans – one of the most decorated female veterans in U.S. history



TO BE NOTIFIED WHEN REGISTRATION OPENS FOR ALL UPCOMING  
CONFERENCES AND WORKSHOPS-  
TEXT: "MDCOM2VETS" TO 898-211

# Crisis Funding

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Maryland's Commitment to Veterans currently has crisis funds available to veterans who require assistance with behavioral health or behavioral health supportive services. Veterans must meet program requirements to receive a one-time use of \$500 max.

Veterans are required to complete the Crisis Referral Intake form and provide the additional documents listed here:

- ❖ Copy of your DD214
- ❖ Copy of your delinquent utility bill, eviction notice, doctor invoice
- ❖ Copy of referral letter from additional organizations you are working with to correct this situation
- ❖ Contact information to their behavioral health provider

# Operation Roll Call

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## **During these uncertain times.....**

### **Maryland's Commitment to Veterans is here to help.**

Military Veterans and/or Veteran's family members residing in Maryland can sign up for the free MCV Operation Roll Call program to register for a once a week or bi-weekly call with a Regional Resource Coordinator.

### **If you would like to register**

Call the MCV 24/7 Hotline  
1(877) 770 4801



# Contact Us

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Questions???