

Student Veteran Organizations

Did you know the local colleges and universities have Student Veteran Organizations? Check out the details below for more information on how to get involved!

Check out your Student Veteran Organization's contact information:

OTC:

Matt Rink, President

417-447-2623

mr0885468@otc.edu

Thursdays 4PM

Norman K Meyer

MISSOURI STATE:

Zac Hill, President

417-839-6199

hill0817@live.missouristate.edu

Veteran Student Center

DRURY:

Michael Barnes, Advisor

417-873-6369

mbarnes007@drury.edu

Monthly Thursdays 11AM

FSC Inclusion Lounge



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Director's Corner

May was Mental Health Month which seems appropriate for this time of year. School is unwinding for people, with the burnout of the school year and the stress of finals for college students. Many of our participants are preparing to enter into college for the first time this summer, testing the waters with a class or two before jumping all the way in during August. Struggles with Mental health can affect your performance in school. It can take many different forms, compounding with the stress of classes and anxiety of performance in the classroom. There are places you can find support on your campus to be successful: Disability Support Services and Counseling.

Before you step foot into your classroom, visit with the **Disability Support Services office**. Semester after semester, veterans have struggled with their own mental health returning to the classroom. PTSD, TBI, anxiety, and depression are not uncommon. Disability Support Services sits down to review paperwork, records, or other documentation that may aid in establishing accommodations for a veteran in the classroom. Examples of accommodations made in the past have been more time on tests, taking tests in a different location away from the

distractions of others, using notecards to assist in recalling mathematical formulas, and recording lectures. For many, having accommodations eases mental blocks and stress.

There will likely be a **counseling office** on your college campus. These are open to any current student and open during the academic off-seasons. Licensed counselors are available to speak with you and everything remains confidential. You can visit them once or set standing appointments. If you are not currently a student in college, OTC Counseling Services have made services available to all VUB participants. Talk to a VUB staff member to help set you an appointment.

As always, the Veterans Crisis line is available 24/7 by calling 1-800-273-8255 (press 1). If you or another veteran you know needs assistance, call and get the support you need. Support is there from people who want to help you succeed and see you achieve your goals.



Michelle Ciesielski
*Veterans Upward Bound
Director*



ORGANIZATION SPOTLIGHT: **MORAL INJURY INSTITUTE**

About the Organization

Moral Injury Institute is a newer organization in the Greater Springfield area. Tommy Goode has been a champion of Veterans for years in his various different roles. His connection to the community and continuous research of making today a better day for Veterans, sparked Moral Injury Institute. In ways similar to Post Traumatic Stress Disorder, Moral Injury is an emotion based response to traumatic based experiences, which differs from the fear based response from PTSD. For the past two years, Tommy has planned and led a Moral Injury Conference that has provided physicians, nurses, community members, and those who work with Veterans an understanding of how to recognize Moral Injury and what the best steps are to support someone struggling with Moral Injury. Partnering with many other organizations like Wellness for Warriors, Veterans Upward Bound, Sheep Dog Impact Assistance, The Vet Center, and many more, Tommy seeks a collaborative effort to address Moral Injury.

In addition to Moral Injury Institute, Tommy is also the leader and convener for Veterans Ministry Care Network and Joining Community Forces, which are both specific networking groups to address community identified issues in Veteran Services and provide an opportunity for Veteran Services to work together to make the Springfield area aware and ready to put action to Veteran-centered issues in our area. We are honored to be connected with Tommy.



Contact information:

Contacts: Tommy Goode

Phone: 417-860-3471

Email: Tommy@moralinjuryinstitute.org

Network: <https://www.facebook.com/SpringfieldJCFNetwork/>



ADULT EDUCATION

Summer Academy!!!

Summer Academy is going on now, June 3rd through June 28th! We have plenty of fun and helpful workshops, such as: painting, creative writing, stress management, Microsoft office, science concepts, and learning Spanish. We also have refresher courses, field trips, and a potluck and game day.



Find out more by following the QR code or by going to:

<https://students.otc.edu/veterans-upward-bound/vub-summer-academy/>

VUB June Tutor Schedule at OTC – ICW 217

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|------------|---------|------------|----------|------------|
| Math* | **Varies** | 10a-2p | **Varies** | 10a-2p | **Varies** |
| Reading/Writing* | 2p-6p | 2p-6p | 2p-6 p | 2p-6p | 8a-4:30p |

*Tutoring by appointment as well. Contact simpsoma@otc.edu or by calling 417-447-7840

Veteran Highlight: Reza Gilman



Reza is a First Generation college student who recently completed his Associates of Applied Science in Welding. In his spare time he loves to smoke meat and always brings it in to sample! We are excited that Reza plans to continue his education at OTC.

He has done so much for the Veterans Upward Bound program and the community at Ozarks Technical Community College. He educates others a substitute faculty instructor for the welding program.

Good luck with this next year! We will always be here rooting for you, Reza!!

Veterans Literary Magazine

The VUB is taking submissions for the upcoming VLM which will be unveiled on Veterans Day 2019. Submissions requested: Veteran writing (Essays, poetry, stories, etc.), art, and photography. Email Simpsoma@otc.edu for more submission details or questions.

VUB Banquet

We had such a great turn out at the annual VUB Banquet. We were able to recognize all past and current participants in the program.

We are still looking for people to join our program. If you know anyone who is a Veteran in Greene County have them contact us today for assistance. You can go to any post-secondary program both in and outside of the area.





VUB Social Media!

Have you added us on Facebook yet? If not, you should stay up to date on all the latest happenings and articles affecting veterans.

<https://www.facebook.com/VUBOTC/>



Upcoming Events

Potluck and Games | June 7th 10:00 AM- 4 PM | VUB Lab

Come join the VUB for a potluck and game day. Game day will run the full time while the potluck will begin at 11:30 and run to 2 pm.

Community Involvement | June 21st 10:00 am | Ozark Food Harvest

We will be doing a little bit of community involvement at Ozark Food Harvest. We invite any participant that wishes to give back to the community to joins us. We'll meet in the VUB lab for anyone needing a ride to the location.

Healing Reins/ Horse Therapy | June 28TH 10 am | Meeting in the VUB Lab

Healing Reins is a local equine therapy program that involves interacting with horses and supports veterans therapeutic healing. Come learn about the program and visit with some great horses. We'll meet up in the VUB lab before heading over.

Local School Dates:

Fourth of July Holiday | July 4-5th | All Colleges Closed

End of Summer Term | July 26th | OTC Campus

Fall Term Start Date | August 19th | OTC Campus

Last Day of Fall Registration | August 20th | OTC Campus



OZARKS TECHNICAL
COMMUNITY COLLEGE



Missouri
State
UNIVERSITY

THE VETERANS UPWARD BOUND STAFF



Michelle Ciesielski
Director



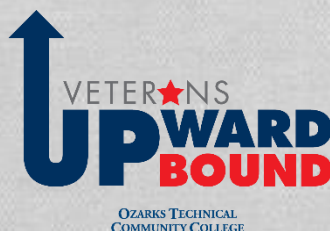
Tony Ary
Outreach Coordinator



Alex Simpson
Adult Education Coordinator



Ethan Sykes
Advising Coordinator



Stephen Griffis
Academic Tutor