

**VETERANS
LEARNING MORE
THAN MUSIC**

02

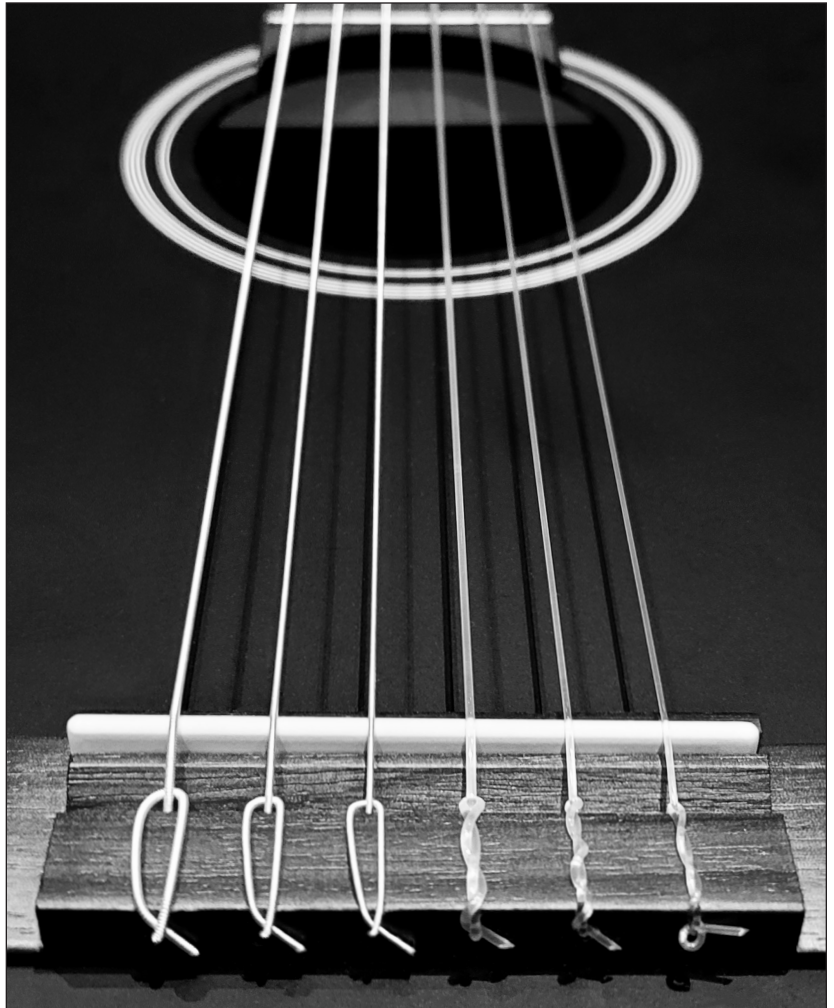


Workshops, Tutoring
and More

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Translating Your
Military Skills to a
Civilian Market

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Guitars and Notebooks

Moral Injury Institute Helping Veterans Live Fuller Lives



Joshua Boley
Outreach Coordinator

If you work with veterans around the Springfield area for very long, you will eventually hear the name Tommy Goode. One of the reasons you will hear his name is because of his nonprofit Moral Injury Institute. The other reason you can't help but hear his

name is because Tommy builds relationships with people.

I recently met up with Tommy at a local coffee shop to learn more about The Moral Injury Institute and what led him to focus on helping the veteran community.

Rev. Dr. Tommy Goode, as he is officially known, said that early work with the Veterans Affairs hospitals in Kansas City and Topeka made him keenly aware of struggles among veterans beyond healthcare. "The pastor in me, if you want to think of it that way, is inclined to help people and care for people," he said. However, it was a seminar in 2015 at Drury University that resonated with him.

After moving back to Springfield, he attended a one-day seminar with Dr. Rita Nakashima Brock. Dr. Brock described becoming estranged to her father who had served in World War II and how she originally thought she had done something to cause the distance. She later discovered that it was her father's experiences while serving in the military that affected him and led to the estrangement. Dr. Brock would describe it as soul injury.

"That story resonated with me because that's the

story of me and my father," Tommy said. Tommy's father had seen combat while stationed in Germany during World War II while serving in the United States Army. Despite serving honorably, he suffered from what they used to call "shell shock" and had difficulty moving past some of the experiences he had while at war. Tommy's uncle served during the Korean War and had attempted suicide. "There was that sense of a personal connection with how bad this can really be in a person's life," Tommy said.



photo by Joshua Boley

Tommy Goode helps participants in the Veterans Creative Writing Workshop held at the Vet Center.



photo by Joshua Boley

Participants in the for Veterans group not only learn how to play the guitar, but receive support from a certified music therapist. In addition participants build camaraderie.

In 2018 Tommy founded the nonprofit Moral Injury Institute and their mission statement is as follows: We exist to create a reliable, sustainable web of care through training and advocacy, networking and strategic initiatives for veterans and others who struggle with trauma related moral injury.

According to Tommy, if a person is diagnosed with Post Traumatic Stress Disorder (PTSD), they will often have a moral injury of some type. Moral injuries occur when an individual does something, participates or witnesses something that crosses their moral boundaries. Examples include; failing to protect the innocent, doing something against one's religious identity, failing to agree with rules of engagement, and a variety of others.

"The life impact of that is they begin to associate themselves with that occurrence," Tommy said. "It's not that I witnessed a bad thing, it's I am a bad person."

Moral injury is related to PTSD in that two individuals may experience the same trauma, but one may have a reaction and the other not. However, while PTSD is typically seen as a mental concern and responds to mental health intervention, moral injury is an emotional issue and responds better to authority figures and relationships.

Since its start, the Moral Injury Institute has formed numerous local partnerships in an effort to improve the lives of area veterans. The organization is also working on a research project with a sociology professor at the University of Missouri. Additionally, Moral Injury Institute has teamed up with the VA Vet Center to form two different groups that meet weekly.

The first group is a veteran writing workshop that meets every Monday at 3 p.m. at the VA Vet Center in Springfield. While the group focuses on creative

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MORE THAN JUST COMPUTERS

VUB Academic Lab Offering Tutoring and Workshops



photo by Joshua Boley
Math tutor Ben Fiene works with Army veteran and mechanical engineering major, Drew Capehart, in the Veterans Upward Bound Academic Lab.

My name is George Mayes and I am the Adult Education Coordinator for Veterans Upward Bound. I am a retired Army veteran who served in both Iraq and Afghanistan. After my retirement, I went back to college and received my degree in Elementary Education and taught fourth and first grade.



George Mayes
Adult Education Coordinator

While I thoroughly enjoyed working with the kiddos, my main passion is helping veterans, and when the opportunity came up to work with the Veterans Upward Bound program, I couldn't resist! The Adult Education Coordinator is responsible for all academic year and Summer Academy academic services, activities, curriculum and teaching, and assistance with VUB project advising. I also oversee the academic lab and am responsible for inspecting equipment, securing and keeping track of inventory, ordering supplies, reporting damage, ordering

repairs, and contacting the IT help desk. I oversee and manage the employment, training, and utilization of our VUB tutors and I keep track of data related to academic instruction and tutoring. My desk is in the academic lab and the best part of my job is interacting with our veterans on a daily basis. Students who are in the VUB program have access to our VUB Computer Lab which has ten computers, a printer, and plenty of quiet work space for studying. Participants can utilize our VUB tutors and are encouraged to seek help sooner rather than later. We offer refresher courses in both English and math for those who have been out of school for a few years and we can provide those courses in person or via Zoom. We also offer school supplies, self-help workshops, educational field trips, and even free coffee! We really do want our veterans to succeed!



photo by Joshua Boley
Navy veteran and graphic design major, Sonja Pope uses the computers in the Veterans Upward Bound Academic Lab.

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writing, a VA counselor is present to support participants working through traumatic journaling or exploring a sensitive subject matter.

"Sometimes what we discover is that the veteran who has this moral injury may have never talked about it. They may be scared to process it and writing can be a tool for the veteran to begin to disclose what's broken inside," Tommy said.

The Moral Injury Institute has also coordinated with the Center for Music Therapy and Wellness to offer a veteran guitar therapy workshop at 3 p.m. on Wednesdays. The workshop is hosted at the Center for Music Therapy and Wellness on the Drury campus in Springfield. The workshop is open to anyone from beginner to expert and a certified music therapist is present to facilitate and guide.

Tommy explained the guitar workshop has received a lot of positive feedback. For some, he said, it's a

reason to get up and leave the house. "It's not about skill, but involvement with a group of people that I have some shared values with and I trust," Tommy said in regards to why veterans attend.

Going forward, Tommy said the priority will always be to serve veterans and provide training to other organizations when opportunities arise. Recently the Moral Injury Institute partnered with Springfield Community Gardens to enhance their veteran focus and offer gardening as a way for veterans to process trauma.

Veterans who have experienced a serviced related trauma and looking for answers are encouraged to visit the website, moralinjuryinstitute.org or on Facebook @moralinjuryinstitute.

"If they recognize inside themselves a sense of failure, regret, shame, remorse, isolation or addictions, anger, relationship problem; reach out and let's have a conversation," Tommy said.

LOOKING BEYOND YOUR M.O.S.

VUB Staff Member's Advice for Job Seeking Veterans

I find it interesting that a veteran can tell me stories for hours about their military career but when asked to fill out a resume they are at a loss for words. Don't get me wrong many veterans are humble and prefer not to brag, but when it comes to getting the job you want you have to be your own salesman.

When I say salesman I'm not talking about a used car salesman trying to sell a 1985 Ford Pinto. I want you to imagine you're a salesman working at a Rolex store. Everyone knows Rolex watches have worth and value. You

also have worth and value, and you need businesses to know that as well.

It's easier if you had a very technical MOS and your looking to do the same thing in the civilian market. You're selling a specific set of skills to someone who understands and wants those skills. The challenge is when you want a job in the civilian market that has nothing to do with what you did in the military.

For the sake of argument, let's assume you're prior infantry. With a few exceptions, law enforcement and security, most of your primary skills are not going to help you land that entry level management job. Hopefully, there isn't a lot of door kicking happening in the board room. But what about your secondary skills?

Were you a squad leader or lead a fire team? Excellent! You have leadership and supervising skills. I bet you had to make sure you had all the gear and supplies to get through a mission. Maybe you were even

responsible for checking certain gear and getting it back in one piece. That sounds a lot like inventory control and logistics management.

As veterans, we've already had to learn the civilian name for military items. A bunk is a bed and a job is an MOS. This is really no different. The key is to be confident. As a veteran, you have already done something less than 10% of the American population has achieved. So shine your shoes grab your resume and go get that job. And remember, you're a Rolex.



Joshua Boley
Outreach Coordinator



FINDING THE RIGHT WORDS

When You Want to Say This

Want to grab chow

Where's the chow hall?

This is a soup sandwich.

I was voluntold to work Saturday.

It's in File 13.

I have to use the Head/Latrine.

Oorah/Hooah

I got you Lima Charlie.

I'll be there in 10 Mikes

I'm Oscar Mike to your Pos.

Can I get an azimuth check?

Bravo Zulu

Give me the Sit-rep.

Try Saying This Instead

Would you like to do lunch

Can you direct me to the Cafeteria?

Something has gone wrong.

I thought I was off on Saturday but I was informed that was incorrect.

I threw it away

Excuse me, I have to use the restroom.

Yay!

I understand.

I'll be there in 10 minutes.

I'm on my way.

Am I doing this correctly?

Well Done

Can you tell me what's happening?

UPCOMING EVENTS

November

3rd - Budgeting Workshop

11 a.m. - 12 p.m.

We will discuss financial goals and create a budget to reach those goals.

8th - 12th First Generation Week

11th - Veterans Day

OTC is hosting events to honor and celebrate Veterans. Learn more at the OTC website.

12th - Self-Care Day

Pick up a free VUB water bottle and learn more about the benefits of staying hydrated.

13th - Aquarium Day

RSVP for a trip to the Wonders of Wildlife National Museum and Aquarium! Lunch will be provided for active participants!

18th - Movie Day

4 p.m. - 7 p.m.

Join the VUB staff as we enjoy the Broadway musical Hamilton!

December

1st - Study Skills Workshop

9 a.m. to 10 a.m.

Learn tips, tricks and skill for effective studying.

9th - Self-Care Workshop

2 p.m. - 3 p.m.

Discuss self-care tips and participate in seated yoga and breathing exercises.

14th - Logic Puzzles with Linda

11 a.m. - 12 p.m.

Take a study break and see if you can solve these logic puzzles with VUB staff.

**KEEP AN EYE
OUT FOR
SPRING EVENTS!**

THE BRIEFING

The Briefing is a quarterly newsletter published by Veterans Upward Bound in Springfield, Mo.

Veterans Upward Bound (VUB) is a federally funded grant program helping veterans on their path to higher education. We do this by offering; academic and career planning, financial aid, benefit advising, tutoring, admissions assistance, and community resources. All services from VUB are free to veterans who qualify. While our offices are located at

OTC, we are able to help veterans with a Greene County address, regardless of where they want to attend college.

online:

otc.edu/vub

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vub@otc.edu



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