

## From the Director



As we close in on commencement SUMMER is just around the corner.

The Military Resource Center continues to serve our military educational benefited students and appreciates it when you provide suggestions to improve current remote and in person practices. Your suggestions have resulted in improvements in policies and guidelines allowing us to better serve your needs as you work to accomplish your academic goals!

*Andy Heitkamp*  
Military Resource Center Director

## Activities Attended

### April

- 2 DAV Chap 4 Ryan Dealership presentation
- 2 State Approving Agency Military Affairs Committee
- 3 Safe Communities and VA Office hours
- 4 VA Study Abroad Refresher training
- 4 Vet Center outreach and counselor on campus
- 4 VA 85/15 update training
- 8 Student Affairs meeting
- 8 Eclipse viewing
- 9 Hope Café – ND Suicide Coalition
- 10 Behavior Intervention Team (BIT)
- 12 New student orientation
- 15 Purple up group photo
- 15 New student registration
- 16 VA Intimate Partner Violence training
- 17 DAV coffee
- 18 Student Affairs meeting
- 18 Military One Source webinar
- 22 Oberg Foundation Scholarship meeting
- 22 Behavior Intervention Team (BIT)
- 23 Task Force 21 Nuclear Triad Symposium
- 26 New Student registration
- 26 POW WOW honor dance
- 29 AI and Data Summit
- 30 Community Forum with CMS (MPL)

## IN THIS ISSUE

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 Ruck March  
 No Barriers program

### OFFICE HOURS

**8 A.M. – 4:30 P.M.**

**Military Resource Center  
 Minot State University  
 500 University Ave W  
 Minot, ND 58707  
 701-858-4003 / 1-800-777-0750**

[MinotStateU.edu](http://MinotStateU.edu)

Be seen. Be heard. Belong.

# 10 a.m. Friday 10 May 2024 CONGRATULATIONS GRADUATES 2024



## **About Commencement**

Since our first Commencement ceremony in 1914, thousands of graduates, along with their families and friends, have gathered on the Minot State University campus to celebrate the achievements of our academic community. As we welcome you and your guests this year, please use this website guide to help plan your graduation day to ensure that it will be a positive experience.

Minot State University's Commencement exercises for master's, bachelor's, and associate's degree candidates will be held at 10 a.m., Friday, May 10, 2024, in the Minot State University Dome.

For those whose want to be part of the Military Resource Center group photo, that photo will be (in your graduation gown, hat, and veteran cord), of military educational benefited students at 9 a.m. in the dome south lobby. Contact Andy Heitkamp (701) 858-4002 with questions.

## Find a provider





[https://www.ptsd.va.gov/gethelp/find\\_therapist.asp?utm\\_campaign=crisisresponse3a&utm\\_medium=email&utm\\_source=govdelivery](https://www.ptsd.va.gov/gethelp/find_therapist.asp?utm_campaign=crisisresponse3a&utm_medium=email&utm_source=govdelivery)

PTSD treatment works, and you have options. Learn how to find a therapist, counselor or other mental health provider who can help with your recovery.

## Finding a provider using the internet

Beyond using your insurance company provider lists, the links below can help you find a therapist, counselor, or mental health professional. Note: These online locators can be used by anyone, and if you are a Veteran, see the "Help for Veterans" section below for additional options.

### Locators for mental health providers

- [Anxiety and Depression Association of America](#)  offers a therapist search by location, treatment options and mental health disorder.
- [ISTSS Clinician Directory](#)  is a service provided by the International Society for Traumatic Stress Studies (ISTSS) that lets you consider many factors in searching for a clinician, counselor or mental health professional.
- [American Psychological Association](#)  has a Psychologist Locator that allows you to search by location, specialty, insurance accepted and gender identity of provider.
- [Psychology Today](#)  offers a therapist directory by location. You can also find treatment centers tele therapists (online services) or support groups.
- Substance Abuse and Mental Health Services Administration (SAMHSA) offers a [Behavioral Health Services Locator](#) by location and type of facility (e.g., inpatient, outpatient, residential). Call for assistance 24 hours a day 1-800-662-HELP (4357).

## PTSD: National Center for PTSD

### Coping with unwanted thoughts:

[https://www.ptsd.va.gov/gethelp/coping\\_RESET.asp](https://www.ptsd.va.gov/gethelp/coping_RESET.asp)

### Self-Help and coping - Available [en Español](#)

Stress is a common reaction after trauma. Many people feel down, have trouble sleeping or feel "on edge." If you take direct action to cope with stress reactions it puts you in a position of power. Self-help and coping skills are also helpful if you completed PTSD therapy. Good coping takes practice.

### Other self-help strategies

- [Peer support groups](#)  
Locate and learn more about peer support groups to help those diagnosed with PTSD or caring for someone with PTSD.
- [Dogs and PTSD](#)  
Learn about the role of dogs in managing symptoms and PTSD recovery.

### What is RESET training?

After a traumatic event, like combat, it is common to have unwanted thoughts or memories about what happened. These are called intrusive thoughts. Because these thoughts can happen at any time and can be upsetting, they can affect daily life. Learning to manage unwanted or intrusive thoughts can improve overall well-being. RESET is a 1-hour video training that aims to help Soldiers cope with intrusive thoughts following deployment. The approach RESET uses focuses on teaching the most effective strategies to manage unwanted thoughts.

Topics include:

- Remember it is normal to have intrusive or unwanted thoughts.
- Ease up on control; it doesn't always work well with thoughts.
- See and accept your thoughts: You are more than just your thoughts.
- Experience thoughts as they happen: Don't judge them.
- Train your skills: Practice is important!



PTSD Information Voice Mail: (802) 296-6300

Email: [ncptsd@va.gov](mailto:ncptsd@va.gov)

Also see: [VA Mental Health](#)



[Site Map](#)



## James's Corner




Students,

Best of luck on your upcoming finals, you're almost done! To our graduates, congratulations on all your hard work- be proud of what you have accomplished. For our currently serving and veteran students, the Military Resource Center provides a veteran cord to wear over your graduation robe free of cost once you have applied for graduation. I have the list of names of those particular individuals for the fall 2023-summer 2024 terms, so please stop by our office and grab your cord if applicable. To all, finals can be a particularly stressful time for students, so I highly recommend checking in with Student Health in Lura Manor for a session on their new relaxation chair- I hear it's amazing!

Respectfully,

*James Tucci*  
*Veterans School Certifying Official*



Check out the Minot State Veterans Service Center Facebook page and give it a  to stay current with events.

[www.facebook.com/MinotStateVeterans](http://www.facebook.com/MinotStateVeterans)

## Important Dates - Academic

### May

- 1-2 Finals for second 8-week classes
- 6-9 Finals for 16-week classes
- 10 Commencement
- 28 Standard 8- week classes begin
- 1 Jun Last day to add summer regular session class
- 1 Jun Last day to drop or withdraw regular session classes for 100% refund
- 9 Jun Summer tuition due and Financial Aid disbursement

## Important Dates - US Armed Forces

### May

#### Month of the Military Caregiver National Military Appreciation Month

- 1 - Silver Star Service Banner Day
- 1 - Loyalty Day
- 2 – National Day of Prayer
- 2-7 - Public Service Recognition Week
- 8 - VE Day
- 10 - Military Spouse Appreciation Day
- 12 - Mother's Day
- 11-18 - Armed Forces Week
- 13 - Children of Fallen Patriots Day
- 18 - Armed Forces Day
- 22 – Maritime Day
- 27 - Memorial Day



## 2 million mobile app downloads giving more Veterans access

The [VA Health and Benefits mobile app](#) is modernizing how Veterans access and manage their health care and benefits information. The app surpassed 2 millionth downloads—a significant milestone in giving Veterans convenient access to their VA health care and benefits via their mobile devices.

[https://news.va.gov/130018/2-million-mobile-app-downloads-giving-more-veterans-access/?utm\\_source=middle&utm\\_medium=email&utm\\_campaign=VetResources&utm\\_id=10APR2024](https://news.va.gov/130018/2-million-mobile-app-downloads-giving-more-veterans-access/?utm_source=middle&utm_medium=email&utm_campaign=VetResources&utm_id=10APR2024)

## MOST AFFORDABLE ONLINE COLLEGES



**Minot State ranked No. 5 most affordable online colleges by College Consensus**  
Minot State University is ranked as the fifth most affordable college online college for 2024 by College Consensus, an online resource with over four million visitors in 2023. MSU was the highest-rated college or university in North Dakota and was ranked No. 34 overall in the 2024 list of most affordable colleges and universities. Minot State was the only North Dakota University System school in the top 10 in the affordable online college category and the only NDUS institution in the top 50 in the affordable colleges and universities category. College Consensus uses a unique methodology of averaging a school's publisher consensus, its average rating score from the most respected college rankings, and its student consensus score, an average student review from around the web. The University finished with an overall student review score of 75.4 and a publisher score of 53.5. Minot State's overall out-of-state tuition cost of \$8,508 ranked the University fifth overall and was the fourth most affordable rate among public institutions. Read more about College Consensus's online rankings [HERE](https://www.collegeconsensus.com/rankings/most-affordable-online-colleges/) (<https://www.collegeconsensus.com/rankings/most-affordable-online-colleges/>) and their overall ranking [HERE](https://www.collegeconsensus.com/rankings/most-affordable-schools/) (<https://www.collegeconsensus.com/rankings/most-affordable-schools/>).



<https://www.collegeconsensus.com/rankings/most-affordable-schools/>

# NORTH DAKOTA NATIONAL GUARD



ALL GAVE SOME. SOME GAVE ALL.

## 14K Fallen Soldiers Run/Walk June 1<sup>st</sup> 2024

**Run starts:** 7:30 A.M. at the Burdick Arena in Devils Lake

**Registration:** \$25 per person / \$15 youth (12 and under)

**Early Registration & Packet Pickup:** May 31<sup>st</sup>, 5:00-6:30 P.M., Burdick Arena

\*\* Register by May 22nd to guarantee a T-shirt

Proceeds will benefit: **ND NATIONAL GUARD FOUNDATION**

(Provides assistance to National Guard Soldiers, Families and Survivors)

### Run/Walk Course:

- ▲ Start run/walk at Burdick Arena
- ▲ Turn South on College Drive
- ▲ Cross Hwy 2 at John Deere, use bike path to Lakewood
- ▲ Proceed through Lakewood to back gate of Camp Grafton
- ▲ End at Camp Grafton Edwards House – refreshments provided!
- ▲ Transportation provided back to the Burdick Arena



Post 756



For more information & registration forms

[www.facebook.com/DevilsLakeFallenSoldierRun](http://www.facebook.com/DevilsLakeFallenSoldierRun)

<http://fallensoldiers14k.weebly.com>

Mike 701-351-0481 or Ben 701-351-0694





## BUDDY FINDER

Togetherweserved.com (TWS)'s new Buddy Finder was created specifically to help Veterans find those they served with. Now with more than 2.3 million members in five separate service branch websites, TWS has possibly reconnected more Veterans than any other website or organization. The secret behind this high rate of success is the depth of TWS's hand-built databases that contain hundreds of U.S. military units, ships, squadrons and bases going back to WWII.



[https://news.va.gov/130141/buddy-finder-find-former-service-friends/?utm\\_source=feature&utm\\_medium=email&utm\\_campaign=VetResources&utm\\_id=10APR2024](https://news.va.gov/130141/buddy-finder-find-former-service-friends/?utm_source=feature&utm_medium=email&utm_campaign=VetResources&utm_id=10APR2024)

**INDEPENDENCE**  
INC.

# PEER SUPPORT GROUP

**EVERY OTHER WEDNESDAY AT 3PM**

**03. 27. 2024**  
**04. 10. 2024**  
**04. 24. 2024**  
**05. 8. 2024**  
**05. 22. 2024**

**INDEPENDENCE, INC. OFFICE**  
**315 3RD AVE SW MINOT, ND 58701**



<https://www.veterans.nd.gov/news/north-dakota-military-veterans-honored-naming-state-highway-bridges-after-them>

## Check out the new Safety Plan app!



Safety Plan helps Veterans create a personalized step-by-step action plan to keep themselves safe during a crisis. It is highly customizable and provides access to coping tools, self-assessment measures, and crisis support resources like the Veterans Crisis Line. Download the app today by using the QR code

above or visiting the App Store (<https://apps.apple.com/us/app/safety-plan/id1663044514>) or Google Play (<https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.safetyplan>).

Note: Safety Plan is a U.S. Department of Veterans Affairs app, developed by the National Center for PTSD Dissemination and Training Division and the Office of Mental Health and Suicide Prevention.



Open to all veterans,  
spouses, and caregivers

REGISTER TODAY!



# N.D. NATIVE AMERICAN VETERANS STAND DOWN

June 10th - 11th | Sky Dancer Casino & Resort

## Learn about:

- VA healthcare / benefits
- VA home loans
- Disability claims
- Employment assistance
- Social services
- Education assistance
- Housing, shelter, & more!



## Keynote Speaker: Evangelo "Vann" Morris

Evangelo "Vann" Morris is a U.S. Navy retired Surface Warfare Officer and Afghanistan deployed Combat Veteran who has traveled to 45 countries and is on a mission to Heal America.



3965 Sky Dancer Way NE  
Belcourt, North Dakota,  
58316

For those needing  
transportation, please RSVP  
and let your TVSO know  
you need a ride

For more information, contact:  
Dean at 760.889.9481 or dean@nativeecosolutions.com or  
Heather at 701.350.0173 or heather.skadsem@und.edu

Spirit Lake TVSO - Marty Alex emdir@spirittakenation.com

MHA Nation Veterans Director - rhunter@mhanation.com

Sisseton TVSO - Geri Opsal gerio@swo-nsn.gov

Standing Rock TVSO - ohlyesa.locke@standingrock.org



FROM MILITARY ONESOURCE  
BEST KEPT SECRETS: JOINT SERVICES CAMPGROUNDS AND  
FACILITIES

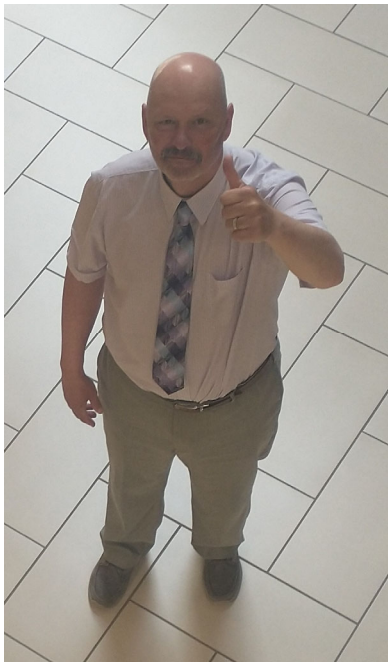
<https://www.militarycampgrounds.us/>

Find a “best kept secret” for your family’s next adventure.

Morale, Welfare and Recreation joint services campgrounds and facilities across the United States offer service members and their families a variety of accommodations and amenities at great rates without sacrificing luxury or location.

U.S. Military Campgrounds and RV Parks  
<https://www.militarycampgrounds.us/>

## Purple up at Minot State University 15 April 2024



The entire month of April is designated as the [Month of the Military Child](https://veteran.com/month-of-the-military-child/), (<https://veteran.com/month-of-the-military-child/>) but April 15 has a special place in that observance.

A day for DoDEA Communities to wear purple to show support and thank military children for their strength and sacrifices.

Purple indicates that all branches of the military are supported. Air Force blue, Army green, Navy blue, Marine red, and Coast Guard blue all are thought to combine together as a single color, purple.

⌘

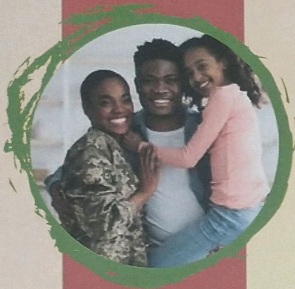
# SERVING THOSE WHO SERVED

## Jobs for Veterans Grant (JVSG)

### VETERANS EMPLOYMENT SERVICES

Job Service North Dakota  
3416 North Broadway  
Minot, ND 58703

Schedule an Appointment  
Brett Wold  
701-857-7523 [bwold@nd.gov](mailto:bwold@nd.gov)



- Career guidance and planning
- Current labor market information
- Assess training and career options
- Resume assistance
- Interview preparation
- Referrals to support services in and out of state

### Resources

Find Workforce services across the country

- <https://www.jobsnd.com/>
- <https://www.careeronestop.org/LocalHelp/service-locator.aspx>

Career Information

- <https://www.careeronestop.org/>

VA Gateway to benefit information

- <https://www.va.gov/>

Workforce Innovation and Opportunity Act (WIOA)

- <https://www.dol.gov/agencies/eta/wioa>

GI Bill Information

- 888-442-4551 <https://www.va.gov/education/>

North Dakota Dept of Veterans Affairs

- <https://www.veterans.nd.gov/>

Job Service North Dakota is an equal opportunity employer/program provider. Auxiliary aids and services are available upon request to individuals with disabilities

NORTH  
**Dakota** | Job Service  
Be Legendary.™



## VA updates Disability rating schedule for digestive system

VA announced an update to the VA Schedule for Rating Disabilities (VASRD) specifically pertaining to digestive conditions. The changes add or modify rating criteria for 55 medical conditions in the rating schedule that incorporate medical advancements for treating certain disabilities and modern medical knowledge to compensate Veterans more accurately.



<https://news.va.gov/129622/va-updates-disability-rating-schedule-for-digestive-system/>

## Medora Musical 2024

VETERAN APPRECIATION July 14

<https://medora.com/medoramusical/>





## Veterans – Let's GO fishin!!! On the water 2024 dates

<https://www.facebook.com/p/On-the-Water-Inc-100067785296574/>

<p><b>Partners &amp; Volunteers</b></p> <p>Serving our veterans is made possible by the generous support of our many local partners and volunteers.</p> <p><b>OTW Volunteers and Partners provide:</b></p> <ul style="list-style-type: none"> <li>• Event Volunteering</li> <li>• Donation of Goods and Services</li> <li>• Financial Support</li> </ul>  <p>Thank you for supporting our veterans and the "On the Water" mission.</p> <p><i>*Donations are tax deductible*</i></p> <p><i>On the Water, Inc.</i></p>	<p><b>Contact Us:</b></p> <p>For more information about On the Water, Inc., our mission, how veterans can register for our free fishing events and free use of our dedicated Veterans Cabin, or to learn more about supporting or donating to OTW:</p> <p>Website: <a href="http://www.otwnd.org">www.otwnd.org</a></p> <p> Find us on Facebook at: On The Water Inc.</p> <p>Email us at: <a href="mailto:onthewaternd@gmail.com">onthewaternd@gmail.com</a></p> <p>On the Water, Inc. PO Box 1735 Minot, ND 58702</p> 	 <p><b>VETERAN LET'S GO FISHING</b></p> <p><b>SUMMER 2024</b></p>  <p><a href="http://www.otwnd.org">www.otwnd.org</a></p>
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<p><i>On the Water Events and Opportunities</i></p> <p>On the Water, Inc. is a 501(c)3 North Dakota non-profit organization. OTW provides outdoor recreational opportunities to U.S. military veterans who served in overseas conflicts or have service-connected disabilities.</p> <p>OTW events and opportunities are provided at <u>no cost</u> and include:</p> <ul style="list-style-type: none"> <li>• Five, one-day fishing events held at Indian Hills Resort on Lake Sakakawea (30 miles west of Garrison)</li> </ul> <p><b>2024 Summer Fishing Events</b></p> <ul style="list-style-type: none"> <li>• June 14 (Fri.)</li> <li>• June 15 (Sat.)</li> <li>• July 20 (Sat.) <i>"Dedicated Ladies' Event"</i></li> <li>• August 9 (Fri.)</li> <li>• August 10 (Sat.)</li> </ul> <p><i>* Limited to 28 veterans per event. Weather dependent.</i></p> 	 <p><b>VETERANS CABIN</b></p> <ul style="list-style-type: none"> <li>• Use of OTW dedicated Veterans Cabin (two-bedroom, bathroom, shower, kitchen, air conditioning, internet, cable TV, grill, golf cart, picnic tables, deck, parking, sleeps six comfortably).</li> </ul>  <p><b>ACCESS RAMP WITH LIFT</b></p> <p><a href="http://www.otwnd.org">www.otwnd.org</a></p>	 <p><b>"Let's go Fishing!"</b></p> <p>All events take place at Indian Hills Resort on Lake Sakakawea (30 miles west of Garrison - <a href="http://www.fishindianhills.com">www.fishindianhills.com</a>).</p> <p>Participants should arrive by 7 a.m. the morning of the event and have a current ND fishing license.</p> <p>Boats, boat captains are provided by OTW volunteers. Boats are off the water by 3 p.m. or earlier.</p> <p>Sack lunch, pop and water, and catered BBQ rib dinner are provided by OTW.</p> <p><b>For more information about OTW:</b></p> <ul style="list-style-type: none"> <li>• Email Chuck at <a href="mailto:onthewaternd@gmail.com">onthewaternd@gmail.com</a></li> <li>• Visit our website at <a href="http://www.otwnd.org">www.otwnd.org</a></li> <li>• Find us on Facebook at On the Water Inc</li> </ul> <p><b>SUMMER 2024</b></p>
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# BRADY'S LEGACY RUCK MARCH



SATURDAY  
**JUNE**  
**15TH**  
2024

ALL PROCEEDS DIRECTLY BENEFIT  
A MAN, OUR HERO, HIS LEGACY  
**BRADY OBERG**  
LEGACY FOUNDATION

SCAN TO REGISTER



TRAIN W/CFE







**JOIN US ON**  
**MAY 11, 2024**  
**11:00 AM - 2:00 PM**

**MINOT MUNICIPAL AUDITORIUM, ROOM 201**



**MILITARY WOMEN'S SYMPOSIUM**

**LOCAL & VA SPEAKERS • LUNCH  
NETWORK • INFORMATIONAL BOOTHS**

**VETERANS, ACTIVE DUTY, NATIONAL  
GUARD & RESERVES INVITED**

**QUESTIONS: 701-822-3242**

**SPONSORED BY:  
DISABLED AMERICAN VETERANS CHAPTER 4  
FARGO VETERANS ADMINISTRATION**