



Supporting Military Families Through
Research and Outreach



Supports for Military Spouses as Active Duty Service Members Transition out of the Military

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Research

Outreach

This product is the result of a partnership funded by the Department of Defense between the Office of Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with The University of Minnesota.

Submitted by:

The Military REACH Team
The Research and Outreach (REACH) Laboratory
The University of Minnesota

Military REACH, a project of the DoD/USDA Military Extension Partnership, utilizes a multi-disciplinary approach integrating both Research and Outreach to support those who work with and on behalf of military families. Through our three-fold approach, we provide empirical research that identifies and addresses key issues impacting military families and the programs that serve them, offer outreach and professional development through online resources, and host a Live Learning Lab for program staff seeking constructive professional development feedback for their programs.

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Supports for Military Spouses as Active Duty Service Members Transition out of the Military

The Service member's transition out of the military involves the entire family. Although all family members understand that military service is time-limited, the transition can still be experienced as abrupt and unsettling due to the vast number of changes in routines and lifestyle. While there are no empirical publications in the scientific literature that focus on spouses' experiences with this transition, some clinical literature and self-help resources exist, including websites, books, and blogs.

In response to a request from The Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy, the University of Minnesota's Center for Research and Outreach (REACH) team conducted a systematic review of the materials and programs that support Service members and their spouses as they transition from the military to a civilian role. Approximately 300 materials and programs were critically reviewed for use within this report.

The purpose of this report is to provide a comprehensive picture of available transition resources for Service members, Veterans, and spouses. This review concludes with a summary of the current resources and recommendations that may be useful in the development of the resource guide for military spouses.

The Experience of Military Spouses during the Transition out of the Military

Military spouses and other family members often experience both excitement and apprehension during the transition from the military to civilian sector (Sherman, Doerman, & Martin, 2012). The Service member may be eager to apply skills and knowledge learned during Active Duty to a new civilian career, and the family as a whole may be excited about new freedoms to make decisions independently as a family. Spouses may have opportunities to pursue higher educational opportunities outside of the military community, or they may change careers without the limitations on location that they had experienced while part of the military (Blore, 2014).

Spouses may also face an array of potential challenges during the transition. Deciding on a new place to live can be both exciting and stressful. For some military families, this transition may be the first time they can decide together where to live. Purchasing a home and relocating are time and energy-intensive activities for military families. For families with children, a move brings additional tasks such as finding new schools, childcare providers, healthcare providers, and recreational activities (Sherman et al., 2012). The family transition out of the military can also involve a loss in family income, especially if the Service member is not pursuing employment or higher education upon military separation. Families may also experience a loss of, or change in, health insurance and other benefits that were previously provided through the military. Some military spouses experience stress while navigating the resources and opportunities now available to them and their families. In addition, some military spouses are uncertain and confused about the benefits available to their loved one who is now in the Veteran role, including but not limited to GI benefits and home loan programs for Veterans (Wolpert, 2000).

Some military spouses experience changes in family roles as the family transitions out of the military. Military families are often proud of their identity as part of the military and enjoy societal appreciation for the value of military service (Masten, 2013). Transitioning from a military family to a Veteran family may be associated with a loss of or change in this identity. In addition, as Service members transition out of the military, they may spend more time at home with family (Wolpert, 2000). Although this change

may be welcomed and positive for the family, it typically necessitates adjustments in family relationships and routines.

While some military spouses forged strong connections with people in the civilian community during military service, others were quite insulated and had few civilian relationships which can make the transition more challenging (Wolpert, 2000). While spouses may be accustomed to frequent moves and processes associated with getting settled in military communities, their experience in a civilian community may be different. Military spouses have described civilian culture as more diffuse than the military culture, involving weaker social support networks and looser associations among residents of communities and neighborhoods (Blore, 2014). Thus, newly civilian spouses and families may miss the camaraderie and sense of community that they had enjoyed in the military.

Transitioning from a military spouse to a civilian spouse is not a one-time event; it is a process that occurs over time. The process begins when the family joins the military and involves an awareness that being a military family is time-limited. Throughout families' affiliation with the military, spouses can prepare for the transition to civilian life. Finally, the military spouse and his/her family make the formal transition out of the military and to civilian life.

Over the past decade, many support programs and resources have been developed for Service members to help with the transition out of the military. However, fewer supports exist for military spouses. Throughout the family's military career, it is important for spouses to be aware of available supports for transitioning to civilian life.

Organization of this Report

The remainder of this report provides a review of transition resources and is organized in two sections: (1) a review of materials; and (2) a review of programs. The research team categorized each resource as a material or a program based on these definitions:

Materials: For the purpose of this report, materials are defined as online and print sources. These may include (but are not limited to) websites, blogs, books, and handouts. These materials address the transition out of the military for Service members, Veterans, and/or Military spouses. Some materials include self-assessments and listings of resources.

Programs: Programs involve formal workshops, outreach efforts, services, or activities for Service members, Veterans, and/or Military spouses. Some programs are organized into curricula or modules, and others offer one-on-one services. For resources that contain both materials and programs, the item was categorized by which mode was dominant. A few resources had strong material and program components and are therefore included in both sections.

Materials that Support Transition from Military to Civilian Life

Search Process

We conducted a comprehensive internet search for materials related to the transition of Service members, military spouses, and families from military to civilian life. The Search engines Google, Bing, Yahoo, and Ask.com were used to ensure relevant materials were not missed. A variety of search terms

were used, including *military spouse transition*, *military spouse*, and *military transition*. Next a database was created to catalog all the materials, resulting in 186 resources. Once we were no longer able to find new resources, we concluded we had reached saturation. One caveat should be noted with regard to both educational resources and corporate career programs. Almost every postsecondary institution and major corporation has some resource for Service members/Veterans or a military transition program; instead of cataloging every material and program, we selected representative examples to include in this list.

Summary of Results

Tables 1-6 include the transition materials for Service members and military spouses. Materials are organized alphabetically within each table. Six categories emerged from the search: (1) General Transition Assistance; (2) Education and Employment; (3) Education Only; (4) Employment Only; (5) Mental Health or Promoting Social Connections; and (6) Housing, Financial Assistance, and Benefits.

The percentages of materials that fit in each category include:

- Employment Only: **56%**
- General Transition Assistance: **13%**
- Education and Employment: **12%**
- Mental Health or Promoting Social Connections: **8%**
- Education Only: **6%**
- Housing, Financial Assistance, and Benefits: **5%**

Across all categories, 12% of the materials are specific to military spouses transitioning out of the military. Further, 41% of materials are relevant to both military spouses and Service members, and the remaining 47% target the Service member only.

These materials take many forms, such as websites, magazines, newspapers, books, blogs, forums, and fact sheets. They often advertise a direct connection to the military; for example, many sites were developed and are maintained by military personnel, Veterans, or military spouses. While many of these materials provide direct information, some are resource lists, providing links to various programs and informational websites. Most materials are not branch-specific and are relevant to all branches of the military. Moreover, these diverse materials are rarely tied to a geographic location, and instead provide information relevant to anyone within the United States.

Education and employment comprise the vast majority of materials (approximately 74% are grouped into one of these three categories). Many educational materials offer online programs, while most employment materials offer either tools for job searching or corporate hiring initiatives with geographically flexible placements. A relatively small number of materials address mental health issues. Although 13 of the 14 materials (93%) categorized as Mental Health or Promoting Social Connections are relevant for military spouses, this category comprises only 8% of the total number of materials.

Table 1. General Transition Assistance Materials.

Includes 24 materials (13% of all materials):

- 7 (29%) are materials for Service members/Veterans only
- 3 (13%) are materials for Military spouses only
- 14 (58%) are materials for Service members/Veterans and spouses

Note: Programs were categorized as General Transition Assistance if they addressed at least three needs (Education; Employment; Mental Health or Promoting Social Connections; and/or Housing, Financial Assistance, and Benefits) for spouses, Service members and Veterans, and/or their families during the transition out of the military. Descriptions of materials have been adapted from websites and other sources.

Note: The text in the “name of resource” column is a hyperlink to the resource. Appendix 1 includes the complete URL for each resource.

Name of Resource	Brief Description	Audience
Barksdale Airmen and Family Readiness Center	Website provides Transition Assistance Program (TAP) workshop materials available for download, including individual transition plans, gap analysis documents, financial planning worksheet, and others.	Service member/Veteran & Military spouse
Careers.org	Provides Veterans and their families a collection of resources regarding transitions to civilian life. Topics include employment, healthcare, housing, social security, career, and education.	Service member/Veteran & Military spouse
Civilian Transition Guide	This guidebook is a compilation of articles intended to help military Service member’s transition back to civilian life.	Service member
Jacksonville Military Veterans Coalition	Provides a list of resources for assistance with a transition out of military life.	Service member/Veteran
Joining Forces	Provides information about employment resources, education programs, and access to wellness initiatives.	Service member/Veteran & Military spouse
Military Authority	Provides information about education, benefits, career planning, pay, retirement planning, and healthcare benefits.	Service member/Veteran & Military spouse
Military Connect	Provides a comprehensive online directory of resources and information for military personnel, Veterans, and their loved ones. Includes information on employment, education, and benefits.	Service member/Veteran & Military spouse
Military Handbooks	Provides information about pay, benefits, retirement planning, education benefits, and career decisions.	Service member/Veteran

<u>Military One Click</u>	Provides news, job opportunities, career tools, hiring fairs, educational scholarships, PTSD help, health insurance, buying or renting a home, and financial assistance.	Service member/Veteran & Military spouse
<u>Military Spouse (Magazine)</u>	Provides military spouses with resources that are tailored to their unique lifestyle. Stories every month cover the military side of: relationships, parenting, finances, career and education.	Military spouse
<u>Military Transition Assistance from USAA</u>	Provides tools for Service members considering leaving the military, including a separation assessment tool for finances, a guide for leaving the military, a separation checklist, and a job finder tool.	Service member
<u>Military Transition Support Center</u>	Designed for military and government libraries and librarians, this database provides information to support Service members transition out of the military and into civilian life. It contains nearly 2,000 full-text magazines, journals, and trade publications, over 20 eBooks and 250 videos, addressing employment, college and education, technical career, entrepreneurship, personal financial management, health and wellbeing, family wellness, and wounded warriors.	Service member/Veteran & Military spouse
<u>Military.com</u>	Connects Service members, military families and Veterans to all the benefits of service — government benefits, scholarships, discounts (etc.) and provides support in the transition out of the military.	Service member/Veteran & Military spouse
<u>MilitarySpot.com</u>	Provides information about the benefits provided to Service members and their families, including pay charts, training, education opportunities travel information, and retirement information.	Service member/Veteran & Military spouse
<u>San Diego Military Family Collaborative</u>	Provides an inclusive forum designed to maximize the collective impact of community resources to enhance military family life. SDMFC comprises over 400 representatives from over 100 organizations.	Service member/Veteran & Military spouse
<u>Spouse Buzz</u>	Offers articles about deployment, reintegration, marriage & family life, military life, and career & education. Run by Military.com.	Military spouse
<u>Support Military Spouses</u>	A 501(c)3 nonprofit organization that exists to help military spouses as they manage finances, seek employment, shoulder the responsibility of family life, care for wounded warriors, and honor the memory of our nation’s fallen heroes.	Military spouse
<u>TexVet’s Centurion Military Alliance</u>	Partners with leadership from the local community to provide the tools and resources required to successfully transition military skills into a professional corporate career. Has information for transitioning warriors, wounded warriors, Veterans, primary caregivers to wounded warriors, and military spouses.	Service member/Veteran & Military spouse

<p><u>U.S. Security Associates Transitioning the Family</u></p>	<p>Provides strong support and a warm welcome to our security company for every military spouse and Veteran, helping them develop rewarding careers. The company views military service as an asset and advantage, and specifically recruits Veterans.</p>	<p>Service member/Veteran & Military spouse</p>
<p><u>Unite US</u></p>	<p>Connects Veterans, Service-members, and their families with valuable resources and supporters in their local communities. Also offers organizations unique community management and coordination software to help them effectively serve and communicate with Military families.</p>	<p>Service member/Veteran & Military spouse</p>
<p><u>USAA Advice Center</u></p>	<p>Provides insurance, banking, investments, retirement and advice for military personnel, Veterans and their families. The Advice Center includes tools, resources and information on military life, family life, buying, selling, and maintaining homes and autos, moving, retirement, and personal finances. Hosts military Veterans and military spouse Communities, where Veterans can share advice. Also has specific-spouse communities.</p>	<p>Service member/Veteran & Military spouse</p>
<p><u>Veteran Journal</u></p>	<p>An online news source/blog dedicated to Veterans issues. Topics covered include transitions, deployment, family life, health & wellness, among others.</p>	<p>Veteran</p>
<p><u>Veterans Coming Home</u></p>	<p>Communicates Veterans' stories through journalism, documentaries and online content; convenes local events such as job fairs and town hall meetings that recognize Veterans for their service and directly connect Veterans with resources, support and Veterans service organizations; collaborates with local organizations to better coordinate and publicize local services, facilitate dialogue, and connect more Veterans with a healthy path.</p>	<p>Veteran</p>
<p><u>Veterans Opportunity to Work: Transition Assistance Program</u></p>	<p>Summarizes the Transition Assistance Program, including services, plans, and resources.</p>	<p>Service member/Veteran</p>

Table 2. Education and Employment Materials.

Includes 22 materials (12% of all materials):

- 7 (32%) materials are for Service members/Veterans only
- 4 (18%) materials are for Military spouses only
- 11 (50%) materials are for Service members/Veterans and spouses

Note: Materials were categorized as Education and Employment if the material specifically addressed both topics of education and employment.

Name of Resource	Brief Description	Audience
Air Force Association	Describes organizations that focus on helping Veterans and that offer diverse opportunities for those seeking information on career opportunities.	Service member/Veteran
American Council on Exercise (ACE)	Offers ACE Personal Trainer, Group Fitness Instructor, Health Coach, and Advanced Health and Fitness Specialist Certification exams for Service members transitioning out of the military. Participates in MyCAA and accepts G.I. Benefits.	Service member/Veteran
Ameriforce	Offers information and advice about education, employment, transition, travel, history, and more. Has a specific section dedicated to Military spouses.	Service member/Veteran & Military spouse
Army OneSource	Provides a list of corporations partnered with the Military Spouse Employment Partnership, including links to each corporation's website and a summary of their mission.	Military spouse
Blue Star Careers	Provides a range of military spouse employment and education initiatives designed to support military family members throughout their entire career path. These employment and education initiatives address and leverage the unique challenges of the military family lifestyle.	Military spouse
Career Onestop	Offers information about employment, training and financial help for Veterans, Service members, and their families. This site provides a Military-to-Civilian Job Search tool, advice for job searching, and links to resources for Veteran job seekers, among other resources.	Service member/Veteran & Military spouse
Corporate Gray	Provides a military-niche employment website connecting transitioning and former military with employers. Employers can post their jobs and use a customized resume search function to find military-experienced candidates meeting their needs.	Service member/Veteran

	<p>Military-to-Civilian Transition Guide leads the transitioning Service member through each step of the military-to-civilian career transition process, from self-assessment to resume writing to networking to salary negotiation.</p> <p>Hosts Job Fairs to connect military families with “military friendly” employers in a well-organized and professional environment. Also hosts online Virtual Military Job Fairs (one-on-one electronic text chats).</p>	
<u>Directional Motivation - Military</u>	Offers a variety of educational and employment information and advice, such as interview tips and sample questions; resume advice; military-friendly schools; and links to job search websites.	Veteran
<u>G.I. Jobs</u>	Provides a free job search and career site for Veterans, where users can search for jobs (by location, job title, keywords), learn about occupations for Veterans, review educational resources, and find key career advice.	Veteran
<u>Institute for Veterans and Military Families at Syracuse University</u>	As a national center in higher education focused on the social, economic, education, and policy issues impacting Veterans and their families post-service, it develops education and employment-focused programs in collaboration with industry, government, NGOs, and the Veteran community.	Service member/Veteran & Military spouse
<u>Martinsburg College</u>	Provides all students (including military personnel) with a Post-Graduation Plan to provide graduates a step-by-step guide to assist them in their career planning and development.	Service member/Veteran & Military spouse
<u>Microsoft Corporate Citizenship Elevate America Veterans</u>	Provides Veterans and their eligible spouses resources, including technology skills training and certification, job placement, career counseling and other support services such as childcare, transportation, and housing to help in their successful transition to civilian life.	Service member/Veteran & Military spouse
<u>MilitaryTransition.com</u>	Includes a blog devoted to helping transitioning military and prior-military find careers in the civilian world. Topics include resume tips, how to translate your military experience into terms a civilian hiring authority can understand, career areas for military-experienced job seekers, career coaching, and more.	Service member/Veteran & Military spouse
<u>Military Transition Advisors</u>	Provides live, frequent web seminars and associated content related to Service members’ transition to employment, education, or entrepreneurship.	Service member/Veteran & Military spouse

<u>MilitaryHire</u>	Website for Veterans to post their resume and search for jobs; also provides career resources, including blog posts, information about interviewing and job searching, and educational resources.	Veterans
<u>National Training, Inc.</u>	Provides up to \$4,000 of financial assistance annually for military spouses who are pursuing degree programs, licenses or credentials leading to employment in Portable Career Fields.	Military spouse
<u>Next Steps for Vets: NBC News</u>	Empowers Veterans and military spouses with employment and education opportunities.	Service member/Veteran & Military spouse
<u>Operation We are Here</u>	Provides links to websites that support careers for Veterans and military spouses.	Service member/Veteran & Military spouse
<u>RecruitMilitary</u>	Provides help with education, Veteran jobs and civilian careers, new business and franchise ownership, training.	Service member/Veteran & Military spouse
<u>Riley Guide: Veterans and Military Personnel and Their Families</u>	Provides links to over 1,600 websites that contain information about jobs, careers, and education information sources.	Service member/Veteran & Military spouse
<u>Spouse Education and Career Opportunities</u>	Helps military spouses by providing information on portable careers, education, resume building, and career planning.	Military spouse
<u>100,000 Jobs Mission</u>	A coalition of over 170 companies that has committed to hire Veterans, report their hiring number on a quarterly basis and share best practices. In total, the companies plan to hire a total of 200,000 by 2020.	Veteran

Table 3. Education Only Materials.

Includes 11 materials (6% of all materials):

- 5 (46%) materials are for Service members/Veterans only
- 2 (18%) materials are for Military spouses only
- 4 (36%) materials are for Service members/Veterans and spouses

Name of Resource	Brief Description	Audience
<u>Bryant and Stratton</u>	Offers online educational programs, scholarships, career mentoring, and information about using educational benefits.	Service member/Veteran & Military spouse
<u>Educate a Hero</u>	Provides informational resources about public institutions, administrative contacts, and university outreach programs.	Veteran
<u>Facing Transitions: Supporting the Military Spouse Learner in Higher Education</u>	Examines barriers and perceptions of military spouse learners in institutions of higher education. Demographics of the military spouse population are discussed and serve to inform advising, counseling and education of this unique population of adult learners.	Military spouse
<u>Grantham University</u>	Offers scholarships, online degree programs, and flexible course start dates. Participates in MCAA.	Service member/Veteran & Military spouse
<u>H&H Family Education and Advocacy Center</u>	Educates parents and teachers on developmental topics, educational research, and current public policies; focuses on military-connected children.	Service member/Veteran & Military spouse
<u>Military Benefits: Education</u>	Provides information and resources about educational benefits and career options offered by private and government institutions, as well as how these benefits apply to personal circumstances.	Service member/Veteran
<u>Military Career Transition Program at Old Dominion University</u>	Offers a teacher preparation program for military personnel and spouses who have a bachelor’s degree from a regionally accredited institution. This program is affiliated with Troops to Teachers at the national level.	Service member/Veteran & Military spouse
<u>MyCAA</u>	Provides information about MyCAA, including how to create an account, benefit eligibility, career and training plans, and online certificate courses.	Military spouse
<u>Northcentral University: Transitioning from Military to Civilian Life</u>	Provides readers with advice about pursuing higher education after exiting the military.	Veteran

<p><u>Student Veterans of America</u></p>	<p>Involves a coalition of student Veterans groups on college campuses across the globe. These member chapters help Veterans reintegrate into campus life and succeed academically. Each chapter must be an officially recognized student group by their university or college and provide a peer-to-peer network for Veterans who are attending the school. Additionally, chapters often coordinate campus activities, provide pre-professional networking, and generally provide a touchstone for student Veterans in higher education.</p>	<p>Veteran</p>
<p><u>Trident University International</u></p>	<p>Online university with military college tuition assistance programs.</p>	<p>Service member/Veteran</p>

Table 4. Employment Only Materials.

Includes 105 materials (56% of all materials):

- 63 (60%) materials are for Service members/Veterans only
- 8 (8%) materials are for Military spouses only
- 34 (32%) materials are for Service members/Veterans and spouses

Name of Resource	Brief Description	Audience
<u>150 Best Jobs for the Military-to-Civilian Transition</u>	Provides best jobs lists, detailed job descriptions, summaries of the best-paying and fastest-growing occupations held by recent Veterans, and information about additional training and licensure.	Service member/Veteran
<u>21st Century Resumes</u>	Provides resume writing, training, and career coaching.	Service member & Military spouse
<u>AeroTek Transitioning Military Jobs</u>	Staffing agency that provides career assistance through flexible civilian job opportunities, including contract, contract-to-hire, and permanent placement options.	Service member/Veteran & Military spouse
<u>American Corporate Partners</u>	Offers tools for long-term career development through mentoring, career counseling, and networking opportunities. Aims to strengthen the connection between corporate America and Veteran communities.	Veteran
<u>American Job Center: Resources for Veterans</u>	Provides resources to help people find a job, identify training programs, and gain skills in growing industries. Connects consumers to online resources from across the federal government, nearly 3,000 brick-and-mortar American Job Centers, and hundreds of local training programs and job resources funded through federal grants.	Veteran
<u>Arizona Coalition for Military Families: Mil/Vet Employment Roadmap</u>	The Roadmap is a statewide plan that engages public and private sector organizations with a goal of reducing unemployment & underemployment among service members, Veterans and their family members. The Arizona Department of Veterans’ Services and the Arizona Coalition for Military Families are the lead implementation partners.	Service member/Veteran & Military spouse
<u>Army Civilian Service – Military Spouse</u>	Provides challenging, stable job opportunities that may well transfer from installation to installation.	Military spouse

<u>Association of the United States Army Military to Civilian Transition Assistance</u>	Provides links to and a summary of available resources for Soldiers transitioning out of the military.	Service member/Veteran
<u>Automatic Data Processing, Inc. (ADP)</u>	A comprehensive global provider of cloud-based Human Capital Management (HCM) solutions. Offers flexible work arrangements and continuous training opportunities for Military personnel and spouses.	Service member & Military spouse
<u>Bank of America Military Transition</u>	Offers resources for Service members and their families seeking civilian employment, including self-study guides and quick reference cards. Also includes a list of links for transitioning Service members and their families.	Service member/Veteran & Military spouse
<u>Baseops.net</u>	Provides resources for career transitions, including resume and cover letter advice, interview preparation, job searching tools, and more.	Service member
<u>Booz Allen Hamilton Transitioning Military Program</u>	Hires military personnel and spouses; provides outreach, training programs, and an Armed Services Forum, which provides support, camaraderie, and resources for employees formerly or currently serving our nation.	Service member/Veteran & Military spouse
<u>Bradley-Morris, Inc.</u>	Helps employers hire military for their civilian positions, and provides military job placement services to job seekers who are undergoing military transition, and job seekers with military experience who have worked in the civilian sector. Largest military job placement firm in the U.S.	Veteran
<u>CACI Military Transition Center</u>	Offers Transition Assistance Programs (TAP), one-on-one support for Veterans seeking employment, and support for military spouses seeking employment.	Service member/Veteran & Military spouse
<u>Call of Duty Endowment</u>	Help Veterans find high quality careers by supporting groups that prepare them for the job market and by raising awareness of the value vets bring to the workplace.	Veteran
<u>Career Command Post</u>	Brings transitioning Active Duty military personnel and armed forces Veterans together with civilian employers hiring for executive, managerial, professional, technical, skilled and semi-skilled positions.	Veteran
<u>Career Marketing Techniques - Military</u>	Offers resume writing services and career coaching.	Service member/Veteran
<u>CareerProPlus</u>	Offers military personnel help with developing military resumes for federal jobs, corporate jobs, and government contract jobs.	Service member/Veteran
<u>Careers at Hilton</u>	Describes its commitment to hire 10,000 Veterans within the next five years, and provides the training and educational opportunities to support their transition into the Hilton organization.	Service member/Veteran & Military spouse

<u>Central Intelligence Agency Military Transition</u>	Offers a Job Fit Tool to discover how the Service member’s skills and work experiences fit within the career opportunities at CIA.	Service member/Veteran
<u>Civilian Job News</u>	Provides a resource for Service members transitioning into civilian life. This website provides news stories, job postings, job fair postings, career advice, and a blog.	Service member/Veteran & Military spouse
<u>ClearanceJobs.com</u>	Provides information on defense and intelligence jobs, including aerospace, counterintelligence, linguist, geospatial, logistics, intelligence, engineering, homeland security, program management, cybersecurity, aerospace and other military or government contractor jobs.	Service member/Veteran
<u>Compensated Work Therapy, Department of Veterans Affairs (VA)</u>	Provides a vocational rehabilitation program that matches and supports work-ready Veterans in competitive jobs, and consults with business and industry regarding their specific employment needs.	Veteran
<u>CSC Salutes</u>	Provides assistance to Veterans, military spouses, wounded soldiers, and the caregivers of the wounded from all branches of service. Engages America’s military community through corporate responsibility, philanthropy, employee volunteerism and facilitating employment opportunities. Provides one-on-one assistance to military-affiliated job seekers through designated contacts and networking opportunities with the Military Programs Team.	Service member/Veteran & Military spouse
<u>Defense Talent Network</u>	Includes a job board for the defense, aerospace and homeland security industries where job-seekers can search jobs (by keyword, job type, work category, location), post a resume, and create a job-search agent.	Service member/Veteran & Military spouse
<u>Deployment to Employment: A Guide for Military Veterans Transitioning to Civilian Employment</u>	A book by Russ Hovendick that helps transitioning Service members find employment.	Service member/Veteran
<u>Employment 911 Military to Civilian Resume Writing Service</u>	A writing service to help military personnel create a civilian-based resume with key industry buzzwords and phrases that would be effective in civilian career searches.	Service member/Veteran
<u>Enterprise Holdings Military Jobs</u>	Recruits Service members to work with Enterprise, and has a specific management training program.	Service member/Veteran & Military spouse
<u>ePressman Consulting, LLC Military Transition</u>	Provides workforce development and leadership programs, advice, coaching, and training.	Service member/Veteran

<u>Every Veteran Hired</u>	Blog regarding decision making about staying in the military or transitioning to civilian employment.	Service member
<u>FederalJobResume.com</u>	Supports military personnel find jobs in the federal government, and helps with transfers and promotions. Have four books on the federal hiring process and have numerous webinars detailing the federal hiring protocol. Also offers military spouses access to Certified Master Writers who can help with creating resumes.	Service member/Veteran & Military spouse
<u>FedsHireVets</u>	Hosts a website dedicated to federal Veteran employment information. Run by the U.S. Office of Personnel Management, it is part of the federal government's strategy for the recruitment and employment of Veterans.	Service member/Veteran & Military spouse
<u>Four Tips for Transitioning from Military Duty to a Civilian Job</u>	Offers job search strategies for transitioning military.	Service member/Veteran
<u>From the Battlefield to the Boardroom</u>	Blog that provides topical articles, tips, and advice to support military job seekers throughout their transition process.	Service member/Veteran
<u>General Dynamics Mission Systems</u>	Works closely with all branches of the military, and hires many Veterans and current Reservists.	Service member/Veteran
<u>Helmets to Hardhats</u>	As a national, nonprofit program, it connects National Guard, Reserve, retired and transitioning Active-Duty military Service members with skilled training and quality career opportunities in the construction industry. Helps military Service members successfully transition back into civilian life by offering them the means to secure a quality career in the construction industry.	Service member/Veteran
<u>Hero 2 Hired</u>	Provides job board and contact information for employment coordinators specifically for Veterans of the National Guard and Reserve.	Service member/Veteran
<u>Hire a Hero</u>	Provides a job board and employment resources to connect Veterans and spouses to employers through job postings, social networking tools such as LinkedIn.	Service member/Veteran & Military spouse
<u>Hire Heroes USA</u>	Provides personalized employment training and corporate engagement; helps Veterans revise resumes, develop post-military strategic plan, and learn effective job search, job application, and interviewing techniques. Also provides resume and interviewing tools and transitional resources.	Service member/Veteran & Military spouse
<u>Hire Our Heroes</u>	Provides Veterans with tools needed to secure employment through one-on-one monthly coaching and mentoring sessions as well as resume tools on their website. Provides networking events and group training across North America.	Veteran

<u>Hire Patriots</u>	Provides transitioning Veterans with job boards, news, and blog posts to support Veterans seeking employment.	Service member/Veteran & Military spouse
<u>Hire Veterans</u>	Provides a job board and resume posting service for military Veterans; works to connect employers with Veterans seeking employment; website users can find jobs, post resumes, search resumes, and post jobs as well as find information about upcoming job fairs.	Service member/Veteran
<u>Hiring Our Heroes</u>	Provides Veterans, transitioning Service members, and military spouses resources needed to find meaningful employment; websites provides blog posts, information about centers, and events.	Service member/Veteran & Military spouse
<u>Home Depot Military Blog</u>	Published relevant blog posts and articles related to career tips and transition advice.	Service member/Veteran & Military spouse
<u>Job Opportunities for Disabled American Veterans (JOFDAV)</u>	Lists job postings for disabled Veterans (listed by job field and by top cities); provides resources for Wounded Warriors through links to relevant websites.	Veteran
<u>Job Search: Marketing Your Military Experience</u>	Book provides separating Service members with up-to-date information on planning a smooth transition of military experience to well-paying civilian jobs; Provides information about translating military experience to prepare for civilian job market.	Service member/Veteran
<u>Job Searches Beyond the Big Cities</u>	Book provides advice to speed the job search particularly for Service members, Veterans, and spouses searching for jobs in medium to small cities and towns; Details online and offline job searching tools; tips of resume writing, interview attire, and resources available.	Service member/Veteran & Military spouse
<u>Job Transition 101: Smart Tips for Military Spouses to Plan Ahead and Manage the Financial Impact</u>	PDF document detailing information about job transitions for military spouses; includes information on understanding benefits, health insurance, etc. related to separation from active military service.	Military spouse
<u>JobSeeker's Guide, Sixth Edition</u>	Training handout used in Transition Assistance Program (TAP) classes and employment courses at Military Transition Centers; includes Federal human resources information, sample resumes for military/spouse/wounded warriors, and updated USAJOBS application instructions.	Service member/Veteran & Military spouse
<u>Joining Forces: States Step Up to Help Military Spouses Get Back to Work</u>	This article describes the status of legislation for military spouses and provides recommendations for priorities.	Military spouse

<u>L-3 National Security Solutions</u>	Security company that purposely seeks and appreciates job applicants with military experience; provides a military transition team to help smooth the transition to civilian life.	Service member/Veteran
<u>Lida 360</u>	Provides resources designed to help transitioning Service members develop and market their personal brand and provides knowledge needed to transition to a civilian career.	Service member/Veteran
<u>Lockheed Martin</u>	Company committed to successful job transition for America’s Veterans; provides job postings; Military Connect portion of website provides guidance on what to expect after re-entering the civilian workforce, expert tips on resume writing and interviews, and provides coaching, mentorships, and career direction advice.	Service member/Veteran
<u>Maxim Government Services</u>	Helps transitioning military, retiring Veterans, and military spouses find careers in government facilities; provides resume review services.	Service member/Veteran & Military spouse
<u>Military Benefits Veteran Jobs</u>	Offers resources for Service members, Veterans, and their families seeking employment; Resources include Veteran employment programs, military transition programs, military spouse employment information, and general employment information.	Service member/Veteran & Military spouse
<u>Military Exits</u>	Provides Service members and Veterans with information about educational opportunities and job postings.	Service member/Veteran
<u>Military Friendly Franchises</u>	Provides list of top military-friendly franchises that are working to recruit military Veterans as franchise owners.	Service member/Veteran & Military spouse
<u>Military Leaders in Transition</u>	Forum for Active Duty and Veteran senior leaders and their spouses, as well employers/experts who connect with these individuals during transition.	Service member/Veteran & Military spouse
<u>Military Officers Association of America</u>	Provides newsletters, magazines, and other publications of interest to members; Members have free access to MOAA’s Info Exchange books and guides that provide information for every stage of the military experience.	Service member/Veteran & Military spouse
<u>Military To Civilian Transition</u>	Book that provides step-by-step job search strategies to build confidence equip and empower Service members to effectively communicate how their military knowledge, skills and abilities are transferable to the civilian job market.	Service member/Veteran
<u>Military to Federal Career Guide, 2nd Edition</u>	Book helps Veterans get hired into the federal government by strengthening resumes, focuses on matching experience to the jobs Veterans are qualified for and effectively using keywords in resumes.	Service member/Veteran

<u>Military Transition News</u>	Bi-monthly publication providing military job seekers with relevant career and transition advice; distributed in print and online to over 500 military bases worldwide and to over 130,000 job seekers with military experience.	Service member/Veteran
<u>Military Transition to Civilian Success: The Complete Guide for Veterans and their Families</u>	Book that serves as a career transition guide for military personnel, Veterans, and their families; includes information about transferable military-to-civilian skills, best jobs for transitioning military, completing applications, and dressing for success.	Service member/Veteran
<u>Military Transitions</u>	Military Transitions is a blog dedicated to articles and stories specific to transitioning out of the military and into civilian life; topics include appropriate body language during interviews and structuring military resume for civilian roles.	Service member/Veteran
<u>Military.com Career Center for Wounded Warriors and Disabled Veterans</u>	Provides resources for Veterans seeking civilian employment, including tools for creating a resume, skills translation, salary calculator, and information about job fairs.	Veteran
<u>Military.com Transition Center</u>	Offers resources for Service members searching for civilian employment; resources range from transition plans, advice on where to start, and resume tips, among others.	Service member
<u>Military.com Veteran Jobs</u>	Dedicated to Veterans seeking civilian employment, including posting jobs, networking with other Veterans, and information about attending career expos.	Veteran
<u>MilitaryResumes.com</u>	Provides job seeker services for transitioning military and ex-military personnel, including resume consulting services, cover letters, and federal job search advice; also provides links to social media updates about military-to-civilian transition.	Service member/Veteran
<u>Military-to-Civilian Career Transition Guide</u>	Handbook provides a career transition framework for Service members and their families; covers exit strategies for leaving the military, charts, checklists and worksheets for planning the transition, resume and cover letter samples and strategies, and interviewing and salary negotiation tips.	Service member/Veteran & Military spouse
<u>Military-to-Civilian Resumes and Letters: How to Best Communicate Your Strengths to Civilian Employers (3rd ed.)</u>	Book provides important answers to questions Service members and Veterans have about applying for civilian jobs, including writing resumes, negotiating salary, effective cover letters, etc.	Service member/Veteran

<u>My Next Move for Veterans</u>	<p>Interactive tool that helps Veterans learn about various career options; includes tasks, skills, salary information, job listings, and more information about over 900 different careers.</p>	<p>Veteran</p>
<u>National Security Agency: Opportunities for Transitioning Military</u>	<p>Provides information about careers at the National Security Agency for transitioning military Service members, as well as information about specific benefits for transitioning Service members (leave accrual, credit toward retirement, and benefits).</p>	<p>Service member/Veteran</p>
<u>Networking For Veterans: A Guidebook for a Successful Military Transition into the Civilian Workforce</u>	<p>Book that helps Veterans begin, gain confidence, obtain a competitive edge, and grow into a successful networker; readers will learn to develop these skills and grow a career-enhancing network during and after the transition out of the military.</p>	<p>Service member/Veteran</p>
<u>Northrop Grumman (Military Friendly Employer)</u>	<p>A leading global security company that has been named a Top Military Friendly Employer; provides a website for Service members transitioning from military to civilian life with information about resume preparation, job search strategies, interview tips, and information about security clearance.</p>	<p>Service member/Veteran</p>
<u>Orion International</u>	<p>Military recruiting firm that specializes in finding civilian careers for Junior Military Officers, Noncommissioned Officers, and Enlisted Technicians.</p>	<p>Service member/Veteran & Military spouse</p>
<u>OurMilitary.mil</u>	<p>Website dedicated to families of Service members, providing employment resources for spouses, military family members, wounded warriors, and National Guard and Reserve.</p>	<p>Service member/Veteran & Military spouse</p>
<u>Out of Uniform: Your Guide to a Successful Military-to-Civilian Career Transition</u>	<p>Book that provides information about career transition, job searching, and interviewing for Service members transitioning out of the military; covers search techniques, networking, interview preparation, resumes, negotiation, self-knowledge, interviewing empathy, and the power of questions.</p>	<p>Service member/Veteran</p>
<u>Portable Career Planning</u>	<p>Supports military spouse job seekers by providing virtual and personal coaching services; focuses on career reconnaissance, developing a coaching plan, and provides accountability and progress; also provides some online resources, including life values inventories, personal branding assessment, and links to relevant and affordable courses.</p>	<p>Military spouse</p>

<u>Project Transition USA Partners with Mom Corps to Support Military Spouses</u>	Describes the partnership between Mom Corps and Project Transition USA.	Military spouse
<u>Quick Military Transition Guide: Seven Steps to Landing a Civilian Job</u>	Book that provides job search information about writing resumes and cover letters, finding jobs, and interviewing while focusing on issues specific to transitioning Service members.	Service member/Veteran
<u>Quintessential Careers: Former Military</u>	Website that provides career, job, and entrepreneurial resources and tools geared especially for military personnel and Veterans making the transition to civilian employment; topics include a military-to-civilian preparedness quiz, military-to-civilian transition stories and tips, and sample resumes.	Service member/Veteran
<u>RallyPoint: Professional Military Network for Current and Former US Military Members</u>	Website that connects members and gives them tools to succeed while in the military and during/after the transition out of the military; helps Veterans build professional networks, connect with other members of the military/Veterans, and explore career opportunities within the military and in the private sector.	Service member/Veteran
<u>Resumes Right Away Career Blog</u>	Blog that posts career advice and information for those transitioning out of the military; focuses on blogs tagged with “military transition.”	Service member/Veteran
<u>Resumes Right Away Military Transition Services</u>	Helps Service members transitioning out of the military with resume writing, creating LinkedIn profiles, cover letters, networking cards, and resignation letters.	Service member/Veteran
<u>Small Business Association Veteran-Owned Businesses</u>	Provides resources for Veterans to help start and grow small businesses; topics include writing a business plan, licenses and permits, hiring employees, and employee benefits, among others.	Veteran
<u>So You Want to Get Out of the Military: The Book You Must Read First</u>	Provides information about ensuring a smooth transition to the next phase after the military.	Service member/Veteran
<u>Stars and Stripes Veteran Job Center</u>	Provides employment news and opportunities for the Veteran community.	Veteran
<u>The Military Spouse's Complete Guide to Career Success</u>	Books helps military spouses develop and implement an effective job search campaign and successfully manage their careers; includes resources, inspirational stories, and practice career tools.	Military spouse

<p><u>The Military Spouse's Employment Guide: Smart Job Choices for Mobile Lifestyles</u></p>	<p>Book for military spouses on finding employment, including expert advice on developing a successful career, networking, financing higher education, using effective job search techniques, handling employer objections, writing resumes and letters, handling job interviews, and working for the federal government.</p>	<p>Military spouse</p>
<p><u>Transition Assistance Online</u></p>	<p>Provides employer-candidate matching to help Veterans, Service members, Reservists, Guardsmen, and spouses who are looking for civilian jobs; offers resources for financial planning, career planning, resume writing, interview tactics, and Veterans advantages.</p>	<p>Service member/Veteran & Military spouse</p>
<p><u>Transition Assistance Program Handout</u></p>	<p>This document from the Department of Labor provides a brief description of the Transition Assistance Program, including why it is necessary, what it offers Service members, how it works, how it works for disabled Veterans, and where to look for more information.</p>	<p>Service member/Veteran</p>
<p><u>US Military Pipeline</u></p>	<p>Online career-matching tool and talent platform from Futures Inc. that allows military Veterans to accurately determine which civilian jobs best link up with their military experience/skills; tool also allows job seekers to pinpoint employment opportunities that meet their specific location, align their military skills to civilian jobs and satisfy their pay requirements. Listing of available jobs is aggregated from all national job postings and refreshed daily.</p>	<p>Veteran</p>
<p><u>USA4MilitaryFamilies</u></p>	<p>Website provides a description of where each state is on two issues: licensure portability and eligibility for unemployment compensation.</p>	<p>Military spouse</p>
<p><u>USAF NAF Jobs: Spouse, Transition, and Veteran Preferences</u></p>	<p>Website summarizes the Military Spouse Preference, Transition Hiring Preference, Family Member Preference and Off-Duty Military, and a Veteran's Preference for Hiring Program.</p>	<p>Service member/Veteran & Military spouse</p>
<p><u>VA for Vets</u></p>	<p>Helps Veterans and transitioning Military Service members find federal careers.</p>	<p>Service member/Veteran</p>
<p><u>Verizon</u></p>	<p>Military-friendly employer; website also provides military skills matcher and Military Talent Network for Veterans, current Service members, and military spouses.</p>	<p>Service member/Veteran & Military spouse</p>
<p><u>VetBiz.gov</u></p>	<p>Website provides information about the Center for Verification and Evaluation (CVE) efforts to verify Service-Disabled Veteran-Owned Small Businesses (SDVOSBs) and Veteran-Owned Small Businesses (VOSBs). SDVOSBs and VOSBs who want to participate in the VA's Veterans First Contracting Program must be verified by CVE in order to be eligible for VA contract set-asides.</p>	<p>Service member/Veteran</p>
<p><u>Veteran Recruiting</u></p>	<p>Supports Service members, Veterans, and military spouses in connecting with military friendly employers; provides virtual recruitment center to help employers recruit Veterans across the globe.</p>	<p>Service member/Veteran & Military spouse</p>

<u>VeteranJobs.net</u>	Job search engine that finds job listings from company career pages, other job boards, newspapers and associations for Veterans.	Veteran
<u>Veterans' Employment and Training Service (VETS)</u>	The Veterans' Employment and Training Service (VETS) serves America's Veterans and separating Service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights.	Veteran
<u>Veterans Green Projects</u>	Provides Active Duty military and Veterans sustainable employment for 1 day to full time career opportunities through E-waste removal and dedication.	Service member/Veteran
<u>Veteran's Job Exchange</u>	Provides resources and job postings specific to Veterans.	Veteran
<u>VeteransCorp</u>	Helps structure and facilitate collaborations between nonprofit and profit small business entities and Veteran/service disabled Veteran owned small businesses; acts as a clearinghouse for ideas and information deemed useful to Veteran and service disabled Veteran owned small businesses.	Veteran
<u>VetFran</u>	Provides toolkit and mentors for Veterans.	Service member/Veteran & Military spouse
<u>VetJobs</u>	Internet job board for reaching military Veterans.	Service member/Veterans

Table 5. Mental Health or Promoting Social Connections Materials.

Includes 14 materials (8% of all materials):

- 1 (7%) material is for Service members/Veterans only
- 5 (36%) materials are for Military spouses only
- 8 (57%) materials are for Service members/Veterans and spouses

Name of Resource	Brief Description	Audience
<u>Coaching into Care</u>	Provides a coaching service for family and friends of Veterans who see that a Veteran in their life needs help; website also provides links to mental health information and screenings, self-help assessments, and substance use and abuse.	Veteran & Military spouse
<u>Deployment Health Clinical Center – Service Member and Family Support Services</u>	Provides information and guidance for Service members and their families about the Service member and family support services that are available from the military, VA, and the private sector.	Service member/Veteran & Military spouse
<u>Homefront United Network</u>	Provides families of military Service members with resources and encouragement; website posts a reading list of books for spouses and families, and links to other support and informational websites.	Military spouse
<u>Life Transition for Me</u>	A coaching business designed to help military personnel transitioning out of the military make informed decisions; website provides links to other resources.	Service member/Veteran & Military spouse
<u>Life Transition for Me Military Spouses</u>	A coaching business designed to help military spouses transitioning out of the military make informed decisions; website provides links to other resources.	Military spouse
<u>Make the Connection</u>	Website that provides personal testimonials and resources to help Veterans discover ways to improve their lives; provides information about signs and symptoms, conditions, and links to referrals and self-assessments.	Service member/Veteran & Military spouse
<u>Military One Source</u>	Provides Service members and their families with free access to information, confidential counseling, and referral services; the transition center provides articles about the basics, separation and transition, career exploration, guard and reserve, resources, and popular links.	Service member/Veteran & Military spouse

<u>Military Special Needs Network</u>	<p>Peer-to-peer organization founded to provide emotional and family support for military families with dependents with special needs, regardless of medical, educational, or behavioral diagnosis; provides information and resource referral, blog posts about real-life stories, individualized case management, and interactive Q & A sessions for military families.</p>	<p>Service member/Veteran & Military spouse</p>
<u>Military Spouse Support Network</u>	<p>Forum for military spouses seeking support on a range of topics.</p>	<p>Military spouse</p>
<u>Military Spouses in Transition</u>	<p>Blog that provides information, stories, and resources for military spouses transitioning from military service to civilian life.</p>	<p>Military spouse</p>
<u>Military Success Network: Truths and Tips for Spouses Mid Military Transition</u>	<p>Forum focused on supporting military Service members and their families as they re-integrate into civilian life and new roles.</p>	<p>Service member/Veteran & Military spouse</p>
<u>Military Transition...It's a Spouse Thing Too</u>	<p>LinkedIn article that provides advice for military spouses transitioning out of the military.</p>	<p>Military spouse</p>
<u>Veteran Crisis Line</u>	<p>Provides Veterans in crisis and their families and friends with qualified, caring VA responders through confidential, toll-free hotline; website also has resources about signs of crisis, videos, and additional information.</p>	<p>Veteran & Military spouse</p>
<u>Warrior Gateway</u>	<p>Virtual community center connecting Service members and Veterans to each other, their local communities, and resources; website provides a resource directory, job search, blog, and news.</p>	<p>Service member/Veteran</p>

Table 6. Housing, Financial Assistance, and Benefits Materials.

Includes 10 materials (5% of all materials):

- 4 (40%) materials are for Service members/Veterans only
- 1 (10%) material is for Military spouses only
- 5 (50%) materials are for Service members/Veterans and spouses

Name of Resource	Brief Description	Audience
<u>Automated Housing Referral Network (AHRN)</u>	Network designed to improve the process of securing available housing for relocating military members and their families.	Service member/Veteran & Military spouse
<u>Military Benefits: Housing & Home Ownership</u>	Non-government, privately sponsored website that provides information about all aspects of housing and home ownership for Service members and Veterans.	Service member/Veteran
<u>Military Benefits: Money & Finance</u>	Non-government, privately sponsored website that provides comprehensive coverage on Active Duty and Veterans financial benefits, money, taxes, VA loans and all other matters related to planning and securing a financial future.	Service member/Veteran & Military spouse
<u>Military Community & Family Policy Fact Sheet</u>	Provides a summary of unemployment compensation provided to military spouses.	Military spouse
<u>Operation Homefront</u>	Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and financial assistance; also provides links to other websites and resources that support military families during difficult financial times.	Service member/Veteran & Military spouse
<u>The Military Advantage: The Military.com Guide to Military and Veterans Benefits</u>	Book that provides information about military and Veterans' benefits.	Service member/Veteran
<u>The Military Wallet</u>	Personal finance website for military members, Veterans, and their families; works to help the military community better manage money and understand the variety of programs and benefits available to them.	Service member/Veteran & Military spouse
<u>The Transition Project at Just Military Loans</u>	Provides blog posts, FAQs, and information about popular topics related to military loans and financial assistance during the transition out of the military.	Service member/Veteran & Military spouse

<p><u>United States Bank Association (USBA)</u></p>	<p>Provides information about Military Life Insurance, TRICARE, CHAMPVA Supplements for Armed Forces & Services: Active Duty, transitioning military, Veterans, retired military, Reserve & National Guard, and federal employees. Includes newsletters and military jobs center.</p>	<p>Service member/Veteran</p>
<p><u>Wounded Warrior Homes</u></p>	<p>Non-profit organization that provides affordable housing and resources for Veterans suffering from PTSD and traumatic brain injury (TBI).</p>	<p>Veteran</p>




Programs that Support Transition from Military to Civilian Life

Search Process

An extensive Internet search was undertaken to find programs that support Service members and/or their spouses and families during the transition out of the military. Keywords included: *military-to-civilian; transition out of the military for military spouses; military spouse transition; Active Duty to Veteran; military spouse retirement; military spouse/family transition; and supporting military spouses/families*. Programs for military spouses, military families, and Active Duty, transitioning, or Veteran Service members were compiled into one spreadsheet, and then coded by relevance for military spouses.

Rating of Programs

The applicability of the transition programs to military spouses is rated on a 3-point scale using a stoplight rating approach:

-  Green = Very applicable to military spouses (the program current includes specific information about military spouses or families)
-  Yellow = Some applicability to military spouses (the program has general information on military families/spouses, but not a specific focus)
-  Red = No applicability to military spouses (the program does not address spouses/families, and the focus is only on Service members)

Summary of Results

Tables 7-13 list the transition programs for Service members and military spouses. In total, 114 programs for military spouses, families, Service members, and Veterans were found and included in the tables: 37 programs were coded as green (32%), 44 were coded as yellow (39%), and 33 were coded as red (29%). Items in each table are listed in alphabetical order within each color ranking section. Programs were categorized into one of the following: General Transition Assistance Programs; Education and Employment; Education Only; Employment Only; Mental Health or Promoting Social Connections; Housing or Financial Assistance; and Physical Health or Access to Healthcare. These are the identical categories as used in the Material Search (Tables 1-6) with the exception of the one additional table herein focused on Physical Health or Access to Healthcare Programs. We did not find any materials regarding physical health or healthcare access.

The percentages of programs that fit in each category include:

- General Transition Assistance: **36%**
- Employment Only: **32%**
- Mental Health or Promoting Social Connections: **11%**
- Education and Employment: **8%**
- Housing, Financial Assistance, and Benefits: **6%**
- Education Only: **4%**
- Physical Health or Access to Healthcare Programs: **3%**

Considerable variability exists across the programs. Almost one-third of the programs are specific to spouses transitioning out of the military. Approximately 40% of the programs are designed for Service members and Veterans and casually invite spouses or families to be included. These websites do not include specific information about the unique needs of military spouses.

Programs vary with respect to the target audience and geographic focus. Some are designed for any Service member, Veteran, or spouse, while others are branch-specific. Some programs are district or city-specific (e.g., there were several programs designed specifically for Veterans and spouses in the San Diego, CA area), some are state-specific, and some are national.

The delivery format also varies across the programs. Some programs are offered exclusively in person, some over the phone, some completely online, and some via multiple formats. Interestingly, some of the programs operate as conduits of information and solely support military families by connecting them to resources or benefits.

Regarding format, some programs are user-led or user-driven (users access the program or information online by themselves and go at their own pace), while others involve a mentoring or coaching format (e.g., peer-to-peer). Some programs are group-based, including classes, seminars, and symposia. For programs with facilitators, most programs employ staff who have a military background, which may help build rapport and trust with Service members, Veterans, and spouses quickly.











Table 7. General Transition Assistance Programs.










Includes 41 programs (36% of all programs):








- 19 (46%) are very applicable to Military spouses
- 16 (39%) are somewhat applicable to Military spouses
- 6 (15%) are not applicable to Military spouses

Note. Programs were categorized as General Transition Assistance if they addressed multiple needs (spanning at least three categories) for spouses, Service members, and their families during the transition out of the military.

	Name of Program	Brief Description	Curriculum?	Format
●	Airman & Family Readiness Centers	Transition Assistance Program specific to the Air Force; includes pre-separation counseling, Transition GPS, benefits briefings, and the Capstone (verifying career readiness).	Yes	Phone, in person
●	Coaching into Care (VA)	Provides a coaching service for family and friends of Veterans to support them in encouraging the Veteran to seek services.	No	Phone
●	Courage to Call - County of San Diego HHSA Mental Health Services	Provides 24/7 phone or chat assistance to active and former Military members, their families and loved ones in the San Diego area; connects callers with former members of the military who understand the rigors of military life and have made the transition to civilian life. Is a Veteran-run, peer-to-peer support program in San Diego County.	No	Phone, online
●	DoD TAP	Provides information, tools, and training to Service members and their spouses to support transition to civilian life.	Yes	In person, phone, online
●	Fleet and Family Support Program	Transition Assistance Program specific to the Navy; employs Transition Goals, Plans, Success (Transition GPS) to help Sailors and their families prepare for the transition.	Yes	In person, phone, online
●	Hope for the Warriors: Family Reintegration Program	Supports Military families struggling with PTSD and mild traumatic brain injury; services can include referrals and admissions assistance, travel assistance, family counseling, and family reintegration retreats.	No	In person
●	Life Transition for Me	Provides Military spouses with coaches who have experienced the transition out of the military.	No	N/A

	Military Officers Association of America (MOAA) Spouse Program	Provides Military spouses with knowledge, tools, and events to inform and empower spouses through Military Spouse Symposia.	No	Online, in person
	Military OneSource Transition Assistance	Offers a wide range of services to help with issues related to leaving the military, including counseling, employment workshops and benefits briefings.	Yes	In person, phone, online
	Military Spouse Corporate Career Network	Provides employment readiness training, resume assistance, virtual training, mentorship assistance, financial health training, and apprenticeships.	Yes	Online
	Military Spouse Mentoring (MSM)	Matches Military spouses with mentors who can help with educational, career, military life, parenting, or other guidance.	No	Online, phone, in person
	Military Spouse Network	Provides Military spouses with membership to access scholarship finder, relocation resources, and career networking.	No	Online
	San Diego Military Family Collaborative - Military Transition: The Spouse Edition	Provides information about a one-day course for Military spouses transitioning out of the military; topics covered include finances, healthcare, employment, understanding VA benefits, emotional support, and education.	Yes	In person
	Soldier for Life – Transition Assistance Program (SFL-TAP)	Transition Assistance Program specific to the Army; includes counseling, training, and development of individual transition plans.	Yes	In person, online
	Spouse Transition and Readiness Seminar (S.T.A.R.S)	The Marine & Family Programs at MCAS Cherry Point provide seminars for Military spouses transitioning out of the military that cover benefits, employment assistance, insurance, and relocation.	Yes	In person
	Tragedy Assistance Program for Survivors (TAPS)	Provides seminars, camps, counseling, peer mentors, and other resources for surviving families of fallen Service members.	Yes	Online, in person
	Transition Assistance Program – Coast Guard	Transition Assistant Program specific to the Coast Guard; prepares eligible Coast Guard members for all aspects of transition to civilian life.	Yes	In person
	Transition Readiness Program	Transition Assistance Program specific to the Marine Corps and includes access to Transition Readiness Seminar (TRS); includes career services and advising, assessments and educational guidance, and the Transition Readiness Seminar (TRS).	Yes	In person

	VA Caregiver Support Line	Provides caregivers of Veterans' answers to questions about available assistance from the VA, helps caregivers access services, provides emotional support, and connects callers with the Caregiver Support Coordinator at the nearest VA Medical Center.	No	Phone
	Army Career and Alumni program (ACAP)	Provides general transition assistance and employment assistance to Soldiers, family members, Veterans, and retirees.	Yes	In person, Online
	Beyond the Yellow Ribbon	Comprehensive program that creates awareness to connect Service members and their families with community support, training, services, and resources.	Yes	Online, in person
	Chez Family Foundation for Wounded Veterans in Higher Education at the University of Illinois at Urbana Champaign	Provides individualized academic coaching and tutoring that aids in monitoring progress and addressing barriers in higher education; includes testing and academic accommodations, innovative first-year course for Veterans, and note-taking and tutoring; also helps Veterans access benefits, and provides peer mentoring; provides counseling and family services, readjustment and reintegration strategies, residential services, and career and employment services.	No	In person
	Defense Manpower Data Center (DMDC)	The DMDC is the central source for identifying, authenticating, authorizing, and providing information on personnel during and after their affiliation with DoD; an access point for information and assistance on entitlements, benefits, and medical readiness for Service members, Veterans, and their families.	No	Online, phone
	Families At Ease	Program through the VA that works with family members and friends of Veterans to help them help their Veteran get care and access VA benefits.	No	Phone, in person
	Fleet and Family Centers	Provides services such as relocation assistance, clinical counseling services, financial management counseling, family advocacy, and transition assistance programs.	No	In person
	Hawk Eye Coach Training	Trains individuals (civilians and military) to help Veterans, reservists, guardsmen, and their families successfully manage transitioning from the military to the civilian sector.	Yes	N/A
	Mass VetsAdvisor	Online resource created by the Commonwealth of Massachusetts to serve Veterans and their families; helps Veterans and family members access financial, education, and housing benefits.	No	Online

	Military Leaders in Transition	Website provides a forum on military to civilian transition for Active Duty and Veteran senior leaders and their spouses; includes relevant blog posts, links to other websites and resources.	No	Online
	Military Order of the Purple Heart	Provides counseling on benefits from a variety of government sources, assistance in filing claims for disability, and assistance in entering the VA health care system. Membership is restricted to combat wounded Veterans, MOPH supports all Veterans and their families.	No	Online, phone, in person
	Military Transition Advisors	Provides knowledge and connections to help Service members make a successful transition from the military; provides live, frequent web seminars and associated content for Veterans (spouses are welcome to attend).	No	Online
	Military Warriors Support Foundation	Provides support for combat wounded heroes and Gold Star families as they transition out of the military and into their new civilian life; specific programs include housing, financial assistance, recreational activities, and other programs (Apartments 4 Heroes, CEOs for Heroes, Skills 4 Life, Homes 4 Wounded Heroes) for Veterans and their families	No	In person
	Operation Comfort Warriors	Program provides comfort items and recreational events to wounded warriors; relies heavily on a national network of volunteers to assist Service members and their families with the transition into civilian life; includes checking eligibility for temporary financial assistance, housing, and family support.	No	In person
	TexVet	Supports military, Veterans, and family members with information and referral services and facilitating delivery of services; also serves as hub for statewide peer to peer counseling network and volunteers.	No	Online, phone, in person
	Transition Assistance Advisors	Provides a Transition Assistance Advisor in each state and territory to help Guard members and their families with accessing VA benefits and filing claims, TRICARE, state benefits, and access to community resources.	No	In person
















	Transition Goals, Plans, Success (GPS)	Navy’s transition program designed to ensure that Sailors are prepared to transition from military to civilian life; spouses are welcome to attend.	Yes	In person
	Amvets Warrior Transition Workshop	Offers Warrior Transition Workshop, a peer-to-peer, hands-on weekend transition training using multi-media, paradigm shift and bioenergetics.	Yes	In person
	Military.com – Transition Center	Provides career and financial planning to help ensure a smooth transition from Service member to civilian; helps create a free transition plan.	No	Online
	REBOOT Workshops	Through National Veterans Transition Services, Inc., workshops are designed to assist Service members in making the social and career transition the military to civilian life; also includes job matching assistance, career goal, peer networking, and refresher seminars.	Yes	In person
	Texas Veterans Leadership Program	Resource and referral network connecting returning Veterans of Iraq and Afghanistan resources and tools needed to be successful in post-military life; includes employment, training, medical, educational, and other needs.	No	In person
	Warrior Gateway	Provides a virtual community center where Service members and Veterans can connect with each other and with their local community.	No	Online
	Warrior Transition Program	Involves a series of briefs and interviews that are designed to help Sailors make the transition back to the United States or their next duty station overseas.	Yes	In person

Table 8. Education and Employment Programs.

Includes 9 programs (8% of all programs):

- 6 (67%) are very applicable to Military spouses
- 1 (11%) is somewhat applicable to Military spouses
- 2 (22%) are not applicable to Military spouses

Note: Programs were categorized as Education and Employment if they explicitly addressed both education and employment needs.

	Name of Program	Brief Description	Curriculum?	Format
	Employment Readiness Program (ERP)	Provides services to Military spouses and other Military personnel related to employment opportunities, classes and seminars on education resources, self-assessment and career exploration, and career counseling.	Yes	In person
	Joining Forces for Women Veterans and Military Spouses Mentoring Plus	Provides personal coaching and professional guidance for women Veterans, Military/Veteran spouses, caregivers and survivors.	Yes	N/A
	My Career Advancement Account (MyCAA)	Helps Military spouses pursue licenses, degrees, certifications and provides scholarships to Military spouses to further education.	Yes	Online
	My Individual Career Plan (MyICP)	As part of SECO, allows Military spouses to create an individual career plan with customized tools, resources, and activities to help spouses achieve their career and education goals.	Yes	Online
	Spouse Education & Career Opportunities Program (SECO)	Provided through Military OneSource, helps Military spouses search for career and education opportunities, perfect resumes, and assist with career planning.	No	Online
	Veterans Career Transition Program (VCTP)	Provides connections to education and training programs, coalitions focused on Veteran employment, and information about opportunities and benefits for Veterans and their families.	Yes	Online
	Entrepreneurship Bootcamp for Veterans' Families	Education and self-employment training program designed to take advantage of the skills, resources, and infrastructure to offer cutting-edge, experiential training for Military family members.	Yes	In person
	GI Jobs	Provides tools and resources to Veterans to find education and employment opportunities.	No	Online


	National Veterans Entrepreneurship Program	Multi-site coalition that provides high-quality, engaging, and accessible business education for Veterans.	Yes	In person
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Table 9. Education Only Programs.

Includes 5 programs (4% of all programs):

- 4 (80%) are very applicable to Military spouses
- 1 (20%) is somewhat applicable to Military spouses
- 0 are not applicable to Military spouses















	Name of Program	Brief Description	Curriculum?	Format
	Hope for the Warriors: Spouse/Caregiver Scholarships	Provides scholarships to spouses and caregivers for continued education at a reputable, accredited university, college, or trade school as they assume critical roles in the financial wellbeing of their families.	No	Online
	Military Spouse Program through Brighton College	Offers relevant, workplace-driven education for Military spouses and particularly those eligible for MyCAA.	No	Online, phone
	Troops to Teachers Program	Provided by the Regent University School of Education, offers courses and scholarships to prepare Veterans and their spouses for careers in public school, private school, higher education, or educational training.	Yes	Online, in person
	University of Phoenix	Offers special tuition rates; credit for military training and education; guidance on GI Bill® and Yellow Ribbon Program benefits; full-time status while taking one or two classes at a time; and degree programs from associates to doctoral, certificate programs, or individual courses.	No	In person
	Operation Boots to Business	In collaboration with Syracuse University’s Institute for Veterans and Military Families (IVMF), provides access to resources and entrepreneurship training to Veterans transitioning out of the military.	Yes	Online, in person












Table 10. Employment Only Programs.

Includes 36 programs (32% of all programs):

- 6 (17%) are very applicable to Military spouses
- 9 (25%) are somewhat applicable to Military spouses
- 21 (58%) are not applicable to Military spouses

	Name of Program	Brief Description	Curriculum?	Format
●	Assistance Programs – Employment Assistance	At MacDill Air Force Base, the Airman and Family Readiness Center offers employment and transition assistance to spouses and families of Service members.	Yes	In person
●	Military Spouse Employment Partnership (MSEP)	Part of SECO, helps create employment connections that provide companies with direct access to Military spouses seeking career opportunities.	No	Phone, online
●	MilSpouse eMentor Program	Pairs Military spouses with mentors who assist with seeking employment and other career issues.	No	In person, phone, online
●	Mom Corps YOU Military Spouse Program	Assists Military spouses in staying in or re-entering the work force by providing job opportunities and career resources tailored to the needs of Military spouses.	Yes	Online
●	NEXSTEP	Provides eligible Military spouses, DoD civilian employees, and activated National Guard and Reserve with training to successfully enter or re-enter the workforce.	Yes	N/A
●	Transition Assistance Program – Lackland	Assists personnel who are retiring and their families with the skills and knowledge required to make a successful transition to a second career.	No	In person, phone
●	Capital One Military New Hire Transition Program	Supports hiring Military personnel and spouses quickly and successfully; creates connections among new associations, develops an understanding of the Capital One Culture, and clarifies expectations for the new job through webinars, live instruction, and individual conversations.	No	Online
●	Career Transition Assistance Program (CTAP) of Veterans Association of North County	Provides Military personnel transitioning out of the military monthly career workshops and coaching; serves personnel and their spouses from all ranks and branches of the military.	No	Online

	Hire Heroes USA	Provides personalized employment training and corporate engagement; helps Veterans and spouses revise resumes, develop post-military strategic plans, and improve their skills in the job search and interviewing process; provides resume and interviewing tools and transitional resources on their website.	Yes	In person
	Home Depot Careers	Supports military job seekers, including Veterans, separating Active Duty Service members, National Guard members, Reservists, and Military spouses; includes chat options with recruiters, military career searches, transfer opportunities and other programs for Military personnel.	No	Online
	J.P. Morgan Chase & Company's Veterans Career Transition Program	Offers an Institute for Veterans and Military families which involves online courses along four professional tracks to help Military personnel and spouses gain knowledge, skills and certifications that may be helpful in civilian employment.	Yes	Online
	Military Connect	Online community that assists Veterans and their families with career transitions; not just from military to civilian life, but throughout entire careers.	Yes	Online
	Patriots Path	Provides career transition strategies for Military Veterans and spouses as well as Active Duty Guard and Reserve members who are unemployed or underemployed in the Charlotte region.	Yes	In person
	Project Transition USA	Helps transitioning Military Veterans and their dependents find meaningful and rewarding new careers in the civilian world through LinkedIN.	No	N/A
	WalMart's Veterans Champion Program	Committed to hiring Veterans, offers a formal onboarding process to support new Veteran associates include a Military Family Promise that guarantees a job at a nearby store for all Military personnel, and Military spouses, employed at Walmart and Sam's Club, if they move for a military transfer.	No	N/A
	Always a Soldier Program	Provides continuity of support to Service members separating from the armed forces; focuses on employment readiness and translation of skills to civilian employment.	No	Online, in person
	Career OneStop	Provides Veterans with tools and resources to help them apply skills learned in the military to a civilian career.	No	Online

	Corporate Gray	Connects employers with Military Veterans nationwide.	No	Online, in person
	Farmer Veteran Coalition	Develops employment and meaningful careers through the collaboration of the farming and military communities; provides fellowships and career development to Veterans.	No	In person, phone, online
	Helmets to Hardhats	Helps Service members successfully transition back into civilian life by offering connections to a quality career in construction.	No	Online
	Hire Our Heroes	Provides Veterans with tools needed to secure employment through one-on-one monthly coaching and mentoring sessions as well as resume tools on their website; Provides networking events and group training across North America.	No	In person, online
	Hire Patriots	Provides Veterans and their family members a nationwide safety net; job-seekers can find almost any type of employment options -- from one-day emergency income jobs to temporary and full-time positions.	No	Online
	Hope for the Warriors: Above & Beyond	Provides guidance to wounded Service members pursuing reintegration into the civilian sector.	No	N/A
	Junior Military Officer Training Program	Designed to effective transition junior Military officers into the organization and provide the knowledge, skills, and awareness needed for a potential USAA leadership career.	No	Online
	Lucas Group	Helps make the transition from military to civilian life easier for Service members through connections, networking, and recruiting.	No	In person
	Military Connection - Military to Civilian Transition Program	Provides a multitude of online components to help military transition candidates with the process of military to civilian transition and the quest for military transition jobs.	Yes	Online
	Military Transition Services	Provides various services to facilitate a successful transition to civilian work, including referral services, resume development, interview coaching, job search strategies, and opportunities for certifications.	No	N/A
	Military Warriors: CEOs4Heroes	Provides a link between partnering companies and Veterans seeking employment opportunities in varied employment areas, including oil field industry, business management, sales, security, etc.	No	Online, in person















	Orion International Military Officer Transition Program	Online program that includes informative webinars, self-paced instruction, and individual calls with a recruiter to support officers in transitioning to the civilian workforce.	Yes	Online, phone
	Ruehlin Associates Career Transition Seminar	Provides unique insight into career transition for senior Military and Civil Service personnel; prepares Service members for all phases of career transition.	Yes	In person
	TCL Transitioning Military Training Program	Through the Technical College of the Lowcountry, provides four certificate programs for transitioning Military members and Veterans to enhance marketability.	Yes	Hybrid (online and in person)
	The Honor Bridge	Connects businesses and former and transitioning members of America's armed forces; helps transitioning Service members find satisfying employment where they want to live.	No	Online
	Troops to Teachers	Helps Service members and Veterans begin careers as public school teachers through counseling and referral services.	No	In person, phone
	Veteran Entrepreneur Training Symposium (VETS)	Three-day conference that provides the knowledge and relationships needed for Veterans to transition into Business Owners to service the Federal Government.	Yes	In person
	Veterans Curation Program	Partnership between cultural resources management contractors and a federal agency to process federally or administered archaeological collections while employing and training recently separated Veterans.	No	In person
	Veterans' Employment and Training Service (VETS)	Serves American's Veterans and separating Service members by preparing them for meaningful careers, providing employment resources and expertise, and protecting their employment rights.	No	Online, in person

Table 11. Mental Health or Promoting Social Connections Programs.

Includes 13 programs (11% of all programs):

- 1 (8%) are very applicable to Military spouses
- 9 (69%) are somewhat applicable to Military spouses
- 3 (23%) are not applicable to Military spouses

	Name of Program	Brief Description	Curriculum?	Format
	Operation Family Caregiver	Provides free and confidential support (coaches) to families of service members and Veterans who have served since 9/11; help families adjust to civilian life and coping effectively with problems.	Yes (individualized)	In person, phone, or online
	At Ease USA (AEU)	Supports active military, Veterans, their families and loved ones access confidential, research-supported, cost-effective treatment for PTSD and related disorders; removes obstacles for Military families in receiving quality treatment.	No	In person
	Coming Home Project	Provides compassionate care, support, education, and stress management tools for Veterans, Service members, and their families.	No	In person
	GI Search	Free military search and military social network that helps search, locate, and stay in touch with military friends; search for anyone who was or is in the military or browse through the archive photos.	No	Online
	Home Base Program	Provides clinical care and support services to Iraq and Afghanistan Service members, Veterans, and their families; offers clinical and community education about the “invisible wounds of war” and the challenges of Military families; conducts research to improve treatment and understanding of PTSD and TBI.	No	In person, online
	Make the Connection	Supports Veterans in returning from deployment and transitioning out of the military; encourages Veterans to seek services that may be helpful.	No	Phone, online








	Military Warriors: Skills4Life program	Provides recreational outings and peer mentoring with hunting, fishing, golf, sporting events, and family friendly activities; serves combat wounded Veterans and families, Gold Star families, and Active Duty Purple Heart recipients and families.	No	In person
	Real Warriors	Multimedia public awareness campaign designed to encourage help-seeking behavior among Service members, Veterans, and Military families coping with invisible wounds.	No	Media campaign
	Returning Veterans Project	Provides free and confidential counseling, therapy, and holistic healing services to Veterans and their families.	No	In person
	Vet Center Program	Vet Centers provide readjustment counseling to combat Veterans and their family members through individual and group counseling in PTSD, alcohol and drug assessment, and suicide prevention referrals.	No	In person
	inTransition	Provides coaches to Service members, Veterans, and their health care providers to support psychological health.	No	Phone
	Table Talk: Color Me Camo	Grace After Fire's peer support system designed for women Veterans; focuses on gender specific aspects of transitioning out of the military, including depression, PTSD, military sexual trauma, suicidal behaviors and drug and alcohol dependency.	No	In person
	Vet Friends	Helps Veterans find old friends from the Army, Navy, Air Force, and Marines; browse by military unit or ship date.	No	Online

Table 12. Housing or Financial Assistance Programs.

Includes 7 programs (6% of all programs):

- 1 (14%) are very applicable to Military spouses
- 5 (71%) are somewhat applicable to Military spouses
- 1 (14%) are not applicable to Military spouses








	Name of Program	Brief Description	Curriculum?	Format
	Operation Homefront Villages	Allows disabled Service members to live rent free while going through the transition process; counselors set up a mandatory schedule that Service members, Veterans, and their families must follow.	Yes	In person
	Operation Homefront Financial Assistance	Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, among other financial assistance.	No	In person, online
	Military Warriors: Homes4WoundedHeroes	Awards mortgage-free homes to wounded heroes, especially for families who have severe or unique circumstances; families also receive three years of family and financial mentoring.	No	In person
	Military Warriors: Homes4GoldStars	Awards mortgage-free homes to Gold Star spouses who’s Service member made the ultimate sacrifice; recipient families also receive three years of family and financial mentoring.	No	In person
	Military Warriors: Apartments4Heroes	Supports combat wounded heroes and Gold Star spouses who aren’t ready for home ownership by providing a 1-year lease in a safe, quality apartment complex.	No	In person
	Boost for Our Heroes	Financial assistance and education program designed to directly benefit Active Duty, transitioning, and Veteran Military members and their families and support them in becoming financially fit; provides workshops, outreach efforts, and one-on-one consultations.	Yes	In person
	Hope for the Warriors: A Warrior’s Wish	Supports the long-term goal of hope beyond recovery through financial grants to wounded Service members.	No	Online

Table 13. Physical Health or Access to Healthcare Programs.

Includes 3 programs (3% of all programs):

- 0 are very applicable to Military spouses
- 3 (100%) are somewhat applicable to Military spouses
- 0 are not applicable to Military spouses

	Name of Program	Brief Description	Curriculum?	Format
●	Hope for the Warriors: Critical Care Coordination	Originally designed to meet short-term needs in the days following an injury, this program has expanded to assist wounded heroes and their families as they navigate through long-term recovery.	No	In person
●	TRICARE – Transition Assistance Management Program (TAMP)	Offers transitional TRICARE coverage to certain separating Active Duty members and their eligible family members for 180 days.	No	Benefits
●	Continued Health Care Benefit Program (CHCBP)	After TAMP eligibility expires, the Service member or a family member may apply for temporary, transitional medical covered under the CHCBP; a premium-based health care program providing medical coverage to a select group of former military beneficiaries.	No	Benefits

Conclusions

The Department of Defense is committed to supporting the entire military family throughout its tenure in the military, including through the processes associated with the transition to the civilian sector. The family experience of the military involves many stages and changes. Some changes are predictable and emerge on a typical timeline, while others may be unexpected and untimely. Even when changes are desired and anticipated, dealing with the numerous dimensions of change can be stressful.

Military spouses often serve as a glue in military families; they support the Service member, children, and extended family as they navigate the journey of the military experience. Supporting these spouses during the transition process out of the military can be helpful for everyone in the family.

Helping families view the transition process as a normative stage in a military career can be useful in anticipating tasks, managing anxiety, and bolstering social support. Empowering spouses to think about this transition early in the family's military career may help decrease last-minute worry, stress, and pressured decision making.

This review yielded a variety of materials and programs for Service members, Veterans, and spouses to support the transition out of the military. The majority of the resources focus on issues of employment and education. Other topics include mental health, housing, financial assistance, and physical health. Relative to the other domains, there are few materials for supporting mental health issues associated with the transition.

Of the formal programs, approximately one-third are specific to military spouses transitioning out of the military, and slightly less than one-third exclusively focus on Service members or Veterans. The remaining 40% are designed for Service members and Veterans and casually invite spouses or families to be included. Specific information is not provided on these websites regarding how the programs support military spouses.

A resource center to support military spouses in the family transition out of the military might want to consider:

1. Encouraging spouses to anticipate some of the transition-related tasks and challenges early in the military family career and provide planning resources throughout the career.
2. Developing resources that more fully address the social and emotional components of the transition process.
3. Partnering with both civilian agencies and the Veterans Affairs system to help all members of the family transition most effectively.
4. Conducting key informant interviews or focus groups with transitioning military spouses to explore their needs, experiences, and preferences regarding transition supports. Spouses could be asked about the resources they currently find helpful as well as gaps in available materials and programs.
5. Including military spouses in the development and evaluation of the resource center prior to launch. This could help ensure the center's usability and comprehensiveness in addressing the needs of military spouses.

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Appendix 1

Table 1. General Transition Assistance Materials.

Name of Resource	Website
Barksdale Airmen and Family Readiness Center	http://barksdaleservices.com/index.php?submenu=AirmanFamily&src=gendocs&ref=AirmanFamilyReadinessCenter&category=Airman_and_Family
Careers.org	http://military.careers.org/
Civilian Transition Guide	http://www.incharge.org/transitions
Jacksonville Military Veterans Coalition	http://www.coj.net/departments/military-and-veterans-affairs/jobs-for-vets-(1)/jmvc/veterans/transition-from-military-to-civilian-life.aspx
Joining Forces	http://www.whitehouse.gov/joiningforces
Military Authority	http://www.militaryauthority.com/
Military Connect	http://www.militaryconnection.com/about
Military Handbooks	http://militaryhandbooks.com/
Military One Click	http://militaryoneclick.com/
Military Spouse (Magazine)	http://militaryspouse.com/
Military Transition Assistance from USAA	https://www.usaa.com/inet/pages/advice_leaving_the_military_main?akredirect=true
Military Transition Support Center	http://www.ebscohost.com/government/military-transition-support-center
Military.com	http://www.military.com/spouse
MilitarySpot.com	http://www.militaryspot.com/
San Diego Military Family Collaborative	http://sdmilitaryfamily.org/resource-connection/service-provided/active-duty-to-civilian-transition-support/
Spouse Buzz	http://spousebuzz.com/
Support Military Spouses	http://supportmilitaryspouses.org/
TexVet's Centurion Military Alliance	http://www.texvet.com/partners/centurion-military-alliance
U.S. Security Associates Transitioning the Family	http://www.ussecurityassociates.com/career/military-transition-assistance.php
Unite US	https://uniteus.com/
USAA Advice Center	https://www.usaa.com/inet/pages/advice_military_life_main?wa_ref=pub_global_lifeevent_s_military&akredirect=true
Veteran Journal	http://www.veteranjournal.com/
Veterans Coming Home	http://veteranscominghome.org/
Veterans Opportunity to Work: Transition Assistance Program	http://benefits.va.gov/VOW/tap.asp

Table 2. Education and Employment Materials

Name of Resource	Website
Air Force Association	http://www.afa.org/informationfor/military/afp/transition
American Council on Exercise (ACE)	http://www.acefitness.org/military/default.aspx?utm_medium=ppc&utm_source=bing&utm_term=jobs+army+spouses&utm_campaign=none&device=c
Ameriforce	http://www.ameriforce.net/ and http://www.ameriforce.net/military-spouses-corner
Army OneSource	http://www.myarmyonesource.com/skins/aos2/display.aspx?moduleid=426d245d-843e-4e0d-a49a-a662716441b7&mode=user#tabDefault
Blue Star Careers	https://www.bluestarfam.org/resources/blue-star-careers
Career Onestop	http://www.careeronestop.org/
Corporate Gray	http://www.corporategray.com/
Directional Motivation - Military	http://directionalmotivation.com/military.php
G.I. Jobs	http://www.gijobs.com
Institute for Veterans and Military Families at Syracuse University	http://vets.syr.edu/
Martinsburg College	http://martinsburgcollege.edu/career-services/
Microsoft Corporate Citizenship Elevate America Veterans	http://www.microsoft.com/about/corporatecitizenship/en-us/community-tools/job-skills/veterans/
MilitaryTransition.com	http://www.militarytransition.com/ http://www.militarytransition.com/category/military-spouse-2/
Military Transition Advisors	http://www.militarytransitionadvisors.com/
MilitaryHire	https://www.militaryhire.com/index.srvlet
National Training, Inc.	http://www.truckschool.com/military/military-spouses/
Next Steps for Vets: NBC News	http://veterans.nbcnews.com/
Operation We are Here	http://www.operationwearehere.com/MilitarySpouseEmployment.html
RecruitMilitary	http://recruitmilitary.com/
Riley Guide: Veterans and Military Personnel and Their Families	http://www.rileyguide.com/vets.html
Spouse Education and Career Opportunities	http://www.militaryonesource.mil/seco
100,000 Jobs Mission	https://www.veteranjobsmission.com/?jp_cmp=rb/100000jobsmission/off/na/multiple

Table 3. Education Only Materials.

Name of Resource	Website
Bryant and Stratton	http://online.bryantstratton.edu/mw/military/?kw=military%20spouse%20scholarships&mkwid=sirppOQOj_dc&pccid=25738947607&pmt=b&cpag=Military+Spouse+Scholarship&cpca=+Military+Spouse+Scholarship+-+BMM&cpao=111&gclid=CNiq55n1mMMCFQ-maQodISOAiA
Educate a Hero	http://www.educateahero.org/
Facing Transitions: Supporting the Military Spouse Learner in Higher Education	http://www.lindenwood.edu/r2p/docs/Gleiman.pdf
Grantham University	http://rmi.grantham.edu/military?ctcampaign=1168&cid=1444&ctkwd=grants%20for%20army%20spouses&ctmatch=b&ctcreative=3511848267&source_code=DTMKSR&source_campaign_id=745c3api%3Dbing%2C3511848267%2C38376186133
H&H Family Education and Advocacy Center	http://hhfamilycenter.com/
Military Benefits: Education	http://militarybenefits.info/education/
Military Career Transition Program at Old Dominion University	http://dl.odu.edu/programs/military-career-transition-program-virginia-licensure
MyCAA	http://www.worldeducation.net/mycaa?gclid=CJX63ZD2mMMCFcECaQodICwADg
Northcentral University: Transitioning from Military to Civilian Life	http://www.ncu.edu/blog/transitioning-from-military-to-civilian-life
Student Veterans of America	http://www.studentveterans.org/
Trident University International	http://www.trident.edu/marketing/military-benefits?cid=701E000000061In&gclid=CLeV24TgpcMCFZU0aQodallAkQ

Table 4. Employment Only Materials.

Name of Resource	Website
150 Best Jobs for the Military-to-Civilian Transition	http://jist.emcp.com/150-best-jobs-for-the-military-to-civilian-transition.html
21st Century Resumes	http://www.21stcenturyresumes.com/militarytransitionresume.shtml
AeroTek Transitioning Military Jobs	http://www.aerotek.com/employment-agency/civilian-jobs.aspx
American Corporate Partners	http://www.acp-usa.org/
American Job Center: Resources for Veterans	http://jobcenter.usa.gov/resources-for-veterans
Arizona Coalition for Military Families: Mil/Vet Employment Roadmap	http://arizonacoalition.org/employment
Army Civilian Service – Military Spouse	http://www.armycivilianservice.com/content/military-spouses
Association of the United States Army Military to Civilian Transition Assistance	http://www.ausa.org/resources/familyprograms/resources/InternetResources/Pages/MilitarytoCivilianTransitionAssistance.aspx
Automatic Data Processing, Inc. (ADP)	http://www.adp.com/careers/uscareers/work-at-adp/militaryrecruiting.aspx
Bank of America Military Transition	http://militarytransition.bankofamerica.com/
Baseops.net	http://baseops.net/transition/
Booz Allen Hamilton Transitioning Military Program	http://www.boozallen.com/careers/find-your-job/military
Bradley-Morris, Inc.	http://www.bradley-morris.com/
CACI Military Transition Center	https://www.caci.com/job/transition.shtml
Call of Duty Endowment	http://www.callofdutyendowment.org/
Career Command Post	http://www.careercommandpost.com/ccp.cfm
Career Marketing Techniques - Military	http://polishedresumes.com/military/
CareerProPlus	http://www.careerproplus.com/resume-services/military-resumes
Careers at Hilton	http://jobs.hiltonworldwide.com/en/why-choose-us/military/
Central Intelligence Agency Military Transition	https://www.cia.gov/careers/military-transition
Civilian Job News	http://www.civilianjobs.com/cjn.htm
ClearanceJobs.com	https://www.clearancejobs.com/
Compensated Work Therapy, Department of Veterans Affairs (VA)	http://www.va.gov/health/cwt/
CSC Salutes	http://www.csc.com/salutes
Defense Talent Network	http://www.defensetalent.com/

Deployment to Employment: A Guide for Military Veterans Transitioning to Civilian Employment	http://store.flpublishers.net/deployment-to-employment-a-guide-for-military-veterans-transitioning-to-civilian-employment
Employment 911 Military to Civilian Resume Writing Service	http://www.employment911.com/resumes/military-to-civilian-resume-writing.asp?B=314&A=3724
Enterprise Holdings Military Jobs	http://go.enterprise.com/military/
ePressman Consulting, LLC Military Transition	http://www.pressmanconsulting.com/military-transition.html
Every Veteran Hired	http://www.everyveteranhired.com/2014/04/21/stay-go-knowing-time-transition-military-civilian-medical-practice/
FederalJobResume.com	http://www.federaljobresume.com/Military-Transition-Resumes/military-spouse-resume.html
FedsHireVets	http://www.fedshirevets.gov/index.aspx
Four Tips for Transitioning from Military Duty to a Civilian Job	http://jobs.aol.com/articles/2011/04/12/four-tips-for-transitioning-from-military-duty-to-a-civilian-job/
From the Battlefield to the Boardroom	http://www.militarytransitionblog.com/
General Dynamics Mission Systems	http://www.gd-ais.com/Careers/Transitioning-Military
Helmets to Hardhats	http://www.helmetstohardhats.org/
Hero 2 Hired	http://h2h.jobs/index.html
Hire a Hero	http://www.hireahero.org/
Hire Heroes USA	https://www.hireheroesusa.org/
Hire Our Heroes	http://hireourheroes.org/
Hire Patriots	http://hirepatriots.com/
Hire Veterans	http://www.hireveterans.com/
Hiring Our Heroes	http://www.uschamberfoundation.org/hiring-our-heroes
Home Depot Military Blog	http://blog.homedepotmilitary.com/
Job Opportunities for Disabled American Veterans (JOFDVA)	https://www.jofdva.com/
Job Search: Marketing Your Military Experience	http://www.stackpolebooks.com/productdetails.cfm?sku=3590
Job Searches Beyond the Big Cities	http://www.jobsearchright.com/military.html
Job Transition 101: Smart Tips for Military Spouses to Plan Ahead and Manage the Financial Impact	http://9d950685eb098fcc39b1116b0136c1343d214db9.gripelements.com/docs/job_transition_101_brochure.pdf
JobSeeker's Guide, Sixth Edition	http://www.resume-place.com/books/jobseekers-guide/

Joining Forces: States Step Up to Help Military Spouses Get Back to Work	http://www.whitehouse.gov/joiningforces/military-spouses-back-to-work
L-3 National Security Solutions	http://www.l-3nss.com/index.php?option=com_content&view=article&id=65&Itemid=212
Lida 360	http://www.lida360.com/veterans/index.html
Lockheed Martin	http://www.lockheedmartinjobs.com/military.aspx
Maxim Government Services	http://www.maximstaffing.com/maximgov/career-transitioning-military.aspx
Military Benefits Veteran Jobs	http://militarybenefits.info/veteran-jobs/
Military Exits	http://militaryexits.com/
Military Friendly Franchises	http://www.militaryfranchising.com/
Military Leaders in Transition	http://seniormilitaryintransition.com/
Military Officers Association of America	http://www.moaa.org/
Military To Civilian Transition	http://www.militarytociviliantransition.net/index.html
Military to Federal Career Guide, 2nd Edition	http://www.resume-place.com/books/military-to-federal-career-guide/
Military Transition News	http://www.civilianjobs.com/mtn.htm
Military Transition to Civilian Success: The Complete Guide for Veterans and their Families	http://www.impactpublications.com/militarytransitiontociviliansuccesssthecompleteguideforveteransandtheirfamilies.aspx
Military Transitions	http://militarytransitions.us/
Military.com Career Center for Wounded Warriors and Disabled Veterans	http://www.military.com/support
Military.com Transition Center	http://www.military.com/military-transition
Military.com Veteran Jobs	http://www.military.com/veteran-jobs
MilitaryResumes.com	http://militaryresumes.com
Military-to-Civilian Career Transition Guide	http://jist.emcp.com/military-to-civilian-career-transition-guide.html
Military-to-Civilian Resumes and Letters: How to Best Communicate Your Strengths to Civilian Employers (3rd ed.)	http://www.impactpublications.com/military-to-civilianresumesandlettershowtobestcommunicateyourstrengthstocivilianemployers.aspx
My Next Move for Veterans	http://www.mynextmove.org/vets/
National Security Agency: Opportunities for Transitioning Military	https://www.nsa.gov/careers/opportunities_4_u/transitioning_military/
Networking For Veterans: A Guidebook for a Successful Military Transition into the Civilian Workforce	http://catalogue.pearsoned.co.uk/educator/product/Business-Networking-for-Veterans-A-Guidebook-for-a-Successful-Military-Transition-into-the-Civilian-Workforce/9780133741612.page

Northrop Grumman (Military Friendly Employer)	http://www.northropgrumman.com/Careers/MilitaryVeterans/Pages/TransitioningMilitary.aspx
Orion International	http://www.orioninternational.com/index.aspx
OurMilitary.mil	http://www.ourmilitary.mil/
Out of Uniform: Your Guide to a Successful Military-to-Civilian Career Transition	http://out-of-uniform.com/
Portable Career Planning	http://www.portablecareerplanning.com/
Project Transition USA Partners with Mom Corps to Support Military Spouses	http://www.momcorps.com/news-blog/blog/blog/2014/06/18/project-transition-usa-partners-with-mom-corps-to-support-military-spouses
Quick Military Transition Guide: Seven Steps to Landing a Civilian Job	http://jist.emcp.com/quick-military-transition-guide-1904.html
Quintessential Careers: Former Military	http://www.quintcareers.com/former_military.html
RallyPoint: Professional Military Network for Current and Former US Military Members	https://www.rallypoint.com/
Resumes Right Away Career Blog	https://resumesrightaway.wordpress.com/tag/military-transition-2/
Resumes Right Away Military Transition Services	http://resumesrightaway.com/RRA/Military_Transition.html
Small Business Association Veteran-Owned Businesses	https://www.sba.gov/content/veteran-service-disabled-veteran-owned
So You Want to Get Out of the Military: The Book You Must Read First	http://www.booksurge.com/So-You-Want-To-Get-Out/A/143921364X.htm
Stars and Stripes Veteran Job Center	http://veteranjobs.stripes.com/
The Military Spouse's Complete Guide to Career Success	http://www.impactpublications.com/militaryspousescompleteguidetocareersuccess.aspx
The Military Spouse's Employment Guide: Smart Job Choices for Mobile Lifestyles	http://www.amazon.com/exec/obidos/ISBN=1570233330/dynamiccoverlettA/
Transition Assistance Online	http://www.taonline.com/
Transition Assistance Program Handout	http://www.dol.gov/vets/programs/tap/transition_assistance_program.pdf
US Military Pipeline	https://usmilitarypipeline.com/
USA4MilitaryFamilies	http://www.usa4militaryfamilies.dod.mil/MOS/f?p=USA4:ISSUE:0::::P2_ISSUE:2
USAF NAF Jobs: Spouse, Transition, and Veteran Preferences	https://www.nafjobs.org/preferences.aspx

VA for Vets	http://vaforvets.va.gov/
Verizon	http://www.verizon.com/about/careers/we-salute-you/
VetBiz.gov	http://www.vetbiz.gov/
Veteran Recruiting	http://veteranrecruiting.com/
VeteranJobs.net	http://veteranjobs.net/
Veterans' Employment and Training Service (VETS)	http://www.dol.gov/vets/
Veterans Green Projects	http://www.veteransgreenprojects.org/
Veteran's Job Exchange	http://www.veteransjobexchange.com/
VeteransCorp	http://www.veteranscorp.org/
VetFran	http://www.vetfran.com/
VetJobs	http://www.vetjobs.com/

Table 5. Mental Health or Promoting Social Connections Materials.

Name of Resource	Website
Coaching into Care	http://www.mirecc.va.gov/coaching/services.asp
Deployment Health Clinical Center – Service Member and Family Support Services	http://www.pdhealth.mil/hss/smfss.asp
Homefront United Network	http://homefrontunited.com/
Life Transition for Me	http://www.lifetransitionforme.com/
Life Transition for Me Military Spouses	http://www.lifetransitionforme.com/welcome/military-spouses-2/
Make the Connection	http://maketheconnection.net/
Military One Source	http://www.militaryonesource.mil/transition
Military Special Needs Network	http://militaryspecialneedsnetwork.com/
Military Spouse Support Network	http://www.militaryspousesupport.net/boards/showthread.php?t=4434
Military Spouses in Transition	http://militaryspousesintransition.blogspot.com/
Military Success Network: Truths and Tips for Spouses Mid Military Transition	http://militarysuccessnetwork.com/2013/03/truths-and-tips-for-spouses-mid-military-to-civilian-transition-on-how-to-keep-spirits-and-support-up-while-in-it/
Military Transition...It's a Spouse Thing Too	https://www.linkedin.com/pulse/20140714123733-194533506-military-transition-it-s-a-spouse-thing-too
Veteran Crisis Line	http://www.veteranscrisisline.net/
Warrior Gateway	http://www.warriorgateway.org/

Table 6. Housing, Financial Assistance, and Benefits Materials.

Name of Resource	Website
Automated Housing Referral Network (AHRN)	http://www.ahrn.com/
Military Benefits: Housing & Home Ownership	http://militarybenefits.info/housing-home-ownership/
Military Benefits: Money & Finance	http://militarybenefits.info/money-finance/
Military Community & Family Policy Fact Sheet	http://www.ftmeademwr.com/acs/erp/Jan2014/FactsheetUnemploymentCompensation.pdf
Operation Homefront	http://www.operationhomefront.net/
The Military Advantage: The Military.com Guide to Military and Veterans Benefits	https://books.google.com/books?id=7To4AAAAQBAJ&pg=PT285&lpg=PT285&dq=military+spouse+transition&source=bl&ots=h6VxY_rxoT&sig=M6Jn8GCFApXwP-3Q2AQSMWtadME&hl=en&sa=X&ei=NEK5VMu-F8PbsAT3vYCwBw&ved=0CB0Q6AEwADiWAQ#v=onepage&q=military%20spouse%20transition&f=false
The Military Wallet	http://themilitarywallet.com/continued-health-care-benefit-program-cobra/
The Transition Project at Just Military Loans	https://www.justmilitaryloans.com/adjusting-to-life-after-deployment/
United States Bank Association (USBA)	http://www.usba.com/
Wounded Warrior Homes	http://woundedwarriorhomes.org/

Table 7. General Transition Assistance Programs.

Name of Program	Website
Airman & Family Readiness Centers	Installations have their own websites
Coaching into Care (VA)	http://www.mirecc.va.gov/coaching/
Courage to Call - County of San Diego HHSA Mental Health Services	http://www.mhsinc.org/courage-to-call
DoD TAP	https://www.dodtap.mil/
Fleet and Family Support Program	Installations have their own websites
Hope for the Warriors: Family Reintegration Program	http://www.hopeforthewarriors.org/story/18721418/family-reintegration
Life Transition for Me	http://www.lifetransitionforme.com/welcome/military-spouses-2/
Military Officers Association of America (MOAA) Spouse Program	http://www.moaa.org/AnnLetterSpouse/
Military OneSource Transition Assistance	http://www.militaryonesource.mil/transition
Military Spouse Corporate Career Network	http://www.msccn.org/
Military Spouse Mentoring (MSM)	http://militaryspousementoring.com/
Military Spouse Network	http://www.military.com/registration/spouse
San Diego Military Family Collaborative - Military Transition: The Spouse Edition	http://sdmilitaryfamily.org/military-transition-spouse-edition/
Soldier for Life – Transition Assistance Program (SFL-TAP)	http://soldierforlife.army.mil/
Spouse Transition and Readiness Seminar (S.T.A.R.S)	http://mccscherrypoint.com/event/spouse-transition-readiness-seminar/
Tragedy Assistance Program for Survivors (TAPS)	http://www.taps.org/
Transition Assistance Program – Coast Guard	http://www.uscg.mil/worklife/transition_assistance.asp
Transition Readiness Program	Installations have their own websites
VA Caregiver Support Line	http://www.caregiver.va.gov/
Army Career and Alumni program (ACAP)	http://www.acap.army.mil/
Beyond the Yellow Ribbon	http://www.btyr.org/
Chez Family Foundation for Wounded Veterans in Higher Education at the University of Illinois at Urbana Champaign	http://woundedvetcenter.ahs.illinois.edu/services.aspx

Defense Manpower Data Center (DMDC)	https://www.dmdc.osd.mil/appj/dwp/index.jsp
Families At Ease	http://www.va.gov/health/NewsFeatures/20101228a.asp
Fleet and Family Centers	http://navylifesw.com/sandiego/families/ffsc/
Hawk Eye Coach Training	http://www.coachesforveterans.com/training/
Mass VetsAdvisor	http://www.massvetsadvisor.org/
Military Leaders in Transition	http://seniormilitaryintransition.com/
Military Order of the Purple Heart	http://www.purpleheart.org/
Military Transition Advisors	http://www.militarytransitionadvisors.com/
Military Warriors Support Foundation	http://militarywarriors.org/programs/
Operation Comfort Warriors	http://www.legion.org/operationcomfortwarriors/212722/legion-troop-support-programs-combine
TexVet	https://www.211texas.org/zf/profile/service/id/982475
Transition Assistance Advisors	https://www.jointservicessupport.org/ws/
Transition Goals, Plans, Success (GPS)	http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/transition_assistance.html
Amvets Warrior Transition Workshop	http://www.freedomandhonor.org/
Military.com – Transition Center	http://www.military.com/military-transition
REBOOT Workshops	http://www.nvti.org/about-workshop/
Texas Veterans Leadership Program	http://www.twc.state.tx.us/tvlp/texas-veterans-leadership-program.html#veteransResource
Warrior Gateway	http://www.warriorgateway.org/
Warrior Transition Program	http://www.public.navy.mil/ia/Pages/wtp.aspx

Table 8. Education and Employment Programs.

Name of Program	Website
Employment Readiness Program (ERP)	https://www.myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/EmploymentReadiness/default.aspx
Joining Forces for Women Veterans and Military Spouses Mentoring Plus	http://www.joiningforcesmentoringplus.org/
My Career Advancement Account (MyCAA)	http://www.faytechcc.edu/fort_bragg/spouseinfo.aspx
My Individual Career Plan (MyICP)	https://myseco.militaryonesource.mil/Portal/Home/IndividualCareerPlans
Spouse Education & Career Opportunities Program (SECO)	http://www.militaryonesource.mil/seco
Veterans Career Transition Program (VCTP)	http://vets.syr.edu/education/employment-programs/
Entrepreneurship Bootcamp for Veterans' Families	http://ebv.vets.syr.edu/families/
GI Jobs	http://www.gijobs.com/
National Veterans Entrepreneurship Program	http://riata.okstate.edu/veterans/

Table 9. Education Only Programs.

Name of Program	Website
Hope for the Warriors: Spouse/Caregiver Scholarships	http://www.hopeforthewarriors.org/story/18727849/spouse-caregiver-scholarships
Military Spouse Program through Brighton College	http://www.militaryspouseprogram.com/
Troops to Teachers Program	http://www.regent.edu/acad/schedu/military/
University of Phoenix	http://bit.ly/1zTxodi
Operation Boots to Business	http://boots2business.org/

Table 10. Employment Only Programs.

Name of Program	Website
Assistance Programs – Employment Assistance	http://www.macdill.af.mil/library/factsheets/factsheet.asp?id=18016
Military Spouse Employment Partnership (MSEP)	https://msejobs.militaryonesource.mil/
MilSpouse eMentor Program	http://www.ementorprogram.org/p/milspouse/about
Mom Corps YOU Military Spouse Program	https://www.momcorps.com/index/about-us/military-spouses
NEXSTEP	http://www.infotecpro.com/services/purchaseinfo/nexstep.htm
Transition Assistance Program – Lackland	https://www.211texas.org/zf/profile/service/id/1330162
Capital One Military New Hire Transition Program	http://capitalonecareers.com/military/our-commitment
Career Transition Assistance Program (CTAP) of Veterans Association of North County	https://www.ctapsandiego.org/
Hire Heroes USA	https://www.hireheroesusa.org/
Home Depot Careers	http://careers.homedepot.com/our-culture/military-commitment.html
J.P. Morgan Chase & Company’s Veterans Career Transition Program	http://usmclife.com/2013/12/career-transition-program-veterans-military-spouses/
Military Connect	http://www.bravenewtalent.com/landing
Patriots Path	http://patriots-path.org/services/
Project Transition USA	http://projecttransitionusa.com/
WalMart’s Veterans Champion Program	http://walmartcareerswithamission.com/support/transitioning-to-walmart/
Always a Soldier Program	http://www.amc.army.mil/amc/alwaysasoldier.html
Career OneStop	http://www.careeronestop.org/ReEmployment/Veterans/
Corporate Gray	http://www.corporategray.com/
Farmer Veteran Coalition	http://www.farmvetco.org/farmer-veterans
Helmets to Hardhats	https://www.helmetstohardhats.org/
Hire Our Heroes	https://hireourheroes.org/
Hire Patriots	http://hirepatriots.com/
Hope for the Warriors: Above & Beyond	http://www.hopeforthewarriors.org/story/18657863/above-beyond
Junior Military Officer Training Program	https://www.usajobs.com/military/jmo-program.html
Lucas Group	http://www.lucasgroup.com/veteran-jobs/#SBgX7JyTIB9B3so5.97
Military Connection - Military to Civilian Transition Program	http://www.militaryconnection.com/military-transition

Military Transition Services	http://militarytransitionservices.org/
Military Warriors: CEOs4Heroes	http://militarywarriors.org/programs/
Orion International Military Officer Transition Program	http://www.orioninternational.com/military-officer-transition-program/
Ruehlin Associates Career Transition Seminar	http://www.ruehlinassociates.com/careertransition.aspx
TCL Transitioning Military Training Program	http://www.tcl.edu/continuing-ed/tmt
The Honor Bridge	http://www.thehonorbridge.com/
Troops to Teachers	http://www.dantes.doded.mil/service-members/troops-to-teachers/index.html
Veteran Entrepreneur Training Symposium (VETS)	http://www.veterantrainingsymposium.com/
Veterans Curation Program	http://www.veteranscurationprogram.org/
Veterans' Employment and Training Service (VETS)	http://www.dol.gov/vets/

Table 11. Mental Health or Promoting Social Connections Programs.

Name of Program	Website
Operation Family Caregiver	http://www.operationfamilycaregiver.org/
At Ease USA (AEU)	http://ateaseusa.org/index.html
Coming Home Project	http://www.cominghomeproject.net/
GI Search	http://www.gisearch.com/
Home Base Program	http://www.homebaseprogram.org/service-members-and-veterans/recognizing-invisible-wounds.aspx
Make the Connection	http://maketheconnection.net/events/transitioning-from-service
Military Warriors: Skills4Life program	http://militarywarriors.org/programs/
Real Warriors	http://www.realwarriors.net/aboutus
Returning Veterans Project	http://www.returningveterans.org/
Vet Center Program	http://www.vetcenter.va.gov/
inTransition	http://intransition.dcoe.mil/about-us
Table Talk: Color Me Camo	http://www.graceafterfire.org/table-talk.html
Vet Friends	https://www.vetfriends.com/index.cfm

Table 12. Housing or Financial Assistance Programs.

Name of Program	Website
Operation Homefront Villages	http://www.operationhomefront.net/custompage?id=2428
Operation Homefront Financial Assistance	http://www.operationhomefront.net/howwehelp
Military Warriors: Homes4WoundedHeroes	http://militarywarriors.org/programs/
Military Warriors: Homes4GoldStars	http://militarywarriors.org/programs
Military Warriors: Apartments4Heroes	http://militarywarriors.org/programs/
Boost for Our Heroes	http://www.sdfc.org/boost-for-our-heroes/
Hope for the Warriors: A Warrior's Wish	http://www.hopeforthewarriors.org/story/19331538/a-warriors-wish

Table 13. Physical Health or Access to Healthcare Programs.

Name of Program	Website
Hope for the Warriors: Critical Care Coordination	http://www.hopeforthewarriors.org/story/18721712/critical-care-coordination
TRICARE – Transition Assistance Management Program (TAMP)	http://www.military.com/benefits/tricare/transitional-health-care-programs.html#1
Continued Health Care Benefit Program (CHCBP)	http://www.military.com/benefits/tricare/transitional-health-care-programs.html#1