

# Addressing Substance Abuse Issues Related to the Wellness of Student-Veterans in Higher Education

Bill Smith, BSW, MS – Student Veterans Success Consulting, LLC

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## I. Articles & Reports

1. DiRamio, David, Ackerman, R, Mitchell, Regina L. (2008). From Combat to Campus: Voices of Student Veterans. *NASPA Journal*, 45(1), 73-102.
2. New Directions for Student Services  
Volume 2009 Issue 126, Pages 1 - 94 (Summer 2009)  
Special Issue: Creating a Veteran-Friendly Campus: Strategies for Transition Success  
Articles Include:
  - Transitions: Combat veterans as college students.
  - The mobilization and return of undergraduate students serving in the National Guard and Reserves.
  - Supporting student-veterans in transition.
  - Meeting the needs of women veterans.
  - A statewide approach to creating veteran-friendly campuses.
  - Ensuring the success of deploying students: A campus view.
  - Connections, partnerships, opportunities, and programs to enhance success for military students.
  - Student -veterans' organizations.
  - Partnering to assist disabled veterans in transition.
  - Stewards of the public trust: Federal laws that serve Service-members and students.
3. Cook, Bryan J, Young Kim. (2009). From Soldier to Student: Easing the Transition of Service Members on Campus. Washington DC, American Council on Education  
<http://www.acenet.edu/AM/Template.cfm?Section=HENA&Template=/CM/ContentDisplay.cfm&ContentID=33233>
4. Radford, Alexandria. (2009). Military Service Members and Veterans in Higher Education: What the New GI Bill May Mean for Postsecondary Institutions. Washington DC, American Council on Education.  
<http://www.acenet.edu/Content/NavigationMenu/ProgramsServices/CPA/Publications/MilService.errata.pdf>
5. Tanielian, Terri, & Jaycox, Lisa H. (Eds.). (2008) Invisible wounds of war: psychological and cognitive injuries, their consequences, and services to assist recovery (Monograph). Santa Monica, CA: RAND Corporation.  
[http://www.rand.org/pubs/monographs/2008/RAND\\_MG720.pdf](http://www.rand.org/pubs/monographs/2008/RAND_MG720.pdf)
6. The Half of Us Campaign: Student Veteran PSAs: [http://jedfoundation.org/about/jed-news/Jed\\_Foundation\\_Launches\\_Programming\\_with\\_MTV\\_and\\_The\\_Bob\\_Woodruff\\_Foundation](http://jedfoundation.org/about/jed-news/Jed_Foundation_Launches_Programming_with_MTV_and_The_Bob_Woodruff_Foundation)

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7. The National Suicide Prevention Lifeline: Veterans Hotline and Veterans Chat:  
<http://suicidepreventionlifeline.org/Veterans/Default.aspx>
8. Student Veterans of America: <http://www.studentveterans.org/>
9. US Department of Veterans Affairs: Resources for Student Veterans and their Families (Mental Health): <http://www.mentalhealth.va.gov/College/students.asp>
10. US Department of Veterans Affairs: Operation Save Presentation:  
[www.mentalhealth.va.gov/College/docs/Suicide\\_Prevention\\_Community\\_Edition-shortened\\_version.ppt](http://www.mentalhealth.va.gov/College/docs/Suicide_Prevention_Community_Edition-shortened_version.ppt)
11. SAMSHA Veteran Resources: <http://www.samhsa.gov/vets/index.aspx>
12. Litz, Brett Ph.D. and Susan M. Orsillo, Ph.D. Iraq War Clinician Guide. Department of Veterans Affairs: National Center for PTSD.
13. Dietz, Julie C., Ph.D (2010). Alcohol and Other Drug use Among College Students in Illinois. Illinois Higher Education Center.
14. Jacobson, Isabel G., MPH, Margaret Ryan, Tomoko Hooper, Tyler Smith, Paul Amoroso, Edward Boyko, Gary Gacksetter, Timothy Wells, and Nicole Bell (2008). Alcohol Use Before and After Military Combat Deployment. Journal of the American Medical Association: vol 300, no. 6
15. CAS Standards and Guidelines: Veterans and Military Programs and Services. Council for the Advancement of Standards in Higher Education (2010).

## **II. Suggested Reading From the CAS Guidelines - THE ROLE OF VETERANS and MILITARY PROGRAMS and SERVICES**

16. Ackerman, R.T. & DiRamio, D. (Eds.). (2009). Creating a veteran-friendly campus: Strategies for transition and success. New Directions for Student Services, No. 126. San Francisco, CA: Jossey-Bass.
17. Altschuler, G. C., and Blumin, S. M. (2009). The GI Bill: A new deal for veterans. Oxford, UK: Oxford University Press.
18. Bruce, P. A. (1920) History of the University of Virginia: The lengthened shadow of one man. Vol. II. New York, NY: The MacMillan Company.
19. Cook, B. J., & Kim, Y. (2009). From soldier to student: Easing the transition of service members on campus. Washington, DC: ACE, SOC, AASCU, NASPA, NAVPA.

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20. Lemieux, T., & Card, D. (1998). Working paper: Education, earnings, and the Canadian GI Bill. Cambridge, MA: National Bureau of Economic Research.
21. McMurray, A. J. (2007). College students, the GI Bill, and the proliferation of online learning: A history of learning and contemporary challenges. *The Internet and Higher Education*, 10, pp. 143-150.
22. Mosch, T. R. (1975). *The GI Bill: A breakthrough in educational and social policy in the United States*. Hicksville, NY: Exposition Press.
23. National Association of Student Personnel Administrators, Veterans Knowledge Community, <http://www.naspa.org/kc/veterans/>
24. National Association of Veterans Personnel Administrators, <http://www.navpa.org/index.htm>
25. Olson, K. W. (1974). *The GI Bill, the veterans, and the colleges*. Lexington, KY: University Press of Kentucky.
26. Olson, K. W. (1973). The GI Bill and higher education: Success and surprise. *American Quarterly*, 25, pp. 596-610.
27. University of Virginia. (2010). Thomas Jefferson on politics and government: 47. The military and the militia. Retrieved from <http://etext.virginia.edu/jefferson/quotations/jeff1480.htm>
28. Veterans Upward Bound, [http://navub.org/article/index.php?article\\_id=8&mainmenu\\_id=7](http://navub.org/article/index.php?article_id=8&mainmenu_id=7)
29. Wolfe, M. P. (2001). Reflections on the most important educational developments of the 20th century: Kappa Delta Pi laureates. *Educational Forum*, 65, pp. 146-163.

## **II. Online Resources**

- Student Veterans of America - <http://www.studentveterans.org>
- Council for the Advancement of Standards in Higher Education - <http://www.cas.edu/>
- College Educators for Veterans Higher Education, Inc. - <http://vetscollegefuture.org>
- NASPA Veterans Knowledge Community - <http://www.naspa.org/kc/veterans>
- Iraq & Afghanistan Veterans of America - <http://www.iava.org>
- Department of Veterans' Affairs - <http://www.va.gov>
- Veterans of Foreign Wars - <http://www.vfw.edu>
- American Legion - <http://www.legion.org>
- Military OneSource – <http://www.militaryonesource.com>
- Army OneSource – <http://www.MyArmyOneSource.com>

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- Servicemembers Opportunity Colleges, <http://www.soc.aascu.org/>
- United States Military Academy, <http://www.usma.edu/history.asp>
- United States Department of Veterans Affairs, <http://www.va.gov/>
- Illinois Department of Veteran Affairs, <http://www2.illinois.gov/veterans/>
- National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism, <http://www.niaaa.nih.gov/>
- United We Serve, <http://www.serve.gov/>
- Illinois Higher Education Center for alcohol, other drug & Violence Prevention, <http://www.eiu.edu/ihec/>
- The Core Institute, <http://www.core.siuc.edu/>
- American Council on Education, <http://www.acenet.edu/>
- National Survey of Student Engagement, <http://nsse.iub.edu/>
- American College Health Association, <http://www.acha.org/>
  - Wellness Needs of Veteran Student Coalition

### **III. Veterans Affairs Resources**

VA and DoD have launched [PTSD Coach](#) — a phone application that offers tools to Veterans experiencing post-traumatic stress. PTSD Coach was created by the VA's [National Center for PTSD](#) and the DoD's [National Center for Telehealth and Technology](#).

Key features of the app include:

- Self-assessment of PTSD symptoms with individualized feedback
- Coping skills and assistance for common PTSD-related symptoms and problems, including instruction in muscular relaxation and relaxed breathing
- Assistance in finding immediate support. The app helps you identify personal sources of emotional support and populate your phone with their phone numbers.
- Education about key topics related to trauma, PTSD and treatment

Another tool available to combat Veterans with post-traumatic stress disorder is a [virtual space to learn about PTSD](#) causes, symptoms and resources for information and care. Visitors use an avatar to enter virtual reality areas, experience simulations of combat events that are common causes of PTSD and talk with other visitors.