



WOMEN'S SERVICES

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the veteran community nationally,
and more than 84,000 women
vets have chosen to make North
Carolina their home

Official United States Army Signal Corps photograph of two WAACs servicing an army truck, 1942; Irma Jackson Cayton Wertz Papers (WV0523.6.008); Betty H. Carter Women Veterans Historical Project, Martha Hodges Special Collections and University Archives, University Libraries, University of North Carolina at Greensboro.

Drivers on the Job

NORTH CAROLINA WOMEN VETERANS

In 2014, North Carolina ranked 6th in the United States in its population of women veterans while ranking 8th in veterans population overall. The women veterans population is the fastest growing segment of vets nationally and in North Carolina.



According to the National Center for Veterans Analysis and Statistics, while the overall veteran population of the United States is expected to decrease significantly in the future, the percentage of women veterans is projected to nearly double in the next 30 years. In 2015, North Carolina ranked 5th in the nation in the number of veteran women-owned employer firms by numbers employed.

NATIONAL GROWTH IN WOMEN VETERAN-OWNED BUSINESSES SINCE 2012:

- 35.9 percent of U.S. business owners are women
- 383,302 veteran women-owned businesses exist – an increase of 294.7% over the 2007 Census data
- Veteran women-owned businesses and firms with no employees generated a total of \$17.9 billion in receipts (businesses with employees generated \$10.9 billion)

Women veterans are a vital part of the veteran community nationally and more than 84,000 women vets have chosen to make North Carolina their home.

A study released by Disabled American Veterans in November 2014 found that women veterans continue to experience “stubbornly high” unemployment rates, a known precursor to poverty. Women veterans are the fastest growing segment of the homeless veteran population, and are at higher risk for homelessness than their male counterparts and female nonveterans.

A 2010 study conducted by the United States Department of Veterans Affairs found that 31 percent of female veterans did not believe they were eligible for VA benefits, mainly due to a perception that they were not a veteran unless

they had served in combat. We here in North Carolina are working to change that misperception, and we need your help to spread the word. Under Federal law, a veteran is any person who has served honorably on active duty in the armed forces of the United States and was discharged or released under conditions other than dishonorable.

The North Carolina Department of Military and Veterans Affairs (NCDMVA) is committed to providing information, advocacy, outreach and support to all women veterans and their families in the state. The NCDMVA also seeks to ensure that women veterans are aware of their federal and state benefits so they can obtain the unique care and assistance that is available to them.

Outreach efforts are expanding every year to aid women veterans in improving access to support and services from public and private organizations that specifically address the needs of women veterans, but we are not content to stop there, we want to do more! Let us know how by visiting NC4VETS.com

Diane Kay Corcoran, Vietnam; Diane Kay Corcoran Papers (WV0526.6.008); Betty H. Carter Women Veterans Historical Project, Martha Hodges Special Collections and University Archives, University Libraries, University of North Carolina at Greensboro.



THE NCDMVA wants all women veterans to know about their available veteran benefits, services and resources. Many women veterans are not aware of all the benefits and programs they qualify for or are eligible to receive.

Women Veterans seeking assistance may call the NC Department of Veterans Affairs at any time by dialing 844-NC4-VETS (1-844-624-8387) or can visit the website at **NC4VETS.com**.

NORTH CAROLINA WOMEN VETERANS SUMMIT AND EXPO

The North Carolina Women Veterans Summit and Expo is a biennial event whose purpose is to empower women veterans to live healthy, happy lives, become successful leaders in their communities, and to advocate on behalf of other women veterans. Women veterans throughout the state participate in this event to share their stories and exchange ideas about business, entrepreneurship, educational and career opportunities, and health and wellness. The event features state, local and federal exhibitors, a speaking program, and a series of networking and breakout sessions. NC WVSE (women.nc4vets.com)

NORTH CAROLINA WOMEN VETERANS DAY

Every other year, the Governor may proclaim a day in the year as Women Veterans Day. NCDMVA recognizes the achievements of women veterans who have served in the Armed Forces in defense of their country and is committed to improving veteran opportunities throughout the state for women veterans in particular.

NORTH CAROLINA DEPARTMENT OF COMMERCE

The NC Division of Workforce Solutions provides job seeker services for veterans, transitioning service members, and eligible spouses. Women veterans can visit their local NCWorks Career Center and take advantage of no-cost services, including career assessments, job interview preparation, resume and cover letter assistance, access to computers and free internet service, and help with applying to local and federal employment and training opportunities. Some veterans face significant barriers

that make it difficult for them to find suitable employment. Most offices have specialized staff—all of whom are veterans—who work closely with employers to create more opportunities for these veterans and provide them with referrals to supportive services including vocational rehabilitation, transportation, elder care, food and nutrition services, and non-profit organizations that address homelessness.

NCWorks Veteran Services (www.nccommerce.com/workforce/job-seekers/veterans) and NCDWS Veterans Services Facebook (www.facebook.com/NCvets)

UNITED STATES DEPARTMENT OF VETERANS AFFAIRS (VA)

The Women Veterans Call Center (WVCC) answers questions and responds to concerns from women veterans, their families, and caregivers across the nation about VA services and resources. The call is free, and women veterans can call as often as they need until they have the answers to their questions. Hours of operation are Monday through Friday 8:00 a.m. to 10:00 p.m. ET and Saturday, 8:00 a.m. to 6:30 p.m. ET. WVCC: 1-855-VA-WOMEN (1-855-829-6636)

The VA is taking steps to improve and expand services for women veterans who are homeless or at risk of becoming homeless. Many women veterans face challenges when returning to civilian life that are different from those of their male counterparts, including raising children on their own or dealing with the psychological after effects of events such as military sexual trauma. These issues, without intervention, can put women veterans at greater risk of becoming homeless.

VA Homeless Women Veteran Resources (www.va.gov/homeless_for_women_veterans.asp)



VA VETERANS HEALTH ADMINISTRATION (VHA)

The Veterans Health Care Act of 1992 authorized new and expanded services for women veterans. These services include: counseling for trauma related to sexual assault; specific health care services such as Pap smears, mammography, and general reproductive health care at VA facilities; and mental health services that include substance abuse counseling, evaluation and treatment of Military Sexual Trauma (MST) and post-traumatic stress disorder (PTSD).

The VHA encourages all women between ages 50 and 75 to get mammograms every two years. If your health care provider recommends a mammogram outside of this age range, the VA will still provide it.

The Department of Veterans Affairs Mobile Mammography Unit provides access to mammography screening at selected VA Health Care Centers in North Carolina, and is one of only two regional mobile radiology units in the US. The Mobile Mammography Unit features digital mammography technology; all-female technologists; a private changing room with separate clinical exam room; and the privacy and comfort of a traditional screening center with the convenience of a fully functioning mobile unit.

The Women Veterans Health Program promotes the health, welfare, and dignity of women veterans and their families by ensuring equitable access to timely, sensitive, and quality healthcare. There is a full-time Women Veteran Program Manager at every VA Medical Center, a Women's Liaison at every community-based outpatient clinic, and a Women Veterans Coordinator at every regional office. VA Women Veterans Health Care (www.womenshealth.va.gov)



North Carolina Council for Women
ncadmin.nc.gov/about-doa/divisions/council-for-women

North Carolina Coalition Against Sexual Assault (NCCASA)
www.nccasa.org

Dress for Success Triangle
trianglenc.dressforsuccess.org

Dress for Success Charlotte
charlotte.dressforsuccess.org

Dress for Success Winston-Salem
winstonsalem.dressforsuccess.org

Women Veterans Support Services
wvss-nc.org

The Aura Home for Homeless Women Veterans Asheville
aurahomewomenvets.org

University of North Carolina at Greensboro Women Veterans Historical Project
libcdm1.uncg.edu/cdm/landingpage/collection/WVHP

Steadfast House Women's Shelter and Support Program Asheville
www.abccm.org/steadfast-house



Dress for Success
www.dressforsuccess.org

VA Office of Diversity and Inclusion (ODI)
www.diversity.va.gov

Women in Military Service for America (WIMSA) Memorial
www.womensmemorial.org

American Women Veterans
americanwomenveterans.org

National Association of Black Military Women
www.nabmw.com

U.S Army Women's Foundation
armywomensfoundation.org

The Vietnam Women's Memorial Foundation
vietnamwomensmemorial.org

Women Marines Association
www.womenmarines.org

Women's Army Corps Veterans Association
www.armywomen.org

Women of the WAVES
womenofthewaves.com

Service Women's Action Network
www.servicewomen.org

Department of Defense Sexual Assault Prevention and Response with Safe Helpline
www.sapr.mil

Alliance for National Defense
www.4militarywomen.org

VETERANS BENEFITS ADMINISTRATION (VBA)

The VA's Women Veterans Coordinators can assist women veterans with the development and handling of claims for gender-specific conditions, including trauma from sexual harassment and assault. A PDF document has been created that addresses women veterans' 25 most frequently asked questions about their benefits, and it can be found along with many other resources on the VA's Center for Women Veterans (CWV) website. VA CWV Resources (www.va.gov/womenvet)

UNITED STATES SMALL BUSINESS ADMINISTRATION (SBA)

In March 2016, the SBA's Office of Veterans Business Development (OVBD) and Office of Women's Business Ownership (OWBO) submitted a report to Congress increasing attention on women veteran-owned small businesses. The report compiles and disseminates information on women veterans, and makes recommendations to improve outreach to women veterans, providing them with greater access to procurement, lending, and affordable capital.

SBA Women Veterans Business Resources (www.sba.gov/offices/headquarters/ovbd/spotlight)

Veteran Women Igniting the Spirit of Entrepreneurship (VWISE) is an entrepreneurial training program for female veterans of all service eras and branches with a passion for and interest in either starting a new small business or growing an existing one. VWISE enables female veterans to learn business-savvy skills in order to turn their ideas or businesses into growth ventures while recognizing entrepreneurship as an important part of economic growth nationwide. This unique training program was designed specifically by Syracuse University with the Office of Veterans Business Development, SBA, to encourage and support female veterans with an interest in exploring career opportunities in small business ownership.

SBA and Syracuse University VWISE (whitman.syr.edu/vwise)

UNITED STATES CHAMBER OF COMMERCE

The US Chamber of Commerce is working with the Business and Professional Women's (BPW) Foundation and Military Spouse Employment Partnership in an effort to help women veterans and military spouses find meaningful employment in the private sector. The US Chamber of Commerce hosts tailored events and champions specific forums to address some of the unique challenges these two groups have in obtaining employment.

Hiring our Heroes (www.uschamberfoundation.org/hiring-our-heroes) and the Center for Women in Business (www.uschamberfoundation.org/center-women-business)

UNITED STATES DEPT. OF LABOR (DOL)

Women veterans, who comprise 10 percent of the veteran population, but only 2 percent of all working women in America, are a critical segment of today's workforce. Job-hunting can be difficult for anyone, and transitioning veterans may experience culture shock, difficulty translating skills, unfamiliarity with the civilian job search process, and more. Unlike their male veteran peers, women veterans may also experience unique challenges common among nonveteran working women.

Free employment services are available to women veterans nationwide from the DOL Veterans' Employment and Training Service (VETS) Women Veteran Program – these services are targeted to be particularly helpful to women veterans.

As a part of the VETS program, the DOL also funds The Homeless Female Veterans' and Homeless Veterans with Families Program. The program provides supportive services to eligible homeless female veterans and female veterans who are at risk of becoming homeless. The program provides direct services through a case management approach that leverages Federal, State and local resources. Eligible veterans are connected with appropriate employment and life skills support to ensure a successful integration into the workforce.

DOL VETS Women Veteran Program (www.dol.gov/vets/womenveterans)



INDIGO *Consortium™*

We advocate for and walk with women veterans. We engage with them in the process of obtaining the services and benefits they seek. Services offered are based on individual needs, and customized solutions are sought. Through our partnerships and programs, we are committed to supporting women as they transition back into family life. We help to identify employment opportunities and focus on personal goals. We are here to listen, guide, and support as women veterans establish plans and set out to achieve them.

e-mail: contact@indigoconsortium.org
Phone: (919) 808-1814



DRESS FOR SUCCESS® TRIANGLE NC

THE MISSION OF DRESS FOR SUCCESS IS TO EMPOWER WOMEN TO ACHIEVE ECONOMIC INDEPENDENCE BY PROVIDING A NETWORK OF SUPPORT, PROFESSIONAL ATTIRE AND THE DEVELOPMENT TOOLS TO HELP WOMEN THRIVE IN WORK AND IN LIFE.

TRIANGLENC.DRESSFORSUCCESS.ORG

Women Veterans Support Services

Women Veterans Support Services, Inc. provides compassionate care to women veterans in the Triangle in times of crises, ensuring they receive the benefits to which they and their families are entitled, while connecting them to community support services.

Existing local agencies alone cannot address the unique needs of women veterans and their families, WVSS understands these challenges, assisting women veterans in:

- Finding short-term emergency housing, with or without children.
- Post Traumatic Stress Disorder (PTSD) claims, helping them through the process.
- Receiving support services for Military Sexual Trauma & Domestic Violence.
- Providing referral services for federal, state and local programs that assist women veteran, including rehabilitation and jobs.

Contact Us

www.wvss-nc.org

(919) 894-1012

NORTH CAROLINA HOSPITALS AND VA MEDICAL CENTERS



ASHEVILLE VAMC

1100 Tunnel Road
Asheville, NC 28805
828-298-7911



DURHAM VAMC

508 Fulton Street
Durham, NC 27705
919-286-0411
888-878-6890



FAYETTEVILLE VAMC

2300 Ramsey Street
Fayetteville, NC 28301
910-488-2120
800-771-6106



SALISBURY VAMC

1601 Brenner Avenue
Salisbury, NC 28144
704-638-9000
800-469-8262



MILITARY SEXUAL TRAUMA

Military Sexual Trauma (MST) is the term that the Department of Veterans Affairs uses to refer to sexual harassment that occurred while the veteran was in the military. It includes any sexual activity where someone is involved against his or her will—he or she may have been pressured into sexual activities (for example, with threats of negative consequences for refusing to be sexually cooperative, implied faster promotions, or better treatment in exchange for sex), and may have been unable to consent to sexual activities (for example, when intoxicated), or may have been physically forced into sexual activities.

Other experiences that fall into the category of MST include unwanted sexual touching or grabbing; threatening, offensive remarks about a person's body or sexual activities; and/or threatening or unwelcome sexual advances.

Both women and men can experience MST during their service. All veterans seen at

Veterans Health Administrations facilities are asked about experiences of sexual trauma because they know that any type of trauma can affect a person's physical and mental health, even many years later. People can recover from trauma and the VA has free services to help veterans do this.

You do not need to have a VA disability (service connected) rating to receive these services and may be able to receive services even if you are not eligible for other VA care. You do not need to have reported the incident(s) when they happened or have other documentation that they occurred.

For more information, veterans can speak with a VA healthcare provider, contact the MST Coordinator at their nearest VA Medical Center, or contact their local Vet Center. More MST information can be found at mentalhealth.va.gov.

WOMEN VETERANS HEALTH CARE 1-855-VA-WOMEN [1-855-829-6636]



Women veterans are eligible for the same VA benefits as male veterans. Comprehensive health services are available to women veterans including primary care, mental health care and reproductive health care services. VA provides management of acute and chronic illnesses, preventive care, contraceptive services, menopause management, and cancer screenings, including pap smear, and mammograms, and gynecology.

- Maternity care is covered in the medical benefits package to include care for newborn children of women veterans for up to 7 days after birth. VA is also mandated to implement pilot programs to provide child care to women veterans receiving medical care, and to provide readjustment services to women veterans. Infertility evaluation and limited treatments also are available.
- Women Veterans Program Managers are available at all VA facilities to help veterans seeking treatment and benefits.