

## **Summary**

St. Mary's County is proud to be home to a number of active duty service members and veterans. County agencies and the county commissioners are often asked about resources specifically available to members of the military, both active and retired, as well as their families. This website provides links to several resources in one convenient location. For more information contact Sarah Miller, St. Mary's County Department of Aging & Human Services Community Programs & Outreach Manager, at 301-475-4200, ext. 71073 or via email at [sarah.miller@stmarysmd.com](mailto:sarah.miller@stmarysmd.com).

## **A.C.T.S. (A Community That Shares)**

Phone: 301-769-4199

Email: [Actsmail1@Gmail.com](mailto:Actsmail1@Gmail.com)

<http://www.acts-smc.org/>

“ACTS provides home convalescent medical equipment to residents of St Mary's County at no cost.”

## **American Job Source - Senior Community Service Employment**

Phone: 410-767-2093

Email: [Lorella.dicks@maryland.gov](mailto:Lorella.dicks@maryland.gov)

[www.dllr.state.md.us/employment/scsep.shtml](http://www.dllr.state.md.us/employment/scsep.shtml)

“The Senior Community Service Employment Program (SCSEP) is available to job seekers, ages 55 and older, who are unemployed, meet established low-income guidelines and desire an opportunity for training and employment. Individuals are given a training assignment that most closely matches their personal goals for employment. Training assignments are coordinated with non-profit or government agencies, also known as host agencies, and are limited to 20 hours per week, at the established minimum wage hourly rate. Applicants are not required to have previous work experience.”

## **BB&T Bank – Veterans Administration Loans**

<https://www.bbt.com/lending/mortgage/veterans-administration-loan.html>

“Veterans Administration (VA) loans are available to qualified veterans, active duty, reserves and National Guard personnel. Loans are residential mortgages, allowing for the purchase or refinance of an owner-occupied home.”

## **Charlotte Hall Veterans Home**

Phone: 301-884-8171

<http://www.charhall.org/>

“Charlotte Hall Veterans Home has been proudly “Serving Those Who Served” since 1985. The Home is situated on 126 beautiful acres in St. Mary's County, and offers a continuum of care from the 168-bed assisted living program to the 286-bed skilled nursing program. Charlotte Hall Veterans Home also offers memory care in secure units. The Home is Medicare/Medicaid certified, and all veterans receive a per diem subsidy from the U.S. Department of Veterans Affairs that reduces their cost of care. The Home is inspected annually, as required by the Office of Health Care Quality, MD Dept. of Health & Mental Hygiene, and by the U.S. Department of Veterans Affairs. Our vision is to continually develop and deliver a safe, dignified and

compassionate health care system; and provide a nurturing and engaging home environment for Maryland's veterans and eligible spouses.”

### **Charlotte Hall VA Outpatient Clinic (Southern Maryland Veterans Outpatient Clinic)**

Phone: 301-884-7102

[http://www.washingtondc.va.gov/locations/Charlotte\\_Hall\\_MD.asp](http://www.washingtondc.va.gov/locations/Charlotte_Hall_MD.asp)

“Programs and Services Routine medical care for common injuries and illnesses General outpatient medical care Comprehensive Women's Health Care is provided by Sharon Johnson, NP Medical screenings (cholesterol, blood pressure, diabetes, glaucoma and audiology) Referrals to specialized programs and services available at the Veterans Affairs Medical Center, Washington, D.C.”

### **College of Southern Maryland- Veterans & Military Support Services**

Phone: 240-725-5421

Email: [veteransbenefits@csmd.edu](mailto:veteransbenefits@csmd.edu)

[www.csmd.edu/student-services](http://www.csmd.edu/student-services)

“College of Southern Maryland is approved by the Department of Veteran Affairs and the Maryland Higher Education Commission, so that eligible veterans, servicepersons, and certain dependents of veterans can receive VA educational benefits. We provide you with the appropriate paperwork to apply to the VA for benefits.”

### **Disabled American Veterans**

Phone: 877-426-2838

<https://www.dav.org/>

“DAV is a nonprofit charity that provides a lifetime of support for veterans of all generations and their families, helping more than 1 million veterans in positive, life-changing ways each year.”

### **Helmets to Hardhats**

Phone: 866-741-6210

Email: [marketingadmin@helmetstohardhats.org](mailto:marketingadmin@helmetstohardhats.org)

[www.helmetstohardhats.org](http://www.helmetstohardhats.org)

“Helmets to Hardhats is a national, nonprofit program that connects National Guard, Reserve, retired and transitioning active-duty military service members with skilled training and quality career opportunities in the construction industry. The program is designed to help military service members successfully transition back into civilian life by offering them the means to secure a quality career in the construction industry.”

### **Heroes on the Water**

Phone: 214-295-4541

Email: [info@heroesonthewater.org](mailto:info@heroesonthewater.org)

<https://heroesonthewater.org/>

“Heroes on the Water, a 501(c)(3) veterans charity, creates alternative therapeutic programs to serve veterans, active-duty military personnel, first responders and their families. These experiential programs incorporate structured activities proven to improve the lives of these men and women. Each experience reduces the impact of post-traumatic stress and traumatic brain injury while providing much-needed camaraderie and support.”

### **Maryland State Careers for Veterans**

<http://dbm.maryland.gov/jobseekers/Pages/VeteransJobs.aspx>

“Maryland State Government appreciates the value of the experience you gained while serving our country. This page contains resources Maryland provides to returning veterans - employment opportunities, veteran services, upcoming events and more.”

### **Maryland's Commitment to Veterans**

Phone: 410-844-1893

Email: [angel.powell@maryland.gov](mailto:angel.powell@maryland.gov)

<https://veterans.health.maryland.gov/Pages/home.aspx>

"Maryland's Commitment to Veterans provides a confidential forum for veterans and family members to discuss challenges they are facing. Maryland's Commitment to Veterans helps link you with needed resources; we want veterans and family members to know they are not alone."

### **Melwood Veteran Services**

Phone: 301-599-8000

<https://www.melwood.org/veterans-services>

“MVS is a non-profit organization within the Melwood family of services. It grew out of the very successful Operation Tohidu® program, which was founded in 2014 as an experiential and healing retreat for veterans and service members. Our team comprises of veterans and specialists who have direct experience with the issues at hand, either from their own military service or intimate, relevant work in support of those who served. MVS offers a variety of services to our Nation's warfighters. Through this 501(C) (3) non-profit service organization, veterans seeking assistance with employment, career development and community reintegration can find the resources and support they need to thrive both in their professional and personal lives. Our transformative retreat program continues to promote “Peace with the Past, through Power in the Present” and encourages participants to reframe their trauma, injuries or memories from war and military experience, so that they can approach life with renewed purpose and positivity.”

### **Mesothelioma Veterans Center**

Phone: 855-272-6681

<https://www.mesotheliomaveterans.org/>

“The Mesothelioma Veterans Center provides information about treatment, clinical trials, and VA benefits to veterans suffering from asbestos-related illnesses. We've had the honor of helping hundreds of veterans pursue compensation after developing mesothelioma or asbestos-related lung cancer from their asbestos exposure in the military.”

### **Mesothelioma.Com**

Phone: 1-203-265-2424

<https://www.mesothelioma.com/veterans/>

Mesothelioma.com has been dedicated since 1996 to providing information about asbestos exposure and mesothelioma cancer to those in need. Because 30% of mesothelioma diagnoses are among the veteran population, they ensure that veterans receive the highest quality information and resources available before, during and after a diagnosis.

### **Navy Federal Credit Union**

Phone: 1-888-842-6328

<https://www.navyfederal.org/>

“Since 1933, Navy Federal Credit Union has grown from 7 members to over 8 million members. And, since that time, our vision statement has remained focused on serving our unique field of membership: Be the most preferred and trusted financial institution serving the military and their families.”

### **Naval Air Station Patuxent River Fleet and Family Services**

Phone: 301-342-4911

<https://www.navymwrpaxriver.com/ffsc>

Services:

Transition Assistance Program (TAP)

Counseling & Advocacy

Personal Financial Management (PFM)

Family Employment Readiness Program

### **Navy Marine Corps Relief Society**

Phone: 301-342-4739

Email: [PatuxentRiver@nmcrs.org](mailto:PatuxentRiver@nmcrs.org)

<http://www.nmcrs.org/locations/entry/patuxent-river>

Services:

Financial Assistance and Counseling

Quick Assist Loan (QAL)

Education Assistance

Visiting Nurse

Budget for Baby

Emergency Travel

Disaster Relief

### **Pathways**

Phone: 301-373-3065, ext. 241 or ext. 339

<http://www.pathwaysinc.org/>

“We promote the mental, emotional, and physical well-being of the individual, especially the marginalized and vulnerable, through the shared exploration of pathways to healthy living. We specialize in a range of services, including psychiatric consultation and medication management, outpatient treatment and counseling for individuals, couples, and families, recovery supports and supportive living arrangements for persons with a mental illness, and vocational support for persons with a mental illness and/or brain injury.”

### **Patuxent Habitat for Humanity - Veteran Critical Home Repairs**

Phone: 301-863-6227

Email: [info@patuxenthabitat.org](mailto:info@patuxenthabitat.org)

<https://www.patuxenthabitat.org/veteran-critical-home-repairs>

“The Patuxent Habitat for Humanity Veteran Critical Repair Program is designed to repair homes for military veterans and their families. The program will assist with repairs identified in

Habitat's Critical Home Repair guidelines that may vary from roof repair and structural wall repairs to installing wheelchair ramps and remodeling bathrooms to be easily used by veterans with disabilities.”

### **Quilts of Valor**

Phone: 515-708-7689

Email: [info@QOVF.org](mailto:info@QOVF.org)

<https://www.qovf.org/>

“The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor.”

### **Readjustment Counseling Service, Department of Veterans Affairs**

Phone: 1-877-222-8387

[https://www.vetcenter.va.gov/Vet\\_Center\\_Services.asp](https://www.vetcenter.va.gov/Vet_Center_Services.asp)

“Life isn't always easy after a deployment. That's where Vet Centers can help. Vet Centers across the country provide a broad range of counseling, outreach, and referral services to combat Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential.”

### **Social Security Resource Center**

<https://www.socialsecuritybranch.com/md/>

“The Social Security Resource Center is a free public resource site. Our online resource guide helps to connect you with your local social security offices. The Social Security Administration will be able to assist you with any questions you may have regarding your benefits, replacement of a social security card, obtaining your statement, eligibility qualifications, estimating future benefits, supplemental security income benefits or other services and questions you may have.

### **Southern Maryland Center for Independent Living**

Phone: 301-884-4498

Email: [info@smcil.org](mailto:info@smcil.org)

<http://www.smcil.org/>

“Southern Maryland Center for Independent Living, Inc. (SMCIL) is a non-residential, non-profit community based human service agency focused on providing services and advocacy to empower individuals living with disabilities to lead self-directed, independent and productive lives in their community of choice in Calvert, Charles and St. Mary's Counties. SMCIL envisions a society in which individuals with disabilities are valued equally and participate fully. SMCIL advocates for equal opportunities for all and is driven by the needs and desires of those who may need our support.”

### **The Baltimore Station**

Phone: 410-752-4454

<https://baltimorestation.org/>

“The Baltimore Station is an innovative therapeutic residential treatment program supporting veterans and others who are transitioning through the cycle of poverty, addiction, and homelessness to self-sufficiency.”

### **Three Oaks Center**

Phone: 301-863-7361 <http://threeoakscenter.org/>

“The Mission of Three Oaks Center’s Southern MD Veterans Initiative is to raise awareness of and solve problems facing veterans and their families by providing necessary services and follow-on support through local community agencies so that no one has to be homeless. Our vision is a vital community support system that facilitates the success of, paves the way to self-sufficiency for, or improves the lives of veterans and their families.”

### **TRICARE/Humana Military**

Phone: 800-444-5445

<https://www.humanamilitary.com/>

“Humana Military, a wholly-owned subsidiary of Humana Inc., partners with the Department of Defense to administer the TRICARE health program for military members, retirees, and their families.”

### **VA Caregiver Support**

Phone: 855-260-3274

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

“Caregivers play an important role in the health and well-being of Veterans. The Caregiver Support Program offers training, educational resources, and multiple tools to help you succeed.”

### **Veterans of Foreign Wars (VFW)- Local Post #2632**

Phone: 301-862-3247

Email: [commander@vfw2632.com](mailto:commander@vfw2632.com)

<https://www.vfw.org/>

“Connects veterans with services they are entitled to and provides support to the community. Meetings are held the 2nd Tuesday of the month at 7 p.m. Must have DD-214 with proof of overseas combat.”

### **Walden Behavioral Health**

Phone: 301-997-1300

<https://www.pyramidwalden.com>

“Walden’s mission is to contribute to the well-being of the Southern Maryland community by providing a comprehensive array of crisis, behavioral health, trauma, and recovery services.”

30007 Business Center Drive

Charlotte Hall, MD 20622

Substance Use Walk In Hours:

Monday-Friday: 11 a.m.-2 p.m.

Mental Health Walk In Hours:

Monday-Friday: 11 a.m.-2 p.m.

Services:

Outpatient Substance Abuse  
Residential Treatment Program  
Medically Managed Detoxification  
Structured Programs  
Medication Assisted Therapy  
Family Education

21770 FDR Blvd  
Lexington Park, MD 20653  
Substance Use Walk In Hours:  
Monday-Friday: 11 a.m.-2 p.m.  
Mental Health Walk In Hours:  
Monday-Friday: 11 a.m.-2 p.m.  
Services:  
Walk In Assessments  
Group and individual Therapy

85 High St  
Waldorf, MD 20602  
Substance Abuse Walk In Hours:  
Monday-Friday: 1-3 p.m.  
Mental Health Walk In Hours:  
Monday-Friday: 1-3 p.m.  
Services:  
Mental Health Services  
Substance Abuse Treatment  
Walk In Assessments, Psychiatric Services  
Individualized mental health therapy  
Individual and Group Substance Abuse  
DWI education  
A-CRA (Adolescent Community Reinforcement Approach) program

### **Warfighter Advance**

Phone: 202-239-7395

Email: [admin@warfighteradvance.org](mailto:admin@warfighteradvance.org)

<http://www.warfighteradvance.org/>

“Warfighter Advance changes the trajectory of the warfighter’s post-deployment life, so that rather than an existence characterized by an endless cycle of mental illness diagnoses, medications, medical appointments and disappointments, the warfighter has a life characterized by pride, productivity, healthy relationships, continued service, and advocacy for the same outcomes for their fellow service members.”

### **Women Veterans- The Women Veterans Call Center**

Phone: 855-829-6636

<https://www.womenshealth.va.gov/programoverview/wvcc.asp>

Provides an incoming call center that receives and responds to questions from women veterans, their families and caregivers across the nation about available VA services and resources. Agents are also trained to respond to crisis situations such as suicide behavior, homelessness, sexual trauma, and domestic violence.

**Wounded Warrior Project**

Phone: 202-558-4302

<https://www.woundedwarriorproject.org/>

“Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. You are our focus. You are our mission. Here, you’re not a member – you’re an alumnus, a valued part of a community that’s been where you’ve been and understands what you need. Everything we offer is free because there’s no dollar value to finding recovery and no limit to what you can achieve.”