WHAT IS VITAL?

• Veterans Integration to Academic Leadership (VITAL) is the VA’s approach to reaching out to student Veterans.

• As veterans you are highly trained, committed to excellence, adaptable & have sound leadership qualities. These characteristics make you valuable on college & university campuses.

• The VITAL Initiative is a partnership between VA New York Harbor Healthcare & local campuses. Principles such as adjusting to academic demands, building new social supports & developing educational goals are critical to Veteran success in higher education.

• We’re here to help you meet your needs & maximize your potential.

VA & COMMUNITY RESOURCES

• Service Women’s Action Network
• Sierra Club Military Outdoors
• Veteran Advocacy Project
• Team Red, White & Blue
• Make the Connection
• NY Common Pantry
• Veterans Crisis Line
• Breathe2Relax
• Vet Centers
• Edge4Vets

STUDENT VETERAN RESOURCES
VITAL helps facilitate the transition from service member to student

WHAT TO EXPECT?
- Confidentiality
- Prompt response to phone or email inquiries about the initiative
- Availability on campus

INDIVIDUAL ASSISTANCE
- Readjustment counseling: anger, stress & relationships
- Coping strategies for classroom stressors: attention, memory & sleep

OUTREACH
- Connect with other Student Veterans on campus
- Participate in VITAL work-study or volunteer & continue to serve
- Building Veteran-friendly campuses

BENEFITS
- Enrollment & access to VA healthcare & community services
- Information: filing a claim, vocational rehab, housing, legal services & tutoring

CAMPUS COMMUNITY
- Trainings in military cultural competency, post-deployment adjustment & Student Veteran considerations in the classroom
- Consultation services on Student Veteran issues that impact academic performance & success