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## 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.

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## 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-stud or volunteer & continue to ser
- 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