

## From the Director



As we close in on commencement SUMMER is just around the corner.

The Military Resource Center continues to serve our military educational benefited students and appreciates it when you provide suggestions to improve current remote and in person practices. Your suggestions have resulted in improvements in policies and guidelines allowing us to better serve your needs as you work to accomplish your academic goals!

*Andy Heitkamp*  
*Military Resource Center Director*

## Activities Attended

### April

- 2 DAV meeting
- 2 Safe Communities and VA Office hours
- 2 Behavior Intervention Team meeting (BIT)
- 3 Military Affairs Committee (MAC) meeting
- 7 Student Affairs meeting
- 9 Siewert retirement
- 10 NDNG education meeting
- 15 Purple up group photo
- 16 University Cabinet meeting
- 16 Behavior Intervention Team meeting (BIT)
- 17 Enhancing Economic Stability for Service members, veterans and their family's workshop
- 22 State Approving Agency meeting (SAA)
- 24 Serenity Suite open house
- 24 SOAR Model to assist serious mental illness
- 24 Prairie Warrior Auction
- 25 Faculty and Staff archery
- 25 POW WOW honor dance
- 25 New Student registration
- 30 Behavior Intervention Team (BIT)

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Warrior's Pen  
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Barksdale Trophy on Campus  
Peer Support meetings  
Carrington Health Fair  
Military Fish Camp

**OFFICE HOURS**  
**8 A.M. – 4:30 P.M.**

**Military Resource Center**  
**Minot State University**  
**500 University Ave W**  
**Minot, ND 58707**  
**701-858-4003 / 1-800-777-0750**

**[MinotStateU.edu](http://MinotStateU.edu)**

**Be seen. Be heard. Belong.**

# 10 a.m. Friday, May 16

# CONGRATULATIONS

# GRADUATES



## **About Commencement**

Since our first Commencement ceremony in 1914, thousands of graduates, along with their families and friends, have gathered on the Minot State University campus to celebrate the achievements of our academic community.

Minot State University's Commencement exercises for master's, bachelor's, and associate's degree candidates will be held at 10 a.m., Friday, May 16, in the Minot State University Dome.

For those who want to be part of the Military Resource Center group photo, it will take place at 9 a.m. in the Dome South Lobb. Please wear your graduation gown, cap, and veteran cord for the photo. This group photo is for students who have used the military educational benefits. Contact Andy Heitkamp (701) 858-4002 with questions.

## Find a provider





[https://www.ptsd.va.gov/gethelp/find\\_therapist.asp?utm\\_campaign=crisisresponse3a&utm\\_medium=email&utm\\_source=govdelivery](https://www.ptsd.va.gov/gethelp/find_therapist.asp?utm_campaign=crisisresponse3a&utm_medium=email&utm_source=govdelivery)

PTSD treatment works, and you have options. Learn how to find a therapist, counselor, or other mental health provider who can help with your recovery.

## Finding a provider using the internet

Beyond using your insurance company provider lists, the links below can help you find a therapist, counselor, or mental health professional. Note: These online locators can be used by anyone, and if you are a Veteran, see the "Help for Veterans" section below for additional options.

### Locators for mental health providers

- [Anxiety and Depression Association of America](#)  offers a therapist search by location, treatment options, and mental health disorder.
- [ISTSS Clinician Directory](#)  is a service provided by the International Society for Traumatic Stress Studies (ISTSS) that lets you consider many factors in searching for a clinician, counselor, or mental health professional.
- [American Psychological Association](#)  has a Psychologist Locator that allows you to search by location, specialty, insurance accepted, and gender identity of provider.
- [Psychology Today](#)  offers a therapist directory by location. You can also find treatment centers, teletherapists (online services), or support groups.
- Substance Abuse and Mental Health Services Administration (SAMHSA) offers a [Behavioral Health Services Locator](#) based on location and type of facility (e.g., inpatient, outpatient, residential). Call for assistance 24 hours a day, 1-800-662-HELP (4357).

## PTSD: National Center for PTSD

### Coping with unwanted thoughts:

[https://www.ptsd.va.gov/gethelp/coping\\_RESET.asp](https://www.ptsd.va.gov/gethelp/coping_RESET.asp)

### Self-Help and coping - Available [en Español](#)

Stress is a common reaction after trauma. Many people feel down, have trouble sleeping, or feel "on edge." If you take direct action to cope with stress reactions, it puts you in a position of power. Self-help and coping skills are also helpful if you have completed PTSD therapy. Good coping takes practice.

### Other self-help strategies

- [Peer support groups](#)  
Locate and learn more about peer support groups to help those diagnosed with PTSD or caring for someone with PTSD.
- [Dogs and PTSD](#)  
Learn about the role of dogs in managing symptoms and PTSD recovery.

### What is RESET training?

After a traumatic event, like combat, it is common to have unwanted thoughts or memories about what happened. These are called intrusive thoughts. Because these thoughts can happen at any time and can be upsetting, they can affect daily life. Learning to manage unwanted or intrusive thoughts can improve overall well-being. RESET is a 1-hour video training that aims to help Soldiers cope with intrusive thoughts following deployment. The approach RESET uses focuses on teaching the most effective strategies to manage unwanted thoughts.

Topics include:

- Remember it is normal to have intrusive or unwanted thoughts.
- Ease up on control; it doesn't always work well with thoughts.
- See and accept your thoughts: You are more than just your thoughts.
- Experience thoughts as they happen: Don't judge them.
- Train your skills: Practice is important



PTSD Information Voice Mail: (802) 296-6300

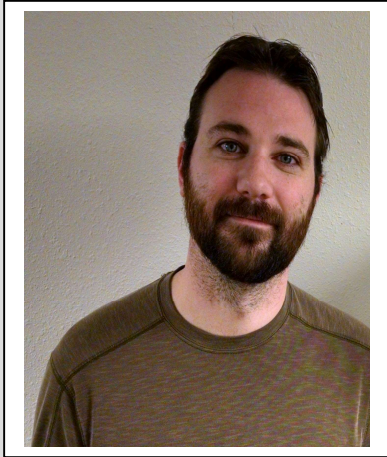
Email: [ncptsd@va.gov](mailto:ncptsd@va.gov)

Also see: [VA Mental Health](#)



[Site Map](#)

## James's Corner




Students,

Best of luck on your upcoming finals, you're almost done! To our graduates, congratulations on all your hard work- be proud of what you have accomplished. For our currently serving and veteran students, the Military Resource Center provides a veteran cord to wear over your graduation robe free of cost once you have applied for graduation. I have the names of those individuals graduating, so please stop by our office and grab your cord and I will check your name off the list. To all, finals can be a particularly stressful time for students, remember to take breaks and take care of yourselves.

Respectfully,

*James Tucci*  
*Veterans School Certifying Official*



Check out the Minot State Veterans Service Center Facebook page and give it a  to stay current with events.

[www.facebook.com/MinotStateVeterans](http://www.facebook.com/MinotStateVeterans)

## Important Dates - Academic

### May

- 7-8 Finals for second 8-week classes
- 12-16 Finals for 16-week classes
- 16 Commencement
- 27 Standard summer 8- week classes begin
- 31 Last day to add summer regular session class
- 31 Last day to drop or withdraw regular session classes for 100% refund
- 4 Jun Summer tuition due and Financial Aid disbursement

## Important Dates - US Armed Forces

### May

#### Month of the Military Caregiver National Military Appreciation Month

- 1 - Silver Star Service Banner Day
- 1 - Loyalty Day
- 1 – National Day of Prayer
- 4-10 - Public Service Recognition Week
- 6 – 12 National Nurses Week
- 8 - VE Day
- 9 - Military Spouse Appreciation Day
- 11 - Mother's Day
- 12-17 - Armed Forces Week
- 13 - Children of Fallen Patriots Day
- 17 - Armed Forces Day
- 22 – Maritime Day
- 26 - Memorial Day

## BUDDY FINDER

Togetherweserved.com (TWS)'s new Buddy Finder was created specifically to help Veterans find those they served with. Now with more than 2.3 million members in five separate service branch websites, TWS has possibly reconnected more Veterans than any other website or organization. The secret behind this high rate of success is the depth of TWS's hand-built databases that contain hundreds of U.S. military units, ships, squadrons, and bases going back to WWII.



[https://news.va.gov/130141/buddy-finder-find-former-service-friends/?utm\\_source=feature&utm\\_medium=email&utm\\_campaign=VetResources&utm\\_id=10APR2024](https://news.va.gov/130141/buddy-finder-find-former-service-friends/?utm_source=feature&utm_medium=email&utm_campaign=VetResources&utm_id=10APR2024)

## FROM MILITARY ONESOURCE BEST KEPT SECRETS: JOINT SERVICES CAMPGROUNDS AND FACILITIES

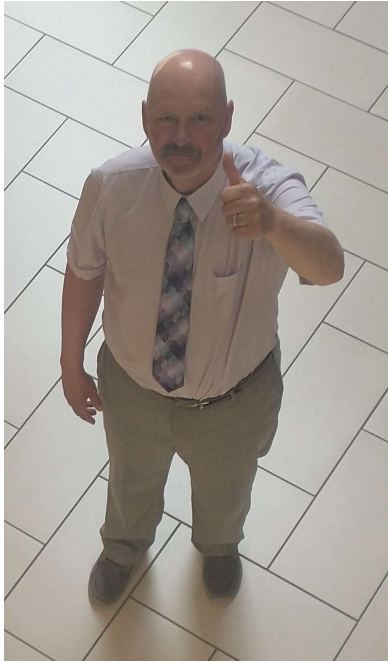
<https://www.militarycampgrounds.us/>

Find a “best kept secret” for your family’s next adventure.

Morale, Welfare and Recreation joint services campgrounds and facilities across the United States offer service members and their families a variety of accommodations and amenities at great rates without sacrificing luxury or location.

U.S. Military Campgrounds and RV Parks  
<https://www.militarycampgrounds.us/>





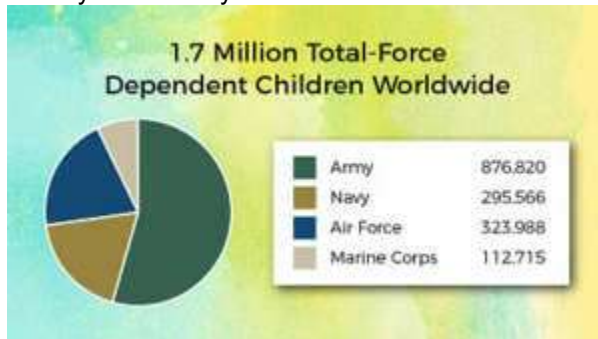
## Purple up at Minot State University, April 15

The entire month of April is designated as the [Month of the Military Child](https://veteran.com/month-of-the-military-child/) (<https://veteran.com/month-of-the-military-child/>), but April 15 has a special place in that observance.

A day for DoDEA Communities to wear purple to show support and thank military children for their strength and sacrifices.

Purple indicates that all branches of the military are supported. Air Force blue, Army green, Navy blue, Marine red, and Coast Guard blue are all thought to combine together as a single color, purple.

Military Children by the Numbers



- According to a report by the Department of Defense, there are 700 military child development program facilities around the world, running approximately 155,000 child-care spaces, with another 3,000 Family Child Care homes.
- It's estimated that military child development centers welcome around 200,000 children daily. There are 300 youth and teen centers worldwide serving more than 645,000 youth through a variety of educational and recreational programs.
- Approximately 2 million military children have experienced a parental deployment since 9/11.
- There are currently 1.2 million military children of active duty members worldwide.
- Nearly 80% of military children attend public schools throughout the United States.
- The average military family moves three times more often than their civilian counterpart.
- There are nearly two million "total-force dependent children," including more than 900,000 Army dependents, 400,000 Air Force dependents, nearly 300,000 Navy dependents, and approximately 118,000 Marine dependents.

# SERVING THOSE WHO SERVED

## Jobs for Veterans Grant (JVSG)

### VETERANS EMPLOYMENT SERVICES

Job Service North Dakota  
3416 North Broadway  
Minot, ND 58703

Schedule an Appointment  
Brett Wold  
701-857-7523 [bwold@nd.gov](mailto:bwold@nd.gov)



- Career guidance and planning
- Current labor market information
- Assess training and career options
- Resume assistance
- Interview preparation
- Referrals to support services in and out of state

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### Resources

Find Workforce services across the country

- <https://www.jobsnd.com/>
- <https://www.careeronestop.org/LocalHelp/service-locator.aspx>

Career Information

- <https://www.careeronestop.org/>

VA Gateway to benefit information

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

Workforce Innovation and Opportunity Act (WIOA)

- <https://www.dol.gov/agencies/eta/wioa>

GI Bill Information

- 888-442-4551 <https://www.va.gov/education/>

North Dakota Dept of Veterans Affairs

- <https://www.veterans.nd.gov/>

Job Service North Dakota is an  
equal opportunity  
employer/program provider.  
Auxiliary aids and services are  
available upon request to  
individuals with disabilities

NORTH  
**Dakota** | Job Service  
Be Legendary.™



# Medora Musical 2026

Veteran Appreciation July 14

<https://medora.com/medoramusical/>



## Veterans – Let's Go Fishing!!! - On the Water 2026 dates

<https://www.facebook.com/p/On-the-Water-Inc-100067785296574/>

<p><b>Partners &amp; Volunteers</b></p> <p>Serving our veterans is made possible by the generous support of our many local partners and volunteers.</p> <p><b>OTW Volunteers and Partners provide:</b></p> <ul style="list-style-type: none"><li>• Event Volunteering</li><li>• Donation of Goods and Services</li><li>• Financial Support</li></ul>  <p><b>Thank you for supporting our veterans and the "On the Water" mission.</b></p> <p><i>*Donations are tax deductible*</i></p> <p><i>On the Water, Inc.</i></p>	<p><b>Contact Us:</b></p> <p>For more information about On the Water, Inc., our mission, how veterans can register for our free fishing events and free use of our dedicated Veterans Cabin, or to learn more about supporting or donating to OTW:</p> <p>Website: <a href="http://www.otwnd.org">www.otwnd.org</a></p> <p>Find us on Facebook at: On The Water Inc.</p> <p>Email us at: <a href="mailto:onthewaternd@gmail.com">onthewaternd@gmail.com</a></p> <p>On the Water, Inc. PO Box 1735 Minot, ND 58702</p>	 <p><b>VETERAN LET'S GO FISHING</b></p> <p><b>SUMMER 2024</b></p>  <p>INDIAN HILLS RESORT</p> <p><a href="http://www.otwnd.org">www.otwnd.org</a></p>
<p><b>On the Water Events and Opportunities</b></p> <p>On the Water, Inc. is a 501(c)3 North Dakota nonprofit organization. OTW provides outdoor recreational opportunities to U.S. military veterans who served in overseas conflicts or have service-connected disabilities.</p> <p>OTW events and opportunities are provided at <u>no cost</u> and include:</p> <ul style="list-style-type: none"><li>• Five, one-day fishing events held at Indian Hills Resort on Lake Sakakawea (30 miles west of Garrison)</li></ul> <p><b>2024 Summer Fishing Events</b></p> <ul style="list-style-type: none"><li>• June 14 (Fri.)</li><li>• June 15 (Sat.)</li><li>• July 20 (Sat.) *Dedicated Ladies' Event*</li><li>• August 9 (Fri.)</li><li>• August 10 (Sat.)</li></ul> <p><i>* Limited to 28 veterans per event. Weather dependent.</i></p>	 <p><b>VETERANS CABIN</b></p> <ul style="list-style-type: none"><li>• Use of OTW dedicated Veterans Cabin (two-bedroom, bathroom, shower, kitchen, air conditioning, internet, cable TV, grill, golf cart, picnic tables, deck, parking, sleeps six comfortably).</li></ul>  <p><b>ACCESS RAMP WITH LIFT</b></p> <p><a href="http://www.otwnd.org">www.otwnd.org</a></p>	 <p><b>"Let's go Fishing!"</b></p> <p>All events take place at Indian Hills Resort on Lake Sakakawea (30 miles west of Garrison - <a href="http://www.fishindianhills.com">www.fishindianhills.com</a>).</p> <p>Participants should arrive by 7 a.m. the morning of the event and have a current ND fishing license.</p> <p>Boats, boat captains are provided by OTW volunteers. Boats are off the water by 3 p.m. or earlier.</p> <p>Sack lunch, pop and water, and catered BBQ rib dinner are provided by OTW.</p>
 <p>INDIAN HILLS RESORT</p>	<p><a href="http://www.otwnd.org">www.otwnd.org</a></p>	<p><b>For more information about OTW:</b></p> <ul style="list-style-type: none"><li>• Email Chuck at <a href="mailto:onthewaternd@gmail.com">onthewaternd@gmail.com</a></li><li>• Visit our website at <a href="http://www.otwnd.org">www.otwnd.org</a></li><li>• Find us on Facebook at On the Water Inc</li></ul> <p><b>SUMMER 2024</b></p>

## **Battle Buddy: Your direct connection to Veteran resources**

[Battle Buddy: Your direct connection to Veteran resources - VA News](#)

Battle Buddy is a central coordinating hub that puts all essential services at your fingertips. It provides a wealth of resources, including information about VA benefits, financial assistance, job placement, housing programs, mental health support, and more. Instead of searching endlessly for answers, Veterans can find trusted, vetted resources in one easy-to-use platform. Whether you need immediate assistance or long-term support, Battle Buddy helps you get connected fast.

Battle Buddy is available to all Veterans, active duty service members transitioning to civilian life, and their dependents. The goal is to ensure every Veteran has quick access to the resources they've earned.



## **Get a good night's sleep**

[\(https://health.mil/Military-Health-Topics/Mental-Health/Mental-Health-Topics/Sleep\)](https://health.mil/Military-Health-Topics/Mental-Health/Mental-Health-Topics/Sleep)

Good sleep is vital to good health. Sleep helps people cope with stress, solve problems, and recover from illness or injury. Lack of sleep can lead to drowsiness, irritability, lack of concentration, memory, and physical problems. While the amount of sleep needed for good health and optimum performance mostly depends on the individual, experts suggest that adults function best when they get seven to nine hours of sleep each night. You should figure out how much sleep you need to feel well-rested. Ensuring that fatigue isn't a problem during the day is one way of determining how much sleep is needed.



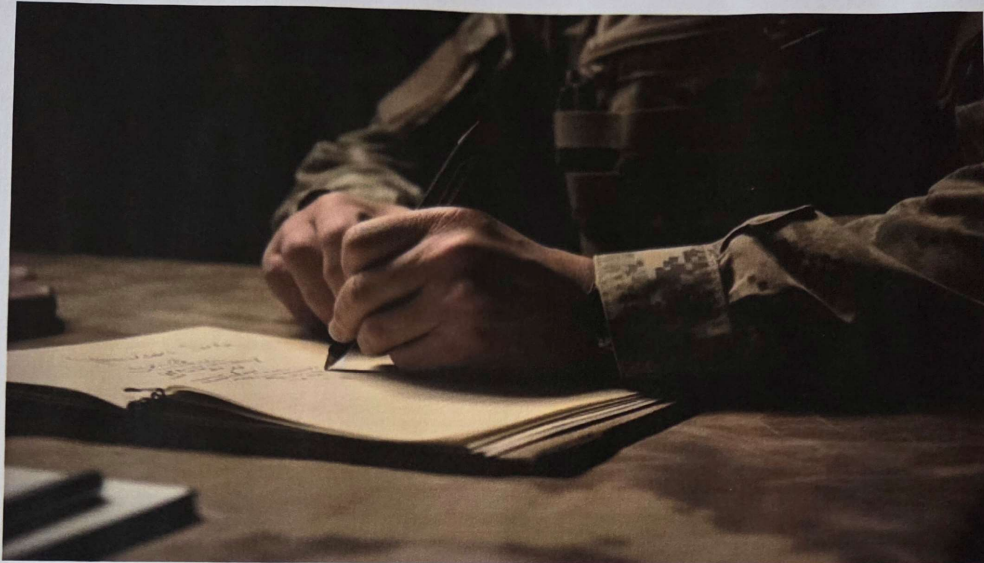
## **Automobile allowance and adaptive equipment** [\(https://www.va.gov/disability/eligibility/special-claims/automobile-allowance-adaptive-equipment/\)](https://www.va.gov/disability/eligibility/special-claims/automobile-allowance-adaptive-equipment/)

If you have a disability related to your service that prevents you from driving, you may be able to get money to help you buy or change a vehicle so you can drive.





Vets for Vets Warrior's Pen  
Last Friday of the month, 5:30 p.m.  
720 Western Ave. Suite 101, Minot, ND  
To sign up, call (701) 852-1924 or  
email [minotvetsforvets@gmail.com](mailto:minotvetsforvets@gmail.com)



# THE WARRIOR'S PEN

Creative Writing Workshop

A creative writing workshop designed for active-duty,  
veterans & their families. Taught by veterans

Last Friday of every month  
5:30pm  
720 Western Ave. Suite 101, Minot, ND (701) 852-1924  
Call or email to sign up! [minotvetsforvets@gmail.com](mailto:minotvetsforvets@gmail.com)



# COMING SOON! “OPERATION CIVILIAN READINESS”

**Your next mission awaits!**

**Operation Civilian Readiness** is a dynamic, 12-week class designed to equip transitioning service members and their families with the tools, mindset, and support needed for a successful return to civilian life. From career readiness to family reintegration, we focus on real-world skills and community connection to ensure you're mission-ready for your next chapter.

OPEN TO ALL  
VETERANS, ACTIVE-  
DUTY & FAMILIES

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LEARN TO ADAPT &  
OVERCOME CIVILIAN  
HURDLES AND  
HARDSHIPS

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FROM VA BENEFITS,  
TO GI BILL,  
EDUCATION,  
HOUSING,  
BUDGETING,  
MENTAL HEALTH &  
MORE!

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TAUGHT BY  
EXPERIENCED  
VETERANS WHO  
HAVE WALKED THE  
WALK

**MINOT VETS FOR VETS**

720 Western Ave Suite 101,  
Minot, ND (701) 852-1924

[Peervisionnd.org/vets-for-vets](http://Peervisionnd.org/vets-for-vets)

[minotvetsforvets@gmail.com](mailto:minotvetsforvets@gmail.com)





**Calling all  
Women Veterans,  
family members,  
caregivers, and  
survivors!**

[The Women Veterans step-by-step guide to benefits and services - VA News](#)

Here's a step-by-step guide on how you can apply for your earned benefits and services if you have recently transitioned from military service, or are looking to better understand the benefits and services available to you or a Veteran in your life!

#### BARKSDALE TROPHY ON CAMPUS



President Steven Shirley and Vice President for Student Affairs and Intercollegiate Athletics Kevin Harmon welcome the Barksdale Trophy to the campus of Minot State University, recognized along with many other community businesses, and organizations, in and around the city of Minot, ND, for "OUTSTANDING COMMUNITY SUPPORT" to an Air Force Global Strike Command Base!



**INDEPENDENCE**  
INC.

# PEER SUPPORT GROUP

EVERY OTHER WEDNESDAY AT 3PM

- 02. 12. 2025
- 02. 26. 2025
- 03. 12. 2025
- 03. 26. 2025
- 04. 09. 2025
- 04. 23. 2025
- 05. 07. 2025
- 05. 21. 2025

**INDEPENDENCE, INC. OFFICE**  
**315 3RD AVE SW MINOT, ND 58701**

# Mental Health Fair & Community Picnic

presented by  **CHI St. Alexius Health.**  
Carrington

**In partnership with:**

- Carrington Area Healthy Communities Coalition
- Foster County Public Health
- Carrington Public School
- Advance In Recovery
- Flatland Psychiatry



**MAY 21, 2025**

**5:00 – 8:00**

**CARRINGTON CITY PARK**

**Free Will Meal**

**Everyone Welcome!**

**Inflatables!!!**  
Including  
Hamster Balls  
with Track  
& a Dunk Tank!

- Door prizes
- Mental Health Resource Booths
- Activities for kids, teens, and adults





# MILITARY FISH CAMP

**JUNE 8-12**  
**Camp of the Cross**  
**Garrison, ND**  
**Ages 8-15**

**Accepting  
applications  
until  
04/19/25**



**For more information, contact your CYS Team:**

**Megan Leach - 701-333-3822**  
**megan.r.leach3.ctr@army.mil**  
**Randy Mangum - 701-333-3816**  
**randy.j.mangum.ctr@army.mil**

**Message us on our Facebook Page -**  
**North Dakota National Guard Youth**

**ND Army National Guard kids ages 8-15**  
**10 spots for Retired, Air Guard, & Gold Star kids**