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**TWO**

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Monthly News from the VA and Military Support Groups

# The Legacy



## Our Vision for How Vets can Serve at Home Civilian Jobs Supporting USA

The mission of Legacy Beyond Valor is to assist returning veterans find a place in society. They return changed by things they have seen and experienced, but the world they left behind has no comprehension of the challenges they face.

Our mission is to:

- Communicate that we DO understand and that we stand ready to help.
- Have programs in place that returning Veterans can immediately plug into.
- Establish a network of specialists in all fields, both private and public, who are committed to using their skills to help returning Veterans.

*We all remember this frightening bridge collapse which took several cars down with it. Our first thoughts were, "I'm glad that wasn't me!" Sadly, we cannot call this type of event "rare." It has and continues to happen somewhere in the U.S. every day.*



The mission Legacy Beyond Valor was founded on was one of helping Veterans find a place of service doing what they have been trained to do and supporting the infrastructure of the United States.

Our roads and bridges are a major area of concern, and we are a long way from finding a solution that can be put into place as quickly as our infrastructure is falling apart.

Or are we? When the country faces an emergency, who do we call? Our military. And this emergency is no different.

**Calling all veterans who worked on roads and bridges during your time in-service.**

Veterans with experience in this type of work could form their own companies specializing in the evaluation and reconstruction of failing roads and bridges. Your work would come from bidding on government contracts for road repair. Your employees would be your former comrades.

Imagine the trustworthy road repairs we could count on if our military came home and took on this serious threat to our national infrastructure!

If certification or education is required to get your company up and running, contact us so we can try to find a sponsor to help you get going.

If you need a mentor, we have former CEOs of major corporations willing to step up and mentor you through the start-up of your new business.

If you made it out of the valley,  
reach back and lift others.





# State Benefits

Most Veterans are aware of the benefits they are entitled to from the federal government, but are you aware that most states offer special benefits to veterans as well?

State benefits are items they have control over, like scholarships to state universities, free licenses for hunting and fishing, tax breaks, and even cash bonuses. There are also state employment resources available to veterans.

Our friends at [www.military.com](http://www.military.com) have gone to great lengths to create a table providing links to every state's veteran benefits. You can find that table [here](#).

## The VA Caregiver Program Expanding

Last month we introduced you to the fact that the VA does offer benefits to caregivers of Veterans. Since that report, a major bill known as the VA Mission Act, has passed Congress with a 92-5 vote.

Items included in this bill include streamlining access to medical care at non-VA community centers when similar treatment is not available at the local VA center, the creation of new VA "walk-in clinics," as well as beginning a new program for caregivers.

The highlight of the bill is the expansion of caregiver benefits, which include a monthly stipend, health insurance, respite care, and training, to caregivers of veterans severely injured before 9-11 back to the Vietnam War era.

With this expansion of benefits, Veterans of all eras are now to be cared for.

Once the VA certifies the program is ready to launch, it will take place in two phases. The first phase is slated to begin in early 2019 and will apply to veterans injured in the line of duty on or before May 7, 1975.

Phase 2 will begin two years later and will apply to caregivers of veterans who were injured in the line of duty after May 7, 1975 but before September 11, 2001.

## USS Arizona Memorial at Pearl Harbor Closed



The USS Arizona Memorial at Pearl Harbor was closed to tourists on May 6<sup>th</sup> when officials noticed a crack forming where the visitor ramp connects with the Memorial. The Memorial was closed to visitors due to safety concerns. Engineers are investigating long-term solutions at this time.

Other areas in the Pearl Harbor Visitor Center remain open to tourists.

# Female Commander Emily Bassett to Lead Newest Littoral Combat Ship

Commander Bassett, of Seattle, Washington, holds a Master's Degree in Hispanic Studies from the University of Cadiz, Spain. She also holds a Master's Degree in Engineering Management from Old Dominion University.

She began service aboard the USS Rushmore as a combat information center officer and assistant operations officer.

Following training for nuclear power vessels, she set out for her second tour as a division officer aboard the USS Abraham Lincoln as a reactor laboratories division officer.

Commander Bassett's third division officer tour took place aboard the USS. Ingraham as first operations officer. She then returned to the USS Abraham Lincoln as the reactor electrical assistant.

The Commander's fifth tour as a division officer was aboard the USS Arlington where she certified all warfare areas in the ship's first training cycle.

Commander Bassett's deployments include WESTPAC, CARAT, Operation Enduring Freedom, Operation Southern Watch, and Iraqi Freedom.

The USS Manchester holds a crew of 140 sailors.



*USS Manchester Commander Emily Bassett has been appointed to command the Navy's newest littoral combat ship (LCS). Its commissioning ceremony will take place on May 26, 2018, at 10:00 a.m.*

## Ecstasy-Assisted Psychotherapy to Treat PTSD

The Multidisciplinary Association for Psychedelic Studies has been conducting six studies in Phase 2 of their MDMA-assisted psychotherapy study.

Participants were given a dose of MDMA (also known as "ecstasy") followed by hours of intensive psychotherapy by a trained clinician. The results of the study were positive, showing one month after their second session, 68 percent of those tested would no longer meet the requirements for a PTSD diagnosis.

The Food and Drug Administration has now labeled MDMA as a new "breakthrough therapy" in the treatment of PTSD. This acceptance by the FDA could reflect possible approval of MDMA as a prescription drug.

Phase 3 trials will begin soon, enrolling a larger pool of participants. Money must be raised to conduct the study, which is expected to cost \$25 million, and candidates must be selected.

If the Phase 3 studies prove MDMA to be both safe and effective, we could see FDA approval by 2021.



## The Legacy Newsletter

Each month we will gather information about what is new at the VA. Our desire is to inspire, encourage, and inform so you, our readers, can use this information to positively impact your own lives.

If you know of an upcoming event impacting Veterans or Active Duty Military families or an inspiring story we could share, please email me at <mailto:wendy.leonard@legacybeyondvalor.net>.

I look forward to hearing from you.

*Wendy Leonard*

Director of Communications