

Student Resources (MASC)

Off-Campus Resources

- Home Base Iowa/IowaWORKS
 - If you're a Veteran, transitioning service member, or a military spouse, the portal is your gateway to Iowa's largest job bank as well as training and workshop resources to improve job-hunting skills.
 - <https://iowaworksforveterans.gov/>
- The Puppy Jake Foundation
 - Puppy Jake Foundation is dedicated to helping military veterans through the assistance of well bred, socialized and professionally trained service dogs.
 - <https://www.puppyjakefoundation.org/>
- Veterans Affairs—Story County
 - Story County Veterans Affairs is dedicated to ensuring that Story County Veterans and their dependents receive the full measure of county, state, and federal benefits to which they are entitled. For our newest Veterans, we are committed to helping you make a successful reintegration into civilian life and community.
 - Includes an extensive list of VA Benefits, Employment Opportunities, and local events (including honor flights)
 - <https://www.storycountyiowa.gov/114/Veterans-Affairs>
- Military OneSource
 - Military OneSource from the Department of Defense is your 24/7 gateway to trusted information, resources and confidential help. When MilLife happens, it's your "first line of support" — giving service members and military families tools to stay well and thrive.
 - <https://www.militaryonesource.mil/>
- Des Moines Vet Center
 - Offers confidential counseling help for Veterans, service members, and their families at no cost in a non-medical setting. Services include counseling for needs such as depression, posttraumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). Can also connect you with more support in VA and your community.
 - <https://www.va.gov/des-moines-vet-center/>
- Mike Brown, Clinical Social Worker: visits MASC 2x/month to meet with student veterans

Food Pantries & Resource Rooms in Ames (On-and-Off-Campus)

- The SHOP (ISU Campus)
 - The SHOP is a food pantry for Iowa State students. Our mission is to engage with anti-hunger advocates and serve the student population by increasing hunger awareness and food security. The SHOP is run by student volunteers and the food is obtained through donations. This service is completely confidential.
 - <https://www.stuorg.iastate.edu/shop-foodpantry-2011>
 - Location: 1306 Beyer Hall
- Sloss House Resource Room (ISU Campus)
 - Dry goods food pantry in partnership with The SHOP
 - Personal care items such as menstrual products, clothing, toiletries, shapewear and undergarments
 - Resources for student parents such as diapers, wipes, baby food, and children's books
 - Spices and food items from a variety of cultural cuisines
 - Free lending library of non-fiction, fiction, and donated course books
 - Location: First floor of the Sloss House
- Bethesda Community Food Pantry
 - The Bethesda Community Food Pantry (serving the Story County area since 1983) demonstrates Jesus' love for others by providing supplemental food to all who ask. The Food Pantry is open to guests/families with only a photo ID required to register (also has a clothing closet)
 - <https://bethesdaames.org/assistance/food-pantry/>
- Food at First
 - Food At First is a local non-profit organization consisting of a daily Free Meal program and perishable food distribution known to the community as the Food at First Free Market. FAF is dedicated to providing meals to anyone who is struggling with hunger and food insecurity, no questions asked.
 - <https://foodatfirst.com/>
- Salvation Army of Ames
 - The Salvation Army serves Ames and Story County through various programs, including a food pantry, spiritual development, representative payee and other social services, and more. We look carefully to see the physical, emotional and spiritual needs in the community and offer solutions to those looking for help.
- Mid Iowa Community Action
 - MICA helps families experiencing poverty meet their needs, build on their strengths, and achieve their goals.
 - <https://micaonline.org/about/our-mission/>

Community Activities

- American Legion Post 37
 - Great way to get involved with local Veterans!
 - Hosts Military funeral services, Veterans & Memorial Day Speakers, and a Christmas Dinner for Veterans Families
 - Community Service: Fifth Grade Flag Essay Contest, 225 Academic Awards to local Ames students, Free Medical Equipment Loan Closet
 - Social Activities: Legion Family Golf Outing, Over 20 dinner & entertainment events, Sunday brunch, Superbowl parties
 - <https://ameslegionpost37.com/>
- Fallen Outdoors
 - A way to connect with Veterans in the outdoors through hunting & fishing
 - The Fallen Outdoors mission is to organize outdoor adventures for veterans past and present, from every generation and from all branches of the military. Our aim is to connect Soldiers, Airmen, Sailors, and Marines with like-minded individuals along with teaching them a skill and passion they can continue for a lifetime.
 - <https://thefallenoutdoors.org/>
- Ames Patriotic Council
 - Host Memorial Day events including a parade and program
 - <http://www.amespatrioticcouncil.org/>

Supports & Services for Veterans Seeking Employment

- IowaWorks
 - HBI Career Planners can provide one-on-one concierge services, connect you with the best resources available, and advocate for you in finding your next job.
 - After registering and building a resume in IowaWORKS.gov –the state’s largest jobs bank – you’ll be able to easily search and apply for jobs while leveraging a wide range of resources and support. You’ll also be able to take advantage of HBI’s special relationship with Home Base Iowa Businesses, a network of over 2,000 committed companies who are among top performing employers for Veterans and their spouses.
 - Also Hosts Hiring Events
 - <https://iowaworksforveterans.gov/vosnet/default.aspx> (Under Job Seeker Tabs)
- Home Base Iowa
 - Home Base Iowa (HBI) is Iowa's premier program for Veterans, transitioning service members and their spouses. We welcome Veterans and their families looking for strong communities and meaningful employment.

- Our team of HBI Career Planners are located throughout the state and are integrated into our IowaWORKS – American Job Center network. HBI Career Planners provide individualized career services to Veterans, transitioning service members and spouses including resume assistance, interviewing skills, and connections to training and employment opportunities.
- <https://iowaworksveterans.gov/vosnet/default.aspx> (Home Base Iowa Tab)
- Collins Aerospace
 - Love working with and hiring military engineering students
 - At Collins Aerospace, we’re working side-by-side with our customers and partners to dream, design and deliver solutions that redefine the future of our industry. By reaching across the markets we serve and drawing on our vast portfolio of expertise, we are making the most powerful concepts in aerospace a reality every day. Explore all the ways we’re redefining aerospace with one of the deepest capability sets and broadest perspectives in the industry.
 - <https://www.collinsaerospace.com/>
- Veteran Career Planner
 - Veteran Career Planners (VCPs) are located in most IowaWORKS Centers across the state. VCPs work directly with eligible veterans and other eligible persons by providing individualized career services to prepare for and secure suitable employment.
- Hilton Honors Military Program
 - NASWA’s partnership with Hilton™ is making the career transition easier for current and former military members and their families. The Hilton Honors™ Military Program provides up to 100,000 hotel points to eligible Transitioning Service Members, Veterans, Military Spouses, and other eligible persons to support needed travel for verifiable employment-related activities, such as a job search, training for a new job, or finding housing.
 - <https://www.naswa.org/partnerships/hilton-honors>

Financial Aid & Scholarship Opportunities for Student Veterans

- Yellow Ribbon Program
 - The Yellow Ribbon Program can help you pay for higher out-of-state, private school, foreign school, or graduate school tuition and fees that the Post-9/11 GI Bill doesn’t cover.
 - Check website for eligibility requirements: <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/yellow-ribbon-program/>
- ISU OneApp—by major
 - With Iowa State University’s OneApp scholarship portal, students can submit scholarship applications in one system. The Office of Student Financial Aid,

academic colleges and departments, and other campus units (ex: Student Affairs Central Office, Program for Women in Science and Engineering, Student Accessibility Services, etc.) will use the information available in OneApp to select scholarship recipients.

- OneApp will open September 15, 2023. Deadlines will vary depending upon the scholarship or opportunity, so we encourage students to log in to OneApp early and often to ensure deadlines are met.
- <https://financialaid.iastate.edu/scholarships/>
- Survivors' & Dependents' Education Assistance (DEA—Ch. 35) Program
 - If you're the child or spouse of a Veteran or service member who has died, is captured or missing, or has disabilities, you may be able to get help paying for school or job training through the DEA program—also called Chapter 35.
 - Check website for eligibility requirements: <https://www.va.gov/education/survivor-dependent-benefits/dependents-education-assistance/#:~:text=If%20you're%20the%20child,program%E2%80%94also%20called%20Chapter%2035.>
- Federal Supplemental Educational Opportunity Grants
 - The FSEOG program is administered directly by the financial aid office at each participating school.
 - To get an FSEOG, you must fill out the Free Application for Federal Student Aid (FAFSA®) form so your college can determine how much financial need you have. The financial aid office will award FSEOGs to students that have the most financial need. The FSEOG does not need to be repaid, except under certain circumstances
 - You can receive between \$100 and \$4,000 a year, depending on your financial need, when you apply, the amount of other aid you get, and the availability of funds at your school.
 - <https://studentaid.gov/understand-aid/types/grants/fseog>
- Teacher Education Assistance for College & Higher Education Grants (TEACH)
 - A Teacher Education Assistance for College and Higher Education (TEACH) Grant is different from other federal student grants because it requires you agree to complete a teaching service obligation as a condition for receiving the grant, and if you don't complete the service obligation, the TEACH Grant will be converted to a loan that you must repay, with interest.
 - Check website for eligibility requirements: <https://studentaid.gov/understand-aid/types/grants/teach>
- SALUTE National Honor Society (must be a member to apply for scholarships)
 - The purpose of the SALUTE National Scholarship Program is to provide financial assistance to veterans, or active service members, who are pursuing undergraduate, graduate and alternative certification at accredited institutions.

The selection process focuses on Service, Academics, Leadership, Unity, Tribute, and Excellence.

- The scholarship monies are inclusive of educational expenses, and if an applicant receives federal aid, their award package from the institution may be adjusted for the spring term.
- <https://salute.colostate.edu/scholarships/>
- Scholarships.com—search for scholarships by type and choose veteran scholarships
- BestColleges.com—general scholarships

Physical & Mental Health Services

- Thielen Student Health Center
 - Thielen Student Health Center is a full-service medical clinic in Ames, Iowa, staffed with physicians, advanced registered nurse practitioners and nurses. Our team is available to care for the Iowa State University students' primary health care needs.
 - With a state-of-the-art laboratory and digital x-ray right here in the clinic, we're able to treat a variety of illness and injury right here on campus. In addition, we have a physical therapy department right upstairs and a pharmacy as you walk out the door.
 - FREE to students!
 - <https://health.iastate.edu/services/>
- ISU Student Counseling Services
 - SCS provides clinical and campus-based services to help students achieve their educational and personal goals. SCS supports the holistic well-being of every Iowa State student and promotes a healthy and inclusive community through clinical services, outreach, consultation, crisis intervention and collaboration with campus partners.
 - To get started with counseling or other SCS services, please call 515-294-5056 during SCS business hours to schedule an initial appointment. Prior to the initial appointment you will complete paperwork. During the initial appointment you will meet briefly with a counselor to get connected to the services that best meet your needs.
 - FREE to students!
 - <https://www.counseling.iastate.edu/services/getting-started/>
- ISU Collegiate Recovery Community
 - Collegiate Recovery Community is a peer support-based community to provide and connect folks in recovery or seeking recovery from chemical and/or behavioral addiction (such as substance use, gambling, gaming, and more) to the necessary services, resources, and opportunities to help them thrive at ISU.

- FREE to students!
- <https://www.studentwellness.iastate.edu/collegiate-recovery-community/>
- Des Moines VA Medical Center
 - Our main campus provides specialty health services, including cancer care (hematology and oncology), diabetes care, mental health care, treatment for spinal cord injuries and disorders, suicide prevention, and more. Below, you'll find our address and hours, parking and transportation information, and the other health services we offer at Des Moines VA Medical Center.
 - 1211 East Army Post Road, Des Moines, Iowa
 - Open 24/7 Phone: 515-699-5999
 - <https://www.va.gov/central-iowa-health-care/locations/des-moines-va-medical-center/#location-and-----contac>
- Des Moines VA Clinic
 - Mission is to support Veterans who are experiencing homelessness, or who are at risk of homelessness, or serious mental illness by promoting physical and mental health, assisting in securing and maintaining housing, employment and by working with Veterans to achieve increased community integration.
 - 1223 Center Street, Community Resource & Referral Center (CRRC), Suite 17, Des Moines, IA
 - Open 7:30 a.m. to 4:30 p.m. on weekdays Phone: 515-699-5637
 - <https://www.va.gov/central-iowa-health-care/locations/des-moines-va-clinic/>
- 5th Street Mental Health Professionals
 - 5th Street Mental Health Professionals is a gathering of solo practitioners for all of your mental health needs.
 - They offer adult psychiatric services as well as individual, couple, and family therapy.
 - <https://5thstreetmhp.com/>
- Ames Psychological Wellness Center
 - “We are a team of licensed psychologists serving Ames, Iowa and surrounding communities. We understand that life can be very challenging and take unexpected turns. It takes a lot of courage to be vulnerable and explore your struggles with others. We strongly believe in the importance of offering a safe, nonjudgmental, and inviting space. We would love the opportunity to walk beside you on your journey towards growth and healing.”
 - Includes individual & and couples therapy as well as psychological assessments
 - <https://ameswellnesscenter.com/>
- Ames Counseling and Psychological Services
 - Ames Counseling and Psychological Services is a group of experienced professional mental health providers working together to serve central Iowa. We provide therapy for individuals, couples, and families. We conduct psychological

evaluations for a variety of concerns including ADHD, Depression, Anxiety, Learning Problems, Behavioral Problems, General Cognitive and Memory Problems. We help identify strengths and make specific recommendations to clients, families, schools, and employers to help our clients live healthy, happy, and successful lives. Regardless of the presenting concern, we strive to understand and support you as you work to feel better about your life.

- <https://www.amespsych.com/>
- Mary Greeley Medical Center
 - Mary Greeley Medical Center is a 220-bed hospital providing high quality, cost effective health care services that advance the health of central Iowans.
 - Includes both mental health & physical health services. Students can request an appointment to see a physician on their website/
 - <https://www.mgmc.org/>