



10th Annual

VETERANS SUMMIT

Northern Vermont University

JUNE 3, 2022 | 8 a.m. – 4 p.m.

Northern Vermont University | Lyndonville, VT



Northern Vermont University Veterans Association
NorthernVermont.edu



WELCOME

Dear Friends and Veterans,

Welcome to the 10th Annual Veterans Summit at Northern Vermont University's beautiful Lyndon campus. It is hard to believe that 10 years have come and gone since the first Summit back in 2012. It's been a wonderful journey and words cannot describe my immense gratitude to everyone who has attended and supported this event over the past decade.

Great things happen at the Summit because veterans, their family members, and stakeholders get together to share valuable information and to support one another. The exhibitors provide a wide array of services and resources. The speakers and presenters bring fresh insights, expertise, and inspiration. There is something of value for everyone.

- For veterans and their families, the Summit is about accessing critical benefit and health care resources from the VA and other service providers.
- For veterans experiencing homelessness or housing insecurity, the VA Stand Down and organizations that provide housing assistance are here to help you find solutions.
- For veterans and family members seeking comradery and service opportunities, the VFW, the American Legion, and many other organizations welcome your membership.
- For veterans seeking employment, the Vermont Veterans Career Services Network can help. Please visit their respective booths and schedule a one-on-one meeting.
- For all attendees, the Summit is a great place to meet old friends, make new friends, and learn about all of the resources and opportunities available to veterans.

On behalf of Northern Vermont University, I would like to thank the Vermont Office of Veterans Affairs for their support through the Vermont Veterans Fund. I would also like to thank all of our sponsors and contributors. The Summit would not be possible without your generous support. Lastly, the exhibitors are the very heart of the Summit. Their presence makes the summit worth attending. Thank you! And, to all the veterans, the Summit is for you. Thank you for attending.

SAVE THE DATE: 11TH Annual Veterans Summit, June 14, 2023 at Northern Vermont University, Lyndonville, Vermont.

Please take advantage of all of the resources available, network, meet new friends, and enjoy the day.

Best regards,



Thom Anderson (USMC '81 to '85)
Associate Dean of Academic Programs
Northern Vermont University-Lyndon
Thomas.Anderson@NorthernVermont.edu

AGENDA

10th Annual Veterans Summit: Friday, June 3, 2022 at Northern Vermont University-Lyndon

7 - 8 a.m.	Exhibitor Setup (Location: Stannard Gym)	
7:30 - 8:50 a.m..	Summit Check-in and Information Table (Location: ATT Foyer) Exhibitor Booths: OPEN (Location: Stannard Gym) Breakfast (Location: Stannard Gym)	
9 - 9:05 a.m.	Presentation of the Colors (The Spaulding JROTC Color Guard) and the National Anthem (Autumn Chamberlain) (Location: ATT Theater)	
9:05 - 9:10 a.m.	Welcome Remarks: Jon Turner, Master of Ceremonies	
9:10 - 9:20 a.m.	Vermont State Colleges Welcome Address: Sophie Zdatny, Chancellor, Vermont State Colleges	
9:20 - 9:30 a.m.	Northern Vermont University Welcome Address: John Mills, President, Northern Vermont University	
9:30 - 10 a.m.	Summit Address: Steve Gagner, Founder of 14th Star Brewery	
10 - 10:40 a.m.	Special Address: Brett Rusch, MD, Chief of Staff, WRJ VA Medical Center	
10:40 - 10:50 a.m.	Guest Veteran: Misha Pemble-Belkin, Army Paratrooper-Retired	
10:50 - 11:30 a.m.	Keynote Address: Sebastian Junger, Award-Winning Author	
11:30 a.m. - 12 p.m.	Book Signing: Sebastian Junger, Award-Winning Author	
Lunch 11:30 a.m. - 1 p.m.	Lunch by voucher at the Stearns Dining Hall. Vouchers included with nametag.	OPEN: Exhibitor Booths and VA Stand Down in the Stannard Gym
Employment Opportunities for Veterans — <i>Vermont Veterans Employment Network</i>		
Please visit the Vermont Department of Labor booth and the ESGR (Employer Support of the Guard and Reserve) booth, both located in the Stannard Gym. Information, resources, and private one-on-one meetings are available to veterans looking for employment during the event.		
1 - 1:50 p.m.	Breakout Sessions (round 1) <ul style="list-style-type: none"> Your Brain and Pain: Improving Treatment for TBI and PTSD, Room T202 Chair Yoga, Room LAC 342 Reserve/National Guard Transition Assistance, Room LAC 343 	
2 - 3 p.m.	Breakout Sessions (round 2) <ul style="list-style-type: none"> Building Your Team: Finding the Right Care for Your Health Goals, Room T202 No Veteran Should be Without a Place to Call Home, Room LAC 343 	
Ongoing 8 a.m. - 3 p.m.	Veteran Service Organizations and Exhibitors. Veteran service organization booths will be on hand throughout the day to provide key information and resources important to the veteran community, including a "Stand Down" hosted by the VA. Exhibitor Booths and the VA Stand Down are located in the Stannard Gym.	
3 - 5 p.m.	Summit After-Party (Burke Mountain Room-LAC 400) <ul style="list-style-type: none"> Cash Bar Beer Tasting by 14th Star Brewing Company Entertainment <ul style="list-style-type: none"> Marlon (Big Fish) Fisher, Comedian Michaela Stone, Comedian 	



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BREAKOUT SESSIONS ROUND 1: 1-1:50 P.M.

Your Brain and Pain: Improving Treatment for TBI and PTS

Dr. Sarah Paquette — Location: Room T202

Join Dr. Sarah Paquette as she discusses the relationship between chronic pain, TBI, and PTSD. By providing a basic understanding of neurology, Dr. Paquette gives people the context to understand what is happening in the brain and body, and why we must change the way we treat it. Attendees will leave with an understanding of how to treat post-concussive syndrome at home, and the information needed to be able to talk with their providers about their treatment plans and ways to better support their function, health, and healing.

Chair Yoga

Veterans Yoga Project — Location: Room LAC 342

Join Veterans Yoga Project for a Mindful Movement class. In this practice, we will be using chairs as support and a way for you to incorporate some yoga into your day. We will incorporate the five tools of mindful resilience: movement, breathing, meditation, guided rest, and gratitude.

Reserve/National Guard Transition Assistance

Allston "Joe" Gilmond, Transition Assistance Advisor — Location: LAC 343

BREAKOUT SESSIONS ROUND 2: 2-3 P.M.

Building Your Team: Finding the Right Care for Your Health Goals

Dr. Sarah Paquette — Location: Room T202

We all know how important it is to have the right tool for the job, but when it comes to choosing the right care for your pain, it's sometimes hard to know what you need. In this workshop-style discussion, Dr. Sarah Paquette will introduce complementary medicine and home care options for chronic pain and post-concussive syndrome, and help Veterans understand what the best care is based on their symptoms and goals. We will also cover how to screen a provider, and discuss what we can do at home to improve our own health and wellbeing.

No Veteran Should be Without a Place to Call Home

The VA Homeless Services Program, Veterans who have experienced homelessness — Location: Room LAC 343

The VA National Homeless Services Program recently issued a challenge to permanently house 38,000 Veterans experiencing homelessness. This challenge is a collaboration with programs including Supportive Services for Veterans and Families, Grant and Per Diem, and Veterans Affairs Supportive Housing. The goal to end Veterans homelessness is not new, but again highlights the efforts and policies to ensure that homelessness is a rare, brief, and one-time occurrence. Join us for an interactive panel discussion and a presentation on programs available to Veterans experiencing or at risk of becoming homeless. Hear and discuss the strengths, challenges, and opportunities to best support Veterans experiencing homelessness.



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SPEAKER BIOS



Sebastian Junger is the best-selling author of *War*, about American soldiers in Afghanistan's infamous Korengal Valley, as well as *Tribe*, about their struggles adjusting to life back home. His documentary *Restrepo* - which he shot, directed and produced with photojournalist Tim Hetherington - won the Grand Jury Prize at the 2010 Sundance Film Festival and was nominated for an Oscar the following year. Junger remains committed to helping veterans and is the originator of Vets Town Halls. At a Vets Town Hall, veterans of any era who served in any capacity have the right to stand before their community and speak for up to ten minutes about what it was like to serve their country. These events are non-political, and all perspectives are valued. His most recent book is *Freedom*.

Jon Turner served with the U.S. Marines from 2003-2007 as an infantryman, deploying to Haiti on a humanitarian mission and twice to Iraq in Fallujah and Ramadi. Since getting out of the service, he has worked with various communities in the United States to assist with the veteran reintegration process through agriculture and outdoor recreation. This past year, he helped launch the 22 Peaks Challenge, a fundraiser to support veteran organizations actively working to prevent veteran suicide. Jon currently operates Wild Roots Community Farm in Bristol, a 10-acre operation dedicated to community resilience through food systems education and wilderness living skills. For more information, please visit www.wildrootsfarmvermont.com



Misha Pemble-Belkin served nine years as an Army Paratrooper from 2006 through 2015. He successfully completed two combat tours to the Kunar Province of Afghanistan with a total of 27 months spent in country. On his second tour he was injured and required a medical retirement from the service in 2015. Misha Pemble-Belkin became a participant of Vermont Adaptive Veteran Venture Program during the winter of 2015-2016. He then interned with Vermont Adaptive during the winter and summer of 2017, and then began a VA Work Study that fall. Misha graduated with a degree in S.T.E.M. Studies from the Community College of Vermont in 2017, and now runs Vermont Adaptive Ski and Sports Veteran Ventures.

Steven Gagner is the co-founder of 14th Star Brewing Company, located in St. Albans, Vermont. He developed the idea for the community service-centric brewery while deployed to Afghanistan in 2010 and founded the brewery in 2012. In the last 10 years, the brewery has grown to distribute in nine US states and has won several awards for both the world-class quality of its beer as well as its unparalleled philanthropy. Personally, Steve was named the 2019 Small Business Administration's Business Person of the Year, the Army Times' 2018 Entrepreneur of the Year, and was a 2014 *Vermont Business Magazine* Rising Star (40-under-40). He is still serving in the Army and is currently a student at the United States Army War College. He lives in St. Albans, Vermont with his wife and two children.





Brett Rusch, MD, was appointed Executive Director for the White River Junction VA Medical Center and its seven Community-Based Outpatient Clinics on April 28, 2019. He is a practicing psychiatrist and mental health expert, and has been providing care to Veterans throughout his medical career. Additionally, Dr. Rusch is active as an Assistant Professor of Psychiatry at Dartmouth's Geisel School of Medicine, and as White River Junction's Executive Director he represents VA as an ex-officio member of Geisel's Board of Advisors.

Dr. Rusch received a bachelor's degree in Psychology from the University of Wisconsin and completed his medical degree and a psychiatry residency at the University of Wisconsin School of Medicine and Public Health (UWSMPH).

Dr. Rusch originally joined the White River Junction VA in 2015 as the Chief of Mental Health and Behavioral Science Services. He then served as Chief of Staff from December 2016 through April 2019. Prior to joining the White River Junction team, Dr. Rusch served as Director of Inpatient and Intensive Outpatient Mental Health Services at the William S. Middleton Memorial Veterans Hospital in Madison, WI. During his tenure at the Madison VA Hospital, he was on the faculty at the UWSMPH, where he received the Department of Psychiatry's Award for Excellence in Resident Education for the three consecutive academic years bridging 2012-2015.

Sophie Zdatny — After five and a half years with the law firm Dinse, Knapp & McAndrew in Burlington, Vermont, where she represented a number of higher education clients, Sophie joined the Vermont State Colleges first as Associate General Counsel in August 2014 and then as General Counsel, effective January 1, 2017. She previously practiced employment law with Allan Karlin & Associates in Morgantown, West Virginia, following a two-year federal clerkship with Judge Irene Keeley of the Northern District of West Virginia, and two years with Kay, Casto & Chaney, PLLC. She also taught appellate advocacy and served as an adjunct professor in the Immigration Law Clinic at West Virginia University's College of Law. Sophie lives in Essex Junction, Vermont with her husband. She has two children, a daughter in Newton, Massachusetts, and a son in London, England.



NVU Interim President John W. Mills served as president of Paul Smith's College in New York for ten years and three years at Mount Aloysius College in Pennsylvania. He also served as Provost at both institutions. Dr. Mills has a B.S. in Zoology from the University of Rhode Island and a Ph.D. in Biology from Brown University. He has also been a faculty member at MIT, Harvard Medical School, Dartmouth Medical School, and Clarkson University. Additionally, Dr. Mills has a robust background in civic engagement, including over a decade of service on the Saranac Lake Area Chamber of Commerce Board of Directors, where he also served two years as President, seven years on the Board of Directors of the Adirondack Economic Development Corporation, two years on the Executive Roundtable of the Blair County Chamber of Commerce, and two years on the Board of Directors of the Cambria County Chamber of Commerce.



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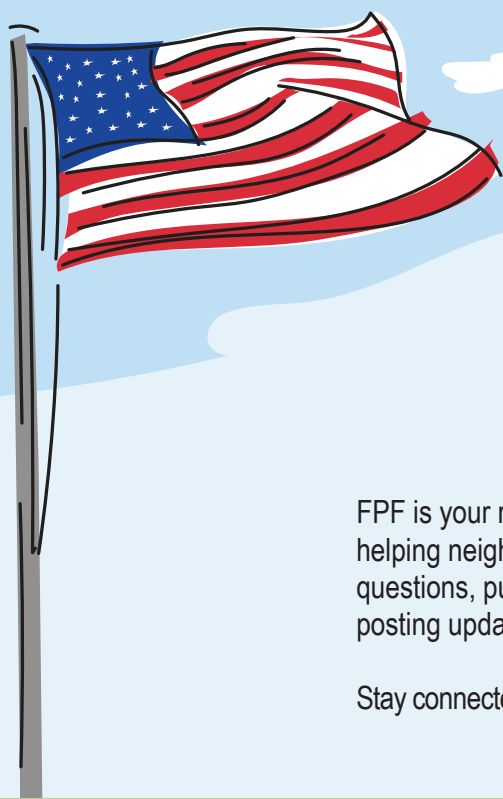
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-  Accessible parking spaces
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- For more detailed information about accessibility on the Lyndon campus, please contact Academic Support at 802.626.6210, academicsupport@NorthernVermont.edu, or NVU Public Safety at 802.626.6452, NorthernVermont.edu/lyndonSafety.



Campus Interior

LYNDON CAMPUS






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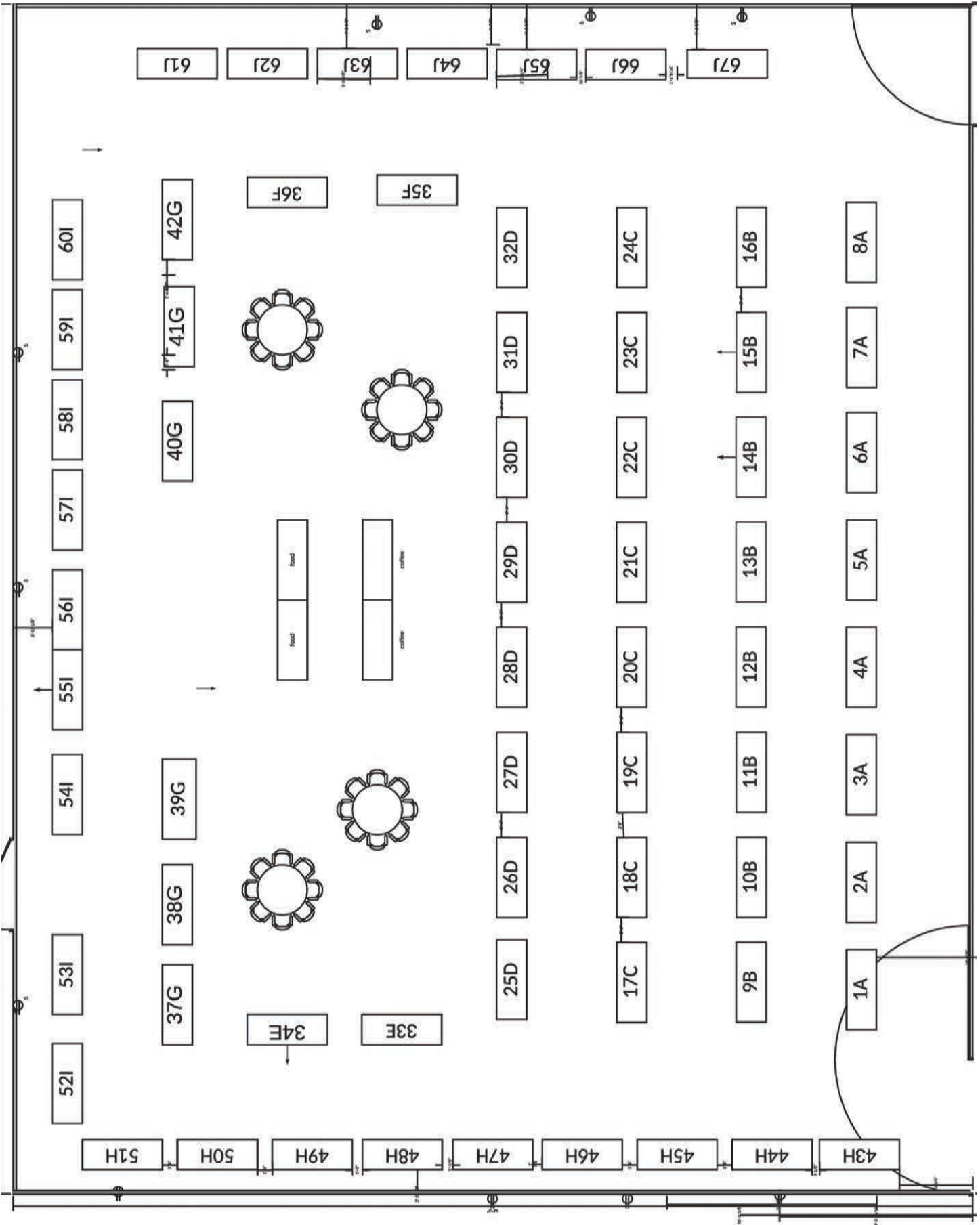
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EXHIBITOR LIST

Table #	Organization Name
1A	Green Mountain Books and Prints
2A	Vermont Vets Town Halls
3A	Casella
4A	UVM Medical
5A	Project New Hope Inc.
6A	Northern Vermont University
7A	VSAC
8A	Therapy Dogs of Vermont
9B	Paul Smith's College
10B	Doc Black Gaming
11B	Front Porch Forum
12B	NVRH
13B	Community Restorative Justice Center, Inc.
14B	Small Business Administration
15B	Vermont Foodbank
16B	Zen Valley CBD
17C	Vermont Adaptive Ski & Sports Veterans Ventures
18C	Community College of Vermont
19C	Center for Women & Enterprise
20C	Vets of Hope- Vermont Mighty Oaks Outpost
21C	Sterling College
22C	Vermont Veterans Home
23C	Department of Housing and Urban Development
24C	RuralEdge
25D	Will Miller Green Mountain Veterans for Peace, Chapter 57, Inc.
26D	Rural Community Transportation, Inc.
27D	Veterans Yoga Project
28D	Veteran's Inc.
29D	Vermont Department of Corrections
30D	Support Services for Veteran Families at UVM
31D	Team Rubicon
32D	Springfield College

Table #	Organization Name
33E	Vermont Office of Veterans Affairs
34E	Vermont Department of Labor JVSG
35F	Josh Pallotta Fund, Inc.
36F	Martin's Point Health Care
37G	South Burlington Vet Center
38G	Veterans' Assistance Office
39G	Berlin Vet Center
40G	Northern Counties Health Care & Northern Express Care
41H	WheelPad
42H	Veteran Directed Care Program
43H	National Alliance on Mental Illness of Vermont, Inc.
44H	United Way of Lamoille County
45H	Vermont ESGR
46H	NEK Council on Aging
47H	USS Vermont Support Group Inc
48H	Donald G. Cook Detachment of the Marine Corps League
49H	VTNG Family Programs
50H	Hireability Vermont
51H	Fowler's R&R Ranch, Inc
52H	Veterans2Veterans Group Ltd.
53H	Vt. Procurement Technical Assistance Center
54H	WRJ Vet Center/Mobile Vet Center
55H	White River Junction VAMC
56, 57, 58, 59, 60H	Homeless Services and Stand Down
61J	Adaptive Sports Partners of the North Country
62J	American Legion Auxiliary Unit 30
63J	Saint John de Crevecoeur chapter, NSDAR
64-65J	WARRIORS SOAR
66J	
67J	Project Healing Waters
Outside	Jazz Legend Racing

EXHIBITOR MAP



10TH ANNUAL VETERANS SUMMIT SPONSOR LIST

The Veterans Summit is made possible through a grant by the Vermont Veterans Fund, the generosity of our contributors, and our sponsors.

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