

For the best possible care call, the Medical Center (757) 722-9961 Ext. 4426 or 4427 or ask for the Transition and Care Management Program

Toll Free: 1-866-544-9961

For Department of Veterans Affairs online information:

www.va.gov
www.oefoif.va.gov
www.myhealthyvet.gov

Additional Information about benefits and assistance:

VHA Health Care
1-877-222-VETS (8387)

VA Benefits
1-800-827-1000

Suicide Prevention
1-800-273-TALK (8255)



**Information/referral about Veterans
Employment assistance, Post 9-11/GI**

Bill & Voc. Rehab Centers -

Norfolk : 757-858-6155

Hampton: 757-441-3783

Vet Centers:

Norfolk: 757-623-7584

Virginia Beach: 757-248-3665

**Hampton VA Medical Center Transition
and Care Management Program
Manager**

Julia Allaman, MSN, PMHCNS

julia.allaman@va.gov

Hampton VA Medical Center

100 Emancipation Drive

Hampton, VA 23667

Transition and Care Management Program



Serving Post-9/11
Veterans who served since
Nov. 11, 1998 to present



Ensuring a Seamless Transition

We are honored to serve veterans and service members who have recently returned from serving our country. Returning home from deployment brings change. Knowing what to expect and how to deal with changes can make homecoming more enjoyable and less stressful.

We are committed to helping make each service member's transition from active duty military status to civilian life as smooth and seamless as possible.

The VA provides combat veterans free health care for conditions potentially related to their combat service for up to five years following separation from active duty. At the end of the five year period, veterans will retain enrollment eligibility.

Co-pay status will be determined based on individual circumstances.

Services Available

- Primary and specialty Medical Care
- Traumatic Brain Injury screening/referral
- Readjustment and Transition Programs
- Post Deployment Mental Health Services
- Women Health Veteran Programs
- Recreational Therapeutic Sports Events
- Coordination of Care by Transition Care

Management Nurse/Social Work Case Managers who assist with the following resource information and referrals:

- Disability Benefits
- VA Health Care Eligibility Education
- Military Sexual Trauma Referral
- Referrals for substance abuse treatment
- Referral for individual and family Counseling
- Referral for Homeless/Housing Assistance
- Caregiver Support

Management Team

Bldg. 14

***(757) 722-9961**

Julia Allaman, MSN,PMHCNS, BC, Program Manager *Ext. 2809

Noel P. Craig, LMSW, Case Manager *Ext. 1563

Devon A. Rene, LMSW, Case Manager *Ext. 3361

Mary Jane Lyon, RN, MSN, BSN, BA, Case Manager *Ext 2616

Ingrid Bornia, LCSW, Case Manager *Ext 3726

Nurse Ross, MSN/Ed, RN-BC *Ext 4413

Diane Alvis, Patient Advocate *Ext 1465

Merlon Blizzard, Program Support Assistant *Ext. 3727

Medical Support /Front Desk 4426/4427

