



**DEFENSE CENTERS OF EXCELLENCE**

For Psychological Health & Traumatic Brain Injury



# Outreach and Prevention Staff Focus Guide

## Building Bridges: Supporting the Psychological Health and Traumatic Brain Injury Needs of Military and Veteran Families

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# Report Documentation Page

*Form Approved*  
*OMB No. 0704-0188*

Public reporting burden for the collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to a penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number.

1. REPORT DATE <b>2010</b>		2. REPORT TYPE		3. DATES COVERED <b>00-00-2010 to 00-00-2010</b>	
4. TITLE AND SUBTITLE <b>Outreach and Prevention Staff Focus Guide Building Bridges: Supporting the Psychological Health and Traumatic Brain Injury Needs of Military and Veteran Families</b>				5a. CONTRACT NUMBER	
				5b. GRANT NUMBER	
				5c. PROGRAM ELEMENT NUMBER	
6. AUTHOR(S)				5d. PROJECT NUMBER	
				5e. TASK NUMBER	
				5f. WORK UNIT NUMBER	
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) <b>Defense Centers of Excellence for Psychological Health and Traumatic Brain Injur,(DCoE),2345 Crystal Drive, Crystal Park 4, Suite 120,Arlington,VA,22202</b>				8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)				10. SPONSOR/MONITOR'S ACRONYM(S)	
				11. SPONSOR/MONITOR'S REPORT NUMBER(S)	
12. DISTRIBUTION/AVAILABILITY STATEMENT <b>Approved for public release; distribution unlimited</b>					
13. SUPPLEMENTARY NOTES					
14. ABSTRACT					
15. SUBJECT TERMS					
16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT <b>Same as Report (SAR)</b>	18. NUMBER OF PAGES <b>82</b>	19a. NAME OF RESPONSIBLE PERSON
a. REPORT <b>unclassified</b>	b. ABSTRACT <b>unclassified</b>	c. THIS PAGE <b>unclassified</b>			

## What is the Building Bridges to Support the Psychological Health (PH) and Traumatic Brain Injury (TBI) Needs of Military and Veteran Families Collaborative Group?

“Building Bridges” is a multi-agency, multi-disciplinary collaborative group whose purpose is to support the PH and TBI needs of military and veteran families by:

- Building community partnerships and networks (e.g. meetings, LISTSERVS, VTCs)
- Enhancing community capacity (especially in National Guard and Reserve communities)
- Developing tools and resources designed to support families.(e.g. focus guides, toolkits, information sheets)

“Building Bridges” is facilitated by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE), but all group members are actively engaged and are essential to making these projects a success. Members include representatives from:

- DoD Agencies, Services, Reserve and National Guard
- Departments of Veterans Affairs, Health and Human Services, and other federal partners
- Non-profit organizations and veterans groups
- Academic institutions
- Family members

## What is the Purpose of the Outreach and Prevention Staff Focus Guide?

This Guide is designed to assist all those involved in outreach and prevention efforts with their work in promoting healthy military and veteran families. The guide pulls together relevant resources and organizes them into what we hope is a user-friendly format for quick reference.

If you would like to make a suggestion for this Focus Guide or wish to join the Building Bridges email listserv for monthly updates, please send an email to: <mailto:BuildingBridges@tma.osd.mil>.

If you need help with information or resources on psychological health or traumatic brain injury, please contact our Outreach Center at 866-966-1020 toll-free or send an e-mail inquiry to <mailto:Resources@DCoEO Outreach.org>.

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# I. SUPPORT FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES

## A. DoD AND VA WEBSITES THAT SUPPORT MILITARY AND VETERAN FAMILIES

### Defense Centers of Excellence for Psychological Health (DCoE) and Traumatic Brain Injury (TBI)

[DCoE](#) was created in November 2007, in order to provide more comprehensive support to Service members and families on the topics of psychological health and traumatic brain injury. It currently has a complement of staff representing all branches of service and the civilian community. Under the leadership of Army Brig. Gen. Loree K. Sutton, MD, DCoE is the “open front door” of the Department of Defense for warriors and their families needing help with PH and TBI issues, promoting the resilience, recovery and reintegration of warriors and their families.

DCoE partners with the Department of Defense, the Department of Veterans Affairs and a national network of military and civilian agencies, community leaders, advocacy groups, clinical experts, and academic institutions to establish PH and TBI best practices and quality standards for maintenance of health and growth. DCoE’s work is carried out across these major areas: clinical care; education and training; prevention; research; and patient, family and community outreach.

In addition, DCoE is working to tear down the stigma that still deters some service members from seeking treatment for problems such as post-traumatic stress disorder and TBI. One program designed to accomplish this is the [Real Warriors](#) campaign, with the theme of: “Real Warriors, Real Battles, Real Strength.”



**Structure:** DCoE brings together eight directorates and six component centers. Their joint goal is to maximize opportunities for warriors and families to thrive through a collaborative global network to promote resilience, recovery and reintegration for PH and TBI.

**DCoE Directorates:** The eight DCoE Directorates are: Resilience & Prevention; Traumatic Brain Injury Clinical Standards of Care; Psychological Health Clinical Standards of Care; Training & Education; Research & Program Evaluation; Clearinghouse, Outreach and Advocacy; Strategy, Plans & Programs; and Communications.

**DCoE Outreach Center:** The Outreach Center answers questions about psychological health and traumatic brain injury around the clock and every day of the year from members of all the military services (including the National Guard and Reserve), veterans, families, health care providers, military leaders, employers and the general public.

The Outreach Center provides valuable tools, tips and resources. It is staffed by health consultants and nurses with advanced degrees and expertise in psychological health and traumatic brain injury issues. In addition to answering questions, these consultants refer callers to centers in other parts of the Department of Defense, other federal agencies and outside organizations when appropriate.

Individuals can contact the Outreach Center by phone: 866-966-1020, email: [Resources@DCoEOutreach.org](mailto:Resources@DCoEOutreach.org) , or by chat: [www.realwarriors.net](http://www.realwarriors.net).



# DCOE COMPONENT CENTERS



## Defense and Veterans Brain Injury Center (DVBIC)

- Provides TBI-specific evaluation, treatment and follow-up care for all military personnel, their dependents and veterans
- Conducts TBI clinical research, training and education
- [www.dvbic.org](http://www.dvbic.org)



## Center for Deployment Psychology (CDP)

- Offers deployment-related behavioral health training for military and civilian mental health professionals
- Supplies research on deployment-related needs of service member and families
- [www.deploymentpsych.org](http://www.deploymentpsych.org)



## Deployment Health Clinical Center (DHCC)

- Provides medical advocacy and assistance for military personnel and families with deployment-related health concerns
- Offers specialized Care Programs for service members and veterans living with chronic illnesses and PTSD
- [www.pdhealth.mil](http://www.pdhealth.mil)



## Center for the Study of Traumatic Stress (CSTS)

- Conducts research, education, consultation and training on PH and PTSD
- Provides knowledge, leadership and applications for preparing for, responding to and recovering from the consequences of disaster and trauma
- [www.centerforthestudyoftraumaticstress.org](http://www.centerforthestudyoftraumaticstress.org)



## National Center for Telehealth & Technology (T2)

- Assists and coordinates the national network of systems delivering distant PH/TBI health care via technologies
- Services remote and underserved areas by leveraging the services, TRICARE Networks, Department of Veterans Affairs and civilian provider partnerships and networks
- [www.t2health.org](http://www.t2health.org)



## National Intrepid Center of Excellence (NICoE)

\*Opening Spring 2010\*

- Will serve as the primary clinical arm of DCoE
- Will provide PH/TBI evaluation and diagnosis, initial treatment plans, family-centered education, telehealth and long-term follow-up
- Will conduct innovative PH/TBI research

## DCoE Family Initiatives

### **Sesame Street: Talk, Listen, Connect**

Sesame Street's [Talk, Listen, Connect](#), is a bilingual educational outreach initiative designed for military families and their young children to share.

The first part of the Talk, Listen, Connect initiative includes video and print components and helps prepare families for pre-deployment, deployment and homecoming. The kit contains strategies and activities to help young children through these times and offers some ideas to help keep families connected.

The television special, *When Parents Are Deployed*, captures the extraordinary courage and vulnerability of parents and children who are handling deployment. Hosted by actor Cuba Gooding, Jr., the half-hour special aired on December 27th, 2006 and was funded by the Corporation for Public Broadcasting.

The special incorporates scenes from the Talk, Listen, Connect feature video starring Elmo with original documentary footage of deployed parents and their families at home. Family members voice their thoughts and feelings about their everyday challenges and victories. The special focuses on the ways different families cope, while showing that all share a sense of pride in their ability to adapt during difficult circumstances.

Producers for *When Parents Are Deployed* worked directly with families who had a deployed member, highlighting their struggle to care for the family members left behind and to maintain a consistent daily routine while worrying about their endangered loved ones.

The second phase of the project, [Talk, Listen, Connect: Deployments, Homecomings, Changes](#), launched in April 2008. It includes a DVD featuring original stories starring Elmo and Rosita, as well as updated print materials providing strategies for handling the phases of deployment. These materials focus on helping families cope with multiple deployments and a parent returning home injured.

### **Courage to Care Fact Sheets**

[Courage to Care](#) is an electronic, health communication campaign of the Center for the Study of Traumatic Stress at the [Uniformed Services University of the Health Sciences](#) (USUHS). Courage to Care provides our nation's physicians and medical leadership with information on timely topics related to military unique health care issues, as well as issues pertaining to homeland security and the nation's health. Courage to Care is in the public domain. Each installment includes a fact sheet for health care professionals and a fact sheet for families and patients. Courage to Care can be distributed in office waiting areas, or on an organization's website.

### **Afterdeployment.org**

- [Afterdeployment.org](http://Afterdeployment.org) is a mental wellness resource for service members, veterans and their families that includes information on getting help, self-assessments, staying healthy where you live, stories from home and far away and links to other resources.

### **DCoE funded research for 2008 related to families:**

- Deployment Family Stress: Child Neglect and Maltreatment in U.S. Army Families (PI: Stephen Cozza; Uniformed Services University of the Health Sciences)
- Military, Family and Community Networks Helping with Reintegration (PI: Laurie Stone; Dartmouth College)

### **Other family-related activities from DCoE:**

- Developing "Sim Coach" program to provide next-generation online outreach to educate and support the psychological health of warriors and their families
- Initiating Small Business Innovative Research (SBIR) program to create and evaluate a "Virtual Parent" using interactive computer technology to allow children to have simple conversations with a parent who may be deployed
- Developing audience-specific toolkits to support the PH/TBI needs of military and veteran families
- Developing topic-specific focus guides that include guides to support families

## Military OneSource

### Military OneSource Call Center and Online Assistance

- [Military OneSource](#) provides confidential support for Active Duty, Reserve and Guard members and their immediate families anytime and anywhere worldwide
- Resource assistance and referral service available 24/7 through toll-free telephone number: 800-342-9647
- Phones are answered by trained master's level consultants and consultation is available for issues such as: parenting and childcare; elder care; deployment, return and reunion; health and wellness; education; crisis support; finances, relocations and special needs.
- Service members and their families can request up to 12 face-to-face counseling sessions within a 30 minute driving range from their home. If an individual prefers, or a remote location dictates, telephonic or web-based counseling sessions are available.
- Online assistance includes, interactive tools, locators, educational materials in a variety of formats for ordering or downloading, discussion boards, recordings links to military and community resources, e-newsletters and webinars.

### Wounded Warrior Resource Center (WWRC)

[WWRC](#) is a Department of Defense Web site which provides wounded Service Members, their families and caregivers with information they need on military facilities, health care services and benefits. It supports access to the Wounded Warrior Resource Call Center and trained specialists who are available 24 hours a day, 7 days a week by phone at 800-342-9647 or by e-mail at [wwrc@militaryonesource.com](mailto:wwrc@militaryonesource.com). The WWRC Call Center will:

- Provide private immediate assistance
- Determine what resource will best address the situation or concern
- Have consultants to collaborate with Service Wounded Warrior program POCs to assure resolution of issues
- Maintain a resource library of unique and specialized resources for the wounded, ill and injured
- [Wounded Warrior Family Guide](#)

### Military Family Life Consultants

Military Family Life Consultants (MFLCs) are Masters or PhD level, licensed and credentialed clinical providers that offer intervention and support to military members and their families. Like Military OneSource, they provide non-medical, short-term counseling for every day issues, such as anger management, stress, parenting, communication, family relationships, deployment and other military-related topics. The goal of the program is to support operational readiness and

family readiness. Situations requiring mental health treatment are referred to behavioral health agencies that treat these conditions.

MFLCs can be accessed through installation locations such as the Army Community Services (ACS), Marine Corps Community Services (MCCS), Navy Fleet and Family Support Centers (FFSC) and the Airman and Family Readiness Centers (A&FRC). MFLCs will also provide support at National Guard and Reserve Component drill weekends, mobilizations and family events. National Guard and Reserve Component members and their families can call 800-342-9647 to speak with a consultant and be connected with a MFLC in their community.

Psycho-educational presentations on reunion/reintegration, stress/coping, grief/loss and deployment are provided to commands, Family Readiness Groups, Soldier Readiness Processing and other requested locations. MFLC support is also provided to the Child and Youth Program and specifically for the summer enrichment program. Support for these issues empowers individuals during the problem-solving process, increases individual and family competency and confidence in handling the stressors of military life and ensures that issues do not impair operational readiness.

With the success of the first phase of the contract, the MFLC Program has grown to include additional services and outreach capabilities: Joint Family Support Assistance Program (JFSAP), the Personal Financial Counseling (PFC) Program, the IRR Marine Outreach Program, Child & Youth Services (CYS) Program and Victim Advocacy (VA) Services. By expanding to include these programs, MFLC consultants provide a comprehensive spectrum of behavioral health support to military service members and their families.

### **Joint Family Support Assistance Program (JFSAP)**

[JFSAP](#) was mandated by Congress in FY 2007 to better support National Guard and Reserve families and all military families who are geographically separated from installation support. This program provides high quality, mobile support teams and assistance in 50 states and four territories. JFSAP teams consist of two MFLCs and one Military OneSource consultant and work under the direction of the National Guard Joint Force Headquarters State Family Program Directors. The teams provide services and support to all military components in their states, including support to Yellow Ribbon Reintegration Program events.

- JFSAP augments existing family programs to provide a continuum of support and services during pre-deployment, deployment, post-deployment, reunion and reintegration.
- Services are delivered in local communities through collaborative partnerships with the National Guard Bureau, federal and state and local resources.

## MilitaryHOMEFRONT

[MilitaryHOMEFRONT](#) is the Department of Defense website for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders and service providers. Special Features of MilitaryHOMEFRONT: Visitors to MilitaryHOMEFRONT will find additional tools and features uniquely designed for the military community.

- [MilitaryINSTALLATIONS](#) is a tool on the MilitaryHOMEFRONT Web site that allows you to search a directory of programs and services on military installations to quickly find contact information, websites, installation overviews, maps and directions before you even arrive at your new installation.

## PlanMyMove

- [PlanMyMove](#) lets individuals create customized moving tools, such as calendars, to do lists and arrival checklists, all intended to help them get organized and to make their next move as smooth as possible!

## HOMEFRONTConnections

- [HOMEFRONTConnections](#) provides a social networking environment for those who are in the military, in a military family or who support the military and their families. HOMEFRONTConnections provides a password protected location to meet online. Within the site, groups (or Communities, as they are called) can share best practices, post pictures and videos, or just talk about the work they are doing with others who are also supporting our service members and their families.

## MYSTATE

- [MySTATE](#) provides users access to organizations that provide special discounts and services to members of the military community, including directories, locations of programs, services, maps and directions.

## Department of Defense Sexual Assault Prevention and Response Office (SAPRO)

[SAPRO](#) is the organization responsible for Department of Defense (DoD) sexual assault policy. The Department of Defense does not tolerate sexual assault. The Department has implemented a comprehensive policy to ensure the safety, dignity and well-being of all members of the Armed Forces. Our men and women serving throughout the world deserve nothing less, and their leaders, both military and civilian are committed to maintaining a workplace environment that rejects sexual assault and reinforces a culture of prevention, response and accountability.

### Sexual Assault Awareness Month (SAAM)

SAPRO's Sexual Assault Awareness Month (SAAM) materials have been designed to support installation and unit sexual assault prevention and education efforts. These downloads contain material that can be reproduced and distributed to support local SAAM campaigns. The 2009 SAAM theme, *Our Strength is for Defending: Readiness=Respect* focuses on the ability of every service member to prevent sexual assault by taking an active role in looking out for the welfare of friends and co-workers. As leaders in the field, Sexual Assault Response Coordinators (SARCs), Victim Advocates (VAs) and commanders have the ability to educate and to encourage our service members to be ready and act in situations where people may be in jeopardy. This is especially important when alcohol is involved. Creating an environment of mutual respect and assistance is key to prevention. As you plan your campaign, try to use this theme to complement your activities.

### Guides

- [Facilitators Guide: Ask Her When She's Sober](#)
- [Facilitators Guide: Let's Call the SARC](#)
- [Facilitators Guide: Our Strength Is For Defending](#)
- [Facilitators Guide: I Got Her Out of There](#)
- [SAPRO SAAM 2009 Resource Guide](#)

**Posters** - All posters are in PDF format and are available to download and customize.



## Department of Defense Family Advocacy Program (FAP)

In 1984, [Department of Defense \(DoD\) Directive 6400.1](#) established the Family Advocacy Program (FAP) to address family violence in military families. The FAP consists of coordinated efforts designed to prevent, identify, report and treat all aspects of child abuse and neglect and domestic abuse. The DoD FAP recommends policy and program guidance to assist the Military Service FAPs, which are available locally at installations with command-sponsored families. The Service FAPs have a major role in addressing family violence at the local level through outreach, prevention and intervention efforts. Because abuse can take many forms and some forms of abuse can be much more severe than other forms, FAP provides a wide range of services geared towards the specific needs of families. FAP staff works closely and collaboratively with military command, military law enforcement personnel, medical staff, family center personnel and chaplains, as well as civilian organizations and agencies, to prevent family violence and help troops and families develop healthier relationships. Contact information for local FAP programs can be found using the [MilitaryINSTALLATIONS](#) tool on the MilitaryHOMEFRONT website.

### Family Advocacy Program Goals:

- Promote the prevention, early identification, reporting and treatment of child abuse, neglect and domestic abuse.
- Strengthen family functioning in a manner that increases the competency and self-sufficiency of military families.
- Preserve families in which abuse has occurred without compromising the health, welfare and safety of the victims.
- Collaborate with state and local civilian social service agencies.
- Provide effective treatment for all family members when appropriate.
- [More FAP Resources](#)



## Department of Defense Exceptional Family Member Program

The military's Exceptional Family Member Program (EFMP) is designed to identify family members with special needs and make sure that the service member is assigned to a location where the family member's medical needs will be met. If someone in your family qualifies for the program, you are required to enroll in the EFMP. Enrollment has no adverse effect on your military career.

**Definition of Exceptional Family Member:** An exceptional family member is defined as an authorized family member residing with the sponsor who may require special medical or educational services based on a diagnosed physical, intellectual, or emotional handicap. An authorized family member may be a spouse, child, stepchild, adopted child, foster child, or a dependent parent. Disabilities may range from mild to severe. Special needs include any special medical, mental health, developmental or educational requirement, wheelchair accessibility, adaptive equipment, or assistive technology devices and services.

**How the program works:** The EFMP ensures continuity in the exceptional family member's care and education as the family moves from place to place. The program combines the efforts of the personnel and medical commands, the family support center and the educational system. The term Exceptional Family Member Program, or EFMP, actually refers to two functions in the military services:

Personnel function:

- Identifies family members with special medical needs, documents the services they require and considers those needs when making personnel assignments
- Involves the personnel and medical commands and the DoD educational system overseas
- Standard across all of the services

Family support function:

- Assists the service member with coordinating military services and community services for exceptional family members
- Involves family support center staff
- Differs from service to service (EFMP is available as a family support function in the Army and Marine Corps only)

**Enrollment:** It's important to start the enrollment process as soon as the family member is identified as eligible for the EFMP. Steps for enrollment:

- Identify exceptional family member
- File enrollment forms (Point of contact for obtaining and filing the forms is at the medical treatment facility. Family should be sure to keep copies of the forms that are filed.)
- Navy – contact the EFMP Coordinator
- Marine Corps – contact the EFMP Coordinator

- Army – contact the Special Needs Advisor
- Air Force – contact the Special Needs Coordinator (SNC) and Family Member Relocation Clearance Coordinator (FMRCC)

At a minimum, two forms are needed:

- DD Form 2792, Exceptional Family Member Medical Summary (for medical issues only)
- DD Form 2792-1, Exceptional Family Member Special Education/Early Intervention Summary (for educational issues)
- Other branch-specific forms may be required, depending on your branch of service.

**Family Support:** The installation's Family Support Center (FSC) has someone on staff to provide support to families with exceptional family members. They are called EFMP Managers in the Army and EFMP Coordinators in the Marine Corps. Navy Fleet and Family Support Centers have a Liaison to the EFMP who assists with family support services. The Air Force does not have Special Needs Coordinators at the FSCs; they are located at the installation medical group. Family support services for EFMP enrollees may include:

- Exploring child care and youth activity options in installation child and youth programs.
- Assistance with accessing services in the community, such as protection and advocacy groups and state and national parent training centers.
- Coordination of care. For example, family center staff may serve on the special needs resource team for the Individualized Family Service Plan (IFSP) or the Individualized Educational Program (IEP).
- Assistance with finding points of contact, including TRICARE Region and TRICARE Service Center, as well as local school district special education offices.
- Assessing the family's housing and community support needs prior to transfer.

**Education:** If the family is stationed overseas (and the family traveled overseas at government expense) or on an installation in the U.S. on which there is a DoD school, the child is eligible to receive educational services from the DoD.

Early intervention services are provided by the military medical departments' Educational and Developmental Intervention Services (EDIS). These services include evaluations or assessments and service coordination for eligible children and their families. Also included is the development of an Individualized Family Service Plan (IFSP), a written document that includes goals and outcomes for the child and family. EDIS provides the services that are identified on the IFSP.

Special education is provided for children ages 3 to 21 who have been found to have a disability using DoD criteria. Each child's Special Education is based on an Individualized Education Program (IEP) -- a written statement of individualized goals and objectives developed to meet the unique educational needs of the child. The IEP is written by a multidisciplinary team which includes the parents.

**DoD Instructions 1342.12 and 1315.19:** First published in 1981 to implement the requirements of the Defense Dependents' Education Act of 1978, [DoD Instruction 1342.12](#) established policy and procedures to bring DoD schools in line with the requirements of Public Law 94-142. The current instruction, entitled "Provision of Early Intervention and Special Education Services to Eligible DoD Dependents," April 11, 2005, established policy for early intervention services and FAPE in the least restrictive environment in DoD schools. It assigns responsibility for early intervention and some related services to Military Medical Departments.

The Department of Defense (DoD) published [DoD Instruction 1315.19](#) "Authorizing Special Needs Family Members Travel Overseas at Government Expense", on December 20th, 2005. This instruction assigns responsibilities and prescribes procedures for authorizing family member travel at government expense for active duty Service members who are assigned overseas and who have family members that meet the Department of Defense criteria for identifying a family member with special needs. The [DoD Instruction 1315.19](#) also provides guidance for processing civilian employees who have family members with special needs for an overseas assignment

[DoD Instruction 1315.19](#) further directs the Secretaries of the Military Departments and the Heads of DoD Components to verify the availability of medical services essential to meet the needs of family members with special medical needs and to ensure the availability of early intervention services and related services essential to meet special education needs pursuant to the child's Individualized Family Service Plan (IFSP) or the Individualized Education Program (IEP).

**Service Policies:** Each branch of Service has policies and procedures implementing the requirements of DoD policy. But there are differences among the Services in how programs are defined and what activities they encompass. All of the Services have a mandatory personnel function that:

- Identifies family members with special medical and/or educational needs
- Documents services they require
- Considers needs during the personnel assignment process

Family support services may or may not be included with the personnel function in a comprehensive program. Links are provided below for more information on how each branch defines its program and what resources they provide:

- [Army](#)
- [Navy](#)
- [Marine Corps](#)
- [Air Force](#)

## **Educational and Developmental Intervention Services (EDIS) / Early Intervention Services (EIS)**

Military Medical Departments for each branch of service have been designated as responsible for EIS in locations served by the two DoD school systems, the Department of Defense Dependent Schools (DODDS) overseas and the Domestic Dependent Elementary and Secondary Schools (DDESS). The Military Medical Departments provide multidisciplinary assessment and direct services through Educational and Developmental Intervention Service (EDIS) programs. Guidance for each of the Services' EDIS programs can be found here:

**Army:** [AR 608-75](#), Exceptional Family Member Program

**Navy:** [BUMED INSTRUCTION 1755.1](#), Educational and Developmental Intervention Services (EDIS) Early Intervention Services (EIS). [BUMED INSTRUCTION 1755.2](#), Educational and Developmental Intervention Services (EDIS) with policy memorandum designating the Chief, Bureau of Medicine and Surgery (BUMED) as the Department of the Navy EDIS Program Manager.

**Air Force:** [Air Force Policy Directive 40-6](#), "Educational and Developmental Intervention Services", 30 June 2006.

## **Family Care Plans**

The Family Care Plan is a required document that outlines the person(s) who shall provide care of the children, disabled, elderly and/or other family members who are dependent on the service member for financial, medical or logistical support (housing, food, clothing, transportation) in the absence of the service member due to military duties.

The plan outlines the legal, medical, logistical, educational, monetary and religious arrangements for the care of the Service member's family members. The plan should include all reasonably foreseeable situations and be sufficiently detailed and systematic to provide for a smooth, rapid transfer of responsibilities to the designated caregiver upon the Service member's absence. Family service centers provide Service members with information and resources to support them in the development of their Family Care Plan.

## **Family Care Plan Policy & Regulations:**

- Department of Defense: [DoD Instruction 1342.19](#) , Family Care Plans
- U.S. Army: [Army Regulation 600-20](#), Army Command Policy, Paragraph 5.5
- U.S. Marine Corps: [Marine Corps Order 1740.13B](#), Family Care Plans
- U.S. Navy: [Navy OPNAV INST 1740.4C](#), U.S. Navy Family Care Policy
- U.S. Air Force: [Air Force Instruction 36-2908](#), Family Care Plans

## Department of Defense Special Needs Smart Book... Making the Connection

The Special Needs Smart Book... Making the Connection is a recently published resource guide. This new and improved section of MilitaryHOMEFRONT serves as a resource for all the professionals who are serving military families with special needs.

### The Facilitator's Guide for the DoD Special Needs Parent Tool Kit

- The [Facilitator's Guide](#) is an effective and comprehensive tool for service providers to use to teach each of the major topics contained in the [DoD Special Needs Parent Tool Kit](#). The Facilitator's Guide also contains a brief for military leadership that describes the challenges military families with special needs face and provides details about military programs, such as the Exceptional Family Member Program (EFMP) and other resources. Each module in the guide comes with professionally designed presentation slides. The [Facilitator's Guide](#) was developed in partnership with the Military Services' EFMP, the Department of Defense Education Activity and TRICARE Management Activity.



### Parent Toolkit

- The [DoD Special Needs Parent Toolkit](#) has comprehensive information and tools that are geared towards helping military families with special needs children navigate the maze of medical and special education services, community support and benefits and entitlements. The Toolkit is broken down into six colorful modules that can be easily downloaded and printed. Included in the toolkit are important facts, records, tools and sample letters.



## Department of Defense Community Relations: Military and Government Support

The Office of the Assistant Secretary of Defense for Public Affairs, Community Relations, fosters public awareness and understanding of Department of Defense (DoD) missions, personnel, programs and requirements.

### Programs and Initiatives:

- Provides consistent and effective community relations policies and policy guidance to the military services
- Serves as the Office of the Secretary of Defense liaison to national associations, veterans service organizations, military service organizations, corporations, educational institutions and civilian defense experts
- Manages and coordinates joint military services' involvement in regional and national-level special events
- Manages the America Supports You Web site content. America Supports You is a public affairs initiative intended to communicate citizen support to the men and women serving in the Armed Forces
- Plans and executes the Joint Civilian Orientation Conference, a premier Secretary of Defense outreach program introducing prominent U.S. business and community leaders to senior military and civilian officials, military training, exercises and troop interaction
- Oversees and manages the Pentagon Tour program
- Coordinates requests for speakers with military services
- Coordinates and oversees the Senate Youth program
- Provides support for the Department of State International Visitor Leadership Program, which facilitates visits to DoD facilities for emerging international leaders traveling under Department of State auspices
- Incorporates new media outlets and social networking technologies in outreach initiatives to virtual communities
- Manages public awareness of military volunteers in communities at home and abroad
- Web site: [www.ourmilitary.mil/otherswhosupport.shtml](http://www.ourmilitary.mil/otherswhosupport.shtml)

### Yellow Ribbon Reintegration Program

The 2008 National Defense Authorization Act required the Secretary of Defense to establish a national combat veteran reintegration program to provide National Guard and Reserve members and their families with sufficient information, services, referrals and proactive outreach opportunities throughout the deployment cycle. The law mandated the Secretary of Defense to establish the Department of Defense [Yellow Ribbon Reintegration Program](#) (DoD YRRP) and designated the Under Secretary of Defense for Personal and Readiness as the Executive Agent. Subsequently, the Executive Agent established the Office for Reintegration Programs within the office of the Assistant Secretary of Defense for Reserve Affairs.

The DoD YRRP is intended to be an overarching program, encompassing all phases of the deployment. However, each of the Service's Reserve Components (Army National Guard, Army Reserve, Navy Reserve, Marine Corps Reserve, Air National Guard and Air Force Reserve) currently utilizes service programs to meet the intent and requirement of the legislated program held in each state and territory. The DoD YRRP office will unify efforts among the Services, National Guard and Reserve Components, other federal agencies and non-governmental organizations in order to provide members and their families with a wide range of programs and options as close as possible to the Service member's residence. DoD is working with all services to create a standardized DoD YRRP which will combine the best practices of each service to aid members and their families to the maximum extent possible."



## Other Department of Defense Family Programs and Resources

### My Help List

[My HELPList](#) includes links to military resources, military relief organizations, family service centers, pay and benefits, federal government resources, banking, charitable organizations, children and youth services, consumer credit counseling, financial education and planning, health care, housing assistance, insurance, investments, legal assistance, savings, service member organizations, scholarships, tax service and travel.

### Deployment Health Library

[Deployment Health Library](#) provides Service members, families, leaders, Health Care providers and veterans an easy way to find deployment health and family readiness information. Within this library you'll find access to fact sheets, guides and other products on a wide variety of topics published by the services and organizations that serve you. You'll also find additional web links to other organizations and resources devoted to the health and well-being of the Service member and their family.

A full range of Deployment Cycle Support services are currently available for all military service deployed members and their stay-behind families. This includes self-help educational materials, information and referral services, military life skills education and counseling services. Support is provided at no cost for Active Duty, National Guard and Reserve Component members and their families worldwide. [Links to Service Member and Family Assistance](#).

### U.S. Special Operations Command Care Coalition

[U.S. Special Operations Command Care Coalition](#) provides special operations forces (SOF) warriors and their families a model advocacy program in order to enhance their quality of life and strengthen the overall readiness of Special Operations. Since its inception in 2005, the United States Special Operations Command's Care Coalition has continued to track, support and advocate for all Special Operations Forces' wounded, ill and injured service members and their families. Their commitment is to provide these individuals with exceptional service and valuable information in order to enhance their quality of life.

### Association of the U.S. Army (AUSA) Family Programs

[AUSA Family Programs](#) are dedicated to providing Army families with information and resources to help them manage the challenges of military life and to address Army family concerns through legislative actions.



## **Navy Individual Augmenter Resources**

In contrast to a Sailor that deploys with a ship, squadron or unit, a Sailor who leaves their assigned command to deploy individually or with a small group is known as an Individual Augmenter (IA). IAs also includes Reservists deployed individually or with a unit. Half of the deployed IAs are active duty and half are mobilized Reservists. Most are concentrated in the Central Command region, which includes Iraq, Afghanistan, Kuwait, Bahrain and the Horn of Africa. The rest are serving elsewhere in the world. Most Sailors are working in their skill sets to provide combat support and combat service support in the Global War on Terrorism. IA Sailors are not replacing infantry or front line combat soldiers.

- [Navy Individual Augmenter Resources](#)
- [Navy Lifelines for IA Units](#)
- [Spouse Support for Navy Individual Augmenters](#)

## **National Guard Family Program**

[Guard Family](#) - Provides family advocacy, exceptional family member, emergency placement care, family employee assistance and relocation services.

- [National Guard Bureau Local Community Resource Finder](#)
- [National Guard Soldier Family Life Consultants Program](#)

## **Army Reserve Family Program Online**

Army Reserve Family Program ([ARFP](#)) is committed to offering education, training, awareness, outreach, information, referral and follow-up. This site offers information on programs that deal with family readiness issues, including preparing for mobilization/ deployment, financial planning and other resources.

## **Coast Guard Family Support**

The [Coast Guard's Work-Life Program](#) is managed by the Office of Work-Life, a Headquarters program manager staff within the Health and Safety Directorate, reporting to the Assistant Commandant for Human Resources. This staff is responsible for establishing, developing and promulgating Work-Life policy and interpreting program standards for Coast Guard-wide implementation. The overall objective is to support the well-being of active duty, reserve and civilian employees and family members.

## **Coast Guard Family Advocacy**

[Coast Guard Family Advocacy](#) program is a congressionally mandated program intended to prevent and reduce the incidence of family violence and create an environment of intolerance for such behavior. Education and proper intervention and rehabilitation services result in prevention of the escalation of violence, serious injury and homicide. Services are provided to retain productive members in their Coast Guard careers and support the accomplishment of the Coast Guard mission.

## **Coast Guard Mutual Assistance**

[Coast Guard Mutual Assistance](#) is a non-profit organization providing financial assistance to the Coast Guard community. Coast Guard Mutual Assistance is administered by the Board of Control located at Coast Guard Headquarters in Washington, DC, Regional Directors in various CGMA regions throughout the country, and Representatives at selected duty stations.

## Department of Veterans Affairs

The [Department of Veterans Affairs](#) Web site provides information on benefits, facilities, diseases and conditions, health and wellness, public health issues, resources, news and more.

Contact numbers:

Benefits: 800-827-1000

Health Care: 877-222-VETS (8387)

VA Inspector General: 800-488-8244

Suicide Prevention Hotline: 800-273-TALK (8255)

### My HealthVet

My [HealthVet](#) is VHA's eHealth portal which provides access to trusted health information, links to Federal and VA benefits and resources, the Personal Health Journal and online VA prescription refill.

Individuals who register gain access to all of the tools on My HealthVet. These tools can help individuals monitor their health care through online prescription refill, a blended view of VA prescriptions and self-entered medications and supplements, personal health journals and soon, online copies of selected portions of your VistA electronic medical record.

**Features of My HealthVet:** My HealthVet can be used in many ways. For example - when individuals log in to the site, they may open the Activity Journal and enter their exercise routine for the day. Later, they might want to print a Doctor Sheet that displays their blended medication view and vital sign measurements they're tracking such as blood pressure, cholesterol, body weight and blood sugar. Supplying this information to their health care provider ensures they have a comprehensive record of their current state of health. Then together, they and their caregivers can create a plan for their care.

Using My HealthVet helps individuals gain a better understanding of their health status and allows them to explore a variety of ways to monitor and improve their health. When they use the tools My HealthVet provides, they become an active partner with their caregivers in understanding and managing their personal health care. They can easily access their personal health information in their My HealthVet account from any place with an Internet connection.

## B. ACADEMIC INITIATIVES SUPPORTING SERVICE MEMBERS, AND THEIR FAMILIES

### U.S. Army War College Military Family Program

More than half our Army is married, with more than a half-million spouses and 700,000 children, each one a precious gift who represents our future. Army families help each other. They depend on each other, but in an era of persistent conflict the challenge grows with each deployment.

The Army Family Covenant commits the Army to provide families a strong, supportive environment where they can thrive. The words of the covenant are a pledge to ensure our families remain strong, so our soldiers remain strong.

[Military Family Program](#) links you also to many resources, to include: Battlemind, Spouse Battlemind, Army Housing OneStop, DoD Ed Partnership, Armed Services YMCA, FRSA Resource Guide and Reintegration Briefings, along with other resources.

### United States Department of Veteran's Affairs Post 9/11 GI Bill

The Post 9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service on or after September 11, 2001, or individuals discharged with a service-connected disability after 30 days. You must have received an honorable discharge to be eligible for the Post-9/11 GI Bill.

The Post-9/11 GI Bill became effective for training on or after **August 1, 2009**. The amount of support that an individual may qualify for depends on where they live and what type of degree they are pursuing. For a summary of Post 9/11 GI Bill benefits, see [the benefit comparison chart](#).

Approved training under the Post-9/11 GI Bill includes graduate and undergraduate degrees, and vocational/technical training. All training programs must be offered by an institution of higher learning (IHL) and approved for GI Bill benefits. Additionally, tutorial assistance, and licensing and certification test reimbursement are approved under the Post- 9/11 GI Bill. The Post-9/11 GI Bill will pay your tuition based upon the highest in-state tuition charged by an educational institution in the state where the educational institution is located. For more expensive tuition, a program exists which may help to reimburse the difference. This program is called the "Yellow Ribbon Program". For more information on the Yellow Ribbon Program visit [http://www.gibill.va.gov/School\\_Info/yellow\\_ribbon/index.htm](http://www.gibill.va.gov/School_Info/yellow_ribbon/index.htm).

The Post-9/11 GI Bill also offers some service members the opportunity to transfer their GI Bill to dependents, for more information visit <http://www.gibill.va.gov>.

## **Military Family Research Institute (MFRI)**

[MFRI](#) is a research and outreach organization based at Purdue University, funded by the Lilly Endowment, the Office of Military Community and Family Policy in the Department of Defense and others. Their mission is to conduct studies that provide insight into the experiences of military members and their families, and to design and implement outreach activities that assist military families in Indiana and beyond. MFRI strives to proactively build relationships with partners in both the military and civilian communities.

MFRI has developed a set of resource listings tailored specifically toward the interactions between military families and targeted segments of the community. The goal of these collections of resources is to provide information to help community members better understand the unique needs of military families. Included within this section of the website are resource listings for:

- [Teachers and School Administrators](#)
- [Medical Professionals and Mental Health Providers](#)
- [Military Support Group Leaders and Volunteers](#)
- [Libraries and Community Organizations](#)
- [Researchers and the Academic Community](#)

## **The FOCUS (Families Overcoming Under Stress) Project**

[The FOCUS Project](#) is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime.

FOCUS is based on leading evidenced-based family intervention models for at-risk families and has been shown to have positive emotional, behavioral and adaptive outcomes for families. FOCUS was originally developed at the UCLA Semel Institute for Neuroscience and Human Behavior and the National Center for Child Traumatic Stress (NCCTS).

In 2007, the Navy Bureau of Medicine and Surgery (BUMED) built a partnership with the Semel Institute of Neuroscience and Human Behavior at the David Geffen School of Medicine at UCLA to establish FOCUS in order to address the impact of multiple deployments, combat stress and high operational tempo on children and families. Through this unique collaboration, FOCUS services augment existing Navy Medicine and Navy and Marine Corps community support programs such as the Fleet and Family Centers and the Marine Corps Community Services in order to provide a comprehensive system of care that supports family readiness and wellness.

## National Council on Family Relations

[The National Council on Family Relations](#) (NCFR), founded in 1938, provides an educational forum for family researchers, educators and practitioners to share in the development and dissemination of knowledge about families and family relationships, establishes professional standards and works to promote family well-being.

National Council on Family Relations (NCFR) sponsors the only national program to certify family life educators. The Certified Family Life Educator (CFLE) program encourages applications from all professionals with course work and experience in family life education including formal teaching, community education, curriculum and resource development, health care, military family support, counseling and ministry.

## C. OTHER SUPPORT FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES

### Agency/Organization Support

#### National Military Family Association

[NMFA](#), “The Voice for Military Families,” is dedicated to providing information to and representing the interests of family members of the uniformed services on which our national security depends. The website provides extensive information for military families and those who service them. It publishes a monthly newsletter, as well as a weekly legislative e-mail newsletter. For more information about NMFA, call 703-931-6632 or send e-mail to [families@nmfa.org](mailto:families@nmfa.org) . Special Programs include: Operation Purple Camps; Healing Adventures; Family Retreats; Spouse Scholarships; and NMFA Family Award and Very Important Patriot Award.

#### American Red Cross

[American Red Cross](#) offers counseling, guidance, information, referrals and other social services through its worldwide network of chapters and offices on military installations.

- [Welcome Home: A Guide to a Healthy Family Reunion](#)

#### Automated Housing Referral Network (AHRN)

[AHR](#) is sponsored by the Department of Defense and is designed to improve the process of securing available housing for relocating military members and their families.

#### MilitaryByOwner

[MilitaryByOwner](#) advertises real estate including homes for sale and houses for rent near all US Military bases and installations.

#### Military Officers Association of America (MOAA)

[MOAA](#) is the nation's largest association of military officers.

## **Veteran Support**

### **U.S. Veterans Resource**

[U.S. Veterans Resource](#) links to national, state and community resources and provides comprehensive information for veterans and their families.

### **Veterans Resource Central**

[Veterans Resource Central](#) helps veterans build a new life at home. The site provides information, education and guidance through a corps of volunteers and Internet tools. The goal is to make certain that veterans have the opportunity to make well-informed decisions about their life and career. The primary method is to match them with people who have the knowledge and experience to help them identify best career choices and to help them find a job in that career field.

### **AMVETS**

[AMVETS](#) provides information, counseling and claims service concerning benefits to all honorably discharged veterans and their families.

### **Disabled American Veterans (DAV)**

[DAV](#) is "an organization of disabled veterans who are focused on building better lives for disabled veterans and their families."

### **Veterans and Families Foundation**

[The Veterans and Families Foundation](#) is a 501(c) (3) non-profit community service and support organization, founded and directed by Veterans, parents, grandparents, family members, employers, mental health professionals, academics, philanthropists and community leaders.

### **Hope4Heroes**

[Hope 4 Heroes](#) was founded by veterans to support veterans and families through in the following program areas: awareness in local communities, support chapters and volunteers nationwide, emergency aid to families in crisis, scholarships for the children of heroes



and partner relationships with sister agencies to bring a full complement of resources to the table at all times. They serve all veterans from all generations and all conflicts.

## **Support Your Vet**

[Information for family and friends of Iraq and Afghanistan vets](#)

## General Links to Support Families

### Hooah 4 Health

Hooah! Welcome to the U.S. Army health promotion and wellness web site. Unlike other health-related web sites, this one is specifically targeted for the Reserve Components. Citizen Soldiers juggle many different balls every day...but they cannot afford to drop the one ball that allows them to live a healthier, less stressful life. [Hooah 4 Health](#) is a health promotion partnership that allows individuals to assume the responsibility to explore options and take charge of their health and well being.

### Families in the Military

This [fact sheet](#) is from the American Academy of Child and Adolescent Psychiatry that discusses children's reactions to stress at various age levels, and ways the entire family can reduce their stress.

### Child Welfare Information Gateway

[Strengthening Families](#): Learn about protective factors that can reduce the risk of child abuse and neglect, find information on parenting resources and different ways to support families and learn how service providers can partner with parents to improve outcomes for children, youth and families.

## D. STATE SUPPORT FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES

### **USA4 Military Families**

Since many issues surrounding quality of life and family well-being can only be addressed by states, the [USA 4 Military Families](#) initiative, worked through the Department of Defense-State Liaison Office (DSLO), seeks to engage and educate state policymakers, not-for-profit associations, concerned business interests and other state leaders about the needs of Military members and their families. By developing state/military partnerships, DoD seeks to work with the states to remove unnecessary barriers and significantly improve the quality of life for military families. [State Resources for Exceptional Family Members](#)

## E. HEALTH PROMOTION AND FAMILY WELLNESS

### Physical Activity

#### Physical Activity Guidelines for All Ages

[Physical Activity Guidelines for All Ages](#) provides guidelines for children, adults, older adults and pregnancy/postpartum women. The Web site includes information on measuring physical activity intensity, adding physical activity to your life and links to other related sites.

#### The President's Council on Physical Fitness and Sports

[The President's Council on Physical Fitness and Sports](#) is the health, physical activity, fitness and sports information Web site of the President's Council on Physical Fitness and Sports. Individuals can find out about the Council and its work, view its publications and the link to the resources of other government agencies as well as to health and fitness organizations.

- [President's Challenge](#): To start a physical activity program today and stay active and fit for life while earning Presidential awards, individuals can visit the free, interactive physical activity and fitness Web site.

#### The Physical Activity Guidelines for Americans At-A-Glance

[The Physical Activity Guidelines for Americans At-A-Glance](#) is a fact sheet for Professionals is designed for busy professionals as a quick desk-side reference to the 2008 Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services.

#### Small Step

[SmallStep.gov](#) is an online activity tracker that allows individuals begin tracking their physical activity. The small step activity tracker allows individuals to: 1) set physical activity goals; 2) enter and save physical activity on a calendar; 3) track and view a graph of progress; and 4) earn an achievement certificate for reaching goals.

#### Media-Smart Youth: Eat, Think and Be Active!

[Media-Smart Youth: Eat, Think, and Be Active!](#) is an interactive after-school education program that helps young people ages 11 to 13 understand the complex media world around them and how it can influence their health—especially in regard to nutrition and physical activity. The

National Institute of Child Health and Human Development (NICHD), part of the National Institutes of Health within the U.S. Department of Health and Human Services, created Media-Smart Youth to empower young people to think critically about media and make thoughtful decisions about nutrition and physical activity.

### **My Pyramid Tracker**

[MyPyramid Tracker](#) is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages and links to nutrient and physical activity information.

## Nutrition

### Online Resources:

- [Nutrition topics](#)
- [Eat Healthy](#)
- [Healthy Snack Ideas](#)
- [Picky Eaters](#)

## Weight Management

### Online Resources:

- [Healthy Weight](#)
- [Calculate your BMI](#)
- [Guidelines for Losing Weight](#)
- [Watch Your Weight](#)

### Overeaters Anonymous

[Overeaters Anonymous](#) offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions. OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive overeating, welcome to Overeaters Anonymous.

### BodyWorks: A Toolkit for Healthy Teens and Strong Families

[BodyWorks](#) is a program designed to help parents and caregivers of adolescents improve family eating and activity habits. Available in English and Spanish, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

The BodyWorks program uses a train-the-trainer model to distribute the Toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one six-hour training module for trainers and ten 90-minute weekly sessions for parents and caregivers.

The [Office on Women's Health](#), U.S. Department of Health and Human Services, developed BodyWorks following two years of formative research.

## Meditation and Other Complimentary and Alternative Medicine (CAM) Approaches

[Meditation for Health Purposes](#) includes definition of meditation, uses of meditation for health in the U.S., examples of meditation practices, how meditation might work, side effects and risks, information for those thinking about using meditation practices, NCCAM-supported research.

### Online Resources:

- [Mind-Body Medicine – An Overview](#)
- [What is CAM?](#)



## II. SUPPORT FOR CHILDREN AND ADOLESCENTS OF SERVICE MEMBERS AND VETERANS

### F. CHILD CARE SUPPORT FOR MILITARY FAMILIES

#### **National Child Care Information and Technical Assistance Center (NCCIC)**

[NCCIC](#) is a service of the [Child Care Bureau](#), is a national clearinghouse and technical assistance (TA) center that provides comprehensive child care information resources and TA services to Child Care and Development Fund (CCDF) Administrators and other key stakeholders.

#### **National Association of Child Care Resource & Referral Agencies**

[NACCRRRA](#) works with the DoD to help those who serve in the military find and afford child care that suits their unique needs. Through several innovative civilian/military efforts among DoD, NACCRRRA and Child Care Resource and Referral agencies, we are building the quality and capacity of child care throughout the country.

## G. SUPPORTING MILITARY CHILDREN: INFORMATION FOR OUTREACH AND PREVENTION STAFF, EDUCATORS AND SCHOOL PERSONNEL

### Academic and Research Support for Military Children

#### Online Resources

- [Family Relationships and Parenting](#)
- [Community Support for Children & Families](#)
- [School Age Children](#)
- [Adolescents](#)
- [How Communities Can Support Children of the National Guard and Reserve](#)

#### The New York University Child Study Center (CSC)

[The New York University Child Study Center](#) (CSC) was founded in 1997 at Bellevue Hospital Center, with Harold S. Koplewicz, M.D., as Director. The CSC was established with a mission to improve the treatment of child psychiatric disorders by:

- Eliminating the stigma of being or having a child with a psychiatric disorder
- Conducting research and disseminating scientific findings to improve the practices of professionals serving children
- Influencing child-related public policy

The Child Study Center is built around a group of research Institutes with associated clinical arms, a structure that allows recruitment of patients for research studies and then provides "real-world" testing for successful controlled-environment findings. These research initiatives have advanced understanding of the causes and treatments of child and adolescent psychiatric disorders.

The Child Study Center is in the Department of Child and Adolescent Psychiatry within the [NYU School of Medicine](#).

- [NYU Child Study Center's Professional Education](#)
- [Sign up for NYU Child Study Center's "About Our Kids" newsletter](#)

## **National Institute of Child Health and Human Development**

[NICHD](#), established by Congress in 1962, conducts and supports research on topics related to the health of children, adults, families and populations. Some of these topics include: reducing infant deaths; improving the health of women, men and families; understanding reproductive health and fertility/infertility; learning about growth and development; examining, preventing and treating problems of birth defects, mental retardation and developmental disabilities; and enhancing well-being of persons through the lifespan with optimal rehabilitation research.

- [A-Z Resources for Healthy Child Development](#)
- [Health Education](#)
- [Publications and Materials](#)

## **Madigan Center of Excellence for Children and Adolescents**

- [Background PowerPoint](#)
- [Poster](#)
- [Military Youth Stress Management Plan](#)

## **The National Child Traumatic Stress Network**

[The National Child Traumatic Stress Network](#) was established to improve access to care, treatment and services for traumatized children and adolescents exposed to traumatic events. The NCTSM mission is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.

- [Resources](#)
- [Learning Center for Child and Adolescent Trauma](#)

## **The Child and Family Trauma Program (CFTP)**

CFTP of the [Center for the Study of Traumatic Stress \(CSTS\)](#), the [Uniformed Services University of the Health Sciences \(USUHS\)](#) established and maintains professional expertise in military and civilian family and child violence and trauma exposure that is designed to answer questions and to develop community, family and child based strategies for intervention that would foster health and well being.

## Healthy Parenting of the Age 0-5 Child

### Zero to Three: Military Families Program

[Zero to Three: Military Families Program](#) all military families share their unique deployment experiences and early childhood professionals offer some tips and strategies for families.

### Operation Parenting Edge

These brochures focus on the unique experience of parenting a baby or toddler, particularly during times of stress and separation that military families may be experiencing. Click on the images to read more.

### Coming Together Around Military Families (CTAMF)

The CTAMF Initiative increases awareness of the impact of trauma, grief and loss on very young children, through specialized training and support, for the professionals who are supporting military families in and around military installations with high deployment rates. Of primary focus are the special circumstances of those families that experience trauma and loss as a result of a Service member's deployment.

### DoD Healthy Parenting Initiative

[Step Into Your Child's World](#) is a user-friendly, diverse set of materials to help military parents with young children increase their parenting effectiveness. It is a collection of creative materials designed to take advantage of "teachable moments" and to inform parents about topics related to parenting in the context of deployment, relocation and dangerous work, as well as general parenting information. The "kit" includes posters, thirty-second radio and TV spots, pass along cards, book marks, post cards, checklists, fact sheets and Q&A information sheets.

- [Deployment Issues](#)
- [Relocation Issues](#)
- [Dangerous Work Issues](#)
- [Parenting Frequently Asked Questions](#)
- [Activity Center](#)

## **Univ. of Minnesota’s Children, Youth and Family Consortium: Early Childhood**

[Univ. of Minnesota’s Children, Youth and Family Consortium: Early Childhood](#) addresses individual, family and community factors that influence the development and well-being of children from the prenatal period through the first five years of life. Included are data on the status of young children, discussion of key developmental issues from birth to five, research findings on factors associated with healthy growth and development and information about proven or promising strategies to promote good outcomes for young children and their families.

### **Sesame Street “Talk, Listen, Connect – Deployment, Homecoming, Changes”**

The first part of the [Talk, Listen, Connect](#) initiative includes video and print components and helps prepare families for pre-deployment, deployment and homecoming. The kit contains strategies and activities to help young children through these times and offers some ideas to help keep families connected.

The television special, *When Parents Are Deployed*, captures the extraordinary courage and vulnerability of parents and children who are handling deployment. Hosted by actor Cuba Gooding, Jr., the half-hour special aired on December 27th, 2006 and was funded by the Corporation for Public Broadcasting.

The special incorporates scenes from the *Talk, Listen, Connect* feature video starring Elmo with original documentary footage of deployed parents and their families at home. Family members voice their thoughts and feelings about their everyday challenges and victories. The special focuses on the ways different families cope, while showing that all share a sense of pride in their ability to adapt during difficult circumstances.

The second phase of the project, [Talk, Listen, Connect: Deployments, Homecomings, Changes](#), launched in April 2008. It includes a DVD featuring original stories starring Elmo and Rosita, as well as updated print materials providing strategies for handling the phases of deployment. These materials focus on helping families cope with multiple deployments and a parent returning home injured.

### **National Center on Shaken Baby Syndrome – Military Section**

In 2007, the United States Department of Defense awarded a contract to the [National Center on Shaken Baby Syndrome](#) (NCSBS) to fund the development of a military-specific SBS/AHT (shaken baby syndrome/abusive head trauma) prevention kit. The SBS/AHT prevention kits derive from existing NCSBS educational components and are customized specifically for military families. The kit's development progressed through a [steering committee comprised of members of the armed forces](#) who provided significant direction in both the graphical representation and the composition of the materials. New content includes how service members can maintain contact with their infants while deployed and a program for military fathers dealing with the unique stresses of military life. The kits were further tested with several

focus groups, also comprised of military personnel.

Each U.S. Armed Forces SBS/AHT Prevention Kit comes complete with informational brochures, a "Dads: The Basics" curriculum, promotional materials and a program implementation guide. The prevention kits were sent to more than 600 military installations worldwide.

**Additional Online Resources:**

- [A Child Becomes a Reader: Birth to Preschool](#)

## School-Based Support

### The Military Child Initiative at Johns Hopkins University

[The Military Child Initiative](#) assists public schools to improve the quality of education for highly mobile and vulnerable young people with a special focus on military children and their families. MCI provides national, state and local education agencies, as well as schools, parents and health, child welfare, juvenile justice and educational professionals with information, tools and services that enhance school success. The initiative aims to improve school outcomes by increasing a sense of connectedness for highly mobile young people in public, charter and private schools and to identify effective programs that use the school setting to provide social, emotional and academic support to military children and other young people in especially difficult circumstances. This course is part of the MCI project.

### Department of Defense: The Military Child in Transition and Deployment

[MilitaryStudent.org](#) is the DoD website for parents, children, special needs families, installation commanders and educators including: "Tools for Schools" Toolkits for parents, installation commanders and school leaders, a section on transitions and deployments for teens, a state data bank for education requirements, publications for parents, students and teachers printable from the site and Promising Practices for schools working with military children.

### The Military Child Education Coalition (MCEC)

[MCEC](#) is a non-profit organization that identifies the challenges that face the highly mobile military child, increases awareness of these challenges in military and educational communities and initiates and implements programs to meet the challenges. The MCEC website provides information about their initiatives, training, workshops and products, a variety of publications and links to state information on education-related issues.

### School Liaison Online Resources:

- [Information about School Liaisons](#)
- [Army School Liaisons](#)
- [Navy School Liaisons](#)
- [Marine School Liaisons](#)
- [Air Force School Liaisons](#)

## The Military Impacted Schools Association (MISA)

[MISA](#) is a national organization representing school districts that serve high concentrations of military children. The organization works to provide a continuum of quality education through funding, legislation, partnerships and programs for military families on the move. MISA also offers training sessions for principals on the use of the DoD's "Tools for Schools" in their districts. Contact MISA at 800-776-5204.

### Additional Online Resources:

- [Educator's Guide to the Military Child During Deployment](#)
- [Military Students on the Move: School Leader's Toolkit](#)
- [Working with Military Children: A Primer for School Personnel](#)
- [Promising Practices](#)
- [Guidelines for School-Based Mental Health Services](#)
- [Teachers Helping Students: Listening and Talking](#)
- [Training for School Staff](#)



## Youth Violence Prevention

### Online Resources:

- [National Youth Violence Prevention Resource Center](#)
- [Center for Prevention of Youth Violence](#)

### Safe Schools – Healthy Children

- The Federal government is committed to reducing school violence. The [Safe Schools/Healthy Students \(SS/HS\) Initiative](#) is an unprecedented collaborative grant program designed to prevent violence and substance abuse among our Nation's youth, schools and communities. The Initiative is supported by three Federal agencies—the U.S. Department of Health and Human Services (through SAMHSA's Center for Mental Health Services), the U.S. Department of Education and the U.S. Department of Justice.

## H. INFORMATION FOR PARENTS

### Parenting and Child Development Information

#### Online Resources:

- [Useful information for parents](#)
- [Information on: Keeping Kids Healthy; Disorders and Treatment; Multimedia Center and more](#)
- [Parent Resources](#)
- [Family Guide: Keeping Youth Mentally Healthy and Drug Free](#)
- [Developmental Stages](#)
- [Charts and Checklists to Keep Your Children Healthy](#)
- [Teens & Relationship Issues](#)
- [Adolescent Health](#)

#### Adventures in Parenting

- [Adventures in Parenting](#) is based on decades of NICHD research on parenting, this 62-page booklet gives parents the tools they need to make their own decisions about successful parenting. The booklet provides real-world examples & stories about how some families include responding, preventing, monitoring, modeling and mentoring in their own daily parenting activities.

## Parenting and Deployment

### Online Resources:

- [Preparing a Child to See an Injured Service Member for the first time](#)
- [Courage to Care Fact Sheet: Helping Children Cope During Deployment](#)
- [Preparing a Child for a Parent's Return \(Checklist\)](#)

## Recreational Activities for Children

### Operation: Military Kids

[Operation Military Kids](#) is a national effort to serve military children and families where they live. In addition to youth activities, these state teams coordinate trainings for parents, educators and professionals who serve youth and families.

### Additional Online Resources:

- [Armed Services YMCA](#)

## Video Support

### Online Resources:

- [Child's Stress and Grief – Military Youth Coping with Separation – When Family Members Deploy](#)
- [American Academy of Pediatrics – Support for Military Children](#)

## Other Parenting Resources

### Online Resources:

- [Information for soothing stress](#)
- [Tips on Soothing a Crying Baby](#)
- [10 Ways to Reduce Risk of Sudden Infant Death Syndrome](#)
- [When to Call the Baby's Doctor](#)
- [Stress Management for Parents](#)
- [Assistance for parents of children with special needs](#)
- [Information about Bullying for Parents](#)
- [Family Guide: Keeping Youth Mentally Healthy and Drug Free](#)

### III. SPECIAL TOPICS

#### I. SUPPORT FOR MILITARY AND VETERAN COUPLES

##### **Army Strong Bonds**

[Army Strong Bonds](#) empowers Soldiers and their loved ones with relationship-building skills, and connects them to community health and support resources. There are specialized programs for couples, single soldiers and families. It is a holistic, preventative program committed to the restoration and preservation of Army families, even those near crisis. The program is initiated and led by the Army Chaplains. More than 90% of those who have attended the program rate it positively.

##### **Active Military**

[Active Military](#) was created in collaboration with military communities, this 8-16 hour skills program addresses adventures of military life including deployments and reintegration. Active Military, aka “Better than Best Friends Forever,” provides tools to build resilience and to build strong healthy bonds. It is often offered in a retreat format.

- Meets all DHHS/ACF “Marriage Education Requirements”
- Approved curriculum of Army “Strong Bonds” program
- Research provided from military couples by Baylor University
- Editions available in Secular and Christian
- Leaders choose format (day-long, or two half days, or weekly sessions)
- Used in U.S. Army, (Korea, Europe, mainland U.S.) and U.S. Air Force, (USAFE, PACAF and mainland U.S.)
- 2003 pilot program began with Chaplains in U.S. Army at Fort Sam Houston

##### **Air Force MarriageCare**

The Air Force Chaplain Corps marriage retreat program, Marriage Care, is a relatively new program. Contact: Chaplain, Major James Glass, [james.glass@pentagon.af.mil](mailto:james.glass@pentagon.af.mil), 202-767-4586 or front office: 202-767-4577 for more information.

## **Chaplains Religious Enrichment Development Operation (CREDO)**

[CREDO](#) provides appropriate programs of ministry to enable military personnel, their families and other authorized personnel to develop personal and spiritual resources and grow toward increased functional ability, religious maturity and acceptance of responsibility. Includes: Personal Growth Retreat, Marriage Enrichment Retreat, Spirituality Retreat, Men's Retreat, Women's Retreat and others.

## **Prevention and Relationship Enhancement Program (Marines)**

The Marine Corps Family Team Building staff and your chaplains have teamed up to offer you a truly outstanding program known as "[PREP](#)" (Prevention and Relationship Enhancement Program). This program has proven so effective in recent years that it has been featured on 20/20, 48 Hours, Oprah and in many articles of the printed media. The workshop and the materials teach couples the skills they need to nurture a lasting love. Couples spend most of their time in special discussions or practicing skills. Key topics include expectations, commitment, fun, forgiveness, friendship, feeling understood and sensuality. To register, [contact](#) the Marine Corps Family Team Building or Chaplain's officer. Cost: FREE. Uniform: civilian attire is preferred.



## J. DIVORCE RECOVERY

### Online Resources:

- [Coping with a Break-up or Divorce](#)
- [Helping Your Children Cope with Separation and Divorce](#)
- [Raising Kids with Your Ex: Co-Parenting After a Separation or Divorce](#)
- [Ten Commandments of Co-Parenting](#)

## K. POST-DEPLOYMENT INFORMATION FOR FAMILIES

### Post-Deployment Stress

#### Online Resources:

- [War Zone-Related Stress Reactions – What Families Need to Know](#)
- [Post-Deployment Stress – What You Should Know, What You Can Do \(RAND\)](#)
- [Dealing with Combat Operational Stress](#)

## Reunion and Reintegration Post-Deployment

### Online Resources:

- [How to Get Back to “Normal”](#)
- [Homecoming After Deployment- Dealing with Changes and Expectations](#)
- [Homecoming – Tips for Reunion](#)
- [Post-Deployment Support Videos for Families](#)
- [Coming Home: A Guide for Service Members Returning from Deployment](#)
- [Coming Home: A Guide for Spouses of Service Members Returning from Deployment](#)
- [Reuniting with Your Loved One- Helpful Advice for Families](#)

## Other Information

### WarFighterDiaries.com

[WarFighterDiaries.com](http://WarFighterDiaries.com) is a social network provided as a resource to our Armed Forces. It's designed to foster relationships with uniformed service members, through short videos of actual war stories and real life experiences to build a resilient team. Learning from people that know what's involved when you're fighting for your country is the best path to follow toward success in your career. Our goals are to give first hand advice to our resilient teams and help them cope with issues that only they encounter. These stories are about preparedness, training, combat experience, career, stress, family and how we endure and grow learning to be resilient. Learning to be resilient is a journey that we take as a team.

### Afterdeployment.org

[Afterdeployment.org](http://Afterdeployment.org) is a mental wellness resource for service members, veterans and their families that includes information on getting help, self-assessments, staying healthy where you live, stories from home and far away and links to other resources.

### Real Warriors

[Real Warriors Campaign](http://RealWarriorsCampaign) is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

### Additional Online Resources:

- [What Military Families Should Know About Depression](#)

## L. INTERPERSONAL (ADULT) VIOLENCE (IPV)

### IPV: Information for Prevention and Outreach Staff

#### Adult Physical/ Emotional Abuse

- [National Domestic Violence Hotline](#)
- [Elimination of Violence Against Women – Office on Women’s Health](#)
- [National Resource Center on Domestic Violence](#)
- [National Domestic Violence Center Resources](#)
- [Domestic Violence Information from the Deployment Health Clinical Center](#)
- [National Council on Child Abuse and Family Violence – Spouse Abuse](#)
- [Department of Justice, New Hampshire – Domestic Violence Abuse/Violence Protocols and Information](#)
- [CDC Injury Center – Information on Intimate Partner Violence](#)
- [Violence Against Women – Safety Planning List](#)
- [Facts About the Workplace and Domestic Violence](#)
- [Domestic Violence – The Workplace Responds Video](#)

#### Sexual Assault Information

- [DoD Sexual Assault Prevention and Response Office \(SAPRO\)](#)
- [Screening Tools – Sexual Assault](#)
- [Sexual Trauma – Information from the Israel Center for the Treatment of Psychotrauma](#)
- [VA Women’s Military Sexual Trauma Treatment Program](#)
- [CDC Injury Center – Information on Sexual Violence](#)
- [American Psychological Association – Sexual Abuse](#)

#### Abuse of the Elderly and of Individuals with Disabilities

- [Victimization of Persons with TBI or other Disabilities](#)
- [Elder Abuse Facts](#)
- [Adult Abuse and Prevention](#)
- [National Council on Child Abuse and Family Violence – Elder Abuse](#)

## IPV: Information for Health Care Professionals

### Consensus Guidelines

- [National Consensus Guidelines on Identifying and Responding to Domestic Violence in Health Care Settings](#)
- [Consensus Guidelines for Responding to Violence in the Health Care Setting](#)
- [Domestic Violence and the Health Care Response: Consensus Recommendations for Child and Adolescent Health](#)

### Screening/Assessment

- [Screening for Family and Intimate Partner Violence: Recommendation Statement](#)
- [Domestic Violence Screening Tool for Pregnant Women](#)

### Training-Related

#### [Improving the Health Care Response to Domestic Violence – Trainer’s and Resource Manual](#)

The University of Colorado Denver’s Center on Domestic Violence, School of Public Affairs’ certificate in interpersonal violence and health care (CIVHC). The CIVHC is the first graduate level program of its kind. It is structured for distance learners with the majority of course work being offered through brief intensive periods of study in Denver. Courses required for completion of the certificate include: 1) Women and Violence: A Sociological Perspective; 2) Psychology of Domestic Violence; 3) Battered Women and the Legal System; 4) Interpersonal Violence and Health; and 5) Interpersonal Violence. Health Advocacy and Systems Change, information on the certificate can be found at: [www.domesticviolence.cudenver.edu](http://www.domesticviolence.cudenver.edu).

### Posters/ Pocket Cards

- [Health Care and Domestic Violence Posters](#) (also have culturally specific information)
- [Health Care and Domestic Violence – Safety Cards for Patient Education](#) (also have culturally specific information)
- [Health Care and Domestic Violence - Practitioner Reference Cards](#)

## IPV: Information for Families

### Love is Respect, National Teen Dating Abuse Helpline

[Loveisrespect.org](http://Loveisrespect.org) provides resources for teens, parents, friends and family, Peer Advocates, government officials, law enforcement officials and the general public. All communication is confidential and anonymous.

The Loveisrespect, National Teen Dating Abuse Helpline was launched in February 2007 with help from founding sponsor, Liz Clairborne Inc. It is a national 24-hour resource that can be accessed by phone or the internet, specifically designed for teens and young adults. The Helpline and [loveisrespect.org](http://loveisrespect.org) offer real-time one-on-one support from trained Peer Advocates. Managed by the National Domestic Violence Hotline (NDVH), [loveisrespect](http://loveisrespect.org), National Teen Dating Abuse Helpline operates from a call center in Austin, Texas.

Peer Advocates are trained to offer support, information and advocacy to those involved in dating abuse relationships as well as concerned parents, teachers, clergy, law enforcement, and service providers. Helpline Number: 866-331-9474 or 866-331-8453.

### Domestic Abuse Resources:

- [What is Domestic Abuse?](#)
- [Are You Being Abused?](#)
- [Healthy Relationships vs. Unhealthy Relationships](#)
- [Dating Violence Facts](#)
- [Date Rape Drugs- Facts](#)
- [Witness Justice](#)

## M. CHILD MALTREATMENT AND NEGLECT – PREVENTION AND INTERVENTION

### Guidelines

- [Guidelines for Evaluation of Suspected Child Abuse](#) (American Academy of Pediatrics)
- [Guidelines for Evaluation of Sexual Abuse in Children](#) (American Academy of Pediatrics)

### National and State Organizations

- [Administration for Children and Families - Frequently Asked Questions About Child Abuse](#)
- [National Council on Child Abuse and Family Violence – Child Abuse](#)
- [State Child Abuse Reporting Hotline Numbers](#)
- [Prevent Child Abuse America – State Chapters](#)



## N. SUBSTANCE ABUSE PREVENTION AND EARLY INTERVENTION

### Information for Outreach and Prevention Staff

#### Co-Occurring Disorders

- [Co-Occurring Disorders](#) – Overview Papers from SAMHSA

#### The Brief Addiction Science Information Source (BASIS)

- [BASIS](#) provides a forum for the free exchange of information related to addiction and public access to the latest scientific developments and resources in the field. Our aim is to strengthen worldwide understanding of addiction and minimize its harmful effects. The Division on Addictions, Cambridge Health Alliance, a Harvard Medical School teaching affiliate.

#### Clearinghouse

- [SAMHSA's National Clearinghouse for Alcohol and Drug Information](#)

#### Screening, Brief Intervention and Referral to Treatment (SBIRT)

- [SBIRT](#) is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. Primary care centers, hospital emergency rooms, trauma centers and other community settings provide opportunities for early intervention with at-risk substance users before more severe consequences occur.

## Information to Give Families

### Education Facts (general)

- [Drink Alcohol in Moderation](#)
- [Alcoholism](#) (Mayo Clinic)
- [Alcohol and Drug Treatment: How it Works and How it Can Help You](#)
- [Find an AA Meeting Near You](#)
- [Make a Difference- Talk to Your Child About Alcohol](#)

### Children/ Adolescents and Drugs/Alcohol

- [NIDA for Teens: Facts About Drug Abuse](#)
- [Parenting Tips: Drug and Alcohol Prevention](#)
- [How are Alcohol and Drugs Affecting Your Life](#) (A Self-Test for Teenagers)
- [The Center for Adolescent Substance Abuse Research](#)
- [The Fact Is: Alcoholism Tends to Run in Families](#) (Children of Alcoholics)
- [Does Your Mom or Dad Drink Too Much?](#)

## O. SUICIDE PREVENTION AND INTERVENTION

### DoD/Service Specific Suicide Prevention Programs

#### Army Suicide Prevention

- [Army Suicide Prevention Program](#)
- [Army Behavioral Health - Suicide Prevention](#)
- [Suicide Prevention Warning Signs and Risk Factors for Soldiers](#)
- [ACE Suicide Intervention TIP CARD](#)
- [Leader's Suicide Prevention Training Tip Card](#)

#### Air Force Suicide Prevention

- [Air Force Suicide Prevention Program](#)

#### Navy Suicide Prevention

- [Navy Suicide Prevention Program](#)

#### Marine Corps Suicide Prevention

- [Marine Corps Community Services Suicide Prevention Program](#)

#### Additional Resources

- [Combat Operational Stress Control](#)
- [Suicide Prevention Information at MilitaryHOMEFRONT](#)

## Resources for Health Care Providers

### Suicide Risk Assessment Tools/Guidance

- [Suicide Risk Assessment Tools/Guidance](#)
- [Military Suicide Risk Assessment: Primary Care Clinic Visit Guidance](#)

## Non-Military Suicide Prevention and Intervention Resources

### CDC Injury Center

- [Information on Suicide Prevention and Intervention](#)

### National Strategy

- [National Strategy for Suicide Prevention](#)
- [National Suicide Prevention Lifeline](#) 800-273-TALK (8255)

### VA Crisis Services

- [VA Crisis Services/Resources by State](#)
- [National Suicide Prevention Lifeline](#) (800) 273-TALK (8255)
  - Press 1 if you are a veteran or calling about a veteran

### Veteran's Chat

- In July, 2009, the Department of Veterans Affairs launched a pilot on-line Chat Service, in partnership with Lifeline. The Veterans Chat Service is located at the VA National Suicide Prevention Hotline.
- Veterans Chat enables Veterans, their families and friends to go online where they can anonymously chat with a trained VA counselor. If the chats are determined to be a crisis, the counselor can take immediate steps to transfer the chatter to the VA Suicide Prevention Hotline, where further counseling and referral services are provided and crisis intervention steps can be taken.
- The online feature is intended to reach out to all Veterans who may or may not be enrolled in the VA health care system and provide them with online access to the Suicide Prevention Lifeline and provides Veterans with an anonymous way to access VA's suicide prevention services.
- Veterans (and family members or friends) can access [Veterans Chat](#) through the Lifeline suicide prevention website.

### Suicide in Youth

- [Suicide in Youth](#)
- [Youth Suicide](#)

## IV. SUPPORT FOR WOUNDED, ILL, & INJURED (WII) AND THEIR FAMILIES

### P. DOD SUPPORT FOR WII AND THEIR FAMILIES

#### DoD-Wide Support

##### National Resource Directory

[The National Resource Directory](#) provides wounded, ill and injured Service Members, Veterans and their families and those who support them with a Web-based directory of valuable resources. It delivers access to the full range of medical and non-medical services and resources needed to achieve their personal and professional goals across the transitions from recovery to rehabilitation to community reintegration. It is an online partnership that links to the services and resources of federal, state and local governmental agencies; veteran service and benefit organizations; non-profit community-based and faith-based organizations; and academic institutions, professional associations and philanthropic organizations. You will find information on:

- [Benefits & Compensation](#)
- [Education, Training & Employment](#)
- [Family & Caregiver Support](#)
- [Health](#)
- [Housing & Transportation](#)
- [Services & Resources](#)
- [Service-Specific Wounded Warrior Programs](#)

##### Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury – Outreach Center

[The Outreach Center](#) answers questions about psychological health and traumatic brain injury around the clock and every day of the year from members of all the military services (including the National Guard and Reserve), veterans, families, health care providers, military leaders and employers. Call in your questions to the Outreach Center at 866-966-1020 toll-free or send an e-mail inquiry to [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org).

## Resources for Wounded, Ill, Injured Service Members and their Families

- [Resources for Wounded, Ill, Injured Service Members and their Families](#)

### Wounded Soldier and Family Hotline

- [Wounded Soldier and Family Hotline](#), 800-984-8523 accessible 24/7

### Wounded Warrior Resource Call Center (WWRCC)

[WWRCC](#) opened September 8, 2008. Service members, veterans, family members and/or caregivers can call the Military OneSource toll-free number 800-342-9647 which is answered 24/7 by a consultant or can e-mail: [wwrc@militaryonesource.com](mailto:wwrc@militaryonesource.com).

The WWRCC :

- Provides private immediate assistance
- Determines what resource will best address the situation or concern
- Offers consultants to collaborate with Service Wounded Warrior program POCs to assure resolution of issues
- Maintains a resource library of unique and specialized resources for the wounded, ill and injured
- [Wounded Warrior Family Guide](#)

## Service-Specific Support

### Army-Specific Information for WII and Their Families

#### Army Wounded Warrior Program

[The Army Wounded Warrior Program \(AW2\)](#) is the official U.S. Army program that assists and advocates for severely wounded, injured and ill Soldiers and their Families, wherever they are located, for as long as it takes. AW2 provides individualized support to this unique population of Soldiers, who were injured or became ill during their service in the Global War on Terrorism. The Wounded Soldier and Family Hotline is available 0700-1900; Monday through Friday, 800-984-8523.

- [Army Proponency Office for Rehabilitation and Reintegration](#)
- [Army Reserve- Warrior and Family Assistance Center](#)

### Navy-Specific Information for WII and Their Families

#### Navy Safe Harbor Program

[Navy Safe Harbor Program](#): Navy Safe Harbor is the focal point for the non-medical care management of severely wounded, ill, or injured Sailors and their families. Providing a lifetime of care, we support and assist Sailors through recovery, rehabilitation and reintegration. Contact 877-746-8563 or email: [safeharbor@navy.mil](mailto:safeharbor@navy.mil)

### Marine Corps-Specific Information for WII and Their Families

#### Marine Corps Wounded Warrior Regiment

[Marine Corps Wounded Warrior Regiment](#) - Provides and facilitates assistance to WII Marines, Sailors attached to or in support of Marine units, & their family members throughout the phases of recovery.

#### Marine for Life Injured Support Program

[Marine for Life Injured Support Program \(M4L\)](#) - provides information, advocacy and assistance from the time of injury through return to full duty or transition to the Veterans Administration, up to one year after separation. The program is currently being introduced by Marine for Life staffers to Marines, Sailors and their families at National Naval Medical Center at Bethesda and Walter Reed Army Medical Center in Washington, D.C. with a plan to expand to all major naval hospitals as soon as possible.



## Air Force-Specific Information for WII and Their Families

### Air force Wounded Warrior Program

[Air Force Wounded Warrior Program](#) – An Air Force Wounded Warrior is any Airman that has a combat or hostile-related injury or illness requiring long-term care that will require a Medical Evaluation Board or Physical Evaluation Board to determine fitness for duty. A combat or hostile-related injury results from hazardous service or performance of duty under conditions simulating war or through an instrumentality of war.

### Rehabilitative Care (Joint DoD/VA efforts): Disability Compensation

- [Rehabilitative Care](#)
- [National Veterans Foundation](#)
- [Dept of Veterans Affairs Benefits Booklet](#)

## Q. NON-GOVERNMENTAL SUPPORT FOR WII AND THEIR FAMILIES

### Wounded Warrior Project (WWP)

[WWP's](#) top priority is getting desperately needed legislation passed by Congress to provide critical support to family caregivers of severely wounded warriors including those with catastrophic injuries such as severe Traumatic Brain Injury (TBI), Spinal Cord Injury, and others.

The purpose of WWP is to:

- Raise awareness and enlist the public's aid for the needs of severely injured service men and women
- Help severely injured service members aid and assist each other
- Provide unique, direct programs and services to meet the needs of severely injured service members

### Additional Resources:

- [Easter Seals: Support for Service members with Disabilities](#)
- [America Supports You Homefront Groups that Support Wounded](#)
- [Fisher House](#)
- [Supported Employment](#)
- [Recovery and Employment Assistance Lifelines](#)

## R. STATE SUPPORT FOR WII AND THEIR FAMILIES

### Online Resources:

- [State Resources from National Service Directory](#)

## S. SUPPORT FOR CAREGIVERS OF WII

### Online Resources:

- [MilitaryOne Source Resource List for Support of Caregivers](#)
- [Family Caregiving 101](#)
- [American Red Cross – Family Caregiver Training](#)
- [National Family Caregivers Association](#)
- [Caregiving Across the States](#)
- [Well Spouse – Support for Caregiver Spouses](#)
- [National Respite Locator Service](#)
- [National Respite Locator](#)
- [AARP: Caregiving](#)

## T. SUPPORT FOR TRAUMATIC BRAIN INJURY

### Online Resources:

- [DVBIC: TBI & The Military](#)
- [CDC's National Center for Injury Prevention and Control – TBI](#)
- [TBI Fact Sheets from the CDC's National Center for Injury Prevention and Control](#)
- [CDC National Center for Injury Prevention and Control](#)
- [Grassroots effort to support veterans with TBI](#)
- [Facts About Concussion and Brain Injury – Where to Get Help](#)
- [Heads Up: Preventing Brain Injury \(from CDC\)](#)
- [Traumatic Brain Injury: Hope Through Research](#)
- [Traumatic Brain Injury Survival Guide](#)
- [Ten Ways to Improve Your Memory](#)
- [TBI and Mood Changes](#)
- [Brain Injury Management and Headache and Neck Pain](#)
- [Head Injury and Dizziness](#)

## V. SUPPORT FOR SURVIVING FAMILY MEMBERS

### U. SUPPORT FOR SURVIVING FAMILY MEMBERS

#### Online Resources:

- [Tragedy Assistance Program for Survivors](#)
- [DoD Survivor's Guide to Benefits](#)
- [America Supports You – Tragedy Assistance](#)
- [Survivor Benefits](#)
- [National Veterans Foundation – Information on Survivor Benefits](#)
- [Army Long Term Family Case Management Website](#)
- [Support for Casualty Notification](#)
- [Navy Casualty Assistance Office](#)

## V. GRIEF RESOURCES AND EDUCATION FOR FAMILIES

### General Grief Education

#### Online Resources:

- [AARP: Life After Loss](#)
- [HelpGuide.org: Coping with Grief and Loss](#)
- [APA – Death/ Dying](#)
- [Grief and Loss](#)
- [Characteristics of the Mourning Process](#)

## Children and Grief

### Online Resources:

- [The Surviving Parent's Role](#)
- [What Grieving Teens Want Parents to Know](#)
- [Helping Your Grieving Adolescent](#)
- [What Grieving Children Need](#)
- [Young Children and Bereavement](#)
- [School Aged Children and Bereavement](#)
- [Adolescents and Bereavement](#)
- [Coping with Loss](#)
- [Practical Advice for Parents](#)
- [FAQs about Children and Grief](#)
- [Helping in Times of Loss](#)
- [Change, Loss and Grief: Are Your Reactions Normal or Unhealthy?](#)
- [Children Grieve Differently – Common Reactions](#)



## Activities to Support Grieving Children

### Operation Purple Camp

These free, week-long, overnight camps are open to all military children. [Operational Purple Camps](#) program aims to help military kids experience carefree fun while also learning coping skills to deal with war-related stress and fostering relationships with others who know what they are going through.

### Comfort Zone Camp

A fun and safe place for grieving children, [Comfort Zone Camp](#) is the nation's largest bereavement camp for children who have experienced the loss of a parent, sibling or primary caregiver. Camps are held in Richmond, Virginia and are open to all grieving children from across the country.

### Snowball Express

[Snowball Express](#) started in early 2006 with a simple idea: Provide hope and new memories to the children of military fallen heroes who have died while on active duty since 9/11. America should honor and pay tribute to the children of those military fallen heroes who have died while honorably serving since 9/11. In December of 2006, nearly 900 family members from all across America and the world gathered in Southern California for an unforgettable holiday gathering. Kids and widows discovered they weren't alone. And they found they weren't forgotten. The program has grown and now has numerous corporate sponsors and volunteers.

## VI. CRISIS INTERVENTION AND HOTLINE NUMBERS

### W. CRISIS INTERVENTION

#### Online Resources:

- [VA Suicide Prevention Hotline and Veteran's Chat](#)
- [Behavioral Emergencies - Expert Consensus Guidelines](#)
- [Definition of Crisis and What Causes It](#)
- [Crisis Symptoms](#)
- [Overcoming Crisis](#)
- [Registered Nurses Association of Ontario](#)
- [AF Leader's Guide to Helping Airmen in Distress](#)
- [MC Leaders Guide for Managing Marines in Distress](#)
- [From the Israel Center for the Treatment of Psychotrauma](#)

## X. HOTLINE NUMBERS

### **National Suicide Prevention Lifeline: 800-273-TALK (8255)**

- Press 1 if you are a veteran or calling about a veteran

### **Child Abuse: 800-422-4453**

- Who they help: child abuse victims, parents, concerned individuals

### **Child Sexual Abuse: Stop It Now! 888-773-8368**

- Who they help: adults, parents, offenders, concerned individuals

### **National Domestic Violence Hotline; 800-799-SAFE (7233)**

- Who they help: children, parents, friends, offenders

### **National Alliance on Mental Illness: 800-950-NAMI (6264)**

- Who they help: individuals, families, professionals

### **Rape, Abuse & Incest National Network (RAINN): 800-656-HOPE (4673 ext.1)**

- Who they help: rape and incest victims, media, policymakers, concerned individuals

### **National Alcohol and Substance Abuse Information Center: 800-784-6676**

- Who they help: families, professionals, media, policymakers, concerned individuals

### **National Runaway Switchboard: 800-RUN-AWAY (786-2929)**

- Who they help: runaway and homeless youth, families