



**Resource Guide  
For Providers Who Work  
With  
Military and Veteran  
Families**



## Marriage and Family Counseling Collaborative (MFCC)

### About the Marriage and Family Counseling Collaborative

The Marriage and Family Counseling Collaborative (MFCC) currently consists of more than 100 individuals from DoD agencies, the Services, the Department of Veteran Affairs, other federal agencies, academic institutions, non-profit organizations and community advocates. Members seek to enhance the resilience, recovery and reintegration of military and veteran families in the areas of: *counseling/therapy, psychoeducation, and secondary prevention.*

The Army MEDCOM's Marriage and Family therapy Program developed the MFCC in the spring of 2010 and has the leadership role in *facilitating* the work group, but it is an equal participation group. The MFCC has already developed two important Resource Guides: this guide- *Resource Guide for Military and Veteran Domestic Violence Program Staff*, and the more general *Resource Guide for Providers Who Work With Military Families.*

In 2011, the MFCC plans to establish a web page on a Web site accessible to all military and civilian providers that will be seen as the "go-to" source of information for **providers and support staff** for all activities and initiatives related to couples, children, and families.

**To join the Marriage and Family Counseling Collaborative's information sharing network and get updates on Resource Guides, email CDR Brenda Gearhart at [brenda.l.gearhart@us.army.mil](mailto:brenda.l.gearhart@us.army.mil)**

#### DISCLAIMER

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**\*\*\*Note: Click on each non-black text (usually the name of the resource) which will open the link to the Web site.**

e.g. If you click on "[Military OneSource](http://www.militaryonesource.com)" (put your cursor over it and press control/link to open the link) - it will take you to the website: [www.militaryonesource.com](http://www.militaryonesource.com)



## DoD LEVEL INFORMATION AND RESOURCES

### **TRICARE Update on Mental Health Coverage for Couples with TRICARE Prime Coverage**

Marital therapy or counseling can be covered by TRICARE Prime when it's based on a behavioral health diagnostic evaluation by a TRICARE provider. TRICARE Prime-enrolled spouses of active duty service members can seek marital therapy or counseling in the U.S. or overseas as part of the first eight outpatient behavioral health care visits allowed per fiscal year. This can be done without a referral from a primary care manager or prior authorization from their regional health care contractor. Active duty service members need a referral for all behavioral health care received in the TRICARE network.

Professionals in the TRICARE network authorized to provide marital therapy include *psychiatrists, psychologists, certified psychiatric nurse specialists, clinical social workers and certified marriage and family therapists*. TRICARE-authorized pastoral and mental health counselors can provide therapy or counseling services under a physician's supervision.

After the first eight visits, non-active duty beneficiaries must get authorization from their regional health care contractor to continue treatment. To reduce their out-of-pocket expenses, beneficiaries are encouraged to use a TRICARE network provider.

Active duty family members enrolled in TRICARE Prime or TRICARE Prime Remote can call their regional Behavioral Health Care Provider Locator and Appointment Assistance Line for help locating and making appointments with network behavioral health care providers in their area. The toll-free numbers are: North Region, 1-877-747-9579; South Region, 1-877-298-3514; and in the West Region, 1-866-651-4970. Hours vary according to region. TRICARE Prime Overseas beneficiaries can get information about host nation providers from their local military treatment facility or TRICARE Service Center. The nearest TRICARE Service Center can be found at [www.tricare.mil/overseasTSC](http://www.tricare.mil/overseasTSC).

**DCoE Outreach Center** - The [DCoE Outreach Center](#) answers questions about psychological health and traumatic brain injury 24/7 from members of all the military services (including the National Guard and Reserve), veterans, families, healthcare providers, military leaders, employers & the general public. Contact the Outreach Center by phone: 866-966-1020, email: [Resources@DCoEOutreach.org](mailto:Resources@DCoEOutreach.org).

**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



**Wounded Warrior Resource Center** - The [Wounded Warrior Resource Center \(WWRC\)](#) is a single point of contact providing help for wounded warriors, their families, and their primary caregivers to obtain health care services or benefits information, or to report deficiencies in military facilities or other difficulties getting the support they need. Contact the Wounded Warrior Resource Center at 1-800-342-9647 or [wwrc@militaryonesource.com](mailto:wwrc@militaryonesource.com) any time.

--[Wounded Warrior Family Guide](#) – includes information on: key people in the recovery process; advice for families and caregivers; Wounded Warrior programs; travel and lodging; legal and money matters; keeping a medical journal; and much more.

**National Resource Directory** - The [National Resource Directory](#) is an online partnership for wounded, ill and injured Service members, Veterans, their families and those who support them. The National Resource Directory provides access to more than 10,000 services and resources at the national, state and local levels that support recovery, rehabilitation and community reintegration.

**The Real Warriors Campaign** - The Real Warriors Campaign 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.

-- [Family Section](#)

**Courage to Care, Courage to Talk** - The *Courage to Care Courage to Talk* campaign is an educational campaign for hospitals and healthcare sites developed by the Center for the Study of Traumatic Stress (CSTS). The goal is to facilitate and improve communication about war injuries between healthcare providers and families, as well as within the family itself, particularly when talking with children. The campaign seeks to connect families to resources and providers in the hospital environment who can answer their questions, talk with them about their children, or address other family or communication concerns related to the injury. The web site has brochures, posters & fact sheets.

**Family-Informed Trauma Treatment (FITT) Center, University of Maryland** - The goal of the Family-Informed Trauma Treatment (FITT) Center is to develop, implement, evaluate and disseminate theoretically sound, family-based interventions for urban and military families to support positive outcomes for children and families who have experienced chronic trauma and stress.

**Families section of [afterdeployment.org](http://afterdeployment.org)** - Includes wellness resource for military families. It includes assessments, videos, polls, educational information and more.



[Sesame Workshop - Talk, Listen, Connect](#) - This website includes videos, Sesame Family Connections, and much more.

**Center for Deployment Psychology's On-Line Trainings Related to Families** - This interactive online training provides some general information regarding resilience in families, specifically how to increase resiliency in couples and children negotiating the challenge of deployment.

- [Course 118 \(Online\): The Impact of Deployment and Combat Stress on Families and Children, Part 1](#)
- [Course 118 \(Online\): The Impact of Deployment and Combat Stress on Families and Children, Part 2](#)

[Caregiver's Journey](#) - The Caregiver's Journey is designed to help those who provide care for patients with TBI. Click here to get started with [Session One](#) now.

- [Caregiver Guides](#) - These guides contain the complete four module curriculum developed by the TBI Family Caregiver Advisory Panel. A Caregiver's Companion, with frequently used tools, is also included. View the [Caregiver Guides](#) now.
- [Resource Center](#) - The [Resource Center](#) is a location where you can find helpful information and links such as Journal Templates, Frequently Asked Questions and Glossary.
- [Caregiver Journeys](#) - In this inspiring section, TBI patients and their caregivers discuss their experiences and challenges as they share their [Caregiver Journeys](#).

[Understanding TBI - 29 minute video](#) - Introduced by General Colin L. Powell, USA (Ret.), provides an overview of traumatic brain injury (TBI). It features the recovery journeys of several service members and their families.

[BrainLine](#) - provides 24 hour a day information and support for families affected by TBI. BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with TBI. BrainLine includes a series of webcasts, an electronic newsletter, and an outreach campaign.

BrainLine serves anyone whose life has been affected by TBI. That includes people with brain injury, their families, professionals in the field, and anyone else in a position to help prevent or ameliorate the toll of TBI.

[Deployment Health Library](#) - The 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.  
[Links to Family and Friends](#)

[\*\*The Deployment Health Clinical Center - The Specialized Care Track II Program\*\*](#) - for service members experiencing Posttraumatic Stress Disorder (PTSD) or difficulties re-adjusting to life upon redeployment after service in OEF/OIF. It is for patients who have had other treatments for PTSD (or perhaps depression) but continue to experience symptoms that interfere with functioning. Also for patients who have no other treatment available to them.

[\*\*Joint Family Support Assistance Program \(JFSAP\)\*\*](#) supports 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 Military Family Life Consultants (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.

### **National Guard and Reserve Family Support**

[\*\*The Yellow Ribbon Reintegration Program\*\*](#) provides National Guard and Reserve members and their families with information, services, referrals and proactive outreach opportunities throughout the deployment cycle.

[\*\*The National Guard Family Program\*\*](#) provides family advocacy, exceptional family member, emergency placement care, family employee assistance and relocation services.

[\*\*National Guard Bureau Local Community Resource Finder\*\*](#) provides a search tool for community resources for members of the National Guard and their families.

[\*\*Members of the National Guard and Reserve and their family members\*\*](#) are eligible for different TRICARE benefits depending on their status. TRICARE's website can help in determining TRICARE benefits.



[U.S. Special Operations Command Care Coalition](#) provides Special Operations forces warriors and their families a model advocacy program in order to enhance their quality of life and strengthen overall readiness.

[Transition Assistance Program \(TurboTAP\)](#) provides a wealth of information on aspects involved in the transition of military personnel and family members leaving active duty.

[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.

The [Department of Defense Sexual Assault Prevention and Response Office \(SAPRO\)](#) is the organization responsible for Department of Defense (DoD) sexual assault policy. The Department has implemented a comprehensive policy to ensure the safety, dignity and well-being of all members of the Armed Forces.

[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's efforts are 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.

Contact information for local FAP programs can be found using the [MilitaryINSTALLATIONS](#) tool on the MilitaryHOMEFRONT website. More FAP [Resources](#)

[The Military's Exceptional Family Member Program \(EFMP\)](#)

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 the family qualifies for the program, they must be enrolled in EMFP. Enrollment has no adverse effect on their military career.

[DoD's Healthy Parenting Initiative](#) - The Healthy Parenting Initiatives provides 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.





### [New Parent Support Programs in the Military Services - Overview](#)

A range of support services for new parents is provided at every installation where families are sponsored by the command. Using the criteria of at least 300 births per year, New Parent Support Programs have been established at 260 military installations worldwide. Those installations that do not meet the criteria for a separate program are supported through services from an established program, agreements with civilian programs, and through installation Family Center and Family Advocacy Program staff. Because almost one-half of the military force is age 25 or younger and most families have their first child before this age, the majority of New Parent Support services are provided to families of active duty members between the ranks of E1 and E6. The program is available, however, to families of active duty service members of any rank or age who need support services

Parents enroll in New Parent Support Programs via a variety of mechanisms, including self-referral, or referral from a health care professional or command. New Parent Support Programs, primarily staffed by nurses or social workers, provide services to assess new parents during prenatal care, or shortly after birth, to identify if and when additional support is needed.

To better target services based on assessed level of need, the Department of Defense developed a New Parent Support Program model that distinguishes two distinct levels of service. New Parent Support-Standard, offers prevention services such as educational programs, short-term home and hospital visits, information and referrals to other programs. New Parent Support-Plus offers a more intensive and comprehensive array of services, such as scheduled periodic assessments, long-term home visitation, health and child development services, and intensive parent monitoring. Home visitation is used extensively in all the Services' programs because there is general consensus that this is the most effective strategy for educating and supporting parents around the time of a new baby's birth.

[DoD Hospitals' Parent Review Weekly Newsletter](#) – information for appropriate developmental stage of baby. Families can sign of to receive the weekly newsletter.

Military K-12 Partners: A DoDEA Partnership Program

[The Educational Partnership](#) promotes quality education, seamless transitions and deployment support for military students through outreach and partnership development.

School Liaisons - [School Liaison Program](#)'s mission is to coordinate and assist school aged children of military parents with educational opportunities and information necessary to succeed in an academic environment. School liaison officers also network, educate and work in partnership with local schools to provide caring adults to enhance the education experience.



## **SERVICE-SPECIFIC INFORMATION AND RESOURCES**

### **ARMY**

#### **Child, Adolescent & Family Behavioral Health Proponency (CAF-BHP)**

Contact information: 9913-A MAMC Annex, Ramp 2; Tacoma, WA 98431

Phone: 253-968-4745; Fax: 253-968-4747

E-mail: [CAF-BHP@amedd.army.mil](mailto:CAF-BHP@amedd.army.mil)

#### **CAF-BHP Mission**

As an integral part of the Army's force generation and deployment processes, the Proponency supports and sustains comprehensive and integrated behavioral health systems of care for Military Children and their Families at installations.

The CAF-BHP is the Proponent for two model programs that are focused on behavioral health issues affecting Army family members during this period of repeated and extended deployments:

#### **The Child, Adolescent and Family Assistance Center (CAFAC)**

- Triage Assistance Center at each installation
- 24/7 telephone triage line
- Community Outreach Center
- Adult Family Member Assistance Center
- Child and Adolescent Assistance Center
- Marriage and Family Assistance Center
- Behavioral Health providers embedded into primary care clinics

#### **School Behavioral Health (SBH)**

- Located onsite at schools on identified installations, SBH programs and services
- Clinical and classroom training
- Evaluation and treatment of Children and Youth using individual, group and family therapy, medication management and classroom/environmental interventions
- Parent and teacher education to include topics such as: the effects of deployment and reunion on families, crisis intervention, and resilience training
- Coordination and integration of services within the military and civilian communities, utilizing collaborative Behavioral Health resources, such as Scouts, Boys & Girls Clubs, Army MWR/CYSS youth programs, Army Community Service and other programs.
- Facilitation of access to care for military youth with decreased referral and clinic wait times, coordinated within the school environment.
- Continuity of military school and installation Behavioral Health youth services



**The CAF-BHP is also capable of supporting specific training at installations that is related to the behavioral health care of Army family members:**

- Facilitated training opportunities for medical, community providers and educators, focusing on wellness, prevention, and Behavioral Health initiatives
- Development and implementation of resilience training for military Children, Youth, and Families Training of primary care providers in the prevention, early identification, and management of Behavioral Health issues
- Establishment of a repository of knowledge in Behavioral Health research, best practices, and resources for military Children and Families
- Guidance to world-wide Army installations in providing evidence-based, best practices in Behavioral Health care

**The CAF-BHP maintains a capability to collect and evaluate data related to the behavioral health care of Army family members:**

- Collection, evaluation and dissemination of military Child and Family, school, and installation/community demographic data,
- Outcome measures recorded and monitored on an ongoing basis and reported quarterly to military officials.
- Data and outcomes to contribute guidance to Army leadership in identification, development, and expansion of Behavioral Health resources and programs for Children and Families.

[Army OneSource](#) provides single portal access for Family members and is a Web site that highlights programs and services of the Army Community Service (ACS), Army National Guard and Army Reserve Family Programs with links to important Army and community services. Information on the site is provided in language natural to Family members as opposed to Army terms, acronyms and program names.

[Virtual Army Family Assistance Center](#) is the connection to the Army Integrated Family Support Network

[The U.S. Army's HOOAH4HEALTH](#) website promotes physical and mental health and wellness info, interactive body, mind, spirit and environment, health fitness quizzes for Soldiers and the Families.

[Army Well-Being: Sustaining the All-Volunteer Force](#) - must register for this site. Contains news. Blogs, resources and forums.

[Army Behavioral Health: Information for Children and Families](#)  
Many resource links to support children and families



[The Army Proponency Office for Rehabilitation and Reintegration](#) was established to institute Army-wide standards of care for all rehabilitation and transition of injured Soldiers, with diagnoses to include traumatic brain injury (TBI), amputations, polytrauma, vision and hearing impairments, burns, chronic and acute musculoskeletal injuries and functional limitations related to combat stress.

[Comprehensive Soldier Fitness](#)' goal is to increase resilience and enhance performance by developing the five dimensions of strength: Physical, Emotional, Social, Spiritual and Family.

### [Army Chaplain Corps](#)

Mission Statement: The US Army Chaplaincy provides religious support to America's Army while assisting commanders in ensuring the right of free exercise of religion for all Soldiers. In short, we nurture the living, care for the wounded, and honor the fallen.

Vision Statement: Spiritual Leadership for the Army Family.

[Army Strong Bonds](#) Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training.

Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

[The Army Family Readiness Group](#) (Army FRG) website provides a secure environment in which information, resources and support are available to Soldiers and their Family Members 24 hours a day, regardless of their geographic location.

[Army Reserve Family Program Online](#) provides information on programs that deal with family readiness issues, including preparing for mobilization/deployment, financial planning and other resources. Information regarding the Warrior and Family Assistance Center by clicking on the link on the left side called: ["Soldiers Family Friends and Employers"](#)

[The Army Reserve - Warrior and Family Assistance Center](#) was created to assist members of the Army Reserve Community with issues such as Medical Care, Military and VA Benefits, Personnel Actions, Financial Difficulties and Individual and Family Counseling.



## Marriage and Family Counseling Collaborative (MFCC)

**Army Battlemind** is an integrated behavioral health training program that targets all phases of the Warriors' Deployment-Cycle and Life-Cycle. Battlemind training is designed for Warriors, Leaders and military Families.

**Active Military Life and Resiliency Skills** is an 8-16 hour skills program, created in collaboration with military communities, that 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.

**The Army Suicide Prevention Program** website provides news and crisis intervention resources for Soldiers, their Families and Department of the Army civilians.

- **Army Behavioral Health's Suicide Prevention**

**Army Emergency Relief** (AER) is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own". AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers. Call 866-878-6378 for further information.

**The Army Exceptional Family Member Program** (EFMP) is effort to:

- Identify and document the educational and medical needs of Exceptional Family Members and consider their needs in the assignment process
- Ensure soldiers are assigned to areas where special needs can be accommodated
- Provide early intervention and medically related services in designated overseas locations
- Provide information and support to Army families with special needs regardless of their assignment location

**The Army Spouse's handbook** is designed as a guide to assist spouses, as they become part of the Army team and offers a wealth of information and resources. It's designed to help them learn about the Army and better understand their soldier's mission.

**Association of the U.S. Army (AUSA) Family Programs** are dedicated to provided Army families with information and resources to help them manage the challenges of military life and to address Army family concerns through legislative actions.



## Marriage and Family Counseling Collaborative (MFCC)

**The U.S. Army War College Military Family Program** contributes to the Army's ongoing commitment to provide Army Families a strong, supportive environment where they can thrive through with three major objectives:

- Develop the physical, emotional, social, spiritual and intellectual well being of the individual as a member of the Family.
- Reinforce relationships between military Family issues and readiness.
- Prepare students and spouses for roles as senior leaders in developing and implementing personal, unit and community Family programs

**The Army School Liaison Program** - The Army has an active School Liaison Officer program on each of its installations. The Army School Liaison Officers (SLO) serve the Active, National Guard/Army Reserve/ Accessions Commands and geographically dispersed Families within a one hour distance of their installation.

The **Army Long Term Family Case Management** (ALTFCM) Web site is a one-stop resolution center (that includes a toll free number and e-mail) that assists families of fallen soldiers – spouses, children, parents, and extended family. ALTFCM helps connect, coordinate, monitor, and support the needs of families of fallen heroes by providing compassionate advocacy services using available Army and external resources.



## **AIR FORCE**

**Air Force Wounded Warrior Program** – is for 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.

[www.woundedwarrior.af.mil](http://www.woundedwarrior.af.mil)

**Air Force Chaplain Corps** - The Air Force Chaplain Corps has served for decades under the banner of "A Visible Reminder of the Holy." These historic words introduce our CHAPLAIN CORPS MISSION STATEMENT: "While serving as a visible reminder of the Holy, the Air Force Chaplain Corps provides spiritual care and the opportunity for Air Force members and their families to exercise their constitutional right to freedom of religion."

**Air Force MarriageCare** - The Air Force Chaplain Corps offers Marriage Care, a free or low-cost weekend-long sessions marriage retreat program at a limited number of installations. For more information, contact: Chaplain David Carr, [david.carr8@us.army.mil](mailto:david.carr8@us.army.mil), 803-751-9236 or DSN 734-9236.

**The Air Force Aid Society** has supports the Air Force mission by providing worldwide emergency assistance, sponsoring education assistance programs and offering an array of base community enhancement programs that improve quality of life for Airmen and their families. For further information call 800-769-8951

**The Air Force Family Readiness EDGE guide** lists and describes Air Force resources, their web sites and telephone numbers for family assistance.

**The Air Force Suicide Prevention Program** provides information and tools to members of the Air Force community (Suicide Prevention Program Managers, commanders, gatekeepers, IDS, etc.) in their efforts to help reduce Air Force suicides.

**The Air Force School Liaison Program** - Each Air Force base has a point-of-contact (POC) for local military child education matters. This POC advocates for the educational needs of military children, assists Airmen and families with information and referrals regarding local school districts and other education options including home schooling, private schools, charter schools and cyber schools, and ensures a communication link with inbound or outbound family members for educational issues. Please call or visit the Airman and Family Readiness Center on any Air Force Installation for more information.



## NAVY

**The Fleet and Family Support Program** (FFSP) provides unified, customer-focused, consistent and efficient FFSP programs and services to support sustained mission and Navy readiness-right services at the right time, to strengthen personal and family competencies to meet the unique challenges of the military lifestyle.

**ChaplainCare Web Site** - offers links to a variety of institutional and spiritual resources that support military members and their families. Additionally, one can ask questions, request information and arrange to talk with a chaplain through this Site.

- Navy Chaplain Corps Vision: "Mission ready Sailors & Marines, and their families, demonstrating spiritual, moral and ethical maturity supported by the innovative delivery of religious ministry and compassionate pastoral care."

**Navy Chaplains CREDO** - (Chaplains Religious Enrichment Development Operation) **CREDO** provides appropriate programs of ministry to Navy and Marine Corps service members and family members. The goal of CREDO is 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. For more information on CREDO, visit **ChaplainCare**.

**The LIFELines Services Network (LSN)** focuses on the delivery of Quality of Life information and services to Active and Reserve Marines, Sailors and family members.

**Naval Services FamilyLine** is a volunteer, non-profit organization dedicated to improving the quality of life for every sea service family.

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

**The Navy's Exceptional Family Member Program** ensures that special needs are met through mandatory enrollment and pinpoint assignments to locations where necessary resources are available.

**The Navy-Marine Corps Relief Society** provides financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need; and to receive and manage funds to administer these programs. For further information call 703-696-4904





**[The Navy Family Ombudsman Program](#)** promotes healthy, self-reliant families. Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life (QOL) improvement opportunities and “good deals” around the community. They also provide resource referrals when needed.

**[The Individual Augmentee](#)** page on the Navy Fleet and Family Support Center website provides information to Sailors, known as an Individual Augmentee, who leaves their assigned command to deploy individually or with a small group,

**[Guidelines for Spouses of Individual Augmentees](#)** provides important information and guidelines to families of Individual Augmentees.

**[Navy Services Family Line Training Modules](#)** - provided by Navy FamilyLine for spouse education. Modules include: Communication Success, CO/XO Spouse Workshops, Junior Officer Spouse Workshops, Crisis Management, Deployment and Support Groups, Entertaining, Etiquette and Protocols, Words to Inspire You and Mentoring.

**[COMPASS](#)** is a Spouse to Spouse mentoring program that introduces participants to all aspects of the military lifestyle

**[The Navy Suicide Prevention website](#)** provides information and crisis intervention resources to Sailors and their Families.

**[The Navy School Liaison Program](#)** - The Navy is implementing K-12 support to military families through Child and Youth Education Services at all major Navy installations. Navy School Liaison Officers can be contacted through the local Child and Youth Programs office, or Fleet and Family Support Center.

The **[Navy Guide for Surviving Family Members](#)** includes information on survivor benefits, VA bereavement counseling for surviving family members, funeral and burial benefits, and other guidance to support families in this difficult time.



## **MARINE CORPS**

**The Marine Corps Wounded Warrior Regiment** - provides and facilitates assistance to wounded/injured/ill Marines, Sailors attached to or in support of Marine units and their family members throughout the phases of recovery.

**The Injured Marine Semper Fi Fund** - provides financial assistance and quality of life solutions for Marines, Sailors and other military personnel assigned to Marine Forces, injured in post 9-11 combat, training, or with life threatening illnesses and their families. Our fund provides relief for immediate financial needs that arise during hospitalization and recovery as well as perpetuating needs such as home modifications, customized transportation and specialized equipment.

**Marine Corps Community Services** - provides information on programs available to Marines & their families to help build strong families.

**The Navy-Marine Corps Relief Society** - provides, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need; and to receive and manage funds to administer these programs. For further information call 703-696-4904

**The Marine Corps Exceptional Family Member Program** - ensures that all Marine Corps personnel with Exceptional Family Members' special needs are considered during the assignment coordination process.

**Marine Corps Family Team Building** - Marine Corps Family Team Building provides educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. MCFTB is comprised of: Family Readiness Program Training; Readiness and Deployment Support Training; Lifestyle Insights, Networking, Knowledge and Skills (L.I.N.K.S); and LifeSkills Training.

**The Marine Corps Community Services Suicide Prevention Program** provides news, information and links to resources about suicide prevention.



## Marriage and Family Counseling Collaborative (MFCC)

Navy Chaplains CREDO (available to Marines and their families) - (Chaplains Religious Enrichment Development Operation)

**CREDO** provides appropriate programs of ministry to Navy and Marine Corps service members and family members. The goal of CREDO is 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. For more information on CREDO, visit **ChaplainCare**.

**"PREP" (Prevention and Relationship Enhancement Program)** is a program offered by the Marine Corps Family Team Building staff and your chaplains. 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 installation's **Marine Corps Family Team Building** or Chaplain's Office.

**The Marine Corps School Liaison Program** - The Marine Corps has provided a School liaison position at each Marine Corps installation To assist parents and commanders in interacting with local schools and in responding to education transition issues. School Liaisons (SLs) support transitioning families in obtaining educational information and assistance from local school districts.



## OTHER RESOURCES AND SUPPORTS

Families

### **FOCUS (Families OverComing Under Stress)**

**FOCUS** provides resiliency training to military families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story. **Learn more about Resiliency Training**

- As a service initiated by the Bureau of Medicine and Surgery (BUMED), FOCUS Project addresses concerns related to parental combat operational stress injuries and combat-related physical injuries by providing state-of-the-art family resiliency services to military children and families at designated Navy and Marine Corps sites. In 2009, FOCUS Family Resiliency Services have been made available to Army and Air Force families at designated installations through support from the Department of Defense Office of Family Policy. **[Read more about the program](#)**

### **Military Family Research Institute (at Purdue University)**

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 Resources for Families](#)**
- **[MFRI Reports and Papers](#)**

**Warrior Gateway** - The Warrior Gateway Program has been designed to promote easier reintegration into home communities. It establishes a single capability that serves as a trusted and reliable resource for the military community to quickly locate service organizations that satisfy their needs, identify academic programs they are interested in and easily find employers seeking their valuable skills, while enabling improvements in the service provider sector through metrics and collaboration.

The Warrior Gateway:

- Is inclusive and free to the military community
- Eliminates information barriers and information overload
- Is a non-profit organization
- Brings needed resources to one location – you

Warrior Gateway is possible only through the efforts of a broad coalition of partners and sponsors.



## Marriage and Family Counseling Collaborative (MFCC)

**Strength at Home** - The *Strength At Home* programs are relationship strengthening programs for veterans, service members and their families who are struggling with conflict, anger, and readjustment after a deployment. Our programs were collaboratively developed by internationally recognized mental health experts at the National Center for PTSD, Boston VA Healthcare System, Boston University, and other academic and clinical institutions serving military members and their families. Our team leaders are experts in couple's treatment, anger treatment, as well as trauma and recovery.

**Mission:** To advance the clinical care of America's veterans and service members through the research, development, and dissemination of evidence-based treatments for stress-related disorders.

**Vision:** To disseminate evidence-based treatments for relationships strengthening and violence prevention for military couples, and to reduce and end domestic violence in intimate relationship partners. We hope that our programs will be implemented in VA and community treatment centers across the country.

**12 Session Men's Program** – helps veterans and service members of any conflict era improve anger management skills and prevent arguments and conflict in intimate relationships.

**10 Session Couples Program** – helps OEF-OIF military couples strengthen their relationship, increases feelings of closeness & happiness, and to prevent arguments & conflict.

**American Supports You** is a list of links to numerous **Military Family Support Homefront Groups**.

**National Military Family Association** (NMFA) 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).

**A Toolkit About Military Teens**

**Adoption Resource Links** – contains links to information for military families who are considering adoption

**The USA4 Military Families initiative** - The USA4 Military Families Initiatives, 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.



## Marriage and Family Counseling Collaborative (MFCC)

[Essential Life Skills for Military Families](#) (Based in North Carolina- affiliated with East Carolina University)- is a workshop series that equips Reserve Component Service Members and their families to deal with a multitude of uniquely fast-hitting, intense pressures. In Essential Life Skills workshops, Service Members and their families learn how to communicate better with their loved ones. They find out about social, legal and financial support systems right in their own communities.

### [American Red Cross](#)

Services include:

[Emergency Communication Services](#) – 24/7, 365 days a year; call local chapter

- Links families during times of emergencies with military personnel and their command any place in the world
- Provides military command with verified information on emergency situation

[Access to Financial Assistance](#) -24/7, 365 days a year by calling local chapter

- Provides access to emergency funds through coordination with the Military Aid Societies of each branch of service for such emergency needs as food, travel, rent, and other areas

### ***Casualty Travel Assistance Program (CTAP)***

- Travel, lodging and food expenses for family members to travel to the bedside of a combat injured service member, or to attend a funeral or memorial service of a service member who was killed in action under specific guidelines. Contact your local chapter for additional information on this program.

### [Information and Referral](#)

- Need assistance and don't know where to turn? Contact your local chapter and they will assist in providing information to you or referring you to resources available in your community who can help.

### ***Military and VA Hospital Outreach Program***

- Supports service members and their families being treated in military and VA medical facilities by providing material and volunteer support.

***Training-*** contact local chapter for schedule of courses and how to register

- Take Red Cross courses such as; CPR/AED and First Aid, Babysitters' Training, Pet First Aid, or Disaster Preparedness Education among others

### [Service to Military Families](#)

- Pre-deployment briefings for families and Commands, *Coping with Deployments* course, support for Welcome Home events and hosting military spouses meetings.

*For assistance in contacting the local Red Cross chapter which serves your community, go to [www.redcross.org](http://www.redcross.org) and enter your zip code.*



[Military Families: Strength Behind the Uniform](#) –has Canadian and European resources as well as resources in the US.

[The National Council on Family Relations](#) (NCFR) - The NCFR, founded in 1938, provides an educational forum for family researchers, educators & practitioners to share in the development & dissemination of knowledge about families & family relationships, establishes professional standards & works to promote family well-being. 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 & experience in family life education including formal teaching, community education, curriculum & resource development, health care, military family support, counseling and ministry.

[The Fisher House™ program](#) is a unique private-public partnership that supports America's military in their time of need. Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, Fisher House Foundation donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury. There is at least one Fisher House at every major military medical center to assist families in need and to ensure that they are provided with the comforts of home in a supportive environment. By law, there is no charge for any family to stay at a Fisher House operated by the Department of Veterans Affairs; and Fisher House Foundation uses donations to reimburse individual Fisher Houses operated by the Army, Navy & Air Force. No family pays to stay at any Fisher House.

[The SAFE Program](#) – is a curriculum made up of 18 sessions that last for approximately 90 minutes. It is administered via the Vet Centers by trained mental health professionals. It is designed for caretakers of veterans living with PTSD and other mental illnesses. The SAFE program has six major goals:

To teach family members and friends of individuals with a mental illness about the symptoms and course of mental illness.

To afford family members the opportunity to ask questions about psychiatric disorders and treatment options (medications, therapies, etc.)

To reduce the stigma of mental illness by providing a forum in which to discuss concerns and obtain supports from peers.

To publicize the availability of mental health services at the VA Medical Center, including the broad continuum of care.

To help family members understand the importance of early intervention for their loved one, as well as open, timely communication with providers.

To link family members with opportunities for support both at the local VA Medical Center and with community resources, including the local NAMI affiliate.



## [OEF/OIF Marriage Retreats - VISN 7, Augusta, GA](#)

### *Getting It Back: Reclaiming Your Relationship After Combat Deployment*

At **NO COST TO YOU**, the Charlie Norwood VA Medical Center, together with the CSRA Wounded Warrior Care Project and VISN 7 VA Southeast Network sponsor several marriage enrichment retreat weekends each year to help you answer those two questions. The retreats, entitled, "Getting It Back: Reclaiming Your Relationship After Combat Deployment," are designed to help you develop healthy ways of interacting and relating with one another so you can get back what combat and lengthy deployments have taken away.

The program includes topics such as Constructive Conflict Resolution, Emotional Literacy, and Communication and Intimacy in Stressful Situations. It will be facilitated by experts acknowledged for their success in guiding couples and families like you to a healthier way of living and loving.

[Positive Psychology Website](#) - This site offers information and questionnaires that can be used by caregivers to assess the emotional status of military family members and to provide strategies for resiliency and well being





## Caregiver Resources

[Family Caregiver Alliance](#) provides information on publicly-funded caregiver support programs in each of the 50 states and the District of Columbia.

[Family Caregiving 101](#)

[American Red Cross – Family Caregiver Training](#)

[National Family Caregivers Association](#)

[Well Spouse – Support for Caregiver Spouses](#)

[National Respite Locator Service](#)

[Extension Family Caregiving Community Page](#)

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## Children

[The Military Child Education Coalition](#) -(MCEC)- The [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. Some of their programs include:

- [Student 2 Student and Junior Student 2 Student](#) (S2S)- Believing that transitioning does not have to be difficult, “just different,” S2S is a unique student-led, school managed program that confronts the challenges of transition and provides relevant training that gives students the best possible transition experience.
- [Transition Counselor Institute \(TCI\)](#) [Phases I, II, and III](#)  
The MCEC’s Transition Counselor Institute (TCI) is primarily held for elementary, middle school, and high school guidance professionals. TCI is a three-phase professional development institute series based on solid research that prepares school guidance professionals and other educators to recognize and address school transition concerns that impact mobile military students.
- [Special Education Leaders Institute \(SELI\)](#) - The Special Education Leaders Institute (SELI) is a two-phase series of institutes developed to promote awareness and increase the availability of professional educators who understand the challenges associated with transitioning mobile military-connected students with special needs.
- [Living in the New Normal: Helping Children Thrive through Good and Challenging Times \(LINN\)](#)  
Sparked by concerns about military children dealing with illness, injury, or death of a parent, the Living in the New Normal: Supporting Children through Trauma and Loss, or LINN, initiative was developed through collaboration with experts in the fields of trauma and grief, resiliency, health care, and child development. LINN provides participants with the framework to ensure that children have tools to bounce back from life’s storms and “stressors,” fosters community support efforts, and provides concerned adults with information to help support children during times of uncertainty, trauma, and loss. As the LINN initiative has grown and evolved, in 2009, the name was changed to Living In the New Normal: Helping Children Thrive through Good and Challenging Times.



- [Supporting Children of the National Guard and Reserve Institute \(GRI\)](#) - The Supporting Children of the National Guard and Reserve Institute is primarily held for school educators, especially counselors and administrators of all grade levels, and members of the National Guard and Reserves and their families. It provides participants with an understanding of the unique challenges faced by children of members of the National Guard and Reserve components who are geographically separated due to mobilization, deployment, and transition of family members. Participants develop strategies and the framework of an Action Plan to support these children of the “suddenly military.”

[The National Child Traumatic Stress Network](#) - Established by Congress in 2000, the National Child Traumatic Stress Network (NCTSN) is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their families across the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education.

### [Military Children and Family Resources](#)

The National Child Traumatic Stress Network, in collaboration with the Uniformed Services University of the Health Sciences Center for Study of Traumatic Stress (USUHS CSTS), has developed a **series of 15 educational podcasts** titled:

“**Essentials for Those Who Care for Military Children and Families**”  
available at the [USUHS CSTS website](#).

NCTSN and USUHS CSTS have also collaborated to create the [Military Families Knowledge Bank](#), a comprehensive directory for military families-related information.

[The Military Child Initiative at John Hopkins University](#) 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.

[Zero to Three: Military Program](#) - is a national nonprofit organization that informs, trains and supports professionals, policymakers & parents in their efforts to improve the lives of infants & toddlers. Zero to Three’s Military Families Program is designed to increase awareness & collaboration throughout the military community to more effectively serve young children & their families impacted by deployment-related issues.



[National Center on Shaken Baby Syndrome](#) (Military Section) provides a military-specific shaken baby syndrome/abusive head trauma prevention kit. The kits include 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.

[American Academy of Pediatrics: Support for Military Children and Adolescents](#) maintains a list of links to resources for parents, children and adolescents.

[National Association of Child Care Resources and Referral Agencies \(NACCRA\) Military Partnership](#) - is working with DoD to help those who serve in the military find and afford child care that suits their unique needs.

[NYU Child Study Center](#) -founded in 1997 to improve the treatment of child psychiatric disorders through scientific practice, research, and education, and to eliminate the stigma of being or having a child with a psychiatric disorder. Our research, clinical, educational, and community services have expanded and grown in new directions. In the face of increased threats to our security and safety, our work has highlighted the importance of strengthening resilience in all children as a preventive strategy to enhance and protect their psychological well-being.

[Information for Families Research](#)

[National Dissemination Center for Children with Disabilities \(NICHCY\) - Resources Especially for Military Families](#) - question and answer format. This website also has lots of general information and resources for children with disabilities.

[Operation Purple Camps](#) are free, week-long, overnight camps are open to all military children. The 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.

[Operation: Military Kids](#) (OMK) is the U.S. Army's collaborative effort with America's communities to support the children and youth impacted by deployment. Through a network of community partners, OMK provides youth program opportunities for school age, middle school and teenaged youth and connects them to support resources where they live. In addition to youth activities, these state teams coordinate trainings for parents, educators and professionals who serve youth and families

[The Armed Services YMCA](#) (ASYMCA) provides support services to military service members and their families, particularly focusing on junior-enlisted men and women. ASYMCA offers essential programs such as childcare, hospital assistance, spouse support services, food services, computer training classes, health and wellness services and holiday meals, among many others.



### Military Youth, Family, and Community Programs through USDA/NIFA

The United States Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) is the federal partner with 109 land-grant universities and state and local Cooperative Extension Service offices working to ensure that effective, research-based programs are delivered *to advance knowledge for agriculture, the environment, human health and well-being, and communities*. Extension military family programs focus on promoting strong family relationships built on sound financial ground and effective communication, and access to quality child care and after school programming. Deployment, the fluctuating family support associated with geographic dispersion, and the implications of military service, including injury and death, are also areas of Extension research and programming.

### Serving the Needs of Military Youth

The 4-H National Headquarters, NIFA has developed partnerships with the Army, Navy, & Air Force to develop and support military children, youth and family programs on military installations around the world, as well as the families of National Guard and Reserves who may find themselves living in communities far removed from military installations.

Military 4-H Clubs provide quality educational experiences using research-based curricula in a number of areas, including photography, computer technology, arts, nutrition, fitness and citizenship for military youth ages 5 to 19. These opportunities provide military children and youth with a continuity of programs wherever their military assignments may take them.

4-H is also proud to be the managing partner of the Operation: Military Kids program. The goal of Operation: Military Kids is to establish local networks of support for military children and youth whose parents deploy in support of Overseas Contingency Operations. OMK achieves this through educating community members and organizations and engaging them in a number of support events from military appreciation days to camp programs.

Finally, 4-H and extension play a key role in providing technical expertise in the fields of youth development and technology. The 4-H Military Partnership Program currently has 20+ LGU Faculty and Staff on assignment to the respective military services headquarters. These individuals serve as subject matter experts to the senior leadership of military children, youth and teen programs, managing large program such as OMK and developing curriculum and trainings for military children, youth and staff.

### Extension and Military Partnership

The aim of this mission-focused project is to cultivate collaborations with educational institutions, non-governmental and community-based organizations, and other groups and organizations with expertise in early childhood education, youth development or related fields to support the family support programs, workforce development, and child care & youth development expansion needs of the Department of Defense (DoD). It is the intent,



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through this relationship between the National Institute of Food and Agriculture (NIFA) at USDA and Military Community & Family Policy (MC&FP) at DoD that programs be mutually beneficial to support military youth, families, and communities as well as non-military audiences.

For more information contact:

Lisa A. Lauxman, PhD; Director, Youth Development [llauxman@nifa.usda.gov](mailto:llauxman@nifa.usda.gov)

Brent Elrod, Program Specialist, Family Science [belrod@nifa.usda.gov](mailto:belrod@nifa.usda.gov)

Eddy Mentzer; Program Manager, 4-H Military Partnership Program Specialist  
[ementzer@nifa.usda.gov](mailto:ementzer@nifa.usda.gov)

Dawn Brunson, Program Specialist; 4-H Youth Dev. [dbrunson@nifa.usda.gov](mailto:dbrunson@nifa.usda.gov)

**ParentFurther - a Search Institute Resource for Families** – ParentFurther provides parents with a unique community and an easy-to-use, comprehensive resource that offers support and practical steps to help you with a wide range of everyday parenting issues. Their goal is to help parents raise caring, healthy, responsible, successful kids.

**[Everyday Parenting expert approved steps and advice](#)**

**[High Risk Behaviors](#)**

**[Ages and Stages](#)**

**[University of Nebraska-Lincoln Extension: Families, Children and Parenting](#)**

Families know their **[family strengths](#)** and those areas where they could improve. They have healthy relationships and practice **[positive parenting skills](#)**. Research at the University of Nebraska–Lincoln has focused on families who believe they are doing well. Family members from all 50 states and 27 countries have been asked, "**[What makes your family strong?](#)**" Read what these families have shared about six strengths that are similar from culture to culture. UNL research has identified the 6 qualities of strong families.

- **[Use this inventory to help your family recognize its strengths](#)** and areas where it could grow stronger.



### [Evidence-Based Mental Health Treatment for Children and Adolescents](#)

The information on this website is offered as a completely free service to families and mental health professionals to help ensure that children and adolescents benefit from the most up-to-date information about mental health treatment. We request absolutely no information from visitors to this site, and hope this service will help all learn more about important differences in mental health treatments. Families want their children to get the best possible treatment, and this site maintains an updated list of treatments with strong scientific support. (Site was developed by the Association of Behavioral and Cognitive Therapies and the Society of Clinical Child and Adolescent Psychology, a division of the American Psychological Association.)

### [American Psychological Association: Resilience in a Time of War](#)

Tips for parents and teachers of middle school children

### [The Dougy Center - The National Center for Grieving Children and Families](#)

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. The Center provides support and training locally, nationally and internationally to individuals and organizations seeking to assist children in grief. They are supported solely through private support from individuals, foundations and companies. The Dougy Center does not charge a fee for its services.

### [Children, Youth and Families Education and Research Network \(CYFERnet\) -](#)

CYFERnet is designed to be used by anyone who needs comprehensive children, youth, or family information including: educators, researchers, parents, youth agency staff, community members, human services and health care providers, students, policy makers, youth, and the media. CYFERnet provides:

- information on for child and youth development, parenting, families, and community development.
- practical research-based tools, curricula and activities for working with children, youth, families programs.
- a database to help you identify experts in the areas of children, youth, and family across the country.
- opportunities to interact with CYFER professionals in our webinars, blogs, online communities.
- access to the latest research, statistical, and demographic information.
- resources and instruments for program evaluation.
- information on 3000 community-based programs serving vulnerable populations.
- information on the programmatic use of the latest technologies.





## Fact Sheets and Educational Handouts for Families

[Afterdeployment.org](http://Afterdeployment.org) - [Wellness resources for the military community](http://Afterdeployment.org) – lots of resources to include self-assessments, psychoeducational handouts on multiple topics and more

[Returning from the War Zone: A Guide for Military Personnel](#) – 16 page guide from the US Department of Veteran Affairs. Discusses:

- Common reactions to expect following the trauma of war
- Experiences you are likely to encounter on the home front
- How you can positively cope with the transition
- Signs that you or your war buddies might need some outside assistance
- Where you can go for assistance.

[Returning from the War Zone: A Guide for Families of Military Members](#) – 15 page guide from the US Department of Veteran Affairs. Discusses:

- Common reactions to war
- Common issues families of returning service members experience
- experiences you are likely to encounter on the home front
- How you can positively cope with the transition
- Signs that you or your war buddies might need some outside assistance
- Where you can go for assistance.

[NCPTSD's "The New Warrior: Combat Stress and Wellness for Veterans and Families"](#) 47 minute video. Production date: 2007

This video aims to promote wellness in returning OEF-OIF veterans and to prevent chronic mental health issues resulting from combat and other war-zone stress.

NCPTSD's: [Hope for Recovery - Understanding PTSD](#) – 9:30 min video produced in 2000. An educational video about PTSD for veterans and their family members as well as for caregivers. This video involves dramatizations of individuals briefly describing interpersonal traumas, which may be upsetting for some individuals.

[Mental Health America. Operation Healthy Reunions](#)

Provides education and helps to bust the stigma of mental health issues among soldiers, their families and medical staff to ensure that a greater number of military families receive the prompt and high-quality care they deserve. In partnership with the leading military organizations, Mental Health America distributes educational materials on such topics as reuniting with your spouse and children, adjusting after war, depression and post-traumatic stress disorder (PTSD).



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### [BrainLine.org, Family Members Page](#)

BrainLine is a national multimedia project offering information and resources about preventing, treating and living with TBI. It is a service of WETA, the public TV and radio station in Washington, DC and is funded by Defense and Veterans Brain Injury Center.

### [Center for the Study of Traumatic Stress \(CSTS\)](#)

- [CSTS - Courage to Care- Traumatic Brain Injury \(TBI\): Helping Service Members and Families in Need](#)