



VETERANS AND FAMILIES
HOMECOMING SUPPORT NETWORK
Helping Veterans and Families Transition from Military to Civilian Life

HOMECOMING PREPAREDNESS
FOR
VETERANS AND FAMILIES

A Self-Help Guide
To Ease The Transition From Deployment
and from Military To Civilian Life

First Edition

Introduction

First of all, welcome home.

You have served your country, have made great sacrifices and deserve respect and gratitude for your dedication.

This guide has been developed to help each Veteran and their family members to assess the changes that have occurred in everyone involved during the process of military service and deployment. This guide has also been provided to create a basis of understanding for all involved about the typical issues and challenges that are most commonly associated with homecoming.

What is most important is that each of us realize that we are not alone in this journey. The feelings and challenges you are experiencing are very likely occurring for countless other families.

For Veterans who have been in a war zone, they have been exposed to experiences that can vary from living uncomfortably for long periods of time, lacking the normal convenience of life in the USA to the extreme and potentially catastrophic realities of actual combat. Unfortunately many of these experiences are not quickly or easily forgotten. In most cases these memories will diminish with time, but in some cases they may persist and can become major obstacles to moving forward with your life.

Hopefully, this guide will begin to shed light on how to make the journey home easier and more understandable.

For family members and friends of returning Veterans, you may have no idea of what to expect upon the return of your loved ones. For many, fear of the unknown about homecoming is a very uncomfortable and stressful period leading up to the actual reunion and beyond.

Veterans and Families wants you to know that you are not alone and that help and support are available.

As Veterans and Families is a non-profit organization, the entire production of the preparedness guide is provided by dedicated volunteers. If you find value in the content and feel this is a cause you can endorse, please pass it along, tell a friend. If you have the means to donate, we appreciate your contributions and need ongoing funding to distribute each new version of the guide. Information on how to donate is on the last page of this guide.

If you have comments or suggestions for improvement, please contact Ted Reed, Veterans and Families Community Outreach Coordinator at treedgrant@aol.com or directly by phone at 916-390-3827

Or the Founder of Veteransandfamilies.org, John Henry Parker at veteransandfamilies@yahoo.com or by phone at 916-320-4395

Don't forget to check back at our website at www.veteransandfamilies.org for updates to this guide.



About Veterans and Families



VETERANS AND FAMILIES HOMECOMING SUPPORT NETWORK

Helping Veterans and Families Transition from Military to Civilian Life

Launched in November of 2003, Incorporated in 2004, Veterans and Families is a 501 (c) (3) non-profit organization.

Mission:

*“Help Families, Employers, and Communities support homecoming veterans
In their transition from military to civilian life.”*

Problem/Need Area:

Many armed forces veterans and their families struggle to re-socialize into relationships, parenting, education and civilian employment—especially after extended exposure to a combat environment. Available data on Iraq/Afghan Veterans, and the documented readjustment problems that have faced past generations of veterans and their families illustrate an alarming problem.

- ⌘ Despite the best efforts of the military, VA, and numerous other providers, statistics show that many veterans and their families struggle with mental illness, substance abuse, homelessness, family and employment problems after leaving the military.
- ⌘ According to recent research, 1 in 3 US Iraq and Afghanistan veterans are showing symptoms of combat related stress. Even though the VA has seen a tenfold increase in PTSD cases over the last year, nearly two-thirds of veterans who show symptoms don't seek treatment. Ensuring all readjustment stakeholders know the warning signs, how to provide appropriate support, and where to go for help in their communities can mean the difference between life and death.
- ⌘ As the daily support system for returning veterans, families and employers have a critical role to play, but may not understand how to appropriately participate in “homecoming” and readjustment. Many do not know where to turn for help.
- ⌘ There are few existing services designed to help families and employers understand their role in the homecoming process, and how to provide appropriate, ongoing support to veterans.
- ⌘ Navigating the myriad of service providers and bureaucracy can be a frustrating and time consuming process that far too many veterans and their family members give up on.
- ⌘ Ongoing mental health counseling and personal development programs to help veterans and their families transition to civilian life are hard to access and often under-resourced---especially after separation from the military.



About Veterans and Families Continued

Solution:

Veterans and Families (VF) understands that for veterans and families who are dealing with the stress of deployment and coming home, an informed and seamless network of community support can mean the difference between getting back on their feet, or falling through the cracks. VF closes the service gaps by engaging all stakeholders in the homecoming process--veterans, their family members, friends, counselors, other providers, academics, employers, and community leaders.

WHAT WE DO:

HOMECOMING PREPAREDNESS GUIDES:

A collaborative partnership with numerous Veterans Service Providers, the Homecoming Preparedness Guide is for the Veteran and for the immediate and extended family members. a Pre-Separation Checklist for veterans and families preparing to separate into civilian life, a Master List of veterans service providers and programs, and DVD's to help introduce and explain the most common issues related to homecoming for veterans and their family members.

ON-LINE SUPPORT GROUPS:

Over a two year period we conducted weekly support focus groups to better understand wants and needs of returning Veterans and their families. Due to the fact that no list of returning military and their family members is available on an ongoing basis we concluded that our best strategy for helping people would be to link to other sites and organizations and to make useful information available through the publishing of our Homecoming Preparedness Guides and through the development of on-line support groups.

GROWING INFORMATION WEB PORTAL

We are currently linked to many national civilian non-profit, governmental and media websites which are directing significant traffic to Veteransandfamilies.org. Each month we update the site with more pages and links. We receive constant feedback from many visitors letting us know we are on the right path and to keep them informed of updates.

Through the development the Homecoming Preparedness Guides, on-line support groups and our growing web site, **Veterans and Families** strives to connect our participants with the information and services needed to ensure the truly successful homecoming that every soldier and their family deserves.



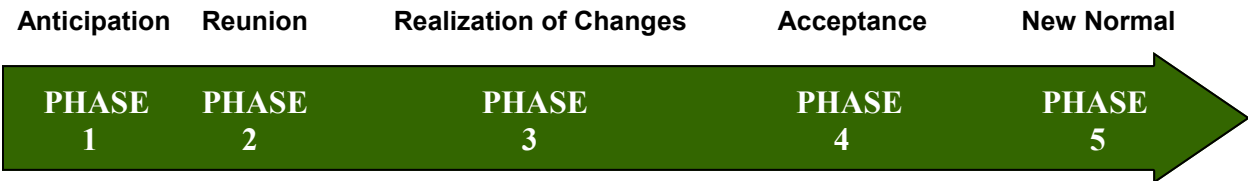
The Five Phases of Homecoming

“HOPE” ALONE IS NOT AN EFFECTIVE HOMECOMING STRATEGY

Homecoming can be an arduous process.

Knowing where you are currently and what phases lie ahead can provide the hope and motivation that is needed to meet the challenges you and your family may encounter.

Hope alone without preparation and awareness is like speeding down a dark road with no headlights



Phase 1: The Anticipation Phase

This phase can begin as soon as the service member leaves for deployment and is sometimes the single most important motivation for coping with life’s challenges while we await eventual homecoming.

Phase 2: The Homecoming Reunion Phase

This phase can be both exhilarating and terrifying for all involved. So many wants, needs and expectations are present but not clearly defined.

Phase 3: The Realization of Changes Phase

We know we are entering this phase when we begin to fully realize both the subtle and significant changes that have developed in each family member during the time apart from each other. This is an unavoidable evolution for each person and needs to be kept in perspective. Try not to label change and growth as positive or negative. In reality, the only thing that is definite is change, all people grow and adapt to cope with their surroundings. The key to dealing with these new realizations in order to move to the next phase of homecoming is communication.

Phase 4: The Acceptance and Adaptation Phase

Once we take the time to observe and acknowledge the reality that change has occurred and that it is up to us to learn how to grow and accept these changes we can then begin to adapt our thinking and expectations. Acceptance allows us to move to the next phase of homecoming.

Phase 5: The “New Normal” Phase

We begin to enter this phase when we feel a settling awareness that our time apart and individual experiences have created a new and different understanding of what is now normal for ourselves and others.

*Contributing Source For This Page: Veterans and Families Founder, John Henry Parker and Kimberly Gorski.



Homecoming Preparedness For Returning Veterans

Problems commonly occur after one has seen and been involved in combat trauma. *It is important to realize that these are normal reactions to an abnormal situation (war).* Time usually heals these emotional wounds, but unfortunately not in all cases. These lasting difficulties some Veterans experience are not the sign of weakness but should be considered normal stress reactions to a traumatic situation.

The following are normal reactions after being in a war zone or combat.

(These usually go away or decrease with time.)

- ⌘ Feeling emotionally dead or constricted
- ⌘ Feeling detached or like you just don't fit in with others
- ⌘ Feeling as if in a daze
- ⌘ Life doesn't feel real; I don't feel real; others don't seem real. Can't relate to what is important to people here, i.e., football games, petty issues
- ⌘ Severe difficulty relating my experience to others. Frustration with others not understanding me like my fellow soldiers did.
- ⌘ Feeling shaky and scared for no apparent reason
- ⌘ Feelings of guilt
 - For having survived (Survivor Guilt)
 - For something I did or didn't do
 - For no known reason
- ⌘ Being irritable and feeling intensely angry for no apparent reason
- ⌘ Super awareness of your surroundings and other people—like they're the enemy
- ⌘ Can't get to sleep very easily and/or stay asleep. Don't feel rested in the morning
- ⌘ Having nightmares and/or strange dreams
- ⌘ Poor concentration
- ⌘ Memory problems
- ⌘ Tearfulness

Again, *it is important to realize that these are normal reactions to an abnormal situation (war).*
Most of these will diminish over time.

*Contributing Source For This Page: Dr. Douglas Wood, Dr. Pat Sheehan, and VF Founder, John Henry Parker



Homecoming Preparedness For Returning Veterans (Continued)

As you return from deployment and eventually to civilian life it is important to understand the opportunities and potential challenges that may lie ahead. The majority of returning Veterans will experience some initial challenges but will quickly adapt to civilian life quite productively. A minority (20-30%) will experience more significant adjustment issues. Whenever you are experiencing challenges we encourage you to read through this information and to communicate with those closest to you whenever possible. They may not completely understand what you are experiencing but isolating ones self could make problems even more difficult to solve.

The first three points of homecoming are for both the Veteran and the family members

1. Plan for homecoming day. After homecoming, make an agreement with your spouse or family members on the schedule for the next few days or weeks. Where do the children, parents, extended family members, or friends fit in?
 2. Realize the day of homecoming is very stressful. You and your spouse or family members may not have slept much and may be worn out from preparations.
 3. COMMUNICATE!! Tell each other how you feel-nervous, scared, happy, that you love and missed them. Listen to each other. The best way to get through the re-acquaintance jitters and regain closeness with your loved ones is to talk and actively listen.
- ⌘ If you are not comfortable talking or being close to people around you try to help them understand by communicating in a calm and sincere way that you are in need of some private decompression time and ask for their patience.
 - ⌘ Take some time each day to realize how the intensity of your surroundings has changed and how your expectations of people and circumstances may require less intensity and confrontation than during your deployment. If you experience quickness to anger try to catch yourself sooner in the reactive mode and take a breath and a moment to reflect on the intensity of your reactions. It is normal to feel keyed up and on edge after deployment. Over time these feelings should mellow, if not, you should consider seeing a counselor to gain more control over your emotions.
 - ⌘ If you are a Veteran who is returning to your family, re-enter your roles and responsibilities slowly, Don't disturb the daily routines that were established in your absence too quickly. Try to be patient and proud of how your family has been trying to maintain normal routines during your absence. Remember, even though they seem to be functioning while you have been gone, they need and want you home.
 - ⌘ Expect changes in both your spouse and your kids. (You have changed some, too!) Adapt accordingly, remembering that most of the changes mean growth and maturity. If some of the changes are negative, be patient; you and your family will have plenty of time to bring things back around to a position of comfort.
 - ⌘ Spend maximum time with the family. If possible, postpone reunions with relatives and friends until near normal routines have been established at home.
 - ⌘ Don't try to alter the financial affairs. Chances are your spouse has been handling them fine.
 - ⌘ Take it easy on the kids, especially where discipline is concerned. Don't barge in as the "heavy."
 - ⌘ Intimacy and closeness with your spouse may feel distant at first. Again, be patient and communicate with your spouse. You have been away on a mission with only your close team members in a dangerous environment. Consequently you have likely needed to stow your emotions and feelings safely away in order to focus on your job. It is normal to need time to reopen these areas of intimacy and closeness. Expect that sex may be awkward between you and your spouse at first. Talk it over to help him or her understand what you are experiencing.

*Contributing Source For This Page: www.hooah4health.com & VF Founder, John Henry Parker



Homecoming Preparedness For Returning Veterans (Continued)

Weekly Acknowledgment of Hope and Progress Worksheet

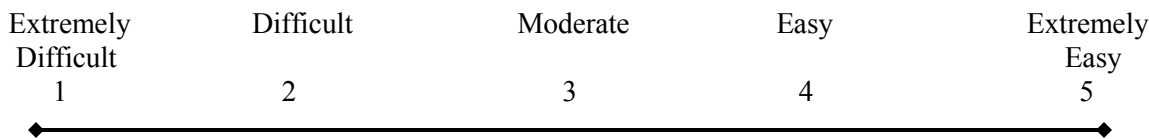
This is a personal development private journaling document for Veterans

Suggestion: Print eight to ten copies of the following two pages, create a binder and complete one worksheet each week for the next eight to ten weeks to chart your progress.

Date: _____

For many Veterans, everyday is a process of readjustment from deployment and military service. Irritability and anxiety from our perceptions of circumstances and from intrusive thoughts can strongly influence moods and attitudes throughout our day. However, just like your military thinking when doing your job, you have the ability to drive your thought process. Bringing this power of focus and attention to the present moment is the purpose of this exercise.

How would you rate your day to day readjustment this week? Remember, even though you may have been out of the military for many years, the residual warrior mindset can and will last a lifetime. Circle the number that best describes your experience this week.



The three keys necessary to insure that **YOU** make it a better day today

↔ Awareness

↔ Acceptance

↔ Appreciation

Awareness

Being aware of **when** you are triggered into an un-resourceful state of mind is the first key to getting past the feelings of being stuck or helpless towards intrusive thoughts. What are some of the “triggers” that cause you to immediately shift into an un-resourceful state of mind?

Once you begin to recognize more and more of the triggers that effect your thinking, the more you will be capable of immediately stopping any negative downturns of your emotions.

Acceptance

The ability to accept the flaws and mistakes in others is an important step in reducing stress and tension. Having the openness and honesty with ourselves about our own high expectations and critical judgments we place on others can also contribute to reducing stress.

Who are some of the people and what are some of the behaviors in others or behaviors or issues in your life that you know deep down will eventually need to be accepted?

*Contributing Source For This Page: Veterans and Families Founder, John Henry Parker and Dr. Douglas Wood



Homecoming Preparedness For Returning Veterans (Continued)

Appreciation

The ability to shift ones thinking from our past or our current problems even for just a few moments into a feeling of appreciation for what we have in our lives has an instantly calming effect to our breathing and to our well being.

Who are the people in your life that you can appreciate for their support of you?

What else is there in your life that you can appreciate. A favorite pet, a place you can go to relax, a special skill or talent that you have?

Your Objective For This Week:

Start thinking about what you think about. Remember, in order to get more than you have, you must become more than you are.

Suggestion: Carry a pad of paper with you wherever you go. Anytime your thoughts are triggered into an un-resourceful or negative emotion, immediately pause and write down what triggered this. This is your first step to gaining control over the challenges in your life. The military trained you to challenge yourself and to think so use every opportunity to learn how to elevate the quality of your thinking.

This exercise is not about being perfect, its about being human. When you learn to improve the quality of your thoughts, your life and circumstances will improve to reflect this progress. If your thoughts are intrusive and you feel they are uncontrollable, this is all the more reason to carry a pad of paper or a journal in order to document the triggers. Every emotion has a trigger point, find the trigger and you find the power to choose the quality of your thinking and resulting emotions.

If you make a mistake, immediately recommit to this exercise with the following statement:

Wisdom is the result of good judgment

Good Judgment is the result of experience

Experience is the result of bad judgment

Suggestion: Find someone you trust and ask them to partner with you in this exercise. Make an agreement that if you need assistance or have an experience you need to share immediately that you will call each other throughout this discovery process

Partners name: _____ **Phone #** _____

*Contributing Source For This Page: Veterans and Families Founder, John Henry Parker and Dr. Douglas Wood



Homecoming Preparedness For Spouses

You have become more confident and independent and your spouse has changed too. Expect things to be different. It is normal to feel nervous and anxious about the homecoming. You may wonder whether your spouse will: “Like the way I look?” “Like what I’ve done with the house?” “ Be proud of me for how I’ve handled things?” “Still need me?” “Still love me?”. These are normal feelings and experiences. Here are some tips that can help you manage your expectations:

The first three points of homecoming are for both the Veteran and the family members

1. Plan for homecoming day. After homecoming, make an agreement with your spouse on the schedule for the next few days or weeks. Where do the children, parents, extended family members, or friends fit in?
 2. Realize the day of homecoming is very stressful. You and your spouse may not have slept much and may be worn out from preparations.
 3. COMMUNICATE!! Tell each other how you feel-nervous, scared, happy, that you love and missed them. Listen to each other. The best way to get through the re-acquaintance jitters and regain closeness is to talk and actively listen.
- ⌘ Remember the service member has been subject to daily regimentation and routine and may rebel against schedules and pre-planned events. Leave some room for spontaneity.
 - ⌘ It’s normal for the returning service member to “need space” upon their return. Be patient and understanding and try not to take this personally.
 - ⌘ Reassure the service member that they are needed and that you are happy he/she has returned safely.
 - ⌘ Be calm and assertive, not defensive, when discussing events that have taken place during the service member’s absence. The service member may need to hear that it wasn’t the same doing these things alone, that you’re glad he/she is back and that you’d like to discuss problems and criticisms calmly.
 - ⌘ The service member may have seen or experienced some things that were very upsetting. Some normal reaction to these abnormal situations are fear, nervousness, irritability, fatigue, sleep disturbances, startle reactions, moodiness, trouble concentrating, feelings of emotional numbness, and frequent thoughts of the event. Talking with others who were there and or counselors trained in crisis stress reactions is very important. The service member may be facing a change in job assignment or a move. Readjustment and job transition cause stress. This may be especially true for demobilizing Guard and Reservists who are transitioning back into civilian life.
 - ⌘ Expect the service member to be surprised or hurt that you’ve coped so well alone. You can reassure him or her that he or she is loved and needed without giving up your own independence.
 - ⌘ Expect some anger and insecurity along with love and happiness. These feelings need to be expressed.
 - ⌘ Expect that it will be about six weeks to adjust to each other again. If you’re not getting along well at the end of six weeks, counseling might help.
 - ⌘ Expect your spouse to have trouble sleeping for a while. They are accustomed to a different lifestyle (and possibly time zone); it may take them a week or two to adjust.



Problem Solving Steps For Families

Everyday, couples have challenges that create opportunities for breakthroughs or for breakdowns in our communication. When problems occur and our inner voice is telling us to calm down and think before we react, the following steps may help:

1. Identify and define the problem or conflict. What is really the problem? What exactly is wrong? Identify the problem without assigning blame or attacking persons. Be aware of the feelings and needs of all those involved.
2. Brainstorm for possible solutions. Express and record all ideas as fast as you think of them. No judgment or discussion is allowed during brainstorming. BE CREATIVE!.
3. Evaluate the alternatives. Look at the consequences of each possible solution. Work together to find a solution acceptable to all. Give and take is necessary for a win-win solution.
4. Choose the best solution. Mutual agreement/consensus and commitment are necessary. Implement the solution. Decide when and how to evaluate: changes needed, delegation of tasks, time frames for completion, etc. Assess the results with a follow-up evaluation. Is the situation better or worse? If it is better, do you want to continue? If it is worse, look for another solution from the brainstorming session and implement it. Be persistent until the problem is resolved.

*Contributing Source For This Page: www.hooah4health.com & Veterans and Families Founder, John Henry Parker



Problem Solving (continued)

The need to negotiate problems to their eventual resolution tends to be much easier when there are no stressful life experiences occurring at the same time. Tension and stress are the basis of most marital conflicts and homecoming along with the realities of military life generates a particular kind of stress. The military has demanded 24 hour availability, which makes it easier for family members to feel as if the service member is more attached to the military than to his/her family. The key to success by using these fair fighting techniques is the ability to put the interests of the couple above one's own concerns. The next time an argument arises, try these techniques. After all, you're in this together.

- Learn to focus on one issue at a time during a discussion, and think before you speak. Keeping a cool head goes a long way toward resolving problems.
- During a confrontation, allow your spouse equal time to speak his/her mind. An argument is essentially a debate and a debate cannot be successful unless both sides get a chance to air their views. There should be no winners and no losers.
- When your spouse is talking, LISTEN to what he/she has to say.
- Use a team approach to problem solving. Collaborative management is more effective. Remember, two people working as a team can get a lot more done than two adversaries can.
- Don't run away from a confrontation by using alcohol or drugs. Remember, for help with really tough problems, don't hesitate to contact the mental health counselors, chaplains and social workers.
- Eliminate verbal weapons such as "I don't love you" or "You don't love me." Such tactics amount to emotional blackmail and can only foster resentment and anger. Never say: "I told you so." Help your partner save face if you should "win." Remember that a problem solved is a win for both.
- Take "small bites." Don't try to settle a big issue in one sitting. Take your time and try to resolve the conflict one step at a time.
- Never argue in bed!! Use a neutral room, and affirm your love often.
- When angry, avoid comparing your spouse with someone else or bringing up past situations. Stick to the issues at hand and remember that you are dealing only with the person in front of you.
- Do not hit below the belt. "Belt line" remarks often concern something in your spouse's appearance which he/she is sensitive about.
- Learn to deal with jealousy. A conflict common in military marriages is caused by the recognition awarded to the military member for his/her dedication while the spouse goes unrecognized for her/his efforts and support.
- Learn to be autonomous. Both you and your spouse will have to learn to do things by yourselves on occasion.
- Realize that marriages and relationships don't always work out to be peaches and cream. You must make the choice to STAY together; marriage takes work from both of you.

*Contributing Source For This Page: www.hooah4health.com & Veterans and Families Founder, John Henry Parker



Homecoming Preparedness For Parents & Grandparents

Parents and grandparents have a challenging role to play during the deployment and homecoming periods. If the deployed Veteran has a family it is often the parents and grandparents who compensate in many ways to support and care for the spouses and children.

- ⌘ When you hear from your loved ones who are deployed or transitioning from military to civilian life it is important to expect they may not want to talk about their experiences during deployment. When they are ready to talk they will let you know. Being patient and supportive will eventually allow them to open up.
- ⌘ It is natural to want to celebrate the return of your homecoming Veteran but do the best you can to find out how they want to spend their first days and weeks back home. For some, they may want to have a huge BBQ with all the friends and family. For others, they may just want to visit with close family, still others may want to have some private time to decompress from their experiences. You may find they may become uncomfortable at your family celebrations for no apparent reason, this is normal. Make agreements before hand that if for some reason they need some space to go ahead and slip out of the crowd and take a break. Meanwhile you and the family will cover for their absence. Intense people contact upon arriving home can be overwhelming for a while. The key to a insuring a happy homecoming for everyone is to talk to your returning Veteran about what is important to them and to build your expectations around their needs and requests.
- ⌘ When they get home you may notice changes in their personality and attitudes. It is natural as a parent or grandparent to want to bring these changes to their attention but try to allow them to be as they are at least for the first couple of months back home. In most cases they are processing and decompressing from their experiences and will begin to relax into their familiar ways. If behavioral issues such as depression, anger or unusually high stress and anxiety persist longer than the first few months home you may then want to suggest they seek help through the nearest VA or through one of the 206 VetCenters located across the country. If they are not comfortable with that suggestion, send the www.veteransandfamilies.org to learn more about what they are experiencing.
- ⌘ When going to restaurants, if you notice that your returning Veteran is becoming edgy or uncomfortable, this is normal, try not to over react. One helpful suggestion if you notice this occurring is to ask for a table in a corner or against the wall and allow him or her to have the seat that allows them to have their back to the wall. During their deployment they may have been in places where the enemy blended into the population so they have heightened their awareness to compensate. Being able to have a vantage point to see the activity in the surrounding area will usually help them feel more comfortable. This hyperawareness usually diminishes over time and it may be difficult for him or her to explain this unconscious need but just the fact that you were aware enough to consider their needs will likely be appreciated.
- ⌘ After serving in the military it may take some considerable time for your returning Veteran to figure out what they want to do next with their life and career. For parents this can be frustrating, but try to be patient and suggestive without lecturing. For some Veterans it is difficult to find a working environment that has the same feeling of support and camaraderie they once felt in the military.
- ⌘ If your returning Veteran has college benefits it may be helpful for them to get a free aptitude test from a local community college to assess their basic reading, writing and math skills prior to entering student life. It may be important to take preparation classes as an initial goal in order to be fully prepared for the study and academic demands of college.
- ⌘ In the military, Veterans are ingrained with a sense of purpose and mission. For many returning Veterans, not having a mission that literally throws them out of bed everyday can cause a great deal of frustration and anxiety. As a parent or grandparent, this is your opportunity to share this distinction with them. If they don't have a mission, help them understand that what they need is to make their first goal finding a new mission. This may sound odd to the average person but emptiness and purposelessness can literally cause a feeling of paralysis of a Veteran's motivation and direction. Help them consider what type of mission is important to them and support their efforts to clarify this distinction. Your role can be to help them set realistic goals, the military mind-set needs purpose, help them find it.

*Contributing Source For This Page: VF Founder, John Henry Parker



Veterans Resources on the Internet

VA Home page..... www.va.gov
VA consumer affairs..... www.va.gov/customer/conaff.asp
VA Facilities Locator by State..... www1.va.gov/directory/guide/allstate.asp

VA Benefits and Health Care Information:

Compensation & Pension..... www.vba.va.gov/bln/21/
VA benefits application..... vabene.ts.vba.va.gov/vonapp
Health benefits and services..... www.va.gov/vbs/health/
Burial and memorial benefits..... www.cem.va.gov/
Education benefits..... www.gibill.va.gov/
VA home loan guaranties..... www.homeloans.va.gov/
Board of Veterans' Appeals..... www.va.gov/vbs/bva
Benefits outside the U.S..... www.vba.va.gov/bln/21/foreign/
TRICARE..... www.tricare.osd.mil/
CHAMPVA..... www.va.gov/hac/

Forms:

VA forms..... www.va.gov/forms/
Other government forms..... www.vba.va.gov/pubs/otherforms.htm

Employment Assistance:

Veterans' preference www.opm.gov/veterans/html/vetguide.asp
Federal government job openings..... www.usajobs.opm.gov/
Dept. of Labor www.dol.gov/vets/welcome.html

Business Assistance:

Small Business Administration..... www.sba.gov/VETS/
Small and Disadvantaged Businesses..... www.va.gov/OSDBU/

Other Useful Sites:

Arlington National Cemetery..... www.arlingtoncemetery.org/
Department of Defense..... www.defenselink.mil/
Military funeral honors..... www.militaryfuneralhonors.osd.mil/
Military records..... www.archives.gov/research_room/vetrecs/

Federal Benefits

for Veterans and Dependents (2005 Edition)..... www.va.gov/ppa/



Resources categorized as follows:

- I. Links to Official DoD and VA Sites, United States military organizations, Unofficial Sites and other helpful organizations and programs
- II. Articles
- III. Books

I. Links to Official DoD and VA sites

¶ America Supports You- A DoD nationwide program to showcase and communicate American support to the men and women of the Armed Forces.

<http://www.americasupportsyoudo.org/index.aspx>

¶ Army Families Online

Army Families Online is the cornerstone of Army Well-Being communication, improves constituent understanding of Well-Being initiatives, and obtains constituent feedback. The site offers valuable news and information about Army Life; a SmartBook that offers one-stop access to information and resources through Web links and phone numbers; access to online Well-Being Polls; electronic versions of Well-Being publications such as FLO Notes and Army Well-Being.

<http://www.armyfamiliesonline.org/skins/WBLO/home.aspx?AllowSSL=true>

¶ Army Information Line-Sponsored by Army Well-Being Office (WBLO)

The Army Information Line is a toll-free telephone resource providing information, useful resources and helpful referral services to those with issues or concerns pertaining to Army Life (deployment, child support, family readiness, etc.). The line serves as a safety net for those who have exhausted all other resources.

Army Well-Being constituent liaisons are available from 8 a.m. to 4:30 p.m. EST, Monday through Friday to assist members of the Army's constituent communities — Soldiers (Active-Duty, National Guard and Army Reserve), Civilians, Retirees, Veterans and their Family Members. 1-800-833-6622.

<http://www.armyfamiliesonline.org/skins/WBLO/home.aspx?AllowSSL=true>

¶ National Guard Bureau-Family Program website.

The National Guard Bureau-Family Program portal contains information on programs, benefits, resources and more. The Family Readiness portion of the site looks at the six-step Family Program model to help keep families informed and involved about benefits as a military family. Program Services provides an overview of the various programs that the Family Program covers; Family, Youth and Community Outreach initiatives.

<http://www.guardfamily.org/>

¶ Office of the Assistant Secretary of Defense Reserve Affairs. Site features various publications on Family Readiness and other topics. Of special interest are publications Family Toolkit and Parent's Guide for Deployment and Your Soldier. Some of the Articles featured on AUSA website.

<http://www.defenselink.mil/ra> and AUSA- <http://www.ausa.org/pdfdocs/YourSoldier.pdf>

¶ Online Army Reserve Family Programs (MyArmyLifeToo). Click on the CYS link to see child and youth information. Site contains practical information about Army Reserve Family Programs.

<http://www.arfp.org/skins/ARFP/home.aspx?AllowSSL=true>



þCenter for the Study of Traumatic Stress

The Center for the Study of Traumatic Stress conducts research, education, consultation and training on preparing for and responding to the psychological effects and health consequences of traumatic events. These events include natural (hurricanes, floods and tsunami) and human made disasters (motor vehicle and plane crashes, war, terrorism and bioterrorism). The Center's work spans studies of genetic vulnerability to stress, individual and community responses to terrorism, and policy recommendations to help our nation and its military and civilian populations.

<http://www.centerforthestudyoftraumaticstress.org/home.shtml>

þCenter For Health Promotion and Preventive Medicine (CHPPM)

<http://chppm-www.apgea.army.mil/>

CHPPM is a key player of medical support to combat forces and of the military managed-care system. It provides worldwide scientific expertise and services in clinical and field preventive medicine, environmental and occupational health, health promotion and wellness, epidemiology and disease surveillance, toxicology, and related laboratory sciences. It supports readiness by keeping soldiers fit to fight, while also promoting wellness among their families and the Federal civilian workforce.

þ Combat Stress Center –Sponsored by USACHPPM, this site features various articles in PDF format for coping with stressful situations. The site offers items for service members returning from a combat environment.

http://www.combatstresscenter.com/index_files/Page1907.htm

þCommandersPage website

<http://www.commanderspage.dod.mil>

DoD's website for flag and general officers. Provides latest information on personnel and readiness issues, family support, benefits, new laws that affect military personnel, testimony and transcripts. Excellent resource for other webmasters and (e)Newsletter editors.

þ Commissaries and Exchanges

Learn more about what's on sale today and special offers such as phone cards and gift certificates for deployed servicemembers.

Defense Commissary Agency

<http://www.commissaries.com>

Army and Air Force Exchange Service

<http://www.aafes.com>

Navy Exchange

<http://www.navy-nex.com>

Marine Corps Exchange

<http://www.usmc-mccs.org/shopping>

Help Our Troops Call Home

<http://thor.milexch.com/scs/default.aspx>

þ Courage to Care

Courage to Care is an electronic health campaign consisting of fact sheets that deal with health topics relevant to military life. Courage to Care content is developed by leading military health experts from the Uniformed Services University of the Health Sciences.

<http://www.usuhs.mil/psy/courage.html>



↳ *Coping with the Deployment of a Spouse or Partner*

[http://deploymenthealthlibrary.fhp.osd.mil/products/Coping%20with%20the%20Deployment%20of%20a%20Spouse%20or%20Partner%20\(224\).pdf](http://deploymenthealthlibrary.fhp.osd.mil/products/Coping%20with%20the%20Deployment%20of%20a%20Spouse%20or%20Partner%20(224).pdf)

↳ Deployment Health Support Directorate – new name, same link!: Force Health Protection and Readiness

<http://deploymentlink.osd.mil>

The Force Health Protection and Readiness Directorate, formerly the Deployment Health Support Directorate, was established by the DoD to ensure that medical lessons learned from previous conflicts and deployments are integrated into current policy, doctrine and practice. Current information on deployment-related health issues is published on an interactive web site, Deployment LINK. The Directorate also operates a toll-free, direct hotline number where staff members answer deployment-related questions, locate lost medical records and provide contact information in the Department of Veterans Affairs. The number is 800-497-6261.

↳ Deployment Health Clinical Center (DHCC)

<http://www.pdhealth.mil/>

↳ Deployment Health Clinical Center Library has a number of excellent resources at <http://www.pdhealth.mil/library/default.asp>

↳ Deployment Health & Family Readiness Library <http://deploymenthealthlibrary.fhp.osd.mil/home.jsp>

This website is the result of a partnership between DoD Health Affairs and DoD Military Community & Family Policy. It provides official fact sheets and other user friendly resources about environmental, occupational and physical health issues related to deployment as well as family readiness information.

↳ Exceptional Family Member Program (EFMP)

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, and educational, medical, and personnel services to families with special needs.

http://www.myarmylifetoo.com/skins/malt/display.aspx?mode=User&Action=display_page&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=e1217403-aa93-4158-8cf2-bf90de934a56&AllowSSL=true

To obtain copies of these enrollment forms (DD Form 2792, Exceptional Family Member Medical Summary or DD Form 2792-1, Exceptional Family Member Special Education and Early Intervention Summary) contact your sponsor's Personnel Office, an EFMP coordinator, or go online at www.militaryhomefront.dod.mil.

↳ Extended Care Health Option (ECHO)

The TRICARE Extended Care Health Option (ECHO) provides financial assistance to eligible beneficiaries who qualify based on specific mental or physical disabilities and offers an integrated set of services and supplies not available through the basic TRICARE program. TRICARE ECHO doesn't replace basic TRICARE programs; it supplements the benefits of the TRICARE program option that eligible beneficiaries use.

<http://www.tricare.mil/mybenefit/>

[ProfileFilter.do;jsessionid=H51YjrZcG2jKyns2FKGW279Gj9zP7ddfYMxvPhRgBxwMB6snKn1G!194000623?purI=%2Fhome%2Foverview%2FSpecialPrograms%2FECHO](http://www.tricare.mil/mybenefit/ProfileFilter.do;jsessionid=H51YjrZcG2jKyns2FKGW279Gj9zP7ddfYMxvPhRgBxwMB6snKn1G!194000623?purI=%2Fhome%2Foverview%2FSpecialPrograms%2FECHO) **also see**

TRICARE Extended Care Health Option: <http://www.nmcp.med.navy.mil/Tricare/flyers/ECHO-Checklist.pdf>

Health Net Federal Services: <https://www.hnfs.net/common/caremanagement/efmp.htm>

Military.com Benefits: <http://www.military.com/benefits/tricare/tricare-extended-care-health-option>

↳ Force Health Protection and Readiness -- formerly Deployment Health Support Directorate

<http://deploymentlink.osd.mil> **OR** <http://fhp.osd.mil/>



Force Health Protection and Readiness was established by the DoD to ensure that medical lessons learned from previous conflicts and deployments are integrated into current policy, doctrine and practice. Current information on deployment-related health issues is published on an interactive web site, Deployment LINK. The Directorate also operates a toll-free, direct hotline number where staff members answer deployment-related questions, locate lost medical records and provide contact information in the Department of Veterans Affairs. The number is 800-497-6261.

Force Health Protection and Readiness Library

<http://fhp.osd.mil>

The Deputy Assistant Secretary of Defense (DASD) for Force Health Protection & Readiness (FHP&R) serves as the principal staff assistant and advisor to the Assistant Secretary of Defense (Health Affairs) for all DoD deployment medicine policies, programs, and activities. In carrying out these responsibilities the office is responsible for deployment related health policy, doctrine, theater information systems, system rightsizing, and international agreements.

DoD Military Medical Support Office

The Department of Defense Medical Support Office is dedicated to assisting beneficiaries enrolled in TRICARE Prime Remote (TRR). Their office is open Monday through Friday from 0700 to 1800 (6:00 p.m.) Central time. Call their toll free line at 1-888-647-6676 (1-888-MHS-MMSO). You can also email them: mmso-web@mmso.med.navy.mil.

For a list of forms and additional information on medical and pharmaceutical reimbursements: <http://www.tricare.mil/MMSO/how.cfm>

Department Of Defense Office of the Military Child in Transition and Deployment

The purpose of this site is to better enable the children of military personnel, their parents, special needs families, military leaders and educators to deal with the various issues that face the military child by providing each group with access to information, tools and resources from a central location. Ultimately, this site aims to enhance the educational and social well being of all military children by increasing the understanding and awareness of how to meet their unique needs.

<http://www.militarystudent.dod.mil>

Department of Defense (DoD) website for children dealing with the deployment of a loved one. The sections are divided according to grade level.

http://deploymentlink.osd.mil/kidslink/grade_select.htm

Department of Veteran Affairs

<http://www.va.gov/>

Department of Veterans Affairs Survivor benefits

<http://www.vba.va.gov/survivors/>

Leader's Guide to Operational Stress (TG 242) (CHPPM):

http://www.combatstresscenter.com/index_files/Page1907.htm

Leader's Guide to Suicide Prevention (CHPPM):

http://usachppm.apgea.army.mil/hio_public/IMAGES/SuicidePreventionLeadersGuideBrochure.pdf

Mental Health Self Assessment Program On-line:

<https://www.militarymentalhealth.org/welcome.asp>



þ Humana Healthcare Services, Inc. Self-assessment Tools

Provides TRICARE services to eligible beneficiaries in the TRICARE South Region and Puerto Rico. Their self-assessment tools can be accessed:

Alcohol abuse: http://www.humana-military.com/South/bene/HealthandWellness/BehavioralHealth/VO%20Tipsheets/Alcohol_Use_Questionnaire.pdf

Anxiety disorders: <http://www.humana-military.com/South/bene/HealthandWellness/BehavioralHealth/anxiety.htm>

Depression: http://www.humana-military.com/South/bene/HealthandWellness/BehavioralHealth/VO%20Tipsheets/Am_1_Depressed.pdf

þ Other On-line Mental Health Assessment Tools

A list of standard health assessment tools to evaluate patients with deployment-related concerns is: Post Deployment Clinical Assessment Tool (PDCAT), Patient Health Questionnaire, Post Traumatic Stress Disorder (PTSD) Checklist (PCL), and Short Form Health Survey 36 Item (SF-36v2). They can be accessed at: http://www.pdhealth.mil/clinicians/assessment_tools.asp#r1

The program can be assessed on-line at: <http://www.MilitaryMentalHealth.org> or by phone at 1-877-877-3647. The program is available in English or Spanish. Once you have accessed the page, you must enter your affiliated branch of service, and then start the program by selecting one of self-assessment tools, such as depression and bipolar disorder.

Information on getting care, types of treatment, and types of behavioral health providers can be found on TRICARE's website at: <http://www.tricare.mil/mybenefit/home/MentalHealthAndBehavior>. TRICARE provides a list of providers at: <http://www.tricare.mil/mybenefit/home/Medical/FindingAProvider>.

Learning disability: http://www.humana-military.com/South/bene/HealthandWellness/BehavioralHealth/VO%20Tipsheets/Learning_Disability.pdf

Post-traumatic stress disorder (PTSD) signs and symptoms: http://www.humana-military.com/South/bene/HealthandWellness/BehavioralHealth/VO%20Tipsheets/Signs_and_Symptoms_of_PTSD.pdf

Oppositional Defiant Disorder (ODD): <http://www.humana-military.com/South/bene/HealthandWellness/BehavioralHealth/odd.htm>

þ Military HOMEFRONT

http://www.militaryhomefront.dod.mil/portal/page/itc/MHF/MHF_HOMEPAGE

MilitaryHOMEFRONT is the official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers. Special features include two new sections: Military Installations which provide point-of-contact information for support services and facilities for more than 250 military installations worldwide, and Plan My Move, a relocation tool that helps make moving easier. These two new tools replace the old SITES website.

þ Military OneSource

<http://www.militaryonesource.com/>

Toll Free Number 1-800-342-9647

The Department of Defense offers a 24/7 Military OneSource Call Center and website which provides military service and family member supportive information, community referrals, counseling, education materials, free webinars and other services. Additional phone numbers for those with disabilities are shown on the Military OneSource website. Beginning in October 2007, Military OneSource will offer a new telephonic consultation service especially for those who live in Europe.



↳ Military Severely Injured Support Center

<http://www.military.com/support>

This section of the Military.com website is sponsored by the DoD Office of Military Community & Family Policy. It provides resources and support for severely injured servicemembers and their families.

↳ Pandemic Influenza Watchboard (Department of Defense)

<http://fhp.osd.mil/aiWatchboard>

The official DoD website for Pandemic Influenza information and guidance.

↳ Roadmap to Reintegration

This website is intended to provide Soldiers, Civilians, and Family Members with the resources they need for personal reintegration, family reunion and reestablishment of personal readiness after returning from deployment.

<http://www.per.hqusareur.army.mil/reintegration/>

↳ **Strong Bonds - Chaplain Facilitated Help with Relationships**

Army Reserve and National Guard Commanders and Chaplains who want to offer Strong Bonds to their Soldiers should contact the US Army Reserve Command Chaplain's office at (404) 464-8475 or the National Guard Bureau Chaplains office at (866) 839-7438.

Active Component Commanders and chaplains who want to offer Strong Bonds in their unit are encouraged to contact the Family Ministries Officer in the Army Chief of Chaplains Office at (703) 601-4448.

Soldiers or family members who want to attend Strong Bonds training should talk to their unit chaplain or go to <http://www.strongbonds.org> for information regarding dates and locations of training opportunities.

Source: <http://www.strongbonds.org/skins/strongbonds/display.aspx>

↳ TRICARE

<http://www.tricare.mil/>

↳ TRICARE behavioral health portal

<http://www.tricare.mil/mybenefit/ProfileFilter.do?puri=%2Fhome%2FMentalHealthAndBehavior>.

↳ TRICARE Contractors' Behavioral Health portals

North Region: Health Net Federal Services: <https://www.hnfs.net/bene/authorizations/behavioralHealth/Behavioral+Health+2.htm>

South Region: Humana Military Healthcare Services: <http://www.humana-military.com/south/bene/HealthandWellness/behavioralhealth.htm>

West Region: TriWest Healthcare Alliance: <http://www.triwest.com/beneficiary/frames.aspx?page=http://www.triwest.com/unauth/newContent/newBehavioralHealth/default.asp>.

↳ US Army Europe Community Resource Guides

<http://www.per.hqusareur.army.mil/postreintegration>

The Army has provided Community Resource Guides for many geographic locations in Europe on this website. These guides provide phone numbers, email addresses and links to information on a full range of service and family member support topics.



þ USA4Militaryfamilies

The USA4 Military Families initiative 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, particularly as those needs intersect with state public policy. Through state/military partnerships, DoD seeks to develop relationships with states, work with them to remove unnecessary barriers, and significantly improve the quality of life for military families.

<http://www.usa4militaryfamilies.dod.mil/>

þWalter Reed Army Medical Center (WRAMC) Soldier Family Assistance Center

<http://sfac.wramc.amedd.army.mil/default.aspx>

þ Youth Coping With Military Deployment-AMEDD Center & School Child (*Mr. Poe*) and Teen (*Coping with Separation*) videos. Information for Toddlers ages 3-5; Children 6-11 and Teens 12-18. This site features FAMILY RE-INTEGRATION DVD/VIDEOS & HANDOUTS. The DVD/CD includes a puppet video program for six to eleven year olds (*Mr. Po and Friends*) and a teen interview video for twelve to nineteen year olds (*Promoting Resilience in Your Family*) dealing with family deployment issues. Viewing the interactive video programs with your children can help decrease some of the negative outcomes of family separation. Parents, guardians, and community support providers will learn right along with the children by viewing the video and discussing the questions and issues provided in the facilitator's guides with the children during and/or after the program. The reintegration family tool kit provides a simple, direct way to help communities reduce tension and anxiety, and utilize mental health resources more appropriately; promoting healthy coping mechanisms for the entire deployment cycle that will help families readjust more quickly on redeployment.

<https://www.cs.amedd.army.mil/youth.aspx>

Links to United States military organizations

þBattlemind Training

The goal of this training is to develop a realistic preview, in the form of a briefing, of the stresses and strains of deployment on Soldiers. Four training briefs have been developed and are available for Soldiers, Leaders, National Guard/Reserves, and families.

<http://www.battlemind.org/>

þ Spouse Battlemind Training

<http://www.battlemind.org/> and http://www.battlemind.org/spouse_battlemind.html

þ Marine Combat / Operational Stress Control (COSC) Program

<http://www.usmc.mil/maradmins/>

[maradmin2000.nsf/3c1de198d38b950707116/92037510f7a74ae08525728500794f7e?OpenDocument](http://www.usmc.mil/maradmins/maradmin2000.nsf/3c1de198d38b950707116/92037510f7a74ae08525728500794f7e?OpenDocument) and <http://www.usmc-mccs.org/cosc/briefs.cfm?sid=ml&smid=2>

þ The Marine Operational Stress Surveillance & Training (MOSST) Program

A web-based guide for leaders to assist them in effectively managing combat/operational stress is available at: <http://www.usmc-mccs.org/leadershipguide> along with a pocket guide available at Marine and Family Service Centers. Also see: <http://www.manpower.usmc.mil/cosc> and <http://www.usmc.mil/maradmins/maradmin2000.nsf/3c1de198d38b950707116/92037510f7a74ae08525728500794f7e?OpenDocument> and

<http://www.usmc-mccs.org/cosc/briefs.cfm?sid=ml&smid=2>

<http://www.usmc-mccs.org/cosc/briefs.cfm?sid=ml&smid=2>

þ Marine OSCAR Program

<http://www.usmc.mil/maradmins/>

[maradmin2000.nsf/3c1de198d38b950707116/92037510f7a74ae08525728500794f7e?OpenDocument](http://www.usmc.mil/maradmins/maradmin2000.nsf/3c1de198d38b950707116/92037510f7a74ae08525728500794f7e?OpenDocument) and <http://www.usmc-mccs.org/cosc/briefs.cfm?sid=ml&smid=2>)



↳ Marine Psychiatric First Aid

<http://www.usmc-mccs.org/cosc/briefs.cfm?sid=ml&smid=2>) and <http://www.usmc.mil/maradmins/maradmin2000.nsf/3c1de198d38b950707116/92037510f7a74ae08525728500794f7e?OpenDocument>

↳ The NGB-Family Program Office has established an array of POC information for each of the 54 states and territories. To view these resources:

Click on:

<http://www.guardfamily.org/>

Then click on: "Other" on the far right of the screen.

<http://www.guardfamily.org/Public/Application/Welcome.aspx?ngbcid=Other>

Then click on: "Local Community Resource Finder" again on the right. <http://www.guardfamily.org/Public/Application/ResourceFinderSearch.aspx>

Follow the instructions for Method 1 to search for resources by state or Method 2 to search by city.

↳ NGB Benefits guide:

<http://www.defenselink.mil/ra/documents/benefits-guide.pdf>

↳ Army Reserve Family Programs Locator (for command and Army Reserve Region POCs) can be found at:

<http://www.arfp.org/skins/ARFP/home.aspx?mode=user>

and then click on "Family Programs Staff" in the column on the left.

↳ Soldiers' Redeployment Information brochure (CHPPM):

http://usachppm.apgea.army.mil/hio_public/IMAGES/SoldiersRedeploymentBrochure.pdf

↳ Soldier Combat Stress Reaction: A Pocket Guide for Spouse and Loved Ones (CHPPM):

http://usachppm.apgea.army.mil/HIO_public/images/dhpw/brochures/Soldier_Combat_Stress_Reaction_Brochure_20070130.pdf

↳ TRICARE

<http://www.tricare.mil/>

↳ TRICARE behavioral health portal <http://www.tricare.mil/mybenefit/ProfileFilter.do?puri=%2Fhome%2FMentalHealthAndBehavior>.

↳ TRICARE Contractors' Behavioral Health portals

North Region: Health Net Federal Services: <https://www.hnfs.net/bene/authorizations/behavioralHealth/Behavioral+Health+2.htm>

South Region: Humana Military Healthcare Services: <http://www.humana-military.com/south/bene/HealthandWellness/behavioralhealth.htm>

West Region: TriWest Healthcare Alliance: <http://www.triwest.com/beneficiary/frames.aspx?page=http://www.triwest.com/unauth/newContent/newBehavioralHealth/default.asp>.



↳ TRICARE Mental Health V Codes

While TRICARE covers most inpatient and outpatient care that is **medically necessary and considered proven**, there are special rules or limits on certain types of care, other types of care are not covered at all. Some services or treatments require prior authorization from your physician and/or TRICARE or other health insurance. Your coverage and out-of-pocket costs are dependent on your eligibility as a TRICARE beneficiary and may vary according to the program option you are using such as TRICARE Prime or TRICARE Standard. Contact your regional contractor or TRICARE Area Office for more information.

<http://www.tricare.mil/mybenefit/home/MentalHealthAndBehavior/TypesOfTreatments>

DSM IV- Diagnostic and Statistical Manual of Mental Disorders

<http://www.cdc.gov/nchs/datawh/ftpser/ftp9/ftp9.htm#guidelines>

↳ Veteran Centers

Vet Centers are in more than 200 locations within the U.S., Puerto Rico, and the U.S. Virgin Islands. Their staff is available toll free during normal business hours at 1-800-905-4675 Eastern Standard Time and 1-866-496-8838 Pacific Standard Time. Local contact information for Vet Centers can be found in the Blue Pages of your local phone book or on the web at: <http://www.vetcenter.va.gov/>.

Links to Unofficial Sites and other Helpful organizations and programs

↳ **About.com** was founded in 1996 and acquired in March 2005 by The New York Times Company (NYSE: NYT). The site includes an enormous information collection that of content on numerous subjects. Additionally the site provides users with in-depth consumer-focused topics. <http://www.aboutmediakit.com/about/> **and**

http://stress.about.com/od/selfknowledgeselftests/SelfKnowledge_SelfTests_Personality_Tests.htm

↳ **Accessibility & Disability Information & Resources in Psychology Training & Practice:**

<http://kpope.com/>

↳ **Adolescent Substance Abuse**

HealthAtoZ.com

HealthAtoZ.com is a comprehensive, well-integrated health and medical resource developed by health care professionals. HealthAtoZ.com aims to improve health care by empowering consumers with the online health programs, information and technology that help them make healthy lifestyle changes for themselves and their families.

http://www.healthatoz.com/healthatoz/Atoz/common/standard/transform.jsp?requestURI=/healthatoz/Atoz/dc/caz/suba/tnsa/tnsa_gen_ovw.jsp&mode=print

↳ **American Psychological Association (APA)**

Based in Washington, DC, the American Psychological Association (APA) is a scientific and professional organization that represents psychology in the United States. APA is the largest association of psychologists worldwide.

<http://www.apa.org/topics/controlanger.html>

↳ **Attention Deficit Hyperactivity Disorder (ADHD) and ADD**

What is ADHD and ADD? The National Institute of Mental Health addresses the disorder and treatment of the disorder.

<http://www.nimh.nih.gov/health/publications/adhd/complete-publication.shtml>

also see: WebMD – ADD/ADHD Health Center: <http://www.webmd.com/add-adhd/default.htm>



Adult & Child ADD/ADHD - One ADD Place: <http://www.oneaddplace.com/>

About ADD/ADHD - <http://add.about.com/>

þ Autism, Aspergers & Pervasive Developmental Disorders

Autism, Aspergers & Pervasive Developmental Disorders

The philosophy of this website is that most parents are struggling financially to pay for interventions, and information from 'support services' should not be charging for their support, even if their government funding is marginal. The site contain a comprehensive range of free fact sheets to provide practical information and strategies, both for people with Autism or Asperger syndrome, and their families, caregivers, teachers, employers and the wider community.

<http://www.autism-help.org/>

See also

Autism Society of America: <http://www.autism-society.org/>

Autism Society of America (ASA) is the leading voice and resource of the entire autism community in education, advocacy, services, research and support. The ASA is committed to meaningful participation and self-determination in all aspects of life for individuals on the autism spectrum and their families. ASA accomplishes its ongoing mission through close collaboration with a successful network of chapters, members and supporters.

Centers for Disease Control and Prevention <http://www.cdc.gov/ncbddd/autism/ActEarly/autism.html>

The Centers for Disease Control and Prevention (CDC), a part of the U.S. Department of Health and Human Services, is the primary Federal agency for conducting and supporting public health activities in the United States. CDC's focus is not only on scientific excellence but also on the essential spirit that is CDC – to protect the health of all people. CDC keeps humanity at the forefront of its mission to ensure health protection through promotion, prevention, and preparedness.

Humana Military Health Care Services

A subsidiary of Humana, Inc. Humana Military Healthcare Services, Inc offers TRICARE to a population of 2.8 million military beneficiaries in the South region of the U. S. and Puerto Rico. In addition Humana Military manages contracts for Patient Appointing Services on various military bases throughout the U. S. Humana Military is committed to building on its reputation of excellence by working in collaboration with military and civilian health care professionals, developing innovative health care solutions, and providing superb customer service.

<http://www.humana-military.com/South/bene/HealthandWellness/BehavioralHealth/autism.htm#autism>

þ American Academy of Child and Adolescent Psychiatry

www.aacap.org

þ American Academy of Pediatrics

Site dedicated to the effects of deployment on child and adolescent mental health

www.aap.org/sections/unifserv/deployment/index.htm See Also:

American Academy of Pediatrics - Children's Behavioral/Mental Health: <http://www.aap.org/healthtopics/behavior.cfm>

NOTE THIS RESOURCE is mentioned in a couple of places on the resource center. However, I thought it was important and MOVED it to this section as well. Please note THE WORDS SEE ALSO have been ADDED. YOU WILL SEE THESE WORDS in SEVERAL OF THE NEW RESOURCES.

þ American Institute of Stress

<http://www.stress.org/topic-definition-stress.htm>



↳ American Psychiatric Association:

<http://healthyminds.org/expertopinion9.cfm> <http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>

<http://healthyminds.org/eatingdisorderquestions.cfm>

↳ American Psychological Association's "Resilience in a Time of War"

<http://www.apahelpcenter.org/featuredtopics/feature.php?id=43>

↳ Autism Society of America

ASA is dedicated to increasing public awareness about autism and the day-to-day issues faced by individuals with autism, their families and the professionals with whom they interact. The Society and its chapters share a common mission of providing information and education, and supporting research and advocating for programs and services for the autism community.

<http://www.autism-society.org/site/PageServer>

↳ Brain Injury

Brain Injury Association www.biausa.org

Founded in 1980, the Brain Injury Association of America (BIAA) is the leading national organization serving and representing individuals, families and professionals who are touched by a life-altering, often devastating, traumatic brain injury (TBI). Together with its network of more than 40 chartered state affiliates, as well as hundreds of local chapters and support groups across the country, the BIAA provides information, education and support to assist the 5.3 million Americans currently living with traumatic brain injury and their families.

Brain Injury Association National Help Line: 1-800-444-6443

Centers for Disease Control and Prevention www.cdc.gov/ncipc/tbi

The Centers for Disease Control and Prevention (CDC), a part of the U.S. Department of Health and Human Services, is the primary Federal agency for conducting and supporting public health activities in the United States. CDC's focus is not only on scientific excellence but also on the essential spirit that is CDC – to protect the health of all people. CDC keeps humanity at the forefront of its mission to ensure health protection through promotion, prevention, and preparedness.

↳ *Channing Bete* - Interactive pamphlets on deployment, reintegration (e.g., "Know What? I'm Ready for Reunion!" and "Military Family Wellbeing" and "Your Parent is Coming Home!")

www.channing-bete.com/military

↳ Children's Behavioral/Mental Health

American Academy of Pediatrics - Children's Behavioral/Mental Health: <http://www.aap.org/healthtopics/behavior.cfm>

See Also:

U. S. Department of Health and Human Services – National Mental Health Information Center: <http://mentalhealth.samhsa.gov/publications/allpubs/CA-0006/default.asp>

National Institute of Mental Health (NIMH): <http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-disorders/summary.shtml>

Family Networks: http://www.familynetworks.org/mental_health_stats.htm



↳ Child Development Institute

The Child Development Institute was founded by Robert Myers, Ph.D. Dr. Myers is a Clinical Child Psychologist with 25 years of experience working with children, adolescents, families and parents. Realizing the unlimited potential of the internet to provide useful information to parents, he decided to utilize this method to provide parent education that is current, relevant and easy to attain.

<http://www.childdevelopmentinfo.com/parenting/stress.shtml>

↳ Children's Grief Education Association (CGEA)

CGEA offers great resources to help you support and care for children who are grieving the loss of a loved one. This site offers information on the death of a parent or other loved one and the lasting influence on a child's life. Other useful topics include: Compassion, care, connection, understanding and patience can help and No one should face grief alone.

<http://www.childgrief.org/>

↳ CinCHouse

Operation Homefront's CinCHouse.com is the largest online magazine and web-based community for military wives, girlfriends and women in uniform.

<http://www.cinchouse.com>

↳ Deployment Cycle

Pre- to Post and Reintegration – What is Normal? What should I look for?

Military Child Education Coalition: Deployment Cycle Booklet: <http://www.militarychild.org/DeploymentSeparation.asp> **See Also**

Deployment Health and Family Readiness Library: <http://deploymenthealthlibrary.fhp.osd.mil/home.jsp>

NMFA Report on the Cycles of Deployment: <http://www.nmfa.org/site/DocServer/NMFACyclesofDeployment9.pdf?docID=5401>

↳ Eating Disorders:

American Psychiatric Association:

<http://healthyminds.org/expertopinion9.cfm>

<http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>

<http://healthyminds.org/eatingdisorderquestions.cfm> **See Also**

National Institute Mental Health (NIMH) <http://www.nimh.nih.gov/health/publications/eating-disorders/summary.shtml>

Kids Health for Parents: http://www.kidshealth.org/parent/emotions/feelings/eating_disorders.html

↳ Exercise and Stress

President's Council on Physical Fitness and Sports (PCPFS)

www.fitness.gov is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports. You can find out about the Council and its work, view our publications, and link to the resources of other government agencies as well as to health and fitness organizations.

Physical activity and health

Center for Disease Control and Prevention (CDC) physical activity efforts cover a wide spectrum of related topics.

This site offers articles on physical activity and disease prevention. See <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm> and http://www.pueblo.gsa.gov/cic_text/health/fitnexer/fitnexer.htm



↳ Federal Citizen Information Center U.S. General Services Administration www.pueblo.gsa.gov

For over 35 years, the Federal Citizen Information Center (FCIC) has been a trusted one-stop source for answers to questions about consumer problems and government services. Consumers can get the information they need in three ways: by calling toll-free 1 (800) FED-INFO, through printed publications, or through information posted on FCIC's family of websites. Consumers can read, print out, or save the current Consumer Information Catalog and the full text of all the publications listed in it. Consumers can also access additional information on a wide range of subjects by clicking on different topic headings.

↳ Gangs and Teens

The National Youth Violence Prevention Resource Center <http://www.safeyouth.org/scripts/faq/youthgang.asp>

See Also

Office of Juvenile Justice and Delinquency Prevention's National Youth Network web site: <http://www.nationalyouth.com>

Parenting Teens <http://www.parentingteens.com/index/Troubled+Teens/Teens+and+Gangs>

Troubled Teen.com <http://www.troubledteen.com/teen-troubles/gangs/>

Available to help 24/7 Toll free 1-800-917-3959

↳ Laughter is still the best medicine. For more information on laughter therapy visit the following websites:

<http://www.worldlaughtertour.com/sections/about/difference.asp>

http://holisticonline.com/stress/stress_humor.htm

↳ Mental Health America (formerly known as the National Mental Health Association) is nonprofit dedicated to helping ALL people live mentally healthier lives. With our more than 320 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation – everyday and in times of crisis.

<http://www.mentalhealthamerica.net/go/information/get-info/stress/stress-coping-with-everyday-problems/stress-coping-with-everyday-problems>

↳ Military Child Education Coalition (MCEC)

The Military Child Education Coalition is a 501(c)(3) non-profit, world-wide 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. MCEC's goal is to level the educational playing field for military children wherever they are located around the world and to serve as a model for all highly mobile children.

<http://www.militarychild.org/>

↳ Military Family Research Institute

The Military Family Research Institute is a cross-departmental research program housed at Purdue University and funded by the Department of Defense, Office of Military Community and Family Policy. The mission of MFRI is to conduct interdisciplinary, multilevel research that provides insight into the impact of quality of life factors on military members and their families.

www.cfs.purdue.edu/mfri/index.html



↳ National Military Family Association – Operation Purple Summer Camps

NMFA activities revolve around programs to educate the public, the military community, and the Congress on the rights and benefits of military families AND to advocate an equitable quality of life for those families. Members of the Government Relations Department study issues, testify before Congressional Committees, work with Congressional staff and represent NMFA on advisory groups for many DoD agencies, to include the Defense Commissary Agency Patron Council and the TRICARE Beneficiary Panel. Since its inception in 1969, the effectiveness of NMFA is reflected in accomplishments in most of the issue areas in which the association works. These include medical and dental benefits, dependent education, retiree and survivor benefits, relocation and spousal employment. NMFA staff speaks regularly to all types of groups, including family service organizations, Commanders' Conferences, and officer and enlisted spouse clubs. More than 100 NMFA Representatives in the field extend our presence worldwide. NMFA has access and credibility in areas where it CAN and DOES make a difference.

The *Operation Purple* summer camp program was created by NMFA in order to give the children the tools to face these challenges head-on and with success. Through the generous funding from Sears, Roebuck & Co. and its Sears American Dream Campaign, the *Operation Purple* summer camp program was launched in the summer of 2004 and expanded in 2005.

www.nmfa.org

↳ National Suicide Prevention Lifeline 1-800-273-TALK (8255) www.suicidepreventionlifeline.org

↳ *Reconnecting With Your Children*: National Mental Health Association

Returning Service members often have questions about how to reconnect with their spouses and children. A child's reactions depend on his or her own personality, but there are several things that all returning parents should keep in mind. This site offers tips for returning service members to reconnect with their children.

www.nmha.org/reunions/infoChildren.cfm

↳ 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.

The Network comprises 70 member centers-45 current grantees and 25 previous grantees-and is funded by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services through a congressional initiative: the Donald J. Cohen National Child Traumatic Stress Initiative.

www.nctsnet.org

↳ Nutrition

Agricultural Marketing Service (AMS) - Farmers markets

The Agricultural Marketing Service (AMS) includes six commodity programs--Cotton, Dairy, Fruit and Vegetable, Livestock and Seed, Poultry, and Tobacco. The programs employ specialists who provide standardization, grading and market news services for those commodities. They enforce such Federal Laws as the Perishable Agricultural Commodities Act and the Federal Seed Act. AMS commodity programs also oversee marketing agreements and orders, administer research and promotion programs, and purchase commodities for Federal food programs.

To find a farmers market in your state <http://www.ams.usda.gov/farmersmarkets/>



See Also

Department of Agriculture (USDA)

The USDA provides leadership on food, agriculture, natural resources, and related issues based on sound public policy, the best available science, and efficient management.

http://www.usda.gov/wps/portal/!ut/p/.s.7.0.A/7.0.1OB/.cmd/ad/.ar/sa.retrievecontent/.c/6.2.1UH/.ce/7.2.5JN/.p/5.2.4TR/.d/0/th/J.2.9D/.s.7.0.A/7.0.1OB?PC.7.2.5JN_navid=MISSION_STATEMENT&PC.7.2.5JN_navtype=RT&PC.7.2.5JN_parentnav=ABOUT_USDA#7.2.5JN or

<http://www.usda.gov/wps/portal/usdahome>

Dietary Guidelines for Americans, 2005.

For the 70 page scientific document, <http://www.health.gov/dietaryguidelines/dga2005/document/>

The *Dietary Guidelines for Americans* has been published jointly every 5 years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs.

Consumer brochure “*Finding Your Way to a Healthier You*”

<http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm>

Federal Government Food and Nutrition information

Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers. Users can find practical information on healthy eating, dietary supplements, fitness and how to keep food safe. The site is kept fresh with the latest news and features links to interesting sites.

<http://www.nutrition.gov>

Food and Drug Administration (FDA)

The U.S. Food and Drug Administration (FDA) is responsible for protecting the public health by assuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical devices, our nation's food supply, cosmetics, and products that emit radiation. The FDA is also responsible for advancing the public health by helping to speed innovations that make medicines and foods more effective, safer, and more affordable; and helping the public get the accurate, science-based information they need to use medicines and foods to improve their health.

Food composition- Nutrition Data Laboratory

The Mission of the Nutrient Data Laboratory is "To develop authoritative food composition databases and state of the art methods to acquire, evaluate, compile and disseminate composition data on foods available in the United States."

For data on the nutrient content of specific foods

<http://www.nal.usda.gov/fnic/foodcomp/>

Food and Nutrition Service Assistance Program

The Food and Nutrition Service (FNS), formerly known as the Food and Consumer Service, administers the nutrition assistance programs of the U.S. Department of Agriculture. The mission of FNS is to provide children and needy families better access to food and a more healthful diet through its food assistance programs and comprehensive nutrition education efforts. Some of the programs the FNS oversees include: the Food Stamp Program, the National School Lunch Program, the Needy Family Program, and the Women Infants and Children program (WIC). FNS works in partnership with the States in all its programs. States determine most administrative details regarding distribution of food benefits and eligibility of participants and FNS provides funding to cover most of the States' administrative costs.



For more information about USDA nutrition assistance programs

<http://www.fns.usda.gov/fns/>

Food Safety and Inspection Service (FSIS) - Food safety information

The Food Safety and Inspection Service (FSIS) is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged. For information about keeping food safe to eat

http://www.fsis.usda.gov/Food_Safety_Education/Food_Safety_Education_Programs/index.asp

Fruits and Veggies—More Matters

The Fruits & Veggies—More Matters campaign replaces the 5 A Day for Better Health Program. Offering expert cooking advice, nutrition information, and shopping tips, the Fruits & Veggies—More Matters campaign demonstrates that eating MORE fruits and vegetables does matter to all of us. <http://www.fruitsandveggiesmatter.gov/>

Nutrition Facts label

U.S. Food and Drug Administration Center for Food Safety and applied Nutrition

<http://www.cfsan.fda.gov/~dms/foodlab.html>

US Departments of Agriculture and Health and Human Services <http://www.mypyramid.gov/>

The Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture, was established in 1994 to improve the nutrition and well-being of Americans. Toward this goal, the Center focuses its efforts on two primary objectives—

Advance and promote dietary guidance for all Americans, and Conduct applied research and analyses in nutrition and consumer economics.

↳ Supporting Troops and Their Families

MilitaryHOMEFRONT is the official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers.

www.militaryhomefront.dod.mil

↳ HOOAH 4 Health

Deployment Guide For Families of Deploying Soldiers. Separation and Reunion

www.hooah4health.com/deployment/familymatters/reunion.htm#

↳ Family Guide Building Blocks For A Healthy Future

SAMHSA's *Building Blocks for a Healthy Future* site offers information and tips for parents, caregivers, and teachers of children aged 3 to 6. Additionally the site features materials, and ideas for spending time with your children and learning together.

<http://www.bblocks.samhsa.gov/>

↳ Give an Hour

<http://www.giveanhour.org/cms/index.php>

Give an Hour Project asks mental health providers to donate one hour per week for a year to assist service members or family members who need these services.

↳ Grief Solutions

www.griefsolutions.net



þ Navy Fleet & Family Support Center Individual Augmentees (F&FSC) resources. The site features several publications for Individual Augmentees and family members.

<https://www.nffsp.org/skins/nffsp/display.aspx?ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&CategoryID=f4882b19-3c99-499e-96fd-645dc0415541&ObjectID=bc6223b6-f8ec-40c1-99b0-529d34c6aaae>

þ Military Chaplains

Military Chaplains Association of the United States of America

The Military Chaplains Association of the United States of America is a professional support and Veterans Service Organization dedicated to the religious freedom and spiritual welfare of our Armed Services members, Veterans, their families, and their survivors. They were founded in 1925 and chartered in 1950 by the 81st Congress. We are recognized by the Internal Revenue Service with non-profit, tax exempt 501(c)(3) status. <http://www.mca-usa.org/index.html>

þMilitary Money

InCharge® Education Foundation developed *Military Money*® to provide an authoritative financial resource for military families and help ensure the fighting readiness of America's armed forces by enhancing their financial readiness to make informed decisions in their everyday lives. The magazine and its companion website, explore such personal finance issues as money management, home and family life for military families, education and career advice, deployment and relocation, and transitioning to the civilian world.

<http://www.militarymoney.com>

þMilitary Sentinel

Military Sentinel is a project of the Federal Trade Commission and the Department of Defense to identify and target consumer protection issues that affect members of the Armed Forces.

<http://www.consumer.gov/military/>

þMilitary Spouses' Career Network

This web site is intended to supplement the resources of your installation's Family Member Employment Assistance Program (FMEAP)/Spouse Employment Assistance Program (SEAP) by bridging the gaps, empowering you with additional resources to facilitate self-management of your career development, and helping to develop more and better employment opportunities for us all. Your installation's FMEAP/SEAP is your local source of information on employment, education, and career development opportunities.

<http://www.mscn.org>

þ Military Teens on the Move (MTOM)

This site is designed specifically for military teens in the process of moving to a new location. Topics covered include interesting articles such as "We're moving again," and "Your New Life." The site also features a helpful Military Teens Moving Guide.

www.dod.mil/mtom/index_t.htm

þOperation Military Kids

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. This initiative was officially launched in April 2005. Since its inception OMK has touched **65,000 military youth** and provided information to **7200 community members** across the United States.

<http://www.operationmilitarykids.org>

þ Parenting Teens <http://www.parentingteens.com/index/Troubled+Teens/Teens+and+Gangs>



↳ Parents of Service Members

Websites like the Deployment Health Family Readiness Library, Military Homefront and USA4militaryfamilies for state support programs for military families, can be great resources for parents. Some installations are offering reintegration classes for parents to attend when they come to welcome home their deployed servicemembers. We hope that is a trend that will expand and continue. Until that happens, access some very helpful books that have recently been published that deal with combat stress and reintegration. *Down Range to Iraq and Back* by Bridget C. Cantrell, Ph.D. and Chuck Dean and *Courage After Fire* by Keith Armstrong, L.C.S.W./Susanne Best, Ph.D / Paula Domenici, Ph.D. The Red Cross offers “COMING HOME”: *A Guide for Parents, Extended Family Members or Friends of Service Members Returning from Mobilization / Deployment* available at your local Red Cross chapter. Another great resource for all parents, regardless of their servicemember’s affiliation is *Your Soldier, Your Army* by Vicki Cody (http://www.nmfa.org/site/DocServer/YourSoldier_Parent_s_Guide_.pdf?docID=3421) and *Our Sons, Our Daughters – A National Guard Parent’s Guidebook to Deployment* by Paula Sumrall (http://www.ngb.army.mil/resources/downloads/Parents_guide.pdf)

We would love to hear about resources that you have used as a parent or extended family member that you found helpful. Please email us at families@nmfa.org with your suggestions.

See Also

When Your Son or Daughter is Deployed [http://deploymenthealthlibrary.fhp.osd.mil/products/When%20Your%20Son%20or%20Daughter%20is%20Deployed%20\(237\).pdf](http://deploymenthealthlibrary.fhp.osd.mil/products/When%20Your%20Son%20or%20Daughter%20is%20Deployed%20(237).pdf)

↳ PDHealth - Assist clinicians in the delivery of post-deployment healthcare

PDHealth.mil was designed to assist clinicians in the delivery of post-deployment healthcare by fostering a trusting partnership between military men and women, veterans, their families, and their healthcare providers to ensure the highest quality care for those who make sacrifices in the world's most hazardous workplace.

<http://www.pdhealth.mil/main.asp>

↳ Resources for People Working With Military Personnel and Their Families

<http://kspope.com/torvic/war.php>

↳ Returning From The War Zone: A Guide for Families of Military Members (National Center for PTSD)

<http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/GuideforFamilies.pdf>

↳ Strategic Outreach to Families of All Reserves (SOFAR)

<http://www.sofarusa.org/>

A Pro Bono project to provide mental health services to families of Army Reservists.

↳ Seasonal Affective Disorder

Mental Health Matters - Seasonal Affective Disorder: http://www.mental-health-matters.com/disorders/dis_details.php?disID=86 **See Also**

Alaska Wellness – Quality of Life: <http://www.alaskawellness.com/SADArchive.htm>

Seasonal Disorder - Jopsad.info [http://www.clckm.com/Seasonal_Disorder.cfm?](http://www.clckm.com/Seasonal_Disorder.cfm?dn=jopsad.info&pid=3PO432E70&sp=2&pt=2&vid=1193804019_3X04X1310502170&rpt=3&kt=4&kp=2)

[dn=jopsad.info&pid=3PO432E70&sp=2&pt=2&vid=1193804019_3X04X1310502170&rpt=3&kt=4&kp=2](http://www.clckm.com/Seasonal_Disorder.cfm?dn=jopsad.info&pid=3PO432E70&sp=2&pt=2&vid=1193804019_3X04X1310502170&rpt=3&kt=4&kp=2)

↳ Sesame Street “Talk, Listen, Connect: Helping Families Cope with Military Deployment” video -

www.militaryonesource.com, <http://www.sesameworkshop.org/tlc/index.php>

↳ Sesame Street Workshop: When Parents Are Deployed

<http://www.sesameworkshop.org/wpad/>



A television special geared to address the challenges military families face with deployment.

↳ Self Help Magazine

SelfhelpMagazine is a service-oriented, educational forum written by behavioral health-care professionals, students and our readership. Their work is a labor of love on the part of all hundreds of authors and staff members, who have shared the common goal of bringing science of psychology to the general public in an easy-to-read format as self-help information. <http://www.selfhelpmagazine.com/articles/growth/anger.html>

↳ Self-Mutilation

http://wso.williams.edu/~atimofey/self_mutilation/ and

<http://www.healthatoz.com/healthatoz/Atoz/common/standard/transform.jsp?requestURI=/healthatoz/Atoz/ency/self-mutilation.jsp>

↳ Strong Bonds (Army)

<http://www.strongbonds.org>

Strong Bonds is an Army unit-based, chaplain-led program that helps Soldiers and their Families build strong relationships. The program's mission is to build Soldier readiness by providing skills the Soldier can use to strengthen his or her marriage and other relationships. It includes four sub-programs: Single soldier program (Helps warriors choose wisely and build life-long , Couple program, Family program, and Couples preparing for or returning from deployment.

↳ Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention (SAMSHA)

The Substance Abuse and Mental Health Services Administration (SAMHSA) has established a clear vision for its work -- a life in the community for everyone. To realize this vision, the Agency has sharply focused its mission on building resilience and facilitating recovery for people with or at risk for mental or substance use disorders. SAMHSA is gearing all of its resources -- programs, policies and grants -- toward that outcome.

<http://www.samhsa.gov/>

↳ Suicide Hotline Information

The **USA National Suicide Hotline** is toll free, 24/7 number is **1-800-SUICIDE or 1-800-784-2433**.

The number for deaf individuals is: **Deaf Hotline (TTY): 1-800-799-4889**

Each State has their own Hotline. This can be obtained by linking to: <http://suicidehotlines.com/> and scrolling down to "Hotlines in Your State" and click on your particular state. It is best to contact the National Suicide Hotline.

The Department of Veterans Affairs and the Department of Defense use the National Talk Hotline: **1-800- 273-TALK or 1-800-273- 8255**. The National Suicide Hotline can be contacted, too.

What if your Hotline Phone Number for my local area is no good?

- Call the National number,
- Call 911 and tell them you are in suicidal danger,
- Call 0 and ask for the number,
- Call 411 and ask for the number,
- Check the front of your phone book for: suicide and crisis prevention, community crisis centers, county mental health center, or hospital mental health clinic, and

Visit the USA National web site: <http://suicidehotlines.com/national.html>



National Veterans Foundation Suicide Hotline 1-888-777-4443

Live on-line help with NVF Counselors <http://www.NVF.org>

National Talk Hotline: **1-800- 273-TALK or 1-800-273- 8255**. The Department of Veterans Affairs, the Department of Defense and The Substance Abuse and Mental Health Administration (SAMSHA) support and recommend this resource for military service members and their families seeking help. (<http://www.suicidepreventionlifeline.org/help/default.aspx>)

Suicide Risk Questionnaire: http://www.stopasuicide.org/downloads/Sites/Docs/StopASuicide_SuicideRiskQuestionnaire_Military.pdf

http://www.stopasuicide.org/downloads/Sites/Docs/StopASuicide_SuicideRiskQuestionnaire_Military.pdf

<http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx>

þ The National Institute of Mental Health (NIMH) is the largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health. NIMH supports research on the following disorders: Anxiety ,Attention Deficit Hyperactivity Disorder (ADHD, ADD),Autism Spectrum Disorders (Pervasive Developmental Disorders),

Bipolar Disorder (Manic-Depressive Illness),Borderline Personality Disorder, Depression, Eating Disorders,

Generalized Anxiety Disorder, Obsessive-Compulsive Disorder (OCD), Panic Disorder, Post-Traumatic Stress Disorder (PTSD),Schizophrenia, and Social Phobia (Social Anxiety Disorder)

<http://www.nimh.nih.gov/index.shtml>

The National Institute of Mental Health (NIMH) Children Mental Health: <http://www.nimh.nih.gov/health/publications/treatment-of-children-with-mental-disorders/summary.shtml>

þThe Tragedy Assistance Program for Survivors

The Tragedy Assistance Program for Survivors, Inc. (TAPS) was founded in the wake of a military tragedy -- the deaths of eight soldiers aboard an Army National Guard aircraft in November 1992.

<http://www.taps.org/mission/>

þ TRICARE

<http://www.tricare.mil/>

þ TRICARE behavioral health portal <http://www.tricare.mil/mybenefit/ProfileFilter.do?puri=%2Fhome%2FMentalHealthAndBehavior>.

þ TRICARE Contractors' Behavioral Health portals

North Region: Health Net Federal Services: <https://www.hnfs.net/bene/authorizations/behavioralHealth/Behavioral+Health+2.htm>

South Region: Humana Military Healthcare Services: <http://www.humana-military.com/south/bene/HealthandWellness/behavioralhealth.htm>

West Region: TriWest Healthcare Alliance: <http://www.triwest.com/beneficiary/frames.aspx?page=http://www.triwest.com/unauth/newContent/newBehavioralHealth/default.asp>.



þ Troubled Teen.com <http://www.troubledteen.com/teen-troubles/gangs/>

Available to help 24/7 Toll free 1-800-917-3959

þ U. S. Department of Health and Human Services – National Mental Health Information Center: <http://mentalhealth.samhsa.gov/publications/allpubs/CA-0006/default.asp>

þ Veterans and Families
<http://www.veteransandfamilies.org>

Veterans and Families Coming Home is a national non-profit community service and support organization, founded and directed by veterans, parents, grandparents, family members, employers, mental health professionals, academics and community leaders.

þ World Laughter Tour
The World Laughter tour promotes a worldwide movement for health, happiness and peace. They encourage everyone to tap into the benefits of positive laughter & humor, which are natural pathways to mind-body, mental & physical health. <http://www.worldlaughter.com/sections/about/difference.asp> **See Also**

þ Holistic On-Line
Holistic.com offers information on alternative and integrative medicine.
http://holisticonline.com/stress/stress_humor.htm

þ ZERO to Three
<http://www.zerotothree.org/site/PageServer?pagename=homepage>

ZERO TO THREE's mission is to support the healthy development and well-being of infants, toddlers and their families. A national nonprofit multidisciplinary organization that advances our mission by informing, educating and supporting adults who influence the lives of infants and toddlers.

II. Articles

NOTE: Remember to see these two websites for extensive lists of articles about deployment and family support:

<http://www.militaryonesource.com>

<http://www.deploymenthealthlibrary.fhp.osd.mil/home.jsp>

Adjustments among Adolescents in Military Families When a Parent Is Deployed Final Report June 30, 2005 (Military Family Research Institute Purdue University) http://www.cfs.purdue.edu/mfri/pages/research/Adjustments_in_adolescents.pdf

An Achievable Vision: Report of the Department of Defense Task Force on Mental Health June 2007
<http://www.ha.osd.mil/dhb/mhtf/default.cfm>

The Department of Defense Plan to the Vision of the DoD Task Force on Mental Health Report to Congress September 2007
http://www.mhs.osd.mil/ASDcontent/evening_rounds/MHTF-Report-to-Congress.pdf

The Promotion of Mental Health and The Prevention of Mental and Behavioral Disorders: Surely The Time is Right (International Journal of Emergency Mental Health) <http://www.samhsa.gov/MATRIX/timeisright.pdf>



"The Returning Veteran of the Iraq War: Background Issues & Assessment Guidelines" http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/iraq_clinician_guide_ch_3.pdf

Iraq War Clinician Guide, 2nd Edition (online) http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/nc_manual_iwcguide.html

"Hidden Toll of the War in Iraq," *Mental Health And The Military*, September, 2004 <http://www.americanprogress.org/issues/2004/09/b186881.html>

"The Emotional Cycle of Deployment: A Military Family Perspective" <http://www.hooah4health.com/deployment/familymatters/emotionalcycle.htm>

"Working with the Bereaved: U.S. Army Experiences with Nontraditional Families" Read Abstract <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?CMD=Display&DB=pubmed>

"Interpreting symptoms in military personnel after combat" Abstract <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?CMD=Display&DB=pubmed>

"Impact of the Threat of War on Children in Military Families" <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?CMD=Display&DB=pubmed>

Mental Health Advisory Team (MHAT) III
http://www.armymedicine.army.mil/news/mhat/mhat_iii/mhat-iii.cfm

Mental Health Advisory Team (MHAT) (IV)
http://www.armymedicine.army.mil/news/mhat/mhat_iv/mhat-iv.cfm

Multiple Transitions of Deployment and Reunion for Military Families Shelley M. MacDermid Purdue University
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<http://www.cfs.purdue.edu/mfri/>

The President's New Freedom Commission Report
<http://www.MentalHealthCommission.gov>

School Mental Health Services in the United States 2002-2003
<http://mentalhealth.samhsa.gov/publications/allpubs/sma05-4068/>

The American Psychiatric Association A Vision for the Mental Health System April 3, 2003
http://www.psych.org/news_room/press_releases/visionreport040303.pdf

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III. Books

Chicken Soup for the Military Wife's Soul, by Jack Canfield, Mark Hansen, Charles Preston, and Cindy Pederson (Health Communications, 2005).

Courage After Fire, by Keith Armstrong, Suzanne Best and Paula Domenici. Offers coping strategies for returning troops and their families, including reconnecting with loved ones.

Daddy, Will You Miss Me, by Wendy McCormick. (Aladdin Library. 2002). ISBN: 0689850638

My Father is in the Navy, by Robin McKinley and Martine Goubault. (Greenwillow. 1992).

My Daddy is a Soldier (Sailor, Airmen) My Mommy is by Hilbrecht K and Hilbrecht S: <http://www.newcanaanpublishing.com> 3rd ed 2003

20 Good Things Kids Can Do In Times of War/ 20 Good Things Kids Can Do In Times of Peace by Marsh C: 2003 www.gallopade.com

Daddy, You're My Hero, by Michelle Ferguson-Cohen. (Little Redhaired Girl Publishing 2003). ISBN: 0972926410. **[for kids ages 4-8]**

Mommy, You're My Hero, by Michelle Ferguson-Cohen. (Little Redhaired Girl Publishing 2003). ISBN: 0972926429. **[for kids ages 4-8]**

My Daddy is a Guardsman, Kirk Hilbrecht and Sharron Hilbrecht. (New Canon Publishing Company Inc. 2002). ISBN: 1889658308.

My Daddy is a Soldier, Kirk Hilbrecht and Sharron Hilbrecht. (New Canon Publishing Company Inc. 1996) ISBN: 1889658014.

15 Reasons I Love My DAD: A Fill-in-the-Blank Book, by Samantha Kappler, Cassidy Kappler, and Benjamin Kappler. (SBC Publishing, 2002). ISBN: 0966684311.

Down Range to Iraq and Back, by Bridget C. Cantrell and Chuck Dean. Discusses why many veterans suffer from flashbacks, depression and other effects of post-traumatic stress disorder.

Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma, by Michelle D. Sherman and DeAnne M. Sherman. Taps into teen concerns about parents who have served in combat. **[for kids ages 12-18]** (available at www.seedsofhopebooks.com)

Going Overboard: The Misadventures of a Military Wife, by Sarah Smiley (Penguin Group, 2005).

Help! I'm a Military Spouse: I Want a Life Too! by Kathie Hightower and Holly Scherer (Hightower and Scherer, 2005).

Helping Children Cope with the Challenges of War and Terrorism. LaGreca A et al **[for kids ages 7-12]**.
Download: www.7-dippity.com/other/UWA_war_book.pdf
Supplement (for using with school classes or groups)
www.7-dippity.com/other/Supplement.pdf

Heroes at Home: Help and Hope for America's Military Families, by Ellie Kay. (Bethany House, Bloomington, MN, 2002 www.bethanyhouse.com)



Home Fires Burning: Married to the Military for Better or Worse, by Karen Houppert (Random House, 2006).

I'm not alone: A teen's guide to living with a parent who has a mental illness, by Sherman, MD Sherman, DM Edina, MN(2006). Beaver's Pond Press.: Available at www.seedsofhopebooks.com

Married to the Military: A Survival Guide for Military Wives, Girlfriends, and Women in Uniform, by Meredith Leyva (Simon & Schuster, 2003).

Military Widow: A Survival Guide, by Joanne M. Steen, MS, NCC & M. Regina Asaro, MS, RN, CT (Naval Institute Press, 2006).

Psychiatric Disorders in Current Medical Diagnosis & Treatment 2001, by Stuart J. Eisendrath, M.D., and Jonathan E. Lichtmacher, M.D. Edited by L.M. Tierney, Jtr., MD, et al., 40th ed. N. New York (Lange Medical Books/McGraw-Hill, 2001)

Soldier Mom, by Alice Mead. (Yearling. 2001). ISBN: 0440229006

Surviving Deployment: A Guide for Military Families, by Karen M. Pavlicin. Basic book for dealing with deployment and accompanying stress.

The Homefront Club: The Hardheaded Woman's Guide to Raising a Military Family, by Jacey Eckhart (Naval Institute Press, 2005).

The Magic Box: When Parents Can't Be There to Tuck You in, by Marty Sederman, Seymour Epstein, Ph.D., Karen Stormer Brooks. (Magination Press,2002). ISBN: 1557988064.

Today's Military Wife: Meeting the Challenges of Service Life, by Lydia Sloan Cline (Stackpole, 2003).

What's the Matter with Henry? The True Tale of a Three-Legged Cat, by Cathy Conheim and BJ Gallagher. (Breakthrough Press Third Edition February, 2007)

When Duty Calls: A Guide to Equip Active Duty, Guard, and Reserve Personnel and Their Loved Ones for Military Separations, by Vandesteeg C: WinePress Publishing Enumclaw, WA 2001

While You Are Away, by E. Spinelli, (Hyperion Books, New York 2004) **[Picture book for children whose parents are deployed; for ages 4-8]**

While They're at War: The True Stories of American Families on the Homefront, by Kristin Henderson (Houghton Mifflin, 2005).

For Schools, Communities, Child and Adolescent Care Workers

Stafford EM: Challenging Times: Pediatricians should be prepared to support needs of children in military families AAP NEWS, Vol 22 No 6 April 2003

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Vandesteeg C: When Duty Calls: A Guide to Equip Active Duty, Guard, and Reserve Personnel and Their Loved Ones for Military Separations. WinePress Publishing Enumclaw, WA 2001

Pavlicin KM: Surviving Deployment: A Guide for Military Families Elva Resa Publishing Saint Paul, Minn 2003

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Henderson, Kristin *While They're at War: The True Story of American Families on the Homefront* (2006).

Collier, Dianne (of Canada) *Heroes at Home: Help and Hope for America's Military Families* (2002).



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Treatment of Psychological Trauma in Children of Military Families in *Mass Trauma and Violence: Helping Families and Children Cope* (Webb NB-ed), by Hardaway T: The Guilford Press, New York, pp259-282
Caring for Kids After Trauma and Death: A Guide for Parents and Professionals, Goodman RF: by The Institute for Trauma and Stress at the NYU Child Study Center, 2002 (can be accessed at www.militarystudent.org)

The Social Readjustment Rating Scale by Holmes/Rahe (1967), Modified by Pincus/Adler (2000)

Recognizing and Responding to Child and Adolescent Stress: The Critical Role of the Pediatrician. By Stafford EM and Lemmon K: *Pediatr Annals*. 36: 225-231, 2007

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Heroes at Home-Help and Hope for America's Military Families by Ellie Kay. 2002. Bethany House, Bloomington, MN, www.bethanyhouse.com

The Parent Report Card by Linda Berg-Cross, PhD, in *Working Mother*, Jan 93

To support Veteransandfamilies.org and the development of future versions of this homecoming preparedness guide, please contact Ted Reed, at 916-390-3827

