

**Practice Resource Information and Gateway Internet Sites for  
Behavioral Health Providers Working with Military Members,  
Veterans, and their Family Members** (Version 09.17.09)

Prepared for:

**Maryland's Commitment to Veterans  
Department of Health and Mental Hygiene,  
Mental Hygiene Administration**

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**DISCLAIMER:** The references and the hyperlinks provided in this document do not constitute an endorsement of the information, products or services contained therein. The Authors also remind the reader that it is always necessary to evaluate websites you are using to access practice information. The Duke University Library provides a useful general guide for evaluating information from the Internet: <http://library.duke.edu/services/instruction/libraryguide/evalwebpages.html>

There are now thousands of Internet sites and individual web-pages that provide a range of information related to the behavioral health needs of Military Members, Veterans, and their Family Members. The information in these *Gateway Internet Sites* is intended to provide the civilian behavioral health provider a starting point for identifying information and resources that will (1) inform practice and (2) provide valuable resource information for patients/clients and loved ones those whose lives have been either directly or indirectly impacted by military service—while on Active Duty or serving as a member of the National Guard or a member of one of the other Reserve Components.

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## **Military / Veteran 101:**

As a behavioral health provider working with military members and/or veterans, and their families, it is helpful to have some basic knowledge about these populations, as well as an understanding of basic military terms and military ranks.

Listed below are two useful references that can be ordered from any on-line bookseller.

- ✓ *Counseling Military Families: What Mental Health Professionals Need to Know* By Lynn K. Hall
- ✓ *A Counseling Primer to Counseling Veterans* By Jose Coll

If you would like more information on military terminology, here are a few of the many sites you will find listed on the Internet:

- DOD Dictionary of Military Terms: <http://www.dtic.mil/doctrine/jel/doddict/>
- Milterms: <http://www.milterms.com/>
- List of United States Marine Corps Acronyms and Expressions: [http://en.wikipedia.org/wiki/List\\_of\\_U.S.\\_Marine\\_Corps\\_acronyms\\_and\\_expressions](http://en.wikipedia.org/wiki/List_of_U.S._Marine_Corps_acronyms_and_expressions)
- U.S Army Acronyms and Expressions: <http://www.goarmyparents.com/armyacro.htm>
- Appendix: Glossary of U.S. Navy Slang: [http://en.wiktionary.org/wiki/Appendix:U.S.\\_Navy\\_slang](http://en.wiktionary.org/wiki/Appendix:U.S._Navy_slang)
- Coast Guard Definitions and Acronyms: <http://www.coastguardfamily.org/acronyms.htm>
- Air Force Slang: <http://www.slangsearch.com/airforce.html>
- Slang from Operation Iraqi Freedom: <http://www.globalsecurity.org/military/ops/iraq-slang.htm>

To learn about Military Ranks go to:

- Officers: <http://www.defenselink.mil/specials/insignias/officers.html>
- Enlisted: <http://www.defenselink.mil/specials/insignias/enlisted.html>
- For a discussion about military ranks: <http://www.ask.com/questions-about/Military-Ranks>

Other Useful Military Web Sites:

- Military Organization: [http://en.wikipedia.org/wiki/Military\\_organization](http://en.wikipedia.org/wiki/Military_organization)
- U.S. Military 101: <http://usmilitary.about.com/cs/generalinfo/a/military101.htm>

**A Gateway Site (and associated sites) that every (Maryland) Behavioral health care provider should know about:**

**The Maryland Department of Veterans Affairs** is an Executive Department in Maryland State Government with a service mission to serve the needs of Maryland's veterans. The Department's Web-site – <http://www.mdva.state.md.us>- lists numerous resources, including state and federal benefits, claims assistance and educational links.

*Maryland's Commitment to Veterans* available online at <http://www.veterans.maryland.gov>, is an outreach and referral initiative designed to serve those that have served our country. Its goal is to connect veterans to behavioral health services in a timely manner, and to help the families, friends and neighbors of Maryland's veterans learn more about the challenges facing our brave citizens upon their return. By using the navigation on the left side of every page within the site, visitors can read specific information as it relates to various audiences, including behavioral health care providers. A link to an exciting new information and resource portal called *Network of Care* is also featured on every page This site can be accessed externally at: [www.networkofcare.org](http://www.networkofcare.org) (Look for Maryland's listings under **Veterans & Service Members** ([networkofcare.org/index2.cfm?productid=17&stateid=25](http://www.networkofcare.org/index2.cfm?productid=17&stateid=25)))

Note: Also posted on the Health Professionals page of Maryland's Commitment to Veterans' site is a link to an important and valuable electronic (pdf) guidebook titled "Building Bridges." This resource was developed by the *Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury* for Warriors and Families; Command and Line Leaders; Healthcare Professionals; and Community Support Professionals. You can access (and download) a copy of this guide at <http://mdva.state.md.us/pdfs/BuildingBridgesGuide.pdf>

**Major Gateway Sites – the Top Tier List**

**Military OneSource** (sponsored by the Department of Defense) is the principal source of assistance for military members and military family member (Active Duty, National Guard, or other Reserve Components). This site also provides a full array of specific websites for the different Service Components and Branches, as well as a full menu of topic-specific sites. For immediate assistance from OneSource call 1-800-342-9647 or go to [www.militaryonesource.com](http://www.militaryonesource.com)

**Department of Veterans Affairs: Health Care for Veterans:** [www1.va.gov/health/](http://www1.va.gov/health/)

**My Health eVet** is the gateway to veterans' health and wellness. It was created by the Veterans Health Administration for veterans, their families, and VA employees. This new health portal enables users who log-in to access health information, tools, and services. [www.myhealth.va.gov](http://www.myhealth.va.gov)

**The Department of Veterans Affairs (VA)** has launched its new "Returning Veterans" Web site -- [www.oefoif.va.gov](http://www.oefoif.va.gov) -- to welcome home Veterans of the Iraq and Afghanistan conflicts with a social, Veteran-centric Web site focusing on their needs and questions. The Web site features videos, Veteran stories, and a blog where Veterans are encouraged to post feedback. The site also restructures the traditional index-of-benefits format found on other VA pages into question-based, categorized, and easily navigated links by topic. This will allow Veterans to find benefits of interest easily and discover related benefits as they explore.

**The Department of Veterans Affairs** has also launched a new Web site to strengthen the connection between college and university mental health professionals and veterans of the Iraq and Afghanistan conflicts studying on their campuses. This initiative is designed to ensure that colleges and universities are able to assist with any special mental health needs they *may* have." The Web site, <http://www.mentalhealth.va.gov/College>, features recommended training for college and university counselors, with online modules including "Operation SAVE" for suicide prevention, "PTSD 101" and "Helping Students Who Drink Too Much." It also will feature a resource list that will be updated regularly. Although the Web site is designed primarily for counselors, it also serves as a resource for veteran-students who wish to learn more about the challenges they *may* face in adjusting to their lives after leaving the military.

**The National Center for PTSD (NCPTSD)** is part of the **Department of Veterans Affairs** and is dedicated to advance the clinical care and social welfare of U.S. Veterans through research, education and training on PTSD and stress-related disorders. It is a primary source of information for clinicians, human service providers, as well as service members, veterans, and their loved ones. To access this site go to [www.ncptsd.va.gov/ncmain/index.jsp](http://www.ncptsd.va.gov/ncmain/index.jsp)

**The Department of Defense *Military Health System* (MHS)** is a unique partnership of medical educators, medical researchers, and healthcare providers and their support personnel worldwide. This DoD site is sponsored by the Office of the Assistant Secretary of Defense for Health Affairs; the medical departments of the Army, Navy, Marine Corps, Air Force, Coast Guard, and the Joint Chiefs of Staff highlights healthcare resources for military members and their families. The site is a source of innovative information on education, medical training, research, technology, and policy information. For access go to [www.health.mil](http://www.health.mil). To access the Civilian Provider Education Portal please visit <http://www.health.mil/Pages/Page.aspx?ID=27>.

**The Deployment Health and Family Readiness Library** was established by DOD to provide Service members, families, leaders, Health Care providers, and veterans an easy way to find deployment health and family readiness information. Within this library you'll find access to fact sheets, guides, and other products on a wide variety of topics published by the services and organizations that serve you. You'll also find additional web links to other organizations and resources devoted to the health and well-being of the Service member and their family. For access go to <http://deploymenthealthlibrary.fhp.osd.mil/home.jsp>

**Note:** Especially useful are the training and resource materials on this site for working with military members and/or Family Members who may have health and mental health questions. For access to the training page go to <http://fhp.osd.mil/pdhrainfo/training.jsp>  
For access to the resource page go to <http://fhp.osd.mil/pdhrainfo/resources.jsp>

**MedLinePlus** is a service of the National Library of Medicine, MedlinePlus is your trusted source of health and mental health information. To access this site go to [www.nlm.nih.gov/medlineplus/medlineplus.html](http://www.nlm.nih.gov/medlineplus/medlineplus.html)

**Note:** MedlinePlus has a specific collection of information on military and veterans issues. To access this site go to [www.nlm.nih.gov/medlineplus/veteransandmilitaryhealth.html](http://www.nlm.nih.gov/medlineplus/veteransandmilitaryhealth.html)

**The Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury** leads a collaborative effort toward optimizing psychological health and traumatic brain injury (TBI) treatment for the Department of Defense (DoD). The DCoE establishes quality standards for: clinical care; education and training; prevention; patient, family and community outreach; and program excellence. DCoE Mission is to maximize opportunities for warriors and families to thrive through a collaborative global network promoting resilience, recovery, and reintegration for PH and TBI. Go to: <http://www.health.mil/dcoe.aspx>

The **Substance Abuse and Mental Health Services Administration (SAMHSA)** vision and mission is focused 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. SAMHSA has a comprehensive resource list for returning vets and families. Go to: <http://www.samhsa.gov/vets/>

**Courage to Care** is a new, electronic health campaign for military and civilian professionals serving the military community, as well as for military men, women and families. Courage to Care consists of electronic fact sheets (see attached fact sheets) on timely health topics relevant to military life that provide actionable information. Courage to Care is in the public domain; designed to be or fit into your health outreach; customized with your local contact information and sent to your provider or support group network, even put on your own websites or sent to friends and family. Courage to Care content is developed by leading military health experts from Uniformed Services University of the Health Sciences, your nation's federal medical school. <http://www.usuhs.mil/psy/courage.html>

**Real Warriors** campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families. The Real Warriors Campaign combats the stigma associated with seeking psychological health care and treatment and encourages service members to increase their awareness and use of these resources. To reach the broadest audience possible, the campaign features a variety of strategies including outreach and partnerships, print materials, media outreach, an interactive Web site and social media. The campaign features stories of real service members who have sought treatment and are continuing to maintain successful military or civilian careers. In addition, DCoE established the DCoE Outreach Center, a 24/7 call center staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury. <http://www.realwarriors.net/>

**Army Battlemind** reflects a strength-based, positive psychology approach to Warrior behavioral health. It is designed for Warriors, Leaders, Spouses, Families and behavioral health providers. Training and information is targeted to all phases of the Warrior deployment cycle, Warrior life cycle and Warrior support system. This site provides information on battlemind resilience

training, research, accomplishments and plans; battlemind cycle timelines; building resilience through battlemind training; a history of the development of the army's integrated system of mental health training; post-deployment psychological screening and related links.

<https://www.battlemind.army.mil/>

**After Deployment**, as stated on the site, was designed by many behavioral health experts in the Department of Defense and the Veterans Administration. The content is directed at Service Members, their Families, Veterans, and providers After Deployment provides information and exercises to assist the entire military community with common post-deployment problems, such as stress, anger, depression, and relationship issues. While the site does contain a wide variety of reading materials, the developers have strived to build a fully interactive site. There are quizzes, activity vignettes, testimonials, and workshops.

<http://www.afterdeployment.org/index.php>

**Specific TBI Resource: The single best starting point for TBI information is the DoD Post Deployment Health web site. Go to: <http://www.pdhealth.mil/TBI.asp>**

**As noted on this site:** Traumatic brain injury (TBI) is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. Concussions, also called “closed head injuries”, are a type of TBI. Not all blows or jolts to the head result in a TBI. The severity of such an injury may range from “mild”, i.e., a brief change in mental status or consciousness to “severe”, i.e., an extended period of unconsciousness or amnesia after the injury. TBI can cause a wide range of functional changes affecting thinking, sensation, movement, language, and/or emotions. Some symptoms may appear immediately after the injury and other symptoms may not appear for days or weeks. Because of the nature of the injury and the symptoms, sometimes people may not recognize or admit that they have a problem. In post-concussion/mild TBI patients, recovery time is within weeks/months, and a small percentage have persistent symptoms. The rate of combat-related brain injuries in service members returning from the current conflicts in Iraq and Afghanistan appears to be higher than in previous conflicts. Nearly 30% of all patients with combat-related injuries seen at Walter Reed Army Medical Center from 2003 to 2005 sustained a TBI. Blast injuries are a significant cause of TBIs. TBI is often associated with severe multiple trauma, post traumatic stress disorder (PTSD) or undiagnosed concussions. Screening patients who are at risk for a TBI is important for appropriate treatment. For DOD TBI Information and Resource go to: <http://www.pdhealth.mil/TBI.asp>

### **Specific Resources related to the needs of Women Veterans:**

**The Department of Veterans Affairs** implemented a Center for women veterans. As noted on their site, the primary mission of the Center for Women Veterans is to review VA programs and services for women veterans, and assure that women veterans receive benefits and services on a par with male veterans, encounter no discrimination in their attempt to access them, and are treated with the respect, dignity, and understanding by VA service providers. A Women Veterans Program Manager is designated to advise and advocate for women veterans. She can help coordinate all the services you may need, from primary care to specialized care for chronic conditions or reproductive health. Woman veterans who are interested in receiving care at VA

should contact the nearest VA Medical Center and ask for the Women Veterans Program Manager. For further information about specialty programs and services please visit <http://www.publichealth.va.gov/womenshealth/healthcare.asp>

**National Association of State Women Veterans Coordinators, Inc.** The purpose of this organization is to advocate for women's right to equal services and benefits. As noted on the site, State Women Veteran Coordinators assist women veterans to provide awareness of all of their benefits. They are also available should any questions or problems arise with services or benefits. A listing of Women Veteran Coordinators can be viewed at <http://www.naswvc.com/style/StateWVCdirectory.pdf>

### **National Service Organizations for Women Veterans:**

- **Women Marines Association:** Open to women who served honorably or are serving in the U.S. Marine Corps. <http://www.womenmarines.org>
- **Women's Army Corps Veterans Association:** Current, former or retired women members of the Army who have served honorably on active duty in the Army of the United States (AUS), Regular Army (RA), Army National Guard (ANG) and the United States Army Reserve (USAR) the Army Nurse Corps (ANC), the Women's Army Auxiliary Corps (WAAC), or the Women's Army Corps (WAC) in commissioned, warrant, non-commissioned or enlisted status for 90 days or more, after 14 May 1942. <http://www.armywomen.org>
- **Navy Nurse Corps Association:** Navy Nurse Corps Association is a non-profit, national organization dedicated to bringing Navy Nurses together. Membership is open to women who were or are currently serving as a Navy Nurse. Any Navy Nurse Corps Officer, whether Active Duty, Reserves, Retired, or Honorably Discharged, may join the NNCA. <http://www.nnca.org>
- **WAVES National:** WAVES National is a Sea Service women's organization for women who have served or are currently serving in one of the sea services; U.S. Navy, U.S. Marine Corps, U.S. Coast Guard or Reserves. <http://www.womenofthewaves.com>
- **Army Nurse Corps Association:** Originally established in 1977 as the Retired Army Nurse Corps Association, ANCA is a voluntary organization of, by, and for United States Army Nurse Corps officers. Membership is open to members of the US Army Nurse Corps who are currently serving or formerly served on active duty or in active service in a reserve component, or have retired from active or reserve component service. <http://e-anca.org>
- **Air Force Women Officer:** Welcome to the Air Force Women Officers Associated page. AFWOA was formed in 1975 by a group of retired Air Force women officers who wished to preserve the friendships that they had made while on active service. Membership has now grown to over 1000, including many active duty women. Active duty, retired and separated women officers of the regular Air Force and its reserve components are invited to join AFWOA. <http://www.afwoa.org>
- **All Navy Women's National Alliance:** As stated on this site, the All Navy Women's National Alliance, Inc. is a nonprofit organization that is dedicated to the interests of active duty, reserve, retired, and veteran Navy, Coast Guard, and Marine women. The organization is devoted to honoring the accomplishments and rich history of the women of the sea services and to sharing the Legacy. <http://www.anwna.com/>

- **MilitaryWoman.org:** This website had been operating since 1996. As stated on the site, it is a meeting place for military women to exchange information unique to their military experience and to offer firsthand information to women thinking about a military career. This is a site where military women can: Share their views and experiences. Enjoy the camaraderie with other military women. Meet military women from other services to broaden their perspective and knowledge; dispel stereotypes; change paradigms. [www.militarywoman.org](http://www.militarywoman.org)

### **Gateways to Military Service Components and Branch Specific Sites, including Key Federal Agencies:**

**MilitaryHOMEFRONT:** the official Department of Defense web site for reliable Quality of Life information designed to help military members and their families, leaders and service providers. This is a great “one stop” site. For access go to: <http://www.militaryhomefront.dod.mil/>

**Army:**

Army Families Online: [www.armyfamiliesonline.org](http://www.armyfamiliesonline.org)  
Army Behavioral Health Website: [www.behavioralhealth.army.mil/](http://www.behavioralhealth.army.mil/)

**Navy:**

Navy “Lifelines” (support for Sailors & Families): [www.lifelines.navy.mil](http://www.lifelines.navy.mil)

**Air Force:**

Crossroads (for Air Force Families): [www.afcrossroads.com/](http://www.afcrossroads.com/)  
Wounded Warriors Program (AFW2): <http://woundedwarrior.af.mil>  
Air Force Community Web Site: <http://www.afcommunity.af.mil/>

**Marine Corps:**

Military Life (support for Marines, Families, and Veterans): <http://www.usmc-mccs.org/>  
Marine for Life: [www.m4l.usmc.mil/](http://www.m4l.usmc.mil/)

**Coast Guard:**

Office of CG Work Life (includes family services): [www.uscg.mil/hq/g-w/g-wk/wkw/index.htm](http://www.uscg.mil/hq/g-w/g-wk/wkw/index.htm)

**Public Health Service:**

Office of Public Health and Science: [www.hhs.gov/ophs/](http://www.hhs.gov/ophs/)  
Medical Reserve Corps of the PHS: [www.medicalreservecorps.gov/HomePage](http://www.medicalreservecorps.gov/HomePage)

**Red Cross Services to Military Members and Families:**

[www.redcross.org/services/afes/0,1082,0\\_321\\_00.html](http://www.redcross.org/services/afes/0,1082,0_321_00.html)

### **Non-Governmental Gateway Sites to Support Practice:**

#### **Other organizations that provide information, guidance and/or counseling for military families:**

**Mental Health America** (formerly known as the National Mental Health Association) is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives. With our more than 320 affiliates nationwide, they 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. For specific information for military families go to: <http://www.mentalhealthamerica.net/reunions/info.cfm>

**NAMI** is the *National Alliance on Mental Illness*, the nation's largest grassroots organization for people with mental illness and their families. Founded in 1979, NAMI has affiliates in every state and in more than 1,100 local communities across the country. NAMI provides an extensive array of information and resources for veterans and active duty military members, as well as their families, friends, and advocates. Go to:

<http://www.nami.org/template.cfm?template=/contentManagement/contentDisplay.cfm&contentID=53586>

NAMI has a new PTSD brochure —“Transmission of trauma” is a new 14-page brochure on posttraumatic stress disorder (PTSD), treatment and recovery. It is available online at [www.nami.org/PTSD](http://www.nami.org/PTSD) and is intended to help individuals experiencing symptoms or diagnosed with the illness, along with their families and caregivers.

**The National Military Family Association (NMFA)** provides a comprehensive listing of links to sites containing valuable information for service members and their families. Additional information about the subjects listed on the site is available under "Family Topics" on the sites left navigation bar. For access go to [www.nmfa.org](http://www.nmfa.org) and open the *Links* area under *Resources*. This includes a Web-Page - **Everyday Mental Health for Military Families** which offers an expanded definition of stress and tips for dealing with stressors that families face. The section also features behavioral health topics such as Attention Deficit Disorder, Autism, Adolescents Substance Abuse, Gangs, Self-Mutilation and Eating Disorders. Several Mental Health Assessment tools are included. Additionally, you will find other stress topics featured such as Seasonal Adjustment Disorder (SAD). Finally, this page includes a resource center and multiple links to our NMFA Mental Health Link Directory. Go to: [http://www.nmfa.org/site/PageServer?pagename=mental\\_health\\_for\\_military\\_families](http://www.nmfa.org/site/PageServer?pagename=mental_health_for_military_families)

### **Other Useful Military & Veteran Related Mental Health Resources Sites**

**NC Health Info** is a resource of the University of North Carolina at Chapel Hill Medical Library System (with support from the Center for Citizen Soldier Support). This site contains information on services for military children, as well as an array of health and mental health topics for military members, veterans, and their loved ones.

[http://www.nchealthinfo.org/health\\_topics/people/military/MilitaryFamilies.cfm](http://www.nchealthinfo.org/health_topics/people/military/MilitaryFamilies.cfm)

**Screening for Mental Health Inc. (SMH)** is the non-profit organization that first introduced the concept of large-scale mental health screenings with its flagship program National Depression Screening Day in 1991. SMH programs now include both in-person and online programs for depression, bipolar disorder, generalized anxiety disorder, post-traumatic stress disorder, eating disorders, alcohol problems, and suicide prevention. These programs have been used by hospitals, mental health centers, social service agencies, government agencies, older adult facilities, primary care clinicians, colleges, secondary schools, corporations and HMO's, reaching individuals ranging from teens to older adults. SMH's programs have reduced the stigma that inhibits many individuals with mental illness from seeking treatment. The programs are also helpful to those who are worried about a friend or family member. Teaching people how to identify mental illness and specific ways to access treatment for themselves or a loved one is the cornerstone of SMH's programs. Screening for Mental Health – useful self-assessment on-line tools are available at:

<http://www.mentalhealthscreening.org/military/HowCommunityProvidersCanHelp.aspx>

### **Quick Listing of 24/7 Resources**

**- If a Veteran “Needs to Talk – here are some important resources:**

Veterans Suicide Prevention Hotline 800-273-TALK (8255)  
National Suicide Prevention Hotline 800-SUICIDE (784-2433)  
U.S Army Wounded Soldier & Family Hotline 800-984-8523  
Military Severely Injured Center 800-774-1361  
Deployment Health Clinical Center 800-796-9699  
Marine for Life-Injured Support 866-645-8762  
Navy Safe Harbor-Severely Injured support 877-746-8563  
National Sexual Assault Hotline 800-799-7233

Rape, Abuse & Incest National Network (RAINN) 800-656-4673  
Military One Source 800-342-9647  
Wounded Warrior Regiment Call Center 877-487-6299

## **Military Family Literature and Resources**

**Military Family Life Consultants.** The Office of the Secretary of Defense (OSD) recognized an emerging need to provide informal support to Soldiers and Families in addition to the resident-counseling services at installations. This resulted in the Military Family Life Consultants (MFLC) Initiative. The goal is to prevent Family distress by providing education and information on family dynamics, parent education, available support services, and the effects of stress and positive coping mechanisms. For additional information about the MFLC program, call 1-800-646-5613 or visit the <https://www.mhngs.com/app/home.content>

**Joint Family Support Assistance Program (JFSAP)** was mandated by Congress in FY 2007 to better support National Guard and Reserve families, and all military families who are geographically separated from installation support. This program provides high quality, mobile support teams and assistance in 50 states and four territories. JFSAP teams consist of two MFLCs and one Military OneSource consultant and work under the direction of the National Guard Joint Force Headquarters State Family Program Directors. <http://militaryhomefront.dod.mil/service/jfsap>

**National Council on Family Relations: Building Strong Communities**  
[www.army.mil/cfsc/docs/NCFR\\_policy\\_brief.ppt](http://www.army.mil/cfsc/docs/NCFR_policy_brief.ppt)

**Building Community Capacity to Support Military Families**  
<http://www.humandevlopment.vt.edu/mancini.html>

**Adjustments among Adolescents in Military Families when a Parent is Deployed**  
<http://www.humandevlopment.vt.edu/mancini.html>

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

**When a Family Member is Deployed**  
[http://www.hr.upenn.edu/Emergency/Crisis\\_when\\_a\\_family\\_member\\_is\\_deployed.pdf](http://www.hr.upenn.edu/Emergency/Crisis_when_a_family_member_is_deployed.pdf)

**Getting to Know Military Families**  
[https://www.militaryonesource.com/Portals/0/Content/Newsletters/MOS%20Update/Update\\_JUNE\\_2009.pdf](https://www.militaryonesource.com/Portals/0/Content/Newsletters/MOS%20Update/Update_JUNE_2009.pdf)

## **Videos Resources:**

<http://www.joiningforcesonline.org/RelatedLinks.shtml>

**Cover Me.** Producer Norman Lloyd directed the film which features interviews with service members who have experienced combat operational stress and medical experts experienced in treating it. The message centers on the need to encourage service members to seek medical help for combat operational stress. To view the video online please visit <http://www.semperfund.org/resources.html>

**The Soldier's Heart.** As stated on the site, FRONTLINE explores the psychological cost of war and investigates whether the military is doing enough to help the many combat veterans coming home with

emotional problems. With unprecedented access to active duty service members at Camp Pendleton, a Marine base in San Diego, and through interviews with mental health experts both in and out of the military and members of a Camp Pendleton support group, FRONTLINE uncovers one of the underreported stories from the war in Iraq. To view the full program online or order a copy of the video please visit:

<http://www.pbs.org/wgbh/pages/frontline/shows/heart/view/>

**Stop Loss.** A veteran soldier returns from his completed tour of duty in Iraq, only to find his life turned upside down when he is arbitrarily ordered to return to field duty by the Army. Written by Paramount Pictures and directed by Kimberly Pierce. This movie can be rented at your local rental video store or purchased through a website such as Amazon.com.

**MTV True Life: I Have Posttraumatic Stress Disorder.** This hour long MTV documentary chronicles the lives of three young veterans of the Iraq War who have Posttraumatic Stress Disorder. The film crew follows them for approximately five months as they attempt to treat or live with the disorder.

<http://www.mtv.com/videos/true-life-full-episode-i-have-post-traumatic-stress-disorder-veterans-cope-with-the-horrors-of-war/1601333/playlist.jhtml>

**Half of Us,** mtvU and The Jed Foundation desire to initiate a public dialogue to raise awareness about the prevalence of mental health issues on campus and connect students to the appropriate resources to get help. View a video of stories of veterans who have made the transition from the battlefield to the classroom. Filmed by MTV, and featuring four veteran students, this clip highlights the emotional challenges faced by these individuals in their adjustment to life back home and the importance of finding support.

<http://www.halfofus.com/pop/halfvidplayer.swf?videoID=47&chapterID=1>

## Video Resources for Families

**Returning from the War Zone: A Guide for Families.** This course is brought to you by the National Center for Post Traumatic Stress Disorder and the Department of Veterans Affairs. Table of contents includes “Deployment Affects Everyone”; “Families Can Help Ease the Transition”; “Helping the Family Adjust to the Reunion”; “Help Is Close At Hand”; and “Closing Thoughts.”

[http://www.ptsd.va.gov/public/reintegration/warzone\\_family\\_guide/player.html](http://www.ptsd.va.gov/public/reintegration/warzone_family_guide/player.html)

**Combat PTSD- What OIF & OEF Veteran Families Need to Know.** FamilyofaVet.com created this short video clip about combat PTSD to help the loved ones of OIF and OEF Veterans understand the causes of behavioral health issues that some veterans face upon their return home. Also includes information about symptoms, treatments and more.

<http://www.dryhootch.org/video/combat-ptsd-what-oif-oef-1>

**Talk, Listen, Connect: Deployments, Homecomings, Changes.** In recognition of the contributions made by the United States Armed Forces- Sesame Workshop presents this bilingual video for educational outreach initiative designed for military families and their young children to share. In order to view website material please visit [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc) This site offers video clips that helps to educate families on how to cope with pre-deployments and deployments; make homecomings go as smoothly as possible; and how to reach a “new normal” after a parent returns with an injury. Additionally, this site offers family resources and downloadable “Talk, Listen, Connect” materials.

**Mr. Poe & Friends: Discuss Family Reunion After Deployment.** This video is an animated multi-media deployment support toolkit for school aged children between the ages of 6 to 11 years old. This product was developed by military pediatricians to help military children understand and cope in healthy ways with their feelings and emotions related to a military deployment. The video program utilizes the cutting edge concepts of psycho education and youth centeredness in order to emphasize prevention and resilience

whenever possible. Also includes a facilitator's guide and resource materials for families and organizations working to support military children during deployment. Funded by the United States Army Medical Command. To watch the video online or to order a copy of the video please visit

<http://www.aap.org/sections/uniformedservices/deployment/videos.html>

***Military Youth Coping with Separation: When Family Members Deploy.*** This video program, developed by military pediatricians and adolescent-medicine specialists, is designed for older children and adolescents to help them understand that they are not alone as they experience family separation. Narrated by Cameron, a military teen who has experienced family deployment, the video shows candid interviews with military youths describing their own experiences. Viewers will learn about coping strategies for dealing with feelings and emotions during deployment challenges. A special bonus section features interviews of parents and youth-serving professionals discussing their challenges and successes while parenting and caring for military children. Also includes a facilitator's guide and a military youth stress management plan. To watch the video online or to order a copy of the video please visit

<http://www.aap.org/sections/uniformedservices/deployment/videos.html>

## Selected Books

***Moving a Nation to Care: Post-Traumatic Stress Disorder and America's Returning Troops.*** Author Ilona Meagher urges a grassroots call to action designed to put the issue of PTSD in our returning troops front and center before the American public. In addition to presenting interviews with Iraq and Afghanistan veterans suffering with PTSD, this book is the most comprehensive resource to date for concerned citizens who want to understand the complex political, social and health-related issues of PTSD, with an eye toward moving our nation to care to do what is necessary to help our fighting men and women.

***Souls Under Siege: The Effects of Multiple Troop Deployments-and How to Weather the Storm.*** Dr. Bridget C. Cantrell, Ph.D. brings you a useful guide to be used over and over again. It is a book that will help us all find ways to support and tend to those living with the pressures of multiple deployments. Its' thrust is to not only expand awareness of the issues involved, but to also outline sensible tools for finding relief in these trying times.

***Down Range: To Iraq and Back.*** Bridget C. Cantrell, Ph.D. and Vietnam veteran, Chuck Dean have joined forces to present this vital information and resource manual for both returning troops and their loved ones. Here you will find answers, explanations, and insights as to why so many combat veterans suffer from flashbacks, depression, fits of rage, nightmares, anxiety, emotional numbing, and other troubling aspects of Post-Traumatic Stress Disorder (PTSD).

***Once a Warrior: Wired for Life.*** Dr. Bridget Cantrell and Vietnam Veteran Chuck Dean, have teamed up once again to take you on the next step in the process of coming home when your tour of duty is over. As stated in the book description, as a caring society we cannot afford to neglect the fact that "welcome home, go back to work and forget the war" is not as easy as it sounds. Helping our military men and women transition from an adrenaline-fueled, tactically disciplined life, to conventional life in a civilian environment is a critical endeavor both for the individual and the nation.

***After the war zone: A practical guide for returning troops and their families. (2008).*** As stated on Amazon site, this is a highly practical, user-friendly guide to homecoming--including common after-effects of war zone exposure and how to cope--for returning troops and their families. Two experts from the VA National Center for PTSD provide an essential resource for service members, their spouses, families, and communities, sharing what troops really experience during deployment and back home. Pinpointing the most common after-effects of war and offering strategies for troop reintegration to daily life, Drs. Friedman and Slone cover the myths and realities of homecoming; reconnecting with spouse and family; anger and

adrenaline; guilt and moral dilemmas; and PTSD and other mental-health concerns. With a wealth of community and government resources, tips, and suggestions, *After the War Zone* is a practical guide to helping troops and their families prevent war zone stresses from having a lasting negative impact.

***Back from the Front: Combat Trauma, Love, and the Family.* (2007).** Author, Aphrodite Matsakis, helps to explain combat trauma so that friends and family can better understand combat trauma and its possible effects on intimate relationships and family life and to guide you to resources that can help strengthen every member of your family. The beginning chapters provide basic information about combat trauma and how it can lead to depression, post-traumatic stress disorder, and other forms of emotional pain. The remaining chapters focus on some of the most common problems confronting families of combat veterans: emotional numbing, sexual difficulties, anger, and guilt. There are also chapters on family violence, children, women veterans, and military couples and sections on how to cope with anger and depression, how to find helpful organizations and books, and how to communicate effectively on difficult issues. In addition to describing the tensions that can result from combat trauma, this book emphasizes the many ways a veteran's war experiences can help enrich individual family members and the family as a whole.

***The Warrior's Guide to Insanity*** is written by Sgt. Brandi, a Marine, Combat Rifleman from Vietnam. This book can be ordered from Amazon. As stated on site, Sgt Brandi's writing is brutally honest. His work describes the traumatic effects of war, and brings hope to the young men and women who are fighting it. As Warriors, they have the strength to improvise, overcome and adapt to every problem they face in the civilian world. Each of our Young Warriors may have a productive and joyful life if they face the realities and the difficulties in their paths. Audio version of this book can be downloaded for free at <http://www.warriorsguidetoinsanity.com/Audio-streaming.html>

### Selected Articles:

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