



Psychological Health Programs & Services for Military Children and Families

- **About Face! Program**

Sponsored by the National Guard, the *About Face! Program* is an after school and summer outreach program that provides at-risk, disadvantaged youth the tools they need in order to stay in school and get a job. It teaches the skills that are fundamental to employment. The emphasis is on a “learn to do by doing” philosophy whereby students practice these important skills in real-life settings.
http://partnersineducation.com/content/about_face.html

- **Air Force Family Advocacy Program (FAP)**

The mission of the U.S. Air Force FAP is to build healthy communities through implementing programs designed for the prevention and treatment of child (and spouse) abuse.
<http://www.e-publishing.af.mil/shared/media/epubs/AF140-301.pdf>

- **Armed Forces Crossroads**

Armed Forces Crossroads supports the military community and offers a wealth of psychological health resources and information pertaining to children, youth and families. The website offers information on the following topics: 1) *How Families Can Help Children Cope with Fear and Anxiety*; 2) *Information for Parents on Childhood Traumatic Grief*; 3) *Talking to Children When the Unexpected Happens*; 4) *Tips for Talking to Children in Trauma: Interventions at Home for Preschoolers to Adolescents*.
<http://www.afcrossroads.com/>

- **Armed Services YMCA**

The Armed Services YMCA has a military family focus. The children of deployed parents are the ones who suffer most; confusion, loneliness and depression are common. ASYMCA programs educate, entertain, stimulate and comfort young minds, helping them understand and cope with the absence of their parent.
<http://www.asymca.org/>

- **Army Community Service (ACS)**

The mission of ACS is to assist commanders in maintaining readiness of individuals, families and communities within America’s Army by developing,

coordinating and delivering services which promote self-reliance, resiliency and stability during war and peace.

<http://www.gordon.army.mil/acs/>

- **Army Reserve Family Program Online**

A website offering education, training, awareness, outreach, referral and information on programs that support family readiness issues, such as preparing for mobilization/deployment.

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

- **Camp C.O.P.E.**

Camp Cope is a national non-profit that focuses on assisting children of service members to cope with trauma, transitions associated with deployments or injuries sustained by their military parent. Age appropriate therapeutic interventions are designed to help these children develop better emotional coping skills.

<http://campcope.org/home.html>

- **Coast Guard Family Support**

The Coast Guard Family Advocacy Program's mission is to prevent and reduce the incidence of family violence and create an environment of intolerance for such behavior. Education and proper intervention and rehabilitation services result in prevention of the escalation of violence, serious injury and homicide.

http://www.uscg.mil/worklife/family_advocacy.asp

- **Coming Home Project**

A non-profit organization, *The Coming Home Project* is dedicated to providing compassionate care, support and stress management tools for OEF and OIF veterans, their families/children and their service providers. *The Coming Home Project* engages in a continuum of services, including residential retreats; psychological counseling; training and self-care for service providers; and community education and consulting. Their programs target the psychological, emotional, spiritual and relationship challenges experienced during all stages of deployment, especially reintegration.

<http://www.cominghomeproject.net/>

- **Community Covenant**

The Community Covenant Program is designed to foster and maintain effective state and community partnerships with the Army to improve the quality of life for soldiers and their families, both at their current duty stations and as they transfer to other states. It represents a formal commitment of support by state and local communities to soldiers and their families – active, Guard and reserve. Although Community Covenant is an Army program, it extends to the other military

services as well, recognizing that numerous community efforts support all service members and their families, irrespective of the uniform they wear.

www.army.mil/community

- **Defense Centers of Excellence (DCoE)**

DCoE is firmly committed to ensuring that every service member, veteran and family member receives excellent care and support for their concerns related to psychological health and traumatic brain injury across the spectrum of resilience, recovery and reintegration. Some of the available programs and resources are highlighted below.

<http://www.dcoe.health.mil/>

1. **The DCoE Outreach Center** – The Outreach Center answers questions about psychological health and traumatic brain injury 24/7 from service members, veterans, families, health care providers, military leaders and employers. It is staffed by health consultants and nurses with advanced degrees and expertise in both psychological health and traumatic brain injury.
2. **Sesame Workshop** – DCoE has partnered with Sesame Workshop to develop the *Sesame Street Family Connections* website, which allows service members and their families to stay connected in a safe, online environment when distance or injury makes everyday communication difficult. This partnership resulted in the development of the Sesame Street *Talk, Listen, Connect* series, which consists of three programs developed for military families: *When Parents Are Deployed*, *Coming Home: Military Families Coping with Change*, and *When Families Grieve*. This project helps create a national awareness of the selfless service military families provide the country.
3. **Resources** -- DCoE conducted an analysis of gaps in psychological health and TBI resources for military children and developed a resource guide of literature for military children. Additionally, DCoE developed a research paper on the availability of resources to educate military children about adverse changes in a parent's cognitive or emotional status as a result of military deployment. The paper promotes social awareness and education about publically available resources.
4. **A Handbook for Family & Friends of Service Members: Before, During and After Deployment** – DCoE sponsored the production of this 143-page handbook, which addresses the full spectrum of emotions and challenges faced by military families at every stage of the deployment cycle. It provides tools, tips and resources for military families to help them successfully navigate the deployment cycle as it unfolds.

5. **DCoE Resilience and Prevention Military Family Fitness Model (MFFM)** -- MFFM conceptualizes family fitness and resilience to help leaders, family members and mental health providers better understand and measure military family demands/stressors, internal/external resources and adaptive and adverse outcomes.
6. **The Real Warriors Campaign** – This DCoE campaign is designed to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families. It addresses the stigma associated with seeking assistance by featuring stories of service members who have sought treatment and are continuing to achieve successful military careers. Real Warriors participates in a variety of forums, including conferences and *Game Day* events, produces public service announcements to reach a wide audience and is available on the web. Additionally, Real Warriors offers a variety of informational products for those seeking assistance.
7. **Defense and Veterans Brain Injury Center (DVBIC)** – DVBIC serves active-duty service members, their families and veterans with traumatic brain injury through state-of-the-art medical care, innovative clinical research initiatives and education programs. They offer an online, family caregiver curriculum, which answers questions about psychological health and traumatic brain injury, as well as patient and family educational materials and handbooks.
8. **Deployment Health Clinical Center (DHCC) One-Week Educational Program for Family Members of Service Members with PTSD** – This program is designed to support spouses and significant others of military personnel with PTSD and give them an understanding of their service member's experiences and state of mind. The program also offers tools for self-care so that the whole family benefits. Additionally, DHCC hosts a "kids page," an interactive website with military and health-related information, games and videos.
9. **Center for the Study of Traumatic Stress (CSTS)** – CSTS has a robust child and family program that has expanded the center's reach and expertise on the effects of trauma on families and children. The center conducts research, education and training on preparing for and responding to the psychological effects and health consequences of traumatic events. Its most recent initiatives are the *Courage to Care* and *Courage to Talk* program and the dissemination of fact sheets on the effects of deployment on intimacy.
10. **Center for Deployment Psychology (CDP)** – CDP trains military and civilian behavioral health professionals to provide high-quality,

deployment-related behavioral health services to military personnel and their families. CDP offers both classroom and online-training courses.

CDP family/child focused training courses address such topics as:

- “The Impact of Stress and Trauma Related to Military Deployment on Personnel and Their Families”
- “The Deployment Cycle and Its Impact on Service Members and Their Families”
- “The Impact of Deployment and Combat Stress on Families and Children”

11. National Center for Telehealth and Technology (T2) -- T2 researches, develops, evaluates and deploys new and existing technologies for psychological health and TBI. It has recently developed and fielded a virtual space in Second Life, which educates visitors on the causes and symptoms of PTSD and resources available to those in need, and several smart phone applications for those dealing with PTSD and psychological health issues. T2 also developed mobile telehealth units to expand psychological health and traumatic brain injury health care services to those who might not otherwise have access to or seek care.

T2 created *AfterDeployment.org*, a media-rich, Web-based program with self-care solutions targeting mental health problems commonly faced following a deployment; conducts research; and determines best practices for delivering online, mental health resources to service members, their families and veterans. This program serves as a Defense Department resource for providing pre-clinical care to war fighters and their families in the months following a deployment.

12. National Intrepid Center of Excellence (NICoE) – NICoE is an advanced facility dedicated to the assessment, diagnosis and treatment planning of military personnel with complex psychological health and traumatic brain injury issues. NICoE uses an innovative, holistic approach, which harnesses the advances in science, therapy, telehealth, education, research and technology to provide compassionate, family-centered care for service members and their families. Training and education is offered to families about how to best treat, support and live with a loved one dealing with these issues.

- **Department of Defense Education Activity (DoDEA)**

DoDEA’s mission is to plan, direct, coordinate and manage education programs for eligible family members of military and civilian personnel of the Defense Department. Family members of service members face unique challenges with regard to their education. They typically move more frequently than other students and are subjected to the stress that’s typically associated with the possibility of parental deployment. DoDEA schools provide students with a

uniform curriculum and other consistent measures that help mitigate the stress of frequent moves. The Defense Department also disseminates resources to non-DoDEA schools in order to facilitate coping while dealing with the challenges faced by military family members.

<http://www.dodea.edu/home/about.cfm>

- **DoD Exceptional Family Member Program**

The Defense Department Exceptional Family Member Program is a program for military members who have family members with special needs.

http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_HOME_1?section_id=20.80.500.165.0.0.0.0

- **DoD Healthy Parenting Initiative**

A user-friendly, set of materials to help military parents with young children increase their parenting effectiveness. It is a collection of creative materials designed to take advantage of "teachable moments" and to inform parents about topics related to parenting in the context of deployment, relocation and dangerous work.

http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_DETAIL_1?section_id=20.40.500.420.0.0.0.0.0¤t_id=20.40.500.420.500.70.0.0.0

- **Drug Demand Reduction**

The National Guard *Drug Demand Reduction Program* is a "force multiplier" in support of drug prevention coalitions, state organizations and other agencies in their attempts to diminish the abuse and illegal use of alcohol, tobacco and other drugs. It's managed by the state counter drug coordinator. Its focus is on drug abuse education, prevention and awareness. The primary purpose of this program is to add value to all communities and to help youth in all states, territories and the District of Columbia by decreasing the demand for and use of illegal drugs, alcohol and tobacco.

http://partnersineducation.com/content/drug_demand_reduction.html

- **Fleet and Family Support Center (FFSC)**

FFSC provides a variety of services and programs to support the military lifestyle. For example, *New Parent Support* is a voluntary, early intervention program for new parents. Its goal is to promote healthy family functioning, child development and positive parent-child interactions. Achievement of that goal is facilitated by home visitations.

<http://www.military.com/benefits/resources/family-support/fleet-and-family-support-center>

- **The FOCUS (Families OverComing Under Stress) Project**
 A resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime.
www.focusproject.org
- **HOOAH 4 HEALTH**
HOOAH 4 HEALTH is a U.S. health promotion and wellness web site that is specifically targeted for the reserve components. *HOOAH 4 Family* relays health tips for kids, teens and parents. Children typically enjoy the interactive, multimedia games found in the *HOOAH 4 KIDS* section of the web site, which highlights such topics as healthy weight and healthy living, as well as “Dealing with Feelings” and “Tobacco & Smoking.” The *HOOAH 4 TEENS* section addresses such topics as “Drugs and Alcohol,” “Puberty,” Conflict Management,” “Eating Disorders,” Self Esteem,” Teen Suicide,” and “School Violence”.
<http://hooah4health.com/default.htm>
- **Joint Family Support Assistance Program**
 The Joint Family Support Assistance Program supports all military families who are geographically separated from installation support. It provides mobile support teams consisting of two military family life consultants (MFLCs) and one Military OneSource consultant
<http://militaryhomefront.dod.mil/service/jfsap>
- **Marine Corps Community Services (MCCS)**
 The children, youth and teen programs of MCCS are responsible for providing Marine Corps plans, policy and resources to improve and sustain the capabilities of commanders to provide quality, affordable child care and youth activities. Programs which support these capabilities include child development centers, on/off base family child care, school-age care, resource and referral services, youth activities and youth sports.
<http://usmc-mccs.org/family/>
- **Military Child Education Coalition (MCEC)**
 MCEC is a non-profit, world-wide organization. Its work focuses on ensuring quality educational opportunities for all military children impacted by mobility, family separation and transition. For example, *Military Parent Information* highlights information for parents in support of transitioning students through helpful publications and research, technology applications and links to other sites. [Checklist for Transferring Students](#) is a checklist for use with both sending and receiving schools during a move. [Interactive Counseling Center](#) provides

Web-based video conferencing that can be used when relocating to new schools, including the present school locations.

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

- **Military Family Life Consultants (MFLCs)**

Licensed providers offer interventions to military members and families. Provide non-medical, short-term counseling for every day issues

www.militaryonesource.com

Military Family Research Institute (MFRI)

MFRI's mission is to conduct research about, with and for military families.

Recently, this mission has expanded to include the development and delivery of outreach activities for the military and civilian infrastructures supporting military families. MFRI has developed a set of resource listings designed particularly toward the interactions between military families and targeted segments of the community. The goal is to gather and share the information needed in order to help community members better understand the unique needs of military families. Resource listings highlight the following populations: 1) Teachers and School Administrators; 2) Medical Professionals and Mental Health Providers; 3) Military Support Group Leaders and Volunteers; 4) Libraries and Community Organizations; and 5) Researchers and the Academic Community.

<http://www.mfri.purdue.edu/content.asp?tid=3&id=9>

- **Military HOMEFRONT**

Defense Department website for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders and service providers.

www.militaryhomefront.dod.mil

- **Military OneSource**

Military OneSource is *free* to service members and their eligible family members. It helps these individuals build on their strengths; teaches them to maximize their support systems; and assists them in finding community resources to meet their needs.

<http://www.militaryonesource.com>

- **Military Youth On The Move**

This website addresses topics relevant to military youth. It helps them adjust to the changes they face when their parents relocate as a result of a PCS (Permanent Change of Station), etc.

http://www.defenselink.mil/mtom/index_t.htm

- **National Child Traumatic Stress Network (NCTSN)**

The mission of NCTSN, a unique collaboration of academic and community-based service centers that are funded by the Center for Mental Health Services, SAMHSA, is to improve both the standard of care and the access to care for traumatized children and their families/communities. It is a national resource for developing and disseminating evidence-based interventions, trauma-informed services and public and professional education. For example, one can learn about traumatic grief via the NCTSN Learning Center for Child and Adolescent Trauma. The National Center for Child Traumatic Stress (NCCTS), housed jointly at UCLA Neuropsychiatric Institute and the Duke University Medical Center, has been devoted to increasing collaboration throughout the National Child Traumatic Stress Network (NCTSN) on projects related to the impact of military deployment on families and children.

<http://www.nctsn.org>

- **National Guard Family Program**

Provides family advocacy, exceptional family member services, emergency placement care, family employee assistance and relocation services.

<http://www.guardfamily.org/Public/Application/FamilyServices.aspx>

- **National Guard Youth Challenge**

An at-risk youth program whose goal is prevention, the [National Guard Youth Challenge Program](#) targets unemployed, drug-free and law violation-free high-school dropouts, 16 to 18 years of age. It aims to produce program graduates with the values, skills, education and self-discipline necessary to succeed as adults.

http://partnersineducation.com/content/youth_challenge.html

- **National Guard Youth Services**

The National Guard Youth Development Program provides opportunities for children/youth to develop physical, social, emotional and cognitive abilities, as well as to experience achievement, leadership, employment, friendship and recognition. One such opportunity is *Operation Purple Camp*. In a special initiative for National Guard children, *Yellow Ribbon Reintegration Program* (YRRP) has partnered with *Sesame Street* to bring "Talk, Listen, Connect" to local YRRP events. Overall, YRRP helps National Guard service members and their families to connect with their local support community (before, during and after deployments). YRRP relays coping strategies and tips for dealing with a loved one's separation. It facilitates connections with others who share the same experiences.

<http://www.jointservicessupport.org/FP/Youth.aspx>

- **National Military Family Association (NMFA)**
 The NMFA provides information to (and representing the interests of) military family members. Programs include: Operation Purple camps, healing adventures, family retreats, spouse scholarships, and NMFA family award and Very Important Patriot Award.
www.nmfa.org
- **Operation: Military Kids (OMK)**
 OMK is a national effort to serve military children and families where they live. It is the U.S. Army's collaborative effort with America's communities to support children and youth impacted by deployment. In addition to youth activities, state OMK teams coordinate training for parents, educators and professionals who serve youth and families:
www.OperationMilitaryKids.org
- **Our Military Kids, Inc.**
Our Military Kids, a 501(c) (3) organization, offers tangible support to children of deployed National Guard and reserve personnel, as well as to children of wounded warriors, via a simple grant program that pays for sports, fine arts and tutoring programs. These children's activities help enable all children to thrive by providing them with comfort, stability, routine and fun. Given their ability to bolster a child's sense of well-being, they are particularly critical for children dealing with a deployed parent or a parent recovering from injury at home. Grant award packets (sent to the children) include a letter of thanks and, thereby, also honor the sacrifices that are made by military children/families.
<http://www.ourmilitarykids.org/>
- **SOFAR – Strategic Outreach to Families of Reservists**
 SOFAR provides a flexible and diverse range of psychosocial services that foster stabilization, help prevent crises and enable families to manage acute problems effectively when they occur. It assists families and loved ones of Army reservists and National Guardsmen and women deployed in Afghanistan, Iraq and Kuwait
www.sofarusa.org
- **Specialized Training of Military Parents (STOMP)**
STOMP is the only national parent training and information center for military families that provides support and advice to military parents, regardless of the child's specific medical condition. The parents of special needs children often contend with feelings of isolation/anxiety; problems navigating disjointed services; financial concerns; and inadequate information. These challenges are

typically magnified for military families with special needs children. They face such additional difficulties as: 1) Continuity in provision of IEP services from state to state, etc; 2) Re-establishing relationships with key medical and educational personnel; 3) Re-establishing eligibility for community resources to assist children facing waiting lists for needed services; 4) Identifying the unique set of services that are available from state to state; and 5) Challenges with overseas assignments, including awareness that certain laws, regulations and services do not apply overseas. *STOMP* strives to empower these families in their important role as advocates by providing training, information and support.

<http://www.stompproject.org/default.asp>

- **Special Operations Warrior Foundation**

This foundation provides full scholarship grants and educational and family counseling to the surviving children of special operations personnel who die in operational or training missions, as well as immediate financial assistance to severely wounded special operations personnel and their families.

<http://www.specialops.org>

- **U.S. Army Wounded Warrior Program (AW2)**

This Army initiative ensures that severely disabled soldiers and their families are provided a system of advocacy and follow-up (with personal support) that can help them as they transition from military service to the civilian community.

Family members and caregivers provide emotional support and stability.

Because they play such a vital role in a wounded, ill or injured soldier's recovery and transition, they are encouraged (whenever possible) to attend appointments with the warrior in transition (WT) and to collaborate with care providers.

<http://wtc.army.mil/aw2/index.html>

- **United States Department of Veterans Affairs, National Center for PTSD**

The Veterans and General Public – Family and Friends section contains information about the effects of trauma on families, children, relationships and communities. For example, the *Return from War* link highlights a page of resources with information about deployment for families and children of service members. These resources include full-color booklets, interactive videos and fact sheets. The [When a Child's Parent Has PTSD](#) link explains the usual difficulties experienced by children of veterans or other adults with PTSD. It also offers suggestions for how to cope with these problems.

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

- **United Through Reading**

This nationally acclaimed program eases the stress of separation for military families while instilling a love of reading. *The United Through Reading Military Program* facilitates the bonding experience of reading together out loud by

having deployed parents read children's books aloud via a DVD, which is subsequently sent to the child for viewing. This program asserts that children often experience extreme stress while separated from parents and this deleteriously impacts the child's relationships and their ability to learn. The *United Through Reading Program* enables members of a family to stay connected despite living miles apart. All deploying military units have access to this program and it is also available at select USO locations.

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

- **Tragedy Assistance Center for Survivors (TAPS) – Good Grief Camps**

TAPS offers regional and national *Good Grief Camps* to children and teens; providing them with a safe and supportive atmosphere to conduct activities and have opportunities to learn coping skills; establish and identify support systems; and create awareness that they are not alone in the grief of their loved one. Children and teens meet others of their own age group to share and learn together.

<http://www.taps.org/services.aspx?id=1028>

- **Vet Center**

The U.S. Department of Veterans Affairs offers bereavement counseling to parents, spouses and children of armed forces personnel who died in the service of their country. Also eligible are family members of reservists and National Guardsmen who died while on duty.

http://www.vetcenter.va.gov/Bereavement_Counseling.asp

- **Warfighter Brain Health Portal**

This website asserts that family members and friends may be the first to notice the symptoms of depression, mood swings, anxiety, nervousness and other signs of concern. The *Family and Friends* section helps to answer common questions, such as what to look for, how to respond and how to be better prepared. Links provide expanded information regarding children, such as war's impact on children and recognizing stress in children.

<http://brainhealth.army.mil/Pages/Family.aspx>

- **ZERO TO THREE**

Zero to Three is a national, non-profit organization that promotes the health and development of infants and toddlers of military families by increasing awareness and collaboration throughout the military community. It offers support so parents and professionals can more effectively care for young children and their families. For example, the *Duty to Care (DTC)* training series explores the helping professional's role and the needs of very young children whose families are experiencing complicated deployments and reunifications. [*Honoring our Babies and Toddlers*](#) is a three-piece booklet set, designed for professionals and military

parents, which suggests methods to support young children affected by stress, trauma, grief and loss due to a military parent's deployment, injury or death.

<http://www.zerotothree.org/about-us/funded-projects/military-families/>