



<http://t2health.dcoe.mil/>

**Contact:**

Angelita Colón-Francia,  
Chief of Media Relations  
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury  
[angelita.m.colonfrancia.civ@mail.mil](mailto:angelita.m.colonfrancia.civ@mail.mil)  
(301)295-7410

November 12, 2015

**FOR IMMEDIATE RELEASE -**

## **Sesame Street for Military Families Offers Help from Any Device**

Joint Base Lewis-McChord, Wash. — Sesame Workshop and the Defense Department’s National Center for Telehealth & Technology (T2) announced today the launch of a website for military families.

The Sesame Street for Military Families website (<http://www.sesamestreetformilitaryfamilies.org/>) features the beloved Sesame Street Muppet™ characters to help preschool military children cope with issues, which may include the deployment of a parent, moving to a new home, and the injury or even death of a parent.

For parents, the website includes resources to help parents and caregivers improve their communication about issues. It also offers creative tools to improve parent-child communication by promoting kids’ self-expression.

“There are day-to-day challenges related to transitions common to military life,” said Dr. Kelly Blasko, a psychologist and program lead at T2. “Busy military parents can use their smartphones during those small pockets of free time to access resources and expert advice to help them feel more confident about having conversations with their children.”

Additional content on Sesame Street for Military Families website includes the highly successful “Talk, Listen, Connect” multimedia resources and the “Feel Electric!” and “The Big Moving Adventure” mobile applications.

“These resources can be used by providers in daycares, schools, and pediatric and behavioral health clinics who care for these children,” Blasko said.

November is officially designated Military Family Month, a reminder that military families face constant challenges such as deployments, moves to new homes and adjustments after homecomings.

The Sesame Street for Military Families website is also accessible on mobile device including smartphones and tablets. A shortcut to the website is available for download in the iTunes Store, Google Play and Amazon for Kindle Fire.

To learn more T2 and other technology-based psychological health products its developed for DoD, visit <http://t2health.dcoe.mil/>.

### **About T2**

The National Center for Telehealth & Technology (T2), located at Joint Base Lewis-McChord, Wash., serves as the primary Defense Department office for cutting-edge approaches in applying technology to psychological health. T2 is a component center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, and aligned with the U.S. Army Medical Research and Materiel Command. For more information, visit <http://t2health.dcoe.mil/>.

### **About Sesame Workshop**

Sesame Workshop is the nonprofit educational organization behind Sesame Street, the landmark television program. The Workshop's mission is to use the educational power of media to help children everywhere reach their highest potential. Delivered through a variety of platforms, Sesame Workshop develops research-based content that supports early childhood learning, helps prepare children for school, and addresses developmental needs. For more information, visit us at [www.sesameworkshop.org](http://www.sesameworkshop.org).

### **About DCoE**

The mission of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is to improve the lives of our nation's service members, veterans and their families by advancing excellence in psychological health and traumatic brain injury prevention and care. DCoE is comprised of three centers: Defense and Veterans Brain Injury Center (DVBIC), Deployment Health Clinical Center (DHCC) and National Center for Telehealth and Technology (T2). Learn more about DCoE at [dcoe.mil](http://dcoe.mil).