



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

Holidays Apart From Family: Coping with Increased Stress

DCoE Monthly Webinar, Nov. 17, 2011

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Agenda

- Welcome and Introduction
- Presentations
 - Dr. Vladimir Nacev
 - The Impact of Holidays on the Absent Parent
 - Mary “Tib” Campise
 - Supporting Military Children and Families
 - Maggie MacFarland Phillips
 - Military Families and Separation During the Holiday
- Resources
- Q&A / Discussion



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

The Impact of Holidays on the Absent Parent

Vladimir Nacev, Ph.D.
Resilience and Prevention, DCoE



Deployment, Stress in Military Families

- Holidays can be a wonderful time for families to gather, reconnect and celebrate
- For families experiencing a military separation, the holidays can also be a reminder that the deployed spouse is not home to share in the festivities

Deployment and Stress in Military Families

- Deployment and duty-related separations are challenging for families and stress is expected
- More active-duty spouses reported experiencing higher levels of stress in 2008 (47 percent) than in 2006 (41 percent)

Data Source: OUSD (Military Community & Family Policy) Briefing, "Impact of Deployment on Military Families: Recent Research Highlights & Current DoD Research," Jan. 2010

Social Support, Communications

- Sense of community consists of unit support and informal community support
- Supportive social relationships build resilience, which is critical to developing healthy family coping
- Consistent and regular communications between service members and their families, while on deployment, are also critical to developing a healthy sense of connection and family resiliency

Social Support, Communications

- Problems communicating with family while on deployment predicts greater stress for the service member and his/her family
- Make time to connect with family – be creative!
- Put pen to paper
- Connect via phone or Internet

Social Support, Communications

- Gift exchanges -- Important to continue the tradition, if practiced
- Do not isolate yourself -- Being around others is important to your well-being and reintegration
- Socialize with friends and family in comfortable places and try to stick with your plans

Common Emotional Responses

- Service members may experience a range of feelings while away during the holidays – loneliness, depression, homesickness, frustration, stress or guilt
- The deployed person may also feel a need to temporarily distance himself or herself from the family because hearing about holiday festivities may be too painful

Helpful Ideas for Deployed Parents

- Write your child a brief letter about all the different ways your child is loved and appreciated, which can be opened and read on each of the eight days of Chanukah or Kwanzaa or the 12 days of Christmas
- Create a holiday ornament, with the child's name on it, to hang on the Christmas tree

Helpful Ideas for Deployed Parents

- Record a reading of a favorite holiday book or story and send it to your child (or upload it to a video-sharing site)
- The videotaped story can become a part of a holiday or year-round bedtime routine

Helpful Ideas

- Take time for yourself – Sometimes self-care is the best thing you can do – time to recharge your batteries – others will benefit when you're stress-free
- Volunteer – Find a local charity, such as a soup kitchen or a shelter, give a tree or adopt-a-family program
- Have realistic expectations – No holiday celebration is perfect
- Remember what's important – The barrage of holiday advertising can make you forget what the holiday season is really about

Helpful Ideas

- Seek support – Talk about your anxiety with your friends and family. Getting things out in the open can help you navigate your feelings and work toward a solution for your stress. If you continue to feel overwhelmed, consider seeing a professional.
- Keep things in perspective – Consider stressful situations in a broader context and keep a long-term perspective. Avoid blowing events out of proportion. Also, teach your kids how to keep things in perspective, including what type of and the number of gifts they receive.

Happy Holidays

- There's no right way to feel
- Although the holidays might be easier for some, they can be very stressful for others
- Know that you are doing the best you can under challenging circumstances



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

Supporting Military Children and Families

Mary “Tib” Campise, LICSW
Military Community and Family Policy
Family Advocacy Program



Military Culture

- Young force, many with children
- May live on military installations, many in remote locations, separated from extended family
- Frequent absences because of training/deployment
- Multiple relocations, sometimes living separately from family members
- Spouse employment
- Exposure to many cultures
- Risk of injury/death for military members
- Command involvement in personal and family life
- Irregular hours and unpredictable schedules

Unique Demands of Military Lifestyle

Guard/Reserve Service Members and their Families:

- Unique stressors because of part-time status
 - Citizen soldiers
 - Mobilization and deployment
 - Separation from family, jobs, community
 - Demobilization
 - Children from reserve component families reported
 - More trouble interacting with peers and teachers (who didn't "get" their experience)
 - More difficulties with parent readjustment after deployment
- Are more likely not connected to a military community or military resources

Active-duty Military Demographics

- Age:
 - Half between 22-30
 - Mean age = 29
 - 33.4 percent of U.S. Marine Corps are 18-21
- Gender (Female):
 - Army: 14 percent; Navy: 16 percent; Air Force: 20 percent; Marines: 6 percent
- Education:
 - Enlisted: 94 percent have high school diploma or equivalent
 - Officers: 91 percent at least college degree

Data Source: Defense Manpower Data Center, Active-duty Demographic Profile (Sept. 2010).

Active-duty Military Demographics

Marital Status:

- 56 percent married (49 percent Marines to 59 percent Air Force)
- 54 percent enlisted and 70 percent officers
- 44 percent active-duty service members have children
- 711K civilian spouses and 1.2 M children (0-18)

Data Source: Defense Manpower Data Center, Active-duty Demographic Profile (Sept. 2010).

Children of the Armed Forces*

Active Component

	<u>United States</u>	<u>Overseas</u>	<u>TOTAL</u>
Age 0-5	440,874	< 73,056	513,930
Age 6-12	366,008	< 63,898	429,906
Age 13+	<u>240,361</u>	<u>< 40,718</u>	<u>281,079</u>
	1,047,243	<177,672	1,224,915

Reserve Component

Age 0-5	199,509		713,439
Age 6-12	219,640		649,546
Age 13+	<u>202,777</u>		<u>483,856</u>
	621,926		1,846,841

* September 2009

Internal Partners

- Other Military Community and Family Policy Offices
 - Counseling
 - Child and Youth Programs
 - Family Centers
- Military HOMEFRONT
- Military OneSource
- Health Affairs
 - Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)
 - Real Warriors Campaign
 - Medical Treatment Facilities
 - TRICARE

Military Family Learning Network

- Department of Defense/U.S. Department of Agriculture Partnership Bringing Together
 - Research of Land Grant Universities
 - Experience of the Cooperative Extension Service
 - Military Family Support System
- <http://blogs.extension.org/militaryfamilies/>

Available Resources for Active Component

- Clinical counseling
 - Installation behavioral medicine/health clinic clinical mental health services
- TRICARE referral
- Limited session non-clinical counseling
 - Installation Family Center
 - Referral from Military OneSource
 - Military Family Life Consultant (at Family Center, public schools)
- Installation Family Advocacy Program (for child abuse/neglect and domestic abuse)

Military Family Life Counselors (MFLC)

- An extension of existing installation services, MFLC services are designed to help service members and their families cope with stress associated with the military lifestyle, particularly deployment-related challenges.
- MFLCs are available worldwide:
 - In installation-based activities and programs, CDCs and Youth Centers
 - Through the Joint Family Support Assistance Program
 - At summer camps
 - In elementary, middle and high schools
- Allows for flexible and responsive service delivery when and where services are needed

www.MilitaryOneSource.com

Service Providers - Military OneSource - Windows Internet Explorer

http://www.militaryonesource.com/MOS/ServiceProviders.aspx?MRole=ServiceProvider&Branch=AirForce&Component=Active

File Edit View Favorites Tools Help

Service Providers - Military OneSource

Not Air Force? Select a different branch. Log In | Join Now / Register | Contact Us | Help | En Español | View Basket

Military OneSource.com

A 24/7 Resource for Military Members, Spouses & Families

1.800.342.9647

Home About Find Information Tools Online Community

Welcome Home Service Providers

Search Military OneSource SEARCH

Private Help 24/7

Call and Talk Anytime
1.800.342.9647

or call OCONUS: [dropdown] GO

Counseling

E-mail and get answers

National Suicide Prevention Lifeline
1.800.273.TALK (8255)

Service Provider Home

Military OneSource is free to service members and their eligible family members. Your work will help them build on their strengths, teach them to maximize their support systems, and help them find community resources to meet their needs. The following tools will help you spread the word about all of the services Military OneSource offers.

Have a question? See our [FAQs](#).

Health and Wellness

It's important to be healthy on the outside and inside. From eating right to maintaining good emotional health, we have tools to help military families achieve both. [See the February promotions](#).

2011 COMMUNICATION CALENDAR

See our monthly promotions and download the PDF for links to articles, materials, webinars, and services that will be featured on Military OneSource.

EVENTS AND PRESENTATIONS

Materials to help you spread the word about Military OneSource services.

MILITARY ONE SOURCE CONNECTION

Find out what's happening at Military OneSource with this monthly newsletter. Get updates, announcements, and general information about our services.

ORDERABLE MATERIALS

Our free promotional materials are an excellent way to educate the military community about us. *Registration is required to order materials.* View [service provider registration instructions](#) for help.

Follow Military One Source

Facebook Twitter

Service Provider Navigation

- 2011 Communication Calendar
- Affiliate Update Newsletters
- Events and Presentations
- Military OneSource Connection
- Orderable Materials
- Printable Materials
- Provider Information
- ZERO TO THREE Materials

Branch Home Pages

- Air Force Home
- Army Home
- Marine Corps Home
- Navy Home

Jump directly to a branch home page with the links in **Branch Home Pages**.

To view the site as a service or family member, use the "not your branch?" link at the top of the page.

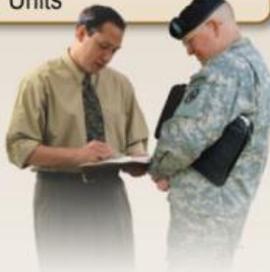
UNCLASSIFIED//FOUO

4:03 PM

www.MilitaryOneSource.com

Military OneSource Program
One-Stop Shopping for Service Members and Family Members
*Information and Referral to Military and Civilian Resources and Counseling Services**

Service Members, Family Members

Multiple Access Points	Military OneSource Call Center Operations (24x7x365)	Military OneSource Counseling Services** (A Complement to DoD's MFLC Services)	Military OneSource Outreach Services
 Online	Call Center – Arlington	Face to Face Non-Medical Counseling – Short Term Solution Focus (STSF) Model	Relationship Managers – Support to: <ul style="list-style-type: none"> • Commands • Installations • Units
 Call Centers	Call Center – Philadelphia	Online Counseling Services – STSF	
 Interaction with Outreach	Call Center – St. Petersburg	 Telephonic Counseling Services – STSF	 JFSAP Consultants
 Email	 WWRC	Financial Counseling Services <ul style="list-style-type: none"> • Face to Face • Telephonic • Online 	
 Fax, TTY/TDD, Postal	JFRC	Health Coaching Services	
	Spouse Career Counseling Call Center		

* Resources coordinated with DoD and Service Branches
 ** All counseling services IAW currently established with DoD and Service Branch protocols

MOS_005v7ALT

www.MilitaryOneSource.com

Deployment Resources

The screenshot shows the Military OneSource website in a Windows Internet Explorer browser. The address bar displays <http://www.militaryonesource.com/MOS/FindInformation/Category.aspx?CategoryID=133>. The website header includes navigation links: Home, About, Find Information (circled in red), Tools, and Online Community. A search bar is located below the navigation. The main content area is titled "Deployment" and features a section for "Guard / Reserve On-Site Commissary Sales" with a sub-header "Take advantage of commissary sales with the Guard/Reserve On-site Sales Program. This program delivers the commissary benefit to deserving Guard and Reserve members and their families that live in areas that are not close to an existing commissary store. All authorized shoppers are eligible! Find out more." Below this, there are links for "Deployment and Return" including "Dealing with Deployment", "Preparing for Deployment", "Reservist Issues", and "Returning from Deployment". A sidebar on the left offers "Private Help 24/7" with the phone number 1.800.342.9647 and options for counseling and email. A sidebar on the right lists "Resources" such as "DoD and Branch Resources", "Yellow Ribbon Newsletter", and "Returning From the War Zone: A Guide for Families". A footer navigation bar includes links for Military Members, Military Families, Guard/Reserve, Service Providers, Coast Guard Assistance, and Civilian Expeditionary Workforce. The Windows taskbar at the bottom shows the Start button, open applications (Microsoft Outlook, Microsoft PowerPoint, Deployment - Military...), and the system tray with the time 4:05 PM.



Home | Site Map | Feedback

Military HOMEFRONT

Supporting our Troops & their Families

Troops & Families | Leadership | Service Providers | Search

Link Directly to "Military Families Cope with Change"

MilitaryHOMEFRONT is the Department of Defense website for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders, and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need.

24/7 Resource for Military Members, Spouses & Families
Military OneSource.com
1-800-342-9647

Social Media Hub >>
Connect, learn, and share

RESOURCES & LINKS
QOL Resources
Casualty Assistance

DoD Voluntary Education Partnership MOU
Last Updated 11/03/2011 | Add the Highlights and Headlines Widget to your website

OUR WEBSITES
Military OneSource
MilitaryHOMEFRONT
MilitaryINSTALLATIONS
Military Youth on the Move

RESOURCES
About MC&FP
MC&FP Websites
Link to MC&FP
Plug-Ins

LEGAL AND SECURITY
Privacy Policy & Security
Disclaimer
Accessibility

CONNECT WITH US ON:
HOMEFRONTConnections
Social Media Hub

DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

www.MilitaryHomefront.dod.mil

Military Installations

Feedback | MilitaryHOMEFRONT | [GO](#)

Military INSTALLATIONS

Your official DoD source for installation and state resources available to active duty, guard and reserve service and family members.

Installations • View articles, photos, major unit listings and contacts for programs and services worldwide. If you can't find an international location, try visiting the [Department of State](#) country information.

States • View articles and local, state and national resource directories

Get started!

Looking for particular installation or state?

Enter an installation [[View a directory of installations](#)]

Or, enter a state

[GO](#) »

Looking for specific program or service?

Select a program or service
ALL

Then, enter an installation [[View a directory of installations](#)]

Or, enter your postal code Within

[GO](#) »

Are you a service provider looking for a program or service across all installations? Simply select the program or service and then choose any installation or enter any zip code. A downloadable directory for all installations will be available on the results page.

Moving to a new assignment?

Take control of your move. Use our customizable calendar tool to create a unique personal moving plan. The calendar contains to do lists, checklists, phone lists, and links to critical moving information from budget planners to choosing a school.

To begin, select your departure date, departure and destination locations and get moving now!

[Plan My Move](#) 

Are you a sponsor?

Have you been assigned official sponsorship duties? Log on to the CAC enabled [eSponsorship Application Training \(eSAT\)](#) to get started »

Interested in learning about how to become a sponsor? [Learn more about the process](#) »

The screenshot shows the Military Homefront website interface. At the top, the logo reads "Military HOMEFRONT" with the tagline "Supporting our Troops & their Families". Navigation tabs include "Troops & Families" (highlighted with a red circle and arrow), "Leadership", and "Service Providers". A search bar is located to the right of the tabs. Below the navigation is a red banner for "Suicide Prevention Week, 5-11 September 2010". The main content area is titled "Welcome, Service Providers!" and contains several paragraphs of text, a "Reports" section, and a "Highlights & Headlines" section. A left sidebar lists various services under "In This Section".

Military HOMEFRONT Supporting our Troops & their Families

Home | Site Map | Feedback

Troops & Families Leadership Service Providers Search

In This Section

- Adoption
- Casualty Assistance
- Children and Youth
- Compensation Fact Sheet
- Conferences and Workshops
- Counseling
- Deployment Support
- DoD Impact Aid Programs
- Special Needs/EFMP
- Family Advocacy Program
- Healthcare Provider
- Housing
- JFSAP
- Military Community Directory
- Military Recreation
- New Parent Support Program
- Personal Financial Management
- Program Fact Sheets
- Promotional Materials
- Moving and Relocation
- Sexual Assault
- Spouse Employment
- United In Memory/UIM
- Transition Assistance
- Vicarious Trauma
- Voluntary Education

Suicide Prevention Week, 5-11 September 2010

Welcome, Service Providers!

MilitaryHOMEFRONT is an important source of information for Service Providers. The topics on the left represent major program areas under the [Deputy Under Secretary of Defense for Military Community and Family Policy](#).

This is the place to come for policy letters, instructions, legislation and other references. DoD program staff provide the documents and information in this section, ensuring that the service branch and installation program managers have access to the most up-to-date resources.

Some of the topics include tools and information to help you do your job. Future plans include Desk Guides, online learning opportunities and forums for the sharing of ideas and lessons-learned. Bookmark MilitaryHOMEFRONT and return often for the latest MC&FP information.

Reports

The latest official Quality of Life reports can be found in the [Reports](#) section of MilitaryHOMEFRONT.

Highlights & Headlines

[Suicide Prevention Week, 5-11 September 2010](#)
By MilitaryHOMEFRONT Staff
(Posted on Wednesday, September 08, 2010)

Suicide Prevention Week reminds us to take a moment from our busy lives and reflect on how prepared we are to help someone we care about, especially if this person seems burdened or troubled.

[Combat, Hardship Pays Remain for Troops Serving in Iraq](#)
By American Forces Press Service
(Posted on Wednesday, September 01, 2010)

Military OneSource.com
A 24/7 Resource for Military Members, Spouses & Families
1-800-342-9647

Military INSTALLATIONS
Locate services and installations

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Take control of your PCS move

eNewsletters
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http://RA.Defense.gov

DEPARTMENT OF DEFENSE OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE
RESERVE AFFAIRS

September 8, 2010

Home Page
About RA
Our Mission
Organization Chart
Biographies
Statement of Intent
Deputies
Civil-Military Policy
Material and Facilities
Manpower and Personnel
Resources
Readiness, Training, and Mobilization
Publications
Programs
Family Readiness
Mobilization
Innovative
Readiness Training
National Guard Challenge
Starbase
...more

Links
Family Readiness
Mobilization Guide

News & Photos
Stop Loss Status Nets
Additional Pay for Service Members (9/10)
Tricare Retired Reserve Launches (9/10)
Combat, Hardship Pays - IRAQ (8/10)
Yellow Ribbon eNewsletter: 4th Quarter Issue (8/10)
Tricare Customer Service Staff Learn More about Serving on the Front Line (8/10)
Federal Rules Published for TRICARE Retired Reserve (8/10)
...more



Southwest Asia – A U.S. Air Force Reserve Command F-16C Fighting Falcon aircraft pilot sits in the cockpit before flying a joint strike mission into Afghanistan during Operation... (more)

view all ▶

Mission Statement:
To serve as Principal Staff Assistant and advisor to the Secretary of Defense with responsibility for overall supervision of matters which involve the Reserve components, including the Army National Guard, Army Reserve, Naval Reserve, Marine Corps Reserve, Air National Guard, Air Force Reserve and Coast Guard Reserve.

HOT TOPICS - Coast Guard skimming equipment on Vessels of Opportunity

BAYOU LA BATRE, La. - BM3 Gary Guido, a Coast Guard reservist out of Station Fort Macon, hooks a line to an oil skimmer...

Coast Guard reservists, work with active members like Palmer to train civilian boat crews to set up and deploy Coast Guard...

Reserve Component Quick Facts

Yellow Ribbon Program

TRICARE

Mobilization Guide

Employer Support of the Guard and Reserve

INCOME REPLACEMENT

FAMILY READINESS

TRICARE

PUBLICATIONS

Resilience ★ Recovery ★ Reintegration



YELLOW RIBBON PROGRAM

For Those Who Serve, And Those Who Support

[About](#) [Resources](#) [Multimedia](#) [FAQ](#) [Contact Us](#)



Check Out the Most Recent Issue of The Ribbon Newsletter
Inside you'll find : An update from Mr. Ron Young on the alignment of Yellow Ribbon under the Family and Employer Programs & Policy Office, Loosening the Strings: New Guidance on the Use of Appropriated Funds, Partner Spotlight: Military OneSource

WELCOME

The **Yellow Ribbon Program** is a Department of Defense-wide effort to support **NATIONAL GUARD AND RESERVE SERVICE MEMBERS** and their **FAMILIES** with information on benefits and referrals **before, during, and after** deployments.

Partner Spotlight



Military OneSource supports National Guard and Reserve members and their Families, at no cost to them, with concerns like these and more, 24 hours a day, 7 days a week.

[READ MORE](#)

Find an Event



The Event Planner provides 5ist, calendar, and map views of scheduled events and provides contact information for each events' Event Coordinator.

[GO TO THE TOOL](#)

Featured Video



DoD Yellow Ribbon Video: Couples Reconnecting

After David Oihus returned from Iraq in 2006, he and his wife Mechele took part in a communications exercise to share their feelings about David's deployment.

[LAUNCH THE VIDEO](#)

Recent News



VA Makes Applying for Health Care Benefits Faster

The VA has removed the signature requirement for Veterans who electronically submit an online 10-10EZ "Application for Health Benefits."

[READ MORE](#)

DoD Names New Directorate to Support Guard and Reserve Members, Their Families, and Employers

The DoD announces the alignment of ESGR, Yellow Ribbon Program, and Individual and Family Support Policy under a single, new directorate.

[READ MORE](#)

[About](#) [Resources](#) [Multimedia](#) [FAQ](#) [Contact](#)

The screenshot shows the National Guard's official website. At the top, the browser title is "The National Guard - Official Website of the National Guard - Windows Internet Explorer" and the address bar shows "http://www.ng.mil/default.aspx". The website header includes the National Guard logo and the slogan "Always Ready Always There". A navigation menu contains links for Home, News, About the Guard, Leadership, Joint Staff, For the Media, and Resources. A large banner for the "MINUTE MAN REPORT" is visible, along with a "SOUTHWEST BORDER MISSION" image. Below the banner, there are several news articles and a sidebar with various links and logos. A red circle highlights the JSS National Guard Bureau logo, and a red arrow points to it from the right side of the page.

despite drawdown
When deciding to enlist into the Louisiana National Guard in July 2001, Sgt. Daniel Butts didn't realize that he would be entering military service just 45 days prior to the worst acts of terrorism ever carried out in the United States...
September 8, 2010

116th to return to Iraq for start of new mission
About 2,700 Army National Guard members from Idaho, Montana and Oregon assigned to the 116th Cavalry Brigade Combat Team are preparing to deploy later this year in support of Operation New Dawn...
September 8, 2010

DoD joins in call for innovative solutions
The Defense Department is putting some of its most vexing challenges on the Internet for the public to help solve as part of a new initiative to invite creative solutions to government problems...
September 8, 2010

Illinois, North Dakota participate in MEDFLAG 10 in Congo
Participants arrived in Kinshasa, Democratic Republic of Congo last week and began to

Multinational-Force Iraq
State Guard Association of the United States
Partners in Education
National Guard Educational Foundation
Employer Partnership

JSS
National Guard Bureau
www.JointServicesSupport.org

VIEW REPORT
2011 NATIONAL GUARD POSTURE STATEMENT

National Guard Community Relations

GUARD FACTS
Did you know?
Since 1898, 121 recipients of the Medal of Honor have had National Guard service at some point in their career.
» Learn more about the Guard

TODAY IN GUARD HISTORY
9/8

Stay on Track

http://www.JointServiceSupport.org

The screenshot shows the homepage of the National Guard Joint Services Support website. At the top, there is a navigation bar with a language selector (Español), a login section (Username, Password, Login), and links for 'Unclassified', 'JSS Help Center', 'Forgot Username/Password?', 'Join JSS', and 'Follow us on Facebook'. Below this is the JSS logo and the text 'National Guard Bureau Joint Services Support' and 'The Gateway for Service members and their Families in'. A secondary navigation menu includes 'JSS', 'Our Programs', 'Announcements', 'Events', 'Community', 'Contact', 'ResourceFinder', and 'Emergency Contacts'. A large banner features the text 'In the Spirit of Emotional Wellness Month...' and lists activities: 'Mindful Monday', 'Try Something Tuesday', 'Wild Card Wednesday', and 'First Person Friday'. A Facebook icon and text 'Check out our Facebook page for daily updates!' are also present. Below the banner is a row of service icons: YRRP (Reintegration), ESR (Career), National Guard Family Program (Family), FMAP (Finances), Psychological Health Program (Behavioral Health), SAPR (Sexual Assault Prevention), and National Guard Transition Support (Transition Support). The Psychological Health Program icon is circled in red. At the bottom is a 'ResourceFinder' search bar with a search input, a dropdown for 'All States', and a 'Find Now' button. A 'Privacy Preferences' link is also visible.

Resilience ★ Recovery ★ Reintegration

Psychological Health Program

ResourceFinder

Search for local resources that matter to you. by or within miles

[Privacy Preferences](#) | [Show Advanced Search](#)

Welcome to the NEW Psychological Health Program home page!

National Guard members and Families should never weather emotional and behavioral challenges alone. That is why the National Guard Psychological Health Program is here for you, with [Directors of Psychological Health](#) in every State, Territory, and the District of Columbia to ensure you receive the care you deserve. On our new site, you'll find information and contacts to help you and your Family build resiliency, including education to support overall [wellness](#), support for [Family members and Friends](#), and immediate access to [help](#) if you are experiencing troubling symptoms. Our [Library](#) is home to numerous online resources on topics ranging from Post Traumatic Stress Disorder to Traumatic Brain Injury and more. [JOIN JSS AND GET PLUGGED IN!](#)

[Like](#) 36 people like this.

Upcoming Events

Yellow Ribbon Events

- [Pre-Deployment:94th CSH \(Fri November 4 - Sun November 6\)](#)
- [Pre-Deployment:88 RSC - Event 6 \(90-Day\) Soldiers Only \(Fri November 4 - Sun November 6\)](#)
- [Pre-Deployment:88 RSC - Event 5 \(60-Day\) \(Fri November 4 - Sun November 6\)](#)

[More Yellow Ribbon Events](#)

More Events

- [General:VTT VOL - Everyone Ready! \(ER\) November 2011 Session 2 @ 3 PM EST \(Tue](#)



Military OneSource
1-800-342-9647

Are you in crisis?

Private help is available 24/7 through Military OneSource.
Call and talk anytime at 1-800-342-9647
MilitaryOneSource.com



SAMHSA

The National Guard Psychological Health Program is proud to partner with the Substance Abuse and Mental Health Association in its mission to improve behavioral health care for military Families.

www.samhsa.gov

Psychological Health Program

The screenshot shows the website's interface. At the top, there is a navigation bar with a logo for the Psychological Health Program, a language selector (Español), a membership status dropdown (I am a Community Member in), a dropdown menu (Change), and login fields for Username and Password. Below this is a secondary navigation bar with links for Unclassified, JSS Help Center, Forgot Username/Password?, Join JSS, and Follow us on social media. A main navigation bar contains links for JSS, PHP, Pillars of Wellness, I Need Help, Family And Friends, FAQ, Contact Us, and Emergency Contacts. The Resource Finder search bar is set to search for "State Family Program Director" in "Alaska" within "50" miles. The search results show 120 results for "Counseling for Children". A sidebar on the left lists categories: Health (491), Family (833), Financial (508), Careers (304), Benefits (948), House & Home (80), and Behavioral Health (1). The main content area displays two results: "Tragedy Assistance Program for Survivors" and "Special Forces Association" in Fredericksburg, Virginia. A map on the right shows the location in Maryland. The page footer includes the Defense Centers of Excellence logo and the text "For Psychological Health & Traumatic Brain Injury".

ResourceFinder by or within miles

Privacy Preferences | Show Advanced Search

Resource Finder Search Results

All 120 Your search for " Counseling for Children " returned 120 Results

Health	491
Family	833
Financial	508
Careers	304
Benefits	948
House & Home	80
Behavioral Health	1

Results per page: | |

Page 1 of 24 (120 items)

Tragedy Assistance Program for Survivors

Special Forces Association
Fredericksburg, Virginia

Bookmark | Share | No Rating

Location

Like Be the first of your friends to like this.

sesameworkshop™
The nonprofit organization behind Sesame Street and so much more

power of learning
DONATE

Search the Workshop GO

INSIDE THE WORKSHOP INITIATIVES PROGRAMS AROUND THE WORLD NEWS & EVENTS SUPPORT US SHOP FUNDING PARTNERS

Initiatives GO

Deployments, Homecomings, Changes, Grief

talk, listen, connect

Preview - When Families Grieve

VIDEO Preview - When Families Grieve

VIDEO Coping With Changes

VIDEO Homecomings Family Routines

VIDEO Preparing For Deployment

VIDEO Elmo And Jessie - The Memory Box

www.familiesnearandfar.org

Military Families Near and Far Homepage - Sesame Street Family Connections - Windows Internet Explorer

http://www.familiesnearandfar.org/login/

File Edit View Favorites Tools Help

Convert Select

Favorites Defense Centers of Excellence Suggested Sites Web Slice Gallery

General Dynamics Informa... Military Families Near a...

Military Families Near and Far

SESAME STREET The Electric Company

How To Use This Site Press & Partner Materials en español

Email address Password Log In Forgot your password?

Stay logged in

A place where your family can create, communicate, and stay connected.

White House Family Page Sign Up!

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Over one million children and their families are facing the challenges that come with a parent's wartime deployment.
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FOCUS: Family Resiliency Training™ for Military Families
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Why Focus?
The Deployment Spiral
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F·O·C·U·S Home How It Works Program Benefits About Us Resources Contact **FOCUS World** Login

FOCUS World

FOCUS provides online resiliency training to military families

[Register](#)

FOCUS World (www.focusworld.org) is an interactive, online educational tool that helps military families become stronger in the face of challenges by providing both parents and kids a fun place to learn and practice important skills, such as:

- **Emotional Regulation** - understanding and managing feelings
- **Goal Setting** - working together as a family to achieve something important to you
- **Communication** - listening and responding to each other's concerns, including those related to deployment

[FAQ](#)

[Porch](#)

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Links to Community Resources

- [Zero to Three](#)
- [Chapin Hall at University of Chicago](#)
- [Strengthening Families](#)
- [American Academy of Pediatrics](#)
- [National Child Traumatic Stress Network](#)
- [Center for the Study of Traumatic Stress](#)



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

Military Families and Separation During the Holidays

Maggie MacFarland Phillips
Research Assistant
III Corps
Fort Hood Health Promotion



Background:

Impact of Separation on Military Families

For families with children, impact will differ depending on child's age

- Children more aware of a parent's absence and the implications of deployment as they mature
- Mid-teen adolescents (14-16 years) tend to display lower stress levels during deployment

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (17).

Background:

What Non-Deployed Parents Can Do

Parents where one spouse is home

- Non-deployed parents' reaction to deployment affects children
- “The most significant predictor of child stress during a deployment was parental stress.”

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (5).

Keep Holiday Traditions Alive

Strong non-deployed parent important, especially during the holidays when traditions are especially prevalent

- Decorate as usual
- Where possible, follow established holiday routines

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (5).

Healthy Mind, Body

- Children's participation in sports correlates with lower stress
- Strong families are better able to cope so don't be afraid to talk to someone

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (23).

Spirit/Family/Social

Sports correlated with lower stress, but not higher coping abilities – those belonged to:

- Children with strong families
- Children involved in activities aimed at service-oriented concepts such as selflessness and sacrifice, often through religious or scouting activities

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (29, 31).

How Do I Find the Resources I Need?

Get involved in your community

- 55 percent of all adults get local news and information via word of mouth at least once a week
- People 40 years of age or younger especially learn about community events through word of mouth

*Data Source: Pew Research Center, "How People Learn About Their Local Community," p. 5.
http://www.knightfoundation.org/media/uploads/publication_pdfs/Pew_Knight_Local_News_Report_FINAL.pdf*

Get Involved: Volunteer

There are a lot of opportunities to volunteer during the holidays

- Meet other people
- Focus on something other than deployment-related stressors by helping others
- Many volunteer opportunities are holiday-specific, but could open the door to year-round opportunities for giving back and being a part of something bigger than yourself

Know Your Resources

Word-of-mouth is just one avenue, but there are a lot of ways to get informed about services available to military families both during the holidays and year-round

Financial

Offset the cost of the holidays

- Create a budget with a command financial specialist
- Find out if your installation has a “Santa’s Castle” or “Santa’s Workshop” charity that provides free toys to eligible military families

Substance Abuse

Don't let the difficulties of deployment, the stresses of the holidays and the day-to-day ups and downs tempt you to turn to substance abuse

- Food and alcohol are especially prevalent during this time of year
- If you find yourself struggling, contact your installation's substance abuse or wellness resources

Take Time For Yourself

Whether you have a deployed spouse or not, the holidays are stressful enough

- Be proactive and find out what stress-relieving activities, services and classes are available on and near your installation. Some might even be holiday-specific

Recognize the Signs

Someone you know might be struggling with depression this holiday season, know what to look for

▪ In Adults

- Feelings of sadness or unhappiness
- Loss of interest or pleasure in normal activities
- Insomnia or excessive sleeping
- Changes in appetite
- Agitation or restlessness
- Indecisiveness, decreased concentration
- Feelings of worthlessness or guilt

▪ In Children/Teens

- Younger children: sadness, irritability, hopelessness, worry
- Adolescents: anxiety, anger, avoidance of social interaction
- Changes in thinking and sleep common in adolescents, but not younger children

Social Media: Not Just a Fun Time-Waster

Social media (Facebook, Twitter, etc.): A quick, easy way to know your resources

- Get frequent, real-time updates on Defense Department programs and initiatives benefitting military families
- Comment threads on social media posts can be a good way to share holiday “best practices” and “lessons learned” with other military families
- Command information at almost every level available through many social media outlets

Resources

Military OneSource

- www.militaryonesource.com
- 800-342-9647

Community Resource Guide – Find out if your installation has a Community Resource Guide or something similar available on their web page

- www.bliss.army.mil/communityresourceguide
- www.carson.army.mil/cms/docs/resources/fc_resource_guide.pdf
- www.bragg.army.mil
- www.lewis.army.mil/ResourceGuide
- www.campbell.army.mil/campbell/CHPC/default.aspx
- www.drum.army.mil/Lists/Resource%20Guide/ResourceGuide.aspx
- www.hood.army.mil

Recommended Resources

Title: Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury website

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

Title: DCoE webinar Interactive Customer Evaluation (ICE) survey:

Link: http://ice.disa.mil/index.cfm?fa=card&sp=122542&s=1019&dep=*DoD&sc=2

Title: Military Families Learning Network website

Link: <http://blogs.extension.org/militaryfamilies/>

Title: Military OneSource website

Link: www.MilitaryOneSource.com

Title: Military Homefront website

Link: www.MilitaryHomefront.dod.mil

Title: The Office of the Assistant Secretary of Defense – Reserve Affairs website

Link: <http://RA.Defense.gov>

Title: Yellow Ribbon Reintegration Program website

Link: www.YellowRibbon.mil

Recommended Resources (con't)

Title: National Guard website

Link: www.NG.mil

Title: National Guard Bureau Joint Services Support website

Link: <http://www.jointservicesupport.org/>

Title: Sesame Workshop website: Deployments, Homecomings, Changes, Grief

Link: www.sesameworkshop.org/initiatives/emotion/tlc

Title: Sesame Street Family Connection website: Military Families Near and Far homepage

Link: www.familiesnearandfar.org

Title: FOCUS (Families OverComing Under Stress™) website

Link: www.focusproject.org

Title: FOCUS (Families OverComing Under Stress™) website: Focus World homepage

Link: www.focusproject.org/focus-world-intro

DCoE Contact Info

DCoE Call Center
866-966-1020 (toll free)

www.dcoe.health.mil

resources@dcoeoutreach.org

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