

Building Bridges to Support Military and Veteran Families: Healthcare Providers Resource Guide

Defense Centers of Excellence for Psychological Health and
Traumatic Brain Injury

[August 2009]

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What is the “*Building Bridges to Support the Psychological Health (PH) and Traumatic Brain Injury (TBI) Needs of Military and Veteran Families Collaborative Group*”?

“Building Bridges” is a multi-agency, multi-disciplinary collaborative group whose purpose is to support the PH and TBI needs of military and veteran families by

- *Building community partnerships and networks; (e.g. meetings, ListSerts, VTCs)*
- *Enhancing community capacity (especially in Guard and Reserve communities); and*
- *Developing tools and resources designed to support families.(e.g. Focus Guides, Resource Guides, information sheets)*

“Building Bridges” is facilitated by the Defense Centers of Excellence for PH and TBI, but all group members are actively engaged and are essential to making these projects a success. Members include representatives from:

- Department of Defense Agencies, Services, Reserve and Guard;
- Veteran Affairs, Health and Human Services agencies and other federal partners;
- Non-profit organizations and veterans groups;
- Academic institutions; and
- Family members.

What is the Purpose of the *Healthcare Professionals Resource Guide*?

This Guide is designed to assist medical and mental health providers with their work in helping Service members, veterans, and their families maintain health and positive family functioning. The guide pulls together relevant resources and organizes them into what we hope is a user-friendly format for quick reference.

If you would like to make a suggestion for this Focus Guide or wish to join the *Building Bridges* email listserv for monthly updates, please send an email to: BuildingBridges@tma.osd.mil.

If you need help with information or resources on psychological health or traumatic brain injury, please contact our Outreach Center at **1-866-966-1020** toll-free or send an e-mail inquiry to Resources@DCoEOutreach.org

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Introduction: Purpose and Contents of Resource Guide for Healthcare Professionals Resource Guide

This resource guide has been developed for medical and behavioral healthcare providers. It is unique because it places a special focus on the family, as opposed to the Service Member (SM), recognizing that deployment can affect the health and well being of all family members. The resource guide lists some resources that will assist providers with the assessment and management of SM deployment-related health problems. In addition, it provides tools and resources to assist providers with the assessment and management of deployment-related health problems in family members, including spouses and children.

Section I: Effects of Deployment and Deployment-Related Injuries on Families briefly describes some of the major health effects of deployment and deployment-related injuries on SMs and families, providing a variety of materials and resources on this subject. This section includes the factors that increase or reduce the likelihood of deployment-related family problems.

Section II: Guidelines and Guidance for Healthcare Professionals is devoted to outlining clinical practice guidelines and clinical guidance for healthcare providers on deployment-related health problems for all family members. Three broad topic areas are covered: psychological health problems, traumatic brain injuries (TBI), and general medical problems encountered. The categories are further divided into specific disorders and broad age groups (adults and children). With regard to psychological health, the focus is narrowed to more prevalent deployment-related disorders and problems, including Post Traumatic Stress Disorder (PTSD), depression, suicide, and substance use.

Section III: Training and Educational Materials provides materials and resources. It is divided into training and education resources for two populations: healthcare providers and the SM and family members (i.e., patient education materials a provider may give to family members). In the materials for family members, we have attempted to locate materials written for adults as well as materials written for children. Also included is a category intended to educate family members on the problems their SM may experience and how they can best support their SM.

Section IV: Resources and Support Services lists healthcare and support service resources a provider or family member can find at a local level. The Department of Defense, each of the Armed Forces and

Section V: Wellness, Resiliency, and Self-Care provides materials targeting both healthcare providers and family members who are both vulnerable to care-giver stress. Self-care is literally *taking care of one's self*. It is undertaking a wide-range of activities and health-related decisions on one's own behalf. The provision of good self-care knowledge and resources contributes significantly to reducing the cost of health care, for both the patients and providers.

We hope you find the organization of materials practical in their application to your patients and scope of practice as a healthcare provider.

DCoE would like to thank the following individuals who created this Resource Guide for Healthcare Professionals:

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Section One: Introduction

2. Effects of Deployment and Deployment-Related Injuries on Families

2.a. References on Effects on Service Members and Families

The following is a very brief overview of the effects of deployment on Service Members (SM) and their family members (FM). The resources and studies on deployment and deployment-related injuries contained in this toolkit offer a more extensive and detailed information on this topic.

Approximately 60% of deployed members have family responsibilities. At any given time, there are approximately 250,000 children who have a deployed parent or parents. The stressors associated with deployment and separation from loved ones is significant and should be addressed. These emotions and experiences can be exacerbated if the SM and/or FM experience significant deployment-related health problems, such as a traumatic brain injury (TBI) or severe physical injury. An estimated 10-20% of deployed SM will experience clinically significant psychological symptoms. About 22% may experience a TBI. Over 25,000 SM have experienced significant physical injuries. Deployment-related effects on SM and their families can be significant and pervasive.

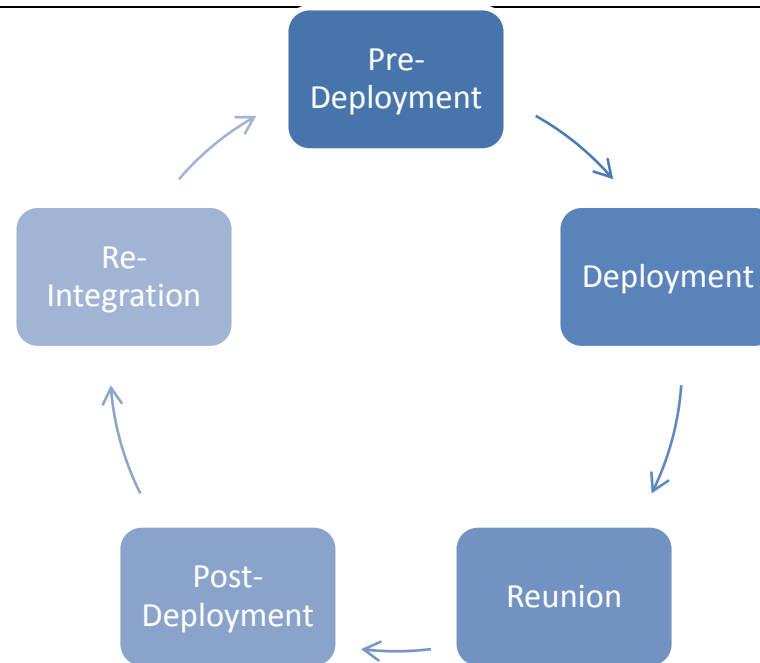
From experience, research and reviews, risk factors that may increase the likelihood of deployment-related family problems include the following:

- Rigid and unhealthy coping strategies
- Pre-existing family problems
- Young families
- Families that are new at a duty station
- Foreign-born spouses
- Families with young children
- Families with lower income
- Families without unit affiliation
- And families of Guard/Reserve members

Alternatively, there are protective factors that mitigate the likelihood of problems developing, including:

- Deliberate, active coping strategies
- Flexibility in gender roles (i.e., the ability to assume behaviors and roles more commonly assumed by the opposite gender)
- Positive outlook
- Spiritual practice or community
- Strong leadership support
- Economic resources and access to tangible resources when needed
- Open communication based on empathy and respect
- Proactive planning and preparedness for deployment
- Finding meaning and a sense of purpose in military service
- Collaborative problem-solving
- And above all, strong community and social support.

There is strong theoretical support and tradition to view the deployment experience as divided into several overlapping phases:



A major stressor of the Pre-deployment Phase for both SM and FM is the significant increase in SM work intensity as he/she prepares for deployment. Families are derailed from a natural inclination to bond more closely before imminent separation. Up to 15% of families view the Pre-deployment Phase as the most stressful. Anger problems, marital problems, resentment, and increasing marital/familial detachment are not uncommon.

The Deployment Phase can be particularly difficult for vulnerable families and is quite often the period when the most significant destabilization and disorganization may occur. Sadness, depression, loneliness, anxiety, fear, sleep and health problems are common for SM and FM as they adjust to the new “normal”. Uncertainty regarding the length of deployment can be an added stressor. Financial problems (Guard/Reserve may be particularly vulnerable here), academic problems for children, marital problems, to include infidelity, may also surface as major life stressors that require a certain amount of skill to weather effectively. SM who experience life-threatening events that are extremely unsettling can experience reduced psychological health (e.g., PTSD), especially when these events are in the context of a pervasive threat of attack, harsh living conditions, little privacy, and separation from loved ones.

At home spouses are adjusting with the new reality of extended separation from their SM which may include single parenthood. They may feel overburdened with dealing with unfamiliar daily tasks, arranging childcare/schedules, managing the expenses, worry about their SM's safety, or combating loneliness. Spouses, much like their partners serving in theater, are susceptible to psychological distress including depression, sleep and health problems. Fortunately, family destabilization, disorganization and feelings of being overwhelmed frequently peak mid way through the deployment and are often followed by periods of increasing stabilization as FM develop new roles and strategies of integration.

Increased ability for communication between SM and families afforded by technology can be a mixed blessing. The increased feelings of support resulting from more predictable and accessible communication are often quite helpful in lowering stress levels for both SM and FM. Conversely, the increased awareness of family problems can be extremely distracting for the SM whose job demands a focus on the mission, and the SM's focus on the mission can be perceived as a barrier to the spouse who is attempting to engage his/her SM spouse over an issue on the homefront. Managing communication can be one of the most challenging aspects of deployment.

The Reunion and Reintegration Phases following deployment can present a new set of stressors for the SM and FMs. Studies have demonstrated rates of SM psychological distress can increase over time after return from deployment, suggesting that post-deployment re-adjustment stressors may at least partially contribute to symptom severity (i.e., often more than the things that they experienced during deployment itself). This rate of increasing psychological distress over time post deployment is particularly evident in SM with severe injury and TBI. During the Deployment Phase, family members are called upon to develop new roles and responsibilities. Feelings of resentment and insecurity around these changes can arise for both the SM and FM and become a major source of post-deployment marital/family distress.

SM with PTSD and their family members have additional hurdles during the Reintegration Phase. Those with PTSD are more vulnerable to stressors brought about by daily life. Persons with PTSD tend to distance themselves from family members, believing their family may not understand or fearing they may be burdening their families by sharing painful or distressing thoughts and feelings. As a result of this distancing, FM may, in turn, pull in out of feelings of anger and/or hurt, thus creating a negative feedback loop.

Children may experience adjustment problems through all phases of the deployment cycle. Feelings of sadness, anger, anxiety, withdrawal, denial, eating problems, elimination problems, separation anxiety, somatic complaints, and acting out are all common symptoms that children of all ages might experience. Children's functioning is highly correlated with the homefront parent's ability to function, and problems can be exacerbated when a parent experiences diminished capacity to provide support.

Deployment also presents an opportunity for growth (i.e., it's not just pain and suffering). The fact that most families adjust to deployment in healthy ways speak to their resilience and the support they receive from military communities and resources. This tool kit is intended to provide additional resources to assist medical and psychological healthcare providers identify and meet the deployment-related health needs of SM and their families.

We hope that you find these resources useful and that the families with whom you work benefit from them.




Section One: Introduction

2. Effects of Deployment and Deployment-Related Injuries on Families

2.a. References on Effects on Service Members and Families

Target
Population:
Adults

[Center for the Study of Traumatic Stress \(CSTS\)](#)

-  [CSTS Proceedings Workshop on Intervention with Combat Injured Families, Dec 07](#)
Executive Summary and full transcript of the proceedings of the Workgroup on Intervention with Combat Injured Families (2007). This document represents a first time gathering of experts in military medicine, child and adolescent psychiatry and family trauma who met to address the impact of combat injury on our military families and children. The Executive Summary outlines ten Core Principles of Care developed by the Workgroup. These principles will guide simultaneous endeavors of scientific research and evaluation, and clinical interventions aimed at mitigating combat injury family distress and at improving communication around the injury within the healthcare, family and community settings.
-  [CSTS Principles of Caring for Combat Injured Families and Children](#)
Describes ten principles for healthcare providers in caring for families and children with a combat injured Service Member.
-  [CSTS Resources for Recovery, The Combat Injured Family: Guidelines for Care for Providers](#)

The final report of the President's Commission on Care for America's Returning Wounded Warriors, created March 6, 2007. The recommendations are intended to serve, support, and simplify healthcare and rehabilitation for injured service men and women, and return them as quickly as possible to their military duties or to civilian life.



[An Achievable Vision: Report of the Department of Defense Task Force on Mental Health, June 2007](#)

Section 723 of the National Defense Authorization Act for fiscal year 2006 directed the Secretary of Defense to “establish within the Department of Defense a task force to examine matters relating to mental health and the Armed Forces” and produce “a report containing an assessment of, and recommendations for improving, the efficacy of mental health services provided to members of the Armed Forces by the Department of Defense.”



[American Psychological Association, The Psychological Needs of U.S. Military Service Members and Their Families: A Preliminary Report – American Psychological Association Presidential Task Force on Military Deployment Services for Youth, Families and Service Members, 2 Feb 07](#)

This Task Force was charged with: identifying the psychological risks and mental health-related service needs of military members and their families during and after deployment(s); developing a strategic plan for working with the military and other organizations to meet those needs; and constructing a list of current APA resources available for military members and families, as well as additional resources that APA might develop or facilitate in order to meet the needs of this population.

RAND Corporation Reports

- [RAND Corporation, Invisible Wounds of War Study](#)
RAND assessed the post-deployment health-related needs associated with post-traumatic stress disorder, major depression, and traumatic brain injury; examined the treatment capacity of the current health care system, and estimated the costs of providing quality health care to all military members who need it. The work was funded by a grant from the Iraq Afghanistan Deployment Impact Fund Project, which is administered by the California Community Foundation, a nonprofit organization.
- [RAND Corporation Center for Military Health Policy Research Monograph, Invisible Wounds of War - Psychological and Cognitive Injuries, Their Consequences, and Services to Assist Recovery, 2008](#)
Key findings and recommendations from a RAND conducted study examining post-deployment health-related needs associated with PTSD, major depression, and TBI; the current state of the health care system to meet those needs; and the costs associated with these conditions.
- [RAND Corporation Monograph, Families Under Stress: An Assessment of Data, Theory, and Research on Marriage and Divorce in the Military, 2007](#)

The overarching goal of this monograph is to inform discussions of the current needs of military families by evaluating the existing empirical support for the stress hypothesis.




[Iraq War Clinician's Guide- The Impact of Deployment on the Military Family](#)

The Iraq War Clinician Guide was developed by members of the National Center for PTSD and the Department of Defense. It was developed specifically for clinicians and addresses the unique needs of veterans of the Iraq war. Chapter 13 addresses the impact of deployment on the military family.

Books/Articles on Effect on Family and Service Member

- Glynn, S. (2008). *Impact on family and friends*. In N. Ainspan & W. Penk (Eds.), *Wars' returning wounded, injured and ill: a handbook* (pp. 173 – 190). Westport, CT: Praeger Security International.
- Hoge, C. W., Castro, C. A., Messer, S. C., McGurk, D., Cotting, D. I., & Koffman, R. L. (2004). Combat duty in Iraq and Afghanistan, mental health problems, and barriers to care. *New England Journal of Medicine*, 351(1), 13-22
- Peebles-Kleiger, M. J., & Kleiger, J. H. (1994). Re-Integration stress for desert storm families: wartime deployments and family trauma. *Journal of Traumatic Stress*, 7, 173-194.
- Sayers, S. L., Farrow, V., Ross, J., & Oslin, D. W. (2009). Family problems among recently returned military veterans referred for a mental health evaluation. *Journal of Clinical Psychiatry*. 70 (2), 163–170. Discusses the findings from a cross-sectional survey of a clinical population comprised of veterans who served in Iraq and Afghanistan referred for behavioral health assessment in a Veteran's Administration setting. In particular, the association between family readjustment problems and psychiatric disorders was examined.
- Armstrong, K., Best, S. & Domenici, P. (2005). *Courage after Fire: Coping Strategies for Returning Soldiers and Their Families*.
This book focuses on coping strategies for troops returning from Iraq and Afghanistan and their families.
- Cantrell, B. & Dean, C. (2005). *Down Range: To Iraq and Back*.
"This book should be in the possession of every combat serviceman and his family. Dean and Cantrell build on Dean's two prior books about essentially the same topic: The damage warriors bring home, but that cannot be easily seen."
- Collier, D. (2002). *Heroes at Home: Help and Hope for America's Military Families*.
"This book has a wealth of information and practical tips for the new and (not so) old military spouse. It

	<p>is inspiring in that there are examples of real women who have overcome the unique challenges that military dependents face.”</p> <ul style="list-style-type: none"> ▪ Henderson, K. (2006). <i>While They're at War: The True Story of American Families on the Homefront</i>. “This book gives a pretty accurate depiction of military life during war time. Each of the stories shows a different way a spouse reacted during the deployment.” ▪ Taft, C. T., Schumm, J. A., Panuzio, J., & Proctor, S. P. (2008). An examination of family adjustment among Operation Desert Storm veterans. <i>Journal of Consulting and Clinical Psychology</i>, 76(4), 648-656. This article describes a study examining the interrelationship among combat exposure, symptoms of posttraumatic stress disorder, and family adjustment in a sample of male and female Operation Desert Storm Veterans. ▪ Taft, C. T., Pless, A. P., Stalans, L. J., Koenen, K. C., King, L. A., & King, D. W. (2005). Risk factors for partner violence among a national sample of combat veterans. <i>Journal of Consulting and Clinical Psychology</i>, 73(1), 151-159. This article describes a study identifying potential risk factors for partner violence perpetration among a sample of Vietnam veterans either with or without a diagnosis of PTSD.
<p>Target Population: Children</p>	<p>2.b. References on Effects on Military Children</p> <p>Military Child and Adolescent Center of Excellence Annual Summit Presentations, 2008 Proceedings of a summit held at Madigan Army Medical Center in June 2008 that brought together youth and families, leaders in the behavioral health and primary care communities, school system leaders, and other stakeholders. The purpose of the summit was to discuss the current status and chart the way forward in terms of research, programs, policy, and support initiatives related to military children and adolescents.</p> <div data-bbox="619 1068 693 1128">  <p>DCOE Toolkit Presentation from MC</p> </div> <p>Caring for America's Children: Supporting The Emotional and Behavioral Health of Military Children in a Primary Care Setting (Double-click the PowerPoint icon for presentation) PowerPoint presentation prepared by MAJ Keith Lemmon, co-founder and director of the Military Child and Adolescent Center of Excellence, that provides information to assist primary care providers in supporting the emotional and behavioral health needs of military children.</p> <p>Caring for America's Children, Military Youth in Time of War (2009). Pediatrics in Review. In this article, the authors provide an overview of the military and its culture, review current evidence for the mounting stress affecting military children and adolescents, explore the spectrum of stress on military youth,</p>

discuss recent national mandates to improve support for military youth, examine institutional responses to those mandates, and provide practical ways for health-care professionals to recognize and respond effectively to this potential threat to the behavioral health and well-being of military children.

[The Young Military Child, Our Modern Telemachus, *Zero to Three Journal*, Jul 07](#)

Article about the military child coping with separation and loss.

[National Military Family Association \(NMFA\). "10 Things Military Teens Want You to Know" Toolkit](#)

NMFA created this kit to give the people in military teens' lives a way to help them manage the stressors and affirm the positive aspects of military life.

[Military Deployment: The Impact on Children and Family Adjustment and the Need for Care. *Current Opinion in Psychiatry*, Vol 22, Issue 4 p 369-373, Jul 09](#)

Whereas there is an extensive clinical literature about the developmental challenges facing children and issues of family adjustment, there is a lack of systematic research. This review summarizes the findings of recent publications.

Books/Articles on Effect on Children

- Chartrand, M. M., Frank, D. A., White, L. F., & Shope, T. R. (2008). Effect of parents' wartime deployment on the behavior of young children in military families. *Archives of Pediatric Adolescent Medicine*, 162 (11), 1009-1014
Article presents results of a study on the mental health outcomes of parental wartime deployment on young children. Findings indicate that young children, especially those aged 3 to 5 years, have behavioral responses independent of the non-deployed parent's symptoms of stress and depression.
- Cozza, S. J., Chun, R. S., Polo, J. A. (2005). Military families and children during Operation Iraqi Freedom. *Psychiatric Quarterly*, 76(4), 371-377
Article reviews the strengths of military families and the unique challenges they face. Parental deployment, parental injury and parental death as unique stressors are highlighted.
- Lamberg, L. (2004). When military parents are sent to war, children left behind need ample support. *Journal of American Medical Association*, 292 (13), p.1541-1542.

Section Two: Guidelines and Guidance for Healthcare Professionals

1. Psychological Health

Target Population: Adults

1.a. Traumatic Stress Reaction

1. a. 1. Diagnosis and Management

PTSD Clinical Practice Guidelines for Adults



[VA/DoD Clinical Practice Guideline for Management of Post Traumatic Stress Disorders](#)

The goal of this Guideline project was to create an algorithm to aid field personnel and health care workers in identifying, assessing, and/or treating military men and women and veterans who have survived traumatic events. This Guideline is unique in that it offers a decision tree for prevention, assessment, and treatment with full annotation across a broad range of posttraumatic disorders. It was designed by and for mental health providers, primary care clinicians, chaplains, pharmacists, and other professionals to be comprehensive and evidenced-based but still accessible and practical: an educational tool analogous to textbooks and journals but in a more user-friendly format.

[Army Quality Management PTSD Practice Guideline Web Page](#)

Contains PDF document of guideline and provider pocket cards

[Deployment Health Clinical Center PTSD Web Page](#)

Contains links to guideline, clinical tools, provider education material, and related Web pages

[American Psychiatric Association \(APA\) Practice Guideline for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder](#)

This guideline presents recommendations for the evaluation and treatment of adult patients with ASD or PTSD.

[National Guideline Clearinghouse Web Page with APA Practice Guideline](#)

Contains information about the guideline

[Psychiatryonline Web Page with APA Practice Guideline and Resources](#)

Contains online version of guideline plus clinical tools and related links

Web Pages on PTSD Diagnosis and Treatment in Adults

VA National Center for PTSD (NCPTSD)

[National Center for Post Traumatic Stress Disorder - Treatment of PTSD for Health Care Providers Web Page](#)

Contains Fact Sheets on treatment information that is specific to rescue and recovery workers and general health care providers. It focuses on treatment following disasters.

[RESPECT-Mil](#)

RESPECT-Mil, which stands for Re-Engineering Systems of Primary Care Treatment in the Military, is a system of primary care designed to enhance the recognition and high-quality management of Post-Traumatic Stress Disorder (PTSD) and depression. The US Army Medical Command has directed wide implementation of RESPECT-Mil in Army primary care facilities. Tri-service implementation is in the planning stages.

[Association for Behavioral and Cognitive Therapies \(ABCT\) Web Page](#)

The ABCT is an interdisciplinary organization committed to the advancement of a scientific approach to the understanding and amelioration of problems of the human condition. These aims are achieved through the investigation and application of behavioral, cognitive, and other evidence-based principles to assessment, prevention, and treatment.

Books/Articles on Stress Management

Boss, P. (2002). *Family stress management: a conceptual approach*. California: Sage Publications

Riggs, D. S., Byrne, C.A., Weathers, F. W., Litz, B. T. (1998). The quality of the intimate relationships of male Vietnam veterans: problems associated with posttraumatic stress disorder. *Journal of Traumatic Stress, 11*(1), 87-101

1. a. 2. Screening and Management

Web Pages on PTSD Assessment and Diagnosis in Adults

VA National Center for PTSD (NCPTSD)

[NCPTSD Assessment of PTSD for Health Care Providers Web Page](#)

Provides brief information on screening and assessing PTSD, targeted to health care providers and researchers.

1. a. 3. General Resources

Web Pages/Sites on PTSD and Traumatic Stress in Adults

[Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury \(DCoE\) Web Page](#)

DCoE leads a collaborative effort toward optimizing psychological health and traumatic brain injury (TBI) treatment for the Department of Defense. DCoE establishes quality standards for: clinical care; education and training; prevention; patient, family and community outreach; and program excellence.

Federal

[VA National Center for PTSD](#)

The Center aims to help U.S. Veterans and others through research, education, and training on trauma and PTSD.

DoD Deployment Health Clinical Center (DHCC)

[DHCC PTSD Web Page](#)

This Web page provides clinical guidance, policies and directives, fact sheets, training material, and related links on PTSD to assist healthcare providers and Service members and their families.

[DHCC Combat/Operational Stress Web Page](#)

This Web page provides policies and directives, fact sheets, training material, research, and related links on combat and operational stress for healthcare providers and Service members and their families.

[afterdeployment.org](#)

The Military Health System's mental wellness resource Web portal for service members, veterans, and military families suffering post-deployment mental health problems.

[Army Behavioral Health Web Site](#)

This Web site provides resources and information regarding mental well-being for Soldiers and their family members. Provided by the U.S. Army Medical Department, it is intended for interested Soldiers, family members, the public, news media and Army Medical Department Beneficiaries.

[Center for the Study of Traumatic Stress](#)

The Center for the Study of Traumatic Stress conducts research, education, consultation and training on preparing for and responding to the psychological effects and health consequences of traumatic events. The Center is a public private partnership of the Uniformed Services University of the Health Sciences and the Henry M. Jackson Foundation for the Advancement of Military Medicine.

[National Institute of Mental Health \(NIMH\). Post-Traumatic Stress Disorder \(PTSD\) Page](#)

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure. Their PTSD Web Page contains information on signs and symptoms, treatment, and research on PTSD, how to find PTSD services, and other related PTSD links.

Other

[American Psychological Association Posttraumatic Stress Disorder Page](#)

The American Psychological Association (APA) is a scientific and professional organization that represents psychology in the United States. The APA's PTSD Web Page contains resources on PTSD including Journal articles and books and videos.

[Mental Health America \(MHA\)](#)

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.

[National Alliance on Mental Illness Post-Traumatic Stress Disorder Page](#)


NAMI is a grassroots mental health advocacy organization which began in 1979. Its three cornerstones of activity are awareness, education, and advocacy. The NAMI PTSD Web Page contains resources on PTSD.

[Association for Behavioral and Cognitive Therapies \(ABCT\)](#)

ABCT is an interdisciplinary organization committed to the advancement of a scientific approach to the understanding and amelioration of problems of the human condition. These aims are achieved through the investigation and application of behavioral, cognitive, and other evidence-based principles to assessment, prevention, and treatment.

[Anxiety Disorder Association of America Posttraumatic Stress Disorder \(PTSD\) Page](#)

ADAA is a national nonprofit organization that works to promote professional and public awareness of anxiety disorders and their impact on people's lives; encourage the advancement of scientific knowledge about causes and treatment of anxiety disorders; assist people with anxiety disorders in finding

	<p>appropriate treatment and developing self-help skills; and reduce the stigma surrounding anxiety disorders. The ADAA PTSD Web Page contains resources on PTSD.</p> <p>The International Society for Traumatic Stress Studies ISTSS is an international multidisciplinary, professional membership organization that promotes advancement and exchange of knowledge about severe stress and trauma.</p> <p>European Society for Traumatic Stress Studies (ESTSS) ESTSS is the European network for professionals in the field of psychotraumatology.</p> <p>Gateway to Post Traumatic Stress Information This Web site on PTSD is sponsored by the Dart Center for Journalism and Trauma, based at the University of Washington, which is a global resource for journalists, news media, journalism schools and the public about emotional trauma and its effects on those who observe or suffer from violence.</p>
1. Psychological Health	
Target Population: Children	1.a. Traumatic Stress Reaction
	1. a. 1. Diagnosis and Management
	<p>Online Documents on PTSD/Traumatic Stress Treatment in Children</p> <p>National Child Traumatic Stress Network (NCTSN), Traumatic Grief in Military Children: Information for Medical Providers (2008) A guide for medical providers on how to help children when a military family member dies.</p> <p>Military Child Education Coalition, Living in the New Normal: Supporting Children through Trauma and Loss Strengths-based program for educational and youth specialists that provides support for military children in times of uncertainty, trauma, and grief.</p> <p> Zero to Three. Honoring Our Babies and Toddlers. Supporting Young Children Affected by a Military Parent's Deployment, Injury or Death. 2009 A guide for caring professionals which describes situations that families and their babies and toddlers might experience as the result of deployment, injury or death of a parent and provide recommendations on how to recognize and respond to signs that additional support is needed by a child or adult.</p>

[Sidran Institute, PTSD and Children of Survivors](#)

Article about effect on children of a parent's PTSD, excerpt from Vietnam Wives: Facing the Challenges of Life with Veterans Suffering Post-Traumatic Stress, by Aphrodite Matsakis, Ph.D. Copyright 1996 by Sidran Institute Press

Books/Articles

Hardaway, T. (2004). Treatment of psychological trauma in children of military families. In N. B. Webb (Ed.), Mass trauma and violence: Helping families and children cope (pp. 259-282). New York: Guildford Press.

Shaw, J. A. (2000). Children, adolescents and trauma. *The Psychiatric Quarterly*, 71, (3), pp. 227-243.

Liberman, et, al (2003). Losing a parent to death in the early Years . *Zero to Three Press*.

Goodman RF: Caring for Kids After Trauma and Death: A Guide for Parents and Professionals by The Institute for Trauma and Stress at the NYU Child Study Center, 2002 (can be accessed at www.militarystudent.org)

1. a. 2. Screening and Management



Mental Health Interventions in the Pediatric Care Setting PowerPoint Presentation USPS Workshop, Dec 08

PowerPoint presentation by COL Elisabeth Stafford et al. focusing on the primary care providers role in screening, assessment and treatment of child and adolescent mental health disorders. The presentation provides information on several mental health screening/assessment tools and reviews treatment strategies for mental health conditions commonly presenting in the clinic.



"Checking a child's pulse" for Behavioral Health - Another Vital Sign Assessment for the Pediatrician PowerPoint Presentation USPS Workshop

PowerPoint presentation by COL Elisabeth Stafford, Military Pediatric Center, San Antonio, on screening for military-connected stressors during the pediatric visit.

Web Pages for Mental Health Assessment Tools in Children

[Massachusetts General Hospital, Pediatric Symptom Checklist \(PSC\) Web Page](#)

The PSC is a brief screening questionnaire that is used by pediatricians and other health professionals to improve

the recognition and treatment of psychosocial problems in children. In addition to the original 35 item parent report form of the PSC, there are now many other validated forms including translations of the original form into more than a dozen other languages, a youth self report (Y-PSC), a pictorial version, and a briefer 17 item version for both the parent and youth forms. All are available from this website.

[The CRAFFT Screening Tool](#)

The CRAFFT is a behavioral health screening tool for use with children under the age of 21 and is recommended by the American Academy of Pediatrics' Committee on Substance Abuse for use with adolescents. It consists of a series of 6 questions developed to screen adolescents for high risk alcohol and other drug use disorders simultaneously. It is a short, effective screening tool meant to assess whether a longer conversation about the context of use, frequency, and other risks and consequences of alcohol and other drug use is warranted. Center for Adolescent Substance Abuse Research (CeASAR) at Children's Hospital Boston.



[Self-administered CRAFFT Screening Questions](#)

[TeenScreen National Center for Mental Health Checkups at Columbia University](#)

The TeenScreen National Center for Mental Health Checkups at Columbia University is a non-profit privately funded public health initiative working to increase youth access to regular mental health checkups and the early identification of mental illness. TeenScreen Primary Care is working to make mental health checkups a routine part of adolescent health care through partnerships with providers in many communities.

[National Assembly on School-Based Health Care, Screening and Assessment Tools Web Page](#)

Forms for screening and assessment for: Resilience and Protective Factors; General-purpose Mental Health; Depression; Suicide; Anxiety; Behavioral Problems; and Substance Use/Abuse.

[American Academy of Pediatrics, Feelings Need Check Ups Too, Sep 04](#)

This resource informs pediatricians about crisis-related mental health problems, demonstrates the use of various screening tools through a case study approach and provides information on other needs such as parental reassurance and bereavement support. It also describes treatment options and provides information on accessing mental health resources that are available for treatment referrals.



[Toolkit for Feelings Need Check Ups Too](#)

Web Pages for PTSD Assessment Tools in Children

[National Center for Post Traumatic Stress Disorder - Child Measures of Trauma and Post Traumatic Stress Disorder](#)

Provides lists of child and adolescent trauma and PTSD measures. For each measure, a brief description, sample items, versions, and references are provided. Information on how to obtain the measure is also provided.

**Target Population:
Adults**

1. a. 3. General Resources

Web Pages/Sites on PTSD and Traumatic Stress in Children

[Zero to Three, Disaster Relief and Trauma](#)

Resource material for professionals and parents on helping young children cope with disaster and trauma.

[National Child Traumatic Stress Network \(NCTSN\)](#)

Collaboration of academic and community-based service centers funded by the Substance Abuse and Mental Health Services Administration.

[Family-Informed Trauma Treatment \(FITT\) Center, University of Maryland](#)

The goal of the Family-Informed Trauma Treatment (FITT) Center is to develop, implement, evaluate, and disseminate theoretically sound, family-based interventions for urban and military families to support positive outcomes for children and families who have experienced chronic trauma and stress

[American Academy of Pediatrics, Children and Disasters Web Page](#)

Information for disaster preparedness to meet children's needs. Includes resources for pediatricians, families, child care, schools, advocacy and policy.

1.b. Major Depressive Disorder

1. b. 1. Diagnosis and Management

Major Depressive Disorder Clinical Practice Guidelines for Adults



[VA/DoD Clinical Practice Guideline for Management of Major Depressive Disorder in Adults, May 09](#)

This guideline focuses on the management of MDD in adults and is relevant to all healthcare professionals who have direct contact with patients with MDD, and who make decisions about their care. This version of the guideline was specifically tailored to the primary care provider. The guideline offers best practice advice on the care of adults who have a clinical working diagnosis of MDD; covers diagnostic criteria for MDD; focuses on identification of susceptibility factors (i.e., adult patients at increased risk for developing MDD); specifies key elements in the evaluation of patients with MDD; addresses pharmacotherapy and management of comorbidities in patients with MDD; addresses psychological treatments for acute phase treatment and relapse prevention' and addresses

indications for consultation and referral to specialty care.



[Army Quality Management Major Depressive Disorder Practice Guideline Web Page](#)

Contains guideline and toolkit with provider and patient education material

[Deployment Health Clinical Center MDD Web Page](#)

Contains links to guideline, clinical tools, provider education material, and related Web pages

[American Psychiatric Association Practice Guideline for the Treatment of Patients with Major Depressive Disorder](#)

This guideline is more than 5 years old and has not yet been updated to ensure that it reflects current knowledge and practice. In accordance with national standards, including those of the Agency for Healthcare Research and Quality's [National Guideline Clearinghouse](#), this guideline can no longer be assumed to be current. A third edition of this guideline is in development; publication is expected in December 2009.

[Psychiatryonline Web Page with APA MDD Practice Guideline and Resources](#)

Contains online version of guideline plus clinical tools and related links

[PsychiatryOnline, Diagnostic Criteria for Major Depressive Disorder](#)

Diagnostic criteria for major depression.

[Institute for Clinical Systems Improvement \(ICSI\)- Major Depression in Adults in Primary Care](#)

This guideline is an evidence-based document based on best care, and has also evolved to include information on best practice systems for implementation. It was designed to assist primary care in developing systems that support effective assessment, diagnosis and ongoing management of new or existing diagnosis of major depression in adults age 18 and over and assist patients to achieve remission of symptoms, reduce relapse and return to previous level of functioning.

[National Guideline Clearinghouse Web Page with ICSI Major Depression Practice Guideline](#)

ICSI is an independent, non-profit organization that helps its members provide evidence-based health care services to people in Minnesota and surrounding states. Contains information about the guideline



[Major Depressive Disorder Guideline Patient Assessment Pocket Card, 2003](#)

Algorithm from the VA/DoD Major Depressive Disorder (MDD) Clinical Practice Guideline for assessment of MDD. The pocket card is part of the Post-Deployment Health Clinical Practice Guideline Desk Reference Toolbox.

Web Pages on MDD Diagnosis and Treatment in Adults

[National Institute for Health and Clinical Excellence \(NICE\). Computerized Cognitive Behavior Therapy for Depression and Anxiety Practice Guideline. 2006](#)

[MacArthur Foundation's Initiative on Depression and Primary Care's Depression Tool Kit](#)

The MacArthur Foundation's Initiative on Depression and Primary Care's Depression Tool Kit, which is intended to help primary care clinicians recognize and manage depression includes easy to use instruments and information sources to assist with: 1) Recognizing and diagnosing depression; 2) Educating patients about depression, assessing treatment preferences, engaging their participation and explaining the process of care; 3) Using evidence-based guidelines and management tools for treating depression; and 4) Monitoring patient response to treatment.

[Rand Partners in Care: An Integrated Approach to Improving Care for Depression in Primary Care](#) 

Partners in Care was a real-world trial, conducted from 1995 to 2000 by the Rand Corporation and designed to improve the quality of care for depression in managed, primary care practices. The study evaluated two quality-improvement programs based on previous successful collaborative care interventions, each of which cost about the same amount to implement. The two programs proved to be about equally successful. Practices can thus choose either model and, if they wish, can add elements of the one not chosen. However, a fairly complete program may be needed to achieve a good result.

[RESPECT-Mil](#)

RESPECT-Mil, which stands for Re-Engineering Systems of Primary Care Treatment in the Military, is a system of primary care designed to enhance the recognition and high-quality management of Post-Traumatic Stress Disorder (PTSD) and depression. The US Army Medical Command has directed wide implementation of RESPECT-Mil in Army primary care facilities. Tri-service implementation is in the planning stages.

[Texas Department of Health Services. Texas Implementation of Medication Algorithms \(TIMA\) for Major Depressive Disorder](#)

The Texas Medication Algorithm Project (TMAP), started in 1996, is a public and academic collaborative effort designed to develop, implement and evaluate an algorithm-driven treatment philosophy including a set of medication algorithms for major adult psychiatric disorders, including major depressive disorder, treated in the Texas public mental health sector.

[NetDSS](#)

NetDSS is a free web-based decision-support system designed to help care managers deliver chronic care services to patients with depression. NetDSS is based on the chronic care treatment model for depression, also known as collaborative care and is hosted by the Psychiatric Research Institute at the University of Arkansas for Medical Sciences.

Online Documents on MDD Treatment in Adults



[Uniformed Services University of the Health Sciences \(USUHS\) – Courage to Care - Depression in Primary Care: A Military Health Care Perspective](#)

This fact sheet addresses the impact of depression on military members and their families, and the importance of the primary care setting for helping in its early identification and intervention.

1. b. 2. Screening and Management

[US Preventive Services Task Force Screening for Depression in Adults, May 02](#)

Screening recommendations.

1. b. 3. General Resources

Web Pages/Sites on PTSD and Traumatic Stress in Adults

Federal

[afterdeployment.org](#)

The Military Health System's mental wellness resource Web portal for service members, veterans, and military families suffering post-deployment mental health problems.

[Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury \(DCoE\) Web Page](#)

DCoE leads a collaborative effort toward optimizing psychological health and traumatic brain injury (TBI) treatment for the Department of Defense. DCoE establishes quality standards for: clinical care; education and training; prevention; patient, family and community outreach; and program excellence.

[DoD Deployment Health Clinical Center Web Page on Depression](#)

This Web page provides clinical guidance, policies and directives, fact sheets, training material, and related links on depression to assist healthcare providers and Service members and their families.

[Depression: The Common Cold of Mental Illness at Hooah4Health.com](#)

An overview of depression – how common it is, who experiences it and how to tackle it with the medical care provider.

[National Institute of Mental Health Depression Page](#)

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure. Their Depression Web Page contains information on signs and symptoms, treatment, and research on depression, how to find services for depression, and other related links.

Other

[The MacArthur Foundation's Initiative on Depression and Primary Care](#)

The mission of the MacArthur Initiative on Depression and Primary Care is to enhance the ability of primary care clinicians to recognize and manage depression.

[RAND Partners in Care: An Integrated Approach to Improving Care for Depression in Primary Care](#)

Partners in Care was a real-world trial, conducted from 1995 to 2000 by the RAND Corporation and designed to improve the quality of care for depression in managed, primary care practices. The study evaluated two quality-improvement programs based on previous successful collaborative care interventions, each of which cost about the same amount to implement. The two programs proved to be about equally successful. Practices can thus choose either model and, if they wish, can add elements of the one not chosen. However, a fairly complete program may be needed to achieve a good result.

[American Psychological Association Depression Page](#)

The American Psychological Association (APA) is a scientific and professional organization that represents psychology in the United States. The APA Depression Web Page contains resources on depression including Journal articles and books and videos. [Mental Health America \(MHA\)](#)

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.

[National Alliance on Mental Illness Major Depression Page](#)

NAMI is a grassroots mental health advocacy organization which began in 1979. Its three cornerstones of activity are awareness, education, and advocacy. The NAMI Major Depression Web Page contains resources on depression.

[Association for Behavioral and Cognitive Therapies \(ABCT\)](#)

ABCT is an interdisciplinary organization committed to the advancement of a scientific approach to the understanding and amelioration of problems of the human condition. These aims are achieved through the investigation and application of behavioral, cognitive, and other evidence-based principles to assessment, prevention, and treatment.

**Target Population:
Children**

[Centre for Clinical Interventions](#)

CCI is a specialist state-wide program that is administered through North Metropolitan Health Services in Western Australia. It conducts clinically applied psychosocial research and provide training and supervision for various psychological interventions and also offer a clinical service for adults suffering from anxiety, mood and eating disorders.

[Depression and Bipolar Support Alliance](#)

DBSA, founded in 1985, is a not-for-profit organization that focuses on depression and bipolar conditions.

[Depression Is Real Coalition](#)

The Depression Is Real Coalition is a group of physician, patient and constituency groups that has come together to create an educational campaign about depression. These groups are concerned about confusing messages in popular culture suggesting that depression is "just the blues" or worse, a "made-up disease." The goal of the Coalition is to help people living with depression, their families, friends and the general public to understand these essential facts about depression.

[WebMD - Depression Health Center](#)

Information, tools and support for depression for patients and families.

1.b. Major Depressive Disorder

1. b. 1. Diagnosis and Management

[American Academy of Child and Adolescent Psychiatry, Practice Parameters for the Assessment and Treatment of Children and Adolescents with Depressive Disorders, AACAP, 2007](#)

This guideline describes the epidemiology, clinical picture, differential diagnosis, course, risk factors, and pharmacological and psychotherapy treatments of children and adolescents with major depressive or dysthymic disorders

[All About Depression, National Institutes of Mental Health \(NIMH\), Depression in Children and Adolescents: A Fact Sheet for Physicians, Sep 04](#)

This fact sheet, prepared by the National Institute of Mental Health (NIMH), the lead Federal agency for research on mental disorders, summarizes some of the latest scientific findings on child and adolescent depression and lists resources where physicians can obtain more information.

Jellinek, M. S., & Snyder, J. B. (1998). Depression and suicide in children and adolescents. *Pediatrics in Review*, 19,

	(8), pp. 255-264.
	1. b. 2. Screening
	<p>Web Pages for Depression Assessment Tools in Children</p> <p>US Preventive Services Task Force. Major Depressive Disorder in Children and Adolescents. Mar 09 Screening recommendations.</p> <p>Screening for Child and Adolescent Depression in Primary Care Settings: A Systematic Evidence Review for the US Preventive Services Task Force, PEDIATRICS Vol. 123 No. 4 April 2009, pp. e716-e735 A review of the literature to assess the health effects of routine primary care screening for major depressive disorder among children and adolescents aged 7 to 18 years. The study concluded that limited available data suggest that primary care–feasible screening tools may accurately identify depressed adolescents and treatment can improve depression outcomes.</p> <p>AMA Guidelines for Adolescent Preventive Services (GAPS). Screening and Health Guidance for Suicide and Depression The GAPS approach is a model that uses a systematic strategy for screening and health guidance by primary care physicians. This approach is designed to identify whether an adolescent engages in or is at risk for suicide and/or depression.</p>
	1. b. 3. General Resources
	<p>National Youth Violence Prevention Resource Center – Depression A Federal resource sponsored by the Centers for Disease Control and Prevention for communities to help support their efforts to plan, develop, implement, and evaluate effective youth violence prevention efforts.</p>
Target Population: Adults	1.c. Suicide
	1. c. 1. Diagnosis and Management
	<p>Suicide Clinical Practice Guidelines for Adults</p> <p>American Psychiatric Association (APA) Assessment and Treatment of Patients With Suicidal Behaviors Practice</p>

Guideline

[APA Assessment and Treatment of Patients with Suicidal Behaviors Practice Guideline and Resources.](#)
Psychiatry Online Web Page with APA Practice Guideline and associated clinical tools and related links.

[Review Article. Application of The APA Practice Guidelines on Suicide to Clinical Practice. CNS Spectr 11:6. June 2006](#)

Presents charts from The American Psychiatric Association Practice Guideline for the Assessment and Treatment of Patients with Suicidal Behaviors, part of the Practice Guidelines for the Treatment of Psychiatric Disorders Compendium, and a summary of the assessment information in a format that can be used in routine clinical practice. Target audience is neurologists and psychiatrists.

[APA Practice Guideline Provides Recommendations for Assessing and Treating Patients With Suicidal Behaviors. PsychiatricAnnals 34-5, May 2004](#)

Reviews the American Psychiatric Association Practice Guideline for the Assessment and Treatment of Patients with Suicidal Behaviors.

[APA Practice Guideline for the Assessment and Treatment of Patients With Suicidal Behaviors, 2003](#)

Based on available evidence and clinical consensus, the Guideline offers recommendations to help psychiatrists in assessing and treating adult patients with suicidal behaviors.

[VA/DoD Clinical Practice Guideline for Management of Major Depressive Disorder in Adults, May 00](#)

Appendix 3, Suicidality, provides recommendation for assessing the potentially suicidal patient.

Online Documents on Suicide Prevention and Management in Adults



[Approaching the Suicidal Patient. American Family Physician Vol 68 No 9, 1 Nov 03](#)

Written to try to help family physicians prevent suicide by providing a strategy for assessing risk factors and recommending interventions that fit the existing level of risk.

[Suicide Guidelines. Risk Management Foundation \(RMF\). 22 Aug 03](#)

RMF has developed guidelines with Harvard medical faculty over the past 10 years to assist primary care and mental health professionals in their decision-making. These documents address the process of identifying or managing at-risk patients in a hospital or outpatient setting, as well as collaboration issues among mental health and primary care clinicians.

[Air Force Guide for Managing Suicidal Behavior Strategies, Resources and Tools, 2004.](#)

Developed to help Air Force mental health staff deliver high-quality, evidenced-based care to suicidal individuals.

[Suicide Prevention Resource Center, Suicide Prevention Toolkit for Rural Primary Care](#)

This product contains the information and tools needed to implement state-of-the-art suicide prevention practices in primary care settings. Although the tools are designed with the rural practice in mind, most are quite suitable for use in non-rural settings as well.



[Preventing Suicide - A Resource Guide for General Physicians, World Health Organization \(WHO\), 2000](#)

This booklet is one of a series of resources prepared as part of WHO's Suicide Prevention Campaign (SUPRE).

[Evaluation and Treatment of Patients with Suicidal Ideation. American Family Physician, 56\(6\), 15 Mar 99](#)

Provides guidelines for primary care providers in evaluating and treating patients with suicidal ideation.



[A Resource Guide for Implementing the Joint Commission on Accreditation of Healthcare Organizations \(JCAHO\) 2007 Patient Safety Goals on Suicide](#)

Developed by Screening for Mental Health, Inc. to facilitate implementation of the Joint Commission patient safety goal on suicide.



[National Suicide Prevention Lifeline: After An Attempt, A Guide for Medical Providers in the Emergency Department Taking Care of Suicide Attempt Survivors, DHHS Substance Abuse and Mental Health Services Administration, 2006.](#)

Provides quick tips to enhance Emergency Department care for people who have attempted suicide, and also provides information on patient discharge and resources about suicide for medical professionals, patients, and their families.



[Assessment of Suicide Risk – Provider's Pocket Card for Assessment and Identification of Suicide Risk](#)

VA/DoD Pocket Card to assist providers in identification and assessment of suicide risk.



[Military Suicide Risk Assessment: Primary Care Clinic Visit Guidance](#)

Deployment Health Clinical Center Pocket Card to assist providers in assessing, evaluating and referring patients with potential suicide risk.



[Uniformed Services University of the Health Sciences \(USUHS\) - Courage to Care - Suicide Facts for Primary Care Providers, Helping Service Members and Families Overcome Barriers to Care](#)

Fact sheet for primary care providers for helping service members and their families who are concerned about the potential for suicide.

1. c. 2. Screening and Management

[US Preventive Services Task Force \(USPSTF\) Screening for Suicide Risk, May 04](#)

Recommendation of the USPSTF regarding screening for suicide risk in primary care setting.

[Screening for Suicide Risk: A Systematic Evidence Review for the U.S. Preventive Services Task Force, May 04](#)

Systematic literature review on screening for suicide risk in primary care.

1. c. 3. General Resources

Military Suicide Prevention Policies and Web Pages

Army

[Army G1, Suicide Prevention Web Page](#)

Army Human Resources Policy Directorate (G1) provides oversight for the Army Suicide Prevention Program. This Web page contains policies, training material, commanders tool kit, and other supporting items.

[USACHPPM Suicide Prevention Resources Web Page](#)

This Web Page from the U.S. Army Center for Health Promotion and Preventive Medicine provides resource material on suicide prevention.

[USACHPPM Hooah4Health Suicide Prevention Web Page](#)

This U.S. Army health promotion and wellness Web site is specifically targeted for the Reserve Components. The page on suicide prevention provides guidance for service members on how to identify and assist a buddy who may be contemplating suicide.

[Army Behavioral Health, Suicide Prevention Web Page](#)

The Web site of the Army Proponency Office for Behavioral Health provides information on the Army Suicide Prevention Program.



[Army G1, Army Suicide Prevention - A Guide for Installations and Units, 15 Mar 08](#)



[AR 600-63, Army Health Promotion, 7 May 07 \(Paragraph 4-4 Suicide Prevention and Surveillance\)](#)



[AR 600-8-4, Line of Duty Policy, Procedures, and Investigations, 4 Sep 08](#)

Removes the requirement to conduct a psychological autopsy for mental conditions.



[DA Pam 600-24, Suicide Prevention and Psychological Autopsy, 30 Sep 88](#)

Air Force

[Air Force Suicide Prevention Program Web Site](#)

The AFSPP Web site is designed to provide information and tools to members of the Air Force community (Suicide Prevention Program Managers, commanders, gatekeepers, IDS members, etc.) in their efforts to help reduce Air Force suicides.



[AFI 44-154 Suicide and Violence Prevention Education and Training, 3 Jan 03 \(including administrative changes 28 Aug 06\)](#)



[AFPAM 44-160, The Air Force Suicide Prevention Program, Apr 01](#)



[Department of the Air Force, Office of the Chief of Staff, Memorandum Air Force Suicide Prevention Program Checklist, 20 Sep 06](#)

Navy/Marines

[Navy Personnel Command, Navy Suicide Prevention Program Web Page](#)

The Navy Personnel Command, Bureau of Naval Personnel sponsors this Web page with information on the Navy Suicide Prevention Program.

[Navy and Marine Corps Public Health Center \(NMCPHC\), Suicide Prevention Web Page](#)

The NMCPHC provides information on suicide prevention and the Navy Suicide Prevention Program.

[Marine Corps Community Services \(MCCS\) Suicide Prevention Web Page](#)

MCCS is the single point of contact and service provider for over 80 community programs and service available in garrison, deployed, or independent duty environments. The Suicide Prevention Page on its Web site provides resources for marines and family members on suicide prevention.

Coast Guard

[Coast Guard Health and Safety Directorate Office of Work-Life \(CG-111\) Suicide Prevention Web Page](#)

The Coast Guard's Work-Life Program is managed by the Office of Work-Life, a Headquarters program manager staff within the Health and Safety Directorate, reporting to the Assistant Commandant for Human Resources. This Web Page provides information on the Coast Guard Suicide Prevention Program.



[COMDTINST 1734.1 Suicide Prevention, 28 Feb 97](#)

Veterans Administration

[VA Mental Health Web Page \(Suicide Prevention Awareness\)](#)

Federal

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) National Suicide Prevention Initiative Web Page](#)

[National Strategy for Suicide Prevention Web Site](#)



[National Strategy for Suicide Prevention. Goals and Objectives for Action , 2001](#)

Suicide Prevention Web Pages/Sites for Adults

Federal

[Veterans Affairs Suicide Hotline](#)

To ensure veterans with emotional crises have round-the-clock access to trained professionals, the Department of Veterans Affairs (VA) is partnering with the National Suicide Prevention Lifeline to operate a national suicide prevention hotline for veterans. Veterans can call 1-800-273-TALK (8255) and press "1" to reach the VA hotline, which will be staffed by mental health professionals in Canandaigua, N.Y. who will work closely with local VA mental health providers to help callers.

[VA Mental Illness Research, Education and Clinical Center \(MIRECC\) on Suicide and Suicidality in Veterans](#)

MIRECCS were established by Congress with the goal of bringing best practices in mental health care into the clinical settings of the VA. They conduct research and produce clinical educational programs. . MIRECC at VISN 19, Denver, CO specializes in suicide and suicidality of veterans.

[Centers for Disease Control and Prevention \(CDC\) – Suicide Prevention Web Page](#)

[National Institute of Mental Health Suicide Prevention Web Page](#)

[National Library of Medicine MedLine Plus Suicide Web Page](#)



[MEDCOM Directory of Suicide Prevention and Related Web Sites, Jun 02](#)

List of government agencies, voluntary associations, and private organizations that provide suicide prevention or information and resources to the general public and/or healthcare professionals.

[National Suicide Prevention Lifeline](#)

A 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. 1-800-273-TALK (8255). The National Suicide Prevention Lifeline grant is one component of the National Suicide Prevention Initiative (NSPI), a multi-project effort to reduce suicide led by the Substance Abuse and Mental Health Services Administration's Center for Mental Health Services.

[Suicide Prevention Resource Center \(SPRC\)](#)

The SPRC was created in 2002 to fulfill Goal 4.8 of the National Strategy for Suicide Prevention, which called for "the development of a technical assistance and resource center to build capacity for states and communities to implement and evaluate suicide prevention programs." SPRC is supported by a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA).

[SPRC State Suicide Information and Contacts Web Page](#)

[Preventing Suicide Network \(PSN\)](#)

A national suicide prevention Web site developed under contract from the National Institutes of Mental Health.

[afterdeployment.org](#)

The Military Health System's premier mental wellness resource and web portal for service members, veterans, and military families suffering post-deployment mental health problems.

Private and Academic Organizations

[American Association of Suicidology](#)

A non-profit organization that promotes research, public awareness programs, public education, and training for professionals and volunteers. In addition, AAS serves as a national clearinghouse for information on suicide.

[American Foundation for Suicide Prevention](#)

A non-profit organization exclusively dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those impacted by suicide.

[American Psychological Association Suicide Web Page](#)

[Mental Health America Suicide Web Page](#)

Mental Health America (formerly known as the National Mental Health Association) is a nonprofit organization dedicated to helping all people live mentally healthier lives.

[National Alliance on Mental Illness \(NAMI\) Suicide in Youth Web Page](#)

NAMI is “the nation’s largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families.”

[Suicide Awareness Voices of Education \(SAVE\)](#)

A non-profit organization that was one of the nation's first organizations dedicated to the prevention of suicide and was a co-founding member of the National Council for Suicide Prevention.

[Stop A Suicide Today](#)

A program of Screening for Mental Health, Inc. that teaches how to recognize the signs of suicide in family members, friends and co-workers. It emphasizes the relationship between suicide and mental illness and the notion that a key step in reducing suicide is to get those in need into mental health treatment.

[Suicide Prevention Action Network USA \(SPAN USA\)](#)

A non-profit organization dedicated to preventing suicide through public education and awareness, community action and federal, state and local grassroots advocacy.

[SPAN USA - State Suicide Information and Contacts](#)


Provides information on suicide prevention plans and contacts for each state.

[Lifeline Gallery: Stories of Hope and Recovery](#)

Lifeline Gallery’s goal is to raise awareness about the effects of suicide, reduce stigma, connect people to emotional support and offer help. It is a project founded by the National Suicide Prevention Lifeline and Link2Health Solutions, Inc. that is a non-profit wholly owned subsidiary of the Mental Health Association of New York City.

[TAPS](#)

Tragedy Assistance Program for Survivors (TAPS is a non-profit organization that is a front line resource for all who through war, illness, accident or suicide have lost a loved one serving in the Armed Forces. Its

Target Population: Children	<p>comprehensive services include a national network of peer-based emotional support, casework assistance, crisis intervention, and grief and trauma resources.</p> <p>International</p> <p>World Health Organization (WHO) Suicide Prevention Web Page Worldwide suicide prevention activities under the auspices of the World Health Organization (WHO).</p> <p>Suicide Prevention International (SPI) Not-for-profit organization that develops, implements, and funds suicide prevention projects in the United States and worldwide.</p>
	1. c. 1. Diagnosis and Management
	<p> American Academy of Pediatrics Policy. Suicide and Suicide Attempts in Adolescents. <i>Pediatrics</i> Vol. 120 No. 3 Sep 07, pp. 669-676</p> <p>This report is intended to assist the pediatrician in the identification and management of the adolescent at risk of suicide.</p>
	1. c. 2. General Resources
Target Population: Adults	<p>National Youth Violence Prevention Resource Center – Suicide A Federal resource sponsored by the Centers for Disease Control and Prevention for communities to help support their efforts to plan, develop, implement, and evaluate effective youth violence prevention efforts.</p>
	1.d. Substance Use
	1. d. 1. Diagnosis and Management
	<p>Substance Use Disorders Clinical Practice Guidelines for Adults</p> <p>VA/DoD Management of Substance Use Disorders in Primary and Specialty Care Clinical Practice Guideline, Sep 01 This guideline was designed to assist substance abuse treatment specialists and primary medical care providers in</p>

early detection of symptoms, assessment of treatment readiness, determination of the appropriate setting and intensity of treatment, and delivery of individualized interventions. The guideline consists of five modules that address inter-related aspects of care for patients with SUDs: Module A (Assessment and Management in Primary Care); Module C (Care Management); Module P (Addiction-Focused Pharmacotherapy); Module R (Assessment and Management in Specialty Care); and Module S (Stabilization).



[Psychiatryonline Web Page with American Psychiatric Association \(APA\) Treatment of Patients with Substance Use Disorders Practice Guideline, clinical tools and related links](#)

This APA guideline published in May 06 provides recommendations for the treatment of patients with substance use disorders.

Online Documents on Substance Use Disorder Diagnosis and Treatment in Adults

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) Screening, Brief Intervention, and Referral to Treatment \(SBIRT\)](#)

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. Primary care centers, hospital emergency rooms, trauma centers, and other community settings provide opportunities for early intervention with at-risk substance users before more severe consequences occur.

[Treatment Improvement Protocol \(TIP\) # 24: Guide to Substance Abuse Services for Primary Care Clinicians](#)

This report recommends guidelines for primary care clinicians to follow in caring for patients with alcohol and illicit drug use disorders.



[Brief Intervention for Hazardous and Harmful Drinking. A Manual for Use in Primary Care, World Health Organization, 2001](#)

This manual was written to help primary care workers (physicians, nurses, community health workers, and others) deal with persons whose alcohol consumption has become hazardous or harmful to their health. Its aim is to link scientific research to clinical practice by describing how to conduct brief interventions for patients with alcohol use disorders and those at risk of developing them.

[National Institute on Drug Abuse \(NIDA\)](#)

[NIDAMED - Resources for Medical and Health Professionals](#)

[NIDA Research Report. Comorbidity: Addiction and Other Mental Illnesses, Dec 08](#)

[National Guideline Clearinghouse. Screening and Behavioral Counseling Interventions in Primary Care to Reduce Alcohol Misuse: Recommendation Statement. Ann Intern Med 2004 Apr 6;140\(7\):554-6.](#)

Guidelines from the U. S. Preventive Services Task Force on Screening and Behavioral Counseling Interventions in Primary Care to Reduce Alcohol Misuse



[National Institute on Alcohol Abuse and Alcoholism \(NIAA\). Helping Patients Who Drink Too Much – A Clinician’s Guide \(2005\)](#)

This Guide was written for primary care and mental health clinicians. It has been produced by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a component of the National Institutes of Health,

[Brief Addiction Science Information Source \(BASIS\)](#)

The BASIS provides a forum for the free exchange of information related to addiction, providing public access to the latest scientific developments and resources in the field. Its aim is to strengthen worldwide understanding of addiction and minimize its harmful effects. Its partners include The Division on Addictions, Cambridge Health Alliance, and Harvard Medical School teaching affiliates.

1. d. 2. Screening and Management

[Combat Veterans from Recent Wars are at Increased Risk for Alcohol-Related Problems, Aug 2008](#)

[All Patients Should be Asked About Alcohol and Drug Use, Dec 2008](#)



[US Preventive Services Task Force Screening and Behavioral Counseling Interventions in Primary Care to Reduce Alcohol Misuse, Apr 04](#)

Screening recommendations.

[Substance Use Screening & Assessment Instruments Database](#)

This database is intended to help clinicians and researchers find instruments used for screening and assessment of substance use and substance use disorders. It is an ongoing project of the Library & Information staff at the Alcohol and Drug Abuse Institute, University of Washington.

[The Addiction Research Institute of the Center for Social Work Research – The University of Texas at Austin, Alcohol and Substance Abuse Measurement Instrument Collection](#)

List of measuring instruments and documentation for faculty and student research papers.

[Alcohol Consumption Questions \(AUDIT-C\) Frequently Asked Questions About AUDIT-C](#)



[The Alcohol Use Disorders Identification Test \(AUDIT\), Guidelines for Use in Primary Care, 2nd Edition, 2001](#)

1. d. 3. General Resources

Military Substance Abuse Policies and Web Pages

Army

[Army Quality Management Office, Substance Use Disorders Web Page](#)



[AR 600-85 Army Substance Abuse Program \(ASAP\), 2 Feb 09](#)



[DA Pam 600-85 Army Substance Abuse Program Civilian Services, 15 Oct 01](#)

Air Force

[Air Force Alcohol and Drug Abuse Prevention and Treatment \(ADAPT\) and Demand Reduction \(DR\) Programs Web Page](#)



[Air Force Instruction \(AFI\) 44-121 Alcohol and Drug Abuse Prevention and Treatment \(ADAPT\) Program, 26 Sep 01](#)



[Air Force Instruction \(AFI\) 44-120 Drug Abuse Testing Program, 1 Jul 00](#)

Navy/Marines

[Navy and Marine Corps Public Health Center \(NMCPHC\) Alcohol and Drug Abuse Prevention Web Page](#)

[Navy Alcohol and Drug Abuse Prevention \(NADAP\) Web Page](#)

 [OPNAV Instruction 5350.4C Drug and Alcohol Abuse Prevention and Control, Jun 99](#)

 [Change Transmittal 2](#)

 [Change Transmittal 3](#)

 [Change Transmittal 4](#)

Coast Guard

[Coast Guard Health and Safety Directorate Office of Work-Life \(CG-111\) Substance Abuse Program Web Page](#)

 [COMDTINST M6200.1, Coast Guard Health Promotions Manual, Chapter 2, Substance Abuse Treatment and Prevention Program, Jul 07](#)

 [COMDTINST M1000.6, Coast Guard Personnel Manual, Chapter 20, Drug and Alcohol Abuse Policy](#)

Substance Abuse Web Pages/Sites for Adults

Federal

[DHHS, Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

[SAMHSA's National Clearinghouse for Alcohol and Drug Information \(NCADI\)](#)

[Self-Help Resources](#)

[afterdeployment.org](#)

The Military Health System's mental wellness resource and web portal for service members, veterans, and military families suffering post-deployment mental health problems.

[Drug Enforcement Administration \(DEA\)](#)

[National Institute on Drug Abuse \(NIDA\)](#)

[Office of National Drug Control Policy](#)

[Centers for Disease Control and Prevention \(CDC\) Alcohol and Public Health Web Page](#)

[VA National Center for Health Promotion & Disease Prevention \(NCP\) Alcohol and Substance Abuse - 2007](#)

[DoD Mental Health Self-Assessment Program](#)

[That Guy](#)

Multi-media campaign managed by the Military Health System that uses online and offline communication with the goal of reducing excessive drinking among young service members.

Other

[Al-Anon/Alateen](#)

[Alcoholics Anonymous](#)

[American Society of Addiction Medicine](#)

[Association for Medical Education and Research in Substance Abuse \(AMERSA\)](#)

[Community Anti-Drug Coalitions of America](#)

[National Center on Addiction and Substance Abuse at Columbia University](#)

The National Center on Addiction and Substance Abuse (CASA) at Columbia University is the only nation-wide organization that brings together under one roof all the professional disciplines needed to study and combat abuse of all substances – alcohol, nicotine as well as illegal, prescription and performance enhancing drugs – in all sectors of society.

[Drug Strategies](#)

Provides the drug and alcohol addiction treatment and rehabilitation information. Trained counselors are also available from professionals 24 hours a day.

[Join Together](#)

A program of the Boston University School of Public Health.

[AlcoholScreening.org/](#)

	<p>DrugScreening.org/</p> <p>Narcotics Anonymous</p> <p>National Council on Alcoholism and Drug Dependence</p> <p>Partnership for a Drug-Free America</p> <p>The Association for Addiction Professionals</p> <p>MedlinePlus: Substance Abuse Problems</p> <p>WebMD Alcohol Abuse Health Center</p> <p>WebMD Drug Dependence and Abuse</p>
<p>Target Population: Children</p>	<p>1.d. Substance Use</p>
	<p>1. d. 1. Diagnosis and Management</p>
	<p>American Academy of Pediatrics Policy, Tobacco, Alcohol, and Other Drugs: The Role of the Pediatrician in Prevention, Identification, and Management of Substance Abuse, Pediatrics Vol. 115 No. 3 March 2005, pp. 816-821</p> <p>The harmful consequences of tobacco, alcohol, and other drug use are a concern of medical professionals who care for infants, children, adolescents, and young adults. The American Academy of Pediatrics has developed this report to assist the pediatrician in including the discussion of substance abuse as a part of routine health care, starting with the prenatal visit, and as part of ongoing anticipatory guidance.</p>
	<p>1. d. 2. General Resources</p>
	<p>Parents. The Anti Drug.</p> <p>Al-Anon/Alateen</p> <p>National Youth Anti-Drug Media Campaign</p> <p>National Youth Violence Prevention Resource Center – Alcohol Abuse</p>

	<p>A Federal resource sponsored by the Centers for Disease Control and Prevention for communities to help support their efforts to plan, develop, implement, and evaluate effective youth violence prevention efforts.</p>
<p>Target Population: Adults</p>	<p>1.e. Family Violence or Domestic Abuse</p>
	<p>1. e. 1. Domestic Abuse – Diagnosis and Management</p>
	<p>The DoD Family Advocacy Program (FAP) at each installation that supports families works with military command, military and civilian law enforcement, medical staff, family center personnel and chaplains, victim advocates, and civilian domestic abuse resources to provide a coordinated response to domestic abuse involving service members.</p> <p>http://www.militaryhomefront.dod.mil/sp/fap</p> <p>The FAP service provider section of Military HOMEFRONT includes comprehensive and current information for FAP service providers, including links to relevant policies and legislation, management resources and materials, promotional materials, training resources, program information, and frequently asked questions intended to assist service providers in providing well-coordinated and informed domestic abuse prevention and intervention.</p> <p>Service-specific Family Advocacy Programs can be accessed at the following websites:</p> <p>Marine Corps: MCCS - Family Advocacy Program</p> <p>Navy: Fleet and Family Support Center - Family Advocacy</p> <p>Air Force: Air Force Family Advocacy Program</p> <p>Army: Army Family Advocacy Program</p> <p>Military OneSource: 1-800-342-9647 By calling the 1-800 number, MOS consultants will connect callers to specially trained victim advocates on military installations and locate civilian resources when appropriate.</p> <p>Military One Source - Abuse and Neglect* Military OneSource resources specific to abuse and neglect.</p>

*(*Must register for Military OneSource before accessing site user id: military, password: onesource)*

[National Center for Post Traumatic Stress Disorder \(NPTSD\) – Intimate Partner Violence](#)

Intimate Partner Violence (IPV) occurs when a current or former partner uses behaviors or threats that can make you feel scared, controlled, or intimidated. A relationship in which IPV occurs is known as an abusive relationship.

1. e. 2. Domestic Abuse – Additional Resources

[Marine Leader's Guide for Managing Marines in Distress](#)

Offers guidance on responding to domestic abuse before, during, and after an incident in Marine communities.

[AFMS Public Site - Leader's Guide for Managing Personnel in Distress](#)

Air Force Leader's Guide for Managing Personnel in Distress offers guidance on responding to domestic abuse in Air Force communities.

[Navy Leader's Guide for Managing Personnel in Distress](#)

Offers guidance on responding to domestic abuse in Navy communities.

[National Domestic Abuse Hotline](#): 1-800-799-SAFE (7233)

National hotline providing 24/7 assistance to victims or to those working on behalf of victims. Provides crisis intervention, safety planning, information and referral to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands. Assistance is available in English and Spanish and interpreter services for 170 languages.

[Family Violence Prevention Fund](#)

Non-profit organization whose mission is to prevent violence within the home and in the community. Offers information and resources on a wide variety of topics related to domestic abuse. Under the Fund's campaign section, resources related to children and families, health care, and public policy can be accessed along with other topics that may be of interest.

[National Partnership to End Interpersonal Violence](#)

A national partnership against interpersonal violence across the lifespan. Planning is in process for the next 2 meetings and development of the infrastructure Focus is on increasing awareness of interpersonal violence and creating national recognition for the field; victims of such violence continue, but the field has not progressed

	significantly from a national priority perspective.
Target Population: Children	1.e. Family Violence
	<p data-bbox="705 334 1591 370">1. e. 1. Child Abuse/Neglect - Diagnosis and Management</p> <p data-bbox="611 423 1913 524">The DoD Family Advocacy Program (FAP) at each installation that supports families works with military command, military and civilian law enforcement, medical staff, family center personnel and chaplains, victim advocates, and civilian child abuse resources to provide a coordinated response to child abuse/neglect involving service members.</p> <p data-bbox="611 558 861 584">Military HOMEFRONT</p> <p data-bbox="611 631 1913 751">The FAP service provider section of MilitaryHOMEFRONT (MHF) includes comprehensive and current information for FAP service providers, including links to relevant policies and legislation, management resources and materials, promotional materials, training resources, program information, and frequently asked questions intended to assist service providers in providing well-coordinated and informed child abuse/neglect prevention and intervention.</p> <p data-bbox="611 794 1864 878">When visiting MilitaryHOMEFRONT, service providers can find additional information specific to child abuse/neglect by clicking on Troops and Families from the homepage and scrolling down the left menu to child abuse.</p> <p data-bbox="611 922 995 948">The New Parent Support Program</p> <p data-bbox="611 992 1913 1018">The DoD home visitation program offered on most military installations to families with children ages zero to three.</p> <p data-bbox="611 1062 1871 1146">Service-specific Family Advocacy Programs and New Parent Support Program (NPSP) can be accessed at the following websites. NPSP for the Army and the Air Force can be accessed through the FAP site or through MilitaryHOMEFRONT at the NPSP link noted above or through Military INSTALLATIONS on the MHF homepage:</p> <p data-bbox="611 1190 781 1216">Marine Corps:</p> <p data-bbox="611 1222 991 1248">MCCS - Family Advocacy Program</p> <p data-bbox="611 1292 1031 1318">MCCS - New Parent Support Program</p> <p data-bbox="611 1362 676 1388">Navy:</p> <p data-bbox="611 1395 1188 1421">Fleet and Family Support Center - Family Advocacy</p>

[Fleet and Family Support Center - New Parent Support](#)

Air Force:

[Air Force Family Advocacy Program](#)

Army:

[Army Family Advocacy Program](#)

Military OneSource: 1-800-342-9647

By calling the 1-800 number, MOS consultants can connect callers to civilian child protective service agencies and other resources as needed.

[Family Advocacy Program - Child Abuse - Military OneSource](#)

(*Must register for Military OneSource before accessing site user id: military, password: onesource)|**Military OneSource resources specific to child abuse and neglect.** Includes state child abuse hotline numbers, internet addresses for National Center on Shaken Baby Syndrome and the American Academy of Pediatrics, and resources for DoD Service Providers.

1. e. 2. Child Abuse/Neglect - Additional Resources

[Child Welfare Information Gateway](#)

Sponsored by the U.S. Department of Health and Human Services, this site provides comprehensive information and resources on the prevention and intervention of child abuse/neglect.

[Zero to Three: Key Topics](#)

National nonprofit that provides comprehensive and research base material for all those who touch the lives of children ages zero to three. Find specific information relating to military families by searching under the Key Topics drop down menu. Additional topics of interest are displayed on the left menu.

[American Academy of Pediatrics Site](#)

Provides extensive information for health care providers but also includes a section for parents entitled "Parenting Corner". Topics specific to the Uniformed Services can be accessed by searching under "Sections".

[FRIENDS - National Resource for Community-Based Child Abuse Prevention](#)

The National Resource Center for Community-Based Child Abuse Prevention (CBCAP). Serves as a resource to

communities working to prevent child abuse using evidence informed practices.

2. Management of Traumatic Brain Injury and Family Traumatic Brain Injury Issues

Target Population: Families

2.a. Diagnosis and Management



[VA/DoD Management of Concussion/Mild Traumatic Brain Injury Clinical Practice Guideline, Apr 09](#)



[Updated Mild Traumatic Brain Injury \(mTBI\) Clinical Guidance in Non-Deployed Medical Activities, May 09](#)



[DASD \(FHP&R\) Memo, Clinical Guidance for Mild Traumatic Brain Injury \(mTBI\) in Non-Deployed Medical Activities, 29 Oct 07](#)



[HA Policy 07-030 Traumatic Brain Injury: Definition and Reporting, 1 Oct 07](#)

[Brain Trauma Foundation, TBI Treatment Guidelines](#)

Guidelines for the Management of Severe Traumatic Brain Injury, 3rd edition, 2007

Guidelines for Prehospital Management of Traumatic Brain Injury, 2nd edition, 2007

Guidelines for the Surgical Management of Traumatic Brain Injury, 2006

Guidelines for Field Management of Combat-Related Head Trauma, 2005

Guidelines for the Acute Medical Management of Severe Traumatic Brain Injury in Infants, Children, and Adolescents, July 2003

Centers for Disease Control and Prevention (CDC)

[CDC, Heads Up: Brain Injury in Your Practice Tool Kit Jan 07](#)



[Facts for Physicians About Mild Traumatic Brain injury Jan 07\(MTBI\)](#)

[CDC, Explosions and Blast Injuries: A Primer for Physicians](#)

Web Pages for TBI Clinical Interventions and Treatment for Adults

[BrainLine.org, Professionals Page](#)

2.b. Effect of Traumatic Brain Injury on Family Members

Books/Articles on Effect of TBI on Family Members

Blais, M. C., & Boisvert, J. M. (2007). Psychological adjustment and marital satisfaction following head injury: which critical personal characteristics should both partners develop? *Brain Injury*, 21(4), 357-372

Kreutzer, J. S., Marwitz, J. H., Hsu, N., Williams, K., & Riddick, A. (2007). Marital stability after brain injury: an investigation and analysis. *NeuroRehabilitation*, 22, 53-59

Vanderploeg, R. D., Curtiss, G., Duchnick, J. J., Luis, C. A. (2003). Demographic, medical, and psychiatric factors in work and marital status following mild head injury. *Journal of Head Trauma Rehabilitation*, 18, 148-163

[Rehabilitation Research and Training Center \(RRTC\) on Community Integration of Persons with Traumatic Brain Injury \(TBI\). TBI Community Web Site](#)

TC was awarded to researchers at TIRR (The Institute for Rehabilitation and Research) and Baylor College of Medicine by the National Institute on Disability and Rehabilitation Research (NIDRR). Its mission is to ensure that all those affected by TBI, including traditionally under-served populations, have access to information, resources, and services that maximize participation in their communities and that treating professionals have the necessary information to meet the needs of persons with TBI.)

2.c. General Resources

TBI Web Pages/Sites for Adults

Federal

[Defense Centers of Excellence For Psychological Health & Traumatic Brain Injury](#)

[DCoE Outreach Center](#)

[Defense and Veterans Brain Injury Center \(DVBIC\)](#)

[Wounded Warrior Resource Center, National Resource Directory TBI Page](#)

[Army Proponency Office for Rehabilitation and Reintegration](#)

[Uniformed Services University of the Health Sciences \(USUHS\) Center for Neuroscience and Regenerative Medicine](#)

[Army Knowledge on Line \(AKO\) Army Neuropsychology Page](#)

[VA Polytrauma Centers](#)

[Palo Alto](#)

[Tampa](#)

[Minneapolis](#)

[Richmond](#)

[Centers for Disease Control and Prevention \(CDC\) - TBI Page](#)

[Health Resources and Services Administration \(HRSA\) MCHB Federal TBI Program](#)

[National Institute of Neurological Disorders and Strokes \(NINDS\) – TBI Page](#)

National

[National Association of State Head Injury Administrators \(NASHIA\)](#)

[Brain Injury Association of America](#)

[Brain Trauma Foundation](#)

[National Brain Injury Research, Treatment, and Training Foundation \(NBIRTT\)](#)

[North American Brain Injury Society](#)

[National Disability Rights Network \(NDRN\)](#)

State

[Brain Injury Association of America Chartered State Affiliates](#)

Other

[Brainline.org](#)

A service of WETA, the public TV and radio station in Washington, DC and funded by Defense and Veterans Brain Injury Center.

[Centre for Neuro Skills \(CNS\)](#)

[International Brain Injury Association](#)

[International Brain Research Foundation, Inc. \(IBRF\)](#)

[Kessler Medical Rehabilitation Research and Education Corporation \(KMRREC\)](#)

[The Rehabilitation Research and Training Center \(RRTC\) on Community Integration of Persons With Traumatic Brain Injury](#)

[National Rehabilitation Information Center \(NARIC\)](#)

Section Three: Training and Education Materials

1. Provider Education

Target Population: Adults

1.a. Psychological Health

1. a. 1. Traumatic Stress

[Center for the Study of Traumatic Stress \(CSTS\), Post Deployment Health and Distress Responses: Overview for Practitioners](#)

[RESPECT-Mil](#)

RESPECT-Mil, which stands for Re-Engineering Systems of Primary Care Treatment in the Military, is a system of primary care designed to enhance the recognition and high-quality management of Post-Traumatic Stress Disorder (PTSD) and depression. The US Army Medical Command has directed wide implementation of RESPECT-Mil in Army primary care facilities. Tri-service implementation is in the planning stages. Web-based training for the management of PTSD and depression is available at this Web site.

[Military Health System \(MHS\) Pilot Education Program for Civilian Providers on PTSD and TBI](#)

Offers 17 Continuing Education Units. Direct care providers can take advantage of this CME educational opportunity through their existing MHS Learn accounts.

[Humana Military Healthcare Services and University of Louisville Courses on PTSD and TBI](#)

Humana Military Healthcare Services, in partnership with University of Louisville, offers 2 one hour online CME courses on PTSD and TBI.

[VA National Center for PTSD \(NCPTSD\)](#)

[NCPTSD Training and Educational Materials for Health Care Providers Web Page](#)

Contains manuals, fact sheets, videos and link to web-based training for health care providers on causes, assessment, and treatment of traumatic stress disorders

[NCPTSD – PTSD 101 Training for Providers](#)

PTSD 101 is a web-based educational resource that is designed for busy practitioners who provide services to military men and women and their families as they recover from combat stress or other traumatic events.

[NCPSTD Video, The New Warrior: Combat Stress and Wellness – Provider Perspectives, 2005 \(73 minutes\)](#)

This NCPTSD video was developed to help promote wellness in veterans returning from Iraq and Afghanistan and to prevent chronic mental health issues resulting from combat and other war-zone stress. The intended audience is health care providers.

[VA, Veterans Health Initiative, Independent Study Course, PTSD: Implications for Primary Care](#)

The Veterans Health Initiative (VHI), produced by the VA Office of Public Health and Environmental Hazards, offers independent study courses developed to recognize the connection between certain health effects and military service, facilitate better documentation of military medical history and prepare health care providers to better serve their veteran patients. The courses are accredited and satisfy medical licensure requirements. They are accessible only through the VA Learning Management System (LMS), a web site intended for employees and staff of the Department of Veterans Affairs. The manual for the Independent Study Course on PTSD can be downloaded at <http://www1.va.gov/vhi/docs/posttraumatic> [www.pdf](#)

[National Child Traumatic Stress Network Training Events Calendar](#)

Information on training events sponsored by the NCTSN.

1. a. 2. Depression

Department of Defense Deployment Health Clinical Center (DHCC)

[RESPECT-Mil](#)

RESPECT-Mil, which stands for Re-Engineering Systems of Primary Care Treatment in the Military, is a system of primary care designed to enhance the recognition and high-quality management of Post-Traumatic Stress Disorder (PTSD) and depression. The US Army Medical Command has directed wide implementation of RESPECT-Mil in Army primary care facilities. Tri-service implementation is in the planning stages. Web-based training for the management of depression and PTSD is available at this Web site.

[Deployment Health Clinical Training Series Module, Managing Depression in Primary Care Using the VA/DoD Major Depressive Disorder Clinical Practice Guideline, 7 May 07](#)

Video, script and slides for primary care clinicians providing an overview of the management of depression using the VA/DoD Major Depressive Disorder Clinical Practice Guideline.

[Podcast on DepressionIsReal.org Web site entitled "Depression and Military Service, 17 May 07"](#)

Discusses mental health programs for returning veterans and their families.

[National Quality Management Program \(NQMP\) On-Line Education Depression Detection and Management in the Direct Care System \(DCS\) 2004, 30 Nov 05](#)

An overview of depression and the findings of the 2004 NQMP Depression Detection and Management quality study.

[Institute for Healthcare Improvement, Depression Training Manual, 2002](#)

Training manual developed by the Institute for Healthcare Improvement, Boston, MA, with support from the Bureau of Primary Health Care (BPHC) to help health centers improve care for their patients with depression. The manual includes key changes and measures for improving care, along with tips, tools, and other resources to assist organizations in this work.

1. a. 3. Suicide

[EndingSuicide.com](#)

Online Education on Suicide Prevention for Professionals - supported by a contract from the National Institute of Mental Health

[Deployment Health Clinical Training Series Module, Suicide, Jan 04](#)

[PowerPoint Presentation Summarizing the APA Suicide Assessment Guidelines, University of Michigan Colloquium Series 19 Dec 03](#)

[Suicide Risk Assessment Workshop Video and Slides, University of Michigan Comprehensive Depression Center, 2003](#)

[VA Satellite Broadcast - "Suicide, Recognizing Risks Across Treatment Settings"](#)

(90 minutes) Can be ordered from US Army MEDCOM Quality Management Office Web site Shopping Cart,

	Depression Toolkit Item Number DE-000--01-08
	<p data-bbox="701 272 1037 310">1. a. 4. Substance Use</p> <p data-bbox="611 367 1283 394">Alcohol Screening and Brief Intervention Curriculum, Jul 07</p> <p data-bbox="611 402 1898 573">The curriculum is a web-based training curriculum geared toward generalist clinicians. This evidence-based curriculum is a tool used for teaching skills for addressing unhealthy alcohol use (e.g. screening, assessment, brief intervention, and referral) in primary care settings, and emphasizes knowledge and skills regarding cross-cultural efficacy. The curriculum, a project of the Boston Medical Center, is a product of the Alcohol Clinical Training (ACT) Project.</p> <p data-bbox="611 607 1682 634">SAMHSA Center for Substance Abuse Prevention's (CSAP) Prevention Pathways Online Courses</p>
1. Provider Education	
Target Population: Children	1.a. Psychological Health
	1. a. 1. Traumatic Stress
	<p data-bbox="611 915 1314 943">Trauma Focused Cognitive-Behavioral Therapy (TF-CBT) Web</p> <p data-bbox="611 951 1850 1089">TF-CBT Web is a 10-hour web-based, multi-media, distance education course for mental health professionals seeking to learn Trauma-Focused Cognitive-Behavioral Therapy.. It was developed for professionals holding a masters degree or above or graduate students in a mental health discipline such as clinical social work, professional counseling, clinical psychology, psychiatry, marital and family therapy, or psychiatric nursing.</p>
1. Provider Education	
Target Population: Service Member,	1.a. Psychological Health
	1. a. 1. Traumatic Brain Injury in the Service Member and its Effects on the Family

Families	<p>CSTS Traumatic Brain Injury (TBI): Helping Service Members and Families in Need</p> <p>Dot Mil Docs 48: Traumatic Brain Injury & Suicide Prevention, 3 Mar 09 Webcast interview of Director, Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury who discusses traumatic brain injury and suicide prevention.</p> <p>Army Traumatic Brain Injury Program PowerPoint Briefing 25 Feb 09 - Prepared for Brain Injury Awareness Month by Army Proponency Office for Rehabilitation and Reintegration</p> <p>TRICARE Pilot Education Program for Civilian Providers on PTSD and TBI Offers 17 Continuing Education Units. Direct care providers can take advantage of this CME educational opportunity through their existing MHS Learn accounts.</p> <p>Army PTSD/mTBI Chain Teaching Program</p> <p>Mild Traumatic Brain and Post Traumatic Stress Disorder Facilitator's Guide, 2007</p> <p>2007 MHS Conference Presentation, Traumatic Brain Injuries: Pathophysiology, Treatment and Prevention</p> <p>Centre for Neuro Skills (CNS). CEU Course Mild Traumatic Brain Injury (MTBI): Identification, Assessment and Treatment The database contains information on over 350 educational videotapes, audiotapes and written materials that people with TBI, their family members and health care professionals can use. Topics available include: Medical Management ; Comprehensive Rehabilitation; Cognitive Function; Psychological and Social Issues ; Education; and Employment.</p> <p>VA, Veterans Health Initiative Independent Study Course, Traumatic Brain Injury, Jan 04</p>
2. Patient and Family Education	
Target Population: Service Members,	2.a Understanding Medical and Psychological Aspects of Traumatic Brain Injuries
	2. a. 1. Traumatic Stress
	<p>Mental Health America, Operation Health Reunions, Post-Traumatic Stress Disorder</p>

Adults

Information on symptoms , treatment, self-care, and helping a family member with PTSD.

[NYU Child Study Center, Post-Deployment Stress Disorder](#)

Information on signs and symptoms, children at risk, diagnosis, treatment, support and resources.

[VA National Center for PTSD \(NCPTSD\)](#)

[National Center for Post Traumatic Stress Disorder Diagnosis and Assessment for Veterans and Their Families Web Page](#)

[Hope for Recovery](#)

An educational video about PTSD for veterans and their family members as well as for caregivers.

[NCPTSD Videos for Veterans and Their Families Web Page](#)

Videos to help Veterans and their Families understand trauma and PTSD.

[National Institute of Mental Health \(NIMH\) Publications about PTSD Web Page](#)

[American Psychological Association PTSD Web Page](#)

Provides links to journal articles, books and videos, news articles and related resources for PTSD.

[MedlinePlus: Post Traumatic Stress Disorder Page](#)

[Afterdeployment.org](#)

The Military Health System's mental wellness resource Web portal for service members, veterans, and military families suffering post-deployment mental health problems.

[Defense Centers of Excellence For Psychological Health & Traumatic Brain Injury \(DCoE\) Web Page](#)

The DCoE leads a collaborative effort toward optimizing psychological health and traumatic brain injury (TBI) treatment for the Department of Defense . The DCoE establishes quality standards for: clinical care; education and training; prevention; patient, family and community outreach; and program excellence.

[Real Warriors Campaign](#)

The 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.

[Hand2Hand Contact](#)

The mission of Hand2Hand Contact is to educate civilians across America about the psychosocial impact of war on the returning Service Member, and to assist American communities in understanding, supporting, and reintegrating our Veterans.

Documents and Videos on PTSD for Patients and Families

VA National Center for Post Traumatic Stress Disorder (NCPTSD)

[NCPTSD Fact Sheet, What is Posttraumatic Stress Disorder \(PTSD\)?](#)

[NCPTSD Fact Sheet, Treatment of PTSD](#)

[NCPTSD Fact Sheet FAQs About PTSD Assessment: For the Public](#)

Answers to frequently asked questions about the assessment of trauma and PTSD.

[NCPTSD Fact Sheet, Coping with Traumatic Stress Reactions](#)

From the Iraq War Clinician Guide. Recommendations for coping mechanisms in response to traumatic stress reactions.

[NCPTSD Fact Sheet, Warzone Related Stress Reactions: What Veterans Need to Know](#)

From the Iraq War Clinician Guide.

[NCPTSD Fact Sheet, PTSD and the Family](#)

Provides information on the effects of PTSD on family members.

[NCPTSD Guide, Returning from the War Zone: A Guide for Military Personnel, Sep 08](#)

[NCPTSD Guide, Returning from the War Zone: A Guide for Families of Military Members, Sep 08](#)

Covers the following topics: common reactions to war, how to prepare for reunion, common issues experienced by returning service members, how to positively cope with transition, indications that the service member might need some outside help, treatment options for PTSD and other mental health problems, and where to go for help.

[War-Zone-Related Stress Reactions: What Families Need to Know](#)

From the Iraq War Clinician Guide. A brief summary of the reactions soldiers may have after experiencing the war-zone, including specific interactions with family members. Discusses the role of family in recovery

and briefly describes treatment.

[NCPTSD Video: The New Warrior: Combat Stress and Wellness – Perspectives for Veterans and Their Families, 2005 \(47 minutes\)](#)

This NCPTSD video was developed to help promote wellness in veterans returning from Iraq and Afghanistan and to prevent chronic mental health issues resulting from combat and other war-zone stress. The intended audience is veterans, active duty service members and their families.

[NCPTSD Fact Sheet, Stress, Trauma and Alcohol and Drug Use](#)

From the Iraq War Clinician Guide. Brief discussion of alcohol and drug use related to stress and trauma and available resources.

National Institute of Mental Health (NIMH)

[NIMH Booklet, Post-Traumatic Stress Disorder \(PTSD\), 2008](#)

A booklet on Post-Traumatic Stress Disorder (PTSD) that explains what it is, treatment options, and how to get help.

[NIMH Easy to Read Booklet, Post-Traumatic Stress Disorder, 2008](#)

An easy-to-read booklet on Post-Traumatic Stress Disorder (PTSD) that explains what it is, when it starts, how long it lasts, and how to get help.

[NIMH Booklet, Mental Health Medications, 2009](#)

A detailed booklet that describes the medications for treating mental disorder — includes a comprehensive list of medications.

[Center for the Study of Traumatic Stress \(CSTS\) Understanding Post Deployment Stress Symptoms: Helping Your Loved Ones](#)

[DoD Video, The Wounds Within, Jan 07](#)

Department of Defense web broadcast on post traumatic stress disorder, Jan 07

[Army Video PTSD/MTBI Program for Families](#)

An online video file of the Post Traumatic Stress Disorder/Mild Traumatic Brain Injury (PTSD/MTBI) Chain Teaching Program for Families is available to Family Readiness Group (FRG) Leaders. This version is tailored for unit leaders to present at FRG meetings to help familiarize Family Members with signs and symptoms of

PTSD/MTBI, and for further use by Family Readiness Groups to educate and inform spouses and Family Members. Families are key. They are often the first ones to detect a change in the behavior of their Soldier.

RAND Corporation

[RAND Corporate Publications, Post-Deployment Stress: What Families Should Know, What Families Can Do, March 2008](#)

[RAND Corporate Publications, Post-Deployment Stress: What You Should Know, What You Can Do, March 2008](#)



[American Psychiatric Association Performance In Practice](#) Clinical Tools to Improve the Care of Patients with Posttraumatic Stress Disorder. (PDF)

[Healthy Minds.org – PTSD Facts](#)

Information for patients about PTSD.

Sidran Institute

[Sidran Institute, About Medications for Combat PTSD](#)

[Sidran Institute, PTSD and Parenting](#)

Article with recommendations for good parenting.

[Expert Consensus Treatment Guidelines for Posttraumatic Stress Disorder: A Guide for Patients and Families](#) (from 1999 Expert Knowledge Systems, LLC. Expert Consensus Guidelines Series)

<http://www.psychguides.com/ptsdhe.pdf>

Provides information for patients and their families about the symptoms and treatment of posttraumatic stress disorder (PTSD).

[Substance Abuse and Mental Health Services Administration, How to Deal with Grief](#)

How to deal with grief--a plain-language description of grief, differentiating it from depression, and providing about a half dozen resources.

Boss, Pauline, Ambiguous Loss: *Learning to Live with Unresolved Grief*

Offers insight into the meaning and impact of ambiguous loss and suggestions for dealing with it. Author draws

from her own research, including interviews with military spouses of POW and MIA. Ambiguous loss is applicable to families of those with traumatic injury, Alzheimer's, missing, and intense absence.

2. a. 2. Depression

Web Pages with Depression Information for Patients and Families

[American Psychological Association \(APA Web Page on Depression\)](#)

Provides links to journal articles, books and videos, news articles and related resources for depression.

[National Alliance on Mental Health \(NAMI\) Web Page on Major Depression](#)

Information on symptoms causes, and treatment of depression with links to additional resources.

[National Institute of Mental Health \(NIMH\) Web Page on Men and Depression](#)

Focuses on men's depression, how it manifests, and including the stories of several men.

[DoD Mental Health Self-Assessment Program](#)

The Mental Health Self-Assessment Program (MHSAP) is a mental health and alcohol screening and referral program provided for military families and service members affected by deployment and mobilization. This voluntary and anonymous program is offered online, by phone, and through special events held at installations and reserve units. Anonymous, self-assessments are available for depression, bipolar disorder, alcohol use, post-traumatic stress disorder (PTSD), and generalized anxiety disorder.

[Depression-screening.org Web Site](#)

The Web site is sponsored by [Mental Health America](#) (formerly known as the National Mental Health Association) and is designed to educate people about clinical depression, offer a confidential way for people to get screened for symptoms of the illness, and guide people toward appropriate professional help if necessary.

[afterdeployment.org, Dealing with Depression](#)

The Military Health System's mental wellness resource Web portal for service members, veterans, and military families suffering post-deployment mental health problems.

[Defense Centers of Excellence For Psychological Health & Traumatic Brain Injury \(DCoE\) Web Page](#)

DCoE leads a collaborative effort toward optimizing psychological health and traumatic brain injury (TBI) treatment for the Department of Defense. DCoE establishes quality standards for: clinical care; education and

training; prevention; patient, family and community outreach; and program excellence.

[NYU Child Study Center, Depression for Families Web Page](#)

Information on signs and symptoms, children at risk, diagnosis, treatment, support and resources.

Documents on Depression for Patients and Families

National Institute of Mental Health (NIMH)

[NIMH Booklet, Women and Depression: Discovering Hope. 2008](#)

A booklet that describes the symptoms, treatment and factors contributing to depression that are unique to women.

[NIMH Booklet Depression \(Easy to Read\). 2007](#)

An easy-to-read booklet on Depression that explains what it is, when it starts, how long it lasts, and how to get help.

[NIMH Booklet, Depression. 2007](#)

A detailed booklet that describes Depression symptoms, causes, and treatments, with information on getting help and coping.

[NIMH Booklet, Men and Depression. 2005](#)

A detailed booklet that describes what you need to know about depression in men: how it looks, how it feels, getting help, and getting better.

[NIMH Booklet, Mental Health Medications. 2009](#)

A detailed booklet that describes the medications for treating mental disorder — includes a comprehensive list of medications.

National Alliance on Mental Illness (NAMI)

[NAMI Booklet, Understanding Major Depression and Recovery. Aug 08](#) (PDF)

Booklet on understanding major depression and recovery.

[NAMI Brochure, Women and Depression, Apr 08](#) (PDF)

Brochure on depression in women.

[NAMI Web Page on Depression in Women](#)

Fact sheet on depression in women.

[NAMI Article entitled Ask the Doctor: Treatment Resistant Depression, 2006](#)

Information on treatment resistant depression and several treatment options.

[NAMI Web Page on Depression in Older Persons](#)

Fact sheet on depression in older persons.

[NAMI Web Page on Seasonal Affective Disorder](#)

Information on seasonal affective disorder (SAD) which is a condition characterized by recurrent episodes of depression – usually in late fall and winter – alternating with periods of normal or high mood the rest of the year.

National Center for PTSD

[National Center for PTSD \(NCPTSD\) Fact Sheet, Depression and Trauma](#)

Fact sheet on symptoms, causes and treatment of depression.



[NCPTSD Fact Sheet on Depression](#)

[Uniformed Services University of the Health Sciences \(USUHS\) Courage to Care Fact Sheet, What Military Families Should Know About Depression](#)

Fact sheet with general information about depression.

Department of Veterans Affairs/ Department of Defense (VA/DoD)

[VA/DoD Brochure, What You and Your Family Should Know About Depression, Apr 02](#)

[VA/DoD Brochure, Self Management: A Guide for Patients, Apr 02 \(PDF\)](#)

Two page brochure on what the patients and their families should know about depression.

[Centre for Clinical Intervention Back from the Blue, Coping with Depression](#)

The Centre for Clinical Interventions (CCI) is a specialist state-wide program that is administered through North Metropolitan Health Services in Western Australia. This InfoPax is designed to provide you with some information about depression and suggested strategies for how you can manage your mood. It is organized into modules that

are designed to be worked through in sequence

[DepressionIsReal.org Web site Podcast entitled "Depression and Military Service, 17 May 07](#)

Discusses mental health programs for returning veterans and their families.

[All About Depression, National Institute of Mental Health \(NIMH\), For Relatives and Friends :How to Help a Depressed Person, Sep 04](#)

Provides recommendations for family and friends on providing support to a depressed person.

[Center for the Study of Traumatic Stress, What Military Families Should Know About Depression](#)

Brief fact sheet about signs and symptoms of depression.

[Agency for Healthcare Research and Quality \(AHRQ\) Antidepressant Medicines - A Guide for Adults With Depression, Aug 07](#)

This guide covers common medicines for adults with depression., side effects and price. It is based on a government-funded review of research about the medicines often used to treat adults with depression.

2. a. 3. Suicide

[CSTS, Courage to Care, Suicide Facts: What Military Families Should Know to Help Loved Ones Who May Be At Risk](#)

[Screening for Mental Health Inc., Suicide Risk Questionnaire for Military and Their Families](#)

Short questionnaire to determine whether a family member may need help and recommended actions.

2. a. 4. Substance Use

[afterdeployment.org, Controlling Alcohol and Drugs](#)

The Military Health System's mental wellness resource Web portal for service members, veterans, and military families suffering post-deployment mental health problems.

[PBS Series Moyers on Addiction: Close to Home, Mar 98](#)

Journalist Bill Moyers takes an unprecedented look at addiction and recovery in America with a five-part series.

[National Center for PTSD Fact Sheet, PTSD and Problems with Alcohol Use](http://ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_alcohol.html)

http://ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_alcohol.html

Fact Sheet from the VA National Center for PTSD describing how PTSD and alcohol use affect each other and make problems worse.

[Prescription Drug Abuse Chart](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\), Get Fit Web Site](#)

GetFit.SAMHSA.Gov is an interactive workplace Web site that provides you, your family, and colleagues with information about physical health, mental health, drugs, and alcohol.

[Alcohol Screening.org – How Much is Too Much?](#)

[Nicotine Addiction Test \(self-assessment\)](#)

[How are Alcohol and Drugs Affecting Your Life \(A Self-Test for Teenagers\)](#)

[National Institute of Alcohol Abuse and Alcoholism \(NIAAA\), Rethinking Drinking Web Site](#)

For anyone who drinks, this site offers valuable, research-based information about drinking habits and how they may affect health.

2. a. 5. Dealing with Deployment

The Emotional Cycle of Deployment: A Military Family Perspective:

<http://www.hooah4health.com/deployment/familymatters/emotionalcycle.htm>

National Military Family Association (NMFA)

[NMFA, Coming Home: A Guide for Service Members Returning from Deployment](#)

[NMFA, Coming Home: A Guide for Spouses of Service Members Returning from Deployment](#)

[Center for the Study of Traumatic Stress \(CSTS\), Reuniting with Your Loved One- Helpful Advice for Families](#)

[Mental Health America, Operation Healthy Reunions](#)

Provides education and helps to bust the stigma of mental health issues among soldiers, their families, and medical

staff to ensure that a greater number of military families receive the prompt and high-quality care they deserve. In partnership with the leading military organizations, Mental Health America distributes educational materials on such topics as reuniting with your spouse and children, adjusting after war, depression, and post-traumatic stress disorder (PTSD).

[National Center for PTSD, Returning from the War Zone: A Guide for Families, 2006](#)

This guide is for services members and their families. It contains information to help military family members understand what to expect during the reintegration following time in a war zone, and to help them adapt back to home life with their loved one.

[US Army Center for Health Promotion and Preventive Medicine, Deployment Guide For Families of Deploying Soldiers. Separation and Reunion Handbook](#)

A guide to assist families of deploying soldiers deal with the effects of separation and reunion resulting from deployment.

[Community of Veterans](#)

A joint effort of the Iraq and Afghanistan Veterans of America (IAVA) and the Ad Council, this site is designed as a resource to our nation's newest Veterans.

[Support Our Vet](#)

Information for family and friends of Iraq and Afghanistan veterans on how to support veterans.

[Returning Service Members \(Information from VA for OEF/OIF Veterans\)](#)

Books/Articles on Dealing with Deployment for Adults

Pavlicin KM: Surviving Deployment: A Guide for Military Families Elva Resa Publishing Saint Paul, Minnesota 2003
"This book has a good balance between well-researched information, practical checklists, and real life examples. The personal examples/stories are selective and weaved into the information so the information is more true to life. The author is a very good writer so the information and stories flow well. It's easy to pick up the book and use the information or just enjoy reading it."

Vandesteeg C: When Duty Calls: A Guide to Equip Active Duty, Guard, and Reserve Personnel and Their Loved Ones for Military Separations WinePress Publishing Enumclaw, WA 2001 This book discusses when you first find out that the service member is leaving, reunions and deceased service members. The author takes her own experiences from her husband's deployment to Operation Desert Storm with only 2 hours notice and gives

descriptions of certain incidents.

2. a. 6. Traumatic Brain Injury and the Family

Web Pages with TBI Information for Patients and Families

[Rehabilitation Research and Training Center \(RRTC\) on Community Integration of Persons with Traumatic Brain Injury \(TBI\), TBI Community Web Site](#)

RRTC was awarded to researchers at TIRR (The Institute for Rehabilitation and Research) and Baylor College of Medicine by the National Institute on Disability and Rehabilitation Research (NIDRR). Its mission is to ensure that all those affected by TBI, including traditionally under-served populations, have access to information, resources, and services that maximize participation in their communities and that treating professionals have the necessary information to meet the needs of persons with TBI.

[BrainLine.org, Family Members Page](#)

BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with TBI. It is a service of WETA, the public TV and radio station in Washington, DC and is funded by Defense and Veterans Brain Injury Center.

Documents and Videos on TBI for Patients and Families

[Center for the Study of Traumatic Stress \(CSTS\)](#)

[CSTS – Courage to Care -Traumatic Brain Injury \(TBI\): What Military Families Need to Know](#)

[CSTS - Courage to Care - Traumatic Brain Injury \(TBI\): Helping Service Members and Families in Need](#)

Veterans Administration

[VA Polytrauma Rehabilitation Family Education Manual](#)

[VA Traumatic Brain Injury: A Guide for Patients, 8 Aug 08](#)

[Defense Health Board Presentation, TBI Family Caregiver Program Update, 23 Apr 08](#)

[TBI Community Web Site - Rehabilitation Research and Training Center \(RRTC\) on Community Integration of Persons with Traumatic Brain Injury \(TBI\)](#)

[Picking Up the Pieces After TBI: A Guide for Family Members, 2002](#)

Guide book containing information on TBI, its affects on family members, coping strategies, available resources.

[National Database of Educational Resources on Traumatic Brain Injury](#)

The database contains information on over 350 educational videotapes, audiotapes and written materials that people with TBI, their family members and health care professionals can use. Topics available include: Medical Management ; Comprehensive Rehabilitation; Cognitive Function; Psychological and Social Issues ; Education; and Employment.

[Brain Injury Association of America Fact Sheets](#)

[BrainLine.org](#)

[BrainLine.org Webcast, Concussion: Understanding Mild Traumatic Brain Injury](#)

Webcast that explains what a concussion is and what to expect during recovery.

[Brainline.org Webcast, Caregiving and TBI: What You Need to Know](#)

Webcast that offers ideas and strategies for people caring for a loved one with TBI.

[Deployment Health Clinical Center: Understanding Traumatic Brain Injury](#)

[Military OneSource, Preparing a Child to See an Injured Service Member for the First Time](#)

Article on ways to prepare a child for a first visit to an injured service member.

*(*Must register for Military OneSource before accessing site user id: military, password: onesource)*

2.b Understanding Medical and Psychological Aspects of Traumatic Brain Injuries upon Children and Adolescents

**Target Population:
Service Members,
Adults**

2. b. 1. Diagnosis and Management

National Child Traumatic Stress Network (NCTSN)

[NCTSN Understanding Child Traumatic Stress \(2005\)](#)

Information for the general public on the definition of child traumatic stress and how it effects children of various ages.

Available in Spanish [\[Entendamos el estrés traumático infantil\]](#)

[NCTSN Pediatric Medical Traumatic Stress Toolkit for Health Care Providers](#)

This toolkit was produced by the NCTSN Medical Traumatic Stress Working Group of the to raise awareness among health care providers about traumatic stress associated with pediatric medical events and medical treatment, and promote trauma-informed practice of pediatric health care in hospital settings across the continuum of care and in a variety of settings within the hospital.

Zero to Three

[Zero to Three, Military Projects](#)

Zero To Three is a national nonprofit organization that informs, trains and supports professionals, policymakers and parents in their efforts to improve the lives of infants and toddlers. Military Projects include videos , brochures and resources regarding the impact of military life on children and families.

[Zero to Three, Disaster Relief and Trauma](#)

Resource material for professionals and parents on helping young children cope with disaster and trauma.

[College of Education, University of Missouri, ParentLink – Support for Military Families Web Site](#)

A healthy parenting toolkit to help parents talk about deployment, relocation, dangerous work, times of crisis, and other general parenting topics.

[Specialized Training of Military Parents \(STOMP\)](#)

STOMP is a Federally-funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs. The staff of the STOMP Project are parents of children who have disabilities and have experience in raising their children in military communities and traveling with their spouses to different locations.

[National Institute of Mental Health \(NIMH\). Helping Children and Adolescents Cope with Violence and Disasters. What Parents Can Do](#)

This fact sheet provides steps parents can take to help children and adolescents cope with trauma after violence and disasters.

[American Academy of Pediatrics, Children's Health Topics – Behavioral/Mental Health](#)

Provides fact sheets, videos, and resource links on behavioral/mental health topics for family and community.

2. b. 2. Depression

[National Alliance on Mental Illness \(NAMI\), Depression in Children and Adolescents](#)

Information on types of depression and treatment in children and adolescents

[American Academy of Pediatrics, Children's Health Topic - Depression](#)

Provides fact sheets and videos for family and community on depression and suicide in children.

[American Academy of Child and Adolescent Psychiatry, Child and Adolescent Depression](#)

Information for families on depression in children and adolescents.

[National Institute of Mental Health, Depression in Children and Adolescents](#)

Information and links to information on depression in children and adolescents.

Ingersoll, Barbara D. and Goldstein, Sam, Lonely, Sad and Angry: How to Help Your Unhappy Child (2001), Specialty Press, INC

2. b. 3. Suicide

[Centers for Disease Control and Prevention \(CDC\), Youth Suicide](#)

CDC Web page with information on youth suicide.

[Teen Suicide Risk Calculator](#)

The information on this Web site is provided as a public service by the University of Maryland Medical System. The calculator can help parents assess their teen's likelihood of contemplating suicide. This information is not intended to be a substitute for individual medical advice in diagnosing or treating a health problem.

[American Academy of Pediatrics, Children's Health Topic - Depression](#)

Provides fact sheets and videos for family and community on depression and suicide in children

2. a. 4. Substance Use

Substance Abuse and Mental Health Services Agency (SAMHSA)

[A Family Guide To Keeping Youth Mentally Healthy & Drug Free](#)

A public education Web site developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) to communicate to parents and other caring adults about how they can help promote their child's mental health and reduce his or her risk for becoming involved with alcohol, tobacco, and illegal drugs.

[SAMHSA, Parenting Tips: Drug and Alcohol Prevention](#)

[SAMHSA, The Fact Is: Alcoholism Tends to Run in Families \(Children of Alcoholics\)](#)

[American Academy of Pediatrics, Children's Health Topic - Substance Abuse](#)

Provides fact sheets and videos for the family and community on substance abuse in children.

2. a. 5. Dealing with Deployment

[afterdeployment.org, Helping Kids Deal with Deployment](#)

Information for service members and their families on how to help kids deal with deployment.

[Courage to Care - Helping Children Cope During Deployment Fact Sheet](#)

[Helping Children Cope with the Challenges of War and Deployment – A Guide For Caring Adults and Children, 2003](#)

Helping Children Cope With The Challenges of War and Terrorism is designed to help parents and children cope with their feelings about war and the possible threats of terrorist attacks. It is designed to build resilience and encourage positive coping in the face of such stressful events. The book is designed for use with children 7-12 years of age, however many of the activities can be adapted for older or younger children.

[Military Homefront, Preparing a Child for a Parent's Return \(Checklist\)](#)

A checklist which can be used as a guide for preparing children for their deployed parent's return.

American Academy of Pediatrics

[Military Youth Coping with Separation: When Family Members Deploy](#)

Video produced in conjunction with the United States Army Medical Command for older children and adolescents with a family member who has been deployed.

[Mr. Poe and Friends Discuss Reunion after Deployment](#)

Animated video produced in conjunction with the United States Army Medical Command for school-age children with a family member who has been deployed.

Association of the United States Army

[Your Soldier, Your Army: A Parent's Guide](#)

Book in which an Army spouse and mother shares her experiences in dealing with the stress of deployment

Also available in Spanish

American Academy of Child and Adolescent Psychiatry

[Coming Home: Adjustments for Military Families, May 05](#)

Facts for families with tips on understanding the needs of the returning service member and the family members at home.

[Military Child Education Coalition, How to Prepare Our Children and Stay Involved in their Education During Deployment, 2003](#)

This booklet was created to help parents and educators. It includes ways that parents and educators can work together to ensure the education process stays on track during a deployment.

[Sesame Workshop, Talk Listen Connect: Deployments, Homecomings, Changes](#)

Bilingual program that aims to provide support and significant resources for military families with children between the ages of two and five who are experiencing the effects of deployment, multiple deployments, and combat-related injuries.

2. a. 6. Dealing with Grief

[Comfort Zone Camp, Grief Resources](#)

Comfort Zone Camp is the nation's largest bereavement camp. Its Web site provides articles and resources related to childhood bereavement and how parents can support their children's grief.

[Children Grieve Differently – Common Reactions](http://www.comfortzonecamp.org/grief-resources/adults/your-kids-grief/children-grieve-differently) <http://www.comfortzonecamp.org/grief-resources/adults/your-kids-grief/children-grieve-differently>

[The Surviving Parent's Role](#)

[What Grieving Teens Want Parents to Know](#)

[Helping Your Grieving Adolescent](#)

[What Grieving Children Need](#)

[Israel Center for the Treatment of Psychotrauma](#)

[Grief and Loss](#)

[Characteristics of the Mourning Process](#)

[Young Children and Bereavement](#)

[School Aged Children and Bereavement](#)

[Adolescents and Bereavement](#)

[Coping with Loss](#)

[Practical Advice for Parents](#)

[National Child Traumatic Stress Network, Traumatic Grief in Military Children: Information for Families \(2008\)](#)

Information for families on how to help children cope with the loss of a loved one.

Books/Articles on Grief and Loss in Children

Kroen, William, Helping Children Cope with the Loss of a Loved One: A Guide for Grownups

Answers questions relative to developmental ages, uses vignettes along with practical and theoretical advice.

Goldman, Linda, Life and Loss: A Guide to Help Grieving Children

Tools, ideas, inventories for educators to help kids commemorate loss. Discusses different types of childhood losses and avoids clichés.

Goldman, Linda Raising Our Children to be Resilient

Resource for adults to understand how children experience traumatic events and empowering them to be resilient.

Grief Comes to Class: An Educator's Guide - Gliko-Brado, Majel

Short, to-the-point guide, based on results of a study, conducted through the College of Education at Montana State University, to obtain perceptions and feelings about bereaved children. The views of teachers, parents, and the children are represented in the discussion of the environment, culture, individual personality, circumstances. Examples of children's experiences are interspersed throughout the text, especially helpful in the section on developmental changes among children of different ages, with special attention on teen grief. The "What You Can Do To Help" section offers sample letters and activities for the classroom, with a teacher/parent/student conference plan that can be modified and personalized.

Helping Children Grieve & Grow---A Guide For Those Who Care - O'Toole, Donna

This booklet provides a useful, easily understood synopsis to help children to grieve and to grow. The format is functional in its arrangement of concise information with practical suggestions on understanding reactions and what to do to encourage the children. It speaks of resilience in children and offers resources available both nationally and locally. The language is compassionate and demonstrates that the writer has had broad experience in the field.

Rando, Terese A., How to go on Living When Someone You Love Dies

Step-by-step guide for adults to talk about death with children of all ages to help understand what they think, how they feel, and what they comprehend. Directly addresses how adults can help, providing checklists, scripts, and quick reference information.

Schaefer, Dan and Lyons, Christine, How do We Tell the Children: Helping Children Understand and Cope When Someone Dies

Written by a former funeral home director who dealt with thousands of families, this book helps adults understand how to talk with children openly about death with children from age 2 to teen-ager. Helpful for adults to understand what children can and cannot grasp at certain developmental stages but it is not a textbook.

Lieberman, Alicia Losing Parents to Death in the Early Years

Written by one of the most respected professionals in the field of early trauma/loss, the author explains how vulnerable children can be given their immaturity.

Cohen, Judith, Treating Trauma and Traumatic Grief in Children and Adolescents

This book describes the state-of-the-art cognitive behavioral therapies used in treating children who are exposed to trauma and traumatic death. While it is mainly targeted for therapists and clinicians who work with this population of children, it is also an excellent reference for others who would like to understand the most effective, evidence-based approaches to helping children and adolescents who suffer with trauma related disorders

2. a. 7. Injuries in a Parent

Military OneSource

(*Must register for Military OneSource before accessing site user id: military, password: onesource)

[Family Impacts](#)

Articles, booklets, worksheets, and checklists for family members of severely injured military personnel.

[Military OneSource, Preparing a Child to See an Injured Service Member for the First Time](#)

Fact sheet on ways to prepare a child for a first visit to an injured service member.

American Academy of Pediatrics

[Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Injury. 2009](#)

Information for parents on how to support their young children understand and cope with their feelings when a parent is injured.

[Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Death. 2009](#)

Information for parents on how to support their young children understand and cope with their feelings when their parent who is a service member dies.

[Sesame Workshop. Talk Listen Connect: Military Families Cope with Change](#)

Program that aims to provide support and significant resources for military families with children between the

Target Population: Children

ages of two and five who are experiencing the effects of deployment, multiple deployments, and combat-related injuries. Consists of a video and information on to help families establish the “new normal” including crisis and stabilization, invisible injuries, rehabilitation, and reintegration.

2.c. Psychological Health – Materials for a Child Audience

2. c. 1. Psychological Health – Effect on Service Members and Family Members

Books on Living with a Parent with Mental Health Problems

Sherman, MD Sherman DM Finding My Way: A Teen’s Guide to Living with a Parent who has Experienced Trauma (2005) [for kids ages 12-18] www.seedsofhopebooks.com

Sherman, MD Sherman, DM Edina, MN: I’m not alone: A teen’s guide to living with a parent who has a mental illness. (2006). Beaver’s Pond Press. [for kids ages 12-18] www.seedsofhopebooks.com

Online Resources on Substance Abuse Written for Children

[NIDA for Teens: The Science Behind Drug Abuse](#)

Deaton, Wendy and Johnson, Kendall, Drinking and Drugs in My Family: A Child’s Workbook About Substance Abuse in the Family (2006), Hunter House, <http://www.hunterhouse.com/shopexd.asp?id=433&bc=no>

Berry, Joy and Bartholomew Substance Abuse: Good Answers to Tough Questions About (Good Answers to Tough Questions) (2000), Joy Berry Enterprises
<http://www.flipkart.com/good-answers-tough-questions-substance/1605775029-jtx3frb2pd>

Online Resources for Coping with Grief and Loss

[Comfort Zone Camp, Grief Resources for Teens](#)

Comfort Zone Camp is the nation’s largest bereavement camp. Its Web site includes articles and resources for teens on bereavement.

Books/Articles on Grief and Loss Written for Children

Cammarata, Doreen, Someone I Love Died by Suicide : A Story for Child Survivors and Those Who Care for Them

(2001), Grief Guidance, INC http://www.griefguidance.com/products/books/book_01/book_01a.htm

Requarth, Margo After a Parent's Suicide: Helping Children Heal (2008), Left bank Books <http://www.left-bank.com/book/9780977746804>

Early Elementary

Ferguson, Dorothy A Bunch of Balloons

Author discusses loss and grief by introducing a story about a little child that losses a balloon. The author then introduces the topic of death and grief and leads the reader through activities using balloons to capture what is lost and what remains in the grieving child's life. The goal is to help grieving children acknowledge what they have lost and celebrate what they still have left when someone they love has died.

Sheppard, Caroline H., Brave Bart: A Story for Traumatized and Grieving Children

Designed to help young children cope with trauma and grief reactions using a non-threatening character (a cat) who survives a trauma. Helps normalize the range of feelings. Insightful comments for adult readers and also to facilitate communication.

Cohn, Janice, I had a Friend Named Peter: Talking to Children About the Death of a Friend

Young child learns of the sudden death of her school friend, Peter, who was accidentally hit by a car chasing a ball. Excellent introduction helps adults understand the many questions children pose following death of a loved one. Addresses dying, funeral, and burial in direct language. Also has a school setting with teacher and classroom. Picture book.

TEACHABLE MOMENTS: Have child talk about their memories of the deceased -- their likes AND dislikes of the person. For sudden death situations, ask child how they would say good-bye to the person.

Duckworth, Liz, Ragtail Remembers---A Story That Helps Children Understand Feelings of Guilt

The death of an old cat who was a playful companion and good friend of the storyteller, a mouse named Ragtail. The language is clear and direct, that lends to the open discussion of feelings and emotions that are experienced when there is a death and loss. It demonstrates the importance of friends, the help rendered by a wise blue jay who acts as a faithful guide and teacher and becomes a new friend and playmate to the mouse. It is also about honoring and remembering in death.

Leo Bascaglia, The Fall of Freddie the Leaf

Freddie learns about the cycle of life from his fellow leaf friend, Daniel. Freddie comments on his experience

regarding his mentor's death and then his own death. Caution to ensure child understands death is not sleeping, but is permanent.

Eve Bunting, *The Wall*

In this moving picture book, a little boy and his father visit the Vietnam Veterans Memorial ("The Wall") to find the name of the boy's grandfather. They notice details: items left in remembrance, the uniformity of the engraved lettering, a veteran who is an amputee, and more. Together, they make a rubbing of the name which is a popular tradition.

Laurie Krasney and Marc Brown, *When Dinosaurs Die: A Guide to Understanding Death*

Uses dinosaurs to explain in simple language the feelings people may have regarding death of a loved one and ways to honor memory of someone who has died. Does not tell a story; addresses fears and curiosity. Military death and war are acknowledged.

CAUTION: Some may take offense that the death of a pet is represented as equal to the death of a person.

TEACHABLE MOMENTS: Dinosaurs are extinct (this can cause a whole separate discussion!). Look closely at the drawings for details related to the children's questions in the book.

Mid Elementary

Lucille Clifton, *Everett Anderson's Goodbye*

Written in verse and beautifully illustrated with charcoal line drawings, this book features a young African-American boy whose father has died. The theory of stages of grief are presented through the eyes of the young boy and his profound loss. Theories differ in describing grief as stages, phases, or processes. Stages infer a linear progression. Current research emphasizes grief as a process with phases that individuals may experience at different times.

Powell, Sandy, *Geranium Morning*

Two elementary school kids, a boy and a girl, each lose a parent, a father and a mother, respectively. The father dies suddenly in an accident and the mother dies from illness. The children help each other deal with their grief; story expresses the value of shared experience as the root of recovery.

TEACHABLE MOMENTS: Talk about the benefit of sharing a new friendship with someone who has had a similar experience.

Marjorie Pellegrino, *I Don't Have an Uncle Phil Anymore*

When a young boy's Uncle dies, he must board a plane and fly to the funeral. He recalls the fun times he had with

his Uncle Phil and how he used to play and do special things with his Uncle Phil and his cousin. He worries about his cousin and aunt and who will play with his Uncle now. The boy witnesses the support of his Uncle's fellow firefighters when the funeral procession passes the fire house. The boy calls this a sad parade. The boy hugs his cousin Jenny and comforts her when she exclaims while playing blocks, "I don't have a daddy anymore."

Thomas, Pat, I Miss You --- A First Look at Death

The story uses language that is gentle, simple, clear, and straightforward, directed to a little girl. It explains death as a natural part of life, that after death, the body stops working. It discusses the funeral and provides an excellent discussion of the variation in cultural practices and beliefs regarding death. The question, "What about you?" that appear at the bottom of several pages stimulate discussion of questions a child may have about death, feelings and emotions a child may experience, and the difficulty of understanding. The illustrations are colorful and beautiful. There are suggestions for how to use the book at the end that are useful and instructive. A list of suggested books and resources is provided; the glossary is rather brief.

Caution: on page 23, one line, "the souls of other people who have passed away" is unusual since otherwise very factual and realistic text is used throughout the story.

Bunting, Eve, Memory String

Young girl's mother dies and her stepmother helps her remember the love they shared using buttons as mementos. Highlights stepmother relationship as helpful.

TEACHABLE MOMENTS: Gather buttons -- including military buttons or insignia -- to make a memory string. Discuss the meaning of each button and why it holds that meaning

Lee, Marlene, The Hero in My Pocket

A brother and sister, ages 10 and 7, experience the loss of their father who died serving in the US military. The children progress through the grief process and positive recovery is encouraged. Children write and draw directly in the book to give voice to their thoughts and feelings.

TEACHABLE MOMENTS: Child can write or draw their part of story on Hero Pages in the book to give voice to their thoughts and feelings. Discuss keepsake memento child may have (or want) of the deceased (95% of children have a keepsake object (transitional linking object) from a deceased parent that they keep in their rooms). Gather Remember Letters or have class write Remember Letters.

Smith, Harold Ivan and Joy Johnson. What Does That Mean? A Dictionary of Death, Dying and Grief Terms for Grieving Children and Those Who Love Them

More of an encyclopedia than a dictionary, the clever format of word, pronunciation, definition, and example or quotes, sometimes from known literature, could be a good, objective classroom resource. Again the caveat that if

you read a lot of Centering Corp lit at the same time you will see the same info/examples.

Elementary and Early Teens

Smith, Doris Buchanan, A Taste of Blackberries

Two 'tween boys, best friends, "planned to have fun all summer," but one boy dies suddenly. Novel follows range of thoughts, emotions, and actions of surviving best friend.

Heegaard, Marge Eaton, Coping with Death & Grief

Eight vignettes about the death of a person and the child(ren) affected. Several different kinds of death and relationships are illustrated in easy-to-read format, followed by factual discussion points about grief, changes in relationship, realities of day-to-day, and many other aspects. References military funerals playing taps and much discussion about school settings, including death discussed in the classroom.

TEACHABLE MOMENTS: Discuss the concept of grief as a fact, a normal aspect of the human condition. Discuss how the relationship to someone is a primary factor in one's experience with grief.

Krementz, Jill, How it Feels When a Parent Dies

Eighteen kids, boys and girls ages 7-16, wrote personal essays about their experience and feelings about the death of their parent. Different types of loss are represented as are a range of normal feelings: anguish, guilt, confusion, anger -- and their lives since the death.

TEACHABLE MOMENTS: Discuss how book shows that grief reactions and responses are as individual as individuals. With teen-agers, discuss aspects that make it individual (age at time of death, family composition, type of death).

Fry, Virginia Lynn, Part of Me Died, Too: Stories of Creative Survival Among Bereaved Children and Teenagers

First-person stories by kids of different ages who experienced loved ones' death (father, mother, friend, other relative) from different means (sudden death, lingering, suicide). They describe their reactions and effects. Table of contents lists type of death and ages of kids so reader can go right to the section. In the epilogue the kids reflect on their original writings and talk about how they are now. Also lists follow-on reading suggestions.

TEACHABLE MOMENTS: Discuss how book shows that grief reactions and responses are as individual as individuals. With teen-agers, discuss aspects that make it individual (age at time of death, family composition, type of death).

Arnold, Caroline, What We Do When Someone Dies

Fact-based book that explains vocabulary related to someone dying and afterwards (obituaries, funeral service,

etc.). Ranges from concept that all living things must die to what happens to the body, funeral ceremonies and afterwards. Acknowledgment of multi-cultural beliefs and customs. Acknowledges that people die in war, Memorial Day, and Arlington National Cemetery.

TEACHABLE MOMENTS: Discuss military-related traditions (taps, veterans' cemeteries, flags, etc.). Discuss how having facts helps alleviate some of the fear associated with the difficult topic of death (fear of the unknown, fear of taboo topic, etc.). Further discussion on respecting culture and traditions of different religions, nationalities, and allow child to choose topics to discuss further since book is fact-based.

Teens

Traisman, Enid Samuel, *Fire in My Heart Ice In My Veins---A Journal for Teenagers Experiencing Loss*

A workbook that allows teens to describe their feelings and thoughts related to the death of someone they cared about. A brief statement appears at the top of the page, followed by several responses to encourage and focus their expressions in writing or drawings to remember and honor the one who died. The statements are very probing. This process allows teens to be open and candid about their feelings.

Fitzgerald, Helen, *The Grieving Teen: A Guide for Teenagers and Their Friends*

Written about and for teens, this guidebook covers a wide range of situations and topics -- and suggestions -- for grieving teens and those who care about them. Teen voices are heard throughout the book. Does not discuss death of service members but it does discuss secondary losses and complicating factors such as dealing with the press and sudden death.

TEACHABLE MOMENTS: Discuss what kind of secondary losses someone may have experienced. Discuss what kind of compounding factors someone may have experienced.

Wolfelt, Alan, PhD and Megan Wolfelt, *The Healing Your Grieving Heart Journal for Teens*.

Guided journal encourages teens to self-explore through self-expression. Designed as a companion book to "Healing Your Grieving Heart for Teens: 100 Practical Ideas." Useful weeks, months, or even years following the death of a loved one.

Gootman, Marilyn, *When a Friend Dies: A Book for Teens about Grieving and Healing*

The book is about acceptance and compassion. Focuses on answering teen/pre-teen questions about death.

Online Resources for Children to Help Cope with Deployment

DeploymentKids.Com

Activities, games, and tips for children whose parents have been deployed.

Health Net Federal Services



[My Life: A Kid's Journal](#)

My Life, a Kid's Journal is designed for a military child whose parent or loved one is deployed. The journal is part of an initiative to provide additional resources to help children successfully navigate the unique challenges military families face, particularly deployment.



[My Life: A Kid's Journal Coloring Book](#)

A 48-page journal—available in color or in black and white—that guides children through the process of formulating and making sense of their feelings during a loved one's deployment.

Hamil, Sara, My Feeling Better Workbook: Help for Kids Who Are Sad and Depressed (June 2008) Instant Help Books www.newharbinger.com/productdetails.cfm?SKU=6126

Books/ Articles on Coping with Deployment Written for Children

Andrews, Beth, I Miss You, a military kid's book about deployment (2007) Prometheus Books, (for elementary age) <http://www.prometheusbooks.com/>

This book is written for both children and their parents or adult caregivers. It explores feeling associated with deployment and how to deal with those feelings. The author uses illustrations and encourages creativity through drawings to teach coping skills.

Edick, Kathleen & Johnson, Paula, We Serve Too! (A Child's Deployment Book) (2008)Wee The People Publishing (Preschool through Elementary) <http://weethepeoplepublishing.com/>

This book is written from the perspective of a young child's point of view. This is accomplished by linking daily activities (playing, eating, etc.)with daily activities of the absent service member.

Ferguson-Cohen, Michelle Daddy, You're My Hero! // Mommy, You're My Hero! (2005). [for kids ages 4-8] These books address mommy's and daddy's deployment from a child's perspective

Hilbrecht, Kirk & Sharon, My Daddy is a Soldier(2000)New Canaan Publishing Company, INC (for Elementary age) www.newcanaanpublishing.com This book lets children know that having a soldier for a parent is important. It

also explores having to move.

Hoyt, Carmen R. Daddy's in Iraq But I Want Him Back! (2005) Taffrod Publishing (for Preschool though Elementary)

This book talks about deployment and reunion from a child's perspective.

LaGreca A et al Helping Children Cope with the Challenges of War and Terrorism. [for kids ages 7-12]. 7-Dippity.

Entire Book is available for download: www.7-dippity.com/other/UWA_war_book.pdf

Supplement (for using with school classes or groups): www.7-dippity.com/other/Supplement.pdf

Richardson, Patricia, My Mommy is a Soldier (2003) Publish America (for children preschool through Elementary) Available at www.publishamerica.com

This book talks about deployment from a child's perspective

Robertson, Rachel Deployment Journal for Kids (2005) Elva Resa Publishing LLC "Deployment Journal for Kids is a great way to express how you feel when someone you love is deployed. Created especially for military kids, this journal is a special place for you to record your feelings and events during a loved one's deployment. "

Spinelli, Eileen & Graef, Renee While You Are Away (2004). Picture book for children whose parents are deployed; ages 4-8.

Sportelli-Rehak, Angela Uncle Sam's Kids: When Duty Calls. (2003). [for kids ages 5-11 focusing on deployment issues]

Williams, Dorinda, Zero to Three, Washington, DC: Over There (Mommy Version/Daddy Version) (2006) Kaplan Learning CO. Publishing Division (for children 2-5) www.zerotothree.org/military

This is a board book format which makes the pages easy to turn for little fingers. The sentences are easily understandable for a younger child and links daily activities (playing, eating, etc.) with daily activities of the absent service member. There is place at the end of the book for the parent's picture.

2. c. 2. Traumatic Brain Injury – in the Service Member and Effects on the Family

[Snyder, Heather & Beebe, Susan: Elvin The Elephant Who Forgets \(2005\) Lapublishing. \(Elementary\)](#)

Brain injury book for children about the story of Elvin the elephant. Children learn about brain injury and how it

	<p>can affect emotions, behavior and friends in school and at home.</p> <p>Snyder, Heather & Beebe, Susan: The Get Well Soon...Balloon(2005) Lapublishing. (Elementary)</p> <p>This book helps children understand their emotions and reactions when a parent has a brain injury. Describes coma, rehabilitation, coming home, and therapy from a child's perspective.</p>
<p>Target Population: Adults</p>	<p>2. d. Families Supporting their Service Members</p>
	<p>2. d. 1. Support for Adult Family Members</p> <p>Center for the Study of Traumatic Stress (CSTS) Resources for Recovery, The Combat Injured Family: Guidelines for Care for Families</p> <p>SOFAR (Strategic Outreach to Families of All Reservists) Guide for Helping Children and Youth</p> <p>Cope with the Deployment of a Parent in the Military Reserves, 2005 (Information for parents, teachers, pediatricians, etc)</p> <p>Mental Health America, Operation Healthy Reunions</p> <p>MHA, Operation Healthy Reunion s, Information for the Troops and Their Families</p> <p>Information on returning home, coping with war, and coping with loss.</p> <p>MHA, Operation Health Reunions, Bereavement and Grief: Information for Military Families and Communities</p> <p>Advice on living with grief, helping others grieve, helping children grieve and helping resources.)</p> <p>Huebner, A. J., Mancini, J. A., Bowen, G. L., Orthner, D. K., Shadowed by war: building community capacity to support military families. Family Relations, 58, 216-228.</p> <p>A capacity-building framework for supporting military families is introduced. Four diverse and innovative social action plans are highlighted along with implications for implementing a community capacity-building model.</p> <p>Military OneSource, Becoming a Caregiver for Your Adult Son or Daughter</p> <p>Fact sheet on ways to cope and find support when you are caring for a dependent son or daughter.</p> <p><i>(*Must register for Military OneSource before accessing site)</i></p>

2. d. 2. Support for Children

[National Military Family Association \(NMFA\). "10 Things Military Teens Want You to Know" Toolkit](#)

NMFA created this kit to give the people in military teens' lives a way to help them manage the stressors and affirm the positive aspects of military life.

Support for Grieving Children

[Comfort Zone Camp](#)

Comfort Zone Camp is the nation's largest bereavement camp. Comfort Zone Camps are offered *free of charge* to children ages 7-17 who have experienced the death of a parent, sibling or primary caregiver. The camps are held year-round in [California](#), [Massachusetts](#), [New Jersey](#) and [Virginia](#).

[Snowball Express](#)

Snowball Express started in early 2006 with a simple idea: Provide hope and new memories to the children of military fallen heroes who have died while on active duty since 9/11. America should honor and pay tribute to the children of those military fallen heroes who have died while honorably serving since 9/11. In December of 2006, nearly 900 family members from all across America and the world gathered in Southern California for an unforgettable holiday gathering. Kids and widows discovered they weren't alone. And they found they weren't forgotten. Has grown and has numerous corporate sponsors and volunteers.

[Military Homefront, Healthy Parenting Initiative](#)

Step Into Your Child's World is a user-friendly, diverse 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, as well as general parenting information.

Section Four: Resources and Support Services

1. Healthcare Resources

**Target Population:
Adults**

1.a. Listings and Descriptions

1. a. 1. TRICARE

T
TRICARE is the health care program serving active duty service members, retirees, their families, survivors and certain former spouses worldwide. As a major component of the [Military Health System](#) . TRICARE brings together the health care resources of the uniformed services and supplements them with networks of civilian health care professionals, institutions, pharmacies and suppliers to provide access to high-quality health care services while maintaining the capability to support military operations.

[TRICARE Contacts](#)

Chart of TRICARE Customer Service Numbers

[TRICARE Web site](#)

The official Web site of the Office of the Assistant Secretary of Defense (Health Affairs) and the TRICARE Management Activity.

[TRICARE Beneficiaries](#)

Web pages provide benefit information for beneficiaries.

[TRICARE Online](#)

A secure Web portal designed to increase access to care for authorized TRICARE beneficiaries and increase access to information for designated TRICARE physicians and support staff. Authorized users can schedule and view appointments; access approved health content; access personal health information; use pharmacy tools; check medications; access military staff applications and much more.

[TRICARE for National Guard and Reserve Members and Their Families](#)

Web page provides benefit information for National Guard and Reserve members and their families.

[TRICARE Mental Health and Behavior](#)

Web page provides information on behavioral health benefits, including how to get help, services that are covered, types of providers and conditions.

[TRICARE Guide – Understanding Behavioral Health – Common Concerns, Helpful Resources, and How Your Benefits Work for You, Feb 09](#)

This guide is intended to help you understand some of the more common behavioral health issues, as well as when to seek care. The guide provides valuable information about TRICARE benefits, guidelines about when referrals and authorization for care are needed, and contact information. It also has easy-to-understand

information about conditions, symptoms, and possible warning signs.

[TRICARE Management Activity \(TMA\)](#)

Web Pages have information about TRICARE operations, policy and guidance, manuals and contracting.

[TRICARE Regional Offices](#)

TROs represent the management organization for managing regional contractors and overseeing an integrated health care delivery system in the three United States-based TRICARE regions. The TROs are designated TRICARE Regional Office-North, TRICARE Regional Office-South and TRICARE Regional Office-West.

TRICARE Regional Support Contractors are the organizations that provide the TRICARE healthcare services

North - [Health Net Federal Services](#)

[Warrior Care Support Program](#)

South - [Humana Healthcare Services](#)

West - [TriWest Healthcare Alliance](#)

[TRICARE Military Treatment Facilities \(MTF\) Locator](#)

Lists MTFs with addresses and phone numbers. The list can be sorted alphabetically, regionally, or by state. The list can also be searched by facility name, region, state/country, specialty, service and type of facility (clinic, hospital, medical center). All of the facilities listed serve Active Duty and family members.

[Find a Provider: TRICARE Provider Directories](#)

[TRICARE Wounded, Ill and Injured Toolkit](#)

Links to information on TRICARE and MEDICARE benefits for wounded, ill or injured service members.

[US Family Health Plan \(USFHP\)](#)

A Department of Defense-sponsored health plan, is made available by nonprofit health care providers in six service areas across the country, and offers the TRICARE Prime uniform benefit to uniformed services beneficiaries residing in those service areas.

[Military Medical Support Office \(MMSO\)](#)

The centralized Tri-Service point of contact for customer service and medical/dental case management to coordinate civilian healthcare services outside of the cognizance of a Military Treatment Facility for TRICARE Prime Remote eligible active duty military and reserve component service members within the 50 United States and the District of Columbia.

1. a. 2. Department of Veteran's Affairs

The [VA Web site](#) provides one-stop shopping for VA benefits, special programs, health information and services, and a health education library that gives up-to-date information about medications and conditions, tools for measuring your health status, and the latest health news.

[Veterans Health Benefits and Services Homepage](#)

Serves as a gateway to VA health care.

[Combat Veteran VA Health Care Eligibility and Enrollment](#)

Provides information on extension of VA health care benefits for combat veterans.

[VA Health Care Eligibility & Enrollment Benefits for Family Members Web Page](#)

Provides information on the limited medical benefits offered by the VA for family members of eligible veterans. The services include CHAMPVA, certain VA medical centers provide services to eligible TRICARE family members, bereavement counseling, family and marital counseling, and caregiver support groups for spouses of veterans with disabilities and chronic illnesses.)

[VA Facilities Locator & Directory](#)

[Vet Centers](#)

Provide readjustment counseling and outreach services to all veterans who served in any combat zone. Services are also available for their family members for military related issues. Services include individual counseling, group counseling, marital and family counseling, bereavement counseling, medical referrals, assistance in applying for VA Benefits, employment counseling, guidance and referral, alcohol/drug assessments, information and referral to community resources, military sexual trauma counseling & referral, outreach and community education.

[Federal Benefits for Veterans and Dependents Booklet \(2008 Edition\)](#)

Provides information on the variety of federal benefits available to veterans and their dependents.

[Veterans On Line Applications](#) (VONAPP)

Web site is an official U.S. Department of Veterans Affairs (VA) Web site, which enables veterans to apply for benefits using the Internet.

[VA Polytrauma System of Care](#)

Polytrauma care is for veterans and returning service members with injuries to more than one physical region or organ system, one of which may be life threatening, and which results in physical, cognitive, psychological, or psychosocial impairments and functional disability. The VA Polytrauma System of Care includes 4 Polytrauma Rehabilitation Centers and 21 Polytrauma Network Sites and will soon be adding Polytrauma Support Clinics, which will provide outpatient care and post-release follow-up even closer to home.

[VA War Related Illness and Injury Study Centers \(WRIISC\)](#)

Specialized centers that provide service to combat veterans who have difficult-to-diagnose disabling illnesses through clinical care, risk communication, education, and research addressing potential environmental exposures and adverse health outcomes. VA primary care providers of veterans with undiagnosed illnesses can request an evaluation at one of the Centers through the VA Central Office. Referral acceptance is a joint decision of VA Central Office, the WRIISC, the referring provider, and the patient.

[List of VA Web Sites, 25 Apr 06](#)

Compiled to identify specific VA web-sites that provide information on Veterans benefits and how to file for them.

1. a. 3. Mental Health – Non-DoD Resources

American Psychological Association

[American Psychological Association Psychologist Locator](#)

Online service to assist patients locate a practitioner in their local area. A psychologist can also be located by calling 1-800-964-2000. The operator will use the patient's zip code to locate and connect the patient with the referral service of the state psychological association.

[American Psychological Association, Finding Help: How to Choose a Psychotherapist](#)

Information for patients about psychotherapy and how to choose a psychologist.

Substance Abuse and Mental Health Services Administration

[SAMHSA Center for Mental Health Services, Mental Health Services Locator](#)

This Locator provides comprehensive information about mental health services and resources and is useful for professionals, consumers and their families, and the public.

[SAMHSA Substance Abuse Treatment Facility Locator](#)

	<p>This searchable directory of drug and alcohol treatment programs shows the location of facilities around the country that treat alcoholism, alcohol abuse and drug abuse problems.</p> <p>SAMHSA Directory of Single State Agencies for Substance Abuse Services This Directory provides names and contact information for directors of Single State Agencies for Substance Abuse.</p> <p>American Association for Marriage and Family Therapy, TherapistLocator.Net This Directory is a public service of the American Association for Marriage and Family Therapy to assist patients in locating a marriage and family therapist in their local area. It also provides consumer updates on important information about a variety of problems facing today's families</p> <p>The Family and Marriage Counseling Directory A nationwide directory of counselors and therapists specializing in marriage and couples, including articles, resources, and links on improving communication skills, intimacy, and trust between couples.</p> <p>Mental Health America, Factsheet: How Do I Find Treatment? Provides resources that can be used for finding local mental health treatment services, including affordable treatment for those without insurance.</p>
	<p>1. a. 4. Determining Resource Needs</p>
<p>Target Population: Adults</p>	<p>American Academy of Child and Adolescent Psychiatry</p> <p>American Academy of Child and Adolescent Psychiatry. When to Seek Referral or Consultation with a Child Adolescent Psychiatrist, 2003 Recommendations for Pediatricians, Family Practitioners, Psychiatrists, and Non-physician Mental Health Practitioners.</p> <p>American Academy of Child and Adolescent Psychiatry. Improving Mental Health Services in Primary Care: Reducing Administrative and Financial Barriers to Access and Collaboration, 2009 This paper was supported by the Improving Mental Health in Primary Care Through Access, Collaboration, and Training (IMPACT) grant which was awarded to the American Academy of Pediatrics in 2005 from the US Department of Health and Human Services.</p>

2. Support Services Resources	
Target Population: Adults	2.a. Family Services and Resources
	2. a. 1. Department of Defense
	<p>MilitaryHOMEFRONT DoD Web site 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.</p> <p>Military Installations A searchable directory of programs and services on military installations which allows service members and families to quickly find contact information, Web sites, installation overviews, maps, and directions.</p> <p>Military OneSource A toll free information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families, and deployed civilians and their families. Military OneSource provides information ranging from every day concerns to deployment/reintegration issues. Additionally, if there is a need for fact-to-face counseling, Military OneSource can provide a referral for twelve sessions per issue with professional civilian counselors at no cost to the military or family member (please note in-person counseling is only available in the United States and Puerto Rico). In addition, Military OneSource offers a web-site (<i>*Must register for Military OneSource before accessing site user id: military, password: onesource</i>) for information on a variety of topics and issues.</p> <p>24/7 Toll Free Telephone Numbers From the United States: (800) 342-9647 Outside the United States: Dial the appropriate access code for the U.S. then dial: (800) 342-9647 Collect Calls Outside the United States dial: 1 (484) 530-5908</p> <p>MilSpouse.org Military Spouse Resource Center is designed to assist the spouses of U.S. total force military personnel by providing easy access to information, resources and opportunities related to education, training, and employment.</p>

The MilSpouse.org Web site is jointly sponsored by the Department of Defense and the Department of Labor.

[Military K-12 Partners](#)

The Web site of the Department of Defense Education Activity (DoDEA) - the official source of education Information for the Department of Defense.

[Military Family Support Center Services](#)
[\(Federal Occupational Health \(FOH\)\)](#)

Family Support Center Program provides a range of customized support services to military and civilian personnel at installations nationwide. Whether military organizations need fully staffed FSCs or smaller one-person satellite style centers, FOH can offer highly trained family services professionals to help meet the needs of military service members, retirees, DOD civilians, and their families.

Army

[Army Well-Being](#)

Web site of the Army Well-Being Liaison Office, Human Resources Policy Directorate of the Army Deputy Chief of Staff G1, whose goal is to provide accurate and up-to-date information resources for members of the Army Well-Being constituent communities - Soldiers (Active, National Guard and Reserve), Civilians, Retirees, Veterans and Families.

[Army OneSource](#)

Working together, Military OneSource and the United States Army Family Covenant have created this Web site to provide support to Soldiers and their families throughout the world. This Web site replaces the MyArmyLifeToo Web site.)

[Army FRG \(virtual Family Readiness Group\)](#)

The Virtual Family Readiness Group (vFRG) web system provides all of the functionality of a traditional FRG in an ad-hoc and on-line setting to meet the needs of geographically dispersed units and families across all components of the Army. Impetuous

[Army Reserve Warrior and Family Assistance Center \(WFAC\)*](#)

WFAC is a full-time team of Army Reserve Soldiers working at the Headquarters of the US Army Reserve Command in Atlanta, Georgia to provide information and assistance to Reserve Soldiers and their family members.

*(*Certificate and Army registration required)*

[National Guard Family Program](#)

Web site of the National Guard Bureau Family Program designed to be a "one-stop shop" to find information on programs, benefits, and resources for NG families.

[Army National Guard Soldier Family Support and Services](#)

Web page on the official Army National Guard Web site designed to aid Guard families in better understanding the mission of the ARNG and to keep Guard families informed about activities sponsored by the Director and /or the Family Readiness Program.

[Community Relations – Connecting You with Your Army](#)

The Community Relations Division, headquartered at the Pentagon, is chartered as the Army's senior outreach effort. Through events and relationships with a wide spectrum of organizations, we communicate the Soldier story via a variety of mediums and bring the nation closer to the Soldiers that serve them..This Web site provides information on how to request Army assets and how you can show your support for the Army.

[USAREUR G1 Human Dimension Resources](#)

US Army Europe G1 Office provides Pre- and Post-Deployment resources for soldiers, civilians, and family members.

[USACHPPM HOOAH for Health](#)

US Army Center for Health Promotion and Preventive Medicine Web site addressing Army force health protection and readiness requirements, particularly for the reserve components.

[Strong Bonds - Building Ready Families](#)

Strong Bonds is a unit-based, chaplain led program that helps Soldiers and their families build strong relationships.

Air Force

[Air Force Aid Society](#)

The official charity of the United States Air Force. It provides worldwide emergency assistance, sponsors education assistance programs, and offers a variety of base community enhancement programs that improve quality of life for Airmen and their families.

[Air Force Crossroads](#)

The Official Community Website of the United States Air Force.

	Air Force Family Advocacy Program FAPNet (Secured log-in; limited access) The mission of the Air Force Family Advocacy Program is to build healthy communities through implementing programs designed for the prevention and treatment of child and partner abuse.
	Coast Guard
	Coast Guard Morale, Well-Being and Recreation Program The Coast Guard MWR Program oversees the quality of life programs for members of the Coast Guard and their families.
	Coast Guard Work-Life Program The Coast Guard Work-Life Program is located within the Health and Safety Directorate, reporting to the Assistant Commandant for Human Resources. The overall objective is to support the well-being of active duty, reserve and civilian employees and family members.
	Marines
	Marine Corps Community Services The MCCS programs and services support basic and quality of life needs for members of the Marine Corps and their families.
	Navy
	Navy Fleet and Family Support Programs The Fleet and Family Support Program (FFSP) provides unified, customer-focused, consistent, and efficient FFSP programs and services to support sustained mission and Navy readiness.
	Navy Lifelines Service Network, Answers for Sailors, Marines and Their Families The Official Quality of Life delivery network of the Department of the Navy, serving Sailors, Marines, and their families.
	Navy Family Support and Relocation Assistance

The Bureau of Naval Personnel provides a comprehensive resource for Navy spouses and their families to access information about the Navy communities in which they reside or to which they may be relocating.

2. a. 2 Resources External to the Department of Defense

[Military.com Family Guide and Resources Page](#)

Resources page on the Military.com Web site. Military.com is a military and veteran membership organization.

[National Military Family Association](#)

Web site for the NMFA which is dedicated to educating military families concerning their rights, benefits and services available to them and to inform them regarding the issues that affect their lives and promoting and protecting the interests of military families by influencing the development and implementation of legislation and policies affecting them.

[Operation Purple Camps](#)

Free, week-long, overnight camps open to all military children aimed at helping kids experience carefree fun while learning coping skills to deal with war-related stress and fostering relationships with others who know what they are experiencing.

[The Military Family Network](#)

Web site for the MFN, a private organization dedicated to supporting military families and increase their readiness and well-being by connecting them with their communities and the organizations that provide the best service and value.

[Association of the United States Army \(AUSA\) Family Programs](#)

AUSA's Family Programs Directorate was founded in 1999 to be an advocate for Army families. The Directorate coordinates a number of activities that support the needs and interests of family members.

[Military Child Education Coalition \(MCEC\)](#)

The Military Child Education Coalition is a 501(c)(3) non-profit, world-wide organization that identifies the challenges facing the highly mobile military child, increases awareness of these challenges in military and educational communities, and initiates and implements programs to meet the challenges. MCEC's goal is to level the educational playing field for military children wherever they are located around the world, and to serve as a model for all highly mobile children.

[American Academy of Pediatrics, Uniformed Services Deployment Page](#)

This page contains two videos, with supporting Facilitator guides, designed to help both military and civilian professionals who provide services to children, adolescents and youth, more fully understand the effects of

deployment and how to successfully manage them and to help children and adolescents cope with the difficulties of deployment in their family.

[Sesame Workshop, Talk, Listen, Connect, Military Families Cope with Change](#)

Sesame Street Workshop is the nonprofit organization behind the television show Sesame Street. One of its initiatives is to provide support and significant resources for military families with children between the ages of two and five who are experiencing the effects of deployment, multiple deployments, and combat-related injuries.

[Operation Military Kids](#)

U.S. Army's collaborative effort with America's communities to support the children and youth of National Guard and Army Reserve Soldiers impacted by the Global War on Terrorism.

[Specialized Training of Military Parents \(STOMP\)](#)

Designed for military parents of special needs children. Helps identify services for military families on the move as well as newsletters and other resources to link families with common needs.

[TriWest Healthcare Alliance, Help from Home Video](#)

Addresses the challenge of helping military Service members and their families cope with deployment-related issues.

[Department of Defense Community Relations –Our military.mil Web site](#)

Web site of The Office of the Assistant Secretary of Defense for Public Affairs, Community Relations, which fosters public awareness and understanding of DoD missions, personnel, programs and requirements. This includes managing the America Supports You Web site content. America Supports You is a public affairs initiative intended to communicate citizen support to the men and women serving in the Armed Forces.

[SOFAR: Strategic Outreach to Families of All Reservists](#)

SOFAR is a pro bono, mental health project that provides free psychological support, psychotherapy, psychoeducation and prevention services to extended family of reserve and national guard deployed during the Global War on Terrorism from time of alert through the period of reunion and reintegration. It is a project of the Psychoanalytic Couple and Family Institute of New England (PCFINE) in partnership the American Psychological Association and other participating organizations.

[Give an Hour](#)

A nonprofit organization that has created a national network of mental health professionals providing free counseling services to returning veterans and their loved ones.

[Army Community Covenant](#)

Army Community Covenant Web site provides a list of programs of support to soldiers and family members

provided by America's communities

[USUHS Courage to Care](#)

An electronic health campaign developed by the Uniformed Services University of the Health Sciences for military and civilian professionals serving the military community, as well as for military men, women and families. Courage to Care consists of fact sheets on timely health topics relevant to military life that provide actionable information.

[Deployment Health and Family Readiness Library](#)

This library provides Service members, families, leaders, healthcare providers, and veterans an easy way to find deployment health and family readiness information, including fact sheets, guides, and other products on a wide variety of topics. It was created by the DoD Deployment Health Risk Communication Working Group, a collaborating group of DoD , military service and personal and family readiness organizations.

[Army Strong Bonds](#)

Strong Bonds empowers Soldiers and their loved ones with relationship-building skills, and connects them to community health and support resources. There are specialized programs for couples, single soldiers, and families. It is a holistic, preventative program committed to the restoration and preservation of Army families, even those near crisis. The program is initiated and led by the Army Chaplains. More than 90% of those who have attended the program rate it positively.

[Navy Chaplains CREDO](#)

The mission of CREDO is to provide appropriate programs of ministry to enable military personnel, their families, and other authorized personnel to develop personal and spiritual resources and grow toward increased functional ability, religious maturity, and acceptance of responsibility. Includes: Personal Growth Retreat, Marriage Enrichment Retreat, Spirituality Retreat, Men's Retreat, Women's Retreat and others.

[National Association of Child Care Resources and Referral Agencies \(NACCRRA\). Military Programs](#)

NACCRRA is working with the U.S. Military Services to help those who serve in the military find and afford child care that suits their unique needs. Through several innovative civilian/military efforts between the Services, NACCRRA and Child Care Resource and Referral agencies (CCR&Rs) are building the quality and capacity of child care throughout the country

2. b. Wounded Warrior

Department of Defense (All Military Branches)

[WarriorCare Web Site](#)

A DoD Web site designed to provide links to resources for wounded, ill, or injured Servicemembers and families; healthcare; and transition to civilian life for active-duty military, veterans, and family members.

[Wounded Warrior Resource Center](#)

The WWRC provides assistance to wounded service members, their families, and caregivers who have concerns or questions during recovery, rehabilitation and community reintegration. This assistance does not replace the specialized wounded warrior programs established by each of the military services, but it offers another avenue of information on and assistance with military facilities, health care services, and/or benefits information. The WWRC Web site www.woundedwarriorresourcecenter.com supports access to the WWRC Call Center and trained specialists who are available 24 hours a day, 7 days a week by phone at 1-800-342-9647 or by email at wwrc@militaryonesource.com.

[Department of Defense, Compensation and Benefits Handbook For Seriously Ill and Injured Members of the Armed Forces](#)

[National Resource Directory](#)

An online partnership of "shared care" providing information on, and access to, services and resources for wounded, ill and injured service members, veterans, their families and those who support them from recovery and rehabilitation to community reintegration. The NRD is a collaborative effort between the departments of Defense, Labor and Veterans Affairs.

National Resource Directory - [Link to State and Local Services](#)

[DisabilityInfo.gov Web Site](#)

DisabilityInfo.gov is a comprehensive online resource designed to provide people with disabilities with quick and easy access to the information they need. It is managed by the U.S. Department of Labor's Office of Disability Employment Policy (ODEP).

[Military Severely Injured Center](#)

Ties together military and other government programs, such as the Army Wounded Warrior Program and similar programs in the other services, and those run by the departments of Labor and Veterans Affairs to ensure that all severely injured Service members and their families receive the necessary support needed to prepare severely injured Service members to return to duty or to reintegrate successfully into their home towns. Maintains a 24/7 Helpline.

[Defense Center of Excellence \(DCoE\) Outreach Center](#)

A 24-hour outreach center to provide information and referrals to military service members, veterans, their families and others with questions about psychological health and traumatic brain injury. The center is operated by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). It can be contacted by phone (866) 966-1020 or by email at resources@dcoeoutreach.org.

[Career Center for Combat Wounded and Disabled Veterans](#)

Provides listing of veteran friendly employers and job search capability through Monster database.

[Health Net Federal Services Warrior Care Support Program](#)

Provides complete healthcare planning and coordination services for Warriors who have been severely injured or have a combat-related behavioral health diagnosis, and their families. Health Net is the contractor for TRICARE North Region.

[TRICARE Wounded, Ill and Injured Toolkit](#)

Links to information on TRICARE and MEDICARE benefits for wounded, ill or injured service members.

[Military OneSource Wounded Warrior Resources Page](#) *

Resource information for injured service members and their families.

*(*Must register for Military OneSource before accessing site user id: military, password: onesource)*

[Veterans' Disability Benefits Commission](#)

The Commission's purpose is to carry out a study of the benefits under the laws of the United States that are provided to compensate and assist veterans and their survivors for disabilities and deaths attributable to military service, and to produce a report on the study.

[DoD New Retired Benefits Programs Web Page](#)

Under Secretary of Defense for Personnel and Readiness Web page describing Concurrent Retirement and Disability Payments (CRDP) and Combat-Related Special Compensation (CRSC) Programs.

[Center for the Study of Traumatic Stress Warrior Care Web Page](#)

The CSTS addresses both the invisible and visible wounds of war through research, education and consultation. This Web page features two important Leadership documents that lay the foundation for evidenced-informed care for the Wounded Warrior as well as his/her family. It also contains fact sheets for healthcare providers and military families on post-deployment stress symptoms, and a dedicated warrior care campaign, Resources for

	Recovery.
	Army
	US Army Wounded Warrior Program (AW2) Designed to provide severely wounded Soldiers and their families with a system of advocacy and follow-up with personal support to assist them as they return to duty, or to civilian life.
	US Army Warrior Transition Command Effective 1 Apr 09, the WTC is new command under US Army Medical Command (MEDCOM) that serves as the organizational focal point for the Army's Warrior Care and Transition Program (WCTP). The WTC consolidates three existing offices/agencies involved in Army warrior care: the Warrior Transition Office (WTO), previously under MEDCOM; the Army Wounded Warrior Program (AW2), previously under Human Resources Command; and the Warrior Care and Transition Office (WCTO) previously under the Office of the Chief of Staff, Army.
	Army Proponency Office for Rehabilitation and Reintegration The Army's lead organization for policy, direction, and oversight of rehabilitation and reintegration.
	US Army Human Resources Command. Combat-Related Special Compensation Program Provides tax-free monthly payments to eligible retired veterans with combat-related injuries. With CRSC, the Service member can receive both full military retirement pay and VA disability compensation, if the injury is combat-related.
	Air Force
	Air Force Wounded Warrior Program The AFW2 Program is an initiative to provide personalized care to Airmen who are separated or retired as a result illness or injury received in support of OEF or OIF.
	Marines
	Marine Wounded Warrior Regiment The WWR mission is to provide and facilitate assistance to wounded/injured/ill Marines, Sailors attached to or in support of Marine units, and their family members, throughout the phases of recovery. The WWR Web site

	provides news, information, and useful links related to particular injuries, benefits, helpful organizations and the recovery process as well as issues service members and their families may face along the way.
	Navy
	Navy Safe Harbor Program – Severely Injured Support Navy Personnel Command program to provide personalized support and assistance to severely injured Sailors and their family.
	Combat-Related Special Compensation Board (CRSCB) Combat-Related Special Compensation (CRSC) is a benefit allowing certain career retirees to receive both retirement pay and payments for combat-related disabilities. The statute defining this program is Title 10 U.S. Code Section 1413a. The law is implemented in accordance with The Office of the Secretary of Defense (DOD) guidance. The CRSC Board of the Secretary of the Navy Council of Review Boards (SECNAV CORB) manages this program for the Secretary of the Navy.
	Department of Veterans Affairs
	VA Polytrauma System of Care Polytrauma care is for veterans and returning service members with injuries to more than one physical region or organ system, one of which may be life threatening, and which results in physical, cognitive, psychological, or psychosocial impairments and functional disability. The VA Polytrauma System of Care includes 4 Polytrauma Rehabilitation Centers and 21 Polytrauma Network Sites and will soon be adding Polytrauma Support Clinics, which will provide outpatient care and post-release follow-up even closer to home.
	VA War Related Illness and Injury Study Centers (WRIISC) Specialized centers that provide service to combat veterans who have difficult-to-diagnose disabling illnesses through clinical care, risk communication, education, and research addressing potential environmental exposures and adverse health outcomes. VA primary care providers of veterans with undiagnosed illnesses can request an evaluation at one of the Centers through the VA Central Office. Referral acceptance is a joint decision of VA Central Office, the WRIISC, the referring provider, and the patient.
	Non-DoD Organizations

[Transportation Security Administration \(TSA\). Military Severely Injured Program for Travelers with Disabilities and Medical Conditions](#)

TSA has partnered with the Department of Defense and has developed a process to coordinate and assist military severely injured and their families traveling through airport security checkpoints so that they have a smooth and uneventful screening experience.

[Wounded Warrior Project](#)

A non-profit organization that seeks to assist those men and women of our armed forces who have been severely injured during the conflicts in Iraq , Afghanistan , and other locations around the world by providing them with unique programs and services, raising awareness and enlisting public support, and providing a means for veterans to help each other.

[Fisher House](#)

Fisher House™ Foundation donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury. Military service secretaries and the Secretary of Veterans Affairs are responsible for the operation and maintenance of the homes.)

[Association of the United States Army \(AUSA\) Wounded Warrior and Family Support Page](#)

Contains Internet links to organizations and resources that can provide assistance to wounded warriors and their families.

[National Military Family Association \(NMFA\). Resources for Wounded or Injured Service Members and their Families Fact Sheet, Jul 06](#)

An easy-to-use guide to give military families a basic understanding of available resources and the overall process if their service member is wounded, injured or becomes ill in the line of duty.

[Amputee Coalition of America](#)

The ACA is a national, non-profit amputee consumer educational organization representing people who have experienced amputation or are born with limb differences.

[Sew Much Comfort](#)

A charitable organization which raises money and organizes volunteers to provide adaptive clothing free of charge to support the unique needs of injured service members.

[Computer/Electronic Accommodations Program \(CAP\)](#)

CAP provides assistive technology and services to people with disabilities, Federal managers, supervisors, IT professionals, and Wounded Services Members.

[Social Security Administration, Disability Benefits for Wounded Warriors](#)

Social Security Online Web Page describing social security disability benefits for wounded warriors and how to apply for them.

[Blinded Veterans Association](#)

The BVA was established specifically to help veterans and their families meet and overcome the challenges of blindness through service programs, regional groups, resources, and advocacy before the legislative and executive branches of government.

[National Association of Child Care Resources and Referral Agencies \(NACCRRRA\), Child Care Assistance For Families of Severely Injured Military Members](#)

NACCRRRA and the Department of the Army have partnered to provide families of severely injured military members with assistance to find and pay for safe, licensed child care services for a period of six months during their period of recuperation. (Extensions beyond the 6-month period will be considered based upon physician reassessment.)

2. c. Casualty Assistance

[Department of Defense, A Survivor's Guide to Benefits: Taking Care of Our Own](#)

This guide provides an overview of the application for benefits and entitlements process for families of deceased Service members.

[Army Casualty Web Site](#)

The Army Casualty and Mortuary Affairs Operation Center (CMAOC), US Army Human Resources Command maintains this Web site as an information and assistance point for casualty-affected Army families and for the many dedicated professionals serving to aid surviving Army family members in their time of greatest need.

[Guide for Families of Fallen Soldiers](#)

[Army Long Term Family Case Management Web Site](#)

The ALTFCM is a one-stop resolution center that assists families of fallen Soldiers -- spouses, children, parents, and extended family.

[Air Force Personnel Center Casualty Services for Military Members](#)

	<p>The AFPC maintains this Web site to provide information regarding casualty services for Air Force members and their families.</p> <p>Marine Corps Casualty Assistance Section The HQMC Casualty Section implements, executes and manages the Casualty Assistance Program, which includes providing assistance to Marine Corps families with compassion, dignity and honor.</p> <p>Navy Casualty Assistance Division The mission of the Navy Casualty Assistance Division of the Navy Personnel Command is to provide timely, compassionate and caring assistance for Navy families in times of need.</p> <p>Navy Casualty Assistance for Family Members Guide</p> <p>TAPS Tragedy Assistance Program for Survivors (TAPS is a non-profit organization that is a front line resource for all who through war, illness, accident or suicide have lost a loved one serving in the Armed Forces. Its comprehensive services include a national network of peer-based emotional support, case work assistance, crisis intervention, and grief and trauma resources.</p> <p>Military.com. Understanding Survivor Benefits Military.Com Web site provides these resources and information on dealing with the death of a service member or retiree.</p>
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Section Five: Wellness, Resiliency and Self-Care	
1. Providers	
Target Population:	1. a. Preventing Burnout
	<p>AMEDD Center and School Provider Resiliency Training (PRT)</p> <p>Army Behavioral Health Provider Resiliency Training Web Page</p>

Healthcare Providers	Navy and Marine Corps Public Health Center (NMCPHC) Resiliency from Stress Web Page Compassion Satisfaction and Fatigue (CSF) Test A self-scoring tool for determining risk for compassion fatigue and burnout. Professional Quality of Life (Pro-QL-R-IV) Scale Compassion Satisfaction and Fatigue Subscales—Revision IV Research Information on the ProQL Military OneSource, Article on Coping with Compassion Fatigue * Recognizing and finding help for compassion fatigue in people who counsel trauma victims. <i>(*Must register for Military OneSource before accessing site user id: military, password: onesource)</i> Center for the Study of Traumatic Stress. Stress Management for Healthcare Providers Fact sheet to assist healthcare providers mitigate the psychological challenges that they face after disasters.
	1. b. Stress Management and Self-Care Plans
	Navy and Marine Corps Public Health Center (NMCPHC) Health Topics Stress Management Page Information and resources on personal stress management.
2. Patients and Family Members	
	2. a. Information on Resilience
	Understanding and Promoting Resilience in Military Families, Military Family Research Institute at Purdue University, 2008 This review of scientific evidence about resilience in children and families was compiled at the request of the Office of Military Community and Family Policy in the Department of Defense. The purpose of the review is to examine research conducted in civilian and (where available) military settings that may provide insights about individual and family resilience in the face of events that might have impacts similar to deployment. Ultimately, such insights may provide guidance regarding strategies likely to prove successful in minimizing any negative effects of deployment on military families and children.

[American Psychological Association \(APA\) Help Center](#)

Series on Resilience in a Time of War. Helping families build resilience during a time of war.

[Resilience in a Time of War](#)

[Resilience in a Time of War Homecoming](#)

[Resilience Guide For Parents & Teachers](#)

[Resilience in a Time of War Tips for Parents & Day-Care Providers of Preschool Children](#)

[Resilience in a Time of War Tips for Parents & Teachers of Middle School Children](#)

[Resilience in a Time of War Wartime Stress & Teens](#)

[Resilience in a Time of War Tips for Parents & Teachers of Elementary School Children](#)

[Resilience in a Time of War Tips for Parents and Teachers of Teens](#)

[Israel Center for the Treatment of Psychotrauma, Resilience](#)

Provides information on resilience and stress and means of improving resilience for self and family members including children.

Wiens, T. W., Boss, P. (2005). Maintaining family resiliency before, during, and after military separations. *Military life, the psychology of serving in peace and combat, the military family, Volume 3*. Greenwood Publishing Group, Inc.

This chapter discusses family resiliency using the Contextual Family Stress Model. In particular, a section on what helps and what hinders can be useful in supporting military families and strengthening protective factors. Specific recommendations for building and sustaining resiliency are included.

2. b. Self-Assessment to Identify Need for Help

[DoD Mental Health Self-Assessment Program](#)

The Mental Health Self-Assessment Program (MHSAP) is a mental health and alcohol screening and referral program provided for military families and service members affected by deployment and mobilization. This voluntary and anonymous program is offered online, by phone, and through special events held at installations and reserve units. Anonymous, self-assessments are available for depression, bipolar disorder, alcohol use, post-traumatic stress disorder (PTSD), and

generalized anxiety disorder.

[Depression-screening.org Web Site](#)

This Web site is sponsored by [Mental Health America](#) (formerly known as the National Mental Health Association) and is designed to educate people about clinical depression, offer a confidential way for people to get screened for symptoms of the illness, and guide people toward appropriate professional help if necessary.

[Compassion Satisfaction and Fatigue \(CSF\) Test](#)

A self-scoring tool for determining risk for compassion fatigue and burnout.

[Anxiety Disorders Association of America, Getting Help Self-Tests](#)

Short questionnaires on anxiety disorders and PTSD to decide whether you or a family member (including a child) should seek help.

[Caregivers Readiness Self-Assessment](#)

2. c. Stress Management for the Self and Families

[FOCUS Project](#)

Families Over Coming Under Stress is a resiliency-training program for military families and children to help them meet the challenges of combat operational stress during wartime. Working with the existing teams of dedicated military family services personnel; FOCUS staff assists families in understanding how combat operational stress affects them and the service family member, how to manage stress, and how to strengthen their family. FOCUS currently serves military families at [9 different Navy sites](#).

[Navy and Marine Corps Public Health Center \(NMCPHC\) Health Topics Stress Management Page](#)

Information and resources on personal stress management.

[Center for the Study of Traumatic Stress \(CSTS\) - Pathways to Care - Supporting The Parent Left Behind: Help for Parenting](#)