

# Resources for OEF/OIF Military Families

Compiled by Michelle D. Sherman, Ph.D. (Revised February 2010)

## BOOKS

### For Veterans / Service Members (and Adult family members)

*After the war zone: A practical guide for returning troops and their families.* (2008). Lori Slone & Matthew Friedman, Da Capo Press.

*Back from the Front: Combat Trauma, Love, and the Family.* (2007). Aphrodite Matsakis.

*Courage After Fire: Coping Strategies for Returning Soldiers and Their Families* (2006). Keith Armstrong, Suzanne Best, & Paula Domenici .

*Down Range: To Iraq and Back* (2005). Bridget Cantrell & Chuck Dean.

*Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them.* (1998) Aphrodite Matsakis.

*While They're at War: The True Story of American Families on the Homefront* (2006). Kristin Henderson

### For Kids

*Daddy, You're My Hero! // Mommy, You're My Hero!* (2005). [for kids ages 4-8]. Michelle Ferguson-Cohen

*My Red Balloon.* (2005). Eve Bunting. [for kids ages 4-8; picture book focused on homecoming].

*I Miss You: A Military Kid's Book About Deployment.* (2007). Prometheus Books. [for elementary school kids whose parent is deployed]. Beth Andrews

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

*You And Your Military Hero: Building Positive Thinking Skills During Your Hero's Deployment.* (2009). [for kids ages 5-12 focusing on parental deployment]. Sara Jensen-Fritz, Paula Jones-Johnson & Thea L. Zitzow.

*Finding My Way: A Teen's Guide to Living with a Parent Who has Experienced Trauma.* (2005) [for kids ages 12-18] . Michelle D. Sherman, Ph.D., DeAnne M. Sherman. (available at [www.SeedsofHopeBooks.com](http://www.SeedsofHopeBooks.com))

*My Story: Blogs by Four Military Teens* (2009). [for kids ages 10-18] . Michelle D. Sherman, Ph.D., DeAnne M. Sherman. (available at [www.SeedsofHopeBooks.com](http://www.SeedsofHopeBooks.com))

## **WEBSITES**

Military OneSource (1-800-342-9647). [www.militaryonesource.com](http://www.militaryonesource.com)

Military HOMEFRONT (Official DoD site). [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

Benefits Facts Sheets, US Department of Veterans Affairs: [www.vba.va.gov/benefit\\_facts/index.htm](http://www.vba.va.gov/benefit_facts/index.htm)

Strategic Outreach to Families of All Reservists: [www.sofarusa.org](http://www.sofarusa.org)

US Department of Veterans Affairs: [www.va.gov](http://www.va.gov) and [www.oefoif.va.gov](http://www.oefoif.va.gov)

State Departments of Veterans Affairs: <http://www.nasdva.net>

Vet Centers: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

National Resource Directory: [www.nationalresourcedirectory.org](http://www.nationalresourcedirectory.org): Online tool for wounded, ill and injured troops/veterans & their families, providing access to more than 11,000 services and resources at the national, state and local levels

### **Emotional Health:**

National Center for PTSD. [www.ncptsd.org](http://www.ncptsd.org)

National Mental Health Association. [www.nmha.org/reunions](http://www.nmha.org/reunions)

Operation Enduring Families: A 5-session family education curriculum for OEF/OIF veterans/families. [www.ouhsc.edu/oef](http://www.ouhsc.edu/oef)

S.A.F.E. Program, Support And Family Education: Mental Health Facts for Families. An 18-session curriculum for people who care about someone who has a mental illness / PTSD. [www.ouhsc.edu/safeprogram](http://www.ouhsc.edu/safeprogram)

Military Pathways (DOD sponsored mental health / alcohol screening and referral program offered to families and service members affected by deployment) [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)

Defense & Veterans Brain Injury Center. [www.dvbic.org](http://www.dvbic.org) Information about TBI from the military health perspective, and offers resources

### **Deployment:**

After Deployment: [www.afterdeployment.org/index.php](http://www.afterdeployment.org/index.php)

*Coming Home: What to Expect, How to Deal When you Return from Combat.* S. Jacobson & E. Colon (2008). Comic booklet available for download at: [www.militaryonesource.com](http://www.militaryonesource.com)

Surviving Deployment: Resources for Military Families. [www.survivingdeployment.com](http://www.survivingdeployment.com)

*Deployment Guide For Families of Deploying Soldiers. Separation and Reunion Handbook* [www.hooah4health.com/deployment/familymatters/reunion.htm#](http://www.hooah4health.com/deployment/familymatters/reunion.htm#)

DOD Deployment Health Clinical Center -- *A Soldier and Family Guide to Redeploying*.  
[chppm-www.apgea.army.mil/deployment/FamilyReunionTrifold19Dec03.pdf](http://chppm-www.apgea.army.mil/deployment/FamilyReunionTrifold19Dec03.pdf)

*Picking up the Pieces after TBI: A Guide for Family Members*. A. Sander (2002).  
<http://www.lapublishing.com/blog/wp-content/uploads/2009/08/TIRR-Picking-up-the-pieces.pdf>

*Post-Deployment Stress: What Families Should Know, What Families Can Do*.  
[http://rand.org/pubs/corporate\\_pubs/CP535-2008-03/](http://rand.org/pubs/corporate_pubs/CP535-2008-03/)

*Post-Deployment Stress: What You Should Know, What You Can Do*.  
[http://rand.org/pubs/corporate\\_pubs/2008/RAND\\_CP534-2008-03.pdf](http://rand.org/pubs/corporate_pubs/2008/RAND_CP534-2008-03.pdf)

*Welcome Home: How to make a difference in the lives of returning war zone veterans* (includes Dr. James Munroe's "Eight Battlefield Skills that Make Life in the Civilian World Challenging"). Washington Family Policy Council. <http://www.fpc.wa.gov/publications/welcomehome.pdf>

## **Issues about Children/Youth**

*For Kids:*

National Guard Family Program / Guard Family Youth Website  
[www.guardfamily.org](http://www.guardfamily.org) // [www.guardfamilyyouth.org](http://www.guardfamilyyouth.org)

VA Kids: [www.va.gov/kids](http://www.va.gov/kids)

Army Reserve Child and Youth Service's Online Teen Deployment Class  
[www.arfp.org/skins/cys/display.aspx?moduleid=8cde2e88-3052-448c-893d-d0b4b14b31c4&mode=user&action=display\\_page&objectid=26860744-9f90-4009-a0ea-da1da0220edb&AllowSSL=true](http://www.arfp.org/skins/cys/display.aspx?moduleid=8cde2e88-3052-448c-893d-d0b4b14b31c4&mode=user&action=display_page&objectid=26860744-9f90-4009-a0ea-da1da0220edb&AllowSSL=true)

Sesame Street Connections  
<http://www.sesamestreetfamilyconnections.org/login/>

*My Life: A Kid's Journal* (for during deployment- by Health Net Federal Services)  
[https://www.hnfs.net/res/tricare/beneficiary/common/pdf/-1542306275/Kids\\_jrn\\_bw\\_coloringbook\\_12\\_07.pdf](https://www.hnfs.net/res/tricare/beneficiary/common/pdf/-1542306275/Kids_jrn_bw_coloringbook_12_07.pdf)

Tutor.com: (free, online tutoring) [www.tutor.com/military-programs](http://www.tutor.com/military-programs)

*For Parents and Educators:*

Welcome Back Parenting: A Guide for Reconnecting Families after Military Deployment.  
[www.welcomebackparenting.org](http://www.welcomebackparenting.org)

National Military Family Association / Operation Purple Camp. [www.militaryfamily.org](http://www.militaryfamily.org)

Military Child Education Coalition: [www.militarychild.org](http://www.militarychild.org)

Operation Military Kids: [www.operationmilitarykids.org](http://www.operationmilitarykids.org)

Operation Child Care (for National Guard and Reservists).

[www.childcareaware.org/en/operationchildcare](http://www.childcareaware.org/en/operationchildcare)

DOD's Military Student Program: The Military Child in Transition and Deployment  
<http://militaryk12partners.dodea.edu/>

National Child Traumatic Stress Network's Military Children and Youth Resource Page.  
[http://nctsn.org/nccts/nav.do?pid=ctr\\_top\\_military](http://nctsn.org/nccts/nav.do?pid=ctr_top_military)

*Coming Home: Adjustments For Military Families and Families In The Military.* American Academy of Child and Adolescent Psychiatry.  
[www.aacap.org/cs/root/facts\\_for\\_families/coming\\_home\\_adjustments\\_for\\_military\\_families](http://www.aacap.org/cs/root/facts_for_families/coming_home_adjustments_for_military_families)  
[http://www.aacap.org/cs/root/facts\\_for\\_families/families\\_in\\_the\\_military](http://www.aacap.org/cs/root/facts_for_families/families_in_the_military)

*Tackling Tough Topics: An Educator's Guide to Working with Military Kids.* Washington State Office of Superintendent of Public Instruction.  
<https://www.operationmilitarykids.org/resources/ToughTopics%20BookletFINAL.pdf>

*Building Resilient Kids.* A course for school personnel focused on building resilience among students from military families. Johns Hopkins Bloomberg School of Public Health's Military Child Initiative.  
[http://jhsp.edu/mci/training\\_course](http://jhsp.edu/mci/training_course)

*Military Kids Bill of Rights*  
[http://www.nmfa.org/site/DocServer/Military\\_Child\\_Bill\\_of\\_Rights5-08.pdf?docID=13201](http://www.nmfa.org/site/DocServer/Military_Child_Bill_of_Rights5-08.pdf?docID=13201)

*10 Things Military Kids Want You to Know*  
[www.nmfa.org/site/DocServer/TOOLKIT\\_8.5x11\\_proof6.pdf?docID=15601&JServSessionIdr008=z07xh43fx1.app1a](http://www.nmfa.org/site/DocServer/TOOLKIT_8.5x11_proof6.pdf?docID=15601&JServSessionIdr008=z07xh43fx1.app1a)

Salute Our Services A Thousand Thanks to Military Kids Program (sends free personalized card to military child): [http://www.saluteourservices.org/skins/sos/display.aspx?mode=user&ModuleId=8cde2e88-3052-448c-893d-d0b4b14b31c4&action=display\\_page&ObjectID=f2cbe28f-381c-475a-a2aa-175371eed89d](http://www.saluteourservices.org/skins/sos/display.aspx?mode=user&ModuleId=8cde2e88-3052-448c-893d-d0b4b14b31c4&action=display_page&ObjectID=f2cbe28f-381c-475a-a2aa-175371eed89d)

*United Through Reading* (deployed parents read children's books aloud via DVD for their child to watch at home)  
[www.unitedthroughreading.org/military/](http://www.unitedthroughreading.org/military/)

*Helping Children Cope with Deployments and Reunions.*  
[www.realwarriors.net/family/children](http://www.realwarriors.net/family/children)

## **For Providers**

Building Bridges to Support Military and Veteran Families: Healthcare Providers Resource Guide (created by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, August 2009)  
[http://www.treatment.org/Documents/pdf/DCoE\\_PHCSoc\\_Building\\_Bridges\\_Healthcare\\_Professionals\\_v1.0-1\\_1.pdf](http://www.treatment.org/Documents/pdf/DCoE_PHCSoc_Building_Bridges_Healthcare_Professionals_v1.0-1_1.pdf)

Cognitive Processing Therapy On-line Training (CPT Web): <http://cpt.musc.edu/index>

## VIDEOS

### For Adults/Parents

*Young Children on the Homefront, ZERO TO THREE.* Military families share their unique deployment experiences and professionals offer tips and strategies for dealing with difficult issues such as grief and loss from deployment and the challenges that often arise upon reunification. Available to view at: [http://www.zerotothree.org/site/PageServer?pagename=key\\_military](http://www.zerotothree.org/site/PageServer?pagename=key_military)

*A Different Kind of Courage* <http://mentalhealthscreening.org/military/> Video to encourage help-seeking for psychological health by Military Pathways

*Cover me.* Injured Marine Semper Fi Fund ([www.semperfind.org](http://www.semperfind.org)). 32-minute DVD encouraging warriors to seek care for mental health problems. Contains some graphic images of combat.

### For Youth

*Talk, Listen, Connect: Deployments, Homecomings, Changes.* Sesame Street DVDs for families with youth ages 2-5. Available through Military OneSource OR [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc)

*When Parents Are Deployed* (with Cuba Gooding, Jr). Sesame Street video. [http://www.sesameworkshop.org/newsandevents/pressreleases/military\\_special](http://www.sesameworkshop.org/newsandevents/pressreleases/military_special)

Youth Coping With Military Deployment: "*Promoting Resilience in Your Family*" and "*Mr. Poe and Friends.*" American Academy of Pediatrics. Video from Operation Purple summer camp with interviews by kids. Available: [www.aap.org/sections/uniformedservices/deployment/index.html](http://www.aap.org/sections/uniformedservices/deployment/index.html)

*Young Heroes: Military Deployment Through the Eyes of Youth.* 18 minute video created by teens of the New Jersey Operation Military Kids' Speak out for Military Kids Program explaining the deployment cycle: <http://www.operationmilitarykids.org/public/somk.aspx>

*The Price of Peace.* Song by two military teens about deployment. [Priceofpeace.org](http://www.priceofpeace.org); <http://www.nationalguard.com/priceofpeace/>

### For Providers

*Joining Forces Online.* [www.joiningforcesonline.org](http://www.joiningforcesonline.org) Health Partners for Medical Education, MN National Guard, Minneapolis VAMC. Four 30-minute videos for PROVIDERS who work with returning troops.

*ICARE: What Primary Care Providers Need to Know about Mental Health Issues Facing Returning Service Members and Their Families* <http://www.aheconnect.com/citizensoldier/>. Created by the Citizen-Soldier Support Program (CSSP) at the University of North Carolina. Program for providers to learn about working with returning troops. Created by Harold Kudler, MD and Charlotte M. Wilmer, MSW, LCSW. CE credits available.