



## The Soldiers Project

The Soldiers Project is a private, non-profit, independent group of volunteer licensed mental health professionals including psychiatrists, psychologists, social workers, and marriage and family therapists, who offer free psychological treatment to military service members (active duty, National Guard, Reserves and veterans) who have served or who expect to serve in OEF and/or OIF. They provide treatment to members of their families and other loved ones. Treatment is conducted in private offices. The therapists are all volunteers and the services are entirely confidential. Soldiers Project does not report to any governmental agency.

Primarily in Southern California, the Soldiers Project in Los Angeles has more than 100 volunteer clinicians serving over 100 clients. With calls coming in from all over the United States, affiliated groups have developed in Seattle, New York, and Chicago.

*For more information, call (818) 761-7438, toll-free (877) 576-5343 or visit [www.thesoldiersproject.org](http://www.thesoldiersproject.org). A representative will get back to you within 24 to 28 hours, and in most cases will secure an appointment with a therapist in no more than a week.*

## American Academy of Pediatrics Offers Videos to Help Children Cope with a Deployment

The American Academy of Pediatrics (AAP) offer several videos on its website (<http://www.aap.org/sections/uniformed-services/deployment/videos.html>) to help military families better cope with a deployment.

"The goal of this program is to empower family members, family readiness coordinators, and concerned community members with a youth friendly tool to help young people understand and cope with the emotions and stresses related to family separations and reunions after a deployment," according to the AAP website.

"The interviewer's questions and narrators script were carefully constructed to be sure the content addressed real youth issues commonly experienced while undergoing separation from close family members. Participants were drawn from a variety of locations and represent a diverse population of regular youth experiencing different stages of deployment."

One video, titled "Military Youth Coping with Separation: When Family Members Deploy," which was developed by military professionals specializing in youth, is directed at teens, while a second, "Mr. Poe and Friends Discuss Reunion After Deployment"

targets elementary school-age children.

Keith Lemmon, M.D., FAAP, an Army major in the pediatrics department at Madigan Army Medical Center is the website designer and producer of the teen video. Lemmon first became aware of the need to support deployed families when he was sent to Afghanistan with the 82nd Airborne in 2002. As the father of a six-month-old daughter and a four-year-old son at the time, he noticed changes in his son related to the deployment.

"I'm a physician and my wife is a teacher and our kid still had a difficult time with the separation." He then surmised that other couples must be having trouble as well.

Dr. Lemmon studied the effects of deployment on adolescents and subsequently created the teen video and website.

More than 100,000 copies initially produced in the project already have been distributed and another 100,000 copies of each video will be distributed in the near future.

*To view the videos or find out how to order a copy of the videos, visit the AAP Deployment Support website at [www.aap.org/sections/unifserv/deployment](http://www.aap.org/sections/unifserv/deployment).*