

DCoE Releases New Children of Military Service Members Resource Guide

Deployment not only affects our military service members individually, but also has a significant effect on their families, especially the children. From toddlers to teenagers, children may face difficult separations, strong emotions, and note parental changes once the deployed family member returns.

In support of the DCoE mission to identify and promote effective instructional material for wounded warriors, families, and health care providers, we developed the Children of Military Service Members Resource Guide – an online resource to assist families and health care providers address the mental and emotional health needs of military children. The guide identifies age appropriate resources addressing such topics as: Deployment, Homecoming, Loss of a Parent, Mental / Emotional Wellbeing and Moving.

The guide is now available and can be found at www.dcoe.health.mil/DCoENews/DCoEReleasesNewChildrenofMilitaryServiceMembersResourceGuide.aspx



A child laughs during a screening of a Sesame Street special, "Coming Home: Military Families Cope with Change," at the Pentagon. Sesame Workshop, the nonprofit educational organization behind Sesame Street, has spent the past few years creating outreach materials to help military families with young children cope with deployments, homecomings and change. DoD photo by Cherie Cullen

Military family support programs online:

The Department of Defense and service branches provide information about programs and services for military families, plus links to additional resources.

Army OneSource

www.myarmyonesource.com

Look for deployment support information under "Family Programs" and "Health Care."

Air Force Community

www.afcommunity.af.mil

Look for deployment support information under "Readiness."

Fleet and Family Support Program

www.ffsp.navy.mil

Click on "Deployment Readiness."

Marine Corps Community Services

www.usmc-mccs.org

Click on "Deployment Support."

Military HomeFRONT

www.militaryhomefront.dod.mil

The Department of Defense website for a wide range of quality-of-life information. For information related to deployment issues, click on "Troops and Families," then on "Deployment Readiness."

National Guard Bureau Joint Services Support

www.jointservicesupport.org

Provides access to National Guard resources

in your state, information on deployment events in your area, and links to the National Guard Family Program, Yellow Ribbon Reintegration Program, Employer Support of the Guard and Reserve, and more.

Military OneSource

www.MilitaryOneSource.com

Download or order free articles, booklets, CDs, DVDs, and podcasts; participate in online discussions, and use tools to help military families manage through the deployment cycle. You can also talk to a consultant 24 hours a day by calling 1-800-342-9647. Face-to-face counseling sessions in the local community (plus online and telephone alternatives) are also available.

Community-based military family support programs

In-person support to military families during deployment is available at facilities located at your military installation or in your local community or region.

Installation Family Support Centers

For information and support, you can call or visit any installation Army Community Service Center, Marine Corps Community Services, Fleet and Family Support Center, or Airman and Family Readiness Center regardless of your branch affiliation.

National Guard Family Assistance Centers

These centers are in multiple locations within every state to support all military families before, during, and after deployment. Find the center nearest you by going to www.jointservicesupport.org (click on "Find Local Resources").

Relief organizations

Military relief organizations are private, nonprofit organizations that help service members and their families with certain emergency financial needs. Help can take the form of interest-free loans, grants, or a combination of loans and grants.

Air Force Aid Society

www.afas.org

Army Emergency Relief

www.aerhq.org

Navy/Marine Relief Society

www.nmcrs.org

Nonprofit organizations supporting military families

There are many nonprofit organizations that serve service members and their families or have dedicated resources to support them. Here are some of the most well-known national organizations providing deployment information and support.

American Red Cross

www.redcross.org

Provides emergency communication services, emergency financial assistance, and a range of other services to service members and their families. Click on "Military Members and Families."

NACCRRA Military Partnerships

www.naccrra.org/MilitaryPrograms

Helps military families find affordable, quality child care.

Military Child Education Coalition

www.militarychild.org

Helps military families ensure quality educational opportunities for children affected by relocation, family separation, and transition. Click on "Publications" to find deployment support resources for families and schools.

National Military Family Association

www.militaryfamily.org

Information for military families on a wide range of issues. Find deployment information under "Get Info" and "Publications."

Support for coping with deployment stress

If you or your family members need help coping with emotional challenges of deployment, look for information and support from these resources:

AfterDeployment.org

<http://afterdeployment.org>

Offers tips and resources for service members returning from deployment and their families. From identifying and dealing with depression or war injuries to helping strengthen relationships with family and friends.

Army Behavioral Health

www.behavioralhealth.army.mil

Under "Children and Families" you can find links to websites, books, fact sheets, CDs, and DVDs designed to help adults and children cope with a family member's deployment.

Chaplains

Military chaplains and many civilian clergy members can provide counseling, guidance, and referrals for deployment stress or other issues.

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

www.dcoe.health.mil

Click on "For Families" for deployment coping tips and links to support resources for adults and children.

Deployment Health and Family

Readiness Library

deploymenthealthlibrary.fhp.osd.mil

A Department of Defense website that provides service members and their families with information about deployment health and family readiness, including fact sheets, guides, and links to other resources.

Military OneSource

www.MilitaryOneSource.com

Talk with an expert 24/7 online or by phone at 1-800-342-9647 about deployment stress or other concerns like finances, education, or parenting. Also provides free face-to-face counseling sessions (per issue) with a professional in your

community. (Online and telephone options are also available.)

TRICARE

www.tricare.mil

Provides information on your military health benefits. As a military family member covered under TRICARE, you may go directly to mental health providers in the TRICARE network for care for anxiety, depression, or other serious emotional issues.

Source: Military OneSource