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Resources for OIF/OEF Veterans and Their Families

Compiled by Michelle D. Sherman, Ph.D.

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BOOKS (available at amazon.com unless otherwise noted)

For Veterans / Soldiers (and Families)

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

Down Range: To Iraq and Back (2005).
Bridget Cantrell, Ph.D., Chuck Dean

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

For Families

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

Surviving Deployment: A Guide for Military Families (2003).
Karen M. Pavlicin

My Love, My Life: An Inside Look at the Lives of Those who Love and Support our Military Men and Women (2004).
Dianne Collier (of Canada)

Heroes at Home: Help and Hope for America's Military Families (2002).
Ellie Kay

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

For Kids

Coping with Deployment:

A Very Long Time (2005). [for kids ages 4-8; picture book for children whose parents are deployed].
Geri Timperley and Nikki Arro

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

While You Are Away (2004). [for kids ages 4-8; picture book for children whose parents are deployed]

Eileen Spinelli and Renee Graef

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

Angela Sportelli-Rehak

Deployment Journal for Kids(2005).

Rachel Robertson

Coping with the Aftermath of Trauma / Reintegration / Grief:

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. and DeAnne M. Sherman.

(available at www.seedsofhopebooks.com)

Helping Children Cope with the Challenges of War and Terrorism. [for kids ages 7-12]

Annette M. LaGreca, Ph.D., et al. 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):

Available at www.7-dippity.com/other/Supplement.pdf

The Hero in My Pocket. [for kids ages 6-12 whose parent has died while in the the line of duty].

Marlene Lee.

COLORING BOOKS / ACTIVITY PAMPHLETS

Channing Bete

Interactive pamphlets on a variety of topics such as: mission readiness, deployment, reintegration, making the most of military family life, military policies and procedures (e.g., "Know What? I'm Ready for Reunion!" and "Military Family Wellbeing" and "Your Parent is Coming Home!")

www.channing-bete.com/military

The Bureau for At-Risk Youth

"I'll Miss You" and "Welcome Home!" (coloring / activity pamphlets on deployment and homecoming). Available at: 1-800-99-YOUTH

WEBSITES

General:

National Center for PTSD

www.ncptsd.va.gov

Military OneSource (1-800-342-9647; userid: military; password: onesource)

www.militaryonesource.com

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 or PTSD. Entire curriculum is available for free download on website.

w3.ouhsc.edu/safeprogram

Mental Health Self-Assessment Program (DOD sponsored anonymous mental health / alcohol screening and referral program offered to families and service members affected by deployment or mobilization - available online 24/7)

www.MilitaryMentalHealth.org

PTSD Alliance

<http://www.ptsdalliance.org/>

VA's Seamless Transition Office

www.seamlesstransition.va.gov

My Health@Vet: The Gateway to Veteran Health and Wellness

www.myhealth.va.gov

Benefits Facts Sheets – US Department of Veterans Affairs –Benefits Administration

www.vba.va.gov/benefit_facts/index.htm

VA Polytrauma System of Care Website

<http://www.polytrauma.va.gov/>

Strategic Outreach to Families of All Reservists: <http://www.sofarusa.org>

Focus on Soldiers / Veterans (Post Deployment):

Returning from the War Zone: A Guide for Military Personnel

A National Center for PTSD Fact Sheet

www.ncptsd.va.gov/ncmain/ncdocs/manuals/GuideforMilitary.pdf

Emotional Responses:

When the Letdown Doesn't Let Up

National Mental Health Association

www.nmha.org/reunions/infoLetdown.cfm

How to Get Back to "Normal"

National Mental Health Association

www.nmha.org/reunions/infoBacktoNormal.cfm

Employment Issues:

Information Specific to National Guard and Reserve Personnel and Their Employers

A National Center for PTSD Fact Sheet

www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_info_ngrsvspecific.html?opm=1&rr=rr1

[15&srt=d&echorr=true](#)

Returning to Work: Tips for Service Members and Employers

National Mental Health Association

www.nmha.org/reunions/infoReturnWork.cfm

Parenting:

Reconnecting With Your Children

National Mental Health Association

www.nmha.org/reunions/infoChildren.cfm

Healthy Parenting Initiative

Military HOMEFRONT (DoD)

[Link](#)

Operation Child Care (for National Guard and Reservists)

<http://www.childcareaware.org/en/operationchildcare/>

Focus on Families

National Military Family Association

www.nmfa.org/site/PageServer?pagename=homepage

National Guard Family Program

www.guardfamily.org

Operation Healthy Reunions (part of the National Mental Health Association)

www.nmha.org/reunions/index.cfm

Deployment:

DeploymentLINK

<http://deploymentlink.osd.mil/>

Surviving Deployment

www.survivingdeployment.com

Post Deployment:

Homecoming Preparedness for Veterans and Families: A Self-Help Guide to Ease the Transition from Deployment and the Military to Civilian Life

Veterans and Families Homecoming Support Network

mrs.marketingresultsgroup.com/ClientFiles/38FD2B5A75F34F31.pdf

Being a Couple Again

National Mental Health Association

www.nmha.org/reunions/infoCouple.cfm

A Soldier and Family Guide to Redeploying

DOD Deployment Health Clinical Center

chppm-www.apgea.army.mil/deployment/FamilyReunionTrifold19Dec03.pdf

Focus on Adult Family Members

Post Deployment:

Deployment Guide For Families of Deploying Soldiers. Separation and Reunion Handbook

www.hooah4health.com/deployment/familymatters/reunion.htm#

Returning from the War Zone: A Guide for Families

www.ncptsd.va.gov/ncmain/ncdocs/manuals/GuideforFamilies.pdf

Focus on Youth:

Guard Family Youth Website

www.guardfamilyyouth.org

Deployment Kids

www.deploymentkids.com

DOD's Military Student Program: The Military Child in Transition and Deployment

www.militarystudent.dod.mil/

For the Community:

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

www.fpc.wa.gov/Welcome%20Home.pdf

Helping Children and Youth Cope with the Deployment of a Parent in the Military Reserves (has information for parents, teachers, pediatricians, etc)

SOFAR (Strategic Outreach to Families of All Reservists) Guide

www.pcfine.org/sofarandguard/sofar_children_pamphlet.pdf

How Communities can Support the Children and Families of those Serving in the National Guard or Reserves.

Military Child Education Coalition

www.militarychild.org/pdfs/GuardReserveForWeb.pdf

Operation: Military Kids

Army's efforts to support youth of National Guard & Army reserve families

www.operationmilitarykids.org

For School Systems:

School Connectedness: Extending Connections to Military Children
Military Child Initiative, John Hopkins School of Public Health
<http://www.jhsph.edu/mci/resources/MCI%20Monograph%20FINAL.pdf>

10 Tips for Administrators that Foster Connectedness to Schools
Military Child Initiative, John Hopkins School of Public Health
<http://www.jhsph.edu/mci/resources/Ten%20Tips%20for%20administrators.pdf>

10 Tips for Parents that Foster Connectedness to Schools
Military Child Initiative, John Hopkins School of Public Health
<http://www.jhsph.edu/mci/resources/Ten%20Tips%20for%20parents.pdf>

10 Tips for Teachers that Foster Connectedness to Schools
Military Child Initiative, John Hopkins School of Public Health
<http://www.jhsph.edu/mci/resources/Ten%20Tips%20for%20teachers.pdf>

Educator's Guide to the Military Child During Deployment
http://www.militarystudent.dod.mil/k12images/upload/educator_guide.pdf

Military Students on the Move: School Leader's Toolkit
http://www.militarystudent.dod.mil/SchoolLeadersToolkit_0406.pdf

Promising Practices:
Created by DoD and the Military Impacted Schools Association, this highlights excellence in educational practices associated with the military child
[Link](#)

For Clinicians:

The Iraq War Clinician Guide, 2nd Edition
National Center for PTSD
http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/nc_manual_iwcguide.html

Management of Post-Traumatic Stress
Clinical Practice Guideline Working Group, Veterans Health Administration, Department of Veterans Affairs and Health Affairs, Department of Defense, December 2003.
www.oqp.med.va.gov/cpg/PTSD/PTSD_Base.htm

The Unique Circumstances of the Wars in Afghanistan and Iraq
A National Center for PTSD Fact Sheet.
Brett T. Litz, Ph.D.
[Link](#)

The Mental Health Impact of the Wars in Afghanistan and Iraq
Brett T. Litz, Ph.D.
[Link](#)

Traumatic Grief: Symptomatology and Treatment for the Iraq War Veteran

A National Center for PTSD Fact Sheet

Ilona Pivar, Ph.D.

[Link](#)

PTSD and the Family

A National Center for PTSD Fact Sheet

Eve B. Carlson, Ph.D. and Joseph Ruzek, Ph.D.

www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_family.html?opm=1&rr=rr83&srt=d&ec_horr=true

Reintegration Fact Sheet for Providers

Courage to Care, Uniformed Services University of the Health Sciences

www.usuhs.mil/psy/RFSP.pdf

Resources for Working with Military Personnel and Their Families (Ken Pope's website)

www.kspope.com/torvic/war.php

American Psychological Association's "Resilience in a Time of War"

<http://www.apahelpcenter.org/featuredtopics/feature.php?id=43>

Military Family Research Institute of Purdue University

<http://www.cfs.purdue.edu/mfri/>

VIDEOS

Talk, Listen, Connect: Helping Families During Military Deployment. Sesame Street DVD, parent/caregiver magazine and children's activity poster.

Available for free for active duty folks through Military OneSource (1-800-342-9647) OR website: www.sesameworkshop.org/tlc

Getting Home: All the Way Home

Free downloadable DVD created by TriWest (TRICARE Contractor in the West Region) for soldiers & their families

<https://www.triwest.com/triwest/default.html?/triwest/unauth/newContent/newBehavioralHealth/videostream.asp>

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: <http://www.aap.org/sections/unifserv/deployment/ysp-resources.htm>

Our Turn to Serve: Looking After our Newest Veterans

Department of Veterans Affairs VA Learning University. Employee Education System (EES). Created to help VA staff better understand the experiences of military personnel serving in Operations Iraqi Freedom and Enduring Freedom

We're by Your Side

Department of Veterans Affairs VA Learning University. Employee Education System (EES).

Thanks service members for their service and introduces some of the services VA can provide as they readjust to civilian life

Battlemind Training Video (For Soldiers and Family Members)

Walter Reed Army Institute of Research Department of Military Psychiatry

Available to view online at: www.battlemind.org/

OTHER

Operation Purple -- free summer camps for military kids

Hosted through the National Military Family Association

www.operationpurple.com

Turning Your Heart Toward Home Workbook (curriculum)

A class for war veterans and their families

Bridget Cantrell, Ph.D.

www.heartstowardhome.com/workbook.htm