

War Trauma Resources for Military, Veterans & Families [Updated 10.1.12]

Compiled and maintained ¹ by Dr. Ray Monsour Scurfield, Professor Emeritus of Social Work, University of Southern Mississippi – Gulf Coast, Long Beach, MS (raymond.scurfield@usm.edu); and in private practice with Advanced Psychotherapy, 1403 43rd Ave, Gulfport, MS 39501. 228.897-7730.

- This is a listing and description of 500+ resources—though *not an endorsement* unless so specified.
- The most recent updated listing is on my university web-site home page. <http://www.usm.edu/social-work/dr-raymond-scurfield-home-page>. All of the web sites were re-verified as active March 2-13, 2012.
- The descriptive narratives:
 - are selected from the Websites of each resource unless otherwise specified
 - the length of each narrative is *not* necessarily related to the total services provided by the resource or to how effective the resource is. [This list is not “vetted” or otherwise screened for quality.]
- Additions/updates are welcome: If a listed resource is no longer active or the resource information is changed, please send me that information so that I can incorporate it into the next update of this listing.
- I apologize for any inaccuracies, incomplete or missing resource information. Please remember that this is a one-person labor of love. ☺ In compiling this listing, as a Vietnam vet I have been just *amazed* at how many wonderful and active community folks are out there who not only *really care* but also are *doing something* as well on behalf of our Service members, veterans and their families!! ☺

Pax Mentis (“peace of mind” – unit motto of the 98th Medical Detachment (KO) psychiatric Team, attached to the 8th Field Hospital, Nha Trang, Vietnam. I was the Social Work and Administrative Officer, 1968-69.

Dr. Ray Scurfield

PS: My University of Southern Mississippi home page includes:

- 20+ full-text article/handouts available free to the public on war, natural disasters & posttraumatic stress, such as “*Beyond Walter Reed*”; “*War Trauma Warning Signs, Triggers & Survival Modes*”; “*Dramatic Differences in Deaths at Virginia Tech & Iraq*”; “*The Nexus Between Iraq and Katrina*.”
- information on my Vietnam Trilogy of war books, all published by Algora Publishing, N.Y and available on-line through Amazon, Barnes & Noble, etc.:
 - *A Vietnam Trilogy. Veterans & Post Traumatic Stress, 1968, 1989 & 2000* (2004)
 - *Healing Journeys: Study Abroad With Vietnam Veterans* (2006)
 - *War Trauma: Lessons Unlearned From Vietnam to Iraq* (2006).
- two additional books (Sep’t and Nov, 2012) with Routledge Publishing (Taylor & Francis, New York):
 - *War Trauma & Its Wake. Expanding the Circle of Healing* (R.M. Scurfield & K.T. Platoni, Eds.)
 - *Healing War Trauma. A Handbook of Creative Approaches* (R.M. Scurfield & K.T. Platoni, Eds.)

¹ @ Raymond M Scurfield 2008. This started out as a one-page listing of resource suggestions for distribution at presentations. Proper attribution is appreciated to this listing. [I initially located about 60 of the resources through the excellent website, TroopSupport.Com, elaborated on those short accompanying descriptions and added *many* more.]

LOCATING A GOOD RESOURCE: My experience is that the best way to locate a good resource to help with military or post-military related issues: *get a recommendation from someone you trust*---such as from a:

- **fellow or sister Service member/veteran**
- **military family member**
- **chaplain, clergy or other religious/spiritual advisor/confidant**
- **counselor or therapist.** For example: see **Give An Hour** web site for available free counseling
- **County Veterans Service Officer (CVSO).** Free sources of referral information and advocacy in the VA process. [“CVSO’s are accredited by the VA to assist Veterans and are very knowledgeable in the local community re Veteran benefits. See the national Association of County Veteran Service Officers website, as well as other state associations such as CACVSO (California).’] This information provided by Chris Bingham at cbingham@schsd.org.
- **Veterans Service Organization (VSO)** such as The American Legion, AMVETS, Disabled Veterans of America, Iraq/Afghanistan Veterans of America, Iraq & Afghanistan Veterans Association, Iraq War Veterans Organization, National Veterans Foundation, Paralyzed Veterans of America, Veterans of Foreign Wars, Vietnam Veterans of America *et al.* [To see if an organization is officially registered and recognized by the VA, see: <http://www.va.gov/ogc/apps/accreditation/index.asp>

TRUST ISSUES: It should be noted that a number of active duty personnel have difficulty feeling comfortable going to a military resource for mental health concerns because of worry about stigma, the impact on their careers such as reduced security clearance, trust issues with the military system, etc.

Similar trust issues characterize a number of veterans and their families in dealing with the Veterans Administration (VA) or other governmental agencies.

Hence, *a broad range* of military, veteran’s affairs, other public and private non-profit resources (*secular and religious, politically neutral or not*, etc.) all are included in this listing in that all are important elements of a comprehensive array of resources that might be accessed.

The War Trauma Resources listing is divided into the following sections:

I.	Active Duty Military Reserve and Guard	page 3
II.	Other DOD and Governmental Resources	page 13
III.	The VA (U.S. Department of Veterans Affairs)	page 19
IV.	State Departments of Veterans Affairs	page 23
V.	County Veterans Service Officers	page 24
VI.	Surfing the Web: Other Information & Resources (mostly non-governmental) (450+ listings)	page 25
VII.	Videos (non-governmental) related to military deployment, readjustment, veterans, families and communities.	page 114
VIII.	Canadian Military/Veterans Resources	page 124

I. Active Duty Military, Reserve & Guard Resources include:

* **After Deployment** (www.afterdeployment.org) [*Afterdeployment* is a self-help tool website with “self-checks . . . guides to assist you in understanding your concerns . . . Many people in the Department of Defense and the Veterans Administration helped build *afterdeployment*. You can “meet” the contributors by clicking on “credits” at the bottom of every screen.” This is a Joint Base Lewis-McChord, WA, initiated site open to individuals and providers.]

* **Airman and Family Readiness Flights (AFRF)** (<http://www.af.mil/news/story.asp?storyID=123027436>). (Formerly known as Air Force Family Support Centers Family Readiness Programs (See also Army, Marine Corps and Navy, and *Military Ombudsman Programs*)

* **Air Force Advocacy Program** (<http://usmilitary.about.com/od/afreg/p/afi40301.htm>). [“Contains news relating to Air Force families and family programs, the FAPNet directories, commonly asked questions and other related links.”]

* **Air Force Chaplain Service** (www.usafhc.af.mil). Provides specific resources for chaplaincy care related to deployment for military members and families.

* **Air Force Crossroads** (www.afcrossroads.com) [“The official community web site of the U.S. Air Force. Online community network offering a range of information and services such as a communications center for posting information and contacting people around the world, a deployment guide and parenting resources.”]

* **Air Force Suicide Prevention Program** (<http://afspp.afms.mil/>) Provides information and tools to the Air Force community in efforts to help reduce Air Force suicides.

* **Army Community Services** (https://www.acsstaff.org/skins/ACS/default_secure.aspx?AllowSSL=true) See also, for example: *Family Readiness Groups for support and information at the local base. See also: <http://www.rainn.org/get-help/national-sexual-assault-hotline>. RAINN = Rape, Abuse and Incest National Network and National Sexual Assault Hotline at 1.800.656.HOPE. Also: <http://www.RAINN.org/get-help/national-sexual-assault-hotline>.*

* **Army Reserve Employment Partnership** (<https://www.employerpartnership.org/>). [Employment Partnership of the Armed Forces – Partnering with over 1000 employers at the national, regional, and local levels, the Employment Partnerships of the Armed Forces provides a direct link to jobs for Service Members and their families.]

* **Army Reserve Family Programs** (<http://myarmyreserve.dodlive.mil/category/family-programs/>)[Home page of My Army Reserve. Home of the Warrior Citizen. See “Soldier and Family Resources.”]

* **Army Reserve Recovery Care Coordinators** (<http://www.usar.army.mil/arweb/soldiers/Pages/RecoveryCare.aspx>). [To coordinate, care for geographically dispersed Army Reserve Soldiers, IRR Soldiers, Army Reserve Veterans and Retirees and their families that are wounded, injured or ill. Recovery Care Coordinators have been assigned to Army Reserves Regional Support Commands. Their job is to assist in the healing process by providing non-medical services that include helping to access medical treatment at civilian, military treatment facilities, or VA medical centers. They can also assist in locating transition and readjustment resources and filing for VA benefits.]

***Army Reserve Strong Bonds.** <http://www.strongbonds.org/skins/strongbonds/home.aspx> /Strong Bonds – events sponsored by the Army Chaplains that support Commanders by strengthening individual Soldiers and Family members readiness through relationship education (i.e., Single Soldiers, Couples and Family Retreats.)]

***Army Strong Community Centers**

(<http://www.usar.army.mil/arweb/NewsAndMedia/storiesfromthefront/Pages/ArmyReserveOpensFourthArmyStrongCommunityCenter.aspx>). [Also known as “Virtual Installations” Army Strong Community Centers, provide resources to Army Reserve Soldiers and families that are normally found on active duty military installations. These centers connect geographically dispersed families with support resources in their own community.]

***Army Survivor Outreach Services.**

(<http://www.myarmyonesource.com/FamilyProgramsandServices/SurvivingFamilies/SurvivorOutreachServices.aspx>). [Services for surviving spouses and families of Service Members killed-in-action. “To build a unified support program which embraces and reassures Survivors that they are continually linked to the Army Family for as long as they desire. Links for publications for surviving spouses include: Army Long Term Family Case Management; Veterans Administration Survivor web page, gold Star Wives Organization, Fine Young Widows (begun by an Army widow), Tragedy Assistance Program for Survivors; Soldier’s Angels; Patrio Guard Riders; Veterans of Modern Warfare; Military.com; National Military Family Association; Army Well-Being—Survivors Home Page; and Trevor Romain Foundation.] (Contact: Donna Engeman, Army Survivor Outreach Services, Department of the Army Headquarters, A4700 King Street, 4th Floor, Family Programs, Alexandria, VA 22310. 703.861-0643.

***Army Suicide Prevention Program**

(http://www.army.mil/aps/09/information_papers/army_suicide_prevention_program.html) [“The ASPP is an Army-wide commitment to provide resources for suicide awareness, intervention skills, prevention, and follow-up in an effort to reduce the occurrence of suicidal behavior across the Army. The ASPP develops initiatives to tailor and target policies, programs, and training in order to mitigate risk and behavior associated with suicide. A function of the ASPP is to track demographic data on suicidal behaviors to assist Army leaders in the identification of trends.”]

***Army Wounded Warrior Program (AW2)** (<http://wtc.army.mil/aw2/index.html>). Provides news and information on Army initiatives to reduce suicides and links to resources. The Army Wounded Warrior Program (AW2) is the official U.S. Army program that assists and advocates for severely wounded, ill, and injured Soldiers, Veterans, and their Families, wherever they are located, regardless of military status. Soldiers who qualify for AW2 are assigned to the program as soon as possible after arriving at the WTU. AW2 supports these Soldiers and their Families throughout their recovery and transition, even into Veteran status. This program, through the local support of AW2 Advocates, strives to foster the Soldier's independence.” Each AW2 Soldier is assigned an AW2 Advocate who provides personalized local support to the Soldiers, Veterans, and their Families. AW2 Advocates are located at military treatment facilities, VA Polytrauma Centers, VA facilities, and most Army installations.”]

***Battlemind Training** (<http://www.army.mil/article/9548/army-expands-battlemind-training/>) [Excellent multi-media resource for orienting military personnel for deployment and return. Also: *Spouse Battlemind Training*; *Warrior Adventure Quest*—high adventure sports combined with **Battlemind Training**]

***Coast Guard Employee Assistance Program (EAP)**

(http://www.uscg.mil/worklife/employee_assistance.asp)_Support system for employees of the U.S. Coastguard with personal, family or job-related problems that also provides a confidential means to improve like skills or obtain help.

***Coast Guard Health Safety and Work-Life** (<http://www.uscg.mil/PSC/hswl/>). For the first time in the Coast Guard's history, the management of all health, safety and work-life services will be unified into a single business line, allowing for a system that is flexible and responsive to rapidly changing requirements. Components of the Health, Safety and Work-Life Support Activity (HSWL SUPACT) include business management and analysis, operational medicine, medical administration, safety and environmental health, and work-life. The Coast Guard HSWL SUPACT will be comprised of 109 U.S. Public Health Service members, 497 active duty Coast Guard members, 19 Coast Guard Reserve members and 149 civilian employees, stationed from Cape Cod, Mass. to San Diego and Kodiak, Alaska. to San Juan, Puerto Rico, to ensure access to health, safety and work-life services in support of Coast Guard missions. It will be composed of four functional divisions in Norfolk, Va, a West Coast detachment in Oakland, Calif.. and 13 subordinate detached units providing services to Coast Guard. Assistance and Intervention/Case Management Programs for Active Duty Coast Guard members and their families include: Family Advocacy Services (domestic violence, child abuse), Transition and Relocation Program (seminars for retiring members, help with relocation issues, Ombudsmen program), Health Promotion Program, Special Needs Program and Employee Assistance Program EAP). EAP Program provides support for rape/sexual assault issues, Critical Incident Stress Management, workplace violence, suicide prevention and an external EAP program that provides counseling by civilian providers.]

***Combat & Operational Stress Control Research Quarterly**

(<http://www.med.navy.mil/sites/nmcsc/nccosc/healthProfessionalsV2/researchQuarterly/Pages/default.aspx>)["A research publication for providers published by the Naval Center for Combat and Operational Stress Control (NCCOSC) . . . (It) is a compilation of recent research on combat and operational stress, including relevant findings on the etiology, course and treatment of Posttraumatic Stress Disorder (PTSD). The intent of this publication is to facilitate translational research by providing busy clinicians with up-to-date findings, with the potential to guide and inform evidence-based treatment. . .]

***Courage to Care** (<http://www.usuhs.mil/psy/courage.html>) Electronic health campaign for military and civilian professionals serving military communities and families; provides electronic fact sheets on health topics relevant to military life.

***Cover Me video** (<http://www.military.com/entertainment/movies/movie-news/cover-me-in-peace-and-warhttp://semperfund.org/about/>). Video (produced by the Injured Marine Semper Fi Fund) emphasizing the importance of recognizing combat stress as a natural bi-product of combat and operational tempo in the Marine Corps, including messages from: the Commandant; Commander of Joint Forces Command; Sergeant Major of the Marine Corps; and Marines affected by combat stress.

***Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury** (). Note that there is now available (September 2010) a Mild TBI Pocket Guide that can be requested through info@dvbic.org or 800.870-9244. This great website has separate tabs for Warriors, Families, News Media and Health Professionals, respectively.

*** DCOE For Warriors:** DCoE is an open door to the Department of Defense for all warriors. Whether you are an active duty, National Guard or Reserve warrior, or one of our nation's veterans, DCoE can assist you in finding the answers to your questions about psychological health and traumatic brain injury. Through partnerships with the Department of Defense, the Department of Veterans Affairs and a national network of military and civilian agencies, community leaders, advocacy groups, clinical experts, and academic institutions, DCoE places resources in your hands to help you with your concerns. From administrative discharge, to combat stress signs and symptoms and up-to-date treatment options for psychological health concerns and traumatic brain injury, qualified health consultants are on hand 24/7 at our [Outreach Center](#) to assist you. In addition, DCoE has launched the [Real Warriors Campaign](#) to combat the stigma associated with military service members seeking psychological health care and treatment: [TBI Information](#); [What is the Real](#)

Warriors Campaign?; Before Deployment: How can I handle the stress of preparing for deployment?; After Deployment; Locating Healthcare: Military Health Support Services at DCoE; DCoE Outreach Center; Resources. Additional information available for Active Duty, National Guard and Reserve and Veterans on the Real Warriors site.

- * **DCOE For Families:** Family members are a unique and strong part of the military community. DCoE recognizes that family members should be able to easily find the resources needed to answer their questions about psychological health and traumatic brain injury. DCoE brings together a variety of interdisciplinary resources and centers of excellence that can help family members identify community and military resources to help better understand and cope with psychological health and traumatic brain injury concerns affecting them or the warriors they love: Helping Bereaved Military Children; TBI Information; Adjusting to Changes: What do I need to know or do before my spouse returns from a deployment? Taking Care of Yourself: How can I take care of myself while supporting my service member after deployment? Supporting Your Service Member: How can I support my family member who is dealing with psychological health issues? Helping Children Cope with Deployments and Reunions: What can children expect during a deployment? **DCoE Outreach Center Feature Series: “Couple Tidbits”** Expectations and Reality; Listening Skills; Dealing with Conflict; Learn to Be More Loving; Resources.
 - * **DCOE For Health Professionals:** DCoE provides information and resources on traumatic brain injury, psychological health issues, and combat stress specifically tailored to health care professionals. Here you can learn about treatment options for PTSD and review tips for civilian health care professionals treating military patients. Visit the Resources page to access evidence-based clinical practice guidelines, as well as relevant Web sites and reports. TBI Information. PTSD Treatment Options. Tips for Civilian Health Care Professionals Treating Chronic Symptomatic Mild Traumatic Brain Injury and Post-Traumatic Stress Disorder. Joining the TRICARE Network: How do I become a TRICARE-accepting provider? Resources. DCoE Outreach Center.
 - * **DCOE For News Media:** additional information is provided on the website.]
- *DCOE Warrior Resilience Conference Toolkit, Full Operational Capability, Defense Centers of Excellence, 2009: the following are listed under “Service Programs and Resources”:**
- **Air Force Programs and Resources:** Air Force Readiness EDGE for Commanders and Supervisors; Air Force Readiness EDGE for Families, Airmen and Family Readiness Centers, Frontline Supervisors Training, LANDING GEAR, Leader’s Guide for Managing Personnel in Distress; and Warrior Resiliency Program—Virtual Reality Study.
 - **Army Programs and Resources:** Army Center for Enhanced Performance (ACEPP), Battlemind, Comprehensive Soldier Fitness, Field Manual 4-02.51 (FM 8-51) Combat and Operational Stress Control; Field Manual 6-22.5 (MCRP 6-11C) (NTTP 1-15M) Combat Stress; Field Manual 22-51 Leader’s Manual for Combat Stress Control; Field Manual 8-51 Combat Stress Control in a Theater of Operations, and Soldier’s Guide to Deployment-related Stress Problems.
 - **Marine Corps Programs and Resources:** Combat Operational Stress Control (COSC) Program; Combat operational Stress Control (COSC) for Marine Leaders Pocket Guide; Families Overcoming Under Stress (FOCUS) Project; Marine Corps Martial Arts Program (MCMAP); Leaders Guide for Managing Marines in Distress; and Operational Stress Control and Readiness (OSCAR).
 - **Military Mental Health Self-Assessment.** (<https://www.militarymentalhealth.org/default.aspx?keyword=DRINKINGIQ/welcome.asp>). Tool designed for individual self-assessments with regard to mental health issues; informs

whether or not symptoms are consistent with a condition or concern that would benefit further evaluation or treatment; and gives guidance on where to seek assistance.

- **National Guard Programs and Resources:** Army national Guard “Ready and Resilient Campaign 2009”; Indiana National Guard Passport to Success; Kansas Air National Guard Re saliency Center; South Dakota Air National Guard Family Networking; Mobilization Guide; and Yellow Ribbon Reintegration Program.
- **Navy Programs and Resources:** Care for the Caregiver; Fleet and Family Support Centers; Leader’s Guide for Managing Personnel in Distress; Navy Expeditionary Combat Readiness Centers; The Navy Center for Combat and Operational Stress Control; Operational Stress Control (OSC) Program; and Safe Harbor Program.

***DCOE Outreach Center** (<http://www.dcoe.health.mil/24-7help.aspx>). Answers questions about psychological health and traumatic brain injury 24 hours per day/seven days per week from members of all the Services (including National Deployment Health Clinical Center (www.pdhealth.mil)). PDHealth provides a gateway to information on services that improve post-deployment health. Provides resources and links to information regarding clinical care, mental health, emerging concerns, communication and education, and deployment related research.

***Dod/VA Suicide Outreach** (http://www.suicideoutreach.org/dcoe_outreach). [Resources for suicide prevention. 896.966-1020. Health resource consultants available 24/7 (most have masters or doctoral level degrees and health care experience; consultants respond by phone, e-mail, instant messaging, text, fax.; respond to specific research requests. Website also includes: suicide information; self-assessments; wellness library; PSA videos; resources; news and reports. And there are links to: Army, Navy, Air Force, Marines, Coast Guard, Veterans Affairs, Air National Guard, Army National Guard; Reserves.]

***Family Readiness Teams** (search on key words, “**Family Readiness Teams**” or “**Family Readiness Programs**” Also: **Airman and Family Readiness Center, Army (ACS) Family Readiness Center**, etc.). [A variety of services for families coordinated at various military installations; can include assessment, crisis intervention, brief (individual, family and/or group) counseling for social and emotional concerns, linking families with services re need related to housing, career planning, emergency food, etc.]

***Family Support During Deployment** (<http://fhp.osd.mil/deploymentTips.jsp>). (From the website: **Force Health Protection and Readiness. The Office of the Deputy Assistant Secretary of Defense-** <http://home.fhpr.osd.mil/home.aspx>). [“Today’s military family faces a lifestyle that is comprised of frequent `deployments, which results in increased family separations. This often proves to be a stressful challenge for `military families. To assist the military’s efforts to keep both troops and their families prepared, there are several programs which support the readiness of families. The information in this section will assist service members and their families in preparing for and coping with deployments. This site contains family support links for each of the services, as well as information for children, locating service members and deployment entitlements.

- [Army](#)
- [Navy](#)
- [Air Force](#)
- [Marines](#)
- [Coast Guard](#)
- [National Guard](#)
- [Reserves](#)
- [All Services](#)
- [Service members & Family Assistance”\]](#)

***Hooah4Health** (<http://hooah4health.com/>). The US Army health promotion and wellness web site specifically targeted to members of the National Guard and Reserve’ “a health promotion partnership that allows individuals to assume responsibility to explore options and take charge of their health and well being.”

***Marine Corps Community Services** (usmc-mccs.org/aboutmccs/). [“MCSS exists to serve Marines and their families wherever they are stationed. Every day, throughout their careers and into retirement, MCSS services and programs provide for basic life needs, such as food and clothing; social and recreational needs; and prevention and intervention programs to combat societal ills, that inhibit positive development and growth.”]

***Marine Corps Key Volunteer Networks** (http://www.imef.usmc.mil/mlg/familyreadiness/keyvolunteer/_downloads/key%20volunteer%20reference%20guide.doc). [“The Key Volunteer Network (KVN) is an official U.S. Marine Corps (USMC) Family Readiness program consisting of Marine spouses called Key Volunteers who serve in both active duty and reserve units. The goal of the KVN is to help families achieve and maintain family readiness.”]

***Marine Corps Suicide Prevention Program** (<http://www.usmc-mccs.org/suicideprevent/>). Offers videos, a training curriculum for NCSs and general facts and figures on suicide in the Marine Corps.

***Military Exchange Prepaid Calling Cards** (<http://shop.affes.com/scs/default.asp>) [“The Department of Defense Military Exchanges have been authorized to sell prepaid calling cards to Iraq, Afghanistan and Kuwait for individuals and organizations who wish to purchase these cards for our troops serving overseas in Operation Enduring Freedom and Operation Iraqi Freedom.”] The Military Exchange Global Prepaid Calling Cards are being offered for sale to customers not otherwise authorized to make purchases through the Exchange Online Store. **Authorized Exchange customers** please visit our [regular online shopping pages](#) to purchase calling cards.”]

***Military & Family Life Consultants (MFLC).** (www.mhngs.com). 1.800.646-5613. [“Provide direct non-medical counseling and education regarding daily life stressors related to deployment and reintegration to Service members and families. **Search on key words, “Military & Family Life Consultants”**]. [Available in all 50 states. Quoted from North Carolina National Guard at <http://www.nc.ngb.army.mil/index.php/fp/mflc/>. “Military & Family Life Consultants. The Office of the Secretary of Defense reacted to the needs of soldiers and family during stressful times by providing counselors and financial counselors. The Military and Family Life Consultant Counselors (MFLCs) are required to have a minimum of 5 years experience and a Masters Degree in areas such as counseling, social works or similar disciplines. These counselors are available at no charge for service members and their families. Counseling services are private and confidential. For more information visit the Counselors page by [clicking here](#). In addition to counseling services Military and Family Life Consultant Financial Counselors are available to service members and their families at no charge.”] *Note: MFLCs provide support and assistance to active duty military, National Guard and Reserves, military family members and civilian personnel in all branches of the military throughout the U.S.*

***Military family and servicemember support centers:** An ombudsman, military mental health person, chaplain or counselor at a military family support center may be very skilled in war-related issues.

***Military Mental Health** (www.militaryhomefront.dod.mil). [DOD site for the Military Mental Health Assessment Program: offers service personnel/their families the opportunity to take anonymous mental

health and alcohol use self-assessments on-line, via telephone or at special events. After completing the self-assessment, referral information is provided for TRICARE, Military One Source and Vet Centers. “Whether you live the military lifestyle or support those who do, you'll find what you need!”]

***Military OneSource** (www.militaryonesource.com or call 1-800-342-9647) The following description is from <http://www.militaryonesource.mil/MOS/f?p=MOS:HOME:0:::>) [“Offers time-limited assistance and is available 24/7. The toll-free numbers for Military One Source are: From the United States: (800) 342-9647; From outside the United States (where available): (800) 3429-6477; and International collect: (484) 530-5747.

See also their **Wounded Warrior Resource Center** Website. “Whether it’s help with child care, personal finances, tax preparation and filing, emotional support during deployments, relocation information or resources needed for special circumstances, Military OneSource is available at no cost....24/7/365! The Military OneSource interactive Web site includes locators for education, child and elder care, online articles, access to free educational books and CDs, referrals to military and community resources, financial calculators, live online workshops called Webinars, an option to “email a consultant” and much more. Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. It is a virtual extension of installation services. Each branch of the service had its own One Source program and now DOD has brought them together as OneSource.”]

***My Army Life Too** (<http://www.myarmylifetoo.com/skins/malt/home.aspx?AllowSSL=true>)[“The Website of Choice for Army Families. Army One Source.” Includes links to: Military OneSource Virtual Soldier and Family Assistance Center (vSFAC); Operation Military Kids (OMK); Volunteer Opportunities; MyArmyBenefits; Installation Management Command (IMCOM) ; Army Housing OneStop. Also, information on e-learning, resources and tools.]

***National Guard Family Programs.** [search by state followed by “**National Guard Family Programs**”, i.e., **Maine National Guard Family Programs**]. [The following is from the *Florida National Guard Family Programs, in the South Florida Military Family Peer Guide*: “Guard Family Programs strive to provide an enhanced quality of life for those who serve, retirees, veterans and their families via three components: (1) information and referral services for benefits and entitlements; (2) preparing military families for deployments and separation; and (3) support and empower the emotional and academic needs of military child and youth.”]

***National Guard Family Youth Project** (<http://www.jointservicesupport.org/FP/Youth.aspx>). [/Designed for Army and Air National Guard Youth. Contains age appropriate information and activities for children from two to eighteen years of age. Also offers an interactive course that addresses teen deployment issues. The National Guard Youth Program is available to help provide the support and resources youth need to help deal with separation from a parent, child care issues, difficulties or any other problem. Children of all ages can be affected at any phase of military life. We have programs to help one and all.”]

***National Guard Resiliency Center**
(<http://www.arng.army.mil/News/Pages/GuardOffersResiliencyTrainingtoServicemembers,Families.aspx>). [“National Guard Bureau, Senior Airman Jameel S. Moses, ARLINGTON, VA., SEPT. 24, 2009 The National Guard Resiliency Center showcased its training program Sep. 24 here at the Army National Guard Readiness Center in an effort to give military leaders, both enlisted and officers, the tools they need to deal with stress. The training program, titled "Flash Forward - Soldiers and Leaders Guide to

Resiliency," is focused on incorporating resiliency into the culture of the Army and Air National Guard, said Tonya Ricklefs, a Family Resiliency Program specialist with the center. "It is important for the future stability of the National Guard," said Army Brig. Gen. Renwick Payne, special assistant to the director of the Army National Guard. "Each individual is not inherently knowledgeable in these things." The program is a new approach to the way the Guard ensures the wellness of its members. "We have moved from a time of addressing the needs of the individual Soldier to also include the needs of the families," said Payne. The program is also available to all local, state and nongovernmental organization personnel and their families whose duties place them in harm's way. Its mission is to provide the education and training necessary to instill tools to handle high-level stress, accurately identify potential problems, and develop both individual and group techniques to survive and prosper in times of great stress.

The center will create a family module, which will focus on the families of servicemembers, said Ricklefs adding "we want to provide support to the families while their loved ones are deployed and when they return."

A major aspect of the resiliency training is evaluating stress with a focus on self-assessment. "If you can't assess yourself, you can't assess others," said Air Force Col. Jill Hendra, the Joint Forces surgeon for the North Carolina National Guard. In the training, stress is broken down into different zones of impairment, and clear definitions, signs and responsive actions are given based on those zones. Other key educational components include leadership skills, physical and emotional strengths, spirituality and family strengths. The resiliency center, which was created by the Kansas National Guard, is the only of its kind, said Army Maj. Gen. Paul Gonzales, the center's officer-in-charge. "Since its conception, we have trained units from Connecticut, Illinois and Puerto Rico who are now conducting the training," said Gonzales. "This way we can focus on the course development."

A Web site has been launched by the center at WarFighterDiaries.com designed to foster relationships with uniformed servicemembers through short videos of actual warriors, their stories and real life experiences. To find out more information about the National Guard Resiliency Center, its training programs or to request resiliency training at your unit, call (785) 274-1439. 9/27/2009."]

***The Naval Center for Combat & Operational Stress Control (NCCOSC)**

(<http://www.facebook.com/pages/Naval-Center-for-Combat-Operational-Stress-Control/181538585217891>). [“The NCCOSC is dedicated to the mental health and well being of Navy and Marine Corps service members and their families. The major focus of the Center is to promote resilience

and to investigate the best practices in the diagnoses and treatment of post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI). The center is a program of the U.S. Navy Bureau of Medicine & Surgery (BUMED). NCCOSC works to build and preserve psychological resilience; provide service members, combat veterans and their families with educational programs to effectively address combat, operational and daily stress; reduce stigma in seeking mental-health treatments; facilitate evidence-based research in psychological health, especially in relation to PTSD and TBI.

***Navy Chaplain Care Webpage** (<http://chaplaincare.navy.mil/index.htm>). Provides spiritual guidance and support through a web-based format that offers: prayers, resources for personal growth, and opportunities to receive online assistance for personal and spiritual concerns.

***Navy Family Ombudsman/Deployment Support Programs** [Contact through the local Fleet and Family Support Center—“ a volunteer program, appointed by a Navy Commanding Officer, to serve as a link between command leadership and command families. This link has been developed for appointed Ombudsmen to enhance communication amongst Ombudsmen.”]

***Navy Fleet & Family Support Centers**

(http://cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetAndFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/index.htm) [Fleet and Family Support Programs (FFSP) support individual

and family readiness through a full array of programs and resources which help Navy families to be resilient, well-informed and adaptable to the Navy environment. Programs include:

- deployment support for Sailors and their families
- personal and family wellness education and counseling
- emergency preparedness and response
- crisis intervention and response
- military and personal career development
- financial education and counseling
- spouse employment

Programs and services are currently delivered from 81 sites worldwide, with 58 of those sites delivering a full portfolio of programs and services. Find your local [Fleet and Family Support Center](#).

Navy FFSP is organized into three sub-functional areas: Deployment Readiness, Career Support and Retention and Crisis Response. Across all three sub-functions, services include information and referral, individual clinical and non-clinical consultation and educational classes and workshops.

***Navy LIFELines** (<http://www.lifelines.navy.mil/lifelines/index.htm>). Provides information and services regarding quality of life, including career, health, and safety topics for Active and Reserve Marines, Sailors and families.

***Navy Suicide Prevention Program**

(<http://www.npc.navy.mil/CommandSupport/SuicidePrevention>). [Power-point presentation by LCDR Bonnie Chavez]. [The Navy's Suicide Prevention Program provides tools and resources for leaders and commanders on suicide prevention; features section on myths and truths related to Sailors and suicides.]

[CNIC Headquarters website (at

http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportProgram/LifeSkills/SuicideAwareness/index.htm) provides an overview re suicide prevention and several related links (Navy Suicide Awareness and Prevention; Fleet & Family Support Center; Chaplain Care; Military OneSource; Suicide in the Military power point presentation; National Resource Directory; and Suicide in the Military power point presentation (Provide Aid-Secure Life).]

***OASD Reserve Affairs** (<http://www.defenselink.mil/ra/>). [The Office of the Assistant Secretary of Defense (OASD) website. Provides information for Reserve components including family readiness programs and tools, income replacement program, TRICARE benefits, and links to publications and policies.

***Operation Healthy Reunions** (www.nmha.org/reunions). Provides education to help combat stigma among Service members, families and medical staff to ensure that a great number of military families receive the prompt and high quality services that they deserve. In partnership with the leading military organizations and Operation Healthy Reunions, 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)..

***Our Survivors** (www.armyfamiliesonline.org). U.S. Army resource for survivors of deceased Service members providing a variety of behavioral health resources including "Guide for Families of Fallen Soldiers."

***School Liaison Officers (SLOs)** (search on key words [School Liaison Officers or School Liaison Offices preceded by Army, Marine Corps, Navy, Air Force or Coast Guard](#). Example—website for [Hawaii SLOs: http://www.hawaiischoolguide.com/military/directory/](#)). [SLOs help address educational issues involving military children and youth in local school communities. By partnering with the local and military communities, the SLO acts as a communication link between the Military Installations and the surrounding school districts.]

***Survivor Outreach Services (SOS).**

(<http://www.myarmyonesource.com/FamilyProgramsandServices/SurvivingFamilies/SurvivorOutreachServices.aspx>). [“SOS Purpose: Our Fallen Warriors have paid the ultimate sacrifice. The Army has a commitment to their Families. Families deserve our respect, gratitude and the very best we can provide. The purpose of SOS is to deliver on that commitment: By providing access to support, information and services; Closest location to where the Survivor resides; When and for as long as they desire. Please [Click Here](#) to contact a program staff member for additional information or to provide suggestions as to what you would like to see on this site. Mission Statement: To Build a unified support program which embraces and reassures Survivors that they are continually linked to the Army Family for as long as they desire.” Services include a Photo Wall memorializing those KIA, counseling, financial advice, peer/community support with other families who have experienced the death of a soldier – “a partnership and then a warm hand-off (to the outreach center) when the casualty assistance officer’s duties are done—so the families will not be forgotten.” Links to relevant services also are on the web-site, i.e. Publications for Surviving Spouses, Army Long-Term Family Case Management, Veterans Administration Survivor web page, Gold Star Wives Organization, Gold Star Moms, Fine Young Widows (started by an Army widow), Tragedy Assistance Program for Survivors, Soldiers’ Angels, Patriot Guard Riders, Veterans of Modern Warfare, Military.com, National Military Family Association, Army Well Being—Survivors Home Page, and Trevor Romain Foundation.] Note: This is a wonderful relatively new service that recognizes that various needs for help and support for the families of those KIA go way beyond the casualty assistance team’s services.

***Tragedy Assistance Program for Survivors (<http://www.taps.org>).** [“Welcome to the home of America’s front-line resource for all who are grieving the death of a loved one serving our country. We are here for you 24 hours a day, 7 days a week, whether it’s just to talk or meet others with shared experiences and understanding, or to find support and information from our professional network of resources. Programs include: Peer Support; Seminars and Good Grief Camps; On-line Community; Crisis Intervention; Casework Assistance; Online Training. Resources include: TAPS Magazine; TAPS Survivor Resource Kit; Local Resources to Comfort and Help; Find a Support Group Near You; Counseling; Grief Publications; Educational Assistance; Gifts for Families of the Fallen; and Links to Helpful Organizations. And there is sponsorship of numerous events and On-line Community Chats.”]

***TRICARE (<http://www.tricare.mil/>)** [“The health care program serving active duty service members, National Guard and Reserve members, retirees, their families, survivors and certain former spouses worldwide. As a major component of the Military Health System, TRICARE brings together 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 Telemental Health Services**

(<http://www.tricare.mil/mybenefit/home/MentalHealthAndBehavior/GettingHelp/TelementalHealth>). Regional contractors using medically-supervised, secure audio-visual conferencing to link beneficiaries with offsite providers.

***U.S. Army Center for Health Promotion and Preventive Medicine (USA CHPPM)**

<http://phc.amedd.army.mil/Pages/default.aspx>). Provides news and resources to current issues in clinical and field preventive medicine, environmental and occupational health, health promotion and wellness, epidemiology and disease surveillance, toxicology and related laboratory sciences.

***Warrior Care News** (<http://www.army.mil/warriorcarenews/>) [Centralized & comprehensive DOD Web portal that is an Army-wide effort to educate Soldiers and their families about Warrior Care Programs and resources available to them . . . the news and resources available on this page have been chosen to help get our Wounded Warriors back into the fight, or assure they are taken care of as they transition on to rewarding careers and lives after the military.” This website provides links to health-related programs and resources offered by the Army, Navy, Air Force, Marine Corps, DOD & Veterans Affairs]

***Wounded Soldiers and Family Hotline Call Center [1-800-984-8523, 7:00 AM to 7:00 PM, Monday-Friday]** [“Army launched this hotline. The purpose of the Wounded Soldier and Family Hotline is two-fold: To offer wounded, injured, or ill Soldiers and their family members a way to share concerns on the quality of patient care; To provide senior Army leaders with visibility on medically- related issues so they can properly allocate resources to better serve Soldiers and families. The hotline is an avenue to gather information about medical care as well as suggest ways we can improve our medical support systems.”]

II. Other DOD and Governmental Resources include:

***America Supports You Texas** (americasupportsyoutexas.org). [“What we do . . . in our community and across Texas. Promote public awareness and support for our U.S. military service members and veterans, as well as their families. Remain pro active supporters of these men and women in the U.S. military, in our community, across Texas and the USA. Provide Emergency Financial Aid to our Military, Veterans and their families. We host various family support activities, Welcome Home Rally’s, and Return to Duty Rally's for our military. Support and host patriotic events, parades on all military holidays; Armed Forces Day, Memorial Day, Flag Day, Independence Day & Veterans Day. Host and sponsor annual America Supports You Texas Cookout honoring our military, veterans and their families. Host and sponsor annual Armed Forces Day, “Celebrating Freedom & Honoring Service” Banquet. Host and sponsor annual Texas Panhandle Honor Flight to Washington DC.”]

***America Supports You**

(http://search.dma.mil/search?proxyreload=1&numgm=5&filter=0&q=%22america+supports+you%3A&site=DEFENSE_all&entqr=0&sort=date&output=xml_no_dtd&client=DEFENSE_frontend&ud=1&oe=UTF-8&ie=UTF-8&proxystylesheet=DEFENSE_frontend&x=0&y=0&entsp=0) .

[“Department of Defense program dedicated to communicating citizens’ support to the men and women serving in our Armed Forces and their families . . . currently lists more than 350 non-profit groups that are devoted to helping our service men and women. These groups provide a multitude of services, including financial assistance, sending care packages and letters, and helping our wounded warriors . . . You are entitled to the military resources, and the aid societies all exist to help service members with emergent needs such as: Army Emergency Relief - <http://www.aerhq.org>; Navy-Marine Corps Relief Society - <http://www.nmcrrs.org>; Air Force Aid Society - <http://www.afas.org>; and Coast Guard Mutual Assistance - <http://www.cgmahq.org>]

***Americas Heroes at Work** (www.americasheroesatwork.gov/forEmployers/presentations/TBIptsd)

[“America's Heroes at Work, a unique U.S. Department of Labor program that addresses the employment challenges of returning Service Members and Veterans living with Traumatic Brain Injury (TBI) and/or

Post-Traumatic Stress Disorder (PTSD), is pleased to announce the availability of its new web-based training resource, TBI, PTSD and Employment.”]

***Battlemind Telephone Support Groups:** Army and DoD funded research study administered by the Memphis Veterans Affairs Medical Center for the spouses of Service members who were deployed at least one time to Iraq or Afghanistan. Free confidential telephone support groups are one hour, one time a month for 12 months. Spouses learn ways to manage stress and solve problems related to reintegration, education about Post Traumatic Stress Disorder, Traumatic Brain Injury and other common problems. For information or to enroll: contact Spouse Battlemind at 1-800-636-8262 x7485 or <http://www.myarmyonesource.com/News/2010/01/battlemind>.

***Community-Based Health Care Organization (CBHCO)**--program for Reserve & Guard veterans, families, healthcare providers, military leaders and employers. Military Innovative PTSD Treatment. [Web search on these key words produces 796,600 results about research and innovative treatment approaches being utilized by the military, such as acupuncture, Koach Project, Virtual Reality Exposure, Reality Therapy, EMDR, Military Sexual Trauma, Restoration and Resilience Center at Ft. Bliss . . .]

Defense and Veterans Brain Injury Center** (<http://www.dvbic.org/>). [“The DVBIC is a congressionally mandated collaboration of the Department of Defense (DoD) and Veterans Affairs (VA) health centers serving patients with TBI. The DVBIC multi-site network includes a growing number of DoD and VA hospitals as well as civilian TBI rehabilitation programs. Each DVBIC site works collaboratively to provide and improve TBI care for active duty military, veterans and their eligible beneficiaries. . . . DVBIC's mission is to ensure expert care coordination and individualized, evidence-based treatment to each patient in order to maximize function and decrease or eliminate TBI-related disability. DVBIC staff work together to provide services and supports to help individuals with TBI return to duty, work and community”]. ***Note: I have heard excellent feedback re DVBIC.

***Family Matters Blog** (<http://afps.dodlive.mil/about/>). [American Forces Press Service, U.S. Department of Defense. “Elaine Sanchez, editor and writer for American Forces Press Service, launched the Family Matters blog to provide resources and support to military families, as well as to encourage a dialogue on matters ranging from deployments and separations to the challenges of everyday life. AFPS started as a weekly collection of articles distributed by mail to military newspaper editors worldwide and has grown into a timely news service available on the World Wide Web. Press service stories are available for use inside and outside the military on the Defense Department’s website, www.defense.gov/news, as well as through free email subscriptions, RSS feeds, Facebook and Twitter. Publishing more than 3,000 news and feature articles annually, AFPS covers developments affecting servicemembers and their families, reports from the scene when senior leaders travel, and uses selected articles from the services and military units to tell the Defense Department’s story. Now, AFPS has launched its first blog on subjects of interest and concern to servicemembers and their families.”]

***Focus Project** (<http://focusproject.org/>) [“FOCUS –Families Overcoming Under Stress-- Family Resiliency Training for Military Families. provides resiliency training to military families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story. As a service initiated by the Bureau of Medicine and Surgery (BUMED), FOCUS Project addresses concerns related to parental combat operational stress injuries and combat-related physical injuries by providing state-of-the-art family resiliency services to military children and families at designated Navy and Marine Corps sites. In 2009, FOCUS Family Resiliency Services have been made available to Army and Air Force families at designated installations through support from the Department of Defense Office of Family Policy.”]

***Joining Forces** (<http://www.whitehouse.gov/joiningforces>). (Taking action to serve America's military families. Joining Forces is a national initiative that mobilizes all sectors of society to give our service members and their families the opportunities and support they have earned. Key elements include:

- *Find Service Opportunities* (search for opportunities by zip code or interest and take action in your community. Powered by allforgood);
- *Pledge Service Hours* (pledge service hours in honor of the service military families, veterans and service members. Powered by allforgood); and
- *Send Your Message of Thanks* (send your support for a military family through a simple web form. Powered by USO).
- *Stay Connected* (*Joining Forces is all about coming together to support our nation's families. Stay connected with the initiative on: Facebook* (<http://www.facebook.com/JoiningForces>); *Twitter* (<http://twitter.com/#!/joiningforces>); and *Email updates* (<http://www.whitehouse.gov/joiningforces/stay-connected>).

***Military Severely Injured Center.** (<http://www.military.com/military-report/military-severely-injured-center>) ["Military Severely Injured Center, Ft Benning, GA, 835.774-1361. A service of the Department of Defense's Military OneSource Program, was established as a 24/7 family support service. The Military Severely Injured Center (MSI Center) is dedicated to providing seamless, centralized support -- for as long as it may take -- to make sure that injured service members and their families achieve the highest level of functioning and quality of life. Services are provided to severely injured service members or the family member of a severely injured service member. The dedicated staff at the MSI Center can help cut red tape; understand what benefits are available and help to get them; identify resources; and obtain counseling, information, and support. Injured service members and their families can call MSI Center around the clock for this free service. A care manager provides personal, ongoing assistance related to: financial resources; education, training, and job placement; information on VA benefits and other entitlements; home, transportation, and workplace accommodations; personal, couple, and family issues counseling; personal mobility and functioning. The MSI Center coordinates closely with each service branch's injured support program -- Army Wounded Warrior Program, Marine for Life Injured Support, Air Force Palace HART, and Navy Safe Harbor. The MSI Center provides educational materials that can help families understand and tackle issues related to concerns that injured service members often have, from helping children and spouses with the challenges they face, to concerns about making homes and vehicles accessible, to building new relationships. They also provide a Career Center that supplements their career planning services, including employment and benefits information for both injured service members and their spouses."]

***My Next Move for Veterans** (<http://www.mynextmove.org/vets/>). [U.S. Department of Labor website that helps veterans find civilian equivalents for their military skills. Includes "search careers with key words"; "browse careers by industry"; "find careers like your military job;" careers in "Bright Outlook"; careers in "Green"; careers in registered apprenticeships; the "O*Net Interest Profiler that suggests careers based on the type of work you enjoy doing; and links to other partner sites, i.e., National Resource Directory, Veterans Job Bank and Ebenefits.].

***National Gains Center Veterans Initiatives** (<http://consensusproject.org/features/new-approaches-to-veterans-involved-in-the-criminal-justice-system?src=rs>). Funded by the Center for Mental Health Services of the Substance Abuse and Mental Health Services Administration. SAMHSA/CMHS National GAINS Center: Since 2008, the Substance Abuse Mental Health Services Administration (SAMHSA) has funded the Jail Diversion and Trauma Recovery Program, which supports local and statewide efforts to expand jail diversion programs for people with post-traumatic stress disorder (PTSD) and other trauma-related disorders. The program's priority population is veterans returning from Iraq and Afghanistan.

SAMHSA just awarded [2009 grants](#) to six new states: Florida, North Carolina, New Mexico, Ohio, Rhode Island, and Texas. The [CMHS National GAINS Center](#) provides technical assistance to the [grantees](#) of the program. In May of 2008, the GAINS Center convened a working group of experts to discuss veterans in the justice system, and subsequently produced a policy brief, [Responding to the Needs of Justice-Involved Combat Veterans with Service-Related Trauma and Mental Health Conditions](#). Specialty Courts: Specialty courts for veterans have started in jurisdictions across the country in an effort to divert this population from further penetrating the criminal justice system. One of the first veterans courts was started by Judge Robert Russell in [Buffalo, New York City Court](#). The court sees veterans both pre- and post-conviction, and provides the veterans with access to Veterans' Administration (VA) services, medical care, psychosocial services, housing assistance, job training, childcare, family counseling, and transportation. The court also provides the participants with informal advisors, who are also veterans.

***National Resource Directory (<https://www.nationalresourcedirectory.gov/>).** [“The **National Resource Directory** (NRD) is a website for connecting wounded warriors, Service Members, Veterans, and their families with those who support them. It provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. Visitors can find information on a variety of topics including [benefits & compensation](#), [education & training](#), [employment](#), [family & caregiver support](#), [health](#), [homeless assistance](#), [housing](#), [transportation & travel](#), [volunteer opportunities](#) and [other services & resources](#). For help on how to find resources on the site, visit the [How to Use this Site](#) section of the NRD.

The NRD is a partnership among the Departments of Defense, Labor and Veterans Affairs. The information contained within the NRD is from federal, state and local government agencies; Veterans service and benefit organizations; non-profit and community-based organizations; academic institutions and professional associations that provide assistance to wounded warriors and their families.”]

***Real Warriors Campaign (<http://www.realwarriors.net>).** [“For psychological health and traumatic brain injury: Information and resources: 866.966.1020.). The Real Warriors Campaign is an initiative to 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. . . . To reach the broadest audience possible, the campaign features a variety of strategies including outreach and partnerships, print materials, media outreach, an interactive Web site and social media. The campaign features stories of real service members who have sought treatment and are continuing to maintain successful military or civilian careers. In addition, DCoE established the DCoE Outreach Center, a 24/7 call center staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury. The Outreach Center can be reached toll-free at 866-966-1020 or via e-mail at resources@dcoeoutreach.org.”]

***Resources for Military Children Affected by Deployment** (<http://www.myarmyonesource.com/cmsresources/Army%20OneSource/Child%20Youth%20and%20School%20Services/Information%20for%20Parents/Deployment%20A%20Compendium%20of%20Resources.pdf>) [Compilation by U.S. Army Family and Morale, Welfare and Recreation Command, Children and Youth Services. January, 2008. Includes links to books for children, deployment kits for children and families, deployment/resources for parents and staff, and websites for children, parents and teachers]

***Social Security Disability Resource Center (<http://www.ssdrc/>).** [An informational website that provides answers to questions about how to apply for social security disability, appeal a claim in the event of a denial, navigate the federal system, and how to avoid common mistakes made by applicants. The site's

author is a former disability examiner for the SSA. A page that deals specifically with issues for veterans: <http://www.ssdrc.com/15-26.html>.]

***U.S. Veterans Corps** (<http://www.veteranscorp.org/>). [“U.S. Veterans Corps - Represent you. Guide you. Help you. *USVC Objective*: To aid local Veterans, Reservist, National Guard, and Active Duty servicemen and women. *USC Mission*: To participate in a community service projects and events with a “hands on” mission/deployment attitude! *USVC Services*: Community Service, Camaraderie and Networking events, Job/Career Development, Veteran’s Affairs assistants, Housing Assistants, and Awards & Recognition; *USVC Motto*: A Higher Calling! The US Veterans Corps was an idea that was based on the experiences that Veterans Andrew Ladner and Chris Lawson had while deployed to New Orleans, LA for the season finale of ABC’s Extreme Makeover Home Edition and the local veterans project Operation: Coming Home. Operation Coming Home was a project that the Triangle Real Estate and Construction Veterans (TREACV) and the Home Builders Association (HBA) built a Hero Home for a disabled combat veteran. Andrew Ladner produced and directed the Operation: Coming Home Key Ceremony event ([click here for video](#)) for the HBA and the TREACV. When the keys were delivered and the event ended there was a strong urge from Andrew, Chris, and several other veterans to continue the mission; Thus the creation of the US Veterans Corps. The USVC strives to provide a growing list of ways to join together in following areas: Hands On Community Service; Camaraderie & Networking; Veterans Affairs Assistance; Awards & Recognition; Housing Assists; Job/Career Development.”]

***VA, DOD and Health & Human Services Federal Recovery Coordination Program:** for veterans whose recovery is likely to require a complex array of specialists transfers to multiple facilities, and long periods of rehabilitation—such persons are assigned a Federal Recovery Coordinator (FRC) to coordinate the care of the seriously ill or injured Service Member or veteran from Military Treatment Facilities to VA &/or private sector and home.

***Virtual Soldier Family Assistance** (<http://www.armymedicine.army.mil/sfrc/index.html>). [“Soldier and Family Assistance Center (SFAC) services are tailored and responsive to the needs of the Warriors in Transition (WTs) and their Families. SFAC sites provide a warm, relaxed environment where Soldiers and their families can gather to foster physical, spiritual and mental healing. Links to service locations and contact information.”]

***Warrior Transition Units (WTU’s) and Community-Based Warrior Transition Units CBWTU’s)** (http://www.wtc.army.mil/about_us/wtu.html) [“The U.S. Army established Warrior Transition Units (WTUs) at major military treatment facilities [located](#) around the world. WTUs provide personal support to wounded Soldiers who require at least six months of rehabilitative care and complex medical management. A WTU closely resembles a “line” Army unit, with a professional cadre and integrated Army processes that builds on the Army’s strength of unit cohesion and teamwork so that wounded Soldiers can focus on healing to transition back to the Army or to civilian status. Each [wounded, ill, and injured Soldier](#) works with a [Triad of Care](#)—primary care manager (normally a physician), nurse case manager, and squad leader—who coordinate their care with other clinical and non-clinical professionals. Soldiers have one mission—to heal. All Soldiers develop a [Comprehensive Transition Plan \(CTP\)](#) with personalized goals that allows them and their Families move forward toward life post-injury.

A **Community-Based Warrior Transition Unit (CBWTU)** functions as a WTU for Soldiers who receive medical care in their community—at Department of Defense, TRICARE, or Department of Veterans Affairs (VA) healthcare facilities. The CBWTU primarily provides outpatient care management and transition services for Army Reserve and National Guard Soldiers (COMPO 2 and 3) who do not need the day-to-day medical management provided by WTUs on Army installations. The CBWTU enables the Soldier to recover and transition at the location closest to his/her personal support network or in his/her

home, if medically supportable. Clinical care requirements determine whether a Soldier is assigned to a WTU or CBWTU

***Yellow Ribbon Reintegration Program (<http://www.yellowribbon.mil/>)** [“Promoting the well-being of National Guard, Reserve Members, their Families and Communities, by connecting them with resources throughout the deployment cycle. **What is the Department of Defense Yellow Ribbon Reintegration Program?** The mission of the Yellow Ribbon Reintegration Program is to promote the well-being of National Guard and Reserve members, their families and communities, by connecting them with resources throughout the deployment cycle. YRRP connects Guard and Reserve service members, their families and loved ones with local resources before, during, and after deployments, especially during the reintegration phase that occurs months after service members return home. Commanders and leaders play a critical role in assuring that Guard and Reserve service members and their families attend Yellow Ribbon Events where they can access information on health care, education/training opportunities, financial, and legal benefits. To contact Service Yellow Ribbon representatives [click here](#) (on the website). YRRP is a congressionally mandated program that was established in 2008 under the National Defense Authorization Act ([Section 582 of Public Law 110](#)) which called for information events and activities for National Guard and Reserve service members and their families, to facilitate access to services supporting their health and well-being throughout the deployment cycle.

What’s the difference between DoD Yellow Ribbon and the VA Yellow Ribbon Program? The Yellow Ribbon Reintegration Program is a joint, Department of Defense effort operated out of the [Office of the Assistant Secretary of Defense for Reserve Affairs](#). YRRP is aligned under the [Office of Family & Employer Programs & Policy](#) under the leadership of [Mr. Ron Young](#). Mr. Young is also responsible for the [Employer Support of the Guard and Reserve](#). The [VA Yellow Ribbon Program](#) is a provision of the Post-9/11 Veterans Educational Assistance Act of 2008. This program allows institutions of higher learning (degree granting institutions) in the United States to voluntarily enter into an agreement with VA to fund tuition expenses that exceed the highest public in-state undergraduate tuition rate. The institution can contribute up to 50% of those expenses and VA will match the same amount as the institution. To learn more about the VA Yellow Ribbon Program, [click here](#) (on the website).”

For example, a number of states have “Beyond the Yellow Ribbon” programs, such as in Mississippi and Minnesota [“Bringing Soldiers and Their Families All The Way Home. The Minnesota National Guard has pioneered a program in hopes of changing how Soldiers and Airmen are reintegrated back to their communities. Called Beyond the Yellow Ribbon, the program is named as a reminder that the support of Soldiers cannot end when they return from deployment and the yellow ribbons are untied.” Programs include reintegration activities at specified intervals for individual servicemembers, families and units; and information/assistance regarding such subjects as health benefits, legal, employment and education.]

III. The VA (U.S. Department of Veterans Affairs):

***VA Caregiver Support Website (www.caregiver.va.gov).** Provides a wealth of information and resources for veterans, families and the general public. The relatively new Caregivers and Veterans Omnibus Health Services Act of 2010 enhances existing services for all caregivers of veterans currently enrolled in VA health care and provides new benefits and services to the caregivers of veterans with a serious injury that was incurred or aggravated while in the line of duty after September 1, 2011. There are VA designated Caregiver Support Point of Contacts at each VA Medical Center to provide clinical expertise on caregiver issues.]

***VA Case Management of OEF/OIF/OND Veterans.** There is a Care Management Team at each of the 152 VA Medical Facilities consisting of both a clinical component (registered nurses and social workers) and a non-clinical component led by Transition Patient Advocates (of whom many are OEF/OIF/OND veterans). All severely ill and injured OEF/OIF/OND Service Members and veterans receiving VA care are assigned a case manager.

***VA Facebook (<http://www.facebook.com/VeteransAffairs>).** The official Facebook of the U.S. Department of Veterans Affairs.

***VA Internet Webpage for OEF/OIF/OND Veterans (www.oef/oif/ond.va.gov).** [One-stop site for returning combat veterans to obtain information on VA benefits and services and participate in the VA's new form of social media such as blogs, twitter and face book.]

***VA Liaisons for Health Care.** There are over 30 VA Liaisons for Healthcare stationed at some 18 military treatment facilities (and co-located with DOD case managers) to facilitate the transition of severely injured and ill Service Members from the DOD to the VA system of health care. The VA Liaisons facilitate the transfer of care to a VA health care facility closest to their home or the VA facility most appropriate for the specialized services their medical condition requires.

***Vantage Point (VA Blog) (<http://www.blogs.va.gov>).** The official blog of the U.S. Department of Veterans Affairs.

***VA Polytrauma System of Care (PSC).** Beginning in 2005, the VA has developed an integrated Polytrauma/TBI System of Care ((PSC) with over 100 facilities that provide specialized rehabilitation services for Traumatic Brain Injury and polytrauma. PSC facilities are distributed across the nation and include four components of care organized in a hub and spokes model: (1) four TBI/Polytrauma Rehabilitation Centers serve as hubs for acute medical and rehabilitation care, research and education; (2) 22 TBI/Polytrauma Network Sites manage the post-acute symptoms of TBI/Polytrauma and coordinate polytrauma services within their network; (3) 82 TBI/Polytrauma Support Clinic Teams provide specialized rehabilitation services for patients within their catchment areas and address community reintegration needs; and (4) 48 remaining VA facilities have identified TBI/Polytrauma Points of Contact responsible for managing consultations and referrals into the PSC as appropriate for the veteran's needs.

***VA Twitter (<http://twitter.com/DeptVetAffairs>).** The official Twitter of the U.S. Department of Veterans Affairs.

***VA Vet Centers (http://www.vetcenter.va.gov/Vet_Center_Services.asp) (Also: Vet Center Combat Veteran Call Center, 24/7 (1-877-WAR VETS (927-8387) for combat veterans and/or family members).** [Also known as "Readjustment Counseling Service", with 282 sites throughout the U.S. plus in

Puerto Rico, St. Thomas, American Virgin Islands, Guam and American Samoa. 80% of the staff are veterans and 33% are combat veterans. **“Vet Center Services: What is readjustment counseling?”** Readjustment counseling is a wide range of psycho social services offered to eligible Veterans and their families in the effort to make a successful transition from military to civilian life. They include:

- Individual and group counseling for Veterans and their families
- Family counseling for military related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Outreach and education including PDHRA, community events, etc.
- Substance abuse assessment and referral
- Employment assessment & referral
- VBA benefits explanation and referral
- Screening & referral for medical issues including TBI, depression, etc.

Does VA have readjustment counseling for family members? Family members of combat veterans have been eligible for Vet Center readjustment counseling services for military related issues since 1979.

Am I eligible for Vet Center readjustment counseling? If you, or a family member, served in any combat zone and received a military campaign ribbon (Vietnam, Southwest Asia, OEF, OIF, etc.) then your family is eligible for Vet Center services.

Where is counseling offered? VA's readjustment counseling is provided at community-based Vet Centers located near veterans and their families. All Vet Center services are prepaid through military service. Contact your nearest Vet Center through information provided in the Vet Center Directory or listings in your local blue pages. Vet Center staff are available toll free during normal business hours at 1-800-905-4675 (Eastern) and 1-866-496-8838 (Pacific).

***Vet Center counseling contractors** in locations apart from existing VA facilities; if the vet is eligible, VA pays the costs. Contact the nearest Vet Center to see if such counseling can be authorized.

***VA Suicide Prevention Hotline.** If you are a veteran in emotional crisis and need help immediately, call this toll-free number, **1-800-273-8255**, available 24/7, and tell them you are a veteran. All calls are confidential.

***My Healthe Vet** (<https://www.myhealth.va.gov/index.html>). [**My HealtheVet** (MHV) “is the VA’s gateway to veteran health benefits and services. It provides access to: trusted health information; links to Federal and VA benefits and resources; the Personal Health Journal; and online VA prescription refill. In the future, MHV registrants will be able to view appointments, co-pay balances, and key portions of their VA medical records online, and much more! My HealtheVet is a powerful tool to help you better understand and manage your health.”]

***National Center for PTSD** (ncptsd.va.gov). [Lots of easy to read information and includes the PILOTS data base—the *world’s largest* data base regarding war trauma and post-traumatic stress. Quote from Dr. Matthew Friedman, Executive Director, NCPTSD: “We are the center of excellence for research and education on the prevention, understanding, and treatment of PTSD. Our Center has seven divisions across the country. Although we provide no direct clinical care, our purpose is to improve the well-being and understanding of American Veterans. We conduct cutting edge research and apply resultant findings to: “Advance the Science and Promote Understanding of Traumatic Stress.”] *Note: I was the founding Director of the VA NCPTSD Pacific Islands Division, Honolulu, HI, from 1992-1997.*

***National Resource Directory (NRD)** (www.nationalresourcedirectory.gov). Online tool for wounded, ill and injured Service members veterans, families, and support personnel. Provides access to more than 11,000 services and resources at the national, state and local level.

***Returning Service Members (OEF/OIF)** (www.oef/oif.va.gov). [Summary of VA benefits/services/programs offered for OEF/OIF veterans.]

***Understanding military culture.** [http://www.ptsd.va.gov/professional/ptsd101/course-modules/military_culture.asp.] [“VA continuing education Module: “Understanding military culture is important when treating Veterans. This course presents important information regarding military demographics, branches, rank, status, and stressors. The author provides useful terminology and visuals to help the viewer understand military culture. Two programs created to help service members prevent and manage combat and operational stress are also described, Army Battlemind and Marine Corps Combat Operational Stress Continuum. Finally, additional Army and Marine Corps interventions are discussed, as well as assessment and treatment implications for clinicians.” Author: [Patricia J. Watson, PhD](#)]

*** VA Women Veterans Health Program** (<http://www.womenshealth.va.gov/>). Coordinators (responsible for coordinating female veteran services to facilitate women veterans to receive appropriate care and referrals). In 1988, the Women Veterans Health Program was created to streamline services for women Veterans in order to provide more cost-effective medical and psychosocial care. At that time 4.4 percent of Veterans were women. The current projected percentage of U.S. Veterans who are women is 8 percent.. . VA is actively addressing resource needs so that the proper training, as well as equipment and supplies (including DEXA scans, mammography machines, ultra-sound and biopsy equipment) are in place in facilities. Locate a facility to find out more. As part of the realignment of the Veterans Health Administration, effective March 27, 2011, Women's Health became part of the Office of Patient Care Services (PCS). The reorganization affords greater opportunities for collaboration between Women's Health and programs including Primary Care, Mental Health, Specialty Care like cardiology and pain management, and other offices within PCS. Learn more about PCS.

Program Mission. Women Veterans Health Care addresses the health care needs of women Veterans and works to ensure that timely, equitable, high-quality, comprehensive health care services are provided in a sensitive and safe environment at VA health facilities nationwide. We strive to be a national leader in the provision of health care for women, thereby raising the standard of care for all women. To fulfill this mission, Women Veterans Health Care works to make certain that all eligible women Veterans requesting VA care are assured of:

- Comprehensive primary care by a proficient and interested primary care provider
- Privacy, safety, dignity, and sensitivity to gender-specific needs
- The right care in the right place and time
- State-of-the-art health care equipment and technology

- High-quality preventive and clinical care, equal to that provided to male Veterans

***VA Medical Centers.** In addition to *OIF/OEF (Operation Iraqi Freedom/Operation Enduring Freedom) Coordinators* who can be very helpful for linking Iraq and Afghanistan vets with VA resources, other *VA staff* such as social workers, psychologists, clinical nurse specialists, occupational therapists, chaplains or psychiatrists might be particularly skilled working with war veterans -- along with VA Substance Dependence Rehabilitation Programs, various other VA residential, homeless and health/mental health programs and clinics.

VA medical facilities each typically will have a combination of several of the following specialized PTSD programs:

Outpatient PTSD Programs (SOPPs):

- **PTSD Clinical Teams (PCTs):** Provide group and one-to-one evaluation, education, counseling, and psychotherapy.
- **Substance Use PTSD Teams (SUPTs):** Offer outpatient education, evaluation, and counseling for the combined problems of PTSD and substance abuse.
- **Women's Stress Disorder Treatment Teams (WSDTTs):** Provide women veterans one-to-one and group evaluation, counseling, and psychotherapy.

Intensive PTSD Programs (SIPPs):

- **Evaluation and Brief Treatment of PTSD Units (EBTPUs)** provide PTSD evaluation, education, and psychotherapy for a briefer period ranging from 14 to 28 days.
- **PTSD Residential Rehabilitation Programs (PRRPs)** provide PTSD evaluation, education, counseling, and case management that focus on helping the survivor resume a productive involvement in community life. PRRP admissions tend to be 28 to 90 days.
- **PTSD Day Hospitals (DH)** is outpatient and provides individual treatment planning and counseling in a less restrictive environment than in the VA Inpatient Units. Patient comes in daily or several times a week for 4-8 hours each visit.
- **PTSD Domiciliary Units (PTSD Dom)** provide time-limited residential treatment focusing on rehabilitation. This program replaced the PSU (PTSD Substance Use Units). Their mission is to facilitate transition to outpatient mental health care.
- **Specialized Inpatient PTSD Units (SIPUs)** provide trauma-focused evaluation, education, and psychotherapy for a period of 28 to 90 days of hospital admission.
- **Women's Trauma Recovery Program (WTRP)** was opened by the Palo Alto, CA VA in 1992 as part of the National Center for PTSD. It is an intensive 60-day residential program with and emphasis on interpersonal skills and a focus on war-zone related stress as well as MST (Military Sexual Trauma).

VA Partnerships with Other Community Resources. As one illustration of an impressive initiative to foster collaboration between the VA and other community providers, see "Our Turn Network:" "Community Partners Serving Veterans & their Families In South Mississippi. Co-sponsored by the VA Gulf Coast Veterans Health Care System and the Mississippi Department of Employment Security

(Veterans Services). Veterans and their families have already served us. Now it is “Our Turn” to serve them. Representatives from Human Service Agencies, Healthcare Facilities, Local Government, Community Colleges, Universities, Biker Clubs, Car Clubs, Faith - based groups, Service Organizations, Fleet and Family Support, Family Readiness Programs, and Local Employers are invited to participate. *The goals of the Our Turn Network* are to: Provide quarterly networking opportunities for community partners to share information about existing services for Veterans and their families Identify needs of active duty Military and recently returning Veterans and their families as they transition back to civilian life Identify ongoing needs of Veterans who served in earlier conflicts as well as the needs of their family members. Develop community based strategies to respond to these needs here in South Mississippi. For more information contact: Leigh Ann Johnson, LCSW. Local Recovery Coordinator/Consultant, Gulf Coast Veterans Health Care System, at: Leigh.Johnson2@VA.gov”

IV. State Departments of Veterans Affairs

State DVA's provide information and referrals & some provide direct counseling services such as Washington State which has had a significant network of counseling contractors throughout the state for many years. Currently I am aware that New Jersey, Illinois, and Washington State DVA's have outpatient programs. Wisconsin and Texas also have special arrangements with the VA that help to provide services to remotely located veterans. *[I apologize for not listing all 50 State Departments of Veterans Affairs; at this point, I am confining this list to State DVA's that I know about that have a special counseling program -- beyond benefits counseling -- of some kind for vets. I would be very happy to add additional ones if information is provided to me.]*

***Washington State DVA** (www.dva.wa.gov and click on PTSD/War Trauma Program). I have had substantial personal interactions with the Washington State DVA, their director Tom Schumacher and a number of their impressive contract counselors throughout the state of Washington. To me, this is a model PTSD counseling program for any state department of veterans affairs to consider. In addition to a *long-standing outpatient contractor provider program* (that as of September, 2010, had 38 funded contractors), the WSDVA also has expanded to provide additional programs, to include: *School-aged Classroom-Based Curriculum and Consultation Services*, a *Veterans Friendly Campus Program* (to help higher education and campuses address the special needs of veterans who are returning home from war), a *Veterans Conservation Corps* (that includes College Navigators who are OEF and OIF veteran student who provide peer guidance on campus to fellow veteran students, and a *King County PTSD Education and Training Project* that offers several trainings monthly to a variety of agencies, professional organizations, faith-based groups and non-WSDVA professionals seeking to offer effective treatment to war veterans. Finally, WSDVA also publishes a stimulating and informative *Repetition and Avoidance Quarterly - WA State PTSD Program* that is available to download. “The RAQ is intended as a contractors’ newsletter for the communication of information relevant to the treatment of PTSD in war veterans and their families. To be included in our E-mailing list, contact WDVA, Tom Schumacher, or Emmett Early and send us your Email address. The RAQ can also be read online by going to the WDVA website www.dva.wa.gov. Once you arrive at the website, click on PTSD, and once on the PTSD page, scroll to where you find access to the RAQ.”]

***New Jersey State Department of Military and Veterans Affairs**
(<http://www.state.nj.us/military/veterans/>) (Counseling Hotline: 1-866-VETS-NJ4)

***Illinois State Department of Veterans Affairs** (<http://www.illinoiswarrior.com/>) (See” The Illinois Warrior Assistance Program . . . provides confidential assistance for Illinois Veterans as they transition back to their everyday lives after serving our country. Our health professionals are here to help. In the military, you are trained to be physically, mentally and emotionally tough. But our service members need to know that mental and psychological wounds can be just as debilitating as external, physical injuries and they need to seek help for these wounds. We all need to do everything we can to help our warriors when they return home – we owe it to them.” Confidential Phone Line for counseling assistance: 866.554-IWAP (4927).

***Texas Veterans Commission** (<http://www.tvc.state.tx.us/>). (Among a number of services, see TexVet (<http://www.mhtransformation.org/documents/visn17/How%20to%20find%20Tex%20Vet%20-%20Part%202.pdf>): “TexVet: Partners Across Texas is the collaborative effort of federal, state and local organizations, that focuses on bringing our military members and those that care about them a wealth of resources. The resources identified through TexVet are meant for anyone who is serving or has served in any branch of the military, as well as the others who care about a service member. . . Dial 2-1-1 to speak directly with an information specialist. 2-1-1 is a non-emergency telephone service that provides information and referrals from organizations across the state. All information you share with 2-1-1 is confidential.”)

V. County Veterans Service Officers (CVSOs)

The County Veterans Service Officer (CVSO) provides free sources of referral information and advocacy in the VA process. [“CVSO’s are accredited by the VA to assist Veterans and are very knowledgeable in the local community re Veteran benefits. “When you come into the County Veterans Service Office, you will be referred to a service officer for assistance. The CVSO has a compassionate understanding of the problems, which confront veterans, widows, widowers and children. The CVSO knows the extent, the meaning and application of laws that have been passed by the U.S. Congress in the interests of veterans and their dependents. They also know the rules and regulations adopted by the Department of Veterans Affairs to clarify and implement those laws. The CVSO will apply specialized knowledge in the best way suited to the needs of every individual veteran or other beneficiary who comes to the office for assistance.. .The NACVSO website will help answer questions or help contact the County or State Veterans Service Officer nearest to your place of residence or you may go to the websites ‘contact us’ page and contact one of their officers directly. In your email, please include the name of your city, county or state. You will receive a response within 24 hours.” (excerpted from the *National Association of County Veteran Service Officers* website (<http://www.nacvso.org/>).

VI. Surfing the Web: Other Information & Resources (mostly non-governmental) Regarding Active Duty, Veterans & Military Families/Children (450+ listings in this section)

***A Vet Project, Inc.** (<http://www.avetproject.org/>). (“American Veterans Empowerment Team. AVET Project, Inc. Mission: brings focus upon and heighten awareness to the needs of United States service men and women and other needy Americans in providing programs and services of assistance, entertainment and counseling by enlisting the public's aid. Services include: *Empowerment Equipment Bags* (‘turbo-charged’ care and convenience packages to our troops on the front lines), *Empowerment Packets* (free packaged informational program containing a QRG-Quick Reference Guide-of benefits available to the servicemember through both state and federal programs), *Pathfinder* (free program where participants are given an assessment of their abilities and encouraged to overcome economic and/or social roadblocks on their way to a healthier, more fulfilling and active life); *Rest & Recuperation* (once a military member returns from deployment in a combat zone, AVET Project selects applicants on a first-come, first-served basis to participate in a retreat where they and a spouse or significant other can decompress, relax and reconnect with one another); *Project Pillowcase* (Help supply our soldiers and the families they leave behind with photos imprinted onto pillow cases. Let’s give our soldiers hope and a visual reminder of who they are fighting for and give their families sweet dreams at night); *Project Plant* (This is a free program where upon notification from a family member of the death of a soldier, sailor, airman, or marine, killed in action (KIA) as a result of duty in a combat zone, AVET Project sends a region-appropriate plant or tree (or certificate for purchase) to the family as an act of remembrance for this greatest of sacrifice); *Dinner for Deployed Families* (Providing dinner, gifts and information for families of deployed families), *Airport Outreach* (Greeting warriors with AVET Project information and \$5 to buy a snack), *Elder Care Outreach Program* (AVET Project holds monthly meetings at local Senior Centers regarding potential VA benefits along with special guest speakers on finances and health care issues); *Resource Project* (An ongoing list of resources for veterans, troops and their families. Send us an email about your situation and where you live. Right now, you can contact your local American Legion, Veterans of Foreign War, Disabled American Veterans, Elk and Moose Lodges for financial assistance); and *Wishes for Warriors* (.Wishes 4 Warriors was created to help final dreams come true for a terminally ill veteran. It is maintained by organizations and individuals who are determined to do everything possible to make it happen. If you don't think you or your loved one qualifies for this, just ask!).”]

***Adopt a Platoon** (<http://adoptaplatoon.org/site/>) [“ . . . organization managed nationwide by volunteer mothers to ensure that deployed United States Service members in all branches of the military are not forgotten by providing needed mail support and to promote patriotism in our schools and communities . . . AAP created projects that meet the need of military requests, established special projects for holidays, and assigns individual morale lifting mail support to service members of all branches of the U.S. military . . .”]

***Adopt a Soldier** (www.adoptaussoldier.org) [An organization “ to honor active US military personnel, Adopt A US Soldier is a volunteer-based program that connects supportive Americans with deployed soldiers and offers a channel by which to communicate encouragement and express gratitude to the brave men and women serving our nation.”]

***Agent Orange Legacy** (<http://www.agentorangelegacy.us>). [“Agent Orange Legacy is dedicated to improving the lives of the children of Vietnam veterans & families of veterans exposed to agent orange that have fallen victim to a legacy of birth defects, some known & many more not yet identified, chronic illness & pain, emotional & behavioral disorders, learning disabilities, developmental disabilities, & other conditions as a result of their parent(s) service in Vietnam and exposure to toxins such as Agent Orange.”]

***Air Compassion for Veterans - Mercy Medical (www.aircompassionforveterans.org).** [“Air Compassion for Veterans provides free air transportation via commercial, private aircraft, or bed-to-bed air ambulance for OIF/OEF wounded warriors and their adversely affected family members. This air transportation is provided for medical, counseling, rehabilitation, adaptive sports and service dog services. ACV helps to alleviate the financial hardship of the injured, care givers and family members.”]

***Air Force Wives (<http://groups.xanga.com/groups/group.aspx?id=644092>)** [“A place for Air Force Wives from all over to come to meet and support each other.” Also provides links to other self-support blogs.]

***America 4RMarines (<http://america4rmarines.org/>).** [“We focus on those Marines and Sailors who are deployed in some of the most unfriendly and hellish spots in the Middle East. These Out Post (OP’s) assignments are usually hundreds of miles from main bases and, therefore, hundreds of miles from many of the basic humane amenities that we take for granted on a daily basis. Items that bring a bit of the USA to them in their caves, their tents or simply in their back packs. Unlike other Military nonprofit organizations, who typically send care packages to serving individuals, America 4R Marines sends products we know are needed and appreciated to ENTIRE BATTALIONS OR UNITS currently deployed. We communicate directly with the Command Elements of the battalions and units we support, including those in the most remote AO’s (Area of Operations) America 4R Marines works very hard to provide these wonderful, brave Marines and Sailors with products that they need and want, all of which lift their morale. They ask for nothing and deeply appreciate any gesture of support, knowing they are never forgotten by the folks back home. We ship tons of boxes each year so that these incredibly brave Marines and Sailors have a little taste of home in their remote cave or tent in Afghanistan. Additionally, we provide support to the spouses and children of deployed individuals so that our fighting Marines and Sailors can be at ease that their families are also not forgotten. There is no price that can be put on the peace of mind that this brings for deployed individuals. America 4R Marines is dedicated to bringing a little bit of the USA to these wonderful men and women. We need your help....NO

***America’s Vet Dogs (<http://vetdogs.org/>).** [“America’s VetDogs® – The Veteran's K-9 Corps® is a 501(c)(3) not-for-profit organization founded by the Guide Dog Foundation for the Blind and serves the needs of disabled veterans and active duty personnel. .” Dog Programs include: Guide Dogs, Service Dogs, Military Therapy Dogs (Combat Stress Relief -- specially trained canines deployed in theater for active military personnel. They offer emotional support for servicemen and women dealing with combat stress, homefront issues and sleep disorders.) and Graduate Program. Since 1946, the Guide Dog Foundation has provided guide dogs and training at no cost to people who are blind or visually impaired, including veterans. In 2003, the Guide Dog Foundation for the Blind recognized the need for an overall assistance dog program for veterans that would incorporate guide dogs, service dogs, and state-of-the-art mobility devices – especially as our nation’s veterans age and as our country’s wounded warriors return home from active conflicts abroad. America’s VetDogs was created and incorporated to give veterans easy access to the best services possible to improve their lives. We have worked hard to build cooperative relationships with the military and the Department of Veterans Affairs, and today, we are the premier organization providing assistance dogs and training to disabled veterans and active servicemembers. We set the standard by which the military and the VA measure assistance dog schools. We continually strive to increase the options and services for veterans to ensure that they receive all the tools they need to once again be self-reliant. Our dogs have touched thousands of lives – from disabled veterans, to servicemembers deployed overseas, to their families. We have been honored with the Secretary of the Army Public Service Award, the second-highest level award given to civilians “for exceptional service that makes a substantial contribution to the accomplishment of the Army’s missions.” America’s VetDogs is our way of honoring the sacrifice made by our men and women in uniform, and our dedication to America’s veterans is stronger today than ever before. We will do our part to see that a guide or service dog will help a veteran live independently again. All of our services are provided at no cost to veterans, the military or active duty personnel. America’s VetDogs relies on voluntary public contributions to fund its efforts.”] *Note: the CEO of America’s Vet Dogs is Wells B. Jones, CAE, CFRE, at wells@vetdogs.org.*

***American Academy for Pediatrics “Support for Military Children and Adolescents”**

(<http://www.aap.org/sections/uniformedservices/deployment/index.html>) Designed to support military youth, families and the professionals caring for this population. Provides resources such as guides for providers and parents, and video for children about deployment.

American Combat Veterans of Wars (www.acvow.org).** [“ACVOW is a nonprofit, community-based veterans' advocacy organization. Our combat veteran volunteers mentor, advise and assist our country's warriors with combat stress, helping them and their families lead productive and fulfilling lives in the wake of combat. If you or someone you know may be suffering from post traumatic stress as a result of combat, call us now at 858.552.7501. Warrior's 24 hour Suicide Prevention Hotline: 800.273.8255.”] ***Note: ACVOW comes very highly recommended by Rhonda Jordal, vet activist and mother of an OIF veteran previously incarcerated.

***American Heroes Program (AmericanHeroesProgram.com)** [program “to send in a convenient, inexpensive way to say thank you to troops overseas, and to wounded soldiers under medical care here in the States.”]

***American Pain Foundation (www.painfoundation.org).** [“The American Pain Foundation (APF) began the Military/Veterans and Pain Initiative in 2004 to reach out to active military and veterans who are in pain. Along with providing resources, they work to advance pro-veteran/military legislation and policy on national and state levels.] **See cross-listing “Exit Wounds.”**

***(The) American Veterans Center (<http://www.americanveteranscenter.org/>).** [“Bring the legacy of the Greatest Generation to the Latest Generation.” The mission of the American Veterans Center is to preserve and support the legacy of America's servicemen and women from WWII through Operation Iraq Freedom. The Center is comprised of two divisions: The World War II Veterans Committee and the National Vietnam Veterans Committee. The AVC also is the primary sponsor of the National Memorial Day Parade in Washington, D.C., drawing a quarter of million spectators to one of the largest military-themed events in the country. Through documentary work, speaker programs and the publication *World War II Chronicles* and *American Valor Quarterly*, the WW II Committee seeks to bring the history of WWII to today's students and young people. The National Vietnam Veterans Committee not only seeks to tell the combat stories of Vietnam Veterans, we also spotlight their many successes after returning home. The National Vietnam Veterans Committee, through its programs which include the publication *Valor. The Veterans of Vietnam* and now *American Valor Quarterly*, is working to tell the true story of Vietnam veterans which has so often been ignored.”)

American Veterans and Servicemembers Survival Guide. How to Cut Through the Bureaucracy and Get What You Need – And Are Entitled to.** By: Veterans for America (2007). A very comprehensive (500 page) electronic book that tells it like it is regarding benefits, services, legal rights, strategies to navigate the complex maze of federal and organizational regulations and procedures, etc. The 28 chapters include: “Service Compensation, Explaining the VA Claims and Appeals Process, VA Attempts to Recover “Overpayments”, VA Programs for Veterans, Upgrading Less-than-Fully Honorable Getting Your Military Records, Advice for Families and Caregivers of Wounded Servicemembers and Veterans, Family Law Issues for Servicemembers, Women Servicemembers and Veterans, and Immigration, Obtaining U.S. Citizenship Through Military Service.”] ***Note that this new e-book is based in part on the 1985 best-selling book, The Viet Vet Survival Guide: How to Cut Through the Bureaucracy and Get What You Need and Are Entitled To by Craig Kubey, David F. Addlestone and Vietnam Veterans Against the War. Note: I am proud to say that I co-ghost-wrote (I would have almost surely lost my job if I had allowed my name to be used at the time) the original chapter in 1985 on PTSD when I was the National Assistant Director of the VA Vet Center Program in Washington, DC.

***American Veterans With Brain Injuries (www.avbi.org)** [““American Veterans with Brain Injuries (AVBI) was organized in 2004 as a grassroots effort whose mission is to offer support to the families of American Servicemembers and Veterans who have suffered brain injuries. AVBI.org went live on the Internet in 2006 to provide a web based peer support network and information resource. In January 2009, in order to expand support services and programs specifically designed for these veterans and their family members, American Veterans with Brain Injuries, Inc. was incorporated as a Not for Profit organization. American Servicemembers & Veterans and their family members / caregivers are invited to meet in the peer [chat room](#) and [forum](#). Both the forum and chat room are interactive and designed for you to; ask questions, get information, and share your personal experiences with others. If you need personal assistance please contact us via [email](#); all correspondence will be forwarded to the appropriate person who may offer you individual assistance. The [Blog](#) offers public awareness information and personal commentaries. The [Links](#) page lists numerous; organizations, agencies, resources and services.”]

American Widow Project (AmericanWidowProject.org; 1.877-297-9436).** [“The American Widow Project is a non-profit organization founded by Taryn Davis and dedicated to the new generation of those who have lost the heroes of yesterday, today and tomorrow, with an emphasis on healing through sharing stories, tears and laughter . . . Military Widow to Military Widow. E-mail us anytime at info@americanwidowproject.org. Our Services: **The Film:** The 75 minute documentary gives a candid look into the stories, struggles and perseverance of 6 military widows. Everything is covered from meeting the love of their life to the knock on the door, life as a single parent, and decorating a headstone. The film is being distributed FREE of charge to all military widows and widowers as a key to the healing process; **The Site:** Built to house ideas, stories, and advice, we have compiled a multitude of resources to help with the lifetime of struggles that come along with being a military widow; **The Newsletters:** Compiles and created by other widows, the newsletters range in content and keep the widows up to date on all our happenings; **The Hotline:** No counselors will be answering the calls, just widows who are going through the same trials and tribulations; **The Events:** We do not hold seminars or have speakers, we have each other. The widows come together to enjoy life the way they did when their spouse was still alive. From surfing to ziplining, we are here to enjoy each other’s company and share some of our fondest memories.”] ***Note: I have had several contacts with Taryn; I am extremely impressed with Taryn and the AWP. And I have found the AWP video very worthwhile.

***A Million Thanks (amillionthanks.org).** [“A Million Thanks is a year-round campaign to show our appreciation for our U.S. Military Men and Women, past and present, for their sacrifices, dedication, and service to our country through our letters, emails, cards, and prayers...**Send a Letter:** We are asking individuals, schools, churches, businesses, and other organizations to write cards, letters, emails, and prayer messages of appreciation for our military, past and present. It is our goal to see that our military – active, reserve, and veterans – receive these messages, whether they are serving at home, abroad, or are injured in hospitals. To get started, read the guidelines below then find a location nearest you on our [Drop-off Location](#) (on the website) list so your notes of appreciated can be sent to our troops. If there are not yet drop-off locations near you, letters can also be sent to: A Million Thanks, 17853 Santiago Blvd. #107-355, Villa Park, CA 92861. Do not put letters in individual envelopes. Send multiple letters together in the same envelope or box; Do not send edible items; Do not use loose glitter, confetti, or anything that is not attached to the letter or card; Only include positive messages. Any negative messages will be discarded; Be creative! Draw pictures, talk about you, and let them know their work does not go unnoticed; Include your address or email address if you wish. Most military will write back to you!; If you would like to send themed cards, we ask that you respect the following deadlines: 1. Thanksgiving cards and letters should be sent no later than **November 1**. 2. Christmas/holiday cards and letters should be sent no later than **December 1**. 3. Valentines cards and letters should be sent no later than **January 15**. ”

Without the support of grateful Americans, this program would not be running. The funds collected will be used to offset expenses such as postage, processing, paper, etc. needed to distribute the letters to the troops all over

the world. With rising postage costs, your support is needed more than ever. Your generous donation allows us to continue to build the morale of our men and women who serve our country and to let them know that Americans DO appreciate their service to our wonderful country. If you prefer, you can also send a check payable to A MILLION THANKS to: **A Million Thanks**
17853 Santiago Blvd. #107-355; Villa Park, CA 92861. Looking for Million Thanks gear? All profits go to support the A Million Thanks organization. [Click here](#) (on the website) to access the store. Thank you for your support!"]

***Any Soldier** [[AnySoldier.com](#)]. ["Want to send your support to a Soldier in harm's way, but have no idea of what to send, who to send it to, or how to send it?"...It was March 26th, 2003. Army Sergeant Brian Horn, one of 1,000 soldiers, parachuted into enemy territory in Northern Iraq. Five months later, Brian Horn was able to call his parents. Marty and Sue Horn had been sending their son an average of six care packages per week. So when Brian asked his parents to send more, "my wife and I thought he was kidding!" Marty Horn told me. "But Brian said, 'no -- its for the soldiers that don't get any. Both Marty and Sue Horn had spent their careers in the Military, so they immediately understood what Brian was saying. Millions of men and women serving overseas never receive any mail. Besides often lacking basic necessities, these men and women have to cope with the harsh conditions of serving overseas without signs of support from friends and family back home.

The Horns developed the idea for [AnySoldier.com](#) during that phone call. Marty created a website that explained the project and offered Brian's address -- including the words "Attn: Any Soldier". Brian would give these packages to the soldiers not receiving any mail. After his service in the Military, Marty had gotten involved in the still-young Internet. He knew how much opportunity the Internet offered, but even he was amazed at the results. "Within two weeks, we were getting flooded with email from all over the world. It was like an avalanche."

The project's growth kept up its tremendous pace. In January 2004, in response to many requests, the Horns opened up the project to the other Military branches. Within one year, they went from seven Military contacts distributing "Any Soldier" packages to 3,500. "It just exploded. It literally took on a life of its own... Honestly, we started this as a way to help my son and his troops. Imagine camping -- it's hard enough to get stuff, imagine being one in a thousand guys who parachuted behind enemy lines," Marty said.

The growth has continued. To date, [AnySoldier.com](#) -- and its related websites, [AnyMarine](#), [AnyAirman](#), [AnySailor](#), and [AnyCoastGuardman](#) -- have served over 2 million troops stationed in many locations (Current info [HERE](#)). The men and women in service come from many states and countries -- the vast majority from the USA, but also from such places as England, Italy, Germany, and Japan. Visitors to [AnySoldier.com](#) can search for contacts by service location, where the unit comes from, the number of males or females in the group (some supporters prefer to write to "Attn: Any Female Soldier"), and the number of times their address has been requested -- among other options. [AnySoldier](#) has also offered support to [wounded Marines](#) recuperating from injuries; assisted in procuring and importing [wheelchairs for crippled Afghani children](#); helped bring attention to and arrange shipments of much-needed [medical supplies and textbooks](#) for distribution throughout the Iraqi medical system; and many other projects. [AnySoldier](#) packages from supporters have also contributed to the distribution of toys, books, and necessary supplies to civilians living in war zones.

***Armed Forces Foundation** (<http://www.armedforcesfoundation.org/>). [The **Armed Forces Foundation** is a non-profit organization dedicated to providing solace to members of the Armed Forces community during their time of greatest need. Listed as an "America Supports You" - Homefront Group resources by the Department of Defense, we provide direct financial support to Service Members and their families for:

- Essential living expenses
- Bereavement assistance

- Psychological Health and Traumatic Brain Injury outreach
- Morale boosting recreation events
- Military children's events
- Hospital outreach, assisting military families during their most trying times ...

95% of All Donations Go Directly to Military Members and Their Families.”]

***Armed Forces Services Corporation** (www.afsc-usa.com). [“After 120 years as a nonprofit, Armed Forces Services Corporation (AFSC) was spun off to become a service-disabled, veteran-owned company, based on the belief that we can touch more lives in new ways by working within the government as a business partner. We still have the heart of a nonprofit, and will always put the people we serve above *profits*. AFSC’s mission is to optimize the lives of Warriors, Veterans and their Families, and strengthen the continuum of care by bringing innovative solutions to today’s military community. AFSC employs an innovative and quality-based approach to its business. Our approach, coupled with our compassion for the troops and commitment to the mission, helps us deliver the best results to our clients. We help our clients quickly identify the core of the problems at hand and provide them with a plan and execution strategy to achieve their goals. With over a century of providing services and support to Warriors, Veterans and their Families, AFSC is a leading provider of military health and human capital services to the federal government.” Services include: Family Information Record (Family Information Record (FIR) Annual Report As an AFSC member, you will receive an annual printout summarizing the complete government survivor benefits your family would receive in the event of your death; claims assistance and benefits education.]

***Armed Service YMCA** (<http://www.bing.com/search?q=armed+service+YMCA&src=IE-SearchBox&FORM=IE8SRC>) [“... is a national member association of the YMCA of the USA ... has provided support services to military service members and their families for more than 140 years, particularly focused on junior-enlisted men and women ... and their families ... operates at 16 dedicated branch locations and nine affiliated community YMCAs, as well as six DOD/Department of Homeland Security affiliates worldwide ... offers essential programs such as childcare, hospital assistance, spouse support services, food services, computer training classes, health and wellness services, and holiday meals ... “]

***Army Scholarship Foundation** (ArmyScholarshipFoundation.org) [“dedicated to providing financial assistance to deserving children of current and former members of the U.S. Army and spouses of currently serving soldiers so they can pursue their educational goals and attend college.”]

***Army Wives** (<http://www.armywives.com>). [“Welcome Home. For those that just arrived, **Welcome home!** For those that have been here before welcome back. We are your hosts, BJ 'n Cindy. We own and operate this site as well as the sister sites. As a retired Marine couple, we know just how new and puzzling, and sometimes how lonely or difficult it can be to find what you need. That is why we created this network and filled it with all kinds of resources to help you find whatever you may need... and to find one another. So once again **Welcome Home...**”]

***Army Wives.** Excellent key words for Web search. See, for example: *Resources for Military Wives, Military Spouse Resources, Real Army Wives Resources*]

Also: Young Army Wives website (<http://www.freewebs.com/katearmywife/weblinks.htm>), among other offerings, lists the following additional related sites:

- (1) <http://www.militarywives.com>;
- (2) <http://www.sarahsmiley.com/>;
- (3) www.marriedtothearmy.com;
- (4) <http://marriedtomyhero.com/>;

- (5) <http://treatsfortroops.com/>;
- (6) <http://www.armywivesforums.com/>;
- (7) <http://www.thankmntroops.org/>;
- (8) <http://marriedtothearmy.com/>;
- (9) <http://halfmyheart.com/>;
- (10) <http://www.inourhearts.org/>;
- (11) http://www.armytimes.com/news/2007/07/navy_memorials_070704w/

ArtReach Foundation** (www.artreachfoundation.org) and **ArtReach Project America** (www.artreachprojectamerica.com). [Founded by Susan Anderson (Susan@artreachfoundation.org) : “When natural or military disaster strikes, leaving thousands of traumatized children in its wake, The ArtReach Foundation offers hope. Through a unique program using expressive arts and creative problem solving, children are offered the tools necessary to heal and live productive lives . . . From Katrina to the war torn areas of Bosnia, ArtReach has been an instrument of hope. With our unique program, children are allowed, sometimes for the first time, to express their deepest fears and traumatic experiences, creating the opportunity to heal . . . The ArtReach Foundation has developed a streamlined program that helps numerous children in the US and abroad. Through a “train the trainer” method, ultimately, the teachers living in the affected areas and closest to the children are taught by a small group of ArtReach staff and volunteers. The teachers take this learning back to their respective countries and schools, touching the lives of children one by one. The training is based on the well-founded concept that artistic, imaginative, and self-expressive activities are emotionally healing and promote positive growth and development. The professional staff and volunteers at ArtReach guide each teacher through a series of classroom activities and processes derived from group, art, and drama therapies.” Breaking the Veils, Project Bosnia, Project Gulf Coast and Project America are some of the great programs provided by the ArtReach Foundation. **Project America is a pilot program for soldiers and vets in Georgia** (coordinated by Christi O’Hara and Daniel Steppe) and there is an annual major benefit, the first of which occurred on November 7, 2009 sponsored by ArtReach Foundation.] ***Note: I am very impressed with this organization and its staff, serve on their board, am a (volunteer) consultant and attended one stage performance by several participating veterans that was really inspirational.

***Australia and the Vietnam War** (<http://vietnam-war.commemoration.gov.au/vietnam-war/index.php>). [Website that covers many aspects of the Vietnam War and Australia’s role.]

***Australian Peacekeeper and Peacemaker Veterans’ Association** (www.peacekeepers.asn.au) [“The Australian Peacekeeper and Peacemaker Veterans’ Association (APPVA), is a veteran non-profit profession of arms and services that encompasses all operations that have involved Australian and New Zealand Defence Forces Servicemen and Women, Federal and State Police, Philanthropic Organizations (Everyman’s Welfare Service, Red Cross, Salvation Army, etc) and Defence Civilians.” It provides a range of services.]

***(The) Band of Mothers** (TheBandOfMothers.com) [“The Band of Mothers are the mothers of The Noble and Heroic Soldiers of the United States Military. We are dedicated in our mission to Step Up, Stand Up and Stick Up For Our Soldiers. Goals: To Proudly Seek, Garner and Nurture Support for our Soldiers.”]

***Beanies for Baghdad** (<http://www.beaniesforbaghdad.com/>) 6401 Lincoln Avenue, Evansville, IN 47715. Donna Ward. 812.402-1547. [The following description is from: <http://www.volunteermatch.org/search/org83371.jsp> “Beanies for Baghdad is a non profit member of America Supports You and is a recognized 501 (c) (3) program. We depend on donations from other individuals to make it work. We need individuals that would be willing to help cover the expenses that we incur and shipping costs are a big factor. We are now mailing to several units of soldiers in both Afghanistan and Iraq. We are also send winter items for the children as it gets very cold in the winter in these regions. Beanies for Baghdad is also sending to Landstuhl Hospital in Germany to the wounded soldiers and the children at the hospital. We have

groups that make quilts for the wounded soldiers called "quilts of love" and are given to the soldiers as their own whenever they go on their road to recovery. We are also going to be adding our local units from Indiana to our contact list and it would be great to see the community get behind them. We are making a difference and will continue to do so.

Mission Statement: Our soldiers ask for beanie babies, stuffed animals and other items to give to the children that they encounter on a daily basis in Iraq and Afghanistan. They use these items on the Humanitarian Missions they go on and it helps bring joy to both the soldier and children and results in long lasting friendships. These small acts of kindness help the soldiers to go into hostile neighborhoods to hand the children a beanie baby, or some other toy, and they soon turn a bad situation into one of friendship and better cooperation from the adults. Happy children make for happy parents, They go into schools, orphanages, hospitals. They are also used in health clinic operations. Many of these children have never seen a toy and live in extreme poverty and the soldiers look forward to receiving beanies, stuffed animals, clothing and other items to help them make a difference. There are thousands and thousands of children there and their opinion of the American Soldier is greatly influenced by this little toy. Beanies for Baghdad also send items to the soldiers and whenever one of our soldiers receives a box, it makes their day brighter and a good way to show our troops we are supporting them back home. Requests from our soldiers continue to come in and we will strive to help them as long as the need exists. 1 Million Toys have been distributed since our inception in May 2003 and we are still going strong!!!. . . Beanies for Baghdad is a bridge between our Soldiers, Sailors, Airmen, Marines, the children of Iraq, Kosovo and Afghanistan and very generous kind hearted people back home who want to do a small part to make the world a better place. Our Network of Points of Contact receive joy in passing out donations to young children who have suffered so much and have so little happiness in their life. Many of the children live in extreme poverty.”]

***Better Business Bureau Military Line** (www.military.bbb.org). Consumer education/information for military members and their families. Also, service-specific sites are available for Army, Navy, Coast Guard and Marine Corps: : www.airforce.bbb.org; www.army.bbb.org; www.coastguard.bbb.org; www.navy.bbb.org; www.marinecorps.bbb.org.

Beyond the Yellow Ribbon (Minnesota). (<http://www.btyr.org/>). [“Beyond the Yellow Ribbon is a comprehensive program that creates awareness for the purpose of connecting Servicemembers and their families with community support, training, services and resources. *We do this by:* 1. Creating awareness through the Yellow Ribbon Community Campaign and synchronizing sustainable community support networks. 2. Connecting and coordinating organizations, agencies, and companies to provide resources and support to Servicemembers and their families. 3. Delivering a series of formal Yellow Ribbon Training events to Servicemembers and their families before, during and after deployment. 4. Providing an opportunity for Minnesotans to support Servicemembers and their families. Beyond the Yellow Ribbon is united to bring Servicemembers all the way home.”]

***Bob Woodruff Foundation** (<http://remind.org>). [“The vision of the Bob Woodruff Foundation is to provide resources and support to injured service members, veterans and their families -- building a movement to empower communities nationwide to take action to successfully reintegrate our nation’s injured heroes—especially those who have sustained the *Hidden Injuries of War*—back into their communities so they may thrive physically, psychologically, socially and economically. Our Mission is Threefold: We **educate** the public about the needs of service members returning from war... and our nation’s greater need to ensure our heroes and families receive the support necessary to have successful futures. We **collaborate** with key federal, state, and local experts to identify and solve issues related to the successful return of service members from combat to civilian life. We **invest** in national and community-based programs that connect our troops to the help they need — from individual needs like physical accommodations, medical care and counseling, to larger social issues like substance abuse and homelessness. . . The Bob Woodruff Foundation has raised over \$8.5 million for

injured service members. To date, BWF has invested \$5.8 million on public awareness, education, and national and community programs which are estimated to impact approximately *516,000 service members*, veterans, family members, and support personnel. Through 85 grants to charitable organizations around the country, the Bob Woodruff Foundation has funded programs to reintegrate injured service members and assist their families with the transition.”]

***Blue Fridays** (<http://www.squidoo.com/bluefriday>). [“The fact is, the term "Blue Friday", for whatever reason brought you to this page as it has many more before you. Now, if you really want to support our troops, find a charity from the list below or one you are already familiar with, and make a donation. That will go much further than wearing a certain color on a certain day of the week. Thanks for your visit and thank you to the soldiers who give me the very freedom to type these words. God blesses the USA.”] BlueFridays.org provides the service of listing links to several resources that serve military personnel and veterans, and Blue Fridays is on Facebook.

Blue Star Families (<http://www.bluestarfam.org/>) (There are currently millions of active duty, Reserve and National Guard Service members serving our country. Each of them leaves behind a family when they deploy – a family that participates in the service members’ sacrifice but is often overlooked by government and civilian organizations. And because we in military service make up only one percent of the country’s total population, most Americans don’t have first-hand knowledge of the military experience. Blue Star Families was formed in December of 2008 by a group of military spouses to raise the awareness of the challenges of military family life with our civilian communities and leaders. BSF has grown to include spouses and families from all services and all walks of life, including National Guard and Reserve, as well as veterans and civilians who strongly support us. Blue Star Families is a non-partisan, non-profit organization, created by real military families.

We are committed to *supporting* one another through the unique challenges of military service and asking the larger civilian population to help as well, *connecting* military families regardless of rank, branch of service or physical location, and *empowering* military family members to create the best personal and family life possible for themselves. We do this by providing both online and physical chapter-based communities and by serving as a bridge between families and support and service organizations that are striving to help make military life more sustainable. Through outreach and involvement with national and local organizations, civilian communities and government entities, Blue Star Families works hand in hand to share the pride of service, promote healthier families, aid in our military readiness and contribute to our country's strength.)

***Blue Star Mothers of America, Inc.** (www.bluestarmothers.org/). “National website for this organization started in 1942 by George H. Maines, who placed an article in the Flint, Michigan Newspaper asking moms if they would like to support their country. Over 300 moms showed up at the Flint Michigan Hotel and over 1000 moms had responded. This was reported to Congress of this meeting on February 6, 1942, and the making of Blue Star Mothers. Chapters spread out all of the U.S. in order to support our troops. Moms stepped up to work at train stations—handing out cookies and sandwiches to our troops. Working as volunteers to care for our wounded. Sending out care packages to our troops in a war zone. And support to all mothers of those whose sons were in a war zone. In 1960 the Blue Star Mothers, Inc., was chartered by Congress. To this day we still have mothers joining Blue Star Chapters all over the U.S. We raise money in fundraisers so that we can support our care packages that we still send to our military overseas. We support our Gold Star Families at funerals and keep touch with them to let them know they are not forgotten. We hold two events a year so that our Gold Star families can get together and meet each other and form friendships. We have dads, wives, sisters, friends and friends who just want to assist us in our cause. We have speakers come in and teach our mothers and associates what resources are out there for their sons and themselves if needed. We support each other once a month at a meeting and cry when we need to without a shame to our tears for everyone sitting at that table. For without words we know what the other is feeling.” Barbara Tears, President, Sacramento Blue Star Moms and Proud mom of a SW2 Apache Pilot. Support@sacramentobluestarmoms.org

***Books for Military Children** (<http://www.military.com/opinion/0,15202,121091,00.html>). [“Field Problem: Books for Military Children.” Over 30 books recommended in the advisory column, “Field Problem”, at [Military.com.Today in the Military](#)]

***Books for Soldiers** (www.booksforsoldiers.com) [“BFS is a non-profit corporation, operated as a ministry of the non-denominational, interfaith Order of the Red Grail church in North Carolina . . . Once your application is approved, you will be able to send troops books, DVDs, games and relief supplies. You will also have access to our Pen Pal area and Post Card Jamboree. on average our volunteers fill over 1000 requests a month. Get started today and get your company, civic group or place of worship involved with supporting our troops.”]

***Brain Injury Association of USA** (www.biausa.org) [“Founded in 1980, the Brain Injury Association of America (BIAA) is the leading national organization serving and representing individuals, families and professionals who are touched by a life-altering, often devastating, traumatic brain injury (TBI). Together with its network of more than 40 chartered state affiliates, as well as hundreds of local chapters and support groups across the country, the BIAA provides information, education and support to assist the 5.3 million Americans currently living with traumatic brain injury and their families. If you or someone you love has sustained a brain injury, please call the Brain Injury Association of America at 1.800. 444.6443 for information and resources and/or visit, www.biausa.org.”] [A resource for anyone with a brain injury.] *This web site also has a link to the AGA.LP Military Fact Sheet 2010.*

***Brain Injury Veterans Peer Support.** (See cross-listing: AVBI--American Veterans with Brain Injuries) (<http://avbi.org/>)

***Brides Across America** (http://www.bridesacrossamerica.com/Home_Page.html). [“Heidi Janson is the founder of Brides Across America, a national charitable organization uniting military brides and bridal salons across the country for a common purpose by supporting our troops and their families. Growing up in the bridal industry, Heidi came across an article about a young soldier in Afghanistan who felt that they were forgotten. At that moment it was time to take a stand and do her part in making a difference. The nationwide program was born in 2007 when a network of stores and suppliers donated time and resources to head up the program. Fifty gowns were given away at Heidi's bridal boutique in NH. Word spread and got national media attention, the program grew rapidly giving over 5000 gowns to date. Military Brides don't always get their dream wedding. Some brides have to give up their wedding due to their finances, getting deployed quickly. In other cases, brides have a civil ceremony and then await years for their fiancée to return home to finally have their wedding day. Heidi wants to make a difference by giving those in need help and those troops that are fighting for our country get the wedding they deserve. Brides Across America efforts is part of the Oprah Winfrey's Angel Network and teaming up with Smiles across the Miles charity. “]

***Buy Veteran** (<https://www.buyveteran.com>). [“Buy Veteran is a national campaign spearheaded by the National Veteran-Owned Business Association (NaVOBA at <http://www.navoba.com>) to bring the success and momentum of the National Veteran Business Movement to all of America’s 3 million veteran-owned businesses. In 1999, the federal government passed Public Law 106-50 that set a mandate to award 3 percent of all federal contract and subcontract dollars to service-disabled veteran-owned businesses. In addition, nearly 15 percent of FORTUNE® 1000 companies set goals to include veteran-owned businesses in their supply chains as part of their supplier diversity programs. Recent nationwide polling revealed that it’s not just the government and large corporations that want to Buy Veteran – the average American consumer wants to Buy Veteran too! In fact, two-thirds of respondents said they’d rather purchase from a veteran-owned business than a non veteran-owned business. This is where the Buy Veteran campaign comes in. Buy Veteran lets everyday, Main Street, consumer-facing veteran-owned businesses in every city and small town in America capitalize on the trust and gratitude to help their businesses grow.”]

***California National Guard Financial Assistance Fund** (www.calguard.ca.gov/j1/pages/cngfaf.aspx). [“The California National Guard Financial Assistance Fund (CNGFAF) was developed to help California National Guard service members who have financial difficulties because of their deployment in support of Operation Iraqi Freedom and Operation Enduring Freedom.”]

***California Statewide Collaborative for Our Military and Their Families**

(<http://www.rebuildhope.org/casc.php>). (Contact person: Mary Ellen Salzano email (maryellen_salzano@yahoo.com)). [“The purpose of the California Statewide Collaborative ("CASC" or "Collaborative") is to be a strong voice advocating for a holistic, compassionate continuum of services, treatment and care for our service members, veterans and their families. It provides a forum to share information and education, raise awareness, and promote strategic partnerships that will streamline and improve access to health and human services.” - Mary Ellen Salzano (maryellen_salzano@yahoo.com; 408-779-6916 or 408-489-0911 cell). Collaborative Meetings: Members of the Collaborative meet about every six weeks at Moffett Field in Mt. View California. While meetings run from 10:00 AM to noon the Clubhouse is open and available from 9:30 AM to 1 PM should you wish to hold 1-on-1 discussions with other members. This is an important opportunity to exchange ideas and learn from each other. All are welcome and no invitation is required. Contact Mary Ellen Salzano to obtain meeting details and to request that you be added to the Collaborative e-mail list and directory.”] ***Note: I have had several contacts with Mary Ellen and am extremely impressed with her dedication, passion and array of initiatives and projects and the network of providers she is familiar with . Among many sources of information, this website includes descriptions and links to +/- 40 PTSD Blogs.***

***Call of Duty Endowment** (<http://www.callofdutyendowment.org/>). [“The Call of Duty Endowment (CODE), a non-profit public benefit corporation, which helps soldiers transition to civilian careers after their military service. CODE focuses its resources on assisting organizations that provide job placement and training to veterans, as well as engaging the media and public forums to raise awareness about the issue. Activision Blizzard launched the organization in October 2009, with a commitment to donate and raise millions of dollars for the cause. To help guide the endowment, CEO Bobby Kotick has recruited an advisory board composed of respected veterans representing the various service branches. Just as our men and women in the armed forces fought to protect our nation and liberties, CODE will fight to ensure that they find a career they deserve on leaving the military. **Our Mission:** Our mission is to create a national campaign that will assist those organizations that provide our former service members with job placement, training and educational services in their post military careers. We will strive to show America how the private sector can mobilize and reward our proud veterans with employment. Our goal is to raise millions of dollars through an initial donation by Activision Blizzard, which will be supplemented by additional donations from the corporate world and the generosity of everyday civilians.” *Code grant recipients include:* Paralyzed Veterans of America, USA Cares, Wounded Warrior Project, Veterans Village of San Diego, Activision Call of Duty Endowment Scholarships, Hire Heroes USA, and Swords to Plowshares.]

***Camp Hope** (www.chrisnealfarm.com). [“Camp Hope was founded in 2007 by William "Mike" White of North Carolina. The goal of Camp Hope is to construct a completely handicapped lodge where veterans may participate in hunting, fishing, canoeing, skeet shooting, hiking and relaxing in a peaceful setting. Vacation, R&R, retreats & conferences - Camp Patriot (Outdoor Adventures.”]

***Camp Patriot** (www.camppatriot.org). [“Camp Patriot exists to take Disabled U.S. Veterans on outdoor adventures. Camp Patriot wants to renew the dreams and visions of our disabled veterans for a meaningful future. We will be bringing disabled American Veterans to the great State of Montana for outdoor adventures of their choosing. However, outdoor adventures are just some of the activities we provide disabled U.S. Military Veterans at Camp Patriot. We want to create relationships for them through outdoor adventures that will promote positive, life changing experiences. With the construction of a first-class lodge outside of Libby, MT,

we will be able to accommodate up to 20 Veterans per week. We will provide a range of outdoor activities, and will be equipped to accommodate veterans with an array of disabilities. There will be no cost to the veteran.”]

***Caisson Army Platoon Equine Assisted Program** (<http://operationsilverspurs.org/CPEAP.html>) [See also “Operation Silver Spurs” “History. Begun in May of 2006, the U.S. Army Caisson Platoon Equine-Assisted Program uses the horses of the Caisson Platoon (part of the Army’s famed Old Guard, whose duties include responsibility for guarding the Tomb of the Unknowns and for military honors during funerals at Arlington Cemetery) and volunteers from the platoon to provide equine-assisted therapy for the Wounded Warriors in treatment at Walter Reed Army Medical Center. The program started as “recreational” therapy, but the results were so impressive that after only four sessions, it became one of the physical therapy options available to the wounded at Walter Reed. On May 1, 2009, the program celebrated its 3rd anniversary. . . The Caisson Platoon Equine Assisted Program is affiliated with Operation Silver Spurs in order to provide a broader scope to our programs. Our joint mission is to partner with veterans and their families to create solutions to help change and improve their lives so they can live with equality, dignity and independence.”]

***Calvin Center’s Horses for Heroes Program** (saracchfh@gmail.com or www.calvincenter.org. Tel: 678.438-3116) [“Calvin Center's Horses for Heroes Program is a military serving military program, with not only program participants, but also all volunteers being active-duty or retired military. The program is offered at no cost to participants. In addition, the Calvin Center offers a variety of programming, including summer camp, mission work camp, equestrian programs, CELP (Calvin Environmental and Leadership Program), Global Village, team-building and challenge courses, retreat facilities and facilitation, field trip opportunities for schools, and many other opportunities for custom-tailored programs. Located an hour south of downtown Atlanta, GA.”]

***Care for the Troops** (<http://CareForTheTroops.org/>). 1795 Johnson Ferry Road, Marietta, GA 30062; 770.977.7473) [“Dedicated to the mental health care of our returning troops and their families, we provide information and training to families, clinicians, congregation and community leaders, so that they become more aware of the culture, unique symptoms and issues faced by military families . . . It is a multi-generational issue that is critical for the overall well-being of our society. . . Mission: work to improve the ability of the civilian mental health infrastructure in the State of Georgia, then nationally, to work with military family members; facilitate connecting military families to providers of spiritual and psychological services familiar with the military culture and trauma . . . Operate in an interfaith, non-political manner, focusing on the humanitarian interest that benefits the veterans and their extended family members.”]

Caregiver Blogs. Some blogs for caregivers with veterans include: **Veteran Caregiver Blog** (with some 30+ members) at: <http://veterancaregiver.blogspot.com>; **Family of a Vet.com** (<http://blog.familyofavet.com>).

***Cause – Helping America’s Military’s Wounded** (www.cause-usa.org). [“Cause organizes recreation and entertainment programs for wounded warriors recuperating from injuries received in Iraq and Afghanistan. Cause programs are available to military personnel assigned to Warrior Transition Units and to family members while residing on the campus of a military medical facility.”]

***Cell Phones for Soldiers** (www.cellphonesforsoldiers.com) [“. . . turned old cell phones into more than 12 million minutes of prepaid calling cards for U.S. troops stationed overseas in 2008. . . expects to collect 50,000 cell phones each month through a network of more than 3,000 collection sites across the country. The phones are sent to ReCellular, which pays Cell Phones for Soldiers for each donated phone – enough to provide an hour of talk time to soldiers abroad. Cell Phones for Soldiers was founded by teenagers Robbie and Brittany Bergquist (in 2004 when they were 12 and 13 years old) from Norwell, Mass., with \$14 of their own money. Since then, the registered 501c3 non-profit organization has raised \$5 million in donations and paid for 30

million minutes of prepaid calling cards as of 12/09 to soldiers serving overseas.” “As long as soldiers are away from home,” Robbie says, “I hope we can continue to support them.”]

***Center for Independent Living (www.soflamil.org/)**. [While CILs are oriented to people with a range of disabilities, there are some CILs with specialty programs for veterans. For example, see South Florida Center for Independent Living INVEST Program, , that provides a range of services and support to help OEF/OIF veterans with disabilities and their families gain and maintain independence.). “There are more than 680 Centers for Independent Living or CILS in the United States. CILS are 501(c)(3) charitable organizations that are community-based, non-residential, not-for-profit, and consumer-driven and managed. This means that most of the people on the boards and staffs of CILS are people with disabilities who have personal experience living with a disability. They know how to overcome the limits imposed by their disability. They will gladly share their knowledge and experience with you because they are, first and foremost, role models for persons with disabilities. This is what CILS are all about. They are places where people with disabilities come to learn from others like themselves what it’s like to be as independent as possible.”]

***Chastain Horse Park: Horses & Heroes (<http://chastainhorsepark.org/ridingprograms.php>)**. 770-330-0506; e-mail: lholsen@bellsouth.net. [“Chastain Horse Park, a premier NARHA accredited center located in the heart of Atlanta, is proud to be a part of the Horses for Heroes Program. Chastain offers both mounted and non-mounted therapeutic lessons to help strengthen both the mind and body. Our brave service personnel have been fighting to preserve our freedom and the Horses for Heroes Program would like to give back by offering the amazing healing power a horse can provide.”]

***Children of Atomic Veterans (<http://www.atomicvetkin.com/>)** [“Dedicated to all U.S. Atmospheric Nuclear Weapons Test Victims.” Site has numerous links to related information and resources.]

***Children of Veterans with PTSD** [excellent key words for Web search]

***Children of Vietnam Veterans** [excellent key words for Web search]

***Children of Vietnam Veterans Facebook (<http://www.facebook.com/pages/Children-of-Vietnam-Veterans/137155872995715>)**. [“Children of Vietnam veterans (Australia) and(Worldwide) who have experienced side-effects both mentally and physically.”]

***Children of World War Two Veterans** [excellent key words for Web search]

***Christian Military Wives (<http://www.christianmilitarywives.com/>)** [“Wives in Bloom. The Online Magazine of Christian Military Wives Ministry.” Blog for current and prior military wives to “enjoy fellowship with other Christian Military Wives. Make new friends and keep in contact with old friends.”]

***Citizen-Soldier Support Program (CSSP) (<http://citizensoldiersupport.org/>)**. (To build bridges between local community resources and military families, Congress established the National Demonstration Program for Citizen-Soldier Support. Spearheaded by the Odum Institute at the University of North Carolina at Chapel Hill, the Citizen-Soldier Support Program (CSSP) focuses on all branches of the military and other reserve component members and families. While it may be assumed that any post deployment mental health problems of service members and veterans would be identified and treated with in the Department of Defense/Department of Veterans Affairs medical care continuum, available data suggest that only about 37% of the people qualified for DOD/VA benefits will seek assistance from the VA. This means there is a silent majority not receiving the care they need.)

***Coalition for Iraq and Afghanistan Veterans (<http://coalitionforveterans.org/ciav/home/>).** ["The Coalition for Iraq and Afghanistan Veterans (CIAV) is a national non-partisan partnership of organizations committed to working with and on behalf of all military, veterans, families, survivors and providers to strengthen the existing system of care and support for all those affected by the wars in Iraq and Afghanistan." Links are provided to +/- 50 partnered organizations] Note: This is a very impressive coalition of resources.

***Coalition to Salute America's Heroes (www.saluteheroes.org)** ("Disabled American Veterans of the War on Terror must struggle every day to overcome life-changing sacrifices such as the loss of a limb, significant burns, and the reality of being in a wheel chair. The Coalition to Salute America's Heroes was created to provide a way for individuals, corporations and others to support our troops by helping severely wounded and disabled Operation Enduring Freedom and Operation Iraqi Freedom veterans and their families rebuild their lives . . . The mission of The Coalition to Salute America's Heroes is to help the people who have given so much on our behalf overcome these obstacles and resume a productive and fulfilling life through programs targeted to their specific needs . . . is the leading non-governmental provider of emergency financial relief to wounded soldiers from Operation Enduring Freedom/Operation Iraqi Freedom and their families. The Coalition to Salute America's Heroes partners with corporate sponsors, individual contributors, and volunteers to provide a simple and meaningful way for individuals and corporations to help these veterans and their families rebuild their lives.")

***Coast Guard Wives (www.coastguardwives.com).** ["Welcome Home. For those that just arrived, Welcome home! For those that have been here before welcome back. We are your hosts, BJ 'n Cindy. We own and operate this site as well as the sister sites. As a retired Marine couple, we know just how new and puzzling, and sometimes how lonely or difficult it can be to find what you need. That is why we created this network and filled it with all kinds of resources to help you find whatever you may need... and to find one another. So once again Welcome Home..."]

***Combat Paper Project.**

(http://www.nj.com/news/index.ssf/2012/03/branchburg_printing_center_all.html). ["Printmaking Center of New Jersey in Branchburg, where veterans of all military branches and wars come together on Sundays to make art from their military fatigues. Called Combat Paper, the program has several goals. It is healing, because it deconstructs the clothes of war to create delicate hand-made paper. It is therapeutic, since it provides veterans a private space to talk to and support each other. And it is cathartic, says Eli Wright, a former Army medic who coordinates the program with Dave Keefe, 30, a Marine who served in Iraq. "It allows veterans to explore their experiences," Wright, 30, said. "Post deployment, it was the only place I felt I could be understood." The program started in 2007 after returning soldier Drew Cameron took a paper-making class with artist Drew Matott in Burlington, Vt. In 2010, the Printmaking Center's executive director Linda Helm Krapf heard Matott speak about it at a gallery in Lambertville. "When I heard him, I thought if we at Printmaking Center aren't the perfect host for it, I don't know who is," she said. "We have to help. We have a responsibility." The center hosted a week-long residency in the summer of 2010, with many veterans coming long distances to participate. Some 18 months of planning and fundraising later, Krapf, Wright and Keefe launched the free weekly version in October. The center closes each Sunday so veterans can share their work, and their stories, in private. They can just drop in, stay for a few hours or the whole day. They can return, or not. Wright, who served as an Army medic for seven years, had worked with "the Drews" in Burlington when he was stationed at nearby Fort Drum, N.Y. Keefe, who earned a Master of Fine Arts in art from Montclair State University, was recruited by a member of the printmaking center. He is a Marine who served for six years, including a tour of combat duty in Iraq from 2006-07.

The use of paper-making is brilliant. The process is easy to learn, making it inviting to non-artists and artists alike. It is physical, as participants pull the sheets from the bin of slurry water, then stack them on a pile for pressing. And it is flexible. The process can take several hours or several days, accommodating those who want to drop in once and those who want to return. The first step, the cutting of the uniforms, is the place where

conversations start, Wright said. The pieces are then put through a paper beater, where a steel water wheel macerates the fibers in water, creating a silty mixture. If the cutting is communal, the pulling of the paper is quiet. "It can be meditative," Wright said. "You can dig deep, slow down." Keefe said the ancient process is suited to veterans, who are comfortable with traditions. And its low-tech qualities are "very forgiving" he said, another benefit. The program encourages veterans to use their own uniforms, so the sand, blood, sweat and dirt from their experiences are reconstitute in the delicate paper. But Wright said some aren't ready to take that step – "It's very personal, he said – and so the program has donated fatigues that anyone can use. One uniform can yield 40 to 60 sheets of paper."]

***Combat Stress Research list serve** (<http://groups.google.com/group/combatsstressresearch?hl=en>; see also: combatsstressresearch@googlegroups.com). "This is the new site of the Combat Stress Injury list started in 2004 at Florida State University to facilitate communication among researchers and practitioners. This Group will, in addition, contain relevant files and pages, in addition to an email exchange list."

***Coming Home Collaborative** (www.mpls-synod.org/programs/vets) [Veteran's Ministry Coming Home Collaborative]. ["The Coming Home Collaborative is an open and growing volunteer association of people who are concerned with the psychological and spiritual healing of veterans, especially those currently re-integrating with their families and communities . . . How can your church can reach out to newly returning veterans and their families? Resources available include: Welcome home guide; suggestions for returning soldiers; tips for families in transition; free veterans ministry resources; free copy of *Welcome Them Home: Help Them Heal* book. *A guide for pastors on the ministry of support to our most recent veterans.*: This is a Lutheran Ministry with veterans.]

Coming Home Project (<http://www.cominghomeproject.net/>) The Coming Home™ Project is a non-profit organization devoted, since 2006, to providing expert, compassionate care, support, education, and stress management tools for Iraq and Afghanistan veterans, service members, their families, and their service providers. We are an experienced team of psychotherapists, veterans and interfaith leaders committed to alleviating the unseen wounds of war. Our nationally recognized, evidence-based programs address the emotional, social, moral, and spiritual injuries and the family challenges experienced during all stages of deployment, especially reintegration. The Coming Home™ Project offers a continuum of services, from retreats and psychological counseling to training and self-care for service providers and community education and consultation. All Coming Home™ programs are free, confidential, and non-denominational. There is no particular political or religious belief or affiliation that is represented or required.]

***Community of Veterans** (comunityofveterans.org). [On-line community exclusively for Iraq and Afghanistan veterans.]

***Coma Recovery** (www.waiting.com) ["We are here to help . . . inform . . . share . . . listen. . . We provide information About Brain Injury: Intracranial Pressure, Coma, The Rancho Los Amigos Scale, Neurosurgery, Brain Anatomy, Brain Functions and Pathology, and a complete Glossary of terms you may encounter. . . The ICU Guide explains the function of the equipment in the Intensive Care Unit, the roles played by different members of the medical team, how to get information from doctors and other medical professionals, suggestions on locating other resources, and the role of family members of the patient. . . We answer frequently asked questions in Prognosis, discuss Advocacy, Financial and Legal Issues and answer questions about Discharge and Rehabilitation. . . We also provide information on obtaining further Support and Resources for additional information on brain injury. And we encourage you to e-mail us with any questions which you need addressed."]

***Coming Home Collaborative** (www.mpls-synod.org/programs/vets); 2315 Chicago Ave S, Minneapolis MN 55404; Phone: 612-871-2967; ListenToVets@comcast.net). ["An open and growing volunteer association

of people concerned with the psychological and spiritual healing of veterans, especially those currently reintegrating with their families and communities. Founded by Amy Blumenshine, MSW, and a group of helping professionals affiliated with Walk-In Counseling Center and Our Saviour's Lutheran Church in Minneapolis.']

***Coming Home Project** (<http://www.cominghomeproject.net/>). “. . . devoted to providing compassionate care, support and stress Iraq and Afghanistan veterans and their families . . . a group of veterans, psychotherapists and interfaith leaders committed to helping transform the wounds of war . . . We build a safe space – a community -- for veterans and their families to come together and share their stories, struggles and accomplishments. Single veterans and wounded warriors are also most welcome . . . a range of free services: residential retreats; psychological counseling; education, training and consultation; self-care for service providers; and community forums . . . emotional, spiritual, relationship, and reintegration challenges faced by veterans and families before, during and after deployment.”]

***Community of Veterans. See IAVA: Iraq and Afghanistan Veterans of America** (communityofveterans.org).

Cranial Electrical Stimulation (CES) (<http://www.alpha-stim.com/>). [“The treatment is known as cranial electrotherapy stimulation, or CES, and Dr. Kirsch with Alpha-Stim.com stated that it is a very safe and highly useful brain therapy that uses mild electrical current. Dr. Kirsch is the founder of Electromedical Products International, Inc. (EPI), which develops, manufactures and markets Alpha-Stim technology. Alpha-Stim devices use two wires that clip to the patient's ears. Using "cranial electrotherapy stimulation" (50-100 microamps of electricity), the device increases the patient's alpha brain waves. According to Kirsch, this leaves the patient feeling relaxed, yet alert, as the device calms the central nervous system. It has been utilized substantially by veterans and has considerable research to support its efficacy.

Alpha-Stim technology is not new. Twelve million people have used Alpha-Stim devices over the past twenty years, and the American military has been using the technology for over five years now. In fact, in a recent study using 32 military veterans to test various treatments for pain management, post traumatic stress syndrome, among other ailments, 73%, or 3 out of 4, veterans chose Alpha-Stim when given a choice out of 5 different treatment devices. Dr. Kirsch states, "One of the reasons the military like this product is that many of the psychopharmacological approaches to anxiety have side effects that impair alertness." Dr. Kirsch stated that Alpha-Stim has almost limitless applications and that it has been effective in the treatment of: Pain relief; Joint pain; Back pain; Neck pain; Headaches; Wrist pain; Paralysis; Arthritis; ADD; Sleeplessness; Mood disorder; Tight muscles; Alpha-Stim technology is available in several models, all used to treat different ailments. Recently, Dr. Kirsch agreed to support a new charity called the Officer Down Foundation by giving a free Alpha-Stim device to every family of a law enforcement officer killed on duty.

About Alpha-Stim.com: Alpha-Stim technology uses cranial electrotherapy stimulation (CES), or microcurrent electrical therapy, as a primary or complementary therapy to treat anxiety, insomnia, depression and PTSD to name a few. Alpha-Stim is a product of Electromedical Products International, Inc. (EPI). The company, established in 1981 by Dr. Daniel L. Kirsch, develops, manufactures and markets Alpha-Stim technology worldwide. To learn more about Alpha-Stim technology, visit them online. Contact: Dr. Daniel L. Kirsch, Electromedical Products International, Inc.

2201 Garrett Morris Parkway; Mineral Wells, TX 76067-9034 USA; 1-800-FOR-PAIN (367-7246) in USA & Canada. Tel: (940) 328-0788; Fax: (940) 328-0888; AlphaStimEPI@Gmail.com]” *Note: I am very familiar with Dr. Dan Kirsch and his amazing alpha-stim product/intervention. Many veterans give CES the highest possible praise and it has the priceless additional benefits of being non-invasive, non-addictive, non-chemical and accessible on-the-spot. Truly an amazing intervention.*

***Daughters of Vietnam Veterans International OR Daughters of Vietnam Veterans** (<http://dovv.weebly.com/>). Laura Milczanowski). [“To help organize and network Daughters and Sons of

Vietnam Veterans from America, Canada, Australia, Vietnam, and New Zealand. "Daughters of Vietnam Veterans International" is organized as a support group for DOVV's who are active in humanitarian and peace-making efforts across the globe. Our mission is to enable "sisters" to use this organization to network with other "sisters and brothers" with advocacy projects working with Veterans, and Children of Veterans.”]

***Daughters of World War II Veterans** [excellent key words for Web search]

***Daughters of Veterans** [excellent key words for Web search for daughters from Civil War onward]

***David Baldwin’s Trauma Information Pages** (<http://www.trauma-pages.com/trauma.php>.) [Excellent compendium of trauma-related information maintained for many years by licensed clinical psychologist in Eugene, OR: trauma information, articles, resources, books, links . . .]

***Deployments, Homecoming, Changes** (<http://archive.sesameworkshop.org/tlc/>) [“Sesame Workshop presents this bilingual educational outreach initiative designed for military families and their young children to share.”]

***DET 3 Foundation** (<http://www.Det3.us/>) [“The DET 3 Foundation purpose is to provide direct support to combat troops from the U.S. Army and the United States Marine Corps. The Foundation also provides handheld GPS units to combat commanders from any units stationed in forward areas on a request basis. We began our efforts by working with one specific group, A Troop, 1st of the 75th Cav, 2nd Brigade Combat Team, 101st Airborne Division. . . We were inspired to begin supporting the Marine Corps because of the fierce dedication of a Marine Corps nurse. This young lady (who wishes to remain anonymous) contracted a neurological virus while serving with the Marines in the mountains of Afghanistan. She became extremely ill and was forced to return to the U.S. In spite of her serious illness, she continues caring for “her marines” by seeking help for them from her sickbed. She truly has the heart of an American warrior. We are proud to support the United States Marines in her honor.” “We will support these units until they come home, and then support their replacements, and we will do so repeatedly until they all come home.”]

***Disabled Veterans Rest Camp** (<http://www.operationwearehere.com/VeteransFamiliesRecreation.html>) (www.vetsampmn.org). [Vacation, R&R, retreats & conferences - Disabled Veterans Rest Camp (Washington County, Minnesota) The Disabled Veterans Rest Camp provides facilities and opportunities for recreation, rest, and well being for all women and men who have served or are serving in the Armed Forces of the United States, along with their families. The campground is open to all military personnel in good standing: Active duty, Reservists/Guard, veterans, disabled, retirees, families and friends.”]

Dive Pirates Foundation.(<http://www.divepirates.org/>). This organization was formed by adventuring SCUBA Divers that prowl the Spanish Main (Caribbean) in search of good diving and even better camaraderie and practical jokes. We also want to support our special friends that have an adventurous spirit but might need able bodies divers to assist them. We have now taken that to the next step which is a Texas Non-Profit Corporation and 501 c 3 tax exempt organization with the goal of raising funds for training, equipping and traveling with Adaptive Divers, their buddies and mainstream divers. While we welcome all disabled persons that want to dive, Dive Pirates Foundation is focused on returning war veterans who have been disabled as a consequence of wounds received in combat. 2005 was our inaugural fund raising gala and trip, and we pledge to do this trip at least annually.

Adaptive Scuba is a training philosophy that addresses the specific needs of a disabled individual, trains to that specific disability, and then prepares that individual to dive with mainstream divers. We do this by including as many standard skills as possible and by jointly training with an Adaptive Buddy that can fill in the gaps for the disabled diver. These divers are a team that can dive in most locations with open water divers.

Dive Pirates was originally a social club of divers that enjoyed practical jokes on dive trips and sharing them on

our website. Initially, money was raised to sell T-shirts and special Scuba Do Rags TM. In 2003, this was expanded as a fund raising organization for Adaptive Scuba and began to look for candidates and funding to train them (is also a 501c3, non profit organization that provides certification for wounded warriors. It is managed under the auspices of Scuba Schools International (SSI). There are several chapters across the United States, but their main headquarters is in Texas. Dive Pirates Foundation offers adaptive scuba classes for any individual with a physical disability or an inability to pay, as well as for wounded warriors. (Description is from DivingFinder.com)

***Doc's Military-War Veterans site** (<http://www.war-veterans.org/>). [Website by medic Jeff Doc Dentice. Provides information for and about Wisconsin veterans. Includes pictures gallery and events calendar." with over 20 sub-sites for nurses, military women, POW-MIA, Doughnut Dollies . . .]

***Dog Tags (a Puppy's Behind Bars program).**(http://puppiesbehindbars.com/about_service.asp). **212.680-9562.** ["In the early 1990's Gloria Gilbert Stoga decided to leave her job on New York Mayor Giuliani's Youth Empowerment Services Commission and devote herself full-time to founding a non-profit organization dedicated to training prison inmates to raise puppies to be guide dogs for the blind. Puppies Behind Bars, Inc. formally came into existence in July 1997, and the program was initiated at the Bedford Hills Correctional Facility in November 1997. PBB began with five puppies in the Bedford Hills Correctional Facility, New York State's only maximum-security prison for women, and now works in six correctional facilities raising approximately 90 puppies at a time. PBB strives to meet the current needs of the communities in which it works and has expanded its goals accordingly. After the events of September 11, 2001, law enforcement agencies' need for working dogs increased dramatically. To help meet this demand, PBB added the training of explosive detection canines (EDCs) to its program. In 2006, PBB started raising dogs to assist disabled children and adults and launched *Dog Tags: Service Dogs for Those Who've Served Us*, through which we donate fully trained service dogs to wounded soldiers coming home from Iraq and Afghanistan. Sgt. Allen Hill: Sergeant Allen Hill is a 41-year-old veteran of the war in Iraq (served two tours). He has been in the Army/National Guard for a combined total of 20 years and is still on Active Duty orders. He was injured in November 2007 and came home from Walter Reed Hospital in March 2008, suffering from acute Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI). He is plagued with nightmares, migraines, bouts of anxiety attacks and claustrophobia. Hill was riding as a gunner on the last truck of a convoy out of Baghdad when his unit was attacked by roadside bombs. Sgt. Hill received Frankie about three months ago. He is the 10th veteran to get a dog through the PBB Dog Tags program.]

***Dog Tags for Kids** (DogTagsForKids.com) ["Help us send dog tags to troops in Iraq, Kuwait, and Afghanistan so they can send them to their kids back home! This is a grassroots effort to show our support for the troops and their families. We tried to think of something we could send Dad or Mom that they could easily send back to their kids. This is something easy to ship and something the kids can hang on to until Dad or Mom gets back home. Your donation will help send a tag in the appropriate service color to an appreciative service member. There is NO charge to the service member or their family for these tags. As of September 2010, we have sent 566,718 tags to the troops overseas to send home to their children. Please help us make a difference and thank our troops by putting a smile on their kid's faces!grass roots effort to show our support for the troops and their families. Your donation will help send a tag in the appropriate service color to an appreciative service member."]

Domestic Violence Resource Guide for Military and Veteran.

(http://www.ncdsv.org/images/AMVFBHP_ResourceGuideMilVetDVPrgmStaff_10-2011.pdf) ["Prepared by the Alliance of Military and Veteran Family Behavioral Providers. Updated October 2011. The Alliance is a network of more than 600 providers and advocates from DOD agencies, the Services, the Department of Veterans Affairs, other federal agencies, academic institutions, non-profit organizations and community advocates. Table of Contents for the Resource Guide: DoD Policies and Guidance (pp. 4-12); Service Policies

and Guidance (Navy, Army, Marine Corps, Air Force) (pp. 13-16); *Topic Specific Information* (pp. 17-45): Domestic Violence Prevention; Understanding the Trauma of Domestic Violence; Initial Response to Domestic Violence Incidents; Alcohol, Drugs and Domestic Violence; Information for Family Advocacy/Domestic Abuse Victim Advocates (DAVAS); Information for Commanders; Information for Medical/Health Care Providers; Information for Law Enforcement and Justice Personnel; Children and Domestic Violence; Male Victims; Males Preventing Violence; Culture & Religions Awareness/Sensitivity; Disabilities; *International and National Organizations and Resources* (pp. 46-60): International Organizations and Resources; National Organizations and Resources; Resources for Veterans; and State Coalition Lists.

***Dryhootch (<http://www.dryhootch.com>).** [“helping the veteran and their family who survived the war, survive the peace.” A place for veterans to Reconnect . . . ; Dryhootch is a social place . . . ; Dryhootch Coffee is a healing place . . . Vet groups on addictions, PTSD and family issues . . . ; Dryhootch Outreach is our mobile coffeehouse . . . The one person a veteran can count on is his fellow veteran, who had his or her back in the gravest of time. One who could finish his/her sentence, never question if their sacrifice was big enough, or tell them to get over something so big it invades their thoughts everyday. And that place is Dryhootch. The early veterans of this nations wars understood that the camaraderie of veterans would serve them in war, and in their lives after. They formed organizations around bars and taverns, helping each other get through a bad day, a terrible dream, or deal with a reoccurring memory only they could understand. But to the veteran suffering with PTSD comes high rates of alcoholism and addiction. With the knowledge of the need for camaraderie as a treatment for these horrors of war, and the destructive nature of alcohol and drugs was born the Dryhootch, *a coffee house where veterans could meet, socialize, and seek treatment, peer to peer counseling, advise on how to apply for benefits, or find a company with a job who values their service.* So we ask the community for help, to help those who did what this country asked them to do, go in harms way. So take the money from your magnetic & support our troops ribbon, or the money from a company putting that support our troops ad on TV; and put it where it will help a veteran survive today, to give them and their families hope of a tomorrow. *(As of November, 2010, there are some 11 Dryhootch chapters and FOB’s (Waukesha, WI; Nashville, TN; Milwaukee WI; Racine/Kenosha, WI; Portage County, WI; Waukegan, WI; Chicago, IL: Menomonie; Madison; St. Louis; Dubuque, Iowa). Sincerely. This band of brothers and sisters known as Dryhootch.”]* **Note: The Clinical Director of Dryhootch, America, is Alison Lighthall, a dynamic and dedicated Army nurse veteran and long-time veteran counselor and activist; she can be reached at: www.hand2handcontact.org.**

***Embracing Military Personnel and their Families (<http://empaf.bbnw.org/index.php>).** [“Our focus: serving those who serve us! Our program is the product of a partnership between The Family Readiness Team, Alpha Unit, Inc., which is a non-profit organization and the Department of Student Support Services of the Broward County (FL) Public School System. We have helped hundreds of families who have been impacted by a military relative in their lives such as parents, uncles, aunts, cousins, etc. Students with relatives in any branch of the military including the Army, Florida Army National Guard, Navy, Air Force or Marines my receive our services as they have been impacted by deployment or the transition home from deployment. The initiative offers a variety of services, including individual and group counseling, community outreach, home visitations, tutoring, training and educational opportunities, and sports and family events within the Family Readiness Groups of the military units. The program also offers opportunities for citizens that do not have family members in the military to learn about the challenges faced by our soldiers and their families in an ongoing basis and to embrace and appreciate the sacrifices made at their time of deployment or return. On behalf of everyone here we'd like to thank you for your support.”]

***Employer Support for Guard & Reserve (www.esgr.org)** [“. . . ESGR is a Department of Defense organization. It is a staff group within the Office of the Assistant Secretary of Defense for Reserve Affairs (OASD/RA), which is in itself a part of the Office of the Secretary of Defense . . . to promote cooperation and understanding between Reserve component members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment. It is the lead DoD organization for this mission

under DoD Directive 1250.1. Today, ESGR operates through a network of thousands of volunteers throughout the nation and Guam, Puerto Rico and the Virgin Islands.”]

Equal Justice Foundation (www.ejfi.org).** [This Web site is maintained and supported by the Equal Justice Foundation, 455 Bear Creek Road, Colorado Springs, Colorado 80906-5820. “The Equal Justice Foundation is a nonprofit organization of citizens from all walks of life working to: • Restore due process • Reverse the loss of our civil liberties • Ensure equality for all citizens before the bar • Establish judicial accountability • Reestablish the rule of law • Preserve the secret ballot • Ensure open, fair, and honest elections • Make the Bill of Rights a living document in our time. Our viewpoints and findings are presented by an eclectic array of male and female authors from a wide variety of fields, backgrounds, and viewpoints.”] ***Note: While not a veteran’s organization per se, EJF has been described as having lots of information to help veterans who are having legal problems restore due process.

***Exit Wounds (<http://www.painfoundation.org/exit-wounds/>).** [“A survival guide to pain management for returning veterans and their families. The American Pain Foundation (APF) launched the Military/Veterans Pain Initiative to reach out to members of the military who are living with pain and their families to:

- Provide free educational materials and peer-to-peer support;
- Reduce feelings of isolation;
- Ensure the unique needs of returning and retired soldiers are being addressed;
- Empower those living with pain to seek appropriate care for themselves and other comrades.

Complete the Military/Veterans Advocacy Survey. APF is committed to reaching out to servicemembers and veterans who suffer chronic daily pain and provide them with educational information to improve their pain care, decrease their sense of isolation, and support them in their pursuit of a better quality of life for themselves, their families and caregivers. So that we may better address those needs, we ask that you [complete our Military/Veterans Survey.](#)”]

***Fallen Patriot Fund (www.fallenpatriotfund.org)** [“The Fallen Patriot Fund of The Mark Cuban Foundation was established to help families of U.S. military personnel who were killed or seriously injured during Operation Iraqi Freedom. Financial resources are vital to enhancing the sustainability of the family unit who has suffered a loss because their loved one sacrificed him/herself for freedom. Within that group, grant recipients will be selected in accordance with criteria established by The Mark Cuban Foundation. All proceeds will be disbursed.”]

Families United Toward Universal Respect (FUTURE) (<http://womenforfuture.org/home.htm>) [“FUTURE is a non-profit, 501(c) 3, organization that supports women in other countries and teaches them an organizational model based on volunteerism that promotes self-reliance, networking, and unity of the family. FUTURE also supports the women by assisting them to establish, sustain, and grow their own volunteer networks. FUTURE has taught a group of Iraqi women this organizational model and has assisted them to form their own organization based on volunteerism called “Women for Future - Iraq.” These grass roots efforts have been taking place in Iraq since May 2006 and have resulted in improved leadership skills for the Iraqi women, development of a sense of ownership, increased self-reliance, creation of stronger family relationships, and the building of humanitarian aid and business networks. At the core of this program is the volunteer based, organizational model that brings women together to assist one another with resources, ideas, and support in order to solve problems in their homes and neighborhoods leading to a more stable and peaceful Iraq. FUTURE also sponsors American mothers whose children died fighting in Iraq for trips to Iraq that include meeting Iraqi women who lost their own children during the decades of war and violence.”]

***Family and Corrections Network** (<http://fcnetwork.org/about-us>). [“Since 1983, the FCN has provided ways for those concerned with families of the incarcerated to share information and experiences in an atmosphere of mutual respect. We have done this through sponsoring conferences, publishing, liaisons with other agencies and by providing consultations to organizations and agencies around the U.S. and Canada. We have published information on children of the incarcerated, programs for parenting from prison, prison visiting, incarcerated fathers, hospitality programs and a variety of other topics. Our mission is to uphold the value of families of the incarcerated and provide programs to those who serve them. This updated website is FCN’s latest effort to: disseminate accurate and relevant information; guide the development of family strengthening policy and practice; train, prepare and inspire those working in the field; and include the families in defining the issues and developing solutions.”]

***Family Aware** (Julie@familyaware.org). [Families for Depression Awareness] [“We help families understand and cope with depression. Read and send our Family Profiles to others to help raise awareness, reduce stigma, and prevent suicides.”]

***Family Caregivers** (www.familycaregiving101.org/index.cfm) [“Welcome to the Family Caregiving 101 Web site. If you're caring for a loved one who is ill or disabled, this site was created for you. It's a great place to find assistance, answers, new ideas and helpful advice — for you and your loved one.”]

***Family of a Vet.com** (<http://blog.familyofavet.com>). [Family of a Vet.com is a non-profit organization that is dedicated to Veterans and families of Vets in helping them survive and thrive after combat. We were founded by the wife of a war vet, Brannan Vines. Her husband is one that faces life with the daily battle of PTSD, as do many of our volunteers or their spouses, children and parents. Watching what her husband has had to endure and faces on a daily basis as part of the aftermath from war, Brannan made an amazing decision to help others who were in similar situations. In return, her hard work and strong desire to never stop. FamilyofaVet.com came into play. It started out as a website that has now transformed into a non-profit organization that is fully run by families of Vets or the Veterans themselves, all who selflessly volunteer their time, experience and knowledge about what they have been through.

Our mission is to make sure that our heroes and families are not defeated by the lack of support and knowledge as they face new battles on the homefront against PTSD (Post-traumatic Stress Disorder), TBI (Traumatic Brain Injury) and many other combat related injuries and the aftermath of war and deployments. We offer real-world, plain language resources about PTSD, TBI and life after combat so that Veterans and their loved ones have a fighting chance at happiness after combat.

If you would like to share your story on our blog, please email it to Brittney@familyofavet.com. For more information about Family of a Vet, please send an email to info-at-familyofavet.com.

***Family Support Resources for Military Families** (<http://www.militarymoney.com/>). [“*Military Money's* directory of links to family education resources for military families, spouses and servicemembers (to include resource links) regarding “Family Life Education, Military Spouse Resources, Relocation and Deployment, Military Portals, Personal Finances, Military Discount Programs.”]

***Farmer – Veteran Coalition.** (www.farmvetco.org). [“Farmers helping veterans; veterans helping farmers.” helps returning veterans find jobs, training and places to heal on America’s farms. It’s a way to help veterans and also replace the aging population of farmers and ranchers as they die or retire. “Our mission is two-fold. We need and want more young people going into agriculture and, secondly, we want to create healthy and viable futures for America’s veterans by helping them find employment or careers in agriculture,” said Michael O’Gorman, founder and executive director of the Farmer-Veteran Coalition]

***Finding Balance After the War Zone. Quick Guide for Veterans and Service Members** [Very useful pocket booklet for consumers prepared by Pamela Woll, Great Lakes Addiction Technology Transfer Center, Jane Addams College of Social Work, University of Illinois at Chicago. Pam also is finalizing a *Finding balance After the War Zone Clinician's Guide*] pamelawoll@sbcglobal.net.

***F.I.N.E. Young Widows (Females in Need of Empowerment).** (<http://fineyoungwidows.com/>). ["Our group officially began in April of 2008 when the Telegraph Herald of Dubuque, IA announced the arrival of a young widows support group to the area. It all began, however, with a few young widows who met for coffee and discussed how frustrated they were with the lack of resources for young women who have lost their significant other. Not only was it difficult to find information on such a situation, but there wasn't a support group for such women either. Deciding to take action into her own hands, one of the widows spoke to a grief counselor and arranged the first-ever young widows support group in the Dubuque area. The six-week formal therapy session brought nine widows together from the Iowa/Illinois/Wisconsin area. Feeling as if they could continue to grow together beyond the six weeks, several of the widows continued to meet. It was through many tear-filled discussions and heart-felt conversations that the group decided to develop into the F.I.N.E. Young Widows. The main focus of F.I.N.E. Young Widows is to provide empowerment, support and healing to each other. From that, the group wants to provide assistance and support to other young widows nation-wide by maintaining our website as a place to find comfort and by writing a book of our journeys through grief. It is our hope that F.I.N.E. Young Widows can expand and bring support and healing to anyone going through a similar loss... We are not alone!"]

***Fisher House** (www.fisherhouse.org) ["a unique private-public partnership that supports America's military in their time of need . . . recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the Departments of Defense and Veterans Affairs . . . Fisher House™ Foundation donates "comfort homes," built on the grounds of major military and VA medical centers [to] 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. . . By law, there is no charge for any family to stay at a Fisher House operated by the Department of Veterans Affairs; and Fisher House Foundation uses donations to reimburse the individual Fisher Houses operated by the Army, Navy, and Air Force. No family pays to stay at any Fisher House! In addition to constructing new houses, Fisher House™ Foundation continues to support existing Fisher Houses™ and help individual military families in need."] [Note: Fisher House has an *outstanding* national reputation.]

***Florida BRAIVE Hotline (see South Florida Military Family Peer Guide).**

***For Military Spouses** (<http://formilitaryspouses.com/>). [Military spouse magazine includes information on scholarships, tuition assistance, and jobs for spouses, adjusting to life as a military spouse, military spouse benefits.]

***Ft. Bliss Restoration and Resilience Center** [The "Restoration and Resilience Center" at Fort Bliss is a specialized treatment facility for Soldiers with PTSD who want to remain in the Army. The center was begun and run by Dr. John Fortunato, a Benedictine monk, Vietnam veteran and clinical psychologist. Fortunato opened the unique treatment facility in July 2007. His first instinct was to design a place where Soldiers could go and feel comfortable. He did not want them isolated in their rooms because he said, Soldiers diagnosed with PTSD are easily over-stimulated and don't want to be around anybody. So, Fortunato decided the center would have to look like a lodge at a ski resort. At the end of a hallway, is an Asian-looking room with background therapeutic sounds, called the meditation room. "This room has a purpose," Fortunato said. "You can sense the music playing, which is based on breathing, and if you spend three minutes in this room with the door shut, without anyone talking you, you will find that your mental state has changed." Fortunato said that during treatments, Soldiers have to stir up memories they don't want to remember, but that are necessary in order for

them to work through them. This procedure arouses them, and by going inside the room, the ambiance helps them calm down again, he said. "And let me say that regardless of what your faith is, there is always something that makes our life meaningful," "We all have some notion about why relationships are important and who we are. All those issues are questioned by Soldiers in war. They come home and they have to deal with questions they usually don't have the ability to handle ... And I'm not offering any particular answers, but God have mercy, we have to help Soldiers answer those questions ... so that they can get on with their lives." A group of therapists and a chaplain help Soldiers raise painful questions so they can get through the grief they have been holding on to, which he said is one of the things Soldiers resist most. "In theater if you lose a buddy, here is what you do: drink water, stuff it down and go back out on the road," Fortunato said. "Because you don't have time to grieve, and that is what a Soldier has to do. But when you come back and you have done that for a whole year, you have a load of grief you haven't done." Another issue Fortunato said the military was not addressing before was the physical aspect. He said many post-deployment Soldiers constantly tap their feet and hands. "In order to stay alive, their bodies have been hyper-aroused for so long, that they come back and cannot turn it off," he said. "Their body doesn't even remember how to relax again, and because of that they don't sleep and are irritable." Therefore, servicemembers have to learn how to relax again. And to acquire the relaxation mode again, Fortunato designed a therapeutic program, which includes massages, acupuncture, Tai Chi, Yoga, Reiki, power walks and visits to the mall. "You would think that going to the mall would be fun, but it is not fun for a post-deployment Soldier," Fortunato said. "There are too many people, too much noise, which sets them up for panic attacks. But we can't leave them there, so we teach them relaxation techniques to modulate stress and we take them to the mall." The staff then ups the outings by taking them to a simulated indoor range, where Soldiers can fire real weapons. They start out with insurgent silhouettes, which then build up to ambush scenarios, which can be very challenging for some Soldiers. Fortunato said there are reasons why servicemembers get PTSD that have nothing to do with character. A recent finding of a strong genetic predisposition is a factor that puts people at risk. A 5-HTT gene serotonin transporter, which regulates anxiety and depression in the brain, contains "alleles," which can either be short or long. He said people with one or two short alleles become depressed more often after stressful events than individuals with two long alleles. Research is underway on combat-related disorders and some possibilities include deploying Soldiers with short alleles on medication, which will help inoculate them from getting PTSD. "We are in the process of doing a research protocol with 400 Soldiers," Another of the many therapies in the program is the cognitive rehabilitation, which treats stress hormones that, if too high, can damage part of the brain that controls thinking, especially memory. By using the brain-train treatment at the R&R center, Soldiers can regain all their functions. The program includes three phases: In the first three months, Soldiers receive 35 hours of treatment per week. Then it drops to 21 hours a week for another three months. After that, they go back to their units, but with seven-hour-a-week after care. So far, 12 out of 37 Soldiers have graduated and are back in their units." ***Note: Dr. John Fortunato relocated to Japan in October 2010. I am not aware how much of his original program, which has received widespread positive feedback, remains intact at Ft. Bliss. If anyone knows, I welcome that information.***

***4MilitaryFamilies.com** (<http://www.4militaryfamilies.com/about.htm>) ["Created by Andrea, an Air Force wife and mother of three . . . which she hopes is a one-stop online resource for military family members." Includes resource staff re: deployments, education, divorce, finances, health care, legal issues, parenting, PCS help, pets, support for parents, recipes, travel, widows/widowers]

***Freedom Care Program** (www.freedomcare.com) 866.441-4440 (24 & 7). Email: info@freedomcare.com. ["Mental health and chemical dependency care for military members, veterans, retirees and their families. Specialties: combat-related ASD/PTSD/addictions/mTBI assessment. Also, 'exclusively women services . . . The FC team has provided specialized inpatient care for 250+ servicemembers for combat PTSD/addictions and many who have experienced military sexual trauma. Our referrals come from all over the US and overseas.'" Specialized services include: separate military group therapy; evidence-based therapy in all programs; key staff with military programs; communication with military providers and commanders; medication decisions in consultation with military providers; 24/7 military referral line; transportation to and from local military bases

and airports; Freedom Care briefings and continuing education; dedicated military liaisons. Also, for military families: mental health and addiction programs are available to meet the needs of military families and retirees. Programs provide inpatient and outpatient care for adults, senior adults, children, adolescents. Go to www.ascendhealth.net to review each location and its available programs. Freedom Care services are provided by AscendHealth Corporation in: Phoenix, AZ; Portland, OR; Dallas (Denton), El Paso and Wichita Falls, TX; and Salt Lake City, UT.]

***Freedom is not Free** (www.Freedomisnotfree.com) [“Aiding Wounded Troops, their Families and the Families of the Fatally Wounded . FREEDOM IS NOT FREE, a California based 501(c) 3 non-profit organization, is proud to serve the brave men and women of the military and their families. Since its establishment in 2005, FREEDOM IS NOT FREE has raised funds to serve, support, and increase awareness with the aim of easing our heroes' and their families' burdens. We have assisted with travel expenses for families of fallen heroes; purchased "burn-beds" for road side bomb victims; helped to refurbish the Wounded Warrior Barracks at Camp Pendleton, CA; arranged the venue and accommodations for a surviving spouse conference; allocated funds for the purchase of equipment to convert conventional clothing into burn victim "tear-aways"; provided logistical assistance and funding for the renovation of a brain trauma center on Camp Pendleton; and provided funds for living expenses for recovering warriors and their families facing extreme financial hardship.”] [Freedom is not Free describes on its website its partnership with **Operation Gratitude**, **United Warrior Survivors Foundation** and **Military Severely Injured Center**—each of which is listed separately herein.]

***Gathering of Eagles** (<http://GatheringOfEagles.org/>). [“Our Mission: 1. Gathering of Eagles is non-partisan. While each member has his or her own political beliefs, our common love and respect for America and her heroes is what brings us together; 2. We are a non-violent, non-confrontational group. We look to defend, not attack. *Our focus is guarding our memorials and their grounds*; 3. *We believe that the war memorials are sacred ground; as such, we will not allow them to be desecrated, used as props for political statements, or treated with anything less than the solemn and heartfelt respect they—and the heroes they honor—deserve*; 4. We are wholly and forever committed to our brothers and sisters in uniform. As veterans, we understand their incredible and noble sacrifices, made of their own accord for a nation they love more than life itself. As family members, we stand by them, and as Americans, we thank God for them; 5. We believe in and would give our lives for the precious freedoms found in our Constitution. We believe that our freedom of speech is one of the greatest things our country espouses, and we absolutely hold that any American citizen has the right to express his or her approval or disapproval with any policy, law, or action of our nation and her government in a peaceful manner as afforded by the laws of our land; 6. However, we are adamantly opposed to the use of violence, vandalism, physical or verbal assaults on our veterans, and the destruction or desecration of our memorials. By defending and honoring these sacred places, we defend and honor those whose blood gave all of us the right to speak as freely as our minds think; 7. We vehemently oppose the notion that it is possible to “support the troops but not the war.” We are opposed to those groups who would claim support for the troops yet engage in behavior that is demeaning and abusive to the men and women who wear our nation’s uniform; 8. We believe in freedom at all costs, including our own lives. We served to protect the freedoms Americans enjoy, and we agree with Thomas Jefferson’s assertion that “From time to time, the tree of liberty must be watered with the blood of patriots and tyrants.”; 9. We will accept nothing less than total, unqualified victory in the current conflict. Surrender is not an option, nor is defeat; 10. We stand to challenge any group that seeks the destruction of our nation, its founding precepts of liberty and freedom, or those who have given of themselves to secure those things for another generation. We will be silent no more.”

***GI Bill information** [See “Today’s GI Bill” listed under the “T’s”]

***Gift from Within** (<http://www.giftfromwithin.org/>) [“...a non-profit organization dedicated to those who suffer post-traumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized

individuals; develops and disseminates educational material, including videotapes, articles, books, and other resources through its website; and maintains a roster of survivors who are willing to participate in an international network of peer support.” Example: a 2009 produced podcast, **Practical tips for military families living with combat stress and PTSD**, at <http://www.giftfromwithin.org/html/podcast1ram.html>. *Note: I am very impressed with the wonderful products and work of Gift from Within. Please check out their substantial holdings available on compassion fatigue and many aspects of trauma.*

***Give to the Troops** (<http://www.give2thetroops.org/>) [“Supports deployed U.S. troops with loving care packages and letters from all over the nation. . . Since December 2002, we've supported approximately ONE MILLION deployed U.S. troops with loving care packages and letters from all over the nation. This was made only with the help of tens of thousands of generous and patriotic friends in the U.S. and abroad. To date, we've sent more **than** 120,000 enormous boxes (*APPROXIMATELY 70 LBS EACH*) and more than 40 million letters and cards we can do to show our troops how much we care about them. Our troops need to know that we support and appreciate the sacrifices they make for us, our families, and our future. This is about giving back to those who give all . . . “]

***Gold Star Families** (Gold Star families are those who have lost a loved one as the result of military service to our nation). [See also [Gold Star Fathers](#), [Gold Star Dads](#), [Gold Star Mothers](#), [Gold Star Wives](#), [Gold Star Family Support Center](#), [Gold Star Children](#), [Gold Star Families Speak Out](#), [Gold Star Families for Peace; Helping Unite Gold Star Survivors](#)] [The various Gold Star organizations each provide services for the families who suffer the loss of a service member – a constituency that oftentimes “does not have a voice” and is not eligibility for many of the services that are available for active duty personnel or veterans or their families; some Gold Star organizations are activists in promoting peace.]

Gold Star Family Registry (<http://goldstarfamilyregistry.com/>). [“The National Gold Star Family Registry is a 21st Century Memorial that utilizes the latest in technology to provide a searchable, scalable database of America’s fallen Heroes since WWII. The Registry is accessible to all Americans from homes, classrooms, libraries, or anywhere with Internet access. The technical infrastructure permits the public to search the Registry using a variety of criteria. Family members, friends and comrades can tell the story of their hero by adding written tributes, which the Registry will preserve for future generations. Like never before, American’s will be able to get a sense of who these brave men and women were, the cause for which they died, and—most importantly—how they lived.”]

Good Guys Marine Fund (<http://www.goodguysmarinefund.org/faq>). [“We are a group of about 80 men and women who are members of the Morgan Run Resort and Club. We started 12 years ago to provide financial help for local families in need. In 2005 we wanted to support our troops with more than just words, so we dedicated our effort, time and money to help wounded U.S. Marines. In the past five years we have received more than \$1,350,000 in donations, 100% of which has been granted directly to over 270 wounded U.S. service men and women. . . . Morgan Run Resort and Club pays for all Event Day expenses. All other expenses of the organization are paid by individual members of the Good Guys. Secondly, and equally important, each recipient receives a \$5,000 cash grant - No Strings Attached. The size of the grant has a real impact on their lives. This is our thanks for their sacrifice and duty for our country. The Navy and Marine Corps provides us with a list of candidates for grants. . . . We visit the wounded at Balboa Naval Hospital, bringing goodie boxes and personally host and pay for a series of dinner gatherings at local restaurants for the walking wounded. We also provide gasoline credit cards to help defray travel expenses for families. We have a unique 24/7 program where whereby a Marine experiencing dire financial hardship can request (through their Company Commander) an immediate grant of up to \$500.”]

***Grace After Fire** (<http://www.graceafterfire.org>). [A web site for women vets helping women vets. “It takes a lot of effort and dedication to make a special place like Grace. Everything that she is and will become relies on the courage and dedication of our volunteers Come meet the amazing women from Vietnam to Iraq and Afghanistan who gave their time, heart, and soul so you would have a home to call your own. Welcome Members, Friends and Family, and our Partners! We are here to help each other. If you need someone to talk to, call us at our toll free number 877.490.5797. Meet our Elite Partners: Sante’ Center, The Refuge, and Pine Grove Women’s Center. A few of our other private partners include Give an Hour for free counseling, Tex-Vet outreach across Texas, CareFlash for healing support, Network of Care for online resources, Southworth and Associates for intervention, and A-I-R our national call center for access to mental health and addiction treatment nationwide.”]

***Grief and Support Resources for Military Widows, Family Members, and Loved Ones** (<http://www.mentalhealthnotes.com/2008/05/26/grief-and-support-resources-for-military-widows-family-members-and-loved-ones/>) [By Alicia Sparks: “maybe you or someone you know would benefit from the following resources for people who have lost loved ones during service.” This website includes the following links: Grief and Recovery Resources from USMemorialDay.org highlights resources and directories of resources; National Association for Society of Military Widow from the United States Department of Veterans Affairs is a non-chartered organization for military widows; Society of Military Widows has been serving the “interests of women whose husbands died while on active military duty, of a service-connected illness, or during disability or regular retirement from the armed forces” since 1968; Survivor Support Organizations from Military.com provides a list of resources and support for the difficult times of losing loved ones; Veterans and Combat Loss Resources from Griefnet.org offers a very extensive list of support resources available for veterans and their loved ones as well as the loved ones of the deceased. It covers all branches of the military; Operation Healthy Reunions (specifically Loss of A Family Member) from Mental Health America rounds up a number of support groups and services; Grief Support Groups for Military from Good Grief Resources highlights resources available for widows, siblings, and other survivors.]

***Hand 2 Hand Contact** (<http://ptsdcombat.blogspot.com/2007/07/hand2hand-contact-brings-soldiers-all.html>). [Excellent site includes written materials on such topics as: Why Military Love Relationships Are Different; How to Prepare for Going to Iraq; Military Oath of Enlistment; Why US Flag Etiquette Matters; Ten Things You Should Know; Ten Tough Facts About Combat; What Is A Warrior?; What Can I Do to be Truly Supportive of Returning Veterans?; Warning Signs, Triggers and Coping Strategies for Iraqi War Veterans (co-written by me and Kathy Platoni)] ***Note:** Founded by dynamic Army nurse vet Alison Lighthall and includes advocates Col. Kathy Platoni (both of with whom I have had the honor of co-presenting) and Lt Col Cynthia Rasmussen—all quite articulate and passionate advocates for our Servicemembers and veterans. I am friends and colleagues with these folks and find their work, passion and knowledge to be exemplary,*

***Healing Combat Trauma** (<http://www.healingcombattrauma.com/>) [“Resources for and about healing combat trauma. The focus is on effective therapeutic care — medical, psychological and legal — plus analysis and context — and the slant is apolitical.”] ***Note:** Lily Casura’s very rich compendium has over 100 categories of information!--of books, article, commentaries, videos, other resources, other readings and information regarding military, veterans and their families. I am most impressed with Lily’s passion, dedication and abilities as an advocate for vets and their families.*

***Heart Beat Serving Wounded Warriors** (www.heartbeatforwarriors.org) [“Heartbeat—Serving Wounded Warriors offers equine-assisted therapy through our program, Back in the Saddle Warriors. We help our service

members fighting the Global War on Terrorism. Our equine-assisted therapy [*“Back in the Saddle Again”*] offers two types of therapy performed with horses: Hippotherapy and Equine-assisted psychotherapy. These evidence-based therapies improve muscle strength, emotional well-being, motor development, balance, and coordination. Also: *Scuba Warriors*—utilizing scuba diving for wounded warriors. Located in Washington State and works with wounded warriors in the state.” Founder/President: Janice Buckley. Cell 425.931-1047] PS: There are many areas that we could use your help in volunteering! MUST have experience with Horses and feel comfortable around them. We also need help with volunteers helping with running supply drives & donations. *We are in great need of new or gently used equipment:* o Bareback Pads; o Vaulting Surcingle; o Sidepull Hackamores; o Rainbow Reins; o Break away Stirrups o Helmets. For more information please visit our website at: www.heartbeatforwarriors.org *Note: I am very impressed with Janice, the network of resources she has facilitated and the promise that equine-based therapy has for wounded warriors. Please check out this organization! ☺*

***Help for Heroes** (<http://www.helpforheroes.org.uk/>) [Located in the United Kingdom. “Help for Heroes. It’s about the blokes . . . ”It’s about the blokes, our men and women of the Armed Forces. It’s about Derek, a rugby player who has lost both his legs, it’s about Carl whose jaw is wired up so he has been drinking through a straw. It’s about Richard who was handed a mobile phone as he lay on the stretcher so he could say goodbye to his wife. It’s about Ben, it’s about Steven and Andy and Mark, it’s about them all. They are just blokes but they are our blokes; they are our heroes. We want to help our heroes. . Help for Heroes raises money to support members of the Armed Forces who have been wounded in the service of their country. We ask our supporters to “do their bit” to show these extraordinary men and women that they are cared for by us. . . millions of pounds have been raised to buy much needed services that will aid their recovery but we need more. . . Long term injuries need long term solutions. Going forward. Help for Heroes aims to supplement the available facilities and care so that those in rehabilitation get the very best facilities and treatment in order to recover from their injuries and rebuild their careers.” Hadyn Parry, Chairman]

***Helping Children Cope. Deployment, War and Reunions** (<http://www.mhatexas.org/mhatexasMAIN/HelpingChildrenCopeDeploymentWarAndReunionsFINAL.pdf>). [Invisible Children’s Project. 10 Tips for parents plus links to related resources.]

***Hero Hearts Equicenter** (heroheartsequicenter.org). [“The goal of our center is to provide therapeutic horseback riding lessons, equine-facilitated psychotherapy, and equine facilitated learning to wounded soldiers, veterans, retirees, and emergency services personnel through the NARHA Horses for Heroes program, as well as programs for adults with disabilities. Our staff includes a NARHA (North American Riding for the Handicapped Association) Registered Certified Instructor, a licensed psychologist, equine specialists, many dedicated volunteers, and certified therapy horses. . . Horses for Heroes Program: The NARHA Horses for Heroes program is specifically designed for wounded military service personnel. Through the unique power of the horse, we are able to help our soldiers and veterans physically, mentally, emotionally, and spiritually through activities such as therapeutic riding and equine facilitated psychotherapy and learning. It is a wonderful opportunity for us to give back to those who have given so much for our country.” Located near Ft Huachuca Army Post, Arizona.”]

***Heroes and Horses** (<http://www.heroesandhorses.net/>). [“It is said that in war there are no unwounded soldiers. The Heroes and Horses program is designed to give America’s Military Service Members, war veterans an opportunity to heal those wounds by experiencing the joys of nature in a setting of rugged beauty and peacefulness, alongside their fellow soldiers, with equine horse partners to take them into the pristine backcountry of the Rocky Mountains, and the knowledge to do so. The wounded warrior programs name was chosen to evoke the spirit of courage and passion that lies in all of us and to focus on the powerful relationship and bond between man and horse. Heroes and Horses proves Winston Churchill’s theory correct, as do a number of new studies and programs that focus the quantitative results of

horses' influence upon humans and human behavior. Heroes and Horses is proud to be supported and facilitated by Soldier's Angels – a volunteer-led 501(c)(3) nonprofit with hundreds of thousands of volunteers providing aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, veterans and their families. "May No Soldier Go Unloved" is Soldiers' Angels call to action and for Heroes and Horses, we echo "May No Life Go Unlived." Heroes and Horses helps soldiers live their lives to the fullest."]

***Hire a Hero (<http://www.HireAHero.org/>)** ["In 2006 the Armed Forces Support Foundation (501(c)(3)) was created, along with Hire A Hero, to provide free employment services to returning service members and their families. Hire A Hero was created as an online professional networking site that provides employment services specifically geared towards meeting the employment needs of returning military members and their families. Our research and experience suggests that conventional job boards fail to identify the specific needs of returning veterans and did not effectively connect them with the wider military community. Hire A Hero is a national program that was created to address this gap. WWW.HIREAHERO.ORG began as a professional networking website focused on employment as returning service members transition from military to civilian life. Our mission is to serve the greater military community by providing a national accessible online community that creates opportunities for returning veterans. Hire A Hero provides access to meaningful employment and connects veterans to mentors (those who are currently employed but formerly in the military). Over the past three years, Hire A Hero has grown into a nation-wide resource that connects the growing number of unemployed veterans with job opportunities, education, training, social services, and counseling with the goal of providing consistent support throughout the veteran's career. Over the past two years, Hire A Hero has had over 190,000 veterans register, and helped 3 out of 10 veterans find a career. These placement achievements are based on using web 2.0 professional network technology that creates a platform to allow all veterans to connect with other veterans."]

***Hire Heroes USA (<http://www.hireheroesusa.org/>).** ["Hire Heroes USA's (HHUSA) mission is to offer transition assistance, job search assistance, and job placement services to those who have honorably served in the US military – and to their spouses – in order to reduce veteran unemployment. HHUSA prioritizes veterans statistically most likely to be unemployed: veterans of Operations IRAQI FREEDOM and ENDURING FREEDOM, and veterans that are wounded or disabled. As a 501(c)(3) not-for-profit organization, HHUSA's services are provided at no cost to the veteran. . . The transition back into civilian life can be challenging for service men and women, especially those wounded or disabled. As they seek to establish new civilian careers, many young veterans find themselves behind their peers and counterparts in terms of employment experience and networking in the civilian sector. The services HHUSA offers to our returning service members - our Heroes - help ease the transition into civilian life and ensure these selfless men and women have the opportunity to enjoy the freedoms they fought to preserve. A personal approach facilitates matching of the career interests, qualifications and transferable skills of veterans with the needs of hiring companies partnering with HHUSA to fill job openings."]

***Homes for Heroes (<http://www.homesforheroesfoundation.org/>)** ["Welcome to the Homes For Heroes Foundation! Our purpose is to provide or coordinate financial assistance and housing resources to our Nation's Heroes such as Military personnel, Police/Peace Officers, Firefighter and First Responders who are in need. The Homes For Heroes Foundation, through its growing network of contractors and generous donors, will endeavor to provide assistance to those who serve our country and communities every day. Helping Our Heroes Foundation provides patient advocates, identifies and funds educational opportunities for injured military, coordinates specialty counseling (financial assistance, career, housing, etc.), and assists with emergency funding needs as deemed appropriate."]

***Homes for Our Troops (www.HomesForOurTroops.org/)** ["Building Specially Adapted Homes for Our Severely Injured Veterans at No Cost to the Veterans We Serve." "We are Homes for Our Troops, a national

non-profit, non-partisan 501(c)(3) organization founded in 2004. We are strongly committed to helping those who have selflessly given to our country and have returned home with serious disabilities and injuries since September 11, 2001. It is our duty and our honor to assist severely injured Servicemen and Servicewomen and their immediate families by raising donations of money, building materials and professional labor and to coordinate the process of building a home that provides maximum freedom of movement and the ability to live more independently. *The homes provided by Homes for Our Troops are given at NO COST to the Veterans we serve.* Note: An eligible Veteran or service member may receive a Veterans Administration Specially Adapted Housing Grant up to a maximum amount of \$63,780. Homes for Our Troops' assistance covers all costs over and above this grant and works closely with the VA to ensure that when our resources are combined, the home is provided at no cost to the recipient.”]

***Honor Them Foundation (www.honorthemfoundation.org).** [“The Honor Them Foundation utilizes vacant timeshares and cancelled or unbooked cruises to send combat veterans and their families to five-star resorts or on cruises at no charge to them.”]

***Hope for the Warriors (<http://www.hopeforthewarriors.org/>).** [“Hope For The Warriors® is a national, nonprofit organization that supports wounded U.S. service members, their families, and families of the fallen. A group of military wives founded the organization in 2006. They stood together as they witnessed, firsthand, the effects of the war on service members and their families. Since that time, Hope For The Warriors® has grown tremendously in the span of programs offered and the number of wounded and family members assisted. Programs include: A Warrior’s Wish, Above and Beyond, Family Support, Hope and Morale, Immediate Needs, Outdoor Adventures, Spouses Scholarships, Warrior House and Wounded Warrior Barracks.”] While founded and headquartered in North Carolina, the organization maintains offices in New York, Washington, D.C., and Virginia. Its representatives cover California, Texas, Florida, Illinois, and Wyoming, enabling us to maintain a nation-wide presence. The leadership of the organization still remains in the dedicated hands of military wives. Together, our board of directors, staff, and volunteers work tirelessly to serve those who have sacrificed so much. The integrity of our organization is paramount and therefore our representatives are as honorable and noble as our mission and the people we serve. Join us in our mission to ensure that no sacrifice forgotten, nor need unmet.”]

***Hugs 4 Smiles USA (Hugs4SmilesUSA.org)** (“assigned a deployed hero's family and/or the hero. You then send the hero two care packages, Packaged Hugs, each month”)

***Horses for Heroes Program** [see under all of the following listings: “Calvin Center”, “Chastain Horse Park”, “Hero Hearts Equicenter”, “Caisson Army Platoon Equine Assisted Program” and “Operation Silver Spurs”]

***Humboldt State Vets Outdoor Program (<http://humboldt.edu/veterans/outdoor-programs.html>).** [“The transition from military to student life can be difficult. The Veterans Outdoor Program here at Humboldt State University was created to help student Veterans smoothly make that transition. Our goal is to provide skill-building opportunities through outdoor activities while building comradere between students. “ Note: two recent noted activities: Hiking Marble Mountain 5 day/4 night hiking trip. Join us for scenic 5 days and 4 nights in the Klamath National Forest. We will depart from the Haypress Trailhead stopping to enjoy the multiple lakes while making our way to Marble Mountain. After sumiting we will head north and exit at the Stanshaw trailhead. This trip is roughly 15+ miles and involves some moderate hiking.” “Rafting Klamath River. 5 day/4 night rafting trip. Join us for an unforgettable 5 days and 4 nights down the Klamath River. Entering at Happy Camp and exiting at Green Riffle, this stretch is more than 37 miles in length and includes exhilarating Class III whitewater rapids.” Scholarships can be requested through our partner organization, Veterans Spirit. Send an email to Kim Hall (HSU Veterans Certification Officer) at kim.hall@humboldt.edu with your request for

assistance for the fee to hold your spot for one or both programs. Veterans Enrollment and Transition Services, LL Room 58, 1 Harpst Street, Arcata, CA 95521. 707.826.6272.]

*** Hunters Helping Soldiers (www.huntershelpingsoldiers.org)** [“The mission of Hunters Helping Soldiers is to provide a means to enhance physical and emotional healing through comradery during hunting and fishing trips as well as mentorship to help ease the transition from military life to civilian life and help families of returning, wounded, and mortally wounded soldiers cope with the challenges they face.”]

***Hunts for Heroes (www.huntsforheroes.com).** (Also listed on the web as “Patriots and Heroes Outdoors”) (“Hunts for Heroes is an organization based in El Campo, Texas . El Campo is in the heart of the best goose hunting and fishing in North America. Hunts for Heroes has chapters in South Carolina, Arkansas, Mississippi, and California and we eventually hope to have chapters in every state in the USA. We are dedicated to providing quality hunting and outdoor related activities to men and women that have been wounded on the field of battle in service to our country in the war against terrorism. We organize hunts with professional guides and outfitters throughout the country for heroes that enjoy the outdoors. All of our hunts are free of charge for service men and women that are approved by organizations such as those sanctioned by the United States military. We also help with expenses in getting to and from such an event.”]

***Incarcerated Veterans (<http://www.fedcure.org/information/VA-IncarceratedVeterans.shtml>).** [Fed Cure website with considerable information regarding incarcerated veterans programs, statistics, resources, eligibility for VA care, Incarcerated Veterans Transition Program and links to such resources as *A guidebook for incarcerated veterans* and benefits for incarcerated veterans.

<http://www/FedCURE.org> **FedCURE** is the world's leading advocate for America's, ever growing, federal inmate population. On behalf of the Board of Directors, we would like to extend an invitation to each of you to join us in our efforts to reform the federal criminal justice system in the United States. Federal CURE, Incorporated is a nonprofit organization that, inter alia, deals largely with the issues faced by federal inmates and their loved ones. We are working to reinstate parole; increase good time allowances; provide for compassionate releases; restore PELL grants; and opportunities for successful reentry into the community, for all federal offenders; and promote a system that incarcerates fewer people and provides humane conditions for those who are incarcerated or under post-incarceration supervision via parole or supervised release. Over 60,000 people were released from federal prison last year, of which 20,000 were deported.”]

***Incarcerated Veterans Consortium ([http://incarceratedveteransconsortium.org/about us](http://incarceratedveteransconsortium.org/about_us)).** [“The IVC is to provide the assistance, services and commitment, along with compassion, understanding and comradeship to those who have struggled, without success, to achieve re-integration into mainstream America. These individuals, who have strayed away from the social norms, have found themselves incarcerated and are now ex-offenders in dire need of rehabilitation services are the veterans that the IVC inc. helps to provide. Along with them, we also are addressing the needs of their family members as well. 212.426-2200.”]

***Injured Marines Fund (InjuredMarinesFund.org).** [Our mission provides financial support grants to combat wounded service men and women from all branches of the United States Armed Forces. Our severely wounded continue to fight battles here at home with their struggle to adjust to their injuries. Too often, when a service member is wounded in combat, their entire family shoulders the pain and financial burden. We help to ease the financial worries of our wounded warriors and their families during their long road to recovery.”]

***Injured Marines Semper Fi Fund (www.semperfifund.org).** [“The Injured Marine Semper Fi Fund helps defray the expenses incurred during hospitalization, rehabilitation, and recovery of injured Marines and sailors. Their many programs include the Family Support Program, Mobility Program, Modification Program, and the Specialized Equipment Fund.”]

***Intensive Trauma Therapy** (<http://www.traumatherapy.us/about.htm>). [“We can’t change what happened to you, but we can change the way you think about it.” “Intensive Trauma Therapy (ITT) is a brief, time-limited outpatient treatment for trauma survivors. In a relatively brief time, trauma survivors can make considerable gains in reducing and/or eliminating intrusive, avoidant and arousal symptoms without the use of medications. They can learn to manage troubling auditory hallucinations that come from trauma. At ITT we offer one week and two week programs that provide an effective and cost-efficient way to address the trauma-related disorders. Unlike other programs in a hospital or partial-hospital setting, our treatment is in the less restrictive environment of an outpatient clinic. . . ITT has trauma programs for survivors of all ages, regardless of the type of trauma [to include combat]. . . Our research and research has found that a time-limited outpatient approach which we term an Individual Intensive Trauma Therapy (IITT) can be effective in reducing and managing trauma symptoms. We use a team approach, which allows our trauma therapists to focus on processing the specific traumatic events with clients rather than the therapeutic relationship between a client and the trauma therapist. Our thorough assessment and introduction to the treatment along with the preparation a client does with their outpatient therapist prior to coming to ITT allows our clients to focus on trauma processing. We use a set of integrated techniques and procedures so that you will not re-live the trauma. By concentrating on what happened in the traumas rather than on the meaning of the events we can re-connect the fragments to their origin and thereby eliminate them as triggers.” **About the clinic:** “Intensive Trauma Therapy (ITT) is a small outpatient clinic in Morgantown, West Virginia, owned and staffed by experienced trauma therapists. ITT is devoted exclusively to treating the range of trauma-related disorders from post-traumatic stress disorder (PTSD) to the dissociative disorders including dissociative identity disorder (DID).” Intensive Trauma Therapy, 1102 About Town Place, Morgantown, WV 26508. 304.291-2912.] *Note: ITT was highly recommended to me by Dr. Glenn Schiraldi, colleague and author of The PTSD SourceBook, The Resilient Warrior: Before, During and After War and other work – “Intensive Trauma Therapy in Morgantown, WV, is another great resource. In an outpatient setting, they gently compress trauma therapy into 1-2 weeks of 7 hour days, using a combination of art therapy, video technology, and hypnosis to thoroughly process traumatic events. They asked me to keynote a conference at UWV, but I was so impressed with their approach that I ended up training with them. It's run by a husband/wife team--he's an MD psychiatrist, she a PhD art therapist.”*

***Intersections International Veteran-Civilian Dialogue** (<http://www.intersectionsinternational.org/about-us>). [“Intersections International is a New York-based non-governmental organization (NGO) dedicated to promoting justice, reconciliation and peace across lines of faith, culture, ideology, race, class, national borders and other boundaries that divide humanity. Founded in 2007, Intersections is a permanent multi-faith, multi-cultural effort of the Collegiate Churches of New York, the oldest corporation in North America, dating back to 1628. Using arts immersion, social marketing, intentional dialogue and other innovative methods, Intersections' work includes projects that promote pluralism in emerging democracies, eradicate ignorance regarding Islam, nurture global peacemakers, dismantle systemic discrimination against the LGBT community and initiate conversation among disparate groups to develop new ways of problem solving for some of society's most intractable issues. Intersections' work lies in three programmatic areas: amplifying marginalized voices, interfaith dialogue and cooperation and addressing the consequences of conflict. . . Through deep listening, dialogue and creative communal activities we can heal the wounds of war and learn the lessons it can and must teach us so that we may grow as individuals, communities and as a nation. The Veteran-Civilian Dialogue program seeks to honor the impact on both groups and assist in restoring wholeness. The dialogues are the cornerstone of the program, making use of extensive, cutting edge psychological and social healing processes. Facilitated jointly by a veteran and a civilian trained in dialogue and group process, each session begins with the facilitators having an “observed conversation” on a range of topics. Topics are selected with reference to the context of the group. This observed conversation serves to inspire the rest of the group, who then continues the conversations in their own veteran-civilian pairs. Groups of two are then put into groups of four for a final round of conversation. The large group then reconvenes to share experiences and ask questions.”]

***Iraq and Afghanistan Veterans of America (IAVA)** (<http://iava.org/>). [On-line social network exclusively for Iraq and Afghanistan veterans. “Iraq and Afghanistan Veterans of America is the nation's first and largest group dedicated to the Troops and Veterans of the wars in Iraq and Afghanistan, and the civilian supporters of those Troops and Veterans. . IAVA addresses critical issues facing new veterans and their families, including mental health injuries, a stretched VA system, inadequate health care for female veterans, and GI Bill educational benefits. IAVA also provides valuable resources and empowers veterans to connect with one another, fostering a strong and lasting community.”]

***Iraq Star Foundation** (www.Iraqstar.org). [“ The good news is that more soldiers are surviving. The bad news is they have disfiguring wounds. Despite powerful life-saving measures on the battlefield and longer-term medical support stateside, many face long waiting lists for reconstructive surgery and have to deal with the loneliness and isolation of disfiguring wounds. Iraq Star picks up where the military and the VA leave off by providing the reconstructive, aesthetic surgical procedures that can hasten a happier and more normal return to his or her existing military or pre-war life. These procedures are performed by board-certified plastic and reconstructive surgeons who donate their skills and feel honored to do so. Iraq Star pays for the soldier’s transportation, hotel accommodations, anesthesia, hospital waiting room, medical supplies, etc., and sends a loved one with them. Healing our wounded takes more than fervent hopes and best wishes – it requires top-notch facilities, the latest scientific advances and the expert medical professionals. Answers to Frequently Asked Questions: Iraq Stars, Inc., is a non-profit foundation dedicated to providing the reconstructive surgeries to assist war veterans recovering from mental and physical injuries. It is the Foundation’s hope that reconstructive surgery will also help our veterans heal from emotional trauma, increase self-esteem and ease their return to their pre-war lives. Non-profit and financed by public donations; Board Certified Reconstructive and Aesthetic Surgeons; National Foundation with 200 surgeons in 42 states; provides reconstructive surgery to active duty soldiers and veterans of Iraq and Afghanistan Wars; works closely with the VA; Angels Flights pilots volunteer their aircraft and time to transport soldiers to their surgeries; Medicis, Advanced Bio-Technologies, Inc., Alpine Pharmaceuticals, and LifeCell Alloderm Regenerative Tissue Matrix provide products to our wounded. Medical Director: Normal Leaf, MD, FACS.”]. Note: see also: Tempered Steel Foundation. I am just blown away by the services and passion of this organization and affiliated organizations and individuals; simply amazing!!

***Iraq Veterans Against the War (IVAW)** (<http://ivaw.org/about>) [“IVAW is an advocacy group of active-duty United States military personnel, Iraq War veterans, Afghanistan War veterans, and other veterans who have served since the September 11, 2001 attacks who are opposed to the U.S. occupation of Iraq. The organization advocates immediate withdrawal of all occupation forces in Iraq, reparations to Iraq so that the Iraqi people can control their own lives and future, and full benefits, especially adequate health care (including mental health), and other support services for returning servicemen and women.”]

***Iraq War Veterans Organization (IWVO)** (<http://www.facebook.com/pages/Iraq-War-Veterans-Organization/105590396140989#!/pages/Iraq-War-Veterans-Organization/105590396140989?sk=info>). “The Iraq War Veterans Organization, Inc. provides information and support for: Operation Iraqi Freedom Veterans, Global War on Terror Veterans, Operation Enduring Freedom Veterans, active military personnel and family members related to pre-deployment, deployment and post-deployment issues, as well as service member and family operation Iraqi Freedom Deployment Readiness problems, information about PTSD, health issues and Veterans Benefits. The Iraq War Veterans Organization website has links to information about the Department of Veterans Affairs healthcare, readjustment after deployment, education, employment, military discounts, PTSD issues, support-chat forums, family support and deployment information. Resources: PTSD 101 – a web-based curriculum of diverse topics focusing on issues related to combat stress/PTSD. It is available on-demand for professionals who provide services to individuals who have experienced trauma. Events Calendar which covers all events and meetings. Disability Claims Information which walks through the

claim process step by step. Military links that include travel, matchmaker, military sites, book and publications, photos and stories. Military Discount section that links up to all kinds of travel, lawyer, household goods etc.”]

***Jacob’s Light Foundation, Inc.** (www.jacobsprogram.org). [“The mission of Jacob’s Light is to supply our military overseas with the comforts of home. They pack boxes with toiletries, food, reading and writing materials, as well as bug wipes, sunscreen, batteries, letters from the public, and letters and pictures from children.”]

K9 Coach Plus** (<http://k9coachplus.com/>) [“Dog Training Services, Gilroy, CA 95020. Serving Gilroy and central CA. K9 Coach Plus is partnering with the Project Hired (<http://projecthired.org/index.html>) Wounded Warrior Workforce Service Dog Program. “K9 Coach Plus is working on a very special project. Service Dogs for our Vets who so proudly serve our county each and every day. Everyday people with disabilities face hardship and discrimination, they are denied entry into businesses with their service dogs. Please help spread the word, they need our help. A service or assistance dog allows them to get around in everyday life. Our vets do not even get help or funding from the VA for service dogs, it happens because of people like you and I, and other small groups around the country.” The founder and master dog trainer of K9 Coach Plus, Mary Cortani, “has trained many dogs for Sentry Work, Military Police Dogs, Explosives Detection while in the Military for 9 years. She has also trained Assistance Dogs, Wilderness Search & Rescue Dogs, and has experience in Canine Behavior Modification. She has been training dogs in general and advanced obedience for 30 years. She is currently involved in Search and Rescue and training services dogs for Vets. Very Special Projects with more information to come. Mary is a certified Canine Good Citizen (CGC) Evaluator and certified US Army Master instructor specialized in k9 instruction.”] ***Note: I have had several contacts with Mary and am extremely impressed with her extensive background and passion.

***Keystone Soldiers** (http://www.keystonesoldiers.com/public_html/). [show your support by adopting a Marine/Soldier/Sailor/Airman (or platoon) or becoming a pen pal. You may also make a donation to help with postage or you can sponsor a care package to one of our troops; It is very easy to say we support our troops, it is another thing entirely to show you support them. We are a 100% volunteer non profit organization. Through our organization and website you can show your support for our U.S. troops by becoming a volunteer, holding a fundraiser, collecting items on our list for packages, writing letters and cards to our troops or sponsoring a care package (or several!). You may also make a donation to help with postage or you can sponsor a special care package to one of our troops. There are opportunities available for anyone interested in helping – include message board for public messages of support, event calendar, picture gallery, polls, pen pal information, contributed articles, stories, quotes and links. Just pick up the phone and call us or send an email with Volunteer in the subject line.”]

***Kids Thank a Veteran** (<http://www.kidsthankavet.com/>) [“Kidsthankavet.com has one main purpose - to show the men and women who have served in the United States Military that we care. Children who simply say “Thank you for serving” to any Veteran, will be able to register on this site. But there is much more. On this site you will find information about our Veterans, the United States military, the American Flag, Veteran`s holidays, United States military academies and services, groups that help Veterans, women in the military, Veteran memorials and cemeteries, teacher activities, patriotic songs and crafts, great books to read and photos of our Veterans. The cost to you - **nothing**. The result - a feeling of pride. Is it possible to teach children to respect those who fought for the freedoms we have today? I believe it is - one child at a time. Thank you, Cherie Reid, Director”]

***KIA/DOW FAMILY FOUNDATION** (see listing: USA KIA/DOW Family Foundation)

***Killed In Action Fund** (<http://usakia.org/>). to give financial aid to those needy and deserving families whose servicemember was killed in action).

***Laptops For the Wounded** (<http://www.LaptopsForTheWounded.com/>) [“Laptops for the Wounded is a 501(c)(3) charitable organization that provides laptops with webcams to wounded troops in military hospitals. The laptops are then used by the troops to remain in contact with wives, husbands, families and loved ones, while recuperating from their combat wounds. The laptops will then remain at the hospitals to be used by other incoming wounded troops to contact, and remain in contact, with loved ones.”]

***Liddle Kidz Foundation** (<http://www.liddlekidz.com/vietnam-global-outreach.html>) [“2010 Liddle Kidz Foundation Volunteer Global Outreach working with Children & Orphans in Vietnam. In an effort to address the need for nurturing touch among children, Tina Allen formed the Liddle Kidz Foundation. The foundation’s mission includes setting up massage and nurturing massage programs in orphanages and children’s care settings across the globe . . . In addition to working directly with the children, LKF volunteers teach staff and caregivers at these facilities ways to continue to provide supportive, comforting touch to the children in their care. . . Children in orphanages around the world may have food, clothing and shelter, but oftentimes they lack an essential ingredient for basic health and happiness – touch. Without it, children often feel discarded, forgotten and even untouchable, especially when their circumstances are complicated by being sick or having a disability. . . The long-term effects of not receiving safe, healthy and nurturing touch can have a huge impact on a child’s stability for the future. UNICEF statistics estimate there are 1.5 million orphans age 0-17 currently living in Vietnam. . . . The LKF directly nurtures two important characteristics; compassion for others and the belief in the fundamental goodness of people. . . . We need you, volunteers, to take part in our next outreach project to Vietnam.”] *Note: see the LKF website for details about the Vietnam children’s outreach project and other LKF activities.*

***The Link Up** (<http://www.thelink-up.org/>) [“A non-profit organization connecting injured veterans with various donors willing to offer assistance participating in outdoor activities. Our mission is to empower a Warrior-in-Transition with self-reliance to choose and enjoy the outdoor sport of their interest. Our vision is to create a network which links veterans wounded in action or while serving our country with hunting and fishing partners and opportunities through an online community. That all Wounded Warriors become self-sufficient to enjoy hunting and fishing through a network of outdoor enthusiasts willing to share their time and/or resources. To build on the camaraderie that service members enjoy by creating a 'net' for wounded veterans to connect with other patriotic persons: retired, former military, active/reserve soldiers, or the dedicated citizen.”]

***Male Military Spouses.** [Web search on these key words produces about 10 male military spouse web sites about a military family population that has not received nearly enough attention.]

***Marine Corps Scholarship Foundation** (<http://www.mcsf.org/Page.aspx?pid=220>). [“The Marine Corps Scholarship Foundation provides scholarships for children of former Marines, and additional scholarships for children with a parent serving or who has served in Operation Iraqi Freedom (OIF) or Operation Enduring Freedom (OEF).]

*** The Marine Corps Wives Website (MCWW)** - www.MarineWives.com [“Welcome Home... For those that just arrived, **Welcome home!** For those that have been here before welcome back. We are your hosts, BJ 'n Cindy. We own and operate this site as well as the sister sites. As a retired Marine couple, we know just how new and puzzling, and sometimes how lonely or difficult it can be to find what you need. That is why we created this network and filled it with all kinds of resources to help you find whatever you may need... and to find one another. So once again **Welcome Home...**”]

***Marine Moms** (<http://www.marinemomsonline.net/>) [Web community “comprised of thousands of members, and includes moms, dads, grandmothers, brothers, sisters, aunts, uncles, wives, fiancées, girlfriends, retired Marines, active Marines, recruiters, and drill instructors . . . to provide support and encouragement for

parents of U.S. Marines, an outlet to air concerns, receive and offer information, and share experiences. . . the group now participates in writing to Marines of those in the group, supporting Marines who have little family support, writing to Recruits in boot camp in need of encouragement, collecting videos suitable for viewing by Recruits in the Medical Rehabilitation and Physical Conditioning platoons, and many more projects.”]

***Marine Parents** (MarineParents.com) [founded “in response to parents' needs to find information and to Connect & Share™ with one another during deployments . . . free services, connections and outreach projects have expanded to support Marines, to support and educate Marine moms, dads, spouses, families and friends . . . during bootcamp, training, active duty and deployments. You've found a Place to Connect & Share™”].

***Michigan National Guard Family Fund, Inc.** (<http://www.worldwidelearn.com/military/state-veterans/michigan/national-guard-family-support.html>). [“The Michigan National Guard Family Fund provides up to \$500 grants to soldiers and airmen and their family members who encounter financial hardship as a result of deployments, military injuries, or just hard times.”]

Military Child Education Coalition (<http://www.militarychild.org/>). [“The Military Child Education Coalition (MCEC) is a 501(c) (3) nonprofit, world-wide organization. A model of positive leadership and advocacy, the MCEC’s work is focused on ensuring quality educational opportunities for all military-connected children affected by mobility, family separation, and transition. The MCEC performs research, develops resources, conducts professional institutes and conferences, and publishes resources for all constituencies . . . The Military Child Education Coalition (MCEC) is working to solve the challenge of helping schools and military installations deliver accurate, timely information to meet transitioning parent and student needs, and in the development and education of children from military families. Our purpose is to share information to develop systems and processes to resolve transition issues for military students. To do this, we will: Develop information to support the transitioning military student; Develop and maintain an alliance of school districts for the purposes of communication and networking; Determine the support military installations could potentially provide local districts; Examine technologies (teleconferencing, Internet, etc.) and develop procedures to support information sharing between military impacted school districts; Examine sources of funding to support the alliance; Develop an action plan to implement the above objectives.”]

***Military Children & Deployment** [Excellent key words for Web sites with resources regarding children of deployed parent(s).]

***Military Children and Deployment** (<http://www.operationwearehere.com/Children.html>). [From the “Operation We Are Here” website—many resources regarding military children and teens – deployment or military separation resources. Includes: Apps for messages (prayers, etc.) for families separated by distance (Wee Pray); Cards; Countdown calendar; Dog tags, military coins; Fabric Family; Flat Brat TM; Flat Daddy, Flat Mommy, Flat Stanley; Grants for sports, fine arts, tutoring; Hero Helper (lifesize cardboard cutout); Hero Packs; Homecoming Box; Horseback riding sessions; Internet activities; Journaling; Kids coping with deployment advice; Kissing pillows; Mentoring by big brother/big sister, foster grandparenting, Council of Dads; Newspaper - Brat Town Bugle TM; Patriotic crafts; Photo quilts; Pillows, pillowcases; Puzzles; Reading; Create Your Own Book; Recordable Books; Recordable Key Charms; Something to Hug (teddy bears, pillows and more); Tear Bottle; The Big Picture (mail yourself); Care Package for the Family; Adopt a Family Programs; and Free Coloring Pages and Activities to Download (Brat Town Bugle; Coloring Pages; Flat Brat; Flat Brat Christmas Tree Ornaments.”]

Military Connection (<http://militaryconnection.com/>). [“Government jobs, up-to-date information on military schools, federal jobs, as well as [military loans](#) and detailed information on military pay charts. Our online directories of resources and information feature vital information on military education and benefits

including the GI Bill, employment opportunities, the latest military job postings, pay charts and salary calculators. Don't wait any longer, search through our directory for government, federal jobs and civilian employment opportunities today! . . . We feature the most comprehensive directory in the country. We maintain and provide the most up-to-date directory for ex-military, veterans, military spouses and family, and on duty to civilian transitions to use for job search by posting your resume to our online fairs and employment listings. We are proud to help ex-military search for government jobs, apply for military school, find federal jobs and receive vital information on loans and pay.”]

***Military Family Employment Assistance (MSCCN) (www.msccn.org).** [From the Military Spouse Corporate Career Network or MSCCN...a non-profit organization that assists military spouses, veterans, war-wounded and their caregivers in their search for employment. MSCCN team members are military spouses and vets who have “been there” and understand the challenges facing military family members in the area of employment. We provide job referral services, training opportunities and educational services to military-affiliated job seekers. 1.877-MyMSCCN (696-7226).”]

***Military Family Forums**

(<http://www.ausa.org/resources/familyprograms/annualmeetingactivities/MilitaryFamilyForums/Pages/default.aspx>). [“The Family Programs Directorate began hosting Military Family Forums at the Association United States Army (AUSA) Annual Meeting in 1999 to provide senior Army leaders with a platform to address issues of concern to military families and to announce new initiatives. Family members are also invited to speak about their experiences and to share strategies for coping with the demands and challenges of military life.”]

***Military Family Research Institute at Purdue University**

(<http://www.cfs.purdue.edu/mfri/public/default.aspx>). [Deployment Support Resources identified on this web site include: “Military One Source -- This site is designed to help military families deal with life's issues. Consultants are available 24 hours a day, 7 days a week, 365 days a year and can be reached by phone or e-mail; Military Mobilization Fact Sheet for Federal Family Education Loan Borrowers -- NSLP developed this Fact Sheet as part of its overall effort to make sure that the student borrowers understand how to seek the postponement of their federal student loan payment obligations if they are mobilized; Hotlines and Family Support Information Contact Numbers -- This one-page PDF files contains contact information and a general overview of the family support offerings of several military organizations; CYFERNet -- Resources for parents, teachers, and family support professionals in times of war. CYFERnet's Web site brings together the best, children, youth and family resources of all the public land-grant universities in the country; Supporting Children of Deployed Military Parents (PDF) -- This document lists several specific tips and techniques for helping children deal with parental absence due to deployment. Concerns About War -- This Web site contains links to several documents that are designed to help families prepare and persevere during a military member's deployment; Terrorism and Children -- This Web site contains a variety of resources (links to journal articles, multimedia presentations, brochures, etc.) focusing on conveying information to parents of children who are concerned at war, terrorism and parental absence due to deployment; Resilience in a Time of War -- This site contains tips for parents and teachers elementary, middle and high school students cope with uncertainty during war time. PDF versions of the brochures for each of these age groups are also available. Click on the appropriate link--Tips for Parents and Care Providers of Preschool Children; Tips for Parents and Teachers of Elementary School Children; Tips for Parents and Teachers of Middle School Children; Tips for Parents and Teachers of Teens; Deployment and Family Separation: An Annotated Bibliography (PDF) -- This research report contains brief descriptions of 66 studies, most of which were conducted during the past 20 years, on deployment and family separation; Coming Home -- This series of brochures outline what to expect when a deployed service member returns home. There are three separate brochures, each intended for a different audience: A Guide for Spouses of Service Members Returning from Mobilization or Deployment; A Guide for Service Members Returning from Mobilization or Deployment; A Guide for Parents, Extended Family Members or Friends of Service Members Returning from Mobilization or Deployment; Deployment Health

Clinical Center (DHCC) -- DHCC is chartered by the DoD Health Affairs office and provides content relevant to health-related issues that soldiers encounter when returning from deployment; Specialized Training Of Military Parents: STOMP

***Military Family Support Operation Kindness** http://cityimpactdc.org/pages/page.asp?page_id=119327 ["Operation Kindness Ministry (OKM) serves the needs of individuals and families affected by US military deployment abroad. OKM provides God's Word as well as physical comfort items to soldiers in Afghanistan and Iraq via care packages shipped to contact chaplains. This ministry also provides support to wounded in action soldiers (and their families) who pass through the area military hospitals."]

*** Military Family Support** (<http://www.militaryfamilysupport.org/>) ["**Who We Serve.** We serve families! Not only do the families of our Heroes get relocated away from their support network, they have the stress of wondering if their loved one is going to make it back alive. While the parents may have some choice about serving, the children generally don't. Reservists and Guard members must endure long and unscheduled periods of active duty, a situation which places incalculable stress on their families. Additionally, military families face a unique combination of financial and emotional needs that are worthy of our time, attention, and support. Obviously, the stress and worry of wondering if mom or dad will make it home alive is overwhelming. But add to this the fact that new recruits don't earn a lot of money, and it's clear that financial concerns are also present. And the workload of the now single-parent is increased as well when the other is deployed overseas. Obviously there is a need to help these military families. Because we are so thankful for the service of our heroes, we want to help their families and show our appreciation. We hope that their awareness of Military Family Support's efforts to help their families will, in turn, help them feel better about serving our country and us. **How We Serve.** We are very excited to bring a fresh approach to serving our communities and our country. A unique way we accomplish this, for example, involves the building of a nation-wide network of local information centers. These centers collect and organize information from city, county, and federal sources and make them accessible to military families. These resources include military base resources, help from public charities, and assistance from the individual branches of the military. Currently, this information is decentralized and hard to find. With your help and support, we plan to make this information available on this site! In addition to helping families connect to existing sources of help, we will provide original education through digital programs delivered via the internet. We also intend to provide live seminars at various military bases and in the Nashville area. These programs will focus on helping families help themselves, with specific emphasis on programs and resources beneficial to their children."]

***Military Families United** (<http://www.familiesunitedmission.com/>) ((formerly known as "Families United") ["**Military Families United** supports America's Gold and Blue Star families through social gatherings, educational programs, charitable support, and patriotic activities. Through Families United, military families receive support, resources, and opportunities that they need to cope with the absence of a loved one. We provide a voice for these families to support our troops, veterans, and all who have served to protect our values and freedoms. Families United also provides a means for our veterans to be honored for their service and support to those who are currently fighting, and a place for patriotic Americans throughout the country to support our troops and their families. Families United's Mission Is *To*: Provide Resources for America's Military Families; Honor the Service and Sacrifice of America's Military Families; Support Our Troops and Their Mission to Keep America Safe; Identify, Honor, and Acknowledge America's True Heroes."]

***Military Husbands** (www.militaryhusbands.com). [Welcome Home.For those that just arrived, Welcome home! For those that have been here before welcome back. We are your hosts, BJ 'n Cindy. We own and operate this site as well as the sister sites. As a retired Marine couple, we know just how new and puzzling, and sometimes how lonely or difficult it can be to find what you need. That is why we created this network and filled it with all kinds of resources to help you find whatever you may need... and to find one another. So once again Welcome Home..."]

***(Other) Military Family Support Resources** [Excellent key words for Web search]

***Military Ministry** (<http://www.militaryministry.org/resource-center/wwch/>) Christian-centered website and resources, to include they have a number of resources in their “Bridges to Healing Ministry” that may be of interest to local congregations. See also their publications: When War Comes Home: Christ-centered Healing for Wives of Combat Veterans (“offers comfort and practical help to the wives of combat veterans struggling with the hidden wounds of war, including Post-Traumatic Stress Disorder (PTSD). Insights from the medical and counseling community are wrapped in biblical principles and the shared experiences of other military wives.”). Also: The Combat Trauma Healing Manual (offers spiritual solutions for struggles with PTSD by helping construct an environment that will give God optimal access to the wounded soul. Designed for individual or group study, the Combat Trauma Healing Manual combines the latest insights of the medical and counseling communities with the timeless principles of God’s Word. The book outlines a step-by-step program.”)

*** Military Money** (<http://www.militarymoney.com/>).[Includes sections on Education & Career, Home Ownership, Pay & Benefits, Military Life, Spouse, Invest & Retire, Taxes, Debt Help, Bank & Auto, Save.]

***Military Officers American Association** (www.moaa.org) [“MOAA is the nation's largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization . . . “ Includes an office on the Pentagon Concourse within the Pentagon Federal Credit Union to counsel officers stationed in the Pentagon - or passing through - on career transition and military benefits issues.” Also sponsors: awards program, scholarship fund and other programs.]

***Military Retiree Grass Roots Group** (<http://mrgrg-ms.org/>). [“This web page is dedicated to the Military Retiree Grass Roots Group of military retirees and dependents that have been lobbying the Congress since 1995 trying to regain the medical care they were promised, while they were on active duty, which was to take affect after retirement. The MRGRG-MS-TALK discussion group was established to discuss methods by which military retirees might regain the medical care they were contractually promised while they were on active duty. We must keep the military retiree medical care broken promise issue alive by educating Senators, Congresspersons, Congressional Staff members, the news media, and the American people.” See a briefing guide at: <http://mrgrg-ms.org/swindle00.html>; o Send E-mail, FAXes, and letters. See <http://mrgrg-ms.org/no-quit.html>; Organize educational pickets; See <http://mrgrg-ms.org/pick.html> for suggestions. Send letters to your local newspaper. See <http://mrgrg-ms.org/letters.html> for suggestions. Get acquainted with the history of the MRGRG movement at <http://mrgrg-ms.org/history1.html>.” MRGRG lists numerous “web-sites that provide information on Veterans benefits and how to file/ask for them. Accordingly, there are many sites that explain how to obtain books, military/medical records, information and how to appeal a denied claim with the VA. Please pass this information on to every Veteran you know. Nearly 100% of this information is free and available for all veterans, the only catch is: you have to ask for it, because they won't tell you about a specific benefit unless you ask for it. You need to know what questions to ask so the right doors open for you -- and then be ready to have an advocate who is willing to work with and for you, stay in the process, and press for your rights and your best interests.”

For illustrative purposes, following are just a few web sites listed (out of numerous links listed): **Appeals** http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc; **Center for Minority Veterans** <http://www1.va.gov/centerforminorityveterans/>; **Center for Women Veterans** <http://www1.va.gov/womenvet/>;

***Military Space, Inc.** (<http://Military-Space.org/>) [“Military-space.org was started by two (prior) enlisted service members who saw a need for a website that attempted to bring together lots of resources for taking

care of our deployed service members and their families. We lived through several deployments and saw how some people didn't get very much support from back home for what-ever reason. We are a Not-For-Profit Organization and are completely supported to date, by member donations and funding from private sources. We work very hard in bringing the resources for our Heroes and give a unique place for them to talk to people who understand what they are going through and have the time and resources to help them through their deployments (whether it be care packages or just a friendly voice). We also believe that family members of deployed service members need assistance during the stressful deployments of today. We want them to feel comfortable coming here And chatting with other family members and also service members who are back from their deployments and can shed some light on what the loved ones are facing.” . . . develop special projects for holidays and other occasions, provide individual morale-lifting mail support around the world, and encourage patriotism in schools and communities]

***Military Spouse** (<http://www.MilSpouse.com/>) [on-line site related to Military Spouse magazine. Includes 24,000+ military spouses in the military spouse community. Sections include: editor's blog, relationships, deployment, family, money, career & education, well-being, at home and a link to *Military Spouse Magazine*.]

***Military Spouse Corporate Career Network (MSCCN).** (<http://www.msccn.org/>) [The Military Spouse Corporate Career Network is a 501(c)(3) nonprofit that provides employment referral and job placement solutions to military spouses, war wounded, and caregivers of war wounded, and veterans and transitioning military through MSCCN's Vet Connect Jobs program, at no cost to them.” See also the MSCCN MilSpouse Job Club on Meetup Site. MSCCN is pleased to announce the launch of our Meetup site for the new MilSpouse Job Club. Meetup is a website that helps groups with shared interests plan meetings and form clubs in communities around the world. We will be using the site to support our MilSpouse Job Club, a group where military spouses can meet to share resources and receive information to improve their job search. The site features a page for information about the club and will allow us to post a calendar of events. Most importantly members will easily be able to network and stay in contact with each other through the message board. Check out our new site soon to help you stay connected!”]

***Military Teens on the Move** [<http://www.eric.ed.gov/PDFS/ED425001.pdf>]. See also [MTOM for Kids](#) [Kids tips for kids on: getting the news; looking ahead; getting ready; we-re moving . . . again; your new life; military teen moving guide; living your life; packing up your memories; fitting in at school and many more topics.]

***Military Wives Network** (www.MilitaryWives.com) [This site was created as an overall juncture for the various sites in the [MilitaryWives.com](#) network to help “many make it through the lonely nights and the seemingly endless days of separation.” This site operates the following domains: The Military Wives Website (MWW) - www.MilitaryWives.com; The Marine Corps Wives Website (MCWW) - www.MarineWives.com; The Navy Wives Website (NWW) - www.NavyWives.com; The Army Wives Website (AWW) - www.ArmyWives.com; he Air Force Wives Website (AFWW) - www.AirForceWives.com; The Coast Guard Wives Website (CGWW) - www.CoastGuardWives.com; Military Kids Website (MKW) - www.MilitaryKidz.com; The Military Husbands Website (MHW) - www.MilitaryHusbands.com; and The Reserve Wives Website (RWW) - www.ReserveWives.com.]

***Military Writers Society of America** (www.militarywriters.com). [“.is an association of more than eight-hundred authors, poets, and artists, drawn together by the common bond of military service. Most of our members are active duty military, retirees, or military veterans. A few are lifelong civilians who have chosen to honor our military through their writings or their art. Our only core principle is a love of the men and women who defend this nation, and a deeply personal understanding of their sacrifice and dedication. Our

skills are varied. Some of us are world class writers, with many successful books. Others write only for the eyes of their friends and families. But each of us has a tale to tell. Each of us is a part of the fabric of Freedom. These are our stories...”]

*Minnesota’s Military Appreciation Fund (<http://www.thankmntroops.org/home.html>). [“MMAF is a statewide fundraising initiative by the citizens of Minnesota, for Minnesota military personnel and their families. Launched in August of 2005, MMAF is a non-partisan, non-political, 501(C)(3) non-profit corporation. The mission of MMAF is to say "thanks" to Minnesota Service members and their families who are making sacrifices in the defense of our freedoms in combat zones around the world. MMAF has raised over \$13 million, making it the nation’s largest-ever statewide fundraiser of its kind. MMAF has provided more than 8 million dollars in grants to more than 13,000 recipients. In order to provide grants to every eligible service member, it will take the generous contributions of as many caring Minnesota citizens as possible. Thousands already have participated. Please join us in saying "thanks."]

***Money Matters for Military Families** (<http://www.military-money-matters.com/index.html>) [“Looking for a one-stop website where you can find no-nonsense information about money matters? Even better, how about one written specifically for military families, by someone who understands your military lifestyle? Then you're in the right place. Military-Money-Matters.com was created just for America’s military families, because, quite simply, YOUR MONEY MATTERS! You'll find information about basic "Money Matters" important to every military family, like . . . How to make that military paycheck go farther; How to easily pay off all your debt - on your current income; How to legally eliminate your credit card debt on your own - without falling for a scam that just wants more of your money; How to legally reduce your income taxes – significantly; How to plan and save for retirement.”]

***Motherspeak** (motherspeak.org) [“MotherSpeak fosters cultural awareness and understanding by sharing stories . . . encourages the voices of the apparently voiceless, especially mothers who can teach us about war and terror and how it affects their communities . . . posits that there are no "good" or "righteous" wars... that war and warfare diminishes the humanity of all people ... “]

***MyVetWork** (www.myvetwork.com) [social web community for veterans, families and supporters established 11.9.08. Due to the slow and difficult to search sites of Army on Line (AKO) or DOD on Line (DODKO), this site is becoming very active for individuals and veterans organizations. Also, see: http://www.myvetwork.com/article_combat_stress.htm: from myvetwork talking about combat stress.]

***NAMI Veterans Resource Center**

(http://www.nami.org/Template.cfm?Section=Veterans_Resources&Template=/ContentManagement/ContentDisplay.cfm&ContentID=53242&Istid=877). [NAMI-National Alliance on Mental Illness. “NAMI is proud to provide the following resources for everyone touched by military service. The people who are currently serving, those who have served and their families face unique stressors and need mental health information and treatment tailored to their needs. And yet, the mental health challenges faced by veterans, [active-duty troops](#) and [their families](#)—stigma, access to quality health information and innovative new treatments—[are on the minds of military families and the rest of NAMI's families](#). Recent studies tell us that nearly a third of veterans who seek care through Veterans Administration (VA) health centers receive mental health diagnoses. With more and more soldiers returning from Iraq and Afghanistan with mental health concerns, NAMI recognizes the need for increased services for veterans and their families. Our Veterans Resources Center consolidates the most useful online resources, whether you are looking for information on Posttraumatic Stress Disorder, mental illness or how to obtain Veterans Administration (VA) benefits. Do you know of a resource that doesn't appear in the Veterans Resource Center? Send your news articles, videos, personal stories and links to veterans' organizations and services to vets@nami.org.”

Provides a number of links to resources for veterans and their families to include: Public Policy; Traumatic Brain Injury; Women's Issues; Multicultural Issues; For Families; VA and VISN; Mental Illnesses; Suicide; Homeless Vets; Veterans Council; Online Discussion, Tribute Honor Roll]

***National Coalition for Homeless Veterans (NCHV)** (<http://www.nchv.org/about.cfm>) [“ . . . will end homelessness among veterans by shaping public policy, promoting collaboration, and building the capacity of service providers . . . the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for hundreds of thousands of homeless veterans each year. NCHV also serves as the primary liaison between the nation’s care providers, Congress and the Executive Branch agencies charged with helping them succeed in their work. . . .”]

*** National Coalition for Homeless Veterans - Incarcerated Veterans (NCHV)** (<http://www.nchv.org/incarcerated.cfm>) [The NCHV, in addition to serving homeless vets issues, also contains information and links regarding incarcerated veterans.]

***National Family Network** (www.military.org). [“coming soon”]

***National Injured Warrior Alliance (NIWA). Serving Injured Warriors, Vets and their Families** (<http://jerryvest.pages.qpg.com/>). [“In these web pages, I will introduce the basic need and requirements for human touch. While there is strong evidence that our society and human family are becoming an endangered species, many governments, such as the USA, pay little attention with minimal commitment, to global warming, nuclear stock piles, environment, natural and economic disasters, health & wellness, unemployment, poverty, abuse, neglect, pandemic health diseases, and little control over growing “...government-military-industrial complex” - corporate monopolies. . . Quality of care is absent and lacking when these communities and human resources deny and ignore the basic human need for Touch or Physical Interaction and the kindness, respect and dignity every human being desires. . . Right now, in this place in Time and Space, our injured and wounded Warriors, Veterans and their families are our-my primary focus. My motto: Don't give up hope--love, and learn from everything we experience, without judgment...this is my Karma, our life, and our path to Freedom, Responsibility, and Fulfillment. Our international health promotion team is a modest effort, but hopefully an expanding opportunity, to awaken individuals, couples, families, groups, organizations and communities to an awareness that touch or physical interaction with mindfulness, respect and love are basic human need requirements for safety, survival, resiliency, and for the wellbeing of humanity and all that exists. Our 15-Minute StressOut Program is a great model of "Quality Care and Best Practice Research" for bringing about change and improvement for the quality of lives, health and relationship throughout our society and beyond. Obviously, there are serious considerations for being circumspect and skillful in offering nourishing touch as a conscious intervention in the workplace, schools, programs for elders, military, and in a family environment.” Six Guidelines for the Safe Use of Touch are described. Note: This homepage is not an official site for the Ft. Bliss Restoration & Resilience Center. As a professional social worker I maintain a website that focuses on my part in empowering and serving wounded warriors and families the best I know how. I feel as though I have been preparing my entire 40+years as a professional, especially as a holistic health practitioner, to work with our Wounded Warriors and help them improve the quality of their lives, health, and relationships.”]

***National Military Family Association** (www.nmfa.org) [NMFA “will respond to the needs of military families and work towards sustaining a firm foundation of support for military families - the Nation’s families.” Includes scholarship programs, resource information and publications, to include those that focus on the special needs children have when a parent is deployed; also offers free summer camps that teach coping skills. See their *excellent* 18 page pamphlet, *Ten Things Military Teens Want You to Know* (2008).]

***National Suicide Prevention Hotline (1-800-273-TALK-8255).** Free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

***National Veteran-Owned Business Association (NaVOBA)** (<http://www.navoba.com/>). [“NaVOBA unites current and future veteran-owned businesses by acting as the national voice for the veterans’ business movement. There are currently three million veteran owned businesses in the U.S. NaVOBA works to convince corporate America and the government to consider using veteran-owned businesses as preferred vendors.”]

National Veterans Foundation** (<http://www.nvf.org>; 1-888-777-4443, 9 AM-9 PM daily, Pacific Standard time) [“To Serve the crisis management, information and referral needs of all U.S. Veterans and their families through: Management and operation of the nation’s only toll-free helpline for all veterans and their families. Public awareness programs that shine a consistent spotlight on the needs of America’s veterans. Outreach services that provide veterans and families in need with food, clothing, transportation, employment, and other essential resources. . . Staffed by a team of veterans (from Vietnam, the Cold War, Desert Storm, Bosnia, Iraq, and Afghanistan) who are specially trained in the delivery of crisis information and referral services, as well as a team of licensed volunteer counselors to whom all crisis calls are routed.”] ***Note: Founded by my long-time colleague and friend, Shad Meshad—one of the initial pioneers and leaders of the VA Vet Center Program. NVF is an amazing vet resource with a very long-standing record of helping veterans and their families. Shad and I met at the West Los Angeles VA (Brentwood) back in 1971 where we both came to work following our discharge from active duty as social workers.

National Veterans Legal Services Program** (www.nvlsp.org) [One of if not the oldest and most active non-profit organizations providing expert legal assistance, consultation and information regarding veterans issues. Veterans Benefits - Medical ...Legal information and assistance for veterans, survivors of veterans and veterans advocates who are seeking service-related VA benefits – primarily claims for disability ...] ***Note: This organization is highly recommended by Rhonda Jordal, a very helpful legal resource and ally who is the mother of an OIF veteran who had been incarcerated on very questionable grounds and not provided for needed military-related conditions. Rhonda has been there and knows so much as a mother and her learning to become a legal advocate for her son.

***Navy-Marine Corps Relief Society** (<http://www.nmcrls.org/services.html>). [“Provides, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the U.S. Naval Services, eligible family members and survivors and to receive and manage funds to administer these programs: Interest-free loans and grants to meet emergency needs; Needs-based scholarships and interest-free loans for educational purposes; Budget Counseling Services; Food Lockers at some locations; Infant Layettes - "junior seabags" and Budget for Baby Seminars; Thrift Shops and Visiting Nurse Services.”]

***Navy Wives** (www.NavyWives.com) [“Welcome Home. For those that just arrived, **Welcome home!** For those that have been here before welcome back. We are your hosts, BJ 'n Cindy. We own and operate this site as well as the sister sites. As a retired Marine couple, we know just how new and puzzling, and sometimes how lonely or difficult it can be to find what you need. That is why we created this network and filled it with all kinds of resources to help you find whatever you may need... and to find one another. So once again **Welcome Home...**”]

***New Directions, Inc.** (www.newdirectionsinc.org) [“Transforming the lives of veterans since 1992...“New Directions, Inc. in Los Angeles provides many services to OEF/OIF veterans through Operation Welcome Home (OWH). These include benefits education and outpatient case management for both veterans and family members. A notable feature of OWH is Chris’ Place, a transitional home for OEF/OIF veterans who have been homeless and find the house a secure and safe place to transition back to school and employment. At its core, New Directions remains a licensed, long-term drug and alcohol treatment program FOR MEN AND WOMEN WITH CO-OCCURRING DISORDERS that also provides food, shelter, rehabilitation, and other services for

veterans of all eras, both men and women. The agency is also engaged in the development of permanent, supportive housing for low-income disabled veterans of all eras.”]

***New York Online Access to Health (NOAH).** (<http://www.noah-health.org/en/mental/disorders/ptsd/complications/veterans.html>) [NOAH has a site, “Veterans and PTSD”, that includes several links to info about veterans and PTSD, family, spirituality, Iraq and Vietnam War]

***Not Alone** (<http://notalone.com/Dashboard/custom/splashpage/index.html>). [“About Us. Not Alone started in 2008 when a group of warriors and professionals discovered a significant gap in the government's capacity to help warriors and their families come home from war. There needed to be a confidential online community where those warriors could congregate to help each other. Our personal experiences with war trauma led us to reach out to those that need help. Not Alone has formed partnerships with organizations such as Little Planet Learning, Vote Vets, Armed Services Mutual Benefit Association, Actus Lend/Lease, Cracker Barrel, The Warriors' Legacy Fund, The Wounded Warrior Project, Centerstone and the National Council for Community Behavioral Healthcare to create new ways across the nation to help those returning from war. Not Alone draws on a unique group of individuals with personal experience in the Iraq and Afghanistan war. We have been in your shoes. We have struggled to regain our lives and to find the new normal at home. The following professionals, warriors and experts have been vital in helping to bring the Not Alone vision into reality. We've been through the experience of war and returning home from war and hope that our persistence, experience and passion can help others in their journey as well. We understand. We get it. If you are an organization that would like to know more or is interested in working with or helping Not Alone please email us at notalonehq@notalone.com.”] **Note: Exciting and developing multi-media Web-based resource. I am very impressed with Carter Andres and the entire staff of Not Alone. Disclosure: I am a volunteer consultant with Not Alone.** ☺

***Not Alone** (<http://notalone.com/Site/Default.aspx>). [“Not Alone provides programs, resources and services to warriors and families impacted by combat stress and PTSD through a confidential and anonymous community. Includes blogs, forums, stories, articles, programs and “the long road back.”]

***Ocean Therapy Program (Jimmy Miller Foundation)** (<http://jimmymillerfoundation.org/ocean-therapy/wounded-warriors-program/>). [“The Jimmy Miller Foundation currently serves Marines of the Wounded Warrior Battalions at Camp Pendleton and 29 Palms with unique, year-round Ocean Therapy sessions. Held on base at Camp Pendleton, the Ocean Therapy sessions provide the Marines with an opportunity to learn to surf in a supportive environment, while focusing on the therapeutic benefits of the ocean, the sport of surfing and the supportive community surrounding the surfing culture. Other aims of the program through occupational therapist led discussion sessions are increased perceived self-efficacy, patient advocacy and the process of recovery. Through the Ocean Therapy program, the Marines are first taught the basics of surfing on land and then learn to surf with a personalized surf instructor in the water. The sport is adapted to meet any and all limiting physical and/or emotional challenges, so that every participant is successful. The supportive environment coupled with the resilience and physical aptitude of the Marines, lends itself to some of the most miraculous surfing skills ever witnessed.”]

***Oldtimer Speaks Out** (<http://oldtimer.wordpress.com/>). (“Whatever I have to say, I say from experience and love” Blog by 70 year old activist. Homeless vets and Habitat for Humanity are two of the areas of focus. More recent topics covered include: 1. VA Disability Claims and Appeals Process; 2. What the homeless need most; 3. Sex Offender Locator Mapping Tool from John Walsch; 4. Homeless Veterans – Pictures vs Facts; 5. The Top 10 Reasons Why Kids Have Run Away 6. Habitat Tutorial – Part 3; 7. FACT: 43% of Homeless Males Over 25 are Veterans; 8. Homeless Veterans – Facts, Links and the numbers; 9. Homeless Youth – Some Random Facts That May Scare You; 10. Homeless Veterans – An Overview of the Problem; 11. Homeless Veterans – Facts By the Numbers; 12. Military tradition-history of veterans abused, discarded.”)

***Olive-Drab** (http://olive-drab.com/od_milorgs_unofficial_families.php). [“Welcome to Olive-Drab.com, where you will find over fifteen-hundred pages of military photos and information resources. Military jeeps, HMMWVs, trucks, tanks, weapons and ammunition, rations, uniforms, web gear and field equipment, electronics, history, books & videos, and much more. From World War II through Korea, Vietnam, the Gulf War and the wars of the 21st Century you will find reading and photos on all the things that equip the soldier to keep the military fighting and moving.”]

Note: Their “military family-support organizations” section (http://olive-drab.com/od_milorgs_unofficial_families.php) contains a substantial listing and description with direct links to each. I found about eight resources here that I added to my War Trauma Resources Listing.

***One Freedom** (http://www.onefreedom.org/about_us) [“ONE Freedom is a Colorado-based non-profit organization providing America’s returning veterans and their families with meaningful education and training on prolonged stress, trauma and personal, self-managed skill-sets for maintaining strength after service. Creating reintegration solutions for our military service members, families and communities.”]

***Online Support for Military Families** (JamesJMessina.com). [“Families with one or more members who are in the military, including state national guard or reserves, need support to help them handle the stressors which they will, are or have faced due to being deployed to Iraq, Afghanistan, or some other foreign post. To assist these families to connect with the resources available to them we are presenting on this site the internet resources which are available to support them.” Numerous resource links are provided under several categories: General, family, children, spouse, servicemember, U.S. Army, U.S. Navy, U.S. Air Force, U.S. Coastguard, PTSD, Children with Special Needs, Other Family Related Resources, Resources for Support for Florida Military Families]

***Operation Care and Comfort** (<http://occ-usa.org/>). *Our Mission:* Historically, Americans have shown their support to our Troops serving in times of war in many ways. By writing letters, mailing care packages, or by showing support for a deployed service member's family, Americans have opened up their hearts, homes, and wallets to show that they support those who serve. *Operation: Care and Comfort* is proud to continue this tradition of service. *Operation: Care and Comfort*, our all volunteer program, exists to provide support and comfort to "adopted" units of deployed U.S. military service members, serving in Iraq, Afghanistan, and conflict regions. Working within our community and through donations received from all over our country, we assemble and ship care packages to our adopted units every month until they return home. Our unique program allows caring Americans to donate their time, talent, and treasure to honor those serving our country during these difficult times. Since April 2003, have shipped over 675 pounds (over 300 tons) of care packages for distribution to Marine, Army, Air Force, Navy and Coast Guard personnel that are deployed in the conflict regions.”]

***Operation Down Home** (www.lakeshore.org) Livingstone, AL. [“Lima Foxtrot Programs for Injured Military. Operation Down Home is designed to introduce severely injured military personnel and their families to recreational sports opportunities. This camp is open to servicemen and women, and their family members, who have been severely injured in recent conflicts and have suffered an injury such as spinal cord injury, traumatic brain injury, amputation or visual impairment. There is no cost to military personnel with severe service-related injuries and up to three family members. The weekend includes all meals, lodging, air and ground transportation, and all sports and recreation activities.”]

***Operation Family Fund** (www.operationfamilyfund.org). 760-375-8067; fax 760-793-054. [“To assist the injured and families of the those who have been injured or killed as a part of the Global War on Terrorism, whether domestic or abroad, military or civilian, with financial grants for transitioning to their new circumstances and achieving financial self-sufficiency. As of December 2008: Over 275 Families have received Grants, and more than \$1,700,000 in donations have been received from generous Americans. Our commitment:

To ensure that your donation goes to eligible families, not to unnecessary overhead, Operation Family Fund was founded with donations and is run by volunteers. There are no paid staff.]

***Operation First Response, Inc.** (www.operationfirstresponse.org) [(888) 289-0280. “Supporting wounded warriors and their families. . . The mission of Operation First Response (OFR) is to serve all branches of our nation’s Wounded Warriors and their families with personal and financial needs. Services are provided from the onset of injury or illness, throughout their recovery period and along their journey from military life to the civilian world. “ OFR programs include: *Wounded Warrior Family Financial Assistance Program* (* Financial aid varies as each case is based on individual needs ranging from: rent, utilities, vehicle payments, groceries, clothing, travel expenses to and from major medical facilities); *The Last Mission Project – PTSD – The Battle On and Off the Field* (From our experience the financial devastation can be the last straw, it is our hope to alleviate the financial stress for the Veteran allowing them to make clear decisions about treatment without the burden of the cost it will have on the family. By receiving treatment and learning to cope with PTSD in a manageable manner we will return more Veterans to their families and communities as productive members. As the recipients of their Service and Sacrifices we have a responsibility to assure their quality of life. Operation First Response is the bridge between the Warrior and hope for a promising future, enabling them to concentrate on recovery. The Last Mission Project scope is to alleviate the financial issue by the following procedures”—note that several procedures are specified on the web site); “*Operation First Response Backpacks* (OFR Backpacks are sent to combat support hospitals in Iraq and Afghanistan. The backpacks are given to our wounded when they arrive at the hospital with no personal belongings. These backpacks ensure that our wounded have a little love from home to comfort them until they return to the states; *Cot Quilts* (OFR always is in need of handmade blankets and quilts. Sizes may vary. Smaller sizes will be included in a backpack sent our wounded. Cot size 45 x 45 or 45 x 60. Larger sizes will be hand delivered to military medical facilities in the states.”]

***Operation Grateful Heart** (<http://dir.alabama.gov/OGHInfoSheet.pdf>). [“Operation Grateful Heart is Alabama’s program to ensure that all military personnel and their families receive appropriate recognition, tangible support, and neighborly care . . . while they are serving on active duty and upon their return to communities in our state.”]

***Operation Gratitude** (<http://www.opgratitude.com>) [“Our Mission: Tens of thousands of American Service Members are deployed in hostile and remote regions of the world, including the Middle East, Afghanistan, and on ships throughout international waters. The physical conditions they must endure are difficult and they may be separated from loved ones for long periods of time. **Operation Gratitude** seeks to lift morale and put smiles on faces by sending care packages addressed to individual Soldiers, Sailors, Airmen and Marines deployed in harm’s way. **Operation Gratitude** care packages contain food, hygiene products, entertainment items and personal letters of appreciation, all wrapped with good wishes of love and support. Through Collection Drives, Letter Writing Campaigns and Donations of funds for shipping expenses, **Operation Gratitude** provides civilians anywhere in America a way to express their respect and appreciation to the men and women of the U.S. Military in an active, hands-on manner. **Operation Gratitude** is a 501(c)(3) non-profit, volunteer-based corporation, funded entirely by private donations. For safety and security, the assembling of all packages occurs at the Army National Guard Armory in Van Nuys, California.”]

***Operation Healing Angel (of Home Front Hugs) for Our Wounded Troops** (<http://homefronthugs.org/>) [Numerous programs offered, to include: “homefront hugs welcome home our heroes at airports” and other programs involving kids, orphans, phone hugs, post-hurricane needs of military families and more. Card program: “YES YOU CAN !!!! You can send cards THROUGH us to any wounded hero and they will land in the hands of a wounded hero- send them to us as we just adopted the biggest hospital in Iraq and cover Landstuhl, Tripler, and Tampa James V.Haley VA Medical Center too ! Make them personal and add photos if you can. We need cards ! LOTS OF CARDS ! MAKE THEM PERSONAL PLEASE.... And so do the doctors

and nurses too ! Just send them to : Operation Healing Angel, 123 Fieldcrest St / Ste 104, Ann Arbor, Michigan 48103. Cards and care packages for our wounded and the docs and nurses who care for them; Cards should be personalized with humor or jokes or small stories or photos to make it feel like home”]

***Operation Homefront, Inc. (www.operationhomefront.net).** [“Operation Homefront provides emergency assistance and morale to our troops, to the families they leave behind, and to wounded warriors when they return home. A nonprofit founded after 9/11, Operation Homefront leads more than 4,000 volunteers in 31 chapters nationwide.”]

***Operation Iraqi Children now has become: Operation International Children**

(<http://www.operationiraqichildren.org/>) [“Operation International Children (formerly Operation Iraqi Children) is a grass-roots program founded in early 2004 by actor Gary Sinise (*Forrest Gump*, *Apollo 13*, *CSI: NY*) and author Laura Hillenbrand (*Seabiscuit: An American Legend*) and joined in partnership with People to People International and its President and CEO, Mary Eisenhower, granddaughter of President Dwight D. Eisenhower. Sinise and Hillenbrand created OIC to give concerned Americans a way to reach out to the war-stricken children of Iraq by supporting our troops in their efforts to assist them. Working directly with troops, OIC has delivered well over a quarter of a million school supply kits, along with more than half a million toys and thousands of blankets, backpacks, pairs of shoes, Arabic-language books, and sets of sports equipment, all of which have been distributed to children. While we remain committed to our work in Iraq, OIC has expanded its mission, sending school supplies to Afghanistan and other nations, where American troops are distributing them to children in need. In the future, we will continue to broaden our efforts across the world.”]

***Operation Marriage (<http://rebekahsanderlin.com/>).** [Blog by Rebecca Sanderlin – military spouse -- with numerous entries concerning Ft Bragg and military life, to include domestic violence in the military, heroic actions by military personnel and many other related subjects.]

***Operation Mend (<http://operationmend.ucla.edu/default.cfm>).** [“Established in 2007, Operation Mend is a pioneering program. It combines the best of the military's resources with the skills of UCLA Health System for a comprehensive and collaborative approach to healing United States military personnel wounded and disfigured in Iraq and Afghanistan. Envisioned by Ronald Reagan UCLA Medical Center Board and Executive Committee member Ronald A. Katz and his wife, Maddie, Operation Mend's original goal was to give returning service members with severe facial injuries access to the Army's best burn center and the nation's best plastic and reconstructive surgeons.

In a partnership with Brooke Army Medical Center (BAMC), a leading burn and rehabilitation center in San Antonio, Texas, and UCLA Health System, Operation Mend started with facial reconstruction. The program has since expanded in order to optimize healing-body, mind, and spirit. In addition to plastic and reconstructive surgery, mental-health support (for warriors and their families), orthopaedic reconstruction for severely damaged limbs, urologic treatment, otolaryngological care, the examination and treatment of reproductive issues, repair of airways, and design of new prosthetic ears are provided.

"It is a privilege for UCLA Medical Center to assist our country's men and women in the military," said Dr. David T. Feinberg, President of UCLA Health System and CEO of UCLA Hospital System. "We are honored to partner with Brooke Army Medical Center to help heal several of America's wounded warriors."

***Operation Military Kids (<http://operationmilitarykids.org/public/home.aspx>).** [“Operation Military Kids is the U.S. Army's collaborative effort with America's communities to support children and youth impacted by deployment. Regardless of whether Families are experiencing deployment for the first time, the second time or another in a series of multiple deployments, OMK's goal is to connect military children and youth with local resources in order to achieve a sense of community support and enhance their well-being. In 2009, over **150,000 youth** participated in experiences conducted by State OMK Teams in 49 states and the District of Columbia. **945 Community members** representing **over 43 national, state and local organizations** worked

together utilizing core OMK program elements like those in the left menu to help school age children and youth through the deployment of a loved one. Through OMK, Military Youth: Meet other youth who are also experiencing deployment; Participate in a range of recreational, social & educational programs; Gain leadership, organizational, and technical skills by participating in the *Speak Out for Military Kids* program or *Mobile Technology Lab* programs; Receive assistance with school issues by connecting with [Army Child, Youth & School Services School Liaisons](#) -- [More on School Transition Support](#); Attend single day, weekend or even longer residential camps.”]

***Operation Military Family** (<http://www.causes.com/causes/139001-operation-military-family/about?m=>). [“To preserve and strengthen military marriages and families. Operation Military Family is working aggressively to drive down military divorce rates and strengthen military marriages through Coaching, Resources and Technology. Bottom line: we battle-ready the marriage and family for deployments and reintegration. When the family unit stays together, despite the challenges faced by deployments or related stresses, and has the right support, those families are more likely to flourish. Our Relationship training Programs are our grassroots campaign to drive awareness throughout communities on what resources and tools are available to our servicemembers and their families.”]

***Operation Mom** (<http://www.operationmom.org/faq.html>) [“During World War II, a group of mothers who had sons or daughters involved in the war, formed a support group. Today, military support groups are formed within their own branches. Our group, Operation: MOM was created in the same supportive spirit with two differences. The first difference is that Operation: MOM includes all family and friends of those who are active military personnel. We serve as a support group for parents, spouses, sisters, brothers, close family, and friends of those securing our freedom, whether here or afar. The second difference is Operation: MOM includes all branches of service. . . It is important we support one another, assist one another, and meet the special needs all of us are having or soon will experience, no matter what branch of service our loved one is in. We also provide direct support to our military personnel who are currently deployed overseas through letters of encouragement, food packages, and other necessities that will remind our troops of how much they are supported and loved.”]

***Operation Pocket Change** (see: **Treats for Troops**)

***Operation Proper Exit** (www.troopsfirstfoundation.org) [Troops First Foundation: “For those Wounded Warriors who are thriving in recovery and are capable of returning to theater, this program itinerary stages a meet-and-greet tour to forward operating bases with a group of recovered soldiers. Four specific objectives have been identified: The sense of brotherhood inherent in today's military leaves a number of injured soldiers with the desire to return to theater after injury. By having a chance to visit, not only is their desire addressed but they can bring stories from home to deployed troops when they arrive. Soldiers who have witnessed the injuring of a battle buddy are often times left wondering how the situation turned out both short and long term. Upon the return of fully recovered soldiers, the minds of deployed troops are put to ease when they witness the results firsthand and hear about the journey and outstanding care being afforded to our Wounded Warriors. The Wounded Warriors will have a most important as well as unique opportunity to see the progress in Iraq that they, through their tremendous sacrifice, helped bring about. For troops that have been injured in battle, this initiative provides them the opportunity to make a "proper exit" on their own terms as they walk to the aircraft and climb the ramp rather than being medically evacuated. This component has a positively resounding effect in offering closure to that chapter of their lives”]

***Operation PTSD** (<http://www.operationptsd.com>). [“ . . . is dedicated to assisting Post Traumatic Stress Disorder (PTSD) Veterans and providing tools for recovery. Creating awareness and providing educational material is a very simple way of breaking through to Veterans fighting the STIGMA of this destructive and persistent injury. Our mission also includes uncovering and providing resources each individual can use to

become proactive in their recovery. By creating OperationPTSD.com our intention is to provide a Community approach to healing with a sense of camaraderie that gives additional support to each individual that would not otherwise exist in a traditional treatment setting. A true for Veterans by Veterans organization. With our efforts to help Veterans we also intend to be a beacon of light to all PTSD sufferers outside the military community as well. Together we can multiply the joy of healing and divide the sorrow of suffering.”]

***Operation Purple Camp** (<http://paycheck-chronicles.military.com/2011/03/01/operation-purple-camps-will-return/>). [“Good news from the National Military Family Association (NMFA)! After spending the winter trying to gather funding, [the NMFA has announced](#) plans for the 2011 Operation Purple Summer Camp season. This summer’s schedule will include 40 weeks of camp in 25 states plus Japan. This is great news for military families. Operation Purple camps are free summer camps for military children. Priority is given to families with a currently deployed parent, followed by families with recently returned and shortly deploying parents. My children had the opportunity to attend an Operation Purple camp two years ago and they absolutely loved it. It was a nice experience for them to be surrounded by other children who understood what it felt like when a parent was gone. Details about dates and locations will be available on March 31st, 2011. The online application system will also open that day. Read more: <http://paycheck-chronicles.military.com/2011/03/01/operation-purple-camps-will-return/#ixzz1om7qNVAK>. The Paycheck Chronicles]

*** Operation Purple Healing Adventures (NMFA)** (www.nmfa.org). [“Operation Purple Healing Adventures is an all expenses paid family camp experience for active duty or medically retired service members who were wounded or experienced emotional trauma or illness related to their service in Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF). Members of the National Guard and Reserve may be in either activated or drilling status, provided their injury was sustained while on active duty status. Families will experience numerous outdoor recreational activities designed specifically for the participation of all family members to include the wounded warrior. Adaptive water and outdoor equipment will be available to assist those with disabilities. Children (and parents when possible) will participate in various traditional Operation Purple camp activities such as high ropes courses, swimming, archery, fishing, and skeet shooting. Adults will enjoy quality time with children as well have the opportunity to participate in information sessions on topics such as healthcare or how to take advantage of military benefits. Together families will overcome obstacles, reconnect in a friendly environment, and most of all have fun!”]

*** Operation Rise and Conquer** (Livingstone, Alabama) (www.lakeshore.org) [“Operation Rise & Conquer is an extended outdoor adventure weekend that involves service members and their families in a variety of challenging activities that include team and individual competitive sports, water skiing, scuba diving, canoeing and kayaking, ropes course and zip line, bass fishing and shooting sports. This camp is open to men and women who have been severely injured in the global war on terror and have suffered an injury such as spinal cord injury, traumatic brain injury, amputation or visual impairment. There is no cost to military personnel with severe service related injuries and one guest. The weekend includes all meals, lodging, air and ground transportation, and all sports and recreation activities.”]

***Operation Silver Spurs** (<http://www.operationsilverspurs.org/index.html>) [“Operation Silver Spurs. Horses Helping Veterans. Over the years, millions of U.S. veterans have returned home with physical challenges due to injuries and others suffer from Post Traumatic Stress Disorder (PTSD). These circumstances sometimes make it difficult for veterans to assimilate into the civilian world without physical therapy and/or psychological or psychiatric services. In some cases, veterans are too proud to seek assistance. Operation Silver Spurs assures veterans of their dignity while giving them a new perspective on their ability to reach life goals and succeed in a civilian world. This program is conducted in a safe and non-threatening environment that promotes trust, communication and self-confidence. **How we are unique** There are a number of distinct and

worthy organizations that help veterans and a number of therapeutic riding programs that promote the benefits of working with horses to improve quality of life. However, Operation Silver Spurs combines the mission of helping veterans with acquiring horsemanship skills, participating in therapeutic riding and understanding the unique philosophies and principles of The Wisdom of the Horse. Operation Silver Spurs was created by a veteran for veterans. Brad Myers, a third generation horseman and veteran (USMC), founded Operation Silver Spurs in 2008. Many of our volunteers are also veterans. Others want to fulfill their desire to make a difference in a veteran's life and, at the same time, broaden their own life experience. Volunteers donate their time and talents to assist with every aspect of running Operation Silver Spurs, including working directly with the horses and veterans.”]

***Operation Soldier Assist** (<http://www.soldierassist.com/>) [“Here at OSA, we often get letters requesting adoption and support because the government hired contractors are charging way to much at the bases stores, sometimes just because of a poor stock of supplies. Some just wish to have someone to write to and visit with. Most need some sort of help with the following items: personal hygiene items, books, magazines, CD's, DVD's, new boots, and new uniforms items. I know some may feel that boots and new uniform items are over the top, there NOT. Remember a gift is not a gift if it costs you nothing, and being deployed is costing our troops allot! and this is truly about helping those who defend our country and need support. A uniform allowance is given to military personnel. However, quite often the troops forfeit many normal needs to cover their uniform costs. Then again most of them send their pay home to support their families. Please consider helping, you will enjoy visiting with the person you adopt and will encourage them greatly with your support. The above items are just examples, you decide how you will support the individual you adopt. We just ask you to put yourself in their place and think of what you would like for help. Thanks again for visiting us and please tell your friends about SoldierAssist.com. If you wish to adopt a troop, use the navigation link to the upper left. Be sure to visit the Soldiers link to view just a few of our past supported troops and also check out the Media Video's link to watch some vids made by our troops, they are funny and worth watching. Thanks for visiting OSA and we look forward to helping you adopt a soldier. Blaine P. Ducote Sr. Founder: OSA.”]

***Operation Support Our Troops** (<http://www.operation-support-our-troops.org/>) [“The mission of Operation Support Our Troops is to provide a process and forum for Americans of diverse interests, backgrounds and walks of life to come together to demonstrate to members of the Armed Forces and their Commander in Chief that they are supported and deeply appreciated for their service. Our goal is to ensure that they know United We Stand and Divided We Fall are not empty words, but words to which we subscribe. . . OSOT (as it came to be) rallied for the first time on January 18, 2003. When we decided that rallies just weren't enough for our Troops, we started Operation Holidays from Home in September 2003 to send a little slice of home to our Troops deployed overseas. Christmas that year was a huge success – sending 1,700 troops a complete Christmas with 300 volunteers packing boxes full of goodies, including a Christmas tree with all the trimmings. In 2004, we sent Holiday packages for Valentine's Day, Hero to Hero (First Anniversary of Operation Iraqi Freedom), Easter, 4th of July and Christmas. For Christmas this year, we adopted 7,500 Troops deployed overseas!”] Note: 2005 seems to be the last update.

***Operation Troop Aid** (<http://OperationTroopAid.org/>) [“to provide care packages for our deployed U.S. Service Members with revenue generated through professional concert promotions and public financial generosity . . .”]

***Operation Troop Support** (http://www.troopsupportusa.com/about_our_organization.htm).

[“Established in March 2003, Operation Troop Support is an organization from Boston's north shore area that serves our deployed men and women in uniform from across the country. Headquartered in Danvers, Massachusetts, Operation Troop Support has **FIVE** missions:

- Sending care packages to our deployed troops

- Supplying our military hospitals both state side and abroad with much needed comfort items
- Spearheading an extensive holiday gift wrapping and distribution program to our military forces
- Coordinating a regional military family support group program
- Generating a public awareness of the sacrifices and needs of the soldiers and their families

We are a 501(C)(3) non-profit organization with a tax exempt number available upon request.”]

***Operation Vets** (<http://www.operationvets.com/>) [“Created to serve as a support network for military veterans, their families and civilian supporters to ease the transition from soldier to civilian, provide assistance to military families and educate the general public – dedicated to “truly leaving no veteran behind on the home front.” Includes vet outreach, student vet support, peer support, resource guide.”]

***Operation We Are Here** (www.OperationWeAreHere.com). [Christian-oriented Web site “to create an awareness of the challenges of families/loved ones of deployed Soldiers; to offer practical suggestions to churches, communities and individuals on how to support and encourage the military homefront; to provide a comprehensive list of resources for families/loved ones of deployed Soldiers.”]

Our Fallen Soldier (<http://ourfallensoldier.com/index.html>). [“Our Fallen Soldier was founded on August 1, 2006, following the loss of our son, brother and uncle, Sgt Kyle Cornut who was KIA 22 April 2006 outside of Baghdad, Iraq. The focus of this organization is two-fold, to honor Kyle and his 6, 383 Brothers and Sisters in arms who have paid the ultimate price for their country and the liberation of others. This is done by offering free web pages where each and every fallen hero can be remembered. Secondly, to provide financial support for the loved ones left behind. We have assisted several families, sponsored camps for the children and spouses of our fallen, supported Fisher House. We also support the combat Wounded and Our Heroes Journey, aiding troops pre-, during and post-deployment. Through generous contributions, we have distributed over 95% of all funds received. We are honored to do this, but many more families will need assistance, we need America to help us to help those families.”]

***Our Military Kids** (<http://www.ourmilitarykids.org/>) [“Provides tangible support to the children of deployed and severely injured National Guard and Military Reserve personnel through grants for enrichment activities (such as sports, fine arts or academic tutoring programs) that nurture and sustain the children during the time a parent is away in service to our country. OMK grants are . . . to ensure that the children have access to activities and support that help children better cope with challenges arising during a parent's deployment or injury recovery.”]

*** Outdoor Adventure** (Colorado and Scottsdale, AZ) (www.adventuresouthwest.com/military). [Purple Heart recipients receive a free hot air balloon ride.]

***Outdoor Odyssey** (www.outdoorodyssey.org). [The following is quoted from a direct communication to me on 9.21.10 by T.S. Jones, Major General USMC (ret), President/Executive Director, OUTDOOR ODYSSEY "Growth Through Adventure" regarding his Outdoor Odyssey program of outdoor-based activities for healing war and military trauma. “I use the events to build self esteem, overcome fear and inspire team building; however, the main focus of the use of these vehicles at Outdoor Odyssey is that of facilitating the bonding of mentor with those being mentored. The primary mission of Outdoor Odyssey was the bonding of at-risk youth with a mentor who would undergo a week-long, high-energy, intensive bonding experience that was designed to set the conditions for the important part: that being the follow-on sessions for the academic year in school and community. I am a member of the Board of Directors of the Semper Fi Fund and helped an injured Marine Captain build the nonprofit Veterans Employment Transition Foundation (VET Foundation) and now host week-long events at Outdoor Odyssey in an effort to assist wounded warriors make the transition from the

military to the civilian sector. Involvement with these wounded warriors led me to inspire a project with the support of OSD oriented to target those identified to be suffering with combat stress injuries; the orientation was to prevent these same folks from falling victim to combat stress illnesses such as PTSD, severe depression and/or anxiety. We have conducted several of these week-long sessions at Outdoor Odyssey, having the fifth of this calendar year scheduled for the week of 4-9 October and the sixth and final one of the calendar year set for the third week of November. I have crafted an orientation built on a holistic approach, helping the participants build a plan for life using the same tools that they used to plan attacks into Fallujah and/or eastern Afghanistan.

Clearly team and cohesion go a long way in assisting folks with combat stress injuries, so we target the individual and help build a team for him/her that reflects and resembles the power of combat cohesion--but in the civilian sector where they will reside. Clearly, those who have been diagnosed with PTSD require a connection to the clinician; however, I must state that we have experienced a good bit of success in the short term by helping to build this cohort of support for the individual diagnosed with PTSD. I use the various vehicles at Outdoor Odyssey to facilitate team building, cohesion and bonding in much the same manner that I do with young at-risk youth. Bottom line: I use the events to facilitate a bond that sets the condition for success; I do not nor ever intend to have the event dominate the relationship. I say relationship, as I think any element of follow-on work (which is obviously critical) demands the bonding of the individual in need with someone he/she trusts--without that, you are on the road to failure (my view).Semper Fi”]. ***Note: I have been extremely impressed with MG Jones’ articulation of his vision and candidness regarding the use and limitations of outdoor adventure-based activities and bonding, first developed in Outdoor Odyssey for youth and subsequently being applied to wounded warriors. Please note that the web site only describes the youth-based Outdoor Odyssey program. For communication regarding the program with veterans, please contact MG Jones directly: tsjones@outdoorodyssey.org; 814.533-9360.***

***Pathway Home Program** (<http://www.thepathwayhome.org/>) [“The Pathway Home Program is a Residential Recovery program specifically created for, and dedicated to serve, our Nation’s “New Warriors”—those of any age, who have served our Nation’s Global War on Terror in areas of the world such as Afghanistan and Iraq. Our New Warriors have survived the stressors of war, but may find themselves experiencing problems that are “getting in the way” of their post-deployment functioning. The Pathway Program can help to address those problems and maximize each Warrior’s mental and physical health, coping, resiliency, and overall functioning—whether that is post-deployment, or to re-deployment, or civilian status.”]

Patience Mason’s PTSD Blog.** (<http://patencemason.blogspot.com/>) [“”A blog about the realities of PTSD in the current situation.” “Patience Mason. I’m the wife of a Vietnam vet, Robert Mason, who wrote the book, Chickenhawk, a memoir of his tour as a helicopter pilot, who came home with PTSD. 43d anniversary on Dec 2. We have been through a lot. Recovering from the War is the book I wrote when we found out about PTSD.”] ***Note: Patience is a long-time colleague; she speaks from the heart and a wealth of experience as the spouse of a Vietnam veteran with PTSD.

***Patriot Outreach** (www.patriotoutreach.org). [“Provides grants (at no cost) to Military Warriors, Veterans, Retirees, Government Civilians, Battlefield Contractors and their Families . . . provides confidential (private) materials . . . for dealing with anger, anxiety, stress, pain, fear, depression, combat stress, PTSD . . . assists in distributing important News, Updates and Government Reports affecting the health and well being of our nation’s Warriors and Patriots.” Disclosure: I provided several writings for this Web site.

***Patriotic Pillow Project** (<http://patrioticpillowproject.org/>) [**Pillow Mom:** Stitch prayers & care into pillows that will be created for each special honorable recipient. “We as Supportive citizens of our heroic American G.I.s would like to extend our love & compassion during these challenging times. War has left many of our service Men & Women wounded! We collectively around this great Nation would like to extend our appreciation towards these Heroes for their Service & Sacrifices. We will stitch our prayers & care into each pillow that will be created for each special Honorable recipient. A Thank You note will be included with each

gift of comfort, so each brave, wounded G.I. will know how very much we care about each & everyone of them. These Pillows are compact but powerful. The pillows had been donated by United Airlines. They generously donated some 2,000 pillows. We have recently received 8,250 NEW pillows to date from C.A.R.C.; the Chicago Association of Retarded Citizens the manufacturers of these beautiful and skillfully crafted gifts of comfort. We are currently purchasing the pillows from the C.A.R.C. center at cost as a collaborative effort to provide comfort to our "Healing Heroes"! We have received up to this point over 10,250 pillows & have delivered over 13,250 finished gifts of gratitude, since June 20, 2004. We are now purchasing the pillow forms from C.A.R.C, No other would ever fit the Bill. They Make the "BEST" here in America!"]

***The Pentagon Federal Credit Union (www.pentagonfoundation.org).** ["PenFed Foundation: The Pentagon Federal Credit Union Foundation is a nonprofit national charity working to meet the unmet needs of military personnel and their families in the areas of financial literacy, housing, and support for the wounded."]

***Pets for Vets/PAWSitive Therapy Troupe (<http://pawsitivetherapy.com/>).** ["Pets for Vets/PAWSitive Therapy Troupe, a 501(c)(3) nonprofit, provides a second chance for shelter pets by rescuing, rehabilitating, training and matching them with America's veterans who would benefit from having a companion animal. The stories from our veterans illustrate that companion animals significantly improve mental and physical health, including reducing stress, depression and anxiety, symptoms experienced by many serving in the military. Over 6 million dogs and cats are abandoned at shelters in the United States and more than half of these animals are euthanized because there is no one to adopt them. These dogs and cats can make excellent companion animals but never have that chance. Pets for Vets provides that second chance for both the veteran and the shelter animal at no cost to the veteran. The Pets for Vets program has been featured on CBS News affiliates nation-wide, on CNN.com, AOL.com and NPR. "[

***Prayers for Platoons (<http://kimig.tripod.com/PRAYSFORPLATOONS/>)** [This is a Christian site with numerous prayers, guestbooks, video links of scripture and other Christian messages "for platoons."]

***Project Victory, TIRR Foundation (www.tirrfoundation.org).** ["TIRR Foundation and the Memorial Hermann TIRR Challenge Program have joined together to provide rehabilitative care for military service members injured in OIF/OEF. TIRR's Project Victory seeks to enable soldiers with a traumatic brain injury regain skills and functions that were lost through their injury."]

***Proud Patriots, Inc. (<http://www.proudpatriots.org/>)** ["Proud Patriots, Inc. sends care packages, cards and letters to servicemembers. Proud Patriots currently supports ten Marine units, eight Army units, two field hospitals, seven Navy ships, six Reserve/National Guard units, and two Air Force squadrons. Donations to Proud Patriots are shipped to these various units, which are in Iraq, Kuwait, Afghanistan, and Africa." For more information, visit the Proud Patriots website."]

***Point Man International Ministries (www.pmim.org.** Hotline: 1-800-877-VETS (8387); Point Man Intl. Ministries, Po Box 267, Spring Brook, NY 14140; E -mail: dana@pmim.org; HQ Phone: 1-716-675-5552) ["a system of small groups across the USA for the purpose of mutual support and fellowship. These groups are known as Outposts. Worldwide there are hundreds of Outposts and Homefront groups serving the families of veterans. PMIM is run by veterans from all conflicts, nationalities and backgrounds. Although, the primary focus of Point Man has always been to offer spiritual healing from PTSD, Point Man today is involved in group meetings, publishing, hospital visits, conferences, supplying speakers for churches and veteran groups, welcome home projects and community support. Just about any where there are Vets there is a Point Man presence. All services offered by Point Man are free of charge."]

***Project Hired Wounded Warrior Workforce (<http://projecthired.org/index/html>)** ["Project HIRED mission is to assist individuals with disabilities to gain and sustain employment, in partnership with business

and the community. . . Project HIRED Wounded Warrior Workforce mission is to support disabled veterans by: offering career exploration and development services; facilitating job retention, job searches and retraining; and providing veterans with wrap-around support services. The Project HIRED Wounded Warrior Workforce Program also supports employers of veterans with disabilities by providing HR support, Management and Staff training programs, customized workshops and consultative services.”]

***PTSD Anonymous (www.ptsdanonymous.org).** [“PTSDA: Veterans talking with veterans – you are not alone. A future network of local support groups.” – this site includes meeting guidelines, rules and facilitator tips adapted from a 12-step model, e.g., “For some, the experience of military trauma causes deep conflict in their spirituality and past relationship to a God or Higher Power. The complementary version of a 12 step format is included . . . The aim of PTSDA is to assist in adjusting to home and job life. We offer a peer-to-peer forum to discuss the everyday struggles of living with PTSD and explore possible solutions. PTSDA meetings are not intended to be “group counseling” sessions. We do not discuss the details of actual events. These discussions are best left for counseling. Many soldiers and veterans, however, attend PTSDA meetings as a supplement to their counseling sessions. All meetings are confidential. No last names. No attendance. No notes. No reports. Discussions do not leave the meeting.”] Note: PTSD meeting locations (as of November, 2010) include at Ft. Lewis chapel and Pierce College in Western Washington State. See web site for other meetings.

***PTSD Combat. Winning the War Within.** [“Welcome home. While a wide variety of events can trigger what's called post-traumatic stress disorder, this PTSD blog focuses solely on the combat-related variety. As a new generation of warriors returns to civilian life and seeks out resources, PTSD Combat is here to help: Combat Stress Resources; PTSD Researcher Tools . . . This is the online journal of Ilona Meagher, veteran's daughter and author of Moving a Nation to Care: Post-Traumatic Stress Disorder and America's Returning Troops. You are invited to read my bio and stay connected via the networks listed to the right.”] NOTE: website converted to: <http://stressingfitness.com/>

****PTSD Forum (<https://www.ptsdforum.org/c/portal/>).** [“Welcome to PTSD Forum. Post Traumatic Stress Disorder (PTSD) is a life threatening, debilitating disorder that can break down a sufferer’s body through anxiety and stress. Further it poses a significant suicide risk resulting from the brains neurological imbalance and chemical depression. Sufferers often live in denial, thus this community is aimed at helping PTSD sufferers help themselves through others experiences, guidance and education. We are here for the sufferer, spouse and families surrounding PTSD. Spouses and family are too often forgotten in this equation, and often they receive all the worst that PTSD has to offer. If you're involved in any way with PTSD, get registered and help yourself now. If you're not sure how to register or use a forum, then [start watching our video help tutorials](#) to get started.”]

***PTSD Foundation of America (<http://www.ptsdusa.org/>)** [“Our Mission To meet the needs of our troops and their families through a concerted effort by developing a “Corps of Compassion” (comprised of churches and other caring organizations, armed with expanded resources and training), which reach out to meet the needs at a personal relationship level. The PTSD Foundation of America is a year-round concerted effort with three key objectives: Raise awareness of the great needs of military families; Leverage awareness into action: to expand the human and financial resources available so that the many excellent existing organizations can do more; Connect armed forces families to the community and these expanded resources . . . *We know that the one and only true healer of the soul is Our Lord and Savior Jesus Christ.* The churches of Houston and around the nation must network together to help these wounded warriors and their families. With God’s grace, it is our duty as Christian Americans to help these mighty warriors heal, it is our turn to step up and receive God’s call to help those that have fought and sacrificed so much for us . . . This effort will empower a “Corps of Compassion”, rallying the Houston community and the nation to the call that: The urgent needs of military families are best met through relationships and a community which can compassionately deliver a message of faith, hope and

love. Hearing and seeing the need is the call to action, and taking action starts as easily as extending a helping hand and a caring ear.”]

***PTSD Spouses and Friends Support Group** (<http://www.meetup.com/PTSD-Sufferers-Spouses-Family-Friends/>). [“Loving someone with PTSD requires a skill set many of us either don't have, or are not sure how to gain. The Military offers little to no support for spouses or family members, having the resources to only focus on the PTSD sufferer and the Chaplains of S.A. admittedly are stretched too thin. This group is for the men and women that are sufferers or love those that have been diagnosed with PTSD. We are Certified Counseling specialists, however that said we don't claim to have the answers, but together can be a "first aide station" for those who are in need of emotional and spiritual support. We can help with what works, what doesn't and most importantly, how to take care of ourselves and/or our loved ones. In this group there is no judgment, no right or wrong answers and certainly no alternate motive (we're not going to send you solicitations to buy something, send donations or join any churches). We hope this benefits all of us and our loved ones. I am a mother of a Marine and a Navy Airman, my heart is for those who have served on and off the battlefield. Together we can make a difference.”]

***Purple Heart Radio** [Radio station sponsored by the Purple Heart VSO; “Purple Heart Radio is dedicated to veterans who have been awarded the Purple Heart. Purple Heart Radio is an internet radio station, staffed by combat wounded and disabled veterans. Our purpose is to reach out to the veteran community providing support, and most importantly information via the web. PHR programming covers a wide variety of veteran-related topics focused towards the veteran community – past, present, and future. It also contains a wealth of information for non-military listeners, along with a behind the scenes look into the life of combat wounded and disabled veterans. “] *Lots of relevant programming for military veterans both those awarded as well as those not awarded the Purple Heart.*

***Quilts of Valor Foundation** (<http://www.qovf.org/>) [“*Welcome to the Quilts of Valor Foundation.* The mission of the Quilts of Valor Foundation is to cover ALL combat servicemembers and veterans touched by war with comforting and healing Quilts of Valor. This foundation is not about politics. It's about people. Please allow me to take a few minutes to tell you a little bit about our non-profit Foundation. We got started in November 2003 with the goal of making quilts that would both heal and comfort our war wounded. These quilts are called Quilts of Valor (QOVs). Wounds that qualify are those that are both seen and unseen. Chaplain Kallerson suggested using the phrase "touched by war" as a way of identifying recipients. 6 ways to get involved. 1. Make a QOV. 2. Volunteer as a Longarm Quilter; 3. Make presentation bags 4. Fundraise/Speak to Groups; 5. Email us about working at a QOV Events/Shows; 6. Serve as QOVF Staff.” Mrs. Catherine Roberts, the Founder and Executive Director of Quilts of Valor Foundation (QOVF), can be contacted via email at: cath@QOVF.org. 42,212 quilts have been made as of 2011.] (There is a locator at the web site for local QOV Groups throughout the U.S.)

***RnR Oasis** (www.rnroasis.org). [“Help for wounded warriors and Armed Forces Veterans... Our mission at RnR Oasis is to assist disabled and wounded U.S. combat veterans in returning to as normal a life as possible, in the least amount of time. It has been our experience that healing and closure takes place around a campfire. Combat brothers and sisters, helping each other on the road to recovery. RnR Oasis provides a safe camping experience with other veterans to maximize the environment that promotes healing and closure. To that end, RnR Oasis currently rents or leases campgrounds, provides all gear and equipment, food and even fire wood for up to 50 veterans at a time. There is no cost to the veteran in this program.”]

***Raising Sand Radio** (<http://raisingsandradio.blogspot.com>). [KZSU Stanford University, Monday from 2-3 PM Pacific time. Streaming at: <http://kzsulive.stanford.edu>. KWMD, Alaska: Wednesday from 7-9 p.m. “Airs progressive themes and topics on politics, art, culture, communication, war and peace, and global issues. These shows are picked up around the US and the world via our archive.” Note: I was interviewed by host Susan

Galleymore on 8.11.08: "What is PTSD?" concerning war trauma and the overlay with Hurricane Katrina. http://www.radio4all.net:8080/files/sgalleymore@hotmail.com/3035-1-Scurfield_finalmix.mp3. ***Note: I have found Susan to be one of the most articulate and perceptive radio show hosts concerning war and its impact, and I have had the honor of being interviewed by her for her show.***

***Real Combat Life** (<http://www.realcombatlife.com/>). ["Our mission is to provide an on-line forum for our brave veterans to share their stories and to educate the public on what life is like in combat from a first- hand perspective." Tabs include: bios, stories, pictures, share a story, how to help, twitter, links."]

***Rebuild Hope** (www.rebuildhope.org). [Veterans Financial Support Network. Dana Hendrickson (dana@rebuildhope.org) is the founder of Rebuild Hope, a California-based non-profit. "We operate a national online financial support network that enables individual Americans to financially assist the families of veterans and active members of the military who were severely injured during the wars in Iraq and Afghanistan when unexpected economic problems impede their efforts to build healthy and stable civilian lives."]

***Red Cross Services for Veterans**

(<http://www.redcross.org/portal/site/en/menuitem.d8aaecf214c576bf971e4cfe43181aa0/?vgnextoid=ca281b655eb3b110VgnVCM10000089f0870aRCRD&vgnextfmt=def; general web site--www.redcross.org>) ["The American Red Cross links members of the U.S. Armed Forces with their families during a crisis . . . quickly sends emergency communications to deployed service members on behalf of their family . . . offers free class to help military families cope with the stress of deployments . . . honors America's veterans and reaches out to 1.4 million active duty military personnel and their families as well as more than 1.2 million members of the National Guard and Reserves and their families living in nearly every community in America."]

*** Reel Thanx** (www.reelthanx.org). ["Reel Thanx—fishing with our country's heroes...Reel Thanx was created in 2007 to honor and show thanks and support to service members who have been injured in the line of duty. Through the combined efforts of nationally recognized sponsors and generous private and corporate donors, Reel Thanx is able to give back to the heroes of "Operation Enduring Freedom" and "Operation Iraqi Freedom" by taking these selfless individuals on an amazing fishing getaway."]

***Repetition and Avoidance Quarterly** ["The RAQ is published each season by The Washington State Department of Veterans Affairs PTSD-War Trauma Program. The PTSD Program's Director is Tom Schumacher (Tom@dva.wa.gov), who also is the publisher of the RAQ. The editor of the RAQ is Emmett Early (EmmettEarly@comcast.net). The RAQ is intended as a contractors' gazette for the communication of information relevant to the treatment of PTSD in war veterans and their families. To be included in our E-mailing list, contact WDVA, Tom Schumacher, or Emmett Early and send us your e-mail address. Previous editions of the RAQ also can be read on-line by going to the WDVA web site www.dva.wa.gov. Once you arrive at the website, click on PTSD, and once on the PTSD scroll to where you find access to the RAQ . . ."]

Note: I am a long-time reader of the RAQ and have known Tom and Emmet since the mid 1980's; the RAQ consistently is rich with information and stimulating discussion relevant to military, veterans and their families. It should be noted that the WDVA PTSD Program, under the leadership of Tom Schumacher, has long been a leader among our nation's state department of veterans affairs in providing counseling services to veterans and their families and has maintained a very impressive state contractor's PTSD program.

***Resilience 101** (by: Pamela Woll [pamelawoll@sbcglobal.net]). Available for free download at <http://www.attcnetwork.org/learn/topics/veterans/resilience101.asp>). [Pamela Woll states that this workbook for veterans starts off with a "chapter on resilience skills, so people who are just trying to deal with their stress effects can find what they need without having to go through all the stress system stuff first. The workbook is still focused on the basic physical "engine" behind post-deployment stress effects, so even service members and veterans who aren't interested in (or ready for) getting into the psychological depths can get some quick, "non-

squishy" help and understanding from it.”] ***Note: For veterans who are able to utilize a workbook format, this workbook is a well-researched and very user friendly self-help resource, or an excellent resource for mental health personnel to utilize as part of their interventions. Thank you, Pam, for this excellent resource.***

***Reserve Wives (www.reservewives.com).** [“Welcome Home. For those that just arrived, **Welcome home!** For those that have been here before welcome back. We are your hosts, BJ 'n Cindy. We own and operate this site as well as the sister sites. As a retired Marine couple, we know just how new and puzzling, and sometimes how lonely or difficult it can be to find what you need. That is why we created this network and filled it with all kinds of resources to help you find whatever you may need... and to find one another. So once again **Welcome Home...**”]

***Resources for Parents, Teachers, and Family Support Professionals in Times of War (<http://www1.cyfernet.org/hotnew/warres.html>).** [“Summary of conference call with conference call facilitator Susan Jakes, CYFERnet Editor -Community (Children, Youth, and Families Education and Research Network), North Carolina State University. Topic: “Using On-line Resources for Parents, Teachers and Family Support Professionals in Time of War: A Conversation with the Experts. April 17, 2003.” A number of links are categorized as follows: “Talking with children about war and terrorism; Classroom Resources; Stress and Coping; Protecting Children From Traumatic Media Exposure; Patriotism; Related Organizations and Links; Resources for Military Families.”]

***Resources for U.S. Troops and Veterans, Their Families, and Those Who Provide Services to Them (<http://kspope.com/torvic/war.php>)** [Very substantial website by Kenneth S. Pope that includes a section regarding military and veterans resources. “The resources listed on this (military section of the) web site fall into 3 groups: (1) citations of relevant articles on such topics as combat trauma, the impact of deployment on troops & their families, the challenges of returning home after discharge, bereavement, and providing clinical services to troops and their families; (2) links to helpful organizations and programs, such as aid and assistance programs for each branch of the service, Operation Uplink, Operation Military Support, Military Spouse Career Center, Seamless Transition for Veterans returning from Iraq & Afghanistan, Veteran Employment site, legal information & resources for military personnel and their families, National Military Family Association, Military Sentinel, Operation Family Fund, the Tragedy Assistance Program for Survivors, Books for Soldiers, and Fisher House.; and (3) links to United States military organizations.”]

***Returning Veterans Project (<http://www.returningveterans.org/>).** [“Free counseling and other health services for returning veterans and their families. . . a non-profit organization comprised of politically unaffiliated and independent health care practitioners who offer free and confidential services to returning veterans and service members of the current Iraq and Afghanistan campaigns and their **families**. Services are available in Oregon and Southwest Washington, i.e., Returning Veterans Project, 907 NE Thompson, Portland, OR 97212. (503) 933-4996 [Carol Levine: “I’m a licensed clinical social worker in Portland Oregon. Four years ago I started a project to provide free counseling to veterans and their families returning from Iraq and Afghanistan. We have a website with about 60 counselors now on our roster, and have recently added a chiropractor, acupuncturists and naturopaths, all of whom are providing pro bono services.” “Returning Veterans Project is a nonprofit organization comprised of politically unaffiliated and independent health care practitioners who offer free and confidential* services to veterans and their families of past and current Iraq and Afghanistan campaigns. Our volunteers include mental health professionals, acupuncturists, naturopaths, chiropractors, physicians, massage therapists, and other complementary health care providers. We believe it is our collective responsibility to offer support and

healing for the short and long-term repercussions of war zone service on veterans and their families.”
“Our network includes Oregon and southwest Washington. If you are outside this area, please visit our [link & resources](#) page to find national organizations.”]

*** Road to Recovery Conference** (Salute America's Heroes) (<http://www.saluteheroes.org/road-to-recovery.html>). [“About Road to Recovery: Imagine finding all the advice, encouragement, and support in one place. That's what the Road to Recovery Conference and Tribute is all about. We sponsor an annual, all-expense-paid educational and service event to provide wounded soldiers, their families and caregivers with one source of information regarding benefits, services, counseling, insurance, healthcare, financial support, career counseling and employment opportunities. At past conferences, artists such as Toby Keith, Lee Ann Womack and Gary Sinise have surprised attendees with special, exclusive concerts just for them.”]

*** Salute America's Heroes** (www.saluteheroes.org). [The Coalition to Salute America's Heroes.... To provide an easy and meaningful way for individuals, corporations and others to help our severely wounded and disabled veterans and their families rebuild their lives. Provides links to Grants for Veterans, Veterans Administration, Veteran Loans, Veteran Benefits, Financial Help, Kids Camps, and Emergency Management. Disabled American veterans of the War on Terror must struggle every day to overcome life-changing sacrifices such as the loss of a limb, significant burns, and the reality of being in a wheel chair. The Coalition to Salute America's Heroes was created to provide a way for individuals, corporations and others to support our troops by helping severely wounded and disabled Operation Enduring Freedom and Operation Iraqi Freedom veterans and their families rebuild their lives. The mission of The Coalition to Salute America's Heroes is to help the people who have given so much on our behalf overcome these obstacles and resume a productive and fulfilling life through programs targeted to their specific needs. One of their programs: Road to Recovery Conference - An all-expense paid educational and service event for wounded heroes and their families.”]

***Salvation Army. Harbor House Veterans Program** (marcy.orosco@salvationarmy.org). [“Our staff is committed to supporting veterans and their families. Our living space comfortably accommodates a family of three (3), although we will consider a family of four (4) where available space permits. . . Families are expected to transition to permanent housing as soon as possible-with constant evaluation tracking their progress or problem areas that are being experienced by the family. These evaluations also serve the clinical staff in helping the families to adjust their curriculum to fit immediate and long term goals. While living at Harbor House parents are expected to maintain a minimum (32) hour week that entails, work, job search, employment development, housing services / search, child care voucher exploration, school curriculum , mandatory house meetings, process groups, parenting, community meetings, and other support groups are required. There is also an allocation of weekly house chores. We offer on site licensed childcare, we expect parents to participate in their children's activities, including cooperative assistance in the childcare center or after school activities and extracurricular activities. We will support each parent to seek the most beneficial cooperative activity to fit their child's schoolwork schedule. . . . All participants must have documentation of sobriety or a clean and sober lifestyle for at least six (6) months prior to interview at Harbor House. Participants will be expected to continue addressing their chemical dependency issues by attending appropriate counseling and support groups which will be monitored by case management . . . Harbor House is a family oriented program and we make every effort to assist individual case services, workforce services, educational workshops, and other instructional groups. We offer guidance in developing school or job training curriculum that best fit with the participants' short and long term goals. The most important qualifications for entry into Harbor House Transformational Program are: the motivation and desire to stay clean and sober; the aspiration for a permanent job and permanent housing; the confidence to pursue employment and educational opportunities; the ability to commit to a structured program in which the constant focus will be on self sufficiency, employment, self improvement, self discipline, and self worth. **Address:** Marcy Orosco, 407 9th Street, San Francisco, CA 9410.”]

***Samaritan Village, Inc. (138-02 Queens Blvd, Briarwood, NY 11435. Toll free: 1-800-532 HELP. Tel. 718.206-2000. Samaritan Village has several locations in New York state)** [“Samaritan Village offers residential, outpatient and methadone to abstinence treatment, as well as homeless services, alternatives to incarceration and veterans services . . . During the 1980’s, Good Samaritan recognized that veterans could benefit from substance abuse treatment tailored to meet their special needs . . . has now grown into two innovative treatment programs providing specialized services to 98 male veterans. . . Therapeutic Community intensive peer-based approach services, to include a Veterans Services component . . . The veterans’ program provides residential services specifically tailored to veterans needs and designed to promote trust. Our continuum includes post traumatic stress disorder therapy and counseling designed to address other co-existing mental health problems.” Also, Samaritan Village has been funded for the “first residential substance abuse treatment program for women veterans. . .”]

***The Sanctuary for Veterans & Families (<http://sanctuaryvf.org/>).** [September 2010: On behalf of The Sanctuary for Veterans & Families, I regret to announce that due non-compliance issues surrounding our previous fiscal sponsor, The Sanctuary will suspend operations until we have secured independent 501c3 status. We are deeply grateful to the individuals, foundations, and businesses that provided the grants and gifts that supported our advocacy work and enabled us to offer the Blue Star Brunch, Camp Howdy for Military Kids, and Sanctuary Weekends for Women Veterans. As of September 2010, we are unable to accept any charitable donations. We will provide regular updates on our progress, and look forward to a positive and speedy resolution that will allow us to return to our mission of providing advocacy, support, and services for today’s veterans and military families. May we all find sanctuary somewhere, Stacy Bannerman, M.S. “The two main purposes of the Sanctuary, are also our two core values: Refuge and Redemption. *The Sanctuary first and foremost* is a Refuge of Sacred Trust for those who have suffered trauma on our own behalf. The Sanctuary is a place where the traumatized can get alone for reflection as well as share their trauma without fear of reprisal or violation of trust. We have our own full time facility, a 5500 square foot log lodge, available 55 miles W of Washington, DC. We also have a few other properties available to us, owned by others, located in Florida, Pennsylvania, Colorado, and Montana. Several of our staff hold high level security clearances, TS/SCI/Poly, and we also have available state licensed counselors and ministers to provide for other clinical and spiritual follow up care as needed. Furthermore, there will never be any paperwork or verbal passage of a particular visitor's name attached to a traumatic experience, without the expressed intent of that visitor. The law provides for and enforces counselors and ministers protecting information shared. Furthermore, National Security reporting guidelines do not require reporting for those with security clearances who seek counseling, even if a mental health professional, "if" the assistance relates to "grief, family, or spiritual issues". *The second main purpose* is Redemption of trauma and of those who have been traumatized. The Sanctuary exists to serve those who have been physically, mentally, and emotionally traumatized while defending the United States ' and its citizens' way of life. We are establishing a community of the traumatized as we help them to process through their own tragedy in a way that turns their trauma into triumph for others.”]

Scuba Project (Disabled Veterans Scuba Project) (<http://disabledveteransscubaproject.org/>). [“Mission: To serve disabled Veterans by helping them experience the camaraderie of SCUBA diving and the wonders of the underwater world. The all volunteer staff of the Disabled Veterans SCUBA Project currently has approval to teach SCUBA diving to the disabled Veterans at Long Beach and West Los Angeles VA hospitals. We are providing SCUBA instruction to disabled Veterans (Paraplegic, Quadriplegic, PTSD, TBI, Poly-Trauma, Blind, or Amputee). The Disabled Veterans SCUBA Project is currently conducting class for Veterans of both the Long Beach and Greater West Los Angeles VA Hospitals. We are looking for opportunities to speak to public groups about adaptive SCUBA. Not A Veteran? We would be happy to put you into contact with our HSA Certified instructors who can teach you outside of the Disabled Veterans SCUBA Project. Naturally each instructor sets their own fees.”]

***Second Life (www.secondlife.com)**. [“Second Life is a virtual world which allows real time chat and its free. RogueAngel Hoffnung will help you to chat with other veterans online.”]

***Seeds of Hope Books (www.seedsofhopebooks.com)**. “The mission of our books is to empower teens by: Providing essential information; normalizing a variety of reactions; encouraging open communication; supporting healthy coping; offering comfort and hope. Our books are highly interactive, containing numerous activities, open-ended sentences, short stories depicting healthy coping, and opportunities for reflection. To learn more about our books and see sample pages, please see our website. “Finding My Way: A Teen’s Guide to Living with a Parent Who Has Experienced Trauma”—examines the teenager’s experience of having a parent who has endured trauma—ranging from military combat to domestic violence to 9/11 to natural disasters. We are extremely honored that the National Guard is distributing it nationally as part of the Beyond the Yellow Ribbon Program. Just released in 2010: “My story: Blogs by Four Military Teens.” A series of blogs which gives a voice to the teen experience before, during and after parental deployment to Iraq/Afghanistan.” Michelle D. Sherman, Ph.D., Seeds of Hope Books, Family Mental Health Program, Oklahoma City VA Medical Center, South Central MIRECC, University of Oklahoma Health Sciences Center.

***Sgt. Brandi (<http://sgtbrandi.com/>)** [“By helping each and every Warrior understand they’ve walked off the battlefield far stronger than when they walked on, and to then use that strength to overcome the traumas of their experiences. This allows them not only to understand their feelings about their experiences are normal and to heal, thus preventing them from taking their lives and the lives of others. It also directs them toward life goals that benefit themselves and their loved ones and leads to a more productive and excellent future. **Coaching that Post Combat Feelings are Normal.** The Warrior’s Guide says it all. And once they understand the savage side of their nature, they are on the road to healing.”] (Note: colleagues of mine *rave* about Sgt. Brandi and his work.)

***Semper Fi Fund (<http://semperfund.org/about/>)** [“The Injured Marine Semper Fi Fund provides financial assistance and quality of life solutions to: OEF/OIF Marines and Sailors injured in combat, training, or with life threatening illnesses; their families- to help defray the expenses incurred during hospitalization, rehabilitation, and recovery; other OEF/OIF service members injured while in direct support of Marine units and their families; help with expenses associated with the purchase of specialized equipment, adaptive vans or vehicles, and handicap home purchases and/or modifications.”]

***Sentinels of Freedom Scholarship Foundation (www.sentinelsoffreedom.org)**. [“Sentinels of Freedom provide four-year “life scholarships” to help severely injured veterans become self-sufficient. Their mission is to provide life-changing opportunities for members of the U.S. Armed Forces who have suffered severe injuries and need the support of grateful communities to realize their dreams.”]

SERVICE When Women Come Marching Home (<http://www.servicethefilm.com/>). [SERVICE began as an entity to produce the video, When Women Come Marching Home, a documentary film Marcia Rock and Patricia Lee Stotter “that highlights the special challenges facing disabled female veterans as they transition from active duty to civilian life.” (see more about the film in the next section (VII) of this listing, VIDEOS). The Project continues: although the documentary is finished, the project is alive and growing. We would like to know what challenges you face and solutions you find. Listen to our podcasts or share your stories in our Facebook group – SERVICE: When Women Come Marching Home -- and become our fan. Email us at contactusatservicethefilm.com. Listen to our Podcasts at <http://www.Servicethefilm.com/stories.php>.] Note: Podcast topics include a diverse range of subjects, such as: Interviews with Marcia and Patty about the film; an interview with a male survivor of Military Sexual Trauma; Is PTSD different for women, PTSD What It Feels

Like and What To Do About It; A Veteran Receives a Service Dog; Your Stories About Pain Management and the VA.

***Sesame Street** (<http://www.sesameworkshop.org/initiatives/emeotion/tlc>). Offers a free download of their “Coming Home” video. (<http://www.youtube.com/watch?v=4QoOIBjXESU>). [“ ‘Coming Home’ is geared to both the military community and public at large and is an extension of the Sesame Workshop’s “Talk, Listen, Connect: Deployment, Homecomings, Changes” outreach kit which provides support and resources for families experiencing deployment, multiple deployments, or changes due to combat-related injury. The “Talk, Listen, Connect” kits include DVDs and print materials for children and parents. The “Changes” DVD from the outreach kit shows a greater number of changed families than the 4 highlighted in the 30-minute TV special.” [The VA is in the process (April 09) of contracting with Sesame Workshop to purchase 200,00 outreach kits and will ship them to all of the VAMCs and the Regional Offices for Readjustment Counseling Services for distribution to our veterans and their families.]

***Sew Much Comfort** (www.sewmuchcomfort.org) [“Sew Much Comfort provides adaptive clothing free of charge to support the unique needs of our injured service members from all branches of the military and national guard. . . Each week, many wounded military members arrive in the States from Germany for extensive medical treatment for bullet and shrapnel wounds, burns, head and limb injuries and amputations, while tens of thousands are still in the recovery process. These medical conditions require large fixator, prosthetics and casts that are too bulky to fit under ordinary clothing or underwear. Sew Much Comfort is the **only** organization providing adaptive clothing in large volumes to attempt to meet those special needs.”]

***Sgt Moms** (http://www.military.com/Opinions/0,,SgtMom_070505,00.html) [“The internet site for military families since 1966. Several programs to include: Take a Soldier Fishing: The concept of this website is to bring together Service Members and civilians and to show support. Help us bridge that gap and Take a Soldier Fishing! Honor and Remember: To create, establish and promote a nationally recognized flag that would fly continuously as a visible reminder to all Americans of the lives lost in defense of our national freedoms. Help Boca Java Send Coffee to our Troops: We are pleased to announce our new program, Send Coffee to the Troops, where we will allow you, our customers, to help us in sending coffee to the troops. For every bag of coffee you donate, Boca Java will match the donation by sending an equivalent bag of coffee.”]

***Silver Star Families of America** (<http://www.silverstarfamilies.org/>). [“SSFOA is dedicated to supporting and assisting wounded, ill injured and dying active duty and Veterans and their families from ALL branches of service from ALL wars. Our goal is to recognize the blood sacrifice of wounded and those with injuries and illnesses originating in a warzone and remember their efforts by honoring them with the Silver Star Service Banner. Qualifications include: Purple Heart recipients, victims of friendly fire, those who suffer from PTS, Agent Orange effects and Gulf War Syndrome. Silver Star Service Banner Day is recognized across the nation as the day to honor our heroes together.

SSFOA assists in educating the public concerning the plight of those wounded, ill and dying heroes and provides many programs to aid in their progress (and that of caregivers). We sit on the Veterans Volunteer Service Advisory Board and work together with other Troop organizations and groups to support in whatever way possible. SSFOA is a not for profit, all-volunteer organization and depends totally on donations. All donations and proceeds go toward the purchase of Silver Star Banners and assistance programs related to SSFOA mission.

Some of our attributes to honor our wounded, ill and dying Service Members include our Silver Star Banner Package, Letter Writing Team, State Reps, Silver Star Banner Day Committee, Fundraising Committee, Advisory Board, Veterans Affiliation Committee, Chaplain’s Hospice Program, Food Cards and Games for Therapy.”]

***Society of Military Widows** (<http://www.militarywidows.org/>) [“The Society of Military Widows (SMW) was founded in 1968 by Theresa (Tess) Alexander to serve the interests of women whose husbands died while

on active military duty, of a service-connected illness, or during disability or regular retirement from the armed forces . . . All military widows who are eligible for membership are encouraged to support the Society of Military Widows by becoming a member, whether or not they can attend meetings . . . In 1984 SMW affiliated with the National Association for Uniformed Services (NAUS) to make a stronger organization, working to protect the hard-earned benefits and entitlements of military widows. The affiliation allows for membership development, administrative efficiency, and Washington representation. SMW: Benefits widows of members of all branches of the uniformed services of the United States. Gives moral support, advice, referral service and, in general, help the widows of career military members to return to the main stream of normal living. Educates the American public concerning the problems and needs of military widows in today's society, and Preserves the basic truths and enduring principles on which the government of the United States is founded. After the casualty officer and the caseworker have gone home and the paperwork is finished, how do you get through the lonely hours? As a military survivor, you very often face problems your civilian counterpart does not. The death of your spouse may be followed by a change of residence and separation from the network of support you have come to expect in the armed forces. You need someone who can help you through this difficult time. Grief is a natural healing process that must be lived through. As military widows, we are here for you -- to help with your problems, as a support network, as friends, and, sometimes, simply a shoulder to cry on. If you have specific questions related to your spouse's death or about your rights and benefits as a military survivor, please contact us at 1-800-842-3451, Ext. 1005 or at pdshecter76@gmail.com and we will ensure that your question is directed to the person or agency best able to answer it.”]

***Socks for Soldiers (Fox River Socks for Soldiers).**

(http://www.foxsox.com/Catalog/category.aspx?code=SLDIR%20?utm_source=Google&utm_medium=cpc&utm_term=supporting%20our%20troops&utm_content=None&utm_campaign=Fox%20River%20-%20Main&gclid=CMWxvNq94a4CFS2htgodIgMbWA). [“Shop from our soldier-supplied wish lists to send socks to US deployed troops, including a personal message of support. Fox River pays the shipping cost on these orders! For rugged conditions, Fox River socks provide comfort and durability these soldiers want and need. Blessings to our soldiers! You can send socks and a personalized note of support right here via our website. If you have a soldier you want to support, simply place an order via our website. If the shipping address is an APO or FPO, Fox River will cover the cost of shipping. (Choose Free Option). If you would like to send socks to a soldier on our wish list, [click here](#) to browse the wishlist. You can order the quantity you choose from any wish list. Again, Fox River will cover shipping costs. **If you are a deployed soldier** and you and/or your unit want to get on our wish list, download one of these documents for instructions and forms: [Combined Catalog, instructions and order form in PDF](#) (for printing) [Excel spreadsheet order form](#) and [Word Doc Wish List Request](#) (fill in and email) **Learn More About our Fox River Socks for Soldiers Program.** [Click here](#) for a PDF document that explains more about the program. Consider bringing this to your church or school, and spread the word! This is a great way to support our troops in a very caring and practical way. [Socks for Soldiers Accountability Statement](#). PLEASE NOTE: If your donation is returned to us due to troop reassignment, we will find another current Wish List with the same needs and re-ship. Shop from our soldier-supplied wish lists to send socks to US deployed troops, including a personal message of support. Fox River pays the shipping cost on these orders! For rugged conditions, Fox River socks provide comfort and durability these soldiers want and need. Blessings to our soldiers! **Fox River Mills main website:** <http://www.foxsox.com/company/index.aspx>).

***Soldier Assist (see Operation Soldier Assist)**

***Soldiers Angels** <http://soldiersangels.org>; National HQ: 1792 E. Washington Blvd, Pasadena, CA 91104; Monday - Friday 8-5 PST; Phone: 626-529-5114; Fax: 626-529-5446; Voice Mail: (615) 676-0239.]. [“Volunteer-based nonprofit, we have over 30 different teams supporting all branches of the U.S. Armed Forces. Through special projects, dedicated teams and individuals supporting our troops . . . Teams include (partial listing): Adopt a Soldier - Individualized support throughout deployment; Angel Bakers - Homemade

treats for the deployed; Blankets of Belief - Handcrafted holiday support for the deployed; Blankets of Gratitude - Handcrafted holiday love for hospitalized veterans; Chaplain Support Team - Help chaplains support the troops; Eagle Cane Project - Handmade canes for the wounded; First Response Backpacks - Supplies for wounded in-country; Guardian Angels for Soldier's Pet - Care for pets during absences; Hero Flights - Emergency travel assistance; Memorial Portraits - Drawings and paintings for families of the fallen; SOS:Kids - Helping deployed soldiers help local kids; Tank Support - Helping Veterans Travel to Medical Appointments; Valour-IT - Adaptive laptops for the wounded; Wrapped in Holiday Spirit - 180,000 Holiday care packages for the deployed”] [**Note:** *This is a most amazingly active and comprehensive community-based organization!*]

***Soldier’s Heart** (<http://soldiersheart.net/>). [“**Soldier's Heart**, developed by Edward Tick, Ph.D. and Kate Dahlstedt, MACP, provides a unique and comprehensive model to address the emotional, moral, and spiritual wounds of veterans, their families and communities. It offers a genuine healing and homecoming from Post Traumatic Stress Disorder by developing a new and honorable warrior identity supported by community. Edward Tick's *groundbreaking book, War and the Soul*, explores ancient and cross- cultural warrior traditions that reveal the necessities for successful warrior return. The Soldier’s Heart Model facilitates them and applies this model to promote, train, and guide military, professional and community-based efforts to heal the effects of war. Soldier’s Heart is a veterans’ return and healing project addressing the emotional needs of veterans, their families and communities. Soldier’s heart promotes and guides community-based efforts to heal the effects of war based on strategies presented in *War and Soul*.”] **Note:** *Many people have praised the writing and work of Ed Tick.*

***Soldiers Memorial Fund** (<http://soldiersmemorialfund.org/>) [**Purpose:** To memorialize PFC Scott Paul Vallely and his service to our country – to carry on his name by individuals making contributions and donations to soldiers and their families. **Objectives:** To make annual awards to Armed Forces Members who have distinguished themselves in their service to our country. To commend future members of the Armed Forces with leadership awards to assist their entry into the service. To award family of an Armed Forces member who has been wounded or lost in combat. Conduct the annual Christmas/Holiday Gift Drive” for members of the Armed Forces serving in combat areas and sending Christmas gifts to our soldiers overseas.].

***The Soldiers Project** (<http://www.thesoldiersproject.org/>). “We are a group of licensed mental health professionals (psychiatrists, psychologists, social workers and marriage and family therapists) who are offering free psychotherapy to any member of the military who has been in OIF/OEF. We offer free therapy to any member of their extended family (girlfriends, boyfriends, children, spouses, parents, grandparents), for deployment-related issues, prior to, during or following deployment. We also offer free therapy for bereaved families. We are under the auspices of the Trauma Center of the Los Angeles Institute & Society for Psychoanalytic Studies, a 501C3. Interested persons may contact the founder, Judith Broder, MD, at 818 761-7438 or info@thesoldiersproject.org. Dr. Broder normally returns calls within 24 hours, and matches people with a therapist within a couple of days. We have therapists in Los Angeles and Orange Counties, and are beginning to expand into San Diego County.”

***The Soldiers Project Northwest** (<http://thesoldiersprojectnorthwest.org/>). [“We are a group of licensed mental health professionals who offer free psychological treatment to military service members (active duty, National Guard, Reserves and veterans) who have served or expect to serve in the conflicts in Iran or Afghanistan. . . We also provide treatment to members of their families and other loved ones. Treatment is conducted in our private offices. Our therapists all are volunteers and our services are entirely confidential. We do not report to any governmental agency . . . there is no red tape, there are no fees and there is no arbitrary limit on the number of sessions provided. We see individuals, couples, children and families. . . Because we are in private practice, we have the flexibility to see people prior to, during and/or following return from deployment and to keep in touch via phone or the internet if needed. 877.567-5343.”]

Soldiers Undertaking Disabled Scuba (SUDS) (<http://sudsdiving.org/>). [Soldiers Undertaking Disabled Scuba (SUDS), located at the Walter Reed Army Medical Center, helps improve the lives of injured soldiers returning from Iraq and Afghanistan. The majority of the soldiers going through the program have received severe injuries. Those who are not able to perform all the skills required for Open Water Diver certification have the chance to learn their scuba certification with a Scubility™ certified scuba instructor.

By training the soldiers in the challenging and rewarding sport of scuba diving, SUDS volunteers help to facilitate the rehabilitation process and promote mobility. It also provides the soldier with the skills for an activity that they can enjoy throughout their life. Classes begin every few weeks with a maximum of six soldiers per class. After completing the classroom study and confined water skill sessions at Walter Reed, the soldiers are taken on a dive trip to complete their open water training dives. The founder of SUDS, John Thompson, states, “Water the great equalizer. Many things are just easier to do in the water with these type of injuries. It’s part rehabilitation, part confidence building, and part adventure for these wounded warriors. I’m really inspired by these soldiers.” Larry Hammonds, ASC’s assistant manager and a master instructor for over 15 years, has recently been appointed as the coordinator for scuba training for the SUDS program at Walter Reed.

SUDS is a non-profit organization and a chapter of the Wounded Warrior/Disabled Sports Project. It operates totally on the donations of generous individuals and the corporate world.]

***Solomon PTSD Recovery Project** (<http://www.solomonrecoveryproject.org/index.html>). [Founded by Stephanie Laite Lanham: “. . . serves United States Active Duty Military and Veterans in their recovery from service related Post Traumatic Stress . . . also serves their family members and treatment providers. We offer understanding, encouragement, and truthful information about Post Traumatic Stress Disorder (PTSD). Coming home from war is hard. Whether you're Active Duty Military or a Veteran in recovery from PTSD, all of us at Solomon PTSD Recovery Project are ready to help you. We deeply respect and appreciate your service to our country.”] *Note: Stephanie has authored a very helpful consumer-oriented booklet that has over 500,000 copies in print, Veterans and Families’ Guide to Recovering from PTSD: I was honored to be able to provide some editing in-put for this booklet. ☺]*

***Sons and Daughters In Touch** (<http://www.sdit.org/>) [“To locate, unite and provide support to Sons, Daughters and other family members of those who died or remain missing as a result of the Vietnam War; to produce a quarterly newsletter providing important information to all SDIT stakeholders; to promote healing via networking and special projects, to regularly address high schools and college classes in hopes of providing education on the historical and emotional legacy of war.”]

***SOS America Country Retreat** (<http://www.sosamericainc.org/>) [“Located on the Gulf Coast between Galveston and Houston, Texas, this unique Bed and Breakfast/Spa facility is surrounded by acres of cattle grazing lands, tall shade trees, and landscaped gardens. Visitors relax and enjoy fresh country air, pure spring water, PLUS spa facilities: saunas, indoor hot tub, wood burning sweat lodge, and swimming pool. The SOS America Country Retreat is open to friends and patriots alike. Your visits and donations help to subsidize free holidays for wounded military. Wounded soldiers and those undergoing treatments for burns or the fitting of a prosthesis can invite a family member to join them at our B&B/Spa. This invitation for a free holiday does wonders to lift up the spirits of young Soldiers and Marines during their long recovery period. It also provides hope and something positive to look forward to as they progress through physical therapy.”]

***South Florida Military Family Peer Guide** (copyright 2010, 7-Dippity, Inc., 1313 Ponce de Leon Blvd, Suite 301, Coral Gables, FL 33134). Unusually comprehensive resource guide for the greater South Florida area. It is called a “peer guide” because there are numerous quotes and topics chosen that come directly from the military families who were interviewed, along with veterans who were interviewed. Also, there is a Resource Guide that includes a list of providers with available programs to serve military families and veterans in South Florida. Funding for the creation and printing of this peer guide was provided by the Dade Community

Foundation as part of the Florida BRAIVE Fund Initiative. The [Florida BRAIVE Helpline](#) serves military personnel, veterans and their families throughout the state of Florida, 24/7, regarding housing, financial problems, family counseling, and educational programs, as well as help families through crisis situations—1-877-BRAIVE-8. There also is an on-line data base at www.flairs.org/braive.htm (FLAIRS--The Florida Alliance for Information and Referral Services)

***Special Kindness in Packages, Inc.** (<http://www.skipcares.org/>) [“Empowering you to support our troops....Sending Care Packages To Our Troops. SKIP is an all-volunteer organization focusing the majority of its efforts on sending care packages to U.S. military members who are currently deployed overseas. Over the years we've met some great people and worked with some wonderful organizations to provide the best support America can offer our military. One thing SKIP does not do is compete with any other organization that supports our troops. We firmly believe that teamwork is crucial to mission success, and therefore, if we can help other supporters in some way we want to help (see Other Opportunities To Support Our Troops below). In the same respect, we appreciate it when other organizations help us.”]

***Special Operations Warrior Foundation** (<http://www.specialops.org/>) [*“Mission Statement:* The Special Operations Warrior Foundation provides full scholarship grants and educational and family counseling to the surviving children of special operations personnel who die in operational or training missions and immediate financial assistance to severely wounded special operations personnel and their families.”]

***Spouse Buzz** (<http://spousebuzz.com/about>). [“SpouseBUZZ is Military.com’s blog for military spouses. It’s a virtual destination where spouses click, connect and share their experiences. The blog features a variety of perspectives as our contributors are affiliated with every branch of the Armed Forces, including Guard and Reserves. When you visit SpouseBUZZ, you can expect to get a taste of what it’s like to be a military spouse in a post 9/11 World. SpouseBUZZ offers a glimpse into the lives of modern military families.

Four times per year, the blog comes to life when the SpouseBUZZ contributors visit military installations on their SpouseBUZZ LIVE tours. [SpouseBUZZ LIVE](#) is an outgrowth of SpouseBUZZ.com. Military spouses who attend SpouseBUZZ LIVE can expect a day of relaxation, fun and fellowship with other military spouses. SpouseBUZZ LIVE is a one-of-a-kind, high-energy event presented by military spouses, for military spouses. No dull speeches here....SpouseBUZZ LIVE has become so popular that in 2010, we added an additional stop to our yearly tours. SpouseBUZZ has headlined in 12 military communities over the past four years. Previous tours have included stops at the following locations: Read more: <http://spousebuzz.com/about#ixzz1orC2eTik> SpouseBUZZ.com .]

***Still Serving Veterans** (<http://www.stillservingveterans.org/home0.aspx>). [“Still Serving Veterans’ (SSV) experience since 2005 validates our operating model and proves the ongoing need for the services we provide to veterans to include wounded warriors and their families. We are prepared to leverage our local success and our expertise to help veterans across the U.S. SSV is prepared to become a national advocacy center for wounded or disabled veterans, providing expanded services directly to veterans while also developing training and advocacy services for other local advocacy groups around the country. In that new role, SSV will collect and disseminate information about best practices in veterans’ affairs. SSV will host national and regional workshops and continuing education programs for case workers at local and regional veterans; service organizations in every corner of the country. ... SSV is an Alabama-based organization....”]

As a national “hub” for veterans’ advocates, SSV will also serve as a “think tank” for developing innovative real world techniques for improving services to veterans. Our successful experience at the local level, coupled with input from other grass roots organizations, gives us uniquely valuable institutional memory. Our recent affiliation with Easter Seals creates a synergistic opportunity to make the smartest use of resources and minimizing duplication while expanding our service to veterans. ”]

***STOMP Specialized Training of Military Parents** (<http://www.stompproject.org/>). [“With a population of 1.5 million active duty military members, each day around the globe, there are an estimated 540,000 active duty sponsors each caring for a family member with special medical or educational needs. STOMP is the only National Parent Training and Information Center for military families providing support and advice to military parents without regard of the type of medical condition their child has.” “STOMP serves families in four main ways: (1) By providing information and training about Laws, regulations and resources for military families of children with disabilities; (2) By connecting families to other families; (3) By assisting parents and professionals in developing their own community parent education/support group; (4) By providing a voice to raise awareness of issues faced by military families of children with disabilities.”]

***Student Veterans of America** (<http://www.studentveterans.org/>, 866.320.3826). [“Student Veterans of America (SVA) is a coalition of student veterans groups from college campuses across the United States. Founded in January of 2008, SVA is a 501(c)(3) tax-exempt organization that works to develop new student groups, coordinate between existing student groups, and advocate on behalf of student veterans at the local, state, and national level. SVA has two major components: the executive staff and student veterans groups. Student veterans groups are student groups that have formed on college and university campuses to provide peer-to-peer networks for veterans who are attending those schools. These groups coordinate campus activities, provide pre-professional networking, and generally provide a touchstone for student veterans in higher education. These local groups are an important part of ensuring that every veteran is successful after their service. The executive staff facilitates communication between groups, connects groups with resources from outside their campuses, and organizes these groups to advocate at the state and national level for the common needs of student veterans. *Our three primary missions are:* 1. Develop student veteran groups on college and university campuses and coordinate by region between existing groups. 2. Connect student groups with resources. 3. Advocate on behalf of student veterans at the state and national level.”]

Sun Valley Adaptive Sports (Ketchum, Idaho) (www.svasp.org). [“SVAS is consider one of the nation's most effective and innovative adaptive sports organizations. Our winter and summer programs attract youth, adults, veterans, and adaptive sports superstars from around the country. We're the top pick of many military hospitals and veteran service organizations around the country who look for quality programs to help restore and rehabilitate the men and women who have been severely wounded while serving in Iraq and Afghanistan. No matter who we're serving, we strive to offer a fun and safe experience that will have lasting and meaningful impact.”]

***Support Americas Armed Forces** (www.supportamericasarmedforces.com) [“Support America’s Armed Forces was established to support the health, welfare, and morale of deployed troops, military personnel and their families, while operating as a 501(c)(3), under the Pierce Military Business Alliance. We accomplish our mission by raising funds, collecting care package items and issuing grants to military bases, veteran organizations, active duty or reserve personnel, or families to improve the military population's quality of living.”]

***Support for Our Soldiers** (<http://www.supportoursoldiers.org/>) [“Our organization was created to both raise the funds necessary to support well-deserving Veterans Organizations, as well as to invoke a movement to renew a sense of patriotism and brotherly love—to unite, raise awareness, educate, inspire and embrace our great nation. SOS is a charitable foundation has been established to support the many Veteran organizations throughout the nation that share our core values of a sincere commitment to provide services to soldiers and their families, beholden to a strong sense of community service and social responsibility. Although there are many worthy and well founded charitable organizations committed to serving our nation’s Veterans, we’ve established a rotation system that will allow numerous organizations to benefit from the broadcast by choosing six new recipients each year.”]

*** Support and Family Education (SAFE) Program.** Family education curricular, available online for free: www.ouhsc.edu/safeprogram. Contact: Michelle D. Sherman at Michelle-Sherman@ouhsc.edu.

***Support4militarywives** (<http://groups.yahoo.com/group/support4militarywives/>) [“Moving around can be tough. Why belong to a regional club and risk losing friends when you move away? Join S4MW where our common thread is the Military and not our City! Share your experiences, vent, give advice and most of all make friends! Lets support each other and invite new friends always! Support for Navy, Marine, Air Force, Army, Coast Guard...moms, wives girlfriends! (Did I miss ANYONE?!)”]

***Support Our Heroes** (<http://supportourheroes.net/>) [SOH started out as a one-person charity for months by Luz Mercado, mother of her Marine son deployed in Iraq., sending out care packages daily to boost the morale of the soldiers in his unit. Now she is affiliated with the non-profit organization, Support our Heroes. Luz says the soldiers are doing more for her than she can for them. “Whether we believe in the war or not, they are giving us their lives.” Contributions can be made out to: Support our Heroes, c/o Luz Mercado, 18 Windsor Square Drive, New Windsor, NY12553. Call: 845.569-9450]

***Support Our Troops** (<http://www.supportourtroops.org/>) [“Your place to support, connect and donate. Support Our Troops® is a meaningful way to support and bolster the troops and their families who do so much for all of us. The official SupportOurTroops.Org website is a nationwide platform for individuals, organizations, businesses and non-profits to bolster America’s troops and their families in a multitude of ways. It is a moral covenant with those who serve to protect us and our families. SupportOurTroops.Org is a resource that was not available to previous generations of troops, which now stands as a permanent living testament to the affection, gratitude and loyalty good Americans hold for those who do so much for all of us every day.”]

***Surviving Deployments** (SurvivingDeployment.com/) [Info and resources for military families, to include: “Starting High School in a New Town; Deployment Extensions; Preparing for Unseen Emergencies; Patriotism for Kids; Can't Sleep? Are You Breathing? Holiday Cheer - 10 Tips for Helping Kids at Holidays; Happiness After Homecoming; Kids and Journaling; Financial Frontlines; Budgeting for Deployment; Celebrating the Holidays; Preparing to Say Goodbye; Helping Children Handle Deployment”]

***Swords to Plowshares** (<http://www.swords-to-plowshares.org/>). [One of the oldest, multi-faceted vets’ advocacy and service organizations. “Swords to Plowshares’ mission is to heal the wounds, to restore dignity, hope, and self-sufficiency to all veterans in need, and to significantly reduce homelessness and poverty among veterans. . . . provides counseling and case management, employment and training, housing, and legal assistance to more than 1500 homeless and low-income veterans annually in the San Francisco Bay Area and beyond. We promote and protect the rights of veterans through advocacy, public education, and partnerships with local, state, and national entities . . . Includes “The Iraq Veterans Project” to serve needs of OEF/OIF vets and their families”]

***Take a Soldier Fishing** (www.takeasoldierfishing.org). [“We assist communities at large, by offering them the ability to show their support for the troops by sponsoring our Take A Soldier Fishing program. This allows service members to see just how much they are appreciated. For those that serve to support our fishing program, it gives the individual the ability to see how their support makes a profound difference in a service member or veterans life by providing a safe and positive outdoor experience. We strive to show that there are people out there that care, and want to help. By providing these events, we have found they give the soldiers something to look forward to. We have also found that soldiers have also changed their outlook on life - the way they feel about wearing their uniform and a new sense of hope.”]

***TAPS (Tragedy Assistance Program for Survivors)** (www.taps.org). Main Telephone Number: 202-588-TAPS (8277) Business Offices: 202-457-TAPS (8277) Hotline: 800-959-TAPS (8277) [“Welcome to the home of

America's frontline resource for all who are grieving the death of a loved one serving our country. We are here for you 24 hours a day, 7 days a week, whether it is just to talk, or meet others with shared experiences and understanding, or to find support and information from our professional network of resources. Grief support services include: seminars and good grief camps, peer support, casualty casework assistance, grief and trauma resources, crisis intervention, online community, professional education and online training, and peer mentor online training.”]

***Tee It Up For The Troops (<http://teeitupforthetroops.org/>).** [“Tee it up for the Troops, Inc. is a 501(c)3 (#: 20-2974507) organization established in 2005 by the family and friends of a soldier who enlisted in the U.S. Army after September 11, 2001. When the son was asked by his father what he needed, the son responded by asking his father to do something for the soldiers and their families back home. TEE IT UP FOR THE TROOPS, INC. was created to honor that request and to recognize the needs of all veterans who have served and continue to serve this great nation. The NATIONAL DAY OF GOLF was subsequently formed and has since produced numerous golf outings throughout the country where the proceeds benefit veterans of all branches and conflicts. Our goal is to annually make the Friday closest to September 11th the NATIONAL DAY OF GOLF. This is our way to salute all those who have answered the call to duty. A day to acknowledge and honor the sacrifice of all military veterans and their families. “America’s pastime, saluting America’s Heroes.” In its inaugural year of 2005, Tee it up for the Troops raised over \$80,000. Today (2010), we have raised over \$2 million dollars and hold events at courses in over 30 states. The proceeds of TIUFTT benefit numerous programs that support veterans and their families.”]

***Tempered Steel (temperedsteelinc.org).** [“The stories behind the scars, Uniting Wounded Warriors with the Public Through Dialogue.” Overall mission: promote awareness, education and support for our severely injured military members. We hope to have at least one severely injured soldier in each state, willing and able, with Tempered Steel’s support, to speak to schools, community groups, assemblies, etc., about the stories behind the scars of military members serving the United States of America . . . Our first project is education and images through stories from some of the military injured in Iraq and Afghanistan. Board members and soldiers agreeing to tell their stories and images are not paid. Labor and expertise have been donated from many special people and corporations. . . . Warriors Photographic Stories: Through the photo introspective and videography of these wounded warriors, Tempered Steel will be reintroducing society to the stories behind the scars. These wounded warriors from the Iraq/Afghanistan Wars allowed the photographer and videographer to share in their vulnerability, strength, humor and adaptability. The very personal glimpses into the eyes of these wounded heroes will bring about a greater compassion and empathy that those injured heroes greatly desire from their communities. By exposing their wounds with great humility, they desire to open a dialogue between the disfigured and disabled world and the communities they live in. Affiliated organizations include: Aid for Wounded Warriors, Amputee Coalition of America, Army Wounded Warrior Program, Azalea Charities, Canine Companions for Independence, Helping a Hero, Hunters Helping Soldiers, Operation Homefront, The Pathway Home, Phoenix Society for Burn Survivors, Project Healing Waters, Quality of Life Foundation, Soldiers Angels, Troops First, Tug McGraw Foundation.”] Note: see also: Iraq Star Foundation. Tempered Steel, Iraq Star Foundation and affiliated organizations and individual=

***Thank a Soldier (<http://www.thankasoldier.net/>).** [“The Thank A Soldier cause was launched at the end of December 2008, and its Facebook group now has over 3 million users (see our face book instructions to join). Put simply, our goal is to encourage people from all over the world to say "Thank You" when you cross paths with a member of our military. Whether you do so in person, or through one of the options listed below, send messages of thanks to our men & women serving on operations throughout the world. Show our military and veterans that we appreciate them and the sacrifices they give to keep us free, whether they are from Canada, USA, Britain, or any member of the UN Coalition. Whether you support what they are doing or not, keep in mind these brave men and women leave their families at home and make the ultimate sacrifice for their country. We would also like to remind everyone to be sure to thank a veteran whenever possible, as without them who

knows what language you might be reading this site, in or even if you would be permitted to read it at all. Thank you to all the men and women who serve and protect our rights and freedoms. Our Thoughts go out to you all and your families who support you while you are on your missions. Our Thoughts go out to those who have lost loved ones who have served and made the ultimate sacrifice for us. This site has been and will always continue to be ad & banner free. We do not charge membership fees, or take monetary donations. We are dedicated to showing all members of the UN Coalition our thanks and respect for their service, not to make a profit. We welcome tributes and submissions from all over the world, related to any branch of the military. Thank you for taking the time to view this site.”]

***Thank You Foundation (<http://www.thethankyoufoundation.org/>)** [“The Thank You Foundation is a 501c3 nonprofit organization whose mission is to show appreciation and express gratitude to members of the U.S. Armed Forces both past and present. The Foundation accomplishes its mission by offering programs and services for Veterans, Military Personnel, and their Families. The Foundation believes that just saying thank you is not enough and that the words need to be followed with action and a commitment to meet the varied needs of the community it serves. The Foundation realizes that no one resource can meet all needs and works cooperatively with Federal, State, and County Veteran Services as well as other nonprofit organizations to help and try to meet the needs of those that have given so much for our freedom. . . the strength in the organization is that it can often react more quickly than most government institutions and can be more flexible within its mission to help fulfill a need. Since the Foundation works so closely with unit Commanders, Family Readiness Leaders, and with Veterans Service Organizations it can often act as a conduit for helping to connect resources while providing services of its own.” Pr” Assists in providing direct support for Veterans, Active Duty Personnel, and their families during the Christmas Holiday Season and in times of need. Was instrumental in helping to complete the Cincinnati VA's Mobile Health Clinic which provides health care services to Veterans all across the Greater Cincinnati area. Has planned and participated in a number of special events honoring Veterans, Military Personnel, and their Families. Regularly participates in Family Readiness activities, deployment briefings, family day events, mobilization briefs, and deployment and homecoming events. Has participated in visits to Walter Reed Army Hospital in Washington D.C. Brooke Army Hospital in San Antonio Texas, the Ohio Veterans Home, The Fisher House, VA Care Facilities and nursing homes, honoring and saying "Thank You" to Veterans and wounded soldiers. Has sent Veterans of Iraq and Afghanistan to sporting and entertainment events including Cincinnati Reds, Cleveland Indians, and Washington Nationals baseball games, Cincinnati Bengals and Washington Redskins football, Cedar Point and Kings Island Amusement Parks, and to dinners and movies as a way of showing appreciation and providing recipients well deserved recreational and morale building opportunities. Has shipped several hundred care packages to troops serving overseas, and has helped to supply active duty units with school supplies, clothing, and toys to distribute to Iraqi children. Has conducted its Thank You Card program in schools in over 40 states and has sent over 100,000 Thank You cards to Veterans and Active Duty Service Members since 2007. Has presented over 1000 Certificates of Appreciation at homecomings and special ceremonies honoring Veterans and Active Duty Personnel. Actively supports and works with organizations such as the Blue Star Mothers of America Inc., The Military Order of The Purple Heart, the Patriot Guard Riders and Silver Star Families of America. Actively participates in and supports National Military Appreciation Month.”]

***Thank You Soldier (<http://www.thankyousoldier.com/>)**. [“A message to all who wear the uniform. Written by a Vietnam veteran and one of our American heroes. This is for you, soldier // And for you Marine // The Navy and the Coast Guard are not left out // And the Air Force is welcomed . . . This website is dedicated to you and the work you do. We want to hear from you. We want to post your pictures and your stories as a way of telling America how vitally important our nation's military is to our safety and our greatness as a nation” Services provided include: Thank you soldier blog; Hero of the week archive; Letters from the Field; Comments; Photo Contest; Hero Packs Project and Letters Project.]

***Theater of War Production** (<http://www.outsidethewirellc.com/projects/theater-of-war/overview>).

["**Theater of War** presents readings of Sophocles' *Ajax* and *Philoctetes* to military and civilian communities across the United States and Europe. These ancient plays timelessly and universally depict the psychological and physical wounds inflicted upon warriors by war. By presenting these plays to military and civilian audiences, our hope is to de-stigmatize psychological injury, increase awareness of post-deployment psychological health issues, disseminate information regarding available resources, and foster greater family, community, and troop resilience. Using Sophocles' plays to forge a common vocabulary for openly discussing the impact of war on individuals, families, and communities, these events will be aimed at generating compassion and understanding between diverse audiences. It has been suggested that ancient Greek drama was a form of storytelling, communal therapy, and ritual reintegration for combat veterans by combat veterans. Sophocles himself was a general. At the time Aeschylus wrote and produced his famous *Oresteia*, Athens was at war on six fronts. The audiences for whom these plays were performed were undoubtedly comprised of citizen-soldiers. Also, the performers themselves were most likely veterans or cadets. Seen through this lens, ancient Greek drama appears to have been an elaborate ritual aimed at helping combat veterans return to civilian life after deployments during a century that saw 80 years of war. Plays like Sophocles' *Ajax* and *Philoctetes* read like textbook descriptions of wounded warriors, struggling under the weight of psychological and physical injuries to maintain their dignity, identity, and honor. Given this context, it seemed natural that military audiences today might have something to teach us about the impulses behind these ancient stories. It also seemed like these ancient stories would have something important and relevant to say to military audiences today.

Theater of War Productions has presented nearly 200 performances of Sophocles' *Ajax* and *Philoctetes* for military and civilian audiences throughout the United States, Europe, and Japan. We have performed at military sites as diverse as the Pentagon, Guantanamo Bay, Army posts throughout Germany, VA Hospitals, Walter Reed Army Medical Center, homeless shelters, high school auditoriums, theaters, and churches. Our audiences have included service members and veterans from the US Army, Navy, Air Force, Marine Corps, Coast Guard, Special Forces, National Guard, and Reserves, as well as high-ranking officials from the Department of Defense and the Department of Veterans Affairs. Each reading has been followed by a town-hall style audience discussion, which has been facilitated with the help of military community members. These have been arresting, emotionally charged events, in which service members have spoken openly about their experiences in combat and at home. To date, nearly 40,000 service members, veterans, and their families have attended and participated in Theater of War performances and discussions. Over the past two years, through a generous grant from the Stavros Niarchos Foundation in collaboration with the USO, Theater of War has also been presented for mixed audiences comprised of military service members and civilians at prominent theaters around the country. Please click on our Theater Partners link for more information. Clinical Advisor to Theater of War: Red Sox Foundation and Massachusetts General Hospital Home Base Program www.homebaseprogram.org.”]

***Veterans for America** (www.veteransforamerica.org) [VFA is “taking a sabbatical” from their on-line presence – this link has a letter from Bobby Muller dated February 19, 2010 *plus over 50 additional links*. Also, see *American Veterans and Servicemembers Survival Guide* earlier in this listing].

***Veterans for Peace** (<http://www.veteransforpeace.org/>). [Activist group comprised of veterans of different eras. “Veterans For Peace is a national organization founded in 1985. It is structured around a national office in Saint Louis, MO and comprised of members across the country organized in chapters or as at-large members. . . includes men and women veterans of all eras and duty stations including from the Spanish Civil War (1936-39), World War II, the Korean, Vietnam, Gulf and current Iraq wars as well as other conflicts. Our collective experience tells us wars are easy to start and hard to stop and that those hurt are often the innocent. Thus, other means of problem solving are necessary. . . We draw on our personal experiences and perspectives gained as veterans to raise public awareness of the true costs and consequences of militarism and war - and to seek peaceful, effective alternatives.” See also: *Iraq Veterans Against the War (IVAW)*]

***Veterans Initiative Center and Research Institute (VICRI).**(<http://www.linkedin.com/company/the-victri---veterans'-initiative-center-&-research-institute>). [“VICRI is seeking veterans interested in starting businesses. Please call for an appointment: 612.3535600/5599. There are many Veterans who have creative, wonderful and powerful ideas from start-up businesses to one time projects to in-depth research ideas. Many desire to research and develop ideas that positively impact the lives of Veterans and their families. We are building a cutting edge, state-of-the-art initiative center to support Veterans in realizing these ideas. We proactively seek Veterans to develop their new ideas and make them reality. We reach out to the minority populations to ensure their involvement in our community. With the professional environment, tools and assistance we provide, we’ll accelerate the development of Veteran leaders to now serve their nation in other ways.”] **Note:** *VICRI is highly recommended by Rhonda Jordal, activist mother of an OIF veteran who was incarcerated in Oklahoma.*

***Veterans Legal Services Program** (<http://www.nvlsp.org/>). See listing under: *National Veterans Legal Services Program.*

***Veterans Radio** (www.veteransradio.net). [“Veterans Radio, a weekly radio program for America’s veterans was founded in the summer of 2003 and first aired on 15 November 2003. Since then Veterans Radio has produced over 250 programs. Most are available to listen to in the archives of our website, www.veteransradio.net. Veterans Radio is dedicated to all of the 25 million living men and women who have served or are currently serving in the armed forces of America. Our mission is to provide all veterans with a voice, to give them a forum where they are able to discuss their issues, and to provide information to all veterans regarding the rights and privileges they earned by serving their country. Veterans Radio includes our listener’s stories and experiences, not only while in the service, but afterwards as well. Interviews with guest speakers and authors are a weekly feature. . . Veterans Radio is produced by veterans for veterans.]

***Veterans Resource Guide John T. Powers** (http://www.operationpromiseforservicemembers.com/Veterans_Resource_Guide.pdf)[lots of resource information; J.T. Powers obviously put a lot of effort into his resource guide]

***Today’s GI Bill** (<http://www.todaysgibill.org/todays-gi-bill/>). [The American Council on Education launched this Web site in November 2009 to help veterans learn about the new education benefits available to them, the college selection process, and how to succeed in higher education. The site received support from the Lumina Foundation for Education.]

***Traumatologist Forum** (<http://groups.google.com/group/traumatologistforum?hl=en>). [“This is group established to continue the one established at Florida State University in 2001 by Charles Figley because Dr. Figley is now at Tulane University, New Orleans. The purpose of the Forum is to facilitate communication among professionals who study or help the traumatized.”] **Note:** *This list serve is a wonderful forum for dialogue among traumatologists, to include receiving great information from throughout the country about trying to locate trauma therapists with specific areas of expertise, and for leads about state-of-the-art developments in trauma-focused treatments, written materials available, etc. Dr. Figley is to be commended for maintaining this wonderful resource.*

***Treats For Troops** (<http://www.treatsfortroops.info/default.html>) (“Treats For Troops, in conjunction with Support The Troops, Inc. sends out about ten tons in care packages WEEKLY to our Troops in remote war zones (incl. hospitals and Chaplains). The boxes contain everything from home baked cookies to microwaves, crock pots, coffee makers, snacks, toiletries, cards and letters, undershirts, socks, refrigerators in the death of summer when the water in their bottles can reach 120 degrees. . . Many of our young men and women who have been put in harm's way, do not have access to a PX (store on base). They are fighting for our freedom on the front lines and it is too dangerous for them to leave camp to make it to one that does have a store, that's usually scarcely stocked. Some of their families do not have the funds to buy them life's basic necessities and to

pay the outrageous shipping costs to send them a goody box. Treats For Troops stepped up to the plate a couple of years ago and in conjunction with Support The Troops www.ourtroopsonline.com has been sending care packages to remote military camps, hospitals and Chaplains. We currently have 250 addresses on file that we send 69 pound care packages to on a daily basis. Some camps receive more packages from us daily, because their needs are so great. When you do the simple math, postage to ship these care packages easily exceeds \$50,000 a month. On January 1st, 2010, we launched "[Operation Pocket Change](#)" so we can ask the community to help offset these high postage costs by donating their spare change.”]

***Treat The Troops** (<http://www.treatthetroops.org/>). [“Treat The Troops was started by Jeanette Cram of Hilton Head Island, SC. She loves to bake cookies for the military men and women serving our country. Her friends, referred to as "Crumbs," help make the batter, pack the cookies, prepare the shipping and customs labels. What began in her kitchen in 1990 during the Gulf War has grown to a nationwide network of committed volunteer "crumbs" who have rallied their friends, businesses and school groups to participate and share in the good feeling of supporting the troops in harm's way. Treat The Troops is an all-volunteer organization with no salaries and no office space. See what the "[crumbs](#)" have done for our troops. Jeanette Cram has baked cookies for soldiers on the front line since the Gulf War in 1990 when a letter from a soldier read by then-President George Bush gave her the idea. The soldier had asked his mom to send lots of letters and cookies. Since then Jeanette and the "crumbs" have baked **2,218,738 cookies** to the troops. As long as soldiers continue to occupy and protect Iraq and Afghanistan, she will continue to bake cookies for and send comfort items to those in harm's way in the Middle East.”]

***Trevor Romain Foundation** (<http://trevorromainfoundation.org/>). [“...non-profit organization creating resources to support and comfort military children and their families when challenged by adversity. There are almost two million children in the U. S. who deal with the unique challenges of military life every day. Since 2007, **The Comfort Crew for Military Kids** has developed programs that meet the specific needs of these children. Whether a child has lost a family member, has a family member deployed, or has an injured family member, our programs are designed to support military children and their families with resources that are both educational and comforting.

The **Comfort Crew for Military Kids** is a new initiative by the Trevor Romain Foundation to better focus on military children. This initiative is comprised of programs meeting the unique challenges of military life. Developed around our Grief Support Program, Deployment Program, Injured Hero Program, and Caregiver Program, Trevor Romain’s Comfort Crew for military kids creates, produces, and distributes a series of comfort kits that are customized to address the specific psychosocial issues military children face. Programs include: *Helping Military Children Handle Loss* (supports school-age children grieving the death of a family member); *With You All The Way! Dealing With Deployment* (addresses the multiple phases of deployment and the challenges preparing for pre-deployment, maintaining connection during deployment, and the transition to home life during reintegration); *Taking Care of You! Support for Kids of Injured Heroes* (addresses the challenges children face when a service member returns with physical and/or emotional injuries; and *Caregiver Support* (helps parents and children understand the unique challenges military children face).

***Troops Need You** (<http://troopsneedyou.com/>) [“Welcome to Troops Need You, where you can become a Battle Buddy by directly supporting a deployed unit or healing warrior here at home. So far, nearly 20,000 Americans have helped us continue the uniquely American wartime tradition of mobilizing citizens in direct support of troops in combat. This is our history, from merchants supplying General Washington’s army during the Revolutionary War to the war bond drives of World War II. Now, it is our time to mobilize and help our troops accomplish their mission—whether deployed on the war front overseas or healing on the home front.” *Vision:* Leverage latest web technologies to establish direct support relationships—Battle Buddies—between Americans and each of three hundreds of deployed units and the estimated 70,000 returned healing warriors

here at home. *Who, When:* Troops Need You was founded in early 2007. *What:* 501c3 charity that enables Americans to directly support US Soldiers, Marines, Sailors and Airmen. *How:* Use tax-deductible donations to purchase and deliver the mission-essential supplies they say they need. *Where:* War Front: Afghanistan, Iraq or elsewhere; Home Front: healing warriors here at home. *Why:* a) *Historical Context:* Throughout American history—from Revolutionary militias to World War II bond drives—citizens have risen up to meet the greatest national challenges. Today, Troops Need You enables Americans to carry on that unique American tradition. b) *Spiritual Foundation:* Love Thy Neighbor is a central Christian calling, from the Old Testament days of Leviticus to the New Testament teachings of Jesus Christ. Troops Need You brings together American citizens and warriors as loving neighbors who mutually protect, support and sacrifice for one another. *The Founder:* Troops Need You was founded in 2007 by Major Eric Egland, a reservist and career intelligence officer, who listened to the needs of hundreds of troops while serving in Iraq as a counter-terrorism advisor. He previously served in counter-terrorism operations in places like Afghanistan and Pakistan. Egland published a call for a new approach in Iraq in mid-2006 and then launched Troops Need You, which he continues to lead as volunteer president.”]

***Troop Support (TroopSupport.Com).** [This was an excellent web site that also listed a number of relevant resources. I want to acknowledge that about 55 resources listed in this section of War Trauma Resources were first identified by me when looking at TroopSupport.Com, and I integrated these 55 resources alphabetically into this section and I have added to the descriptions to facilitate user use of the listing. However, checking the web (March, 2012) revealed that TroopSupport.Com now take you to a “*premium domain name*” site that lists many web resource sites under each of a number of categories: *Military Pen Pal, Care Packages for Military, Gifts for Troops, Military Spouses, Supporting Our Troops, Military Loan, Sending Packages, Military Calling Cards and Military Records.*]

***Uniform Services Association (www.uso.org)** [“The USO is a private, nonprofit organization whose mission is to support the troops by providing morale, welfare and recreation-type services to our men and women in uniform. The original intent of Congress — and enduring style of USO delivery — is to represent the American people by extending a touch of home to the military. The USO currently operates more than 130 centers worldwide, including ten mobile canteens located in the continental United States and overseas.”]

***United Warrior Survivors Foundation (<http://www.frogfriends.com/>)** [“The United Warrior Survivor Foundation (UWSF) was founded in 2002 in direct response to the loss of life in the Global War on Terror. It was established as an organization *exclusively dedicated to serving the needs of the surviving spouses of Navy, Army, Air Force and Marine Corps Special Operations personnel killed in the line of duty since September 11, 2001*. We strive to serve the spouses’ needs through: Unique Bi-Annual Survivor Conferences; Peer-to-Peer Support; Survivor Transition Assistance; Emergency Financial Aid and Financial Planning; Bereavement Counseling and no less importantly Tender Loving Care. The United Warrior Survivor Foundation is another FREEDOM IS NOT FREE proud partner. Co-founders Nick Rocha and Eric Knirk saw an important void that needed desperately to be filled. And hence, the establishment of The United Warrior Survivor Foundation (UWSF), an organization committed to providing Survivor Transition Assistance to surviving spouses of Special Operations personnel from the Navy, Army, Air Force and Marine Corps killed in the line of duty since 9/11/2001. UWSF provides much needed financial assistance, financial guidance and planning support along with college scholarship grants, educational counseling, professional bereavement counseling, and peer-to-peer mentorship to the spouses, based on need. UWSF also covers the basic Medical Insurance for those spouses who have gone over the three year mark since their husbands’ death and lose their family’s medical coverage.”]

***U.S. Veterans Corps (<http://www.veteranscorp.org/>)**.. [“US Veterans Corps - Represent you. Guide you. Help you. *USVC Objective:* To aid local Veterans, Reservist, National Guard, and Active Duty servicemen and women. *USVC Mission:* To participate in a community service projects and events with a “hands on”

mission/deployment attitude! *USVC Services*: Community Service, Camaraderie and Networking events, Job/Career Development, Veteran's Affairs assistants, Housing Assistants, and Awards & Recognition. *USVC Motto*: A Higher Calling! The US Veterans Corps was an idea that was based on the experiences that Veterans Andrew Ladner and Chris Lawson had while deployed to New Orleans, LA for the season finale of ABC's Extreme Makeover Home Edition and the local veterans project Operation: Coming Home. • *The USVC strives to provide a growing list of ways to join together in following areas*: Hands On Community Service, Camaraderie & Networking; Veterans Affairs Assistance, Awards & Recognition, Housing Assists, Job/Career Development.”]

***USA Cares (<http://usacares.org>).** [A Kentucky-based organization that “helps post 9-11 military families bear the burdens of service with financial and advocacy support. It’s mission: to help with basic needs during financial crisis, to assist combat-injured veterans and their families, and to prevent primate military home foreclosures and evictions. In five years, USA Cares has received more than 13,000 requests and has delivered more than \$5 million in grants. Military families anywhere in America can apply for assistance through the USA Cares web site, or by calling 1-800-773-0387. For more information on USA Cares, contact John Revell, jrevell@usacares.org or 270.354-5251.”]

*** USA KIA/DOW Family Foundation (USAKIA).** (<http://usakiadowfamilyfoundation.com/>).[“USAKIA incorporated in 2003 and received official tax-exempt and tax-deductible status from the IRS in 2004. Final determination of USAKIA as tax deductible and tax exempt by the IRS occurred in 2008. USAKIA’s Mission Statement:

The USA KIA/DOW Family Foundation (USAKIA) is here to increase ability to demonstrate the strength of families with killed in action (KIA) or died of wounds (DOW) while in our U.S. Armed Forces. KIA family and public support through USAKIA programs such as membership, memorials, and direct support to KIA families will honor their memory, show gratitude, and provide America with social justice. We are there for the whole family, and we are also a unique organization begun by KIA family members, for USA KIA family members, and for us, every day is Memorial Day. "All gave some... Some gave all." USAKIA currently uses the blog here as a backup because our Website has been down since September 10, 2007. Instaspace seems a scam, where we had hosted our site and paid through 2009. They have their phone disconnected now, don't respond to E-mails, etc. We have now paid for hosting with GoDaddy.com where we plan to transfer our site. However, we need to ccess our account with Instaspace and cannot. We are and have been working on it. Please check out our blog here, which includes many links, or visit our other sites and Web rings in the meantime. We've also received requests for our mailing address and phone number, which will appear at the end of this message. Our Newsvine column will have articles updated while we use our blog and our site's down. You can also see our Mission Statement there. *Contact Information:* USA KIA/DOW Family Foundation (USAKIA) P.O. Box 720123, San Jose, CA 95172; Phone: (408) 954-8280. E-Mail Us”]

***USA Together (www.usatogether.com).** [‘How it works. USA Together brings together injured service members who need assistance as they recover with the people who want to help them. Here’s what we do: 1. Injured service members, or someone acting on their behalf, such as a family member or caseworker apply to USA Together; 2. We validate the service connected injury by requesting certain documentation be sent to us. Then we help identify the most essential needs to be posted and we do so. Pictures are NOT REQUIRED, but they do put a face to the story and we encourage them. 3. As soon as a request is posted, those who subscribe to the USA Together site get notified via email and will review the request and potentially offer to help. 4. People visiting the site daily also can browse the requests and offer to help. 5. We cannot predict how soon a request will be met nor can we guarantee that it will be met at all. All we can do is get the word out across the country. *So, how well does it work? So far, virtually every request posted has been met.* Individuals, community groups and other veterans organizations who subscribe to USA Together all get notified and may offer assistance. Businesses and faith based groups have also stepped up. Sometimes this takes weeks, sometimes it happens in a few hours. And for donors, the good news is that they can offer goods and services (like legal assistance or

home remodeling help) in addition to donating money. This means more people can and do get involved. If you do donate money, please know that 100% of what you donate goes to injured service members. We even cover the credit card transaction charge for you. *A special note to Veteran Service Organizations—we can work together . . . !”* ***Note: I have heard favorable comments about this site that focuses on wounded troop support items and service.***

***United through Reading Military Program (<http://www.unitedthroughreading.org/military-program/>).** **United through Reading main website: www.unitedthroughreading.org.** [“One of the most difficult things a child can experience is having a parent deployed to a war zone for an indeterminate period of time. Our Military Program helps ease the stress of separation for military families by having deployed parents read children’s books aloud via DVD for their child to watch at home. Find out [How It Works](#). Find out where we are now and [how to participate](#). This powerful program is available to all deploying military units and at select USO locations. It provides parents a chance to make powerful and lasting connections with their children and parent from afar. United through Reading’s Military Program unites military families faced with physical separation. Parents and children stay connected during long deployments through the medium of reading aloud on videotape.”]

***Vacations for Veterans (www.vacationsforveterans.org).** [“Vacations For Veterans is a nonprofit organization created to provide recently wounded veterans of the United States Armed Forces with a week of free lodgings donated by a vacation homeowner. Each wounded veteran faces new challenges: readjusting, rebuilding their lives, and reconnecting with their families. For many of our wounded veterans, time away to rejuvenate is a luxury that is often unattainable and unaffordable. When you make a donation of time at your vacation home, or a donation of money to sponsor a veteran, you give our wounded veterans a brief respite when they need it most. You make entire families feel better through your generosity.”]

Valley Forge Village: a project of the Partrick McCaffrey Foundation (ValleyForgeCenter.org).** [“VFF has the potential, with your help, to become a world-class facility for veterans and their families coping with mental health conditions and cognitive impairments. VFF’s sponsors envision a vital, sustainable – intentional – community for military, veterans and their families where resiliency enhancement is possible through experiential learning opportunities and personal responsibility. VFF’s missions: Valley Forge Village: a project of the Partrick McCaffrey Foundation, provides a community for veterans, our military, and their families to heal, learn new skills, and develop quality of life. To this end, VFF seeks to acquire a unique campus consisting of approximately 120 acres with a cluster of 25 Neo-Classical Revival and Georgian Revival buildings situated in the center of the site. The location, originally known as the Minnesota Home School for Girls, dates back to 1911 and offers a rural setting surrounded with mature trees, substantial lake frontage and easy access. VFF is just two hours northwest from the Twin Cities of Minneapolis and St. Paul. VFF offers excellent recreational opportunities including fishing, hiking and the 28-mile paved Lake Wobegone Recreational Trail . . . Residents and guests at Valley Forge Village can take advantage of . . . comfortable short and long-term housing; a unique program to optimize mind, body and spirit wellness; training for mentors in the VFF wellness model; the newest principles of organic gardening and sustainable family farm practices will be taught; residents can choose from over 50 courses of study; business start-up and development training will be offered.”] ***Note: please check with VFF to determine exactly how many of the above mentioned services and programs are available now vs. is projected to be offered in the future.

***VET (Veterans Employment Transition) Foundation (<http://www.vetfoundation.org/>).** [“Fight, Win, Live! Although only three simple words, they are the essence of what we teach at the VET Foundation. VET Foundation was started by veterans for veterans trying to make the transition from military to the civilian world. Our process starts with our week long COMPASS Transition Program - a five day holistic event, held several times a year and comprised of 25 to 30 participants. The mission for these participants is to leave the

military and "transition forward." VET Foundation brings dedicated professionals to COMPASS to help them accomplish that mission. All of our industry professionals during COMPASS have been carefully screened for "genuine care and concern." They will discover very quickly that this program is like no other. It is all about helping the participants figure out what they want to do, who they want to be, and what impact they want to make in the lives of others. It's more than getting a job and making a living. It's about gaining a healthy perspective and making good life choices. Character is forged in the fire of adversity. The COMPASS participants have had their share of adversity. Often they are still fighting obstacles in their recovery. With the tools received and the skills developed at a COMPASS retreat, they will learn how to overcome the obstacles to live a healthy and productive life. *The VET Foundation's COMPASS Transition Program* is a five-day holistic retreat with a curriculum providing combat-wounded veterans an opportunity to not only gain valuable employment resources, but also life planning skills to assist with their re-entry to the civilian sector. Primarily focused on career advancement, COMPASS also reinforces the significance of mental, financial, physical, spiritual, emotional and social well being to ensure long-term success for the individual. All veterans write a personal development plan, network one-on-one with high profile professionals, learn about employment and education resources, and partner with a sponsor who, like them, has made a successful transition out of the military. Due to the generosity of VET Foundation donors and volunteers, the COMPASS Transition Program is provided at no expense to the veteran. COMPASS is a collaborative effort to give back to our heroes."]

***Vet Friends** (<http://www.VetFriends.com>) ["Helping military veterans reconnect." Over 1,088,681 Veterans & Military have joined! Benefits of joining Vet Friends include *Search for old friends from the Army, Navy, Air Force, Marines and Coast Guard. *Browse your military unit or ship by date to find people; enrolled in the Veterans, Active and Reserves so your friends can find you. *Email notices whenever a fellow Veteran or Military Soldier, Seaman, Airman or Marine from your unit also joins; Thousands of unique military photos, browse and search veteran uploaded photos by branch of military or conflict. *U.S. Military newsletters and news from around the world. . ."]

Vet Jobs (<http://www.vetjobs.com>) [" . . . makes it easy for employers to reach and employ all the members of the military community . . . to include Air Force, Army, Coast Guard, Department of Defense Civilians, Marine Corps, Merchant Marine, National Guard, Navy, National Oceanic and Atmospheric Administration, Public Health Service, Reserves and their spouses and dependents. VetJobs makes it easy to reach not only the transitioning military member, but also the highly qualified men and women who are veterans that have separated over the decades and are now productive members of the civilian work force in all disciplines . . . VetJobs is operated by a seasoned management team of professionals to assist companies, recruiting firms and hiring authorities to successfully reach the military market."] [*Cross-listed—see The Veteran Eagle*]

***Vet Speak** (<http://vetspeakblog.blogspot.com/>). ["Speaking truth to power. It's time to bring them home . . . exists to publish and distribute the crucial voices and perspectives of America's military veterans in print, online and on disc." Includes VetSpeak Blog and Winter Soldier."]

***VetSpeakNet** (<http://groups.google.com/group/vetspeaknet/t/6635CEACBODE>) ["Description: Journalistic forum for Veterans, Veterans' Families, Care Givers, and Advocates re VA Reform & Health Care Resources and Veterans' issues grass-roots organizing; to include PVS/PTSD/Combat Stress Injury research and programs, physical facilities, and failed claims processes. You must be signed in and a member of this group to view its content." You can contact the owner of this website through this link]

***Vet 2 Vet USA** (<http://www.vet2vetusa.org/>). [Armstrong, founder((moea1@verizon.net). [Veterans talking to veterans about their emotional and mental problems. That's the idea behind the national Vet to Vet program that has been established at 32 sites. Armstrong, a native of Illinois who lives in West Haven, Conn.,

travels the country helping people set up the Vet to Vet meetings. The veteran-led meetings are based on a partnership with the VA mental-health system. The main focus is on the unique experience of veterans, and how they can learn to live with problems posed by mental illness and/or addiction. "People in Vet to Vet don't just vent; instead, there's an educational component, with participants reading and discussing materials recognized in the field of psychosocial rehabilitation."]

***Vet Wives** (<http://www.angelfire.com/ok/VetWives/Homepage.html>). ["VetWives welcomes you to our homepage. On these pages you will be able to find links to veterans' sites, PTSD sites, poetry, stories about veterans, Links to Veterans Chat Rooms, etc. VetWives Email List is a Veteran's Family & Friends Discussion List. Topics include PTSD, Military, Retirement, dealing with the VA. All branches of service and all eras, not just war time service. ATTN: This is a HIGH VOLUME list (approx 80 - 100 emails per day) with some wonderful people that share their daily lives, coping skills, and just be there to support each other. Sorry guys but this is a **WOMEN'S only** group." Also: Chat Room: We are a wonderful group of people who have a lot in common. This chat is open to any family member, wives, mothers, sisters, daughters, sons or friends of veterans all branches of service and includes any military era, not restricted just to war time service. Come join us!"]

***Veteran CareGiver** (<http://www.veterancaregiver.com/>). ["Veteran CareGiver was developed squarely in response to expressed challenges by Wounded Warrior and Veteran Families, and Veterans Affairs leadership." Mission: "Informal caregiving is essential to help injured or ill veterans, and this remarkable family support comes at a cost that may include stress, fear and isolation. Join this virtual community today , created to enhance the quality of life for those who care for veterans of all eras." "Veteran Caregiver provides peer-to-peer support and special assistance for Caregivers of Veterans as well as for "singleton" veterans. This site is a bridge for veterans and caregivers alike. It is a safe place to air questions and frustrations on- and off-line, but we also provide individual assistance when you've hit the wall. As a veteran or caregiver of a veteran, your life may be significantly altered by injury, illness or aging. If you're feeling isolated or alone, want/need people around you who "get it" and you'd benefit from networking with peers and professionals, community health and recovery resources, you've come to the only site of its kind. VeteranCaregiver is here to fill the need for acknowledgement, mentoring as only peers can do, and to provide accessible support from others who share or can address your challenges.. . we guide people to resources they may be unaware of or with whom they've had no success. Each state has varying resources with which to interact and we are nearby Washington, D.C., so we can reach many legislative contacts and both the Congressional and Senate Veterans Committees. We also work ad hoc with a nationwide group of experts in an advisory role when there is a need for unusual advocacy or connection. .. Websites abound, but in reality it is the people who care and act responsibly to support you who that will help bridge your days from one day to the next. Thank you for joining us. We welcome your feedback." Linda Kreter, Founder and CEO, Wisehealth, Inc., 410.777-5217.]

***Veteran-Civilian Dialogue** (<http://www.intersectionsinternational.org/our-work/veterans-civilians>). ["Developed in 2008, the Veteran-Civilian Dialogue (VCD) is a powerful form of community building and social healing focused on addressing the cost of conflict in our country and to provide meaningful tools of reconciliation and healing. The VCD is a three-hour live event, with equal numbers of veterans and civilians in facilitated conversations around the impact of war on both groups. They have proven to be life-altering for those who attend and healing for the larger elements of the communities that are brought together through the process.

VCD is part of a larger initiative by Intersections International to address the cost of conflict in our society and to provide effective tools of reconciliation and healing. The dialogue is instrumental in other Intersections' initiatives. VCD has been tested and proven in dozens of dialogue events. . . VCD is jointly

facilitated by a veteran and a civilian trained in dialogue and group process. The dialogues number a targeted average of 70 people. Veterans and civilians have come from successful outreach to the leadership of organizations including the Veterans Administration, Vet Centers, Community Organizations that serve veterans, Veterans Mental Health Coalitions in New York City, Faith Communities, Universities and their Student Veteran Organizations.

Additionally, VCD has been conducted for an historic first in the virtual world of Second Life. The Veteran - Civilian Dialogue is a comprehensive and replicable program that works to empower veterans to fully re-integrate into civilian society and educate civilians about the unique needs and strengths of returning military personnel. The first virtual Veteran-Civilian Dialogue was held on September 17, 2010 in the virtual world of Second Life. For more information see www.intersectionsinternational.org or www.startledcat.com. See also Veteran-Civilian Dialogue video at <http://www.youtube.com/watch?v=IPawua0c2G0> This companion resource allows for the development of veteran – civilian communities across geographic boundaries. . . The arts and creative expression, both from veterans and civilians, also have been increasingly utilized in the dialogues with the hosting of several veterans’ plays and monologues. . .

***The Veteran Eagle (www.vetjobs.com)**. “The Veteran Eagle is a newsletter for veterans, transitioning military, their family members and friends and supporters of VetJobs. Feel free to forward the newsletter to veterans and friends.” [See cross-listing, **Vet Jobs**]

***Veteran Homestead, Inc.** (www.veteranhomestead.org). [CEO and founder Leslie Lightfoot, an Army medic veteran. “Veteran Homestead provides medical, psychological, and spiritual care to veterans that are diagnosed with a terminal illness, are elderly and/or disabled or otherwise in need. We provide these services without regard to race, religion or sexual orientation. All of our programs are drug and alcohol free and every effort is made to help those seeking abstinence.” Facilities include: *Hero Homestead* (15-bed home for elderly veterans), Leominster, MA; *Armistice Homestead* (15-bed facility for veterans), Leominster, MA; *Hacienda Veterans* (large residential home focusing on restoring a sense of self-worth), Caguas, Puerto Rico; *Veteran Victory Farm* (supportive housing program on an 80 acre organic vegetable farm offering a lifestyle change to the homeless veteran), Fitzwilliam, NH; *NVTRC* (*Northeast Veteran Training & Rehab Center* focusing on amputees, TBI, PTSD & Burn Patients), Gardner, MA; and *Veterans Hospice Homestead* (comprehensive mix of services to assist the veteran living with serious illness), Fitchburg, MA.]

***Veteran Love and Appreciation (Veteranlove.com)** [American Love and Appreciation Fund, 930 Washington Ave. Miami Beach, FL 33139 phone: 305-673-2856 Fax: 866-777-9431) POC: Toni Gardner Email: toni@veteranlove.com; “Veteran Love and Appreciation Inc. . . . exists to provide direct, essential needs to our severely wounded and disabled men and women who served in Operation Iraqi Freedom and Operation Enduring Freedom. Our assistance is intended to bridge the gap for these brave men and women as they transition from military service into civilian life. We are helping to put shattered lives and families back together. These heroes of the “War on Terror” deserve America's support for their service and sacrifices made daily.” Includes “food and fuel” program and donated ZUNE 8 GB MP3 Players.”)

***Veteran Owned Business (<http://www.veteranownedbusiness.com>)** [Free directory of small businesses owned by United States military veterans]

***Veteran Women Program (VWP) (<http://partnersincareers.org/news.html>)** [Part of Partners In Careers mission to assist individuals become economically sufficient by providing resources, training and job placement opportunities. Provides a range of services to include Veteran Women Program and other specialty populations served—refugees, persons with limited English proficiency, persons transitioning from welfare, ex-offenders, persons with disabilities, seniors age 55+. VWP Coordinator, 360.696.8417). The Veteran Women Program is here to serve all women veterans. Services include: job search, job tools,

interview skills, education and training, mentoring and coaching, job placement or shadowing, removal of barriers to employment.” Located in Vancouver, WA (Clark County).’]

***Veterans Advocate Guild** (<http://theadvocatesguild.org/>). [Washington State-based: “You’ve served your country well, and may be you’re on active duty right now – but you need help with a legal issue or just want advice on what to do next. Many of us are ex-military, so we understand the unique challenges you face and we are committed to supporting you in as many ways as we can. . . We have learned over decades of legal practice that expert intervention makes a difference. Some refer to it as “the buck stops here.” We agree. Every day, people rely on us to intervene, to stop the intrusion, the noise, the confusion. Lawyers are used to the complexity, and the very things that most of our clients find threatening. We want to protect and help. Our military experience shaped who we are today, and we want to pay it forward, so to speak, to you. It’s our turn to help you. The best way that we can do that is to share our expertise with you at no cost, and to do it now—quickly—when you most need the help. Founder Jerry Pearson. He goes Officially, he goes by Jerald D. Pearson, although he went by Sergeant Pearson when he served in the United States Marine Corps from 1965 through 1968. Since then, he’s found it difficult to maintain ties with the military because of the memories. Recently, he developed a strong affiliation with the Veterans Administration in Seattle (WA) and decided to start the Veterans’ Advocate Guild. He’s also been blessed have discovered his after-the-military vocation: helping individuals through the myriad of processes and choices necessary to gain justice and appropriate compensation for a personal injury or insurance dispute. A well-known and respected attorney, Jerry has developed a network of other highly qualified and experienced attorney’s here in the state of Washington. If someone needs help in another state, Jerry can usually find a resource there, too.”] *Note: This resource was provided by Tom Schumacher, Director of the Washington State Department of Veterans Affairs PTSD and Counseling Program—someone who I trust completely.*

***Veterans and Families Coming Home** (VeteransAndFamilies.org) [“Our Mission: To help our Veterans get home both mentally and emotionally. To help Veterans and their families raise happy, healthy children in a safe and stable environment where both parents are supportive and emotionally available; To assist our homecoming Veterans and their families in successfully transitioning home from deployment and from military to civilian life; To keep families together through the trials of homecoming; To work in tandem with all government and civilian resources and agencies.”]

***Veterans Children** [Good key words for search]

***The Veterans Corporation** (<http://www.veteranscorp.org/>) [National Veterans Business Development Corporation, P.O. Box 220, Oxford, Maryland 21654, info@veteranscorp.org, (202) 349-0860 Helpdesk. “Our Vision: To provide Veterans and Service-Disabled Veterans with access to the tools required to become successful in business. Our Mission: To provide Veterans and Service-Disabled Veterans with access to the tools required to become successful in business. Overview: The National Veterans Business Development Corporation (also now known as The Veterans Corporation and “TVC”) was established by Congress under Public Law 106-50 to expand the provision of and improve access to technical assistance regarding entrepreneurship for veterans. TVC works with and organizes public and private resources and the business development staffs of each Federal department and assists veterans and service-disabled veterans with the formation and expansion of small businesses.”]

***Veterans for Afghanistan** (<http://veteransforafghanistan.org/>). [“Veterans for Afghanistan is A group of veterans and civilian supporters dedicated to the idea that war should not be the only legacy we leave behind in Afghanistan. We welcome all new visitors, veterans and civilian supporters alike, who are hearing about us

through the media. We are stunned and grateful for your overwhelming interest and support as we grow and develop as an organization! We want the voices and experiences of veterans who have served in Afghanistan to be heard in the public debate. And, regardless of the politics being debated, we call on everyone to agree that now is the right time to help Afghans in their efforts to rebuild their country and cultivate peace, justice and prosperity in their society. This has been an amazing start to what we envision as a very big idea, and your support and participation are crucial to our ability to our growth and success. Please click on the "How You Can Help" link, connect with us, and learn how you can support what we're doing and what we believe in. Thank you for your support!

WHAT WE BELIEVE: *By sharing stories about our firsthand experiences in Afghanistan, we can raise awareness, money, and support for effective nonprofits, especially those that are Afghan-led and that empower and educate women and children. *Caring for and educating children, many of whom are war orphans or whose parents are too impoverished to support them, is the greatest investment we can make in Afghanistan's future. *Empowering women with educational and economic opportunities they are asking for is a powerful way to help them transform their society; Most importantly, we believe that together we can make a profound and positive investment in a stable and peaceful future Afghanistan. **WHAT WE DO:** We raise money that goes directly to established grassroots programs that work. *We talk about our firsthand experiences in Afghanistan to let people know what it's really like there and why it's so important to help. *We promote events that educate our friends and neighbors about what Afghanistan is like and why Afghanistan matters. *We support meaningful, informed dialogue about U.S. policy in Afghanistan and Pakistan"]

***The Veteran's Fund** (<http://www.veteransfund.com/programming.asp>) ["Programs and materials from the Veterans Fund improve the quality of life for men and women who purchased America's freedom at the sacrifice of their own health, and who now spend days and months and years in hospitals and nursing homes . . . where they are often desperately lonely and discouraged. By supporting physical, emotional, and creative therapy for thousands of our veterans through the Department of Veterans Affairs National Creative Arts Festival. By supporting Broadway-type shows and with the personal interaction of caring young people through the dynamic programming of Re-Creation USA, Inc. By supporting *Help Hospitalized Veterans* in that organization's purchase and distribution of audio tapes, video tapes, books, books on tape, and more than 2000 arts and crafts kits to our VA Medical Centers every day. By acquiring and distributing CDs, books, tapes, and inspirational materials for the use of veteran patients in hospitals and nursing homes. By active cooperation with some of the nation's most talented entertainers to present live shows for our Medical Centers and Nursing Homes each year. These entertainers are individual artists who volunteer their time and talents for our veterans, often working in conjunction with: the Barbershop Harmony Society, the American Society of Magicians (S-A-M), the World Clown Association (WCA), the North American Folk Music and Dance Alliance (Folk Alliance) and the International Bluegrass Music Association (IBMA). By enlisting new volunteer groups for Medical Centers. The Fund brought together the National Veterans Affairs Voluntary Service Department and the Explorer Scouts of America, and the Junior ROTC to develop youth-centered volunteer programs that have the potential of serving hospitalized veterans for generations to come. By cooperation with organizations such as America's Military Bands to gather and make available significant and lasting resources for the enrichment of the lives of our veterans in VA Medical Centers and State Veterans Homes."]

***The Veterans of the Vietnam War, Inc. and the Veterans Coalition Inc.**

(<http://theveteranscoalition.org/>). ["The Veterans of the Vietnam War, Inc. (VVnW), a Veterans benevolent organization founded in 1978, was born out of a need to have the service and special needs of Vietnam War Veterans recognized and acknowledged. Traditional Veterans organizations were unwilling to accept the service of Vietnam Veterans, as well as Veterans of other eras. Today, VVnW is comprised of 90 posts worldwide sustaining the mission of the organization. VVnW continues to strive through its many programs to maintain, improve, preserve and defend the quality of life of all veterans and their families. VVnW programs include the United Veterans Beacon House, a transitional homeless veterans housing and reintegration program,

Military Support Package Project for military serving overseas and Support Packages to veteran families, Veteran Service Officers (VSOs), Veterans in Conflict with the Law (Incarcerated Veterans), Team Veteran Leader (a competitive military adventure racing team), Veteran information services, casework assistance, counseling resources and referral, 24-hour 1-800-VIETNAM phone line, Veteran Leader newsletter, VVnW websites, Education and Scholarship Programs, FIND-A-VET Locator program to help reunite Vietnam era veterans, Flag Awareness and community services.”]

***Veteran’s Heart Georgia (<http://www.veteransheartgeorgia.org/>).** An organization dedicated to Healing the effects of war. **Veteran’s Heart Georgia fosters the healing of veterans of all wars by attending to the spiritual and emotional needs of veterans, their families and our communities. A veteran—whether Active Duty, Discharged, Retired, National Guard or Reserve—is someone who, at one point in his or her life, wrote a blank check payable to “The United States of America” for an amount of “up to and including my life”.** We honor and support our veterans and their families by addressing the effects of war through a **community-based network of services, resources and education.**

This network includes: consultation with specially trained counselors, clergy and mental health clinicians for veterans and families; workshops and programs for veterans, couples and families, community gatherings and training for professionals; outreach and mentoring by trained, seasoned veterans; community education and involvement. **We believe that:** There is healing for the invisible wounds of war-related PTSD*; The core work is the nurturing of a positive warrior identity; The suffering of families must be addressed, including the unaddressed wounds of war passed down through generations of families that have experienced war; The citizens of our communities, those who are protected and guarded, must share the burden of the wounds of those who have gone to war. This work is influenced by concepts found in the book, [War and the Soul](#), by Edward Tick. **OUR NEWEST PROGRAMS:** [Mindfulness-Based Stress Reduction for Veterans](#); [iRest \(begins July 7, 2012!\)](#); [Facilitated Drum Circle](#). Veteran’s Heart Georgia has no political agenda, no goals beyond fostering healing from the effects of war. Our work is focused right here, where the healing is. **We invite all to begin the journey toward healing and resolution, recovery and reconciliation, moving towards a mature, peaceful and balanced Warrior identity for our veterans.”]**

Veterans Helping Veterans TV (<http://VHVtv.org/>). [“It is our mission to inform, educate and motivate veterans to learn about and apply for potential entitlements. We present individuals and groups that work on behalf of veterans. We encourage people to volunteer and make a positive impact in the lives of veterans. Links include: Watch VECSM Channel on U Tube; Watch us on Blip TV; For broadcast on public, education and government access; For the Veterans Employment Committee San Mateo; For AMVETS California.”]

***Veteran Homestead (<http://www.veteranhomestead.org/>).** [“Veteran Homestead, Inc. is an independent, 501(c)3 nonprofit organization based in Fitchburg, MA. The organization was founded by CEO Leslie Lightfoot in 1993 in Leominster, MA. It has since expanded into various facilities in New England and Puerto Rico. Our mission is to provide medical, psychological, and spiritual care to Veterans who are diagnosed with a terminal illness, elderly, disabled, or otherwise in need. We provide these services without regard to race, religion, or sexual orientation. All of our programs are drug and alcohol free and every effort is made to help those seeking abstinence.” Includes videos and bi-lingual English/Spanish offerings.]

***Veterans Initiative Center and Research Institute (VICTRI) (<http://victri.org>).** [Presently under construction (March, 2012). Call: 612.353-5600 or email: larry@victri.org. “There are many Veterans who have creative, wonderful and powerful ideas from start-up businesses to one time projects to in-depth research ideas. Many desire to research and develop ideas that positively impact the lives of Veterans and their families. We are building a cutting edge, state-of-the-art initiative center to support Veterans in realizing these ideas. We proactively seek Veterans to develop their new ideas and make them reality. We reach out to the minority

populations to ensure their involvement in our community. With the professional environment, tools and assistance we provide, we'll accelerate the development of Veteran leaders to now serve their nation in other ways.”] Rhonda Jordal highly recommends this organization.

***VetWives Living with PTSD Forums** (<http://livingwithptsd.vuku.com/directory>) [“Welcome! You are among friends. If you ever feel alone in the struggles of dealing with this disorder, you are alone no more. There are many of us who love a veteran with Combat PTSD and understand how hard it can often be. However much our hearts may break for the horrific traumas our loved ones have lived through, we are important too. We hope you will find this a safe, comfortable place of understanding, friendship, and support.”]

***Veterans’ Ministry/Coming Home Collaborative** (<http://www.mpls-synod.org/programs/vets>). [“An open and growing voluntary association of people concerned with the psychological and spiritual healing of veterans, especially those currently reintegrating with their families and communities. Founded by Amy Blumenshine, MSW (listenovets@comcast.net) and a group of helping professionals affiliated with Walk-In Counseling Center and Our Saviour’s Lutheran Church in Minneapolis. Welcome them home: order a 112 page practical guide for pastoral care providers to veterans and their families: Welcome Them Home – Help Them Heal: Pastoral Care and Ministry with Service Members Returning From War is distributed as a pay-it-forward ministry donation. Email your mailing address to contact@welcomethemhomebook.com write Elim Lutheran Church of Blackhoof, 2077 County Road 6, Barnum MN55707.”]

***Veterans Moving Forward** (<http://www.vetsfwd.org/site/>). [“**Our Mission:** Provide service dogs to veterans with physical and mental health challenges. **Our Vision:** Be the premier, national, not for profit organization for veterans seeking and receiving assistance/service or skilled companion dogs at no cost to the veterans. Be the most effective and trusted resource to provide canine therapy for veterans. Optimize veterans' employment in distributing service dogs to veterans to meet growing demands. Make a meaningful difference in the lives of our veterans and increase their safety and independence within their environment. **Our Goals:** Assist at least 10% of our nation's veterans and their families in need of assistance dogs to move forward with their lives – with greater comfort, access and interaction within the community. Offer employment opportunities for veterans and partnerships with Service-Disabled, Veteran-Owned Small Businesses (SDVOSBs) to leverage the talents, skills, dedication and commitment of veterans to support fellow veterans in all aspects of our operations. Create a more dynamic impact within the veteran community through the participation in and expansion of a coalition of organizations providing service dogs.”]

***Veterans Sanctuary** (www.treatmenttrends.org) [“Veterans Sanctuary (VS), a program that is part of Treatment Trends, is located at 24 S. 5th Street, Allentown, Pa. 18101 . 610 – 439 – 8479. VS is a 60-bed veterans-specific inpatient non-hospital, variable length, addiction, co-occurring disorders and PTSD treatment center serving Veterans and their Families. VS will serve both men and women. This facility blends the therapeutic community model with the Sanctuary model and innovative holistic healthcare practices such as Mindfulness (MBSR & MBCT) Kripalu and Life Force Yoga, Healthy Nutrition and Exercise, Creative Expressive Arts all combine in a focus of healing body, mind and spirit. VS will utilize evidence based practices such as Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization Reprocessing (EMDR) and have psychiatric support as needed. Significant effort will be in providing therapeutic opportunities to build personal attachments that will sustain recovery, to share what pains us, and to provide the tools to reclaim our lives, transition home, rebuild a healthy identity including contributing to our relationships and the communities in which we live. Veterans and families will learn skills that support emotional safety; including understanding and diminishing PTSD symptoms and developing renewed relationships within the family unit. Veterans can also decide to participate in hometown intervention teams; Vets Helping Vets and learning de-escalation, intervention and mentoring skills. The facility has the architectural charm of a tastefully renovated 1928 spacious structure sporting a gymnasium, exercise room, an auditorium, library, meditation

room and Japanese Garden with Koi pond all supported by a talented caring staff. Opening Date: December 6, 2010. **** The phone # will change when we officially open****] **Note: I am very familiar with Robert Csandl, director of Treatment Trends, the umbrella organization for the Veterans Sanctuary, and have conducted three separate trainings with their staff. I am most impressed with the staff's motivation, passion and knowledge. Check them out; this promises to be a very positive and needed resource for veterans needing a therapeutic community milieu.**

***Veterans Treatment Court Clearinghouse (<http://www.nadcp.org/learn/veterans-treatment-court-clearinghouse>).** [A wealth of information about veteran's treatment courts—recommended by Jamie Keyes, activist mother of an incarcerated OIF veteran]

Veterans United Connect (<http://www.veteransunited.com/connect>). ["Veterans United Network is a Facebook app open to those still serving, veterans, or military family members. The app allows you to find and reconnect with those with whom you have served. You can find people that served at the same Locations (bases, ships, and more) and Service Groups (Wing, Unit, Battalion, Division, and more) as you did based on the time you served at the location or with the group. You can even find people from bootcamp or other shared connections. Veterans United Network is supported by Veterans United."]

***Veterans United For Truth (www.veteransunitedfortruth.org).** Veterans United for Truth, Inc. P. O. Box 4476, Santa Barbara, CA 93140. 1.805.530.6417. The phone is covered by a voice recorder 24 hours a day. We'll get back to you ASAP. ["There are many good veterans' organization already in existence, and some of them are focused on many of the same issues as VUFT. Our concern that led us to starting VUFT was that none of them seemed to be concentrating on the two areas where we thought real progress could be made: Legislators and their performance on veterans' issues, and the various departments that establish and administer veterans' programs. That is all that we focus on. We have no facilities, have no social events, and have no goals other than those stated in our Mission Statement and Mission Essential Goals, which you can read and download on our "About Us" web page. 2. What is the purpose of Veterans United For Truth? To work to improve the accession, training, equipping and commitment of active duty and reserve force military; to ensure that all persons active, reserve and guard are told the truth about the reasons for their commitment to specific conflicts, and the truth about their obligations; to work to ensure that the dependents of all persons on active duty receive services in a timely fashion; and, to work for legislation that guarantees benefits to all veterans without undue administrative complexity. Where the government of whatever branch failed to perform, we intend to educate the public and, if necessary, sue for such performance . . ."]

***Veterans Village of San Diego (<http://www.vvsd.net/>)** ["VVSD has served all veterans since 1981 and is dedicated to "Leave No One Behind." With five locations throughout San Diego County, VVSD is the only program of its kind in the United States and is nationally recognized as the leader in serving homeless military veterans. Each year VVSD provides services to more than 2,000 military veterans throughout the County of San Diego . . . VSD provides a continuum of care with a full range of comprehensive and innovative services for military veterans that encompasses: *Prevention; Intervention; Treatment; Aftercare.* VVSD extends assistance to needy and homeless veterans and their families by providing: *Substance Abuse Recovery; Mental Health Counseling; Job Training and Job Search Assistance; Housing; Food; Clothing; Legal Services.* In our last program year (through June 30, 2009), VVSD placed over 300 homeless veterans and over 200 other unemployed veterans into long-term jobs with an average starting wage exceeding \$13 per hour."

***The Veterans Voice (<http://www.theveteransvoice.com/>).** ["Fighting for our veterans; supporting our troops." (independent, grassroots publication founded as a quarterly publication dedicated to all Veterans past and present and a monthly newspaper distributed nationally to VA facilities, outpatient clinics, Vet Centers,

VSO's, elected officials and individual subscribers. Tabs on the website include: Got Questions—Get Answers; Resources; Job Search; Your Health; Mt. Kia/Mia; PTSD Wives Advice.”] *Note:* And there is an impressive list of links to headline news items re veterans and veterans issues);

***Veterans Writing Project** (<http://www.veteranswriting.org/WordPress/>). [“We provide no-cost writing seminars and workshops for veterans and family members as a way of giving them the tools they need to tell their own story. . . **How We Do It** . . . VWP is a series of seminars and workshops. At each seminar we present an element of craft like structure, dialogue or point of view. Participants also submit their writing for review and comment by all members of the workshop. Our seminar leaders are veterans who are also successful writers. We have two models: our long program consists of 12-14 sessions and can be structured over a semester, half year or full year cycle; our short program compresses the cycle into a two or three day event. **Why We Do It**...Well, because it needs to be done. Some of us came back from Iraq or Afghanistan and had problems trying to re-enter the civilian world. Writing helped us. We’re not doctors, but we talked to a lot of them and most agreed that telling your story helps you get control of it. We’ve also been lucky enough to attend quality graduate writing programs. We want to help others to tell their stories. Finally, we’re the right people to do this. We’ve been there. We know what returning veterans are going through and we speak their language. **Who Can Participate**...Workshop/seminar participants are veterans or family members of veterans. We don’t care if the veteran served in combat or never left stateside. It doesn’t matter when the veteran served. In fact, we want older veterans to come tell their stories alongside younger veterans. Family members of veterans, whether they are spouses, parents or children are welcome, too. All we ask is that participants want to learn about writing in order to tell stories relevant to serving in the armed forces or being part of a military family. Email ron@veteranswriting.org for more information regarding schedule of writing events.”]

*** Vets Back To War Zone.org (VBTWZ).** (PO BOX 801262. SANTA CLARITA, CA 91380. c/o: Dick “Tarzan” Jeffrey, President, Board of Directors. 321.525.0184 cell; 661.299.1487Ph/fax). [“Organized for the purpose of returning War Veterans to the places they served during the time of war for therapeutic benefits related to PTSD. VBTWZ.org will *conduct pre-trip interviews* to extract personal histories/testimonials from participating veterans. After the trip, *Post-trip interviews will be conducted* to obtain reflections of present day war zones. Their stories will then be inducted into the Library of Congress as oral histories and testimonials by American war veterans during their time of war in relation to their *present day assessment*. The 106th Congress enacted the "Veterans' Oral History Project Act" 27 October 2000. Vetsbacktowarzone.org provides a great opportunity to obtain refreshed testimonials of the realities of war and sacrifices made by American war veterans in order to preserve freedom and the America Way of life. Vets Back To War Zone.org will invite PTSD disabled and under privileged Veterans; and others to return to Europe, South Korea, Vietnam, Kuwait, Afghanistan, Iraq and other Battlefields around the world (when accessible); at the expense of VetsBackToWarZone.org. Thus, providing an opportunity to begin a therapeutic process to bridge the gap and root out the pains of war (PTSD) . . .”] ***Note: VBTWZ has impressed me with their enthusiasm and dedication to offer a well-prepared experience for vets. They have been utilizing videos I have sent to them concerning return trips to Vietnam in 1989 and 2000 that I co-led, as well as checklist guides I wrote about in my second war trauma book, Healing Journeys, Study Abroad with Vietnam Veterans, to consider utilizing when assessing and preparing vets for possible return to former battlefields.]***

***Vets 4 Vets** (www.vets4vets.us) [“Vets4Vets is a non-partisan veteran organization dedicated to helping Iraq and Afghanistan-era veterans feel good about themselves and heal from any negative aspects of service and war through the use of peer support. Vision; Our primary goal is to help Iraq and Afghanistan-era veterans understand the value of peer support and to regularly use peer support to express their emotions, manage their challenges and ease their reintegration into society. Our vision is that anytime a veteran needs to talk with someone who really understands, a local Vets4Vets peer support group is available at no cost.”]

***Voices of War. Stories from the Veterans History Project (Experiences of War)**

(<http://www.loc.gov/vets/stories/voicesofwar/>). [Rich compendium of personal narratives of veterans of different wars. This companion Web site accompanies *Voices of War*, the first book of stories drawn from the collections of the Veterans History Project. The book relates war through the eyes of 60 veterans and civilians caught up in the momentous conflicts of the 20th century. Richly illustrated with photographs, drawings, and paintings from the Project's own collections, *Voices of War* relives the totality of war in the words of the men and women who experienced it, through their oral history interviews, memoirs, diaries, and correspondence.]

***Volunteers of America Website for incarcerated issues (www.voa.org/Get-help/National-Network-of-Services/Corrections)**

[Comprehensive program designed to assist incarcerated veterans in reentry. On any given night, more than a quarter of a million persons who have defended our country are homeless and on the streets, and more than half a million veterans experience homelessness each year. Volunteers of America is a leading provider of services to veterans and is restoring the dignity of our former soldiers each day through its housing, health, job training and supportive services programs. Volunteers of America's affiliates in Kentucky and Los Angeles work with formerly incarcerated veterans through the Incarcerated Veterans Transition Program (IVTP). The goal of IVTP is to provide supportive services and employment that will enable veterans to stabilize their personal lives and achieve economic self-sufficiency and remain out of prison."]

***War Experience Project (www.warep.com)**. [Rick Lawson. "The power of art to heal is being put to use through The War Experience Project by inviting current and former military service members to paint a camouflage service uniform. Some might know them as cammies, fatigues, blouses, DCU's, ACU's, Utilities, or battle dress uniform. Regardless of what we call them, those who have worn the uniform have memories from their experiences that only those who have been in service can know and appreciate. By painting onto a uniform, the participants are going through a positive and cathartic experience even with the most challenging memories. Once the uniform is completed, the piece will be shown in exhibition throughout the world in an effort to share that experience with others, without having to tell the story." The premise of this artwork is that the camouflage uniform serves a purpose: to protect those who wear it. Only those who wear it can know what it means to put it on and not know if they'll be able to take it off at the days end. As a tactile, intimate object that goes through every experience with our military service members, it retains the memories within its very fibers. It camouflages those memories and protects them from public view, as soldiers and veterans have learned to do themselves] [Note: a close friend and colleague, Lisa Tice, says of Rick Lawson's project: "*He has begun a traveling art project called 'The War Experience Project: Visualizing the Burden.' Rick is just awesome and has provided an incredible healing opportunity for service members, families and civilians through this project. Easy comparisons are made to the AIDS Quilt project, as he facilitates painting on the back of camouflage uniform shirts, then displays them around the country. The images are deeply personal, ranging from stark to mystical, and all tell an incredible story by each individual painter. Rick and his wife started this after he found his own healing was strengthened by painting on the back of his own uniform... You can read more about Rick Lawson and his project by visiting his Web site: <www.warep.com> He is an incredibly articulate young man about his own experience and how he's been able to help others through this project.*"]

***Warrior Beach Retreat (Panama City Beach, FL).** (www.warriorbeachretreat.com). [“There are so many heroes in this great nation, so many families we can encourage. My vision as a mom, is to bring wounded soldiers and their families to Panama City Beach for an extended weekend of Rest and Relaxation. This retreat will be a time that can give them hope to carry on ... a feeling that their sacrifice was not in vain... a knowing that we as a nation are truly grateful for their service and sacrifice. I call it the Warrior Beach Retreat. My desire is that our community will be the "model" for the nation. Our community has donated hotel and condo rooms, meals from restaurants, cakes, gift baskets, fishing trips, movies, tours, attractions tickets, money, etc. to show

their love and appreciation for the sacrifices these soldiers have made. My vision is to see communities from all over the USA come together to host military soldiers and their families affected by this war. Let us all come together to bring hope and healing to so many heroes and their families. We all have something to give. We can make a difference ...together.”]

***Warrior Family Program** (<http://www.warriorfamilyprogram.com>). [. . . conceptualized by the Leadership of several Georgia Veteran organizations that are working with Veterans, Army Aviation Heritage Foundation, (AAHF), Native American Management Organization (NAIMO); Hearts Towards Home International (HTHI); Historic Banning Mills (HBM). Program designed to help Georgia’s Warriors and their Family Members reintegrate back into American Society and deal with PTSD: Emotionally, socially, physically, spiritually, family, career and other challenges associated with military service.”]

***Warrior Gateway** (warriorgateway.org) [“The Warrior Gateway is designed to eliminate the information barriers that keep members of the military community from connecting with the resources that they need. By providing a comprehensive directory of community organizations, community feedback, volunteer opportunities, career exploration and job application tools as well as a knowledge base of valuable information, the Warrior Gateway is aimed at easing the transition from military to civilian life and also providing support for the families of those in uniform. To ease the transition, connections to several leading social networks will allow members of the military community and their families to connect with one another and build valuable support networks both online and offline. Curious? Navigate the links to learn more about the Warrior Gateway. You can also pre-register [as member of “military community,” “employers” or “service providers” on the Warrior Gateway and we will notify you when it launches. Be sure to check out our blog, a source of information relevant to veterans and their families and caretakers.”]

***Warrior Reintegration** [Good key words for web search]

***Warrior Weekend** (<http://warriorweekend.com/>) [*The Mission: Helping Wounded Troops. Warrior Weekend provides weekends of rest and relaxation for Soldiers and Marines who have been wounded in combat in both Iraq and Afghanistan and who are undergoing recovery at Walter Reed Army Medical Center. Missions focus on small groups of 8-10 and allow participants to enjoy themselves at various destination cities. The mission was started in Dec. 2006 by retired Army Lieutenant Colonel and decorated Iraq combat veteran, Steve Udovich. (provides weekends of rest and relaxation for soldiers and marines who have been wounded in Iraq and Afghanistan and are undergoing recovery at Walter Reed Army Medical Center in Washington, DC);*

***Warrior Wedding Project (WWP)** (www.gilcope.com and click on the link “Warrior Wedding Project”). [The WWP is the creation of Gil and Andrea Cope. “The Warrior Wedding Project is our effort to give back to the brave men and women who put themselves in harm’s way. The mission of the WWP is to *say thank you to our service men and women for their sacrifice*. In short, we photograph the weddings of Service Members returning from our conflicts overseas.

The couples are selected on the basis of their unique stories of love, service and perhaps most importantly – their sacrifice. Proximity doesn't play into our decision - we'll travel pretty much anywhere in the Continental US. Also, we do not think that time erodes the sacrifice someone has endured, so there is no specific time requirement following return from deployment. We absorb all of the costs incurred in photographing their wedding plus an engagement session. This includes all hotel and travel expenses, hiring a second photographer, as well as an online site where the couple can download their images for free and order prints at cost. We also give them a beautifully printed coffee table book of their photographs.

What we didn’t expect when we started this project was how moved the couples are with the whole WWP experience. They tell us time and again how blessed they feel at having been given this once in a lifetime

opportunity. But the truth of it is, to be able to photograph these brave warriors on one of the happiest days of their lives is not only an honor, it's an incredibly humbling experience.”] *Note: you must go to the WWP website to see the beautiful wedding images that have been woven together into distinctive wedding portfolios for different couples; the results are beautiful and compelling—an amazing tribute and treasured collection of images for the wedding couples. Thank you, Gil and Andrea, for your creative and stunning service to our Service Members.*

***Warrior’s Horse Project (Almost Home Ranch)** (<http://almosthomeranch.org/warriors-horse-project/>). [“Warrior’s Horse Project. Helping soldiers and horses find their way home. . . 20971 West HWY 62, Lincoln, AR 72744; 479.427-6111. [The Warrior’s Horse Project is dedicated to protecting the sacred friendship that exists between our American soldiers and their horses. A horse that belongs to an American soldier shares the spirit of a warrior, and like his owner, deserves the honor, dignity and respect worthy of a hero. Americans soldiers make countless sacrifices to serve their country. For many, it has been the unflinching loyalty and companionship of their horse that has helped them survive life as a warrior. When duty calls them away, these brave soldiers often feel that since they are unable to give their best friend the kind of attention they deserve that it would be best to put the needs of their partner first and end up selling their horse – sacrificing the strongest friendship of their life. Warrior’s Horse Project provides a safe, nurturing home for soldier’s horses when they are unable to do so themselves, which includes: *Training/exercise in the owner’s discipline of choice (barrel racing, jumping, dressage); *Health Care; *Hoof Care; *Personalized Nutrition Program. And of course, lots of love and attention!”]

***Warriors Writers** (www.warriorwriters.org). [“Warrior Writers is a Philadelphia based, national non-profit. Our mission is to create a culture that articulates veterans’ experiences, provide a creative community for artistic expression, and bear witness to the lived experiences of warriors. “] Note: there also is a warrior writers in Chicago and warrior writers conduct workshops in numerous cities.]

***Warrior/Veteran Writing Programs.** Such programs are located in at least the following cities: Philadelphia, Chicago, Syracuse, Oceanside CA, St. Louis MO, and New York.

***We Honor Veterans. Hospice Professionals on a Mission to Serve** (<http://www.wehonorveterans.org/>). [“Qualify your hospice as a We Honor Veterans Partner. Whether you are just beginning to address veterans needs and care or you have lots of experience, enroll now to “earn your stars.” This website includes: Military History Checklist to incorporate into a hospice intake process; veteran-to-veteran volunteer program; exchanging ideas and tips with other hospice staff and many links to, for example, PTSD and psychosocial needs, spiritual care, grief and bereavement, VA benefits, finding VA offices and facilities, finding local hospice, WHV partner resources and family evaluation of hospice care (veterans’ module).]

***Websites for Heroes** (<https://www.websitesforheroes.org/>). Website to help active-duty Service members and their families stay connected by providing them with their own personalized, secure, password-protected website. Features for each family’s website include a video gallery photo gallery, kid’s page, message board, calendar, family directory and news.

***Welcome Back Veterans** (WelcomeBackVeterans.org). [“Major League Baseball and the McCormick Foundation have launched Welcome Back Veterans, an initiative designed to raise public awareness about issues facing today’s veterans, and to raise funds to support programs and services that these returning soldiers need to repair and restore their lives. To encourage giving, the McCormick Foundation will match the first \$4 million raised, at 50 percent. In addition, Major League Baseball and McCormick are paying all expenses associated with this initiative, so that 100 percent of the funds raised, plus the matching dollars, will go to programs and services for veterans.”]

***The Welcome Home Initiative Retreat** (<http://www.christ-the-king-center.org/WelcomeHome/>). [“A free 3-5 Day Retreat for Members of the Armed Forces and Their Families. Christ The King Spiritual Life Center. Talks by Veterans and Trauma Specialists. Discussion Groups. Opportunities for Reflection and Healing Prayer. 600 Beautiful Acres for Recreation and Relaxation. Handicapped-Accessible Facilities. Optional Marriage & Family Counseling. Our goal is to minister practically and prayerfully to members of the Armed Forces and their families, providing support and resources to help them heal and thrive. *Our mission:* To show our appreciation for the men, women, and families serving in the Armed Forces. To help those who have suffered trauma in combat, be it physical, psychological, or spiritual, by providing ministry and resources for health and healing. To preserve the confidentiality of every person. To connect combat veterans with appropriate specialist agencies and resources including: Combat stress and trauma experts; Critical incident debrief specialists; Marriage and family life counselors; Suicide prevention counselors; Prayer teams.”]

***The Welcome Home Project** (<http://www.thewelcomeproject.org>). [“In frustration over the lack of knowledge and connection they felt with the reality of the experience of returning veterans, Bill McMillan and Kim Shelton, spouses and co-directors of the Welcome Home Project, conceived of this program in order to become more involved and to offer a way for the larger civilian community to actively participate in the return of our soldiers. They contacted Michael Meade to see if he would be interested in bringing his genius for working with myth, stories and traumatized communities into work with veterans. He and his foundation, the Mosaic Multicultural Foundation, co-sponsored the program in May, 2008. He then led the Memorial Day, 2008, retreat and will continue to offer similar retreats to veterans in other locations around the country (see www.mosaicvoices.org). The Welcome Home Project Mission is to bridge the historic gap between veterans (including their families) and the civilian communities in which they live. The Welcome Home Project will catalyze meetings and conversations between vets and civilians by promotion of the film *Voices of Vets* in local communities around the country. (*Voices of Vets* documents a remarkable five-day healing retreat for veterans from Iraq, Afghanistan and Vietnam, along with several family members. The event culminates in a powerful public welcome home ceremony/performance where the vets read personal poetry they have written on the retreat to an awesome standing room only crowd in Ashland, OR on Memorial Day, 2008. We are helping for help in making this important, non-partisan and very timely documentary film a reality.) It is also our goal to promote: Local civilian communities coming together to create significant welcoming ceremonies of their own, so that the veteran’s truths and traumas can be witnessed, heard and better understood by the general public; Communities of other veterans who can share experiences and support one another in ways that no else can, because they have been there; Frameworks that help vets create meaning from their experiences, whether they be myths, religious traditions, the arts, rituals or stories of other vets. Other important programs around the country that support veterans and their families.”]

Welcome Home Warrior** (www.whwarrior.org). [Founded by Donna Finicle, Welcome Home Warrior's mission is to serve the veterans of Afghanistan and Iraq and their office is in Woodland Park, Colorado. WHW “currently produces a free workshop series, *Coming Home/Going Forward*. These workshops are for veterans and their families, students, therapists, ministers and counselors.”] ***Note: I have had several contacts with Donna, to include presenting at one of Welcome Home Warrior’s workshops. I am very impressed with Donna’s sincerity, passion and mission.

***What Everyone Leaving the Military Should Know** (<http://leavingthemilitary.blogspot.com/>). [“This publications stands to provide veterans, and those soon-to-be veterans, with a wealth of information gathered from personal and professional experiences and valuable research. I can help you with anything from your career to using your VA home loan, and everything in between. Just post a comment and I will respond with my own personal knowledge or will research and find your answer. Good luck and enjoy.”]

***With Love From Home** (<http://withlovefromhome.org/>) [“This project was started as a way to honor all of our Service men & women that are serving our country. We appreciate the sacrifices that they have made for us

, so we as Americans can enjoy the freedom we are used to. When our son Michael joined the Marines we became very aware of how much mail call meant to all of the recruits in training. In supporting and encouraging Michael with mail from home we began to think of how awful it would be to be serving overseas and to not have the support from home or receive mail from someone who truly cares about you. We started this project in hopes to reach as many of our men and women serving overseas that have little or no support from home. It is very important to us that they know how thankful we are for their service. *It is our honor to send letters, care packages and prayers from back home* to hopefully put a smile on their face. They are all heroes and we will continue with our goal until they are all home safely. . . . Any addresses we receive for Service men and women in need of mail are kept confidential and are not released to anyone. We personally mail all letters and care packages and ask the Service member to release their own address to the person if they wish to correspond with them. Please let us know if you have someone in need of mail and support. We would love to let them know how important they are for the sacrifices they are making for us Americans. With Love From Home. God bless, Dave & Kelly Yocum,” Founders, P.O. Box 444, Mora, MN 55051; 320.679-0722.”]

*** Women Veterans of America (<http://www.wvanational.org/>).** [“A voice for women who have and are serving in the Armed Forces. An advocate for women veterans’ rights, issues and benefits. WVA Vision: To have set forth criteria that ensures the best possible care given to women veterans in VA health centers. To be advocates for Women Veterans and women now serving in today’s military.”]

***Women Veterans. The American Legion Guide.** [“Guide for Women Veterans: (<http://www.legion.org/documents/pdf/womensguide.pdf>), Identifies risks, services and prevention regarding a range of valuable information for women in the military and women veterans, in such areas as employment, education, benefits, services available, women’s health issues, women’s sexual trauma, domestic violence, war zone stress and women’s’ health.”]

***Wounded Heroes Fund (www.woundedheroesfund.net)** [“. . . provides care packages to our injured men and women of the armed forces. In addition, Wounded Heroes Foundation, through charitable contributions, provides financial another assistance in situations where the military is not equipped or unable to assist.”]

***Wounded Marine Careers Foundation (<http://www.woundedmarinecareers.org/>).** [“A career training and job placement program for wounded Marines and navy corpsmen. The Wounded Marine Training Center for Careers in Media will help young Marines wounded in Iraq and Afghanistan heal through learning the art and skill of visual storytelling. More than 30 film industry professionals will share their video and photojournalism expertise with participating wounded Marines. As a pilot program, the Training Center for Careers in Media enlists a professional Civilian Corps to serve the Wounded Warrior Regiment as instructors and mentors in order to develop new careers for transitioning Marines.”]

***Wounded Warrior Family Support (www.woundedwarriorhospitalfund.org).** [“Our mission is to provide support to the families of those who have been wounded, injured or killed during combat operations. The families of our casualties suffer in many ways: some financially, some psychologically. Wounded Warriors Family Support mitigates their trauma by allowing them to find peace and solace as a family once more in family-friendly resorts that we provide free of charge. The resort condominiums that we own in Orlando, Florida and Galveston, Texas are quiet havens where war torn families can reunite and become stronger.”]

***Wounded Warrior Outdoors (www.woundedwarrioroutdoors.com).** [“Our mission is simple and focused. To reward our combat wounded veterans with the outdoor trip of their lifetime. A small way of thanking them for their unselfish personal sacrifices in helping to preserve our freedom.”]

Wounded Warrior Project** (www.woundedwarriorproject.org) [one of the largest and most successful community-based organizations serving veterans and their families; see also: ***Wounded Warriors Family Support; Wounded Warriors Wives Project]

***Yellow Ribbon America** (<http://www.yellowribbonamerica.org/>) [“. . . founded in February of 2003 as a non-partisan, national grassroots effort to unite all Americans to directly help our nation's military members and their families. Our approach is simple - locals helping locals - local businesses, residents, churches and community groups focus their resources on helping military members and their families in their individual communities."] Yellow Ribbon Fund

***The Yellow Ribbon Fund** (<http://yellowribbonfund.com/>). [“The Yellow Ribbon Fund was created in 2005 to assist our injured service members and their families while they recuperate at the Walter Reed Army Medical Center and the National Naval Medical Center. Our mission began when two of our volunteers learned of needs at Walter Reed and Bethesda Naval that were not being met by other donors. In five years, contributions made through the Yellow Ribbon Fund have provided the following for injured service members and their families: over 1,100 free rental cars spanning 49,000 free rental car days; over 16,000 free taxi rides; over 7,300 free hotel room nights; and 46 families have used our four apartments for almost 6,000 nights; and hundreds of free tickets to sporting games, concerts and plays, and hundreds of lunches, dinners, golf games, duck and goose hunts, fishing trips and other activities. *How We Help:* Since the Yellow Ribbon Fund first began five years ago, we have stayed true to our mission of welcoming our injured service members home. We do this through our *transportation program* of free rental cars for family members and cab vouchers; *our lodging program* of hotel rooms and apartments; *our many activities for both the recovering service member and family members*, both on and off the hospital grounds; *our job mentoring program*; and *our family caregiver program*.”]

***Yellow Ribbons Project** (<http://www.yellow-ribbons.com/>). [“On these pages you will find listed some of the wonderful ways quilters have chosen to help our nation in this time of crisis. If you find any event, project or need we don't have listed, please let us know. It's important to realize our efforts should not end when the daily news coverage does, as it surely must. The yellow ribbon symbolizes "bringing them home". (For more on the history of the yellow ribbon, visit the Straight Dope.)”]

Zero-to-Three** (www.zerotothree.org) [Parenting information and resources with special literature for military families at: <http://www.zerotothree.org/about-us/funded-projects/military-families/>] ***Note: Good, practical information in easy-to-understand language.

VII. Videos (non-governmental) related to military deployment, readjustment, veterans, families and communities

Military.com Video Center (<http://www.military.com/video/>). This website has very substantial listings of “shock and awe military movies” grouped into various categories. There are some:

- 1400 movies listed under Afghanistan War Videos
- 1200+ Iraq War Videos
- 200+ Sniper Videos
- 230+ Special Ops Videos
- 125+ Vietnam War Videos
- 270+ WWII Videos
- 1100+ Army Videos
- 900+ Marine Videos
- 500+ Navy Videos
- 600+ Air Force Videos
- 100+ Coast Guard Videos
- and many other videos under the categories of Explosions, Equipment, Fails, Firefight, FLIR, Guns & Weapons, Humor.

Following is a small listing, in alphabetical order, of selected videos. The ones I personally have viewed include my comments at the end of these videos prefaced by Note: . . .

American Widow Project Video**, 40'. (AmericanWidowProject.org; 1.877-297-9436). [*“The Film: A 75 minute documentary gives a candid look into the stories, struggles and perseverance of 6 military widows. Everything is covered from meeting the love of their life to the knock on the door, life as a single parent, and decorating a headstone. The film is distributed FREE of charge to all military widows and widowers as a key to the healing process. . . The American Widow Project is a non-profit organization founded by Taryn Davis and dedicated to the new generation of those who have lost the heroes of yesterday, today and tomorrow, with an emphasis on healing through sharing stories, tears and laughter . . . Military Widow to Military Widow. E-mail us anytime at info@americanwidowproject.org”*]. ***Note: This video follows six widows of troops killed in OEF/OIF, focusing on both their trials and tribulations, and the healing process. It is a beautiful film—but juxtaposed with the two “Soldiers Surprising . . . “ videos above, it is heart-wrenching in that these families obviously did not have the opportunity to be joyfully surprised by their soldiers’ return home The price of freedom indeed is not free. Thank you, Taryn, for the AWP and this video.

The Battle of the Mind – Operational Stress and PTSD**. 5’ 39”. *“I made this video in hope to bring awareness to the number of soldiers dealing with PTSD & OSI - Operational Stress Injury. The song “Hard” was written by a member of The Canadian Forces MCpl Elton Adams and you can download from iTunes or <http://www.eltonadams.com>.”* ***Note: Excellent black and white slide show with strong music track. This is distinctive because of its high quality black and white images, and that the sound track is by an OEF/OIF active duty Canadian. <http://www.youtube.com/watch?v=tK5huJ14OD8>

***Bringing the War Home**. 4’43” CBS special by Katie Couric. *“The U.S. has now been fighting two wars for nearly eight years and its impact on soldiers is staggering. As Katie Couric reports, sometimes soldiers direct*

their anger at their loved ones.” Report on domestic violence by returning military personnel, focusing on one Iraq veteran who killed his wife and the extent of the problem.

http://il.youtube.com/watch?v=AbYOTqF_Mvg&feature=related

***Chaplains Under Fire** (<http://www.chaplainsunderfire.com/>). [“An independent documentary about chaplains in the military. Should the military be hiring clergy? Can the military tell them how to act? How does a Christian chaplain minister to a Buddhist? A Muslim? An atheist? To explore these questions, Lee Lawrence and Terry Nickelson spent three months in Afghanistan and Iraq, where troops let them into their lives. They joined them on patrols and missions, hung out with them in guard towers, flew on medevacs with the wounded, and attended memorials. It was there, where troops deal with boredom, anger, loneliness, fear, death and grief that they learned why military chaplains are crucial and how they sometimes become controversial. The result is Chaplains Under Fire, a feature-length, independent documentary that explores the world of military chaplains through the lens of the troops they serve in combat and the Constitutional issues they raise at home.”]

***Combat Troops in Iraq Talk About PTSD. 3’30”.** *“Salem-News.com Producer/Reporter Tim King is producing a documentary about Post Traumatic Stress Disorder and he’s looking for support. The program will be seriously helpful for combat vets and their families. It features interviews with U.S. soldiers and Marines all over Iraq who discuss what they are doing while still in the war, to help offset the problems related to PTSD.”*

Note: This video is distinctive in that much of it involves interviews with soldiers while they are still deployed in Iraq. <http://www.youtube.com/watch?v=5qC9gVQVHMo&feature=related>

***Comfort for Soldiers with PTSD (YOU SERVED YOUR COUNTRY WELL**

“This is a PRO-SOLDIER song. Many are dead and many are suffering from psychological effects inherent in war. This song attempts to tell them that no matter how we feel about the war, we are proud of them, they are our heroes!” **Note:** Slide show with very positive lyrics in support of those who have served.

<http://www.youtube.com/watch?v=HOjgl7uzuDo&feature=related>

Darryl Worley: I Just Came Back From A War. 4’25” Official Music Video from 903 Music. *A powerful song about the effects of war on soldiers once they return home and try to adjust to the mundane realities of a free society. Could be about any soldier from any war.* **Note:** This is a nice country music video with relevant lyrics about troops just back from deployment adjusting.

<http://www.youtube.com/watch?v=KwpO8Q1u4Ss&feature=related>

Fish Out of Water. 18’48”. *“More than 600,000 U.S. soldiers returning home from Iraq and Afghanistan suffer from traumatic brain injuries, including psychological ailments such as Post-Traumatic Stress Disorder and depression. Sun Valley Adaptive Sports helps these “Wounded Warriors” recover by hosting nature trips to beautiful Idaho, where veterans learn the competitive yet meditative sport of fly fishing and find camaraderie and understanding from fellow soldiers. See the powerful impact the trip has on six veterans in this emotional film about change, rehabilitation, and the struggle to feel “normal” again.”* Explore™ (<http://explore.org>) is a multimedia organization that documents leaders around the world who have devoted their lives to extraordinary causes. [**Note:** this slow-paced video is over 18’ long, with lots of interchanges with vets while they are fishing and participating in nature trip to Idaho. Might appeal to rural vets or those comfortable in the outdoors...] <http://www.explore.org/videos/player/fish-out-of-water>

In Their Boots. (www.intheirboots.com). [“In Their Boots is a documentary series about the impact the wars in Iraq and Afghanistan are having on people here at home. Every episode features a documentary about how America’s servicemen and women, their families and our communities have been profoundly changed by our nation’s campaigns in Iraq and Afghanistan. Shot on location throughout the country, these stories stress the courage of our participants, and the valor of the people and organizations that help our heroes on their journey. Journalist and writer, Tina Malave, is this season’s host (2010). After each story, Ms. Malave will interview the participants featured in the documentary and lead a discussion that digs into the issues affecting veterans, servicemembers and military families. Telling these stories and sharing these interviews are only part of In Their Boots. This website is also a rich resource with links to scores of organizations that support veterans, servicemembers and their families. In addition, it’s a place for interested viewers to find volunteer opportunities in the veterans community. In Their Boots is funded by a generous grant from the Iraq Afghanistan Deployment Impact Fund (IADIF) of the California Community Foundation and produced by BraveNewFoundation. Season 2 of In Their Boots will be streamed on this website.

Horrors of War for Soldiers. 3’49”. Video slide show intermingling of images and written statements, with sound track, “I’ll stand by you.” *“Reality: hundreds of soldiers are suffering PTSD when returning from their tours. many hide their horrors, but thousands suffer greatly from it. While most get help when returning from war, thousands still are not being helped with it!!! . . . many of our soldiers just can’t handle coming home, getting back into 'normal' routine and end up being violent, aggressive, abusive and in many cases commit suicide because they haven’t received the help they need to help deal with the trauma they have seen and been put through!! This isn’t just a job to our soldiers, it’s their lives and they need as much help and backing, so they can carry on! POLITICS!!! That’s all it is at the end of the day to our UK government... but these soldiers are people too and having their troubles swept under the carpet for doing their 'job' is not right or acceptable!”*

Note: Main virtue of this video is that it was produced in the United Kingdom about UK military personnel; there is a strong anti-government message. <http://www.youtube.com/watch?v=QmKrGzznhjo>

In Their Boots (<http://www.intheirboots.com/>). [Operation In Their Boots (OITB) is a unique filmmaking fellowship in which Brave New Foundation commissions five veterans from the wars in Iraq and Afghanistan to produce and direct their own documentary films. This is a rare opportunity for these veterans to communicate directly, through the powerful medium of documentary film, what they have witnessed and experienced, on and off the battlefield, and how these experiences have impacted their lives and the lives of people around them. The films these veterans are producing reflect a range of styles, tone and point-of-view. Whether their films are character-driven, autobiographical or focus on a specific subject, the filmmakers will express what it’s really like to be In Their Boots. [Meet the 2010 Operation In Their Boots Filmmakers.](#) **Watch the films:** [The Guilt](#) - produced and directed by Clint Van Winkle; [No Religious Preference](#) - produced and directed by Kyle Hartnett; [Enduring Erebus](#) - produced and directed by Tristan Dyer; [The Academic Front](#) - produced and directed by Chris Mandia; [Rudy Reyes, The Way of the Warrior](#) - produced and directed by Victor Manzano

Inside the Surge, part 1 [Video: Shawn Smith in Iraq]

<http://www.guardian.co.uk/video/page/0,,2125978,00.html>. [“The Guardian’s award-winning photographer and filmmaker **Sean Smith** spent two months embedded with US troops in Baghdad and Anbar province. His harrowing documentary exposes the exhaustion and disillusionment of the soldiers.”] **[Note: Powerful 11 minute documentary by British photo journalist who was embedded with U.S. military units during the surge. This video powerfully documents both the dehumanization, the carnage and the senselessness as well as the humanity and heroism embedded in the war-zone experience. I use this video in many of my**

presentations. I strongly recommend that viewers should be notified before viewing that this video contains actual and graphic combat footage. I have found that some veterans and family members do not wish to be exposed to the images contained in several live combat scenes.]

Inside the Surge part 2 (Video: Shawn Smith in Iraq).

(<http://www.guardian.co.uk/news/video/2007/jul/13/inside.surge.part2>).

Also: three additional videos: “Endgame in Iraq”; “Inside the Surge: The Provinces”; “Iraq: Five Years in Photos”.

Letters from War. 4’17” *“Mark Schultz sings this incredible song (interspersed with combat footage) to honor American Soldiers serving their country around the world. It was nominated as music video of the year in the 2004 Dove Awards and won the Barbara Rosser award for the best film produced by the Department of Defense in 2004-06. . It also served as the rallying point for the US Army's "Be Safe" campaign.”* One viewer’s comment: *“I heard this song every Sunday during Boot camp for the marine corps and this shit had me in tears EVERY time i heard it....i love this song”*

<http://www.youtube.com/watch?v=uuvbBwsMTgI&feature=related>

Living In the Shadow of the Blade 6’ 03” (http://www.youtube.com/watch?v=AfHE6j_eC3U&NR=1).

Note: Great music soundtrack by Rodney C. Riley accompanies footage of Huey helicopters during the Vietnam War and today through a refurbished Huey that travels around the country offering veterans another chance to fly in a Huey helicopter—to revisit their Vietnam experiences and who they are today

The Long Road Home. Gary Fariano, 7’52”. *“A short documentary about a U.S. soldier returning from combat in Iraq and Afghanistan who is suffering from PTSD (Post Traumatic Stress Disorder). Note: The Long Road Home” tells the story of one young man who served as a U.S. Marine in Iraq and Afghanistan who now suffers from PTSD (Post Traumatic Stress Disorder). He details the day-to-day struggles dealing with PTSD and what to expect from returning troops in the future.”* Very stark and frank monologue by a vet discussing his suicidal thoughts and preoccupation and how much he has been (and continues) to struggle post-war. This video does not offer any solutions, but its virtue is more in the frank discussion by a vet of his on-going struggles. <http://vimeo.com/groups/1615/videos/6032962>

Military Youth Coping with Separation: When Family Members Deploy [“. . . video program specifically for older children and adolescents as they face military deployment in their family . . . developed by military pediatricians and adolescent medicine specialists to help military youth understand that they are not alone as they experience family separation. It also provides tools for young people to use to begin to understand and cope in healthy ways with their feelings and emotions related to a military deployment . . . multiple interviews with older children and teens who have also experienced separation during deployment. The interviews are candid and capture the true feelings and coping strategies of military youth . . . also included are a facilitator’s guide and a military youth stress management plan. For more information about this DVD and more resources, visit the AAP Military Youth Deployment Support Website at

<http://www.operationmilitarykids.org/public/EventDetail.aspx?ID=491> and the Army Behavioral Health Website at <http://www.behavioralhealth.army.mil/families/index.html>.” Funding provided by the American Academy of Pediatrics and by the U.S. Army Medical Command.]

Muse of Fire. A (Interactive DVD). Documentary on the National Endowment for the Arts Project. Operation Homecoming. Writing the Wartime Experience. A film by Lawrence Bridges. [*“The National Endowment for the Arts created Operation Homecoming to help U.S. troops and their families write about their wartime experiences. The program sent distinguished authors to conduct writing workshops at military installations across the country and overseas. Selected from more than 12,000 pages submitted to the NEA, nearly one hundred memoirs, stories, poems, and letters are published I Operation Homecoming: Iraq, Afghanistan and the Home Front in the Words of U.S. Troops and their Families, edited by Andrew Carroll (www.OperationalHomecoming.gov). Lawrence Bridges’ documentary, Muse of Fire, includes remarkable readings and interviews with U.S. troops and their families, as well as insightful commentary from acclaimed authors and actors such as Ray Bradbury, Kevin Costner and Jeff Shaara.”*] **Note: To me, the segment of Sgt. Sandi Austin is superb; her short description of her tour in Iraq, and her performance of singing her original song, “In the Hangar,” are beautiful and evocative. As long as young people with the character (and talent) of Sgt Austin are willing to join the military, our country is in good hands. We owe her and them so very much.**

National Anthem performed by the Gaddis sisters (<http://www.youtube.com/watch?v=8CY7xa-MCb4>). **Note: Cassy and Alyssa Gaddis, daughters of National Guard servicemember, perform the national anthem. I heard them perform live at another venue and they were terrific.**

NOW. Veterans of PTSD. *“A look at war veterans and post traumatic stress. Are they getting the help they need?”* PBS video. (<http://www.pbs.org/now/shows/339/video.html>)_Comprehensive and well done.

Now, Then (<http://vimeo.com/4954724>) [Autobiographically-based film by Kyle Hausmann-Stokes, decorated OIF/OIF combat veteran that has been adapted by the Department of Veterans Affairs and used nationally. It is a realistic depiction of an OIF veteran returned from deployment and how his life is challenged by intrusive memories of the war and the activation of war-related behaviors in daily activities, such as driving a vehicle. This video does contain very graphic yet very brief inserts of bodies/casualties in the war.] **Note: Kyle produced this video as part of his master’s degree in cinema at the University of Southern California (and please note that the fact that I am a fellow Trojan has nothing to do with this very positive review of this video. ☺ . I heard Kyle describe how his former commanding officer “had commanded” him to go back to school to further develop his cinematic skills to enable him to carry out his new mission to further help his fellow service members through his cinematic efforts. This is a wonderful video, and Kyle readily describes it as totally autobiographical. I might add that the video is quite realistic and while it contains several brief inserts that are very graphic images of bodies in the war zone, it does lead to a touching, very positive climax and conclusion. My deepest appreciation to Kyle for his service to our country and his utilization of his cinematic skills in further service to his battle buddies.**

***Operation PTSD (<http://www.operationptsd.com>).** [*“ . . . is dedicated to assisting Post Traumatic Stress Disorder (PTSD) Veterans and providing tools for recovery. Creating awareness and providing educational material is a very simple way of breaking through to Veterans fighting the STIGMA of this destructive and persistent injury. Our mission also includes uncovering and providing resources each individual can use to become proactive in their recovery. By creating OperationPTSD.com our intention is to provide a Community approach to healing with a sense of camaraderie that gives additional support to each individual that would not*

otherwise exist in a traditional treatment setting. A true for Veterans by Veterans organization. With our efforts to help Veterans we also intend to be a beacon of light to all PTSD sufferers outside the military community as well. Together we can multiply the joy of healing and divide the sorrow of suffering.”]

Occupational Therapy for Soldiers with PTSD (<http://www.youtube.com/watch?v=EAhwP01NI8o>).

7’31”. “An educational video mostly on the symptoms experienced by soldiers with PTSD, and how occupational therapy can improve their quality of life.” **Note:** Slide show with music sound track (Sarah McLachlan—“Answer”) and frequent graphics with information about PTSD; the last three minutes is about Occupational Therapy as an approach to treat PTSD symptoms. The primary virtue of this video is that it introduces OT to those with PTSD symptoms.

Our Brave Soldiers (Video, 5’14”. Hillary Duff (“Fly”) soundtrack. [“Nobody has any idea what they are going through. I have made this in dedication to all our brave soldiers and for our loved ones waiting for their safe return home. Keep them in your hearts and feel free to share this video.”]

<http://www.youtube.com/watch?v=XsOG4uCf-Zs>

Post Traumatic Stress Disorder – KHOU Anchor Len Cannon. “4’ 26”. 11 News reporter Len Cannon moderates a story of two veterans dealing with post traumatic stress disorder and how their faith is helping them with their pain and their healing.” The two vets describe the impact of the war, and a combination of counseling at the VA and with the PTSD Foundation of America (“counseling that emphasizes faith”).

(<http://www.youtube.com/watch?v=y35faEe2-uk>).

(The) Price of Peace (<http://www.youtube.com/watch?v=VKbZysRTZRk&feature=related>). [4’ 49” video.

“The Price of Peace” was written by Alyssa Gaddis (at age 12) and Hart Steen. This video was created by the National Guard's Strength Maintenance Support Center near Nashville, Tennessee and filmed in October, 2008. “The video was Directed by Joel Evans, who works with the National Guard in Tennessee. Alyssa Gaddis and her sister Cassy Gaddis (age 16) beautifully honor National Guard Soldiers and their military families who know “The Price of Peace.” The song was funded by State Farm Insurance. Thank you to CW5 Jim Gaddis and Mrs. Annette Gaddis and to the girls for this Tribute to Soldiers and Tribute to all our Troops!”] **Note:** I saw sisters Cassy and Alyssa Gaddis, daughters of National Guard servicemember CW5 Jim Gaddis, perform this song at a veterans’ services conference in Seattle (“Serving Returning Veterans: A Community Response to Trauma, funded by King County Veterans and Human Services Levy, October 28, 2010). They are very talented, and their songs and discussions about both the experience of being military family members, and about bullying in schools, are inspirational. See also National Anthem video listing.

PTSD. Fallen Soldier Lost to Suicide. “Spc Jason Cooper served in Baghdad, Iraq from 3/04 to 3/05 and took his life shortly after returning home. God Please bring our soldiers home and let us take care of them.” **Note:** Slide show video with Sarah McLachlan soundtrack (“Angel”). Photos of SPC Jason Cooper, OIF vet, who committed suicide. The many viewer comments are quite powerful.

<http://www.youtube.com/watch?v=GTJ2v3bOvqA>

PTSD and Veterans: Beyond the Yellow Ribbons. 9'58". Funded by the Norfolk County District Attorney's Office, MA. **Note:** Well-done with interviews with several officials and with an OIF vet and his mother, describing his return from deployment and eventually starting treatment at a VA Vet Center. Interspersed with comments by VA psychiatrist and VA Vet Center Team Leader.
<http://www.youtube.com/watch?v=kNAzSR5SSSo>

The Road to Fallujah (<http://www.theroadtofallujah.com/index.php>)

["Director Mark Manning and Iraqi journalist Rana Al-Aiouby give a voice to the people most directly affected by the Iraq War in this documentary filmed shortly after that conflict's largest battle. Only by getting a clear picture of the reality on the ground can the issue be humanized, and as the stories of survivors and the less fortunate play out right before our very eyes, we come to understand that the people who lost their lives in this conflict are not merely statistics, but mothers, fathers, brothers, and sisters, just like the people we hold dearest in our daily lives. A joint production between American and Iraqi filmmakers, The Road to Fallujah rejects the veneer perpetuated by Western media to highlight the complex realities of the battle of Fallujah. Conversations with Iraqi citizens, resistance fighters, refugees, American soldiers, and proponents of peace such as Archbishop Desmond Tutu, Thich Nhat Hanh, and Arun Gandhi make for a well-rounded discussion about a most controversial war."] (This description is from Moviefone (<http://www.moviefone.com/movie/the-road-to-fallujah/37289/synopsis>.)

"Restrepo" National Geographic documentary, 2010. The documentary, "Restrepo", follows troops deployed to Afghanistan in 2007-08. The "cameras stay focused on a small group of soldiers in Korengal Valley, with no interviews with generals or diplomats. The only goal is to make viewers feel as if they just been through a 90-minute deployment." "The National Geographic documentary does that, in shaky and gritty hand-held camera detail as one deadly firefight after another unfolds in hostile Kunar province. But "Restrepo" goes further, serving as a tool to educate other soldiers and the public about what the particularly grueling 2007-08 deployment was like, as well as providing a window into the post-traumatic stress that followed it." "Restrepo was a 15-man outpost named after Pfc. Juan S. Restrepo, a 20-year-old medic killed by insurgents on July 22, 2007, in Korengal. Restrepo and four other outposts were subsequently abandoned by the U.S. after officials concluded they could not be adequately defended and the decision was made to move to more populated areas." [Above excerpts from: "Film details soldiers' pain." by William Cole [wcole@staradvertiser.com], *Honolulu Star Advertiser*, August 12, 2010, pp. B1, B3.]

SERVICE When Women Come Marching Home. A documentary by Marcia Rock and Patricia Lee Stotter. (<http://www.servicethefilm.com/index.php>). ["This documentary highlights the special challenges facing disabled female veterans as they transition from military to civilian life.." "This inspiring documentary is about women warriors in their most fierce and intimate battle to overcome visible and invisible wounds...a must see."—Alphie Alvarado Ramos, Deputy Director, Washington State Department of Veterans Affairs.]

Soldier Coping with PTSD. 3'39". **Note:** Media coverage of Captain Rolando Villacres, OIF veteran with PTSD and his and his family's discussion of his PTSD symptoms. Not a wow factor video, but it is the first one I found focusing on Latino vets. <http://www.youtube.com/watch?v=ssZ-yRS7Hlc>

Soldiers Coming Home. 2'11" video slide show with sound track. **"LeighLei82 .** *The life of a soldier is difficult for some people to understand, especially after they come back from a deployment. My thoughts and prayers go out to all the soldiers and their families. I hope this slideshow helps people realize what soldier's face on a daily*

basis, and why they'll never be quite the same after a deployment. *God Bless Our Troops*. I edited a slideshow someone sent me about some difficulties soldiers face when they return home - I added music & rearranged some things. The music is "Mad World" by Gary Jules." **Note:** This is a very nicely done slide show that juxtaposes everyday complaints that people have with what military personnel on deployment face, a gentle and partly humorous attempt to educate people (to include military families) about what military personnel returning might be thinking or feeling. <http://www.youtube.com/watch?v=WJ7l7oljVyo>

The Soldier's Heart – PTSD a Frontline Video Series.

<http://www.pbs.org/wgbh/pages/frontline/shows/heart/view/>. The Soldier's Heart is a 60 minute PBS "Frontline" video series in four parts. It is available for viewing on the PBS Frontline web site. "Soldier's heart" or "nostalgia" are the names given for PTSD after the Civil War. Later from various wars it became "shell shock", "battle fatigue", Post Vietnam Syndrome" and now commonly diagnosed as Post-Traumatic Stress Disorder or PTSD for Combat Trauma and there is a just-as-damaging subset called Military Sexual Trauma or MST. Each is 15 minutes long. Visit the PBS site anyway to get insight and background. It is interesting and informative reading. **Homecoming:** For three returning Iraq war veterans, it's when they got home that the feelings, images, smells and nightmares of war began haunting them. **The Psychological Impact of Combat:** Decades of records has tracked the psychological toll of war on those who fight it. Today, what happens to a soldier who admits to emotional distress and asks for help? **Needing Help:** One young Marine, in a downward spiral, keeps his torment and pain bottled up. Another, showing symptoms of PTSD, joins a Camp Pendleton support group.

Soldiers Surprising Their Loved Ones. Video. Part 1. Just one of over two million (!) viewer comments: "If you don't have tears in your eyes from the very start of this video then I don't know what to say - I know I did. This video shows - and you can see if in the little girls eyes at the beginning of this - that it's not only our fine men and women who serve that sacrifice and display bravery each and every day for all of us but also their family and friends who wait for them to return." **Note:** Simple yet very emotional concept of filming unsuspecting family members being surprised by the unannounced return of their servicemembers from deployment captures several really special moments on camera.

<http://www.youtube.com/watch?v=hkGzqpGx1KU>.

Soldiers Surprising Their Loved Ones. Video Part 2. One viewer's comment: "I've now watched this video (and #1) about 25 times each. And I cry every time. Every time! Thank you for creating this compilation. It's incredible. It represents everything that's right with the world. Pure love and joy."

<http://www.youtube.com/watch?v=GSTKoKjJ5XA&feature=related> **Note:** ditto my comments above re Video. Part 1.

Talking Post-Trauma Blues. 3'39" Tom Smith, veteran, sings his song about PTSD. [Folksy, witty, incisive, right-on ("I'm sittin' here on this front porch swing, my chest vibrates, my ears ring, what the hell's the matter with me? Inside of my head is like World War III . . . I drive down the road to Walter Reed, thinking every mailbox I see is an IED." One viewer's comment: Thank God for you, Tom Smith. Your song meant so much to me and I played it for someone I care about that doesn't have PTSD. I do and I think this explains it just fine." Another viewer: "I hear you, brother. You're speaking real loud and clear. Thank you. 5 stars and tons of respect. Faved and featured." <http://www.youtube.com/watch?v=JdEJB7UPmUc>

Therapy Dogs. 2' video: "Therapy dog helps soldier with PTSD heal." This short new segment is about DogTags, a program established by Gloria Gilbert Stoga, placing trained dogs with veterans with PTSD. Short and interesting in that it covers an innovative approach. (**Note: Army.mil did produce this segment, but it is totally focused on the therapy dog impact on a soldier with PTSD**).

<http://www.youtube.com/watch?v=xAtHkGuycQ>

Three Doors Down When I'm Gone– Tribute to Our Troops. "Kristy 0329. *This is my tribute to our troops, especially my brother-in-law, who is home safe now!! Thank God!!* **Note:** This is also a nice tribute to our troops, with lots of excellent slides accompanied by the strong lyrics of "When I'm Gone."

<http://www.youtube.com/watch?v=ph3PGSVxr7A&feature=related>

Traumatic Brain Injury. A documentary on soldiers and veterans. *Three part series: Four soldiers (female and male) navigate the difficult path to recovery from traumatic brain injury (TBI), the signature injury of the wars in Iraq and Afghanistan. Interviews with the soldiers, their family members and TBI experts.* Go [to www.intheirboots.com](http://www.intheirboots.com) for more episodes.

Part 1: 9'42"

Part 2: 9'14"

Part 3: 7'47"

Tribute to Soldiers Who Come Home With PTSD. 3'33". Video slide show with music sound track by Three Days Grace ("Never Too Late"). "Inside me. 'The Tragedy of Life' is the opening graphic. *Just a video I made while getting treatment for PTSD. As I cannot describe, to my loved ones how I feel inside I wanted to share this and give an idea of what we go through. To all of the U.S. vets out there, you are not alone and people just want to help. Thank you for watching and thank you for everything you do.*" **Note: This short video is not for everyone, because it has some of the most graphic combat casualty footage I have seen, and the song is quite powerful.** <http://www.youtube.com/watch?v=XzbpW5NMfls>

U.S. Soldier's PTSD Rant. (video, 2'12"). "My rant on the government about my compensation for my PTSD." **Note: OIF vet complains about the delay in receiving help from the government. Short, frustrated and bitter. This is how lots of vets feel.** <http://www.youtube.com/watch?v=wQSjwv3Exhg>

The Walking Wounded are Coming Home Part-1 of an 18 minute Post-Traumatic Stress Disorder training video to be used by Legal Authorities and First Responders dealing with recently returned Iraq and Afghanistan War Veterans. <http://www.youtube.com/watch?v=mHv40QNAJ0k>

The Walking Wounded are Coming Home Part-2 of an 18 minute Post-Traumatic Stress Disorder training video to be used by Legal Authorities and First Responders dealing with recently returned Iraq and Afghanistan War Veterans. <http://www.youtube.com/watch?v=GUbSJNBbpl4>

***Warriors... In Their Own Words** [film on DVD, \$19.99, interviews with [warriors](#) reflecting about their experiences. Trailer available to watch on the Web http://www.youtube.com/watch?v=nCznf-g_Xp0. "Warriors in their own words provided by America Supports You Texas Chapter. A film that lets the warriors themselves explain why they do what they do and who they are -- an unfiltered view of those who dedicate their lives to protecting our freedoms."]

***Wartorn: 1861-2010.** (<http://www.hbo.com/documentaries/wartorn-1861-2010/index.html>). [“Excerpts of review comments by Mike Hale, “Haunting ‘Wartorn’ tiles toward prim.” *New York Times*, 11.11.16: “Part of the mission of ‘Wartorn: 1961-2010’, an HBO documentary about post-traumatic stress disorder, is to see that its subject is taken seriously. That kind of special pleading, however, can have a dulling effect on film and ‘Wartorn’ sometimes starts to feel prim and preachy. But it also has its share of quietly devastating, haunting scenes, echoes of the nightmares that veterans are bringing home with them from Iraq and Afghanistan . . . The film’s most powerful scene is an interview with the mother of Noah Pierce, a soldier who committed suicide. . . This is the second documentary about veterans’ issues that film-makers, Jon Alpert and Ellen Goossenber Kent and actor James Gandolfini have collaborated on for HBO, following ‘**Alive Day Memories: Home From Iraq**’ in 2007. Both films exhibit a respect for the individual soldier that borders on deference, although Gandolfini . . . is not afraid to ask difficult questions. . . some of the war footage is quite disturbing. ‘Wartorn’ also is out to demonstrate that post-traumatic stress has been around since at least the Civil War. That means a lot of archival photos and film from the 1860’s, the 1910’s, the 1940’s and the 1960’s, which contribute to the funereal aspect. The respectful approach pays big dividends, however, in terms of access . . . granting an amazing intimacy with soldiers, their families and their survivors, and troops at all levels eager to sit down and talk with Gandolfini. . . “]

Why Soldiers Never Talk. Slide show video. (7’52”) “*As an Iran/Iraq war veteran, as a US Patriot, I support our troops and want them home safe with their families and loved ones . . . not enough people are concerned about their terrible conditions there, their depression and their despair . . .*” “One viewer comment: “*in one paragraph you have given the best description of PTSD I have ever heard . . . PTSD, the D = disorder = one. When it should be classified as PTSS, the S = Syndrome = many.*”

<http://www.youtube.com/watch?v=XS5ZWgl15c4>

The Wounded Platoon 1 (10’58”) (and **2, 3, 4, 5, 6**). Frontline. PBS. TheDevachan. “*The dark tale of the men of 3rd Platoon, Charlie Company, 1st Battalion of the 506th Infantry & how the war followed them home. Since the Iraq War began, soldier arrests in the city of Colorado Springs have tripled. At least 36 servicemen based at the nearby Army post of Fort Carson have committed suicide. And 14 Fort Carson soldiers have been charged or convicted in at least 11 killings. Many of the most violent crimes involved men who had served in the same battalion in Iraq. Three of them came from a single platoon of infantrymen. FRONTLINE tells the dark tale of the men of Third Platoon, Charlie Company, 1st Battalion of the 506th Infantry and how the war followed them home. It is a story of heroism, grief, vicious combat, depression, drugs, alcohol and brutal murder; an investigation into the Army’s mental health services; and a powerful portrait of what multiple tours and post-traumatic stress are doing to a generation of young American soldiers.*” **Note: Powerful and sobering documentary interspersing combat footage with veterans’ accounting of what happened.**

http://www.pbs.org/wgbh/pages/frontline/woundedplatoon/?utm_campaign=homepage&utm_medium=bigimage&utm_source=bigimage

VIII. CANADIAN MILITARY/VETERANS RESOURCES (With apologies to our Canadian brother and sister military, veterans and their families: this is not a comprehensive listing)

Note that all of the Canadian government programs and websites are in both English and French.

***Canadian Atomic Veterans** (<http://canadianatomicveterans.com/>). [“Welcome to the web-page of the Canadian Atomic Veterans Association! A group set up to help Canadian servicemen and their families gain justice and compensation from Ottawa for the damage caused to our health by radiation. Between 1946 and 1958 nearly 900 Canadian soldiers were exposed to potentially lethal doses of radiation while witnessing atmospheric nuclear weapons tests and while cleaning up two reactor accidents at Chalk River. Canada is the last of the English countries to take action on behalf of her soldiers who stood by her during the darkest hours of the Cold War, and who risked their health and the health of their children for this nation. Sadly, it is thought fewer than 50% of these veterans remain alive. Those, who are still around suffer from a wide variety of cancers and other radiogenic diseases. Further, their children often bear the brunt of genetic mutations passed from irradiated fathers. We, the soldiers who stood on guard for Canada, ask only simple justice. We request fair compensation for our suffering and acknowledgment for our contribution to the security of our great nation. Please join CAVA and our fight for justice and fair treatment. You can help by becoming a CAVA member. You can help by contacting the minister of national defense to voice your opinion.

***Canadian Peacekeeping Veterans Association** (<http://www.cpva.ca/>). [A veterans-only association managed by and for all veterans. Bringing veterans together since 1991.]

***Canadian Veteran Adventure Foundation** (<http://www.canadianveteranadventurefoundation.com/>). [“CVAF was founded in Calgary, AB, in 2006 by Cpl. (ret.) Christian McEachern, C.D, a 14 year Canadian Forces Veteran. McEachern left his military career in 2001 following the diagnosis of Post-Traumatic Stress Disorder (PTSD). While studying Ecotourism and Outdoor Leadership (ETOL) at Calgary's Mount Royal University, he started noticing positive changes to his life. On an expedition with his ETOL class, the idea to create an organization that could help other Canadian Forces (CF) and RCMP Veterans who are struggling, connect with the outdoors and reclaim their lust for life was born. Since 2006, the CVAF has been building the foundation of an organization committed to helping injured CF Veterans and their families through positive outdoor programming. Our programs are mostly based in Alberta and Western Canada with participants coming from BC, Alberta, and Saskatchewan for now. CVAF plans to expand to Manitoba, Ontario and other regions once proper funding is achieved”].

***Canadian Veterans. Stories We Remember** (<http://www.spiritofcanada.com/veterans/>). [“A tribute to Canadian Veterans, the true ‘Spirit of Canada.’ Spiritofcanada.com honors Canadian Veterans, heroes all, by sharing their stories, memorabilia, photos, favourite books, songs and poems here in “Stories We Remember.” Veterans of all wars, or Peacekeepers, their families and friends are most welcome to contribute to this site. This includes both Canadian veterans and those from other countries who came to Canada to join the Canadian services. Take the time to record a veteran’s experiences and share it with us. It will last forever.”]

***Canadian Vietnam Veterans Association** (<http://www.cvva.ca/>).

[“To assist and support the Canadian Vietnam and Vietnam era Veterans, including their families.

- To bring unity of all who have served and to kindle in them the spirit of comradeship and mutual help.
- To perpetuate the memory and deeds of the fallen.

- To foster international peace and good will.
- To help Canadian Vietnam Veterans in obtaining benefits through the Canadian, and or US government.”]

***Canadian Vietnam Veterans Information Website (<http://www.canadianvietnamveterans.ca/>).** [Website includes links to: Canadian Vietnam Memorials, KIA’s, INFO, Canadian Vietnam Veterans Organizations, White River Junction (U.S. VA National Center for PTSD), POW/MIA, Agent Orange, PTSD, News, Events, Links.]

***Canadian Vietnam Veterans Memorial Association (<http://canadiansinvietnam.com/>).** [“The CVVMA was created to recognize the efforts of those Canadians who chose to serve with the United States Forces during the Vietnam War. Between 1959 and 1975 approximately 40,000 Canadians did embark on a journey that would forever change their lives. Some never returned. Today we exist to promote awareness, support veterans, peacekeepers and to honor and remember those that lost their lives while serving in Vietnam.”]

***DND/VAC Centre for the Support of Injured and Retired Members and Their Families (The Centre).** Staff can provide information and referrals to CF and VAC services, including applications for disability benefits. The Centre manages the Transition Assistance Program, the Centre Contingency fund, applications to the National Military Cemetery, Reserve compensation and various other programs for injured and retired members, Veterans and their families. Call the toll free number at: 1-800-883-6094 or visit <http://www.cmp-cpm.forces.gc.ca/cen/index-eng.asp>

***Friends of Canada Veterans (<http://fovcanada.com/>).** [“Let those who come after not let their names be forgotten. The “Friends of Veterans Canada” charity was established on April 1, 2008 under the Museums and Libraries portion of the Charities Act. Our charity has the mandate of video taping every living Canadian veteran that is willing to tell their story. We are building a library of our veteran’s stories to pass on to future generations. Our motto is “Video-A-Veteran Today for the Youth of Tomorrow”
My name is Randy Young of London Ontario, President of the “Friends of Veterans Canada . . . The “National Video-A-Veteran Contest” will begin held during “Remembrance Week”. This year’s video entries must be submitted by December 11, 2010. Our charities effort is a five year project and is in its second year. This years goal is 1000 hours gathered. Your efforts to help us save the memories of our solders that will be remembered for decades to come. This veteran’s video library will be filmed by average Canadian’s and will be a fitting memorial to all of our great Canadian solders and those who have made the ultimate sacrifice and for those veteran’s that are living with their memories to this day. There is not another Country in the world that is showing its respect for their veteran’s in this way. We are Canadians creating the “Harry Watts Veterans Video Library” for Canadians.”]

***Korea Veterans Association of Canada (<http://kvacanada.com/>).** [“This website is dedicated to the 516 Canadians who made the supreme sacrifice during the Korean War and to honour those who dared to die but lived.”]

***Network of Excellence.** VAC and DND are establishing a network comprised of health care professionals specializing in the assessment and treatment of CF members and Veterans suffering from Post Traumatic Stress Disorder (PTSD) and other operational stress injuries. The network of treatment clinics can be accessed through a referral from either a DND or VAC medical officer.

***Operational Stress Injury Social Support Program (OSISS)** The Operational Stress Injury Social Support program is a national peer support network to support those suffering from operational stress injuries as a direct result of military service. See the OSISS website at: www.osiss.ca

***Royal Canadian Legion (RCL)** [“The RCL is the largest Veterans’ organization in Canada. It assists members in many ways including pension applications.

- Legion is the largest of the many veterans Organizations in Canada with over 340,000 members
- Member categories—Ordinary, Associate, Affiliate; open to all Canadian citizens and Commonwealth subjects; app. 40,000 members of Ladies Auxiliary; "Military Member-At-Large category for serving members of the CF
- Legion is non-profit, dues-supported, no financial assistance from any [outside](#) agency
- Since inception in 1926, Legion strives to secure adequate pensions and benefits for veterans and their dependants, dealing directly with Federal Government
- Major responsibility for the perpetuation of "REMEMBRANCE" in Canada through the Annual Poppy Campaign reminding Canadians of the 117,000 men and women who gave their lives in the wars and military missions around the world
- Poppy funds collected are used for assistance to veterans, ex-service members and their families who are in need
- Legion supports programs for seniors, community, housing, Long Term Care, youth, education, sports, Cadets, Guides and Scouts

Check the local telephone directory for the Legion nearest you or visit their Web site address is in both English and French at: www.legion.ca.”]

***Service Income Security Insurance Plan (SISIP)** provides confidential financial guidance and advice to CF members, Veterans and their spouses. For further information, contact SISIP in Ottawa at 613-760-3405, or in Montreal at 450-357-9595 (Please note that these numbers are not toll free so a long distance charge could apply). Visit SISIP’s Web site in English and French at: www.sisip.ca

***Transition Assistance Program Canada (TAP)**

Transition Assistance Program assists CF members who have been medically released to gain civilian employment. This program is administered by DND and VAC through The Centre. The toll-free number is 1-800-883-6094. Visit the TAP Web site at: http://hrapp.dnd.ca/tap/Engraph/aboutUs_e.asp?UserSessionId=

***VAC Assistance Service** -- provides former Canadian Forces members, former RCMP members, War Veterans and their families’ access to short-term professional counselling services. The VAC Assistance Service can be accessed by Veterans and their families 24 hours a day by calling 1-800-268-7708 or TDD 1-800-567-5803.

***Veterans Affairs Canada (www.vac-acc.gc.ca).** VAC Website information includes:

Veterans Affairs Canada (VAC) on-site at Canadian Forces (CF) locations. Veterans Affairs Canada (VAC) For information about the programs and services available through VAC, visit their Web site at: www.vac-acc.gc.ca . Contact Veterans Affairs Canada toll-free at 1-866-522-2122. Also: “Confidential support is available by contacting the Peer Support Coordinator nearest you: call 1-800-883-6094 or visit on-line at Occupational Stress Injury Social Support (www.osiss.ca). *Peer Support Coordinators* are now available in 13 locations across Canada.”]

***Veterans of Canada.CA (<http://veteransofcanada.ca/>).** [“A community for Canadian heroes. **THE FIRST INITIATIVE OF ITS KIND IN CANADA.** VeteransofCanada.ca provides the online environment that reflects our commitment and our desire to provide a Community for Canadian Heroes. This initiative is designed to simultaneously provide support and raise awareness regarding the men and women who wear or

who have worn a uniform in service to our country. VeteransofCanada.ca Incorporated was founded September 2006 with a desire to create a Community for Canadian heroes. **A "Community for Canadian Heroes" initiative** The purpose of VeteransofCanada.ca is to raise awareness regarding Canadians who serve or have served their country in uniform, thereby making them a veteran of their service. The vehicle for driving this mission is the VeteransofCanada.ca - Veterans Community. The approach is to create an environment through the use of the website whereby veterans can connect. As a result, this initiative celebrates the possibility that a strong and united Canadian support system will ensure our men and women in uniform who are serving or have served our country will have access to a network of sustainable support. **Who are VeteransofCanada.ca members?** Memberships are always free for Veterans of Canada and form the online community we support. Our membership draws from an estimated 2.7 million Canadians who are comprised of active, released and retired members of Canada's uniformed services in defence, security, enforcement and emergency health services. The list of potential members includes the Royal Canadian Mounted Police, the Canadian Forces, Police Officers, Correctional Services, Firefighters, Coast Guard, Paramedics and Peace Officers. Veterans [click here](#) to read more. **How can a business make a difference in the lives of our Canadian Heroes?** A business can make a difference when they become a VeteransofCanada.ca Corporate Supporting Member. Your Corporate Supporting Membership helps to pay for things like an office, office equipment, web design, graphics, hosting fees and upgrades to improve the service that this website provides to Canadian Heroes. Corporate Supporting Members get FREE advertising in our Thank-A-Veteran Business Directory where you can show your additional support by offering a promotion or discount to help stretch a veterans pay a little further. Is your business interested in becoming Corporate Supporting Member? [Click here](#) to read more.”]

***Veterans MC Canada (<http://www.veteransmccanada.com/>).** [“The Veterans MC Canada is a group of like minded persons who ride Harley-Davidson motorcycles and have served in the Canadian Armed Forces or the Forces of our NATO Allies. Our not for profit organization was formed because of an identifiable need to be around others of like mind and experiences. Our first and foremost thought is to support each other as former soldiers who all have similar yet different needs and face a variety of challenges in becoming acclimatized to civilian life. Our secondary desire is to support still serving members who find that they too need to be with others of like mind and experience when at home.

The Veterans MC Canada wishes to continue serving our country by supporting initiatives that are of importance to our membership. The Veterans MC Canada wishes to serve and further the causes of Canadian Military families and their needs through raising funds and awareness of the plight of the military family and currently serving members of our military through the support of :

- * *Education Bursaries* for military family members in the names of fallen soldiers such as the Corporal Mike Starker Memorial Medic Award Fund.
- * Cockrell House - A new program designed to provide housing for homeless veterans in Victoria, BC.
- * *The Military Family Resource Centre* - which provides the children of serving members with evenings out to hockey games and other recreational pursuits to help take their minds off of where their parents are and the dangers they may be facing.

The Veterans MC Canada wishes to serve and further the cause of Canadian Military Veterans through the support of:

- * *Poppy Fund* - The Royal Canadian Legion, which supports a variety of Veterans needs.
- * Wounded Warrior Fund - A private non profit organization that supports our wounded soldiers through providing them with creature comforts that are not provided by the Canadian Government.
- * *Veterans Food Bank* - Which provides Canadian Military Veterans with groceries and other life sustaining supplies during times of need.

By supporting our fellow Veterans and those in active duty, it is our hope that we can instill the desire to serve our country in the younger generations to come. The Veterans MC Canada wishes to support fellow Veterans and serving members who ride Harley-Davidson motorcycles by providing a non judgmental group environment filled with camaraderie and support that is fostered through being with those of like experience and common desire.”]

***Veterans Review and Appeal Board (VRAB)** The Veterans Review and Appeal Board offers two levels of appeal on VAC disability pension applications. For inquiries or information, call the toll-free line at 1-800-450-8006 or check the VRAB Web site at: www.vrab-tacra.gc.ca

*******END OF WAR TRAUMA RESOURCE LISTING*******