

OVERVIEW OF PROGRAM SESSIONS

I. Introduction and Welcome

- A. As participants arrive, encourage them to enjoy the refreshments and ask them to complete Handout D: Background Information Form.
- B. Introduce facilitators.
- C. Thank participants for coming, recognizing the many barriers that may have been overcome in doing so (e.g., long drive, missing work, coming to an unfamiliar group).
- D. Distribute 3-ring binders (“Participant Notebook”) to all new participants. Encourage participants to keep all handouts in this notebook and to bring it to each session.
- E. Distribute Handout A: “Welcome to Operation Enduring Families”
 1. Review program goals.
 2. Review group guidelines, especially confidentiality.
- F. Encourage participants to ask questions at any time during the workshop.
- G. Emphasize the importance of mutual respect. Note that each participant has a unique situation.
 1. Service members/veterans and their families are the focus of this group.
 2. Some people are here with their family members, while some are not. Of the families present, many different relationships are represented, including parents and children, siblings, spouses, etc.
 3. There are families and service members/veterans here from different branches of the military, as well as members serving in active duty, the National Guard and the Reserves.
 4. People may have returned recently from a deployment or may have been back for some time. Service members/veterans may have experienced multiple deployments. Some people may be anticipating more deployments, while others may no longer be in the armed services.
 5. Every family has a different experience of life after deployment, and may be dealing with different stressors and challenges.
 6. Every person has a unique set of strengths and coping skills for managing difficult experiences.
 7. An important element of group safety is respecting the confidentiality of other group members. This means not sharing other group members’ personal information with anyone outside the group.

- H. Remind participants that even with these differences, they share a great deal in common with each other. Much of the learning that takes place in this group will come from other group members, and active participation, while not required, is encouraged.

II. Recognition of Group Members

- This group is unique in that its members are returning service members/veterans as well as their families and friends.
- Say to group members: *We want you to know that we value and respect your commitment to yourself and your family. We know that you are busy people dealing with all kinds of pressures; the fact that you took the time to come and learn about adjustment after deployment and improving family relationships shows a commitment to making your family great. We applaud you for that commitment.*

III. Introductions/Check-In

- Group members are invited to introduce themselves; they should include their names, who (if anyone) they came with, and a brief explanation of why they came and what they hope to get out of the group. After the initial session, group members can use this time as an update on how they and their families are doing. A 3-5 minute limit per person is generally suggested. Participants should never be forced to share if they prefer to simply listen to the discussion.

IV. Didactic Presentation and Discussion

- See each session outline for specific guidelines (**Provider Note:** *The length and amount of detail in each session outline varies across the workshops. In the longer outlines, the facilitators may choose certain selections that are most relevant to the needs of their participants*).

V. Review of Handouts in Participant Notebook

- Handout B: “Resource List for Returning Service Members/Veterans and Their Families”
—Review the various books, websites, and community resources available.
- Other handouts (optional):
—Distribute and discuss specific informational handouts related to the material being covered that day.

VI. Program Evaluation

- Express the commitment to make improvements in this series to better meet participants' needs and improve the quality of the program. At the end of each session:
 - Ask all participants to complete the Skills Assessment Handout (Handout D). As people complete the program, look for areas of growth and also for areas that would benefit from increased attention.
 - Ask all participants to complete the Evaluation Form (Handout E). This handout can provide valuable information for providers on how best to improve the quality of the presentations.

VII. Closing

- A. Solicit any reactions from today's workshop.
- B. Re-emphasize the importance of self-care and communication.
- C. Encourage participants to PRACTICE any exercises or skills taught that week.
- D. Remind participants of next week's topic and date.
- E. Note availability of a short time after workshop for individual questions or to address crises.
- F. Reemphasize confidentiality.
- G. Thank each participant for coming.

Handout A
WELCOME TO OPERATION ENDURING FAMILIES

We're glad you're here.
We hope this program will be helpful to you and your family.

Goals

These workshops are designed to meet some of the needs of families of service members/veterans who have recently returned from Iraq and Afghanistan. We hope that these sessions will provide opportunities to:

1. Learn more about the common experiences of service members/veterans returning from combat.
2. Provide resources and coping tools for adjusting to life after a deployment and assist with the common challenges that arise during this time.
3. Provide an atmosphere of support and encouragement.
4. Link you with other opportunities for support both at the **Oklahoma City VA Medical Center** and through community resources.

Guidelines

1. We ask that you promise to respect each other's confidentiality by refraining from discussing personal information that is shared at this workshop. Please feel free to share handouts and educational information with family and friends, but do not talk about specific participants or specifics of what other group members share.
2. Please be attentive, supportive listeners such that everyone will be heard and respected.
3. Ask questions at any time. We are here to educate and support you and allow you to educate and support each other.
4. If you have any concerns that we did not address in group, or if you have any concerns about your safety or well-being outside of group, please discuss these with the facilitators immediately following today's session.

Handout B
Resource List for OEF/OIF Service Members and Veterans
Compiled by Michelle D. Sherman, Ph.D. (Revised May 2011)

BOOKS

For Veterans / Service Members (and Adult family members)

A Handbook for Family and Friends of Service Members. (2010). Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) and the Public Broadcasting Service. Free copies of this booklet can be ordered here:
www.realwarriors.net/materials/order

After the War Zone: A Practical Guide for Returning Troops and their Families. (2008). Lori Slone & Matthew Friedman, Da Capo Press.

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

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

Once a Warrior--Always a Warrior: Navigating the Transition from Combat to Home--Including Combat Stress, PTSD, and mTBI. (2010). Charles Hoge.

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

For Kids

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

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

Night Catch. (2005). Brenda Ehrmantraut [for kids ages 4-8 about dealing with parental separation]

The Fathers Are Coming Home. (2010). Margaret Wise Brown. [for kids ages 6-12 about homecoming]

100 days and 99 nights (2008). Alan Madison [for kids ages 8-12 about parental deployment]

Sometimes We Were Brave. (2010). Pat Brisson. Honesdale PA: Boyds Mills Press. [for elementary school kids whose parent is deployed].

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

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

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

For Teens

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

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

WEBSITES

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury: www.dcoe.health.mil and their Real Warriors Campaign: www.realwarriors.net

Military OneSource (1-800-342-9647). www.militaryonesource.com

Military HOMEFRONT (Official DoD site). www.militaryhomefront.dod.mil

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

Strategic Outreach to Families of All Reservists: www.sofarusa.org

US Department of Veterans Affairs: www.va.gov and www.oefoif.va.gov

VA Caregiver Support website: www.caregiver.va.gov (Caregiver support line is 1-855-260-3274; this is a toll-free call)

Vet Centers: www.vetcenter.va.gov

Emotional Health:

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

National Center for PTSD. www.ncptsd.org

National Mental Health Association. www.nmha.org/reunions

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

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

inTransition program: www.health.mil/InTransition. A voluntary and confidential program to support service members and veterans move between health care systems or providers, offering a personal coach, resources and tools.

Deployment:

After Deployment: www.afterdeployment.org/index.php

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

Deployment Guide For Families of Deploying Soldiers. Separation and Reunion Handbook
www.hooah4health.com/deployment/familymatters/reunion.htm#

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

Post-Deployment Stress: What Families Should Know, What Families Can Do.
http://rand.org/pubs/corporate_pubs/CP535-2008-03/

Post-Deployment Stress: What You Should Know, What You Can Do.
http://rand.org/pubs/corporate_pubs/2008/RAND_CP534-2008-03.pdf

Support Your Vet. Created by Iraq and Afghanistan Veterans of America, this site contains information for family and friends of OEF/OIF veterans about reintegration after deployment as well as personal stories and a place to post thoughts/experiences.
<http://supportyourvet.org/>

Surviving Deployment: Resources for Military Families.
www.survivingdeployment.com

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

Injury / Traumatic Brain Injury

Courage to Care, Courage to Talk About War Injuries.

www.couragetotalk.org/index.php: Educational information for providers and families about TBI and war injury developed by the Center for the Study of Traumatic Stress

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

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

Traumatic Brain Injury: The Journey Home: www.traumaticbraininjuryatoz.org. Created by the Defense and Veterans Brain Injury Center (DVBIC), offers information to caregivers of Veterans/Service members who sustained a moderate, severe or penetrating TBI

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE). www.dcoe.health.mil

Defense and Veterans Brain Injury Center: www.dvbic.org

Team Up to Facilitate Functioning (TUFF). Interactive brochures for treatment of postconcussive symptoms in returning Veterans with history of traumatic brain injury.
<http://www.mirecc.va.gov/VISN16/providers/TUFF.asp>

Issues about Children/Youth

For Kids:

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

Military Kids Connect: www.militarykidsconnect.org

Military Teen Online: Online community and support for teens:
www.militaryteenonline.com

My Life: A Kid's Journal (for during deployment- by Health Net Federal Services)
https://www.hnfs.net/res/tricare/beneficiary/common/pdf/-1542306275/Kids_jrn_bw_coloringbook_12_07.pdf

National Guard Family Program / Guard Family Youth: www.guardfamily.org//www.guardfamilyyouth.org

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

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

VA Kids: www.va.gov/kids

For Parents and Educators:

American Association of School Administrators Toolkit: Supporting the Military Child.
www.aasa.org/content.aspx?id=9008

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

Courage to Care, Courage to Talk About War Injuries. www.couragetotalk.org/index.php
Educational information for providers and families about TBI and war injury developed by the Center for the Study of Traumatic Stress. Includes information about talking to children about war injuries.

Helping Children Cope with Deployments and Reunions:
www.realwarriors.net/family/children

Military K-12 Partners: A DODEA Educational Partnership Program (collaboration with the Department of Education to ease transitions of military youth)
<http://militaryk12partners.dodea.edu/>

Military Child Education Coalition: www.militarychild.org

National Child Traumatic Stress Network's Military Children and Youth Resource Page.
http://nctsn.org/ncts/nav.do?pid=ctr_top_military

Military Kids Bill of Rights
http://www.nmfa.org/site/DocServer/Military_Child_Bill_of_Rights5-08.pdf?docID=13201

National Military Family Association / Operation Purple Camp. www.militaryfamily.org

Operation Child Care (for National Guard and Reservists).
www.childcareaware.org/en/operationchildcare

Operation Military Kids: www.operationmilitarykids.org

Salute Our Services A Thousand Thanks to Military Kids Program (sends free personalized card to military child): <http://www.saluteourservices.org/>

SOAR (*Student Online Achievement Resources*) www.soarathome.com

Students at the Center: An Education Resource for Families, the Military, and Schools
www.militaryk12partners.dodea.edu/studentsAtTheCenter

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

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

Veteran Parenting Toolkits (created by the Oklahoma City VA Family Mental Health Program): www.ouhsc.edu/VetParenting

Welcome Back Parenting: A Guide for Reconnecting Families after Military Deployment. www.welcomebackparenting.org

ZERO TO THREE. (2009). *Honoring our babies and toddlers: Supporting young children affected by a military parent's deployment, injury, or death*. www.zerotothree.org

10 Things Military Kids Want You to Know (Revised 2010)
<http://www.militaryfamily.org/assets/2010-Teen-Toolkit-PDF.pdf>

VIDEOS

For Adults/Parents

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

Cover me. Injured Marine Semper Fi Fund (www.semperfifund.org). 32-minute DVD encouraging warriors to seek care for mental health problems. Contains some graphic images of combat

Returning from the War Zone: A Guide for Families. A 58-minute video created by the National Center for PTSD.
www.ptsd.va.gov/public/reintegration/warzone_family_guide/player.html

Young Children on the Homefront, ZERO TO THREE. Military families share their unique deployment experiences and professionals offer tips and strategies for dealing with difficult issues such as grief and loss from deployment and the challenges that often arise upon reunification.

Available to view at:

http://www.zerotothree.org/site/PageServer?pagename=key_military

For Youth

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

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

Youth Coping With Military Deployment: "*Promoting Resilience in Your Family*" and "*Mr. Poe and Friends*." American Academy of Pediatrics. Video from Operation Purple summer camp with interviews by kids. Available:
<http://www.cs.amedd.army.mil/youth.aspx>

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

For Providers

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

Focus Project: <http://focusproject.org/>

Joining Forces Online. www.joiningforcesonline.org Health Partners for Medical Education, MN National Guard, Minneapolis VAMC. Four 30-minute videos for PROVIDERS who work with returning troops.

Treating the Invisible Wounds of War. www.aheconnect.com/citizensoldier/. Created by the Citizen-Soldier Support Program (CSSP) at the University of North Carolina. Program for providers to learn about working with returning troops. Created by Harold Kudler, MD and Charlotte M. Wilmer, MSW, LCSW. CE credits available.

Defense Center of Excellence's Children of Military Service Members Resource Guide.
www.dcoe.health.mil/Content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf

Handout C

Welcome to Operation Enduring Families!

We're glad you're here!

Today's Date: _____

Name: _____ Age: _____

Social Security Number: _____ ---- ----- Date of Birth: _____

For family members only: Name of your veteran: _____

Last 4 digits of veteran's social security number: _____

Address: _____

Phone numbers: _____ (home) _____ (work) _____ (cell)

Currently employed? Yes No If yes, where? _____

How did you hear about our program? _____

Present physical health problems: _____

Marital Status: _____ Married _____ Engaged _____ Separated _____ Cohabiting _____ Divorced

Date of marriage (if applicable): _____

Names and ages of children: _____

Names of individuals currently living in your home: _____

How often and how much alcohol do you consume? _____

What other drugs or herbal products do you use and how often? _____

Have you had any previous mental health treatment? Yes No

→ If so: what? _____

Please give a brief description of your goals for coming to this program (what do you hope to improve, change, or understand by being here):

Handout D

Participant Name: _____ **Date:** _____

Please circle the number for each question that describes how you feel now. These questions ask about how much you understand and know how to handle various situations.

	Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
1. I understand how to improve family relationships after a deployment.	1	2	3	4	5	6	7
2. I know about how to improve our family communication.	1	2	3	4	5	6	7
3. I know the major signs and symptoms of Post Traumatic Stress Disorder (PTSD).	1	2	3	4	5	6	7
4. I know what to do when a family member becomes very angry.	1	2	3	4	5	6	7
5. I know what to do if a family member talks about suicide.	1	2	3	4	5	6	7
6. I know about books, websites, and other post-deployment resources that are available.	1	2	3	4	5	6	7
7. I know how to create a low stress environment at home.	1	2	3	4	5	6	7

These questions ask about how well your family actually deals with certain situations. Please circle the number for each question that describes how you feel now.

	Strongly Disagree	Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Agree	Strongly Agree
8. In our family, we communicate well with each other.	1	2	3	4	5	6	7
9. Our family is good at coping with stressful life events.	1	2	3	4	5	6	7
10. Our family does a good job of dealing with strong emotions.	1	2	3	4	5	6	7
11. The stress level in our household is low most of the time.	1	2	3	4	5	6	7
12. Our family does a good job of solving problems.	1	2	3	4	5	6	7
13. Our family has a lot of fun together.	1	2	3	4	5	6	7
14. I'm worried about the mental health or safety of my spouse.	1	2	3	4	5	6	7
15. I'm worried about the mental health or safety of my child.	1	2	3	4	5	6	7
16. I'm worried about the mental health or safety of my parent.	1	2	3	4	5	6	7
17. I feel safe at home.	1	2	3	4	5	6	7

Handout E

Operation Enduring Families

Evaluation Form

Please indicate your rating on each of the following items by circling the appropriate number on the scale:

TOPIC:

DATE:

1. Overall quality of the workshop:

1	2	3	4	5
Poor		Average		Excellent

2. Style of presenter(s):

1	2	3	4	5
Poor		Average		Excellent

3. Relevance of topic for you

1	2	3	4	5
Poor		Average		Excellent

4. How much new information did you gain from this workshop?

1	2	3	4	5
Poor		Average		Excellent

5. How could this session be improved to better meet your needs?

6. Are there any specific topics that you'd like to see addressed in future workshops?

Thank You