

# Resources for Global War on Terrorism Military Families

Compiled by Michelle D. Sherman, Ph.D. (Revised March 2009)

## BOOKS

### For Veterans / Service Members (and Adult family members)

*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 .

*Down Range: To Iraq and Back* (2005). Bridget Cantrell & Chuck Dean.

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

*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

*A Very Long Time* (2005). [for kids ages 4-8; picture book for children whose parent is deployed]. Geri Timperley, Nikki Arro

*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.

*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](http://www.seedsofhopebooks.com))

## WEBSITES

Military OneSource (1-800-342-9647). [www.militaryonesource.com](http://www.militaryonesource.com)

Military HOMEFRONT (Official DoD site). [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)

Benefits Facts Sheets, US Department of Veterans Affairs: [www.vba.va.gov/benefit\\_facts/index.htm](http://www.vba.va.gov/benefit_facts/index.htm)

Strategic Outreach to Families of All Reservists: [www.sofarusa.org](http://www.sofarusa.org)

US Department of Veterans Affairs: [www.va.gov](http://www.va.gov) and [www.oefoif.va.gov](http://www.oefoif.va.gov)

State Departments of Veterans Affairs: [www.nasdva.com](http://www.nasdva.com)

Vet Centers: [www.vetcenter.va.gov](http://www.vetcenter.va.gov)

National Resource Directory: [www.nationalresourcedirectory.org](http://www.nationalresourcedirectory.org)

### **Emotional Health:**

National Center for PTSD. [www.ncptsd.org](http://www.ncptsd.org)

National Mental Health Association. [www.nmha.org/reunions](http://www.nmha.org/reunions)

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. [w3.ouhsc.edu/safeprogram](http://w3.ouhsc.edu/safeprogram)

Mental Health Self-Assessment Program (DOD sponsored mental health / alcohol screening and referral program offered to families and service members affected by deployment) [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)

### **Deployment:**

After Deployment: [www.afterdeployment.org/index.php](http://www.afterdeployment.org/index.php)

Surviving Deployment: Resources for Military Families. [www.survivingdeployment.com](http://www.survivingdeployment.com)

*Deployment Guide For Families of Deploying Soldiers. Separation and Reunion Handbook*  
[www.hooah4health.com/deployment/familymatters/reunion.htm#](http://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](http://chppm-www.apgea.army.mil/deployment/FamilyReunionTrifold19Dec03.pdf)

*Welcome Home: How to make a difference in the lives of returning war zone veterans* (includes Dr. James Munroe's "Eight Battlefield Skills that Make Life in the Civilian World Challenging"). Washington Family Policy Council. [www.fpc.wa.gov/Welcome%20Home.pdf](http://www.fpc.wa.gov/Welcome%20Home.pdf)

*Post-Deployment Stress: What Families Should Know, What Families Can Do.*  
[http://rand.org/pubs/corporate\\_pubs/CP535-2008-03/](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](http://rand.org/pubs/corporate_pubs/2008/RAND_CP534-2008-03.pdf)

## **Issues about Children/Youth**

### *For Kids:*

National Guard Family Program / Guard Family Youth Website  
[www.guardfamily.org](http://www.guardfamily.org) // [www.guardfamilyyouth.org](http://www.guardfamilyyouth.org)

VA Kids: [www.va.gov/kids](http://www.va.gov/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](http://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)

*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](https://www.hnfs.net/res/tricare/beneficiary/common/pdf/-1542306275/Kids_jrn_bw_coloringbook_12_07.pdf)

### *For Parents and Educators:*

National Military Family Association / Operation Purple Camp. [www.nmfa.org](http://www.nmfa.org)

Military Child Education Coalition  
[www.militarychild.org](http://www.militarychild.org)

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

DOD's Military Student Program: The Military Child in Transition and Deployment  
[www.militarystudent.dod.mil](http://www.militarystudent.dod.mil)

National Child Traumatic Stress Network's Military Children and Youth Resource Page.  
[http://nctsn.org/nccts/nav.do?pid=ctr\\_top\\_military](http://nctsn.org/nccts/nav.do?pid=ctr_top_military)

*Coming Home: Adjustments For Military Families and Families In The Military.* American Academy of Child and Adolescent Psychiatry.  
[www.aacap.org/cs/root/facts\\_for\\_families/coming\\_home\\_adjustments\\_for\\_military\\_families](http://www.aacap.org/cs/root/facts_for_families/coming_home_adjustments_for_military_families)  
[http://www.aacap.org/cs/root/facts\\_for\\_families/families\\_in\\_the\\_military](http://www.aacap.org/cs/root/facts_for_families/families_in_the_military)

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

*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://jhsphe.edu/mci/training\\_course](http://jhsphe.edu/mci/training_course)

*Military Kids Bill of Rights*  
[http://www.nmfa.org/site/DocServer/Military\\_Child\\_Bill\\_of\\_Rights5-08.pdf?docID=13201](http://www.nmfa.org/site/DocServer/Military_Child_Bill_of_Rights5-08.pdf?docID=13201)

*10 Things Military Kids Want You to Know*

[www.nmfa.org/site/DocServer/TOOLKIT\\_8.5x11\\_proof6.pdf?docID=15601&JServSessionIdr008=z07xh43fx1.appl1a](http://www.nmfa.org/site/DocServer/TOOLKIT_8.5x11_proof6.pdf?docID=15601&JServSessionIdr008=z07xh43fx1.appl1a)

Salute Our Services A Thousand Thanks to Military Kids Program (sends free personalized card to military child): [http://www.saluteourservices.org/skins/sos/display.aspx?mode=user&ModuleId=8cde2e88-3052-448c-893d-d0b4b14b31c4&action=display\\_page&ObjectID=f2cbe28f-381c-475a-a2aa-175371eed89d](http://www.saluteourservices.org/skins/sos/display.aspx?mode=user&ModuleId=8cde2e88-3052-448c-893d-d0b4b14b31c4&action=display_page&ObjectID=f2cbe28f-381c-475a-a2aa-175371eed89d)

## VIDEOS

*Talk, Listen, Connect: Deployments, Homecomings, Changes.* Sesame Street DVDs for families with youth ages 2-5. Available for free through Military OneSource (1-800-342-9647) OR [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc)

*When Parents Are Deployed* (with Cuba Gooding, Jr). Sesame Street video. Available to view at: <http://www.sesameworkshop.org/wpad/>

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: [www.aap.org/sections/uniformedservices/deployment/index.html](http://www.aap.org/sections/uniformedservices/deployment/index.html)

*Getting Home: All the Way Home.* Free downloadable DVD created by TriWest (TRICARE Contractor) for soldiers & their families.

[www.triwest.com/triwest/default.html?/triwest/unauth/newContent/newBehavioralHealth/videostream.asp](http://www.triwest.com/triwest/default.html?/triwest/unauth/newContent/newBehavioralHealth/videostream.asp)

*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](http://www.zerotothree.org/site/PageServer?pagename=key_military)

*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>

*The Price of Peace.* Song by two military teens about deployment.

[www.thepriceofpeace.org](http://www.thepriceofpeace.org)