TRAUMA RESOURCES FOR FAMILIES

This is a listing of organizations, web sites and some literature available for families in different topic areas. It is not an exhaustive listing, but identifies key military and national organizations who are viewed to be reliable sources for information and/or assistance. For ease of use, the topics are presented in alphabetical order rather than grouped by subject area.

BENEFITS INFORMATION

- **A Survivor’s Guide to Benefits: Taking Care of Our Own** – a DoD publication available online at www.militaryhomefront.dod.mil
- **Guide for Families of Fallen Soldiers** - an Army publication available online at Casualty and Memorial Affairs Operations Center (CMAOC) web site (www.hrc.army.mil/site/active/TAGD/CMAOC/SurvivorsGuide)
- **Army Benefits Tool (www.armyg1.army.mil/rso/abt.asp)** – Army web site with links that Soldiers and families use to get information on pay, benefits and entitlements; web site has a section on casualty affairs and survivors assistance
- **Department of Veteran’s Affairs (www.va.gov)** – Information and booklets on VA benefits and programs for disabled veterans on their web site www.va.gov; The Department of Veterans Affairs’ publication entitled Federal Benefits for Veterans and Dependents can be accessed on the web at www1.va.gov/opa/vadocs/current_benefits.htm. For detailed information on survivor benefits, visit the Veterans Affairs’ Survivors Benefits web site at www.vba.va.gov/Survivors/.
- **Tricare (www.tricare.osd.mil)** – for information on medical care and health insurance benefits and to locate providers for retirees
- **Armed Forces Services Corporation (www.afsc-usa.com)** – provides benefits informational printouts and addresses questions on military survivor benefits (note: free lifetime service offered to spouses of service members who died while on active duty on or after November 14, 2002; an AER Sponsorship Acceptance Form must be completed to obtain this service)
- **National Military Family Association (NMFA)** – offers a fact sheet entitled Benefits for Survivors of Active Duty Deaths as well as a fact sheet on Resources for Wounded or Injured Servicemembers and their Families with detailed information available on the NMFA’s web site at www.nmfa.org

CAREGIVING AND CAREGIVER TIPS

- **When You Become Your Spouse’s Caregiver** – (a life article accessible on the web at www.militaryonesource.com)
- **Family Caregiving Alliance (www.caregiver.org)** – offers support and information
- **National Family Caregivers Association (www.thefamilycaregiver.org)** – identifies resources on caregiving, respite care, visiting nurses, home care agencies, and training for caregivers
- **National Spinal Cord Injury (www.spinalcord.org)** – has a range of articles on caregiving and useful links for caregivers under the resource section. Note: While some of the information focuses on spinal cord injury, much of the information is informative for any family.
CHILD TRAUMA AND STRESS

- National Child Traumatic Stress Network (www.NCTSN.org)
- APA's Resilience for Kids and Teen campaign (www.apa.org) – in 2003, the American Psychological Association launched a campaign that includes a magazine for kids to teach resilience skills to help kids and teens deal with stress and trauma; for information on resilience go to apahelpcenter.org and look under featured topics tab
- American Academy of Child and Adolescent Psychiatry (www.aacap.org)
- American Academy of Pediatricians (www.aap.org)

CHILDREN’S GRIEF

These organizations can provide assistance to parents and caregivers in helping children cope with grief and death of a parent.

- Military One Source (www.militaryonesource.com) – has life articles on the topic of children coping with grief and loss as well as has a list of books for children and adolescents on this topic
- Dougy Center for Grieving Children and Families (www.dougy.org) – conduct peer support groups at centers throughout U.S. and in other countries, (note: do not offer counseling); has grief and book information on their web site
- Tragedy Assistance Program for Survivors (TAPS) (www.taps.org) – conducts an annual Kids Camp for children of deceased military parents
- Child Trauma Academy (www.childtrauma.org) – has a booklet for parents entitled The Child's Loss: Death, Grief and Mourning: How Caregivers can Help Children Exposed to Traumatic Death
- National Association of School Psychologists (www.nasponline.org) – has a fact sheet for parents entitled Helping Children Cope with Loss, Death and Grief under the NASP Crisis Resources section; this fact sheet also contains a short list of books for children
- American Hospice Organization (www.americanhospice.org) – has articles about grief and talking to children about grief; a publication entitled Our Loved One Died Serving Our Country can be used to record children's memories

COMBAT STRESS, PTSD AND MENTAL HEALTH

(This includes information on traumatic stress, stress management, and children’s mental health issues.)

- Operation READY Combat Stress tip card – available in the Operation READY Smart Book
- VA's National Center for PTSD (www.ncptsd.va.gov/) – this center conducts research on and educates clinicians on PTSD; informational materials for families can be found on their web page (www.ncptsd.va.gov/topics/war.html); easy-to-read informative factsheets for veterans and families on traumatic stress can also be found in the Iraq War Clinician Guide (www.ncptsd.va.gov/war/guide/index.html) (see facts sheets entitled Warzone-Related Stress Reactions: What Veterans Need to Know and Warzone-Related Stress Reactions: What Families Need to Know and Coping with Traumatic Stress Reactions) or their web page www.ncptsd.va.gov/facts/veterans/
- www.hooah4health.com – has information and tips on stress, combat stress and suicide
- Veterans and Families (www.veteransandfamilies.org/) – produce a Homecoming Preparedness Guide which is continually being updated by experts, especially in the areas of posttraumatic stress and family counseling, to help veterans and their families with the emotional and psychological readjustments of homecoming
• Deployment Health Clinical Center (www.pdhealth.mil/main.asp) – a DoD web site that has information and fact sheets on operational stress and PTSD, stress and trauma, and mental health issues related to deployment

• DoD’s Mental Health Self-Assessment (MHSA) program (www.MilitaryMentalHealth.org) – an online survey that Soldiers and family members can take anonymously at any time to assess whether they have symptoms of a mental health issue, the assessment does not provide a diagnosis, but serves as a screening tool; in the print out, individuals are provided with a resource list

• Mental Health America (formerly National Mental Health Association) (www.nmha.org) – information on a variety of mental health issues available on the organization’s web site under the mental health information tab; under this tab is also a section entitled Operation Healthy Reunions which addresses PTSD and reunion issues; assistance also available through the NMHA Resource Center at 1-800-969-6642; runs depressionscreen.org web site offering confidential way for individuals to screen for symptoms of depression

• American Psychological Association (www.apa.org) – has a series of brochures with tips to managing stress and resilience in times of uncertainty; some brochures are geared to parents of children of different age groups (available at www.apahelpcenter.org/featuredtopics/feature.php?id=43)


• American Academy of Child and Adolescent Psychiatry (www.aacap.org) – for information on grief, depression, stress (including teenage stress), and anxiety as well as a range of issues affecting children, teenagers and families

• Substance Abuse and Mental Health Services Administration (SAMHSA) – provides informational materials for parents on helping children cope with fear and anxiety, available at www.mentalhealth.samhsa.gov/cmhs/TraumaticEvents/tips.asp

• Center for the Study of Traumatic Stress (CSTS) (www.usuhs.mil/csts/) – has a variety of informational materials for families and providers focusing on different issues related to trauma

• International Society for Traumatic Stress Studies (ISTSS) (www.istss.org) – provides information on the effects of trauma

• Center for Health Promotion and Preventive Medicine (chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx) – has suicide prevention web page that has research articles, educational materials and links related to suicide prevention

• National Guard Virtual Armory (www.virtualarmory.com/wellbeing/suicide.aspx) – this suicide prevention web page provides links to educational materials, screening tools, resources, training programs, and military policies

• American Association of Suicidology (www.suicidology.org) – serves as clearinghouse for information and resources on suicide; has fact sheets as well as directory of support groups for suicide survivors and families

COUNSELING

• Military One Source (MOS) (www.militaryonesource.com) – A 1-800 telephone number (1-800-342-9647) and web site where Soldier and family can self-refer for confidential counseling at any time

• Troop and Family Counseling Services for National Guard and Reserves – a DoD program offering free private counseling services with professionals who can be reached by calling (888) 755-9355 toll free
• Military Severely Injured Center – offers personal, couple and family issues counseling
• Department of Veteran Affairs’ Veterans Readjustment Counseling Center – offers counseling (including bereavement counseling) and referrals to programs in family’s local area
• Walter Reed Army Medical Center’s Department of Psychiatry – offers inpatient and outpatient treatment to Soldiers evacuated from theatre as medical or psychiatric casualty
• Military chaplain or local clergy
• Army Social Work Service
• Army Family Advocacy Program (FAP) – addresses child and spouse abuse
• Army Substance Abuse Program (ASAP) – addresses alcohol and drug abuse
• Military Family Life Consultants
• Strategic Outreach to Families of all Reservists (SOFAR) (www.sofarusa.org) – coordinates the delivery of psychotherapy and psychoeducational services to families of Reservists and National Guard members stationed in or returning from Afghanistan, Iraq and Kuwait; this pro bono service is intended to help families develop and maintain coping skills in all phases of deployment; to contact program by telephone, call (617) 266-2611 (Note: currently the program focuses on the Greater Boston area, but hopes to become national)
• American Red Cross (www.redcross.org) – offers confidential counseling to all military personnel (Active, Guard, Reserve) at chapters and offices worldwide
• Local Mental Health America (formerly National Mental Health Association) – to get referral to local mental health professionals
• National Suicide Prevention Lifeline (www.suicidepreventionlifeline.org) – is a 24 hour toll free suicide prevention hotline for those in crisis
• National Association of Social Workers (NASW) (www.socialworkers.org) – contact this professional organization for directory and assistance in finding a clinical social worker in a specific geographical area
Note: Many veterans and disability organizations provide peer support groups or opportunity to talk to others who have experienced similar situation.

DEPLOYMENT, WAR AND TERRORISM

• www.militaryhomefront.dod.mil – a DoD web site with information on various topics for troops and families, see section on deployment readiness
• www.deploymentlink.osd.mil – a DoD web site for information on health issues related to deployment
• Deployment Health Clinical Center (www.pdhealth.mil/main.asp) – a DoD web site that has information and fact sheets on deployment and mental health issues related to deployment
• Deployment Health and Readiness Library (www.deploymenthealthlibrary.fhp.osd.mil/) – for access to fact sheets on a variety of deployment health and family readiness topics; for example, See fact sheet on The New Emotional Cycles of Deployment
• Military Spouse Career Center (www.military.com/spouse/fs) – a DoD web site that has a variety of articles on deployment and other topics of concern to military spouses and families
• Military One Source (MOS) (www.militaryonesource.com) – A 1-800 telephone number and web site where Soldier and family can self-refer for confidential counseling at any time; also provides access to articles on a variety of topics including managing deployment (including deployment extensions), relationships, and children; a booklet on Talking with Children about Violence and War can be found under Trauma, Crisis and Violence tab
• MyArmyLifeToo.com – contains a variety of fact sheets on different topic areas; the topic area of managing deployment contains fact sheets that include When Your Loved Ones Deploy in War Time: Coping with Anxiety; this web site also can be used to locate garrison and military family support programs that help families cope with deployments
• **www.guardfamily.org/** – online resource for guard families with information and family support program information

• **www.afrp.org** – online resource for reserve families with information and family support program information

• **Field Problems (www.FieldProblems.com)** – an online military question and answer column run by Army spouses

• **www.militarystudent.org** – provides information for parents on helping children of different ages with deployment and reunion

• **Children, Youth and Families Education and Research Network (www.cyfernet.org)** – provides links to a variety of informational materials, programs and research focusing on children, youth and families; information posted on this web site written either by universities or professional organizations; features monthly “hot topics”; see November 2004’s topic on Supporting Families with Loved Ones in the Military which focuses on managing stress of war and terrorism, coping with deployments, and helping children cope; July 2006’s topic on Helping Families During Times of Stress focuses on trauma of disasters that includes information on managing stress

• **American Academy of Child and Adolescent Psychiatry (www.aacap.org)** – see Facts For Families #88 on Families in the Military (www.aacap.org/publications/factsfam/88.htm) for information on children’s reactions to stress of separation and parent tips on how to help children cope with this stress, Facts for Families #87 focuses on Talking to Children about Terrorism and War

• **American Psychological Association (www.apa.org)** – offers a tips sheet on Resilience in a time of War that is available online at www.apahelpcenter.org

• **American Red Cross (www.redcross.org)** – has a Welcome Home guide for families that addresses how to make a smooth transition when military members return home

• **Center for the Study of Traumatic Stress (CSTS) (www.centerforthestudyoftraumaticstress.org/**) – produces the Courage to Care fact sheets for military families that address deployment related issues (e.g., helping children cope during deployment, reintegration, advancing the health of the family left behind). Look under Fact Sheets tab to locate the Courage to Care fact sheets

• **NYU Child Study Center** – produces About Our Kids articles, see article on Talking to Kids about Terrorism and Acts of War (www.aboutourkids.org/aboutour/articles/war.html)

• **Mental Health America [formerly National Mental Health Association (NMHA)] (www.nmha.org)** – has a series of fact sheets on coping with stress of military operations, coping with war, coping with terrorism; these fact sheets can be accessed on the web at www.nmha.org/reassurance/index.cfm

• **National Association of Social Workers (NASW) (www.socialworkers.org)** – has a news article on how to talk to children about war

• **Substance Abuse and Mental Health Services Administration (SAMHSA)** – this federal government web site provides informational materials for parents on how to talk to children about war and terrorism, available at www.mentalhealth.samhsa.gov/cmhs/TraumaticEvents/tips.asp

• **www.survivingdeployment.com** – has a variety of information and resources for military families
DEPLOYMENT HANDBOOKS

There are a number of different handbooks available for military families and/or parents.

- **Operation READY Soldier/Family Deployment Survival Handbook** – this Army handbook is available on http://myarmylifetoo.com
- **Operation READY Handbook on Children and Deployment** – this Army handbook is available on myarmylifetoo.com
- **Parent’s Guide to the Military Child During Deployment and Reunion** – available online at http://www.militarystudent.org
- **The “So Far” Guide for Helping Children and Youth Cope with the Deployment of a Parent in the Military Reserves** – available from Strategic Outreach to Families of All Reservists (SOFAR) at www.sofarusa.org
- **Zero to Three (www.zerotothree.org)** – for information on how to help children cope with change and military-related stress, see Zero to Three publications such as *Little Listeners in an Uncertain World: Coping strategies for you and your child during deployment or when a crisis occurs*

DEPLOYMENT SUPPORT PROGRAMS FOR CHILDREN

For more information, contact the Army’s Children and Youth Services (CYS).

- **Operation Military Kids (www.operationmilitarykids.org)** – through community support networks, military youth receive a wide range of recreational, social, and educational programs in communities where they live
- **Operation Purple Camps** – program sponsored by National Military Family Association (NMFA) providing a free week of summer camp for children of deployed parents; for information contact NMFA at www.nmfa.org
- **www.guardfamilyyouth.org**
- **www.deploymentkids.com**
- **Boys and Girls Club of America** – conduct programs to support military youth
- **4-H** – conduct programs to support military youth

EMERGENCY PREPAREDNESS

- **American Red Cross (www.redcross.org)** – has information to help families prepare for emergencies

EMOTIONAL SUPPORT AND ASSISTANCE FOR FALLEN SOLDIERS’ FAMILIES

- **Army Casualty and Memorial Affairs Operation Center (CMAOC) (www.hrc.army.mil/site/active/TAGD/CMAOC/cmaoc.htm)** – assists families in bereavement through Army Family Assistance hotline (1-800-833-6622) and has a Families First Casualty Call Center (1-866-272-5841) that provides advocacy and follow-up assistance to survivors
- **Military One Source (www.militaryonesource.com)** – a 1-800 telephone number and web site where families can self-refer for confidential counseling at any time; counseling is available by either speaking to or emailing a masters level consultant; also has articles, list of books and links to web sites on a range of topics including casualty assistance and grief and loss
• **Army Families Online** ([www.armyfamilies.org](http://www.armyfamilies.org)) – see Our Survivors web page for links to important resources and information for families of fallen Soldiers

• **Department of Veteran’s Affairs** ([www.va.gov](http://www.va.gov)) – offers bereavement counseling at community-based veterans’ centers throughout the U.S. To locate the nearest VHA Readjustment counseling service center, call (202)-273-8967 or visit the [www.va.gov/rcs/](http://www.va.gov/rcs/)

• **Military Widow: A Survival Guide** – a book written by two military spouses, Joanne M. Steen and M. Regina Asaro, for military spouses on to cope with grief and facing the future

• **Gold Star Wives** ([www.goldstarwives.org](http://www.goldstarwives.org)) – provides support services to spouses of those who died in active duty or of service-related disability. Offers opportunity to connect with local chapters, legislative updates and resource information. Also can be reached by telephone at 1-888-75-6350.

• **Tragedy Assistance Program for Survivors (TAPS)** ([www.taps.org](http://www.taps.org)) – a national organization that offers support and other services to families grieving the loss of loved one who served in the armed forces. TAPS offers survivor-peer support network, online information on grief and trauma, grief counseling referrals, and online support groups; TAPS can be reached by telephone at 1-800-959-8277 or via the web

• **Society of Military Widows** (under National Association for Uniformed Services) ([www.militarywidows.org/](http://www.militarywidows.org/)) – provide moral support and referral service

• [www.griefnet.org](http://www.griefnet.org) – offers grief support on the Internet through email support groups

• **Mental Health America** (formerly National Mental Health Association) ([www.nmha.org](http://www.nmha.org)) – contact local Mental Health Association for information on coping with loss and assistance in locating local mental health professionals

**EMPLOYMENT ASSISTANCE FOR SPOUSES**

• **Military Severely Injured Center** – offers a spouse career center that includes a job board (call 1-888-774-1361 or visit the web site at [www.military.com/support](http://www.military.com/support))

• **One Stop Career Center System** – provides job training and employment services to spouses of Soldiers that have suffered an active duty casualty (to locate the nearest One Stop Career Center, call 877-US2-JOBS or visit the web site [www.service_locator.org](http://www.service_locator.org))

• **Military Spouse Resource Center** ([www.MilSpouse.org](http://www.MilSpouse.org)) – a Department of Defense and Department of Labor web site that provides information and resources on education, training and employment within the U.S. for military spouses

• **Garrison Army Community Service** – provides information and assistance with job search

• **Military One Source** ([www.militaryonesource.com](http://www.militaryonesource.com)) – has life article on *Entering The Work Force When Your Spouse Has Been Severely Injured*

• **MyArmyLifeToo.com** – this Army web site offers a link to military spouse job bank as well as offers information related to job hunting

**LEGAL AND FINANCIAL ASSISTANCE**


• **MyArmyLifeToo.com** – this Army web site can be used to find consumer information on a variety of financial matters

• **American Bar Association’s Legal Assistance For Military Personnel** ([www.abanet.org/legalservices/lamp/home.html](http://www.abanet.org/legalservices/lamp/home.html)) – for legal support

• **Army Emergency Relief** ([www.aerhq.org/](http://www.aerhq.org/)) – emergency financial assistance
• **USAA Educational Foundation** ([www.usaaedfoundation.org](http://www.usaaedfoundation.org)) – a nonprofit organization providing financial information to the military and public, see the section on Coping With Loss under the Family tab for practical information on various financial and legal issues (such as probate, being an executor, and taxes due after death) and survivors checklist

• **United Warrior Survivor Foundation** ([www.frogfriends.com](http://www.frogfriends.com)) – offers survivor transition assistance to special operations personnel killed in line of duty since 9/11/01; assistance includes financial assistance, financial planning, educational assistance, professional bereavement counseling, and peer-to-peer mentorship with spouses

**MEDICAL AND DISABILITY INFORMATION**

• **Medline** ([www.medlineplus.gov](http://www.medlineplus.gov)) – an online medical and drug information source by the National Institutes of Heath and U.S. National Library of Medicine

• **DisabilityInfo.gov** ([www.disabilityinfo.gov/](http://www.disabilityinfo.gov/)) – a federal government web site for disability information and resources; has a section that addresses wounded servicemembers

• **Healthfinder** ([www.healthfinder.gov](http://www.healthfinder.gov)) – a federal government web site for health information

• **Computer/Electronic Accommodations Program (CAP)** ([www.tricare.osd.mil/cap/Initiatives/WSM.cfm](http://www.tricare.osd.mil/cap/Initiatives/WSM.cfm)) – a DoD program run under Tricare that provides assistive technology, devices and services free of charge to wounded servicemembers [For more information, contact Megan DuLaney at 703-998-0800 x27 (Voice) or megan.dulaney.ctr@tma.osd.mil]

• **Deployment Health and Readiness Library** ([www.deploymenthealthlibrary.fhp.osd.mil/](http://www.deploymenthealthlibrary.fhp.osd.mil/)) – for access to fact sheets on a variety of health topics related to deployment and war zones

• **Deployment Health Clinical Center** ([www.pdhealth.mil](http://www.pdhealth.mil)) – see under Family and Friends section for resources for severely injured and other sections of this web site for information on different health concerns

• **VA's National Center for PTSD** ([www.ncptsd.va.gov/](http://www.ncptsd.va.gov/)) – this center conducts research on and educates clinicians on PTSD; informational materials for families can be found on their web page ([www.ncptsd.va.gov/topics/war.html](http://www.ncptsd.va.gov/topics/war.html))

• **Army Families Online** ([www.armyfamilies.org](http://www.armyfamilies.org)) – see CSA Wounded Soldier and Family hotline web page; this hotline assists wounded Soldiers and families with medical problems and issues

• **Military Severely Injured Center** – A DoD resource providing personalized assistance with seriously injured Soldiers’ recovery with referrals for medical care and rehabilitation, education, employment assistance, personal mobility and functioning, accommodations, family counseling, and financial support. To access this resource, call 888-774-1361 or visit the web site at severelyinjured@militaryonesource.com

• **National Amputation Foundation** ([www.nationalamputation.org](http://www.nationalamputation.org)) – has informational materials for amputees

• **Amputee Coalition of America** ([www.amputee-coalition.org](http://www.amputee-coalition.org)) – produces a publication entitled A Guide to Adapting to Limb Loss which is updated regularly (for more information, visit the web at www.amputee-coalition.org/npn_articles.asp or call 1-888-267-5669

• **National Spinal Cord Injury Association** ([www.spinalcord.org](http://www.spinalcord.org)) – has information addressing a variety of topics related to spinal cord injury as well as identifies a range of helpful resources

• **American Pain Foundation** ([www.painfoundation.org](http://www.painfoundation.org)) – provides information on pain care, has special section on veterans and pain

• **American Foundation for the Blind** ([www.afb.org](http://www.afb.org)) – has resource information as well as information on how to give emotional and practical support

• **Phoenix Society for Burn Survivors Inc.** ([www.phoenix-society.org/](http://www.phoenix-society.org/)) – provides resource and support services information; helps individuals find peer support
• **Brain Injury Association of America** ([www.biausa.org](http://www.biausa.org)) – provides information, education and support to individuals with traumatic brain injury and their families; has local chapters and support groups throughout the nation

• **Family Caregiving Alliance** ([www.caregiver.org](http://www.caregiver.org)) – has fact sheets on a variety of conditions and topics (such as Coping with behavior problems after head injury) that provide helpful information for families

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**REUNION AND REINTEGRATION**

*(see also deployment and combat stress sections)*

• [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil) – see Coming Home series of guides which can be found in the section on deployment readiness on this DoD web site

• **Military One Source** ([www.militaryonesource.com](http://www.militaryonesource.com)) – has articles on a variety of topics including reunion

• **Operation READY Handbook on Reunion** – available online at [http://myarmylifetoo.com](http://myarmylifetoo.com)

• **Veterans and Families** ([www.veteransandfamilies.org/](http://www.veteransandfamilies.org/)) – produce a *Homecoming Preparedness Guide* which is continually being updated by experts to help veterans and their families with the emotional and psychological readjustments of homecoming

• **Center for the Study of Traumatic Stress** ([www.centerforthestudyoftraumaticstress.org](http://www.centerforthestudyoftraumaticstress.org)) – produces the Courage to Care fact sheets for military families that address deployment related issues (e.g., reintegration, helping Guard and Reserve reenter workplace, recognizing depression)

• **Mental Health America** *(formerly National Mental Health Association)* ([www.nmha.org](http://www.nmha.org)) – a variety of educational materials for troops and their families available through “Operation Healthy Reunions” program (accessible under mental health information tab on the web site); this program contains a number of fact sheets addressing reunion issues, particularly mental health issues

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**SUPPORT FOR SEVERELY INJURED SOLDIER**

• **Military Severely Injured Center** – A DoD resource providing personalized assistance with seriously injured Soldiers’ recovery; available by calling 1-888-774-1361; handbook entitled *Our Hero Handbook: A Guide for Families of Wounded Service Members* available on web at militaryhomefront web site under troops and families and then click on military severely injured center: [http://www.militaryhomefront.dod.mil/portal/page/itc/MHF/MHF_HOME_?section_id=20.40.500.393.0.0.0.0.0](http://www.militaryhomefront.dod.mil/portal/page/itc/MHF/MHF_HOME_?section_id=20.40.500.393.0.0.0.0.0)

• **U.S. Army’s Wounded Warrior Program (AW2)** ([www.aw2.army.mil](http://www.aw2.army.mil)) – provides support services to severely wounded and ill Soldiers and their families that continue for a minimum of five years after medical retirement

• **Army Families Online** ([www.armyfamilies.org](http://www.armyfamilies.org)) – see CSA Wounded Soldier and Family hotline web page; this hotline assists wounded Soldiers and families with medical problems and issues

• **DisabilityInfo.gov** ([www.disabilityinfo.gov/](http://www.disabilityinfo.gov/)) – a federal government web site where searches can be conducted to locate resource information for different disabilities and health conditions; has a section that addresses wounded servicemembers

• **National Amputation Foundation** ([www.nationalamputation.org](http://www.nationalamputation.org)) – offers information on recreational activities, conducts a medical equipment give-a-way program, and offers in-home/hospital peer counseling
- **Amputee Coalition of America** ([www.amputee-coalition.org](http://www.amputee-coalition.org)) – conducts a peer support program as well as offers a publication entitled *A guide to Adapting to Limb Loss*, one of the chapters of this publication addresses psycho-social issues (for more information, visit the web at [www.amputee-coalition.org](http://www.amputee-coalition.org) or call 1-888-267-5669)

- **Walter Reed Army Medical Center’s Peer Amputee Visitor Program** – peer amputee visitors support new amputees and their families by providing information and serving as role models (For more information, contact the Amputee Coalition of America at [www.amputee-coalition.org](http://www.amputee-coalition.org) or call 1-888-267-5669)

- **Wounded Warrior Project** ([www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)) – delivers backpacks full of supplies and provides information in visits to wounded Soldiers as well as conducts recreational activities for disabled veterans; this project which was started by a disabled veteran can also be reached by telephone at (540) 342-0032

- **Military One Source (MOS)** ([www.militaryonesource.com](http://www.militaryonesource.com)) – A DoD web site with information on severely injured service members that addresses care and benefits, family impacts, physical accommodations, and vocational training/rehabilitation; also contains an article on how to prepare children for seeing injured parent

- **Army Career and Alumni Program (ACAP)** ([www.acap.army.mil](http://www.acap.army.mil)) – The Army’s ACAP program assists Soldiers with transition to retirement and civilian life. The ACAP web site has information on transition assistance and job assistance services for disabled veterans on the following web page ([www.acap.army.mil/transitioner/transition_assistance/disb_veterans.cfm](http://www.acap.army.mil/transitioner/transition_assistance/disb_veterans.cfm)). To access a job bank and list of employers hiring disabled veterans, see Job Connections for AW2 Soldiers.

- **Disabled Transition Assistance Program (DTAP)** ([www.seamlesstransition.va.gov/seamlesstransition/transition.asp](http://www.seamlesstransition.va.gov/seamlesstransition/transition.asp)) – a VA program that provides information and assistance in transition of service members, especially veterans of Operation Enduring Freedom and Operation Iraqi Freedom, separating from the military. Soldiers are connected with local Transition Centers.

- **Retirement Services Officer (RSO)** – installations have a Retirement Services Officer who is responsible for providing information and support to retirees. To locate the nearest RSO, visit the Army G-1 Retirement Services web site at [www.armyg1.army.mil/mission.asp](http://www.armyg1.army.mil/mission.asp).

- **VA’s Vocational Rehabilitation and Employment Services (VR&E)** ([www.vba.va.gov](http://www.vba.va.gov)) – program to help disabled veterans prepare for, find, and keep suitable employment

- **Military Severely Injured Center** – A comprehensive DoD career services web site is available for wounded servicemembers and veterans that contains a job search database, “veteran-friendly” employers, tools (such as resume builder and salary calculator), and information, For more information, call 888-774-1361 or severelyinjured@militaryonesource.com

- **Recovery and Employment Assistance Lifelines (REALifelines)** – helps wounded and injured servicemembers access online resources and contact information for one-on-one employment assistance to transition to civilian workforce (For more information, call 1-888-774-1361 or visit web site at [www.dol.gov/vets/programs/Real-life/main.htm](http://www.dol.gov/vets/programs/Real-life/main.htm)).

- **Disabled American Veterans** ([www.dav.org/](http://www.dav.org/)) – an advocacy group that provides information on veterans benefits and helps with filing claims to Department of Veterans Affairs

- **Blinded Veterans Association** ([www.bva.org](http://www.bva.org)) – an advocacy group that provides information on technology and other issues, also can be reached by telephone at 1-800-669-7079

- **Veterans and Families** ([www.veteransandfamilies.org/](http://www.veteransandfamilies.org/)) – provides links to resources that help veterans in transition from military to civilian life

- **American Supports You** ([www.americasupportsyou.mil](http://www.americasupportsyou.mil)) – this web site contains a section on organizations and groups providing “help for the wounded”

- **Disabled Sports USA** ([www.dsusa.org](http://www.dsusa.org)) – conducts sports rehabilitation programs and provides free sports and recreational activities for disabled veterans
• **Paralyzed Veterans of America (www.pva.org/) –** organization helps veterans with spinal cord injury; services include serving as an advocate, providing information on benefits, rights, and spinal cord injury, written publications, and locating sports and recreational programs/groups

For a list of other Veteran Service Organizations, visit the VA’s web page at www1.va.gov/vso/.

**OTHER ASSISTANCE AND SUPPORT**

In addition to the aforementioned organizations, here are other organizations that can provide assistance in the manner described.

• **American Legion (www.legion.org/) –** under the American Legion’s Family Support Network, local American Legion volunteers offer assistance to families in a variety of ways such as grocery shopping, childcare, and lawn care; call 1-800-504-4098 to request assistance

• **Veterans of Foreign Wars (www.vfw.org/) –** assists servicemembers, veterans and families in different ways including pre-paid phone cards for servicemembers, small grants for families experiencing financial hardship, discounts on car rentals and hotel stays for veterans, assistance in getting government benefits and entitlements for veterans

• **America Supports You (www.americasupportsyou.mil) –** this web site identifies the many varied efforts by the Nation to support the military troops

• **Operation Hero Miles (www.heromiles.org) –** program in which individuals donate miles for troops to use for free transportation for R & R leave, also can be used by wounded service member to visit families or families to visit wounded service member

• **United Services Organization (USO) (www.uso.org/) –** for comfort, phone cards and other assistance
BEREAVEMENT LITERATURE

This is a sampling of the literature available on bereavement for families. This is provided for informational purposes and is not intended to serve as endorsement by the Department of the Army.

BEREAVEMENT BOOKS FOR ADULTS

• *Caring for Kids After Trauma and Death: A Guide for Parents and Professionals*, prepared by the Institute for Trauma and Stress at NYU Child Study Center (2002) (accessible on the web at www.militarystudent.org)

BOOKS FOR PARENTS

• *Caring for Kids After Trauma and Death: A Guide for Parents and Professionals*, prepared by the Institute for Trauma and Stress at NYU Child Study Center (2002) (accessible on the web at www.militarystudent.org) – describes children’s reactions by age group and offers specific tips for each age group.
• Dougy Center for Grieving Children. (1999). *Helping Teens Cope with Death*. This practical guide discusses how death impacts teenagers and offers advice on how parents can support adolescents. Dougy Center.

BEREAVEMENT BOOKS FOR CHILDREN

Young Children


School-Age Children

• Lee, Marlene. (2005). *The Hero in My Pocket*. Boyds, MD: Early Light Press. This book for 6 to 12 year olds is intended to be read together with parent to facilitate communication about and understanding of death. A variety of open-ended questions, fill-in-the-blank sections, writing and drawing sections are used to provide opportunities to address personal experiences, memories and feelings.
• Harvey, Joyce A. (2003). *I'm Fine…I'm With the Angels*. Xlibris Corporation.
• LeShan, Eda (1988). *Learning to Say Goodbye When a Child's Parent Dies*. William Morrow & Company, Inc. Offers understanding for youngsters who have suffered personal trauma. Adults who have “catch-up” grieving to do from childhood are provided with helpful ways of dealing with this problem.
• Richter, Elizabeth. (1986). *Losing Someone You Love: When a Brother or Sister Dies*. Putnam Pub Group. Sixteen young people ranging in age from ten to twenty-four describe the fears, sorrow, and other emotions they experienced when a brother or sister died.
• Bryant-Mole, Karen. (1999). *Talking about Death.* Raintree. Focuses on death as part of a natural cycle and as part of the entire process of life; also discusses common responses to death.
• Romain, Trevor. (1999). *What on Earth Do You Do When Someone Dies?* Free Spirit Publishing. Describes the overwhelming emotions involved in dealing with the death of a loved one and discusses how to cope with such a situation.
• Beim, Jerrold. (1954). *With Dad Alone.* Harcourt Brace. This is a story about a boy who must assume some new duties, such as helping with his younger brothers, when his mother dies.

**Teens**

• Canfield, Jack & Hansen, Mark V. (2003). *Chicken Soup for the Grieving Soul: Stories About Life, Death and Overcoming the Loss of a Loved One.* Deerfield Beach, FL: Health Communications, Inc. Collection of stories by authors who have lost loved ones.
• Krementz, Jill. (1988). *How it Feels When a Parent Dies.* Knopf. Eighteen young people ranging in age from seven to sixteen discuss the questions, fears, and bereavement they experienced when one of their parents died.

For a list of other books, see the Appendix in the *Caring for Kids After Trauma and Death* guide available from www.militarystudent.org. Also visit the Military One Source web site (www.militaryonesource.com) and look under the emotional well-being section and personal and family readiness section. Also visit Barr Harris web site (www.barrharris.org) which has a list of books for children of different ages as well as for parents.