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Note: Resources change frequently on web sites, and on occasion entire sites are reformatted, archiving different information.
The Army Spectrum of Support

The Army spectrum of support highlights varying degrees of information, support, education, counseling, and treatment services available to Soldiers/DA Civilians and Family members. Programs and services could include information for new parents, deployment assistance, marital counseling, or treatment for post traumatic stress. The information below describes this continuum of care and support.

Types Of Support

Life Skills Education
Encompasses information and activities that facilitate self-potential to maintain a healthy and productive life; make informed decisions; communicate effectively; and develop coping skills. Includes briefings, workshops, and information — literature and resources.

— *Service providers are generally Bachelors degree level*

Supportive Counseling
Interpersonal education providing tangible and emotional guidance throughout short-term and situational life events, to help sustain well-being and a productive lifestyle. Includes community outreach, individual or Family counseling, support groups, or new parent support home visits.

— *Service providers are generally Masters degree level Family service providers and Chaplains*

Treatment / Therapy Programs
Clinical or medical intervention that is typically aimed at long-term symptom remediation, supporting health and well-being, and creating treatment goals. Includes clinical and therapeutic sessions, or in-patient care.

— *Service providers are licensed social workers, psychologists, psychiatrists, marriage and Family therapists, or medical personnel*

Life Skills Education And Supportive Counseling Services
Aimed at short-term situational life events:

Army OneSource (AOS); Army Community Service (ACS)/National Guard & Army Reserve Family Programs | Military OneSource (MOS) | New Parent Support Program — Home Visitors | Victim Advocates | Chaplains | Military Family Life Consultants (MFLC) | Soldier and Family Assistance Center (SFAC) | Survivor Outreach Services (SOS)

Treatment Programs
Aimed at treatment and long-term challenges:

Medical Treatment Facility (MTF) | MTF for Family Advocacy | Clinical Army Substance Abuse Program | Marriage and Family Therapists | Behavioral Health Services such as Psychiatry, Social Work Service, Psychology, Psychiatric Nursing | Department of Veteran Affairs | Warrior and Transitions Unit (WTU)
Resources At-A-Glance

Military OneSource
http://www.MilitaryOneSource.com
This DoD portal is available 24 hours a day, 7 days a week, 365 days a year. It offers confidential assistance by Masters level consultants at no cost to you. A toll free number (1-800-342-9647) is also available for those without Internet access.

Department of Defense’s Military HOMEFRONT
http://www.militaryhomefront.dod.mil
Military HOMEFRONT connects Families with an array of resources and services. A small selection of the listed resources include: moving and relocation, new parent support, personal financial management, legal assistance, special needs, spouse employment, and other topics.

Army OneSource (AOS)
http://www.myarmyonesource.com
This official Army “one-stop knowledge portal” is a central point for getting information about Family programs and accessing services. AOS’s three pronged approach provides support at Army Centers, on the web, and through 24/7 telephone support (Military OneSource). Army Community Service (ACS) provides information and education on a variety of services including: Soldier and Family Assistance Center (SFAC), Exceptional Family Member Program (EFMP), Army Family Team Building (AFTB), Family Advocacy Program (FAP), Relocation Readiness, Financial Readiness, Employment Readiness, Survivor Outreach Services (SOS), Outreach for Waiting Families (e.g., Hearts Apart), Emergency Assistance, Mobilization and Deployment support. Military Family Life Consultants (MFLC) offer anonymous, short-term confidential support and situational counseling via licensed clinicians. They complement other services by providing flexible outreach “on demand” to Soldiers, deployed DA Civilians, and Family members.

Army National Guard
http://www.arng.army.mil
This web site provides information, services and support to National Guard Soldiers and their Families worldwide. Phone numbers (including state FAC and FAC Specialists), links to support agencies and interactive support are available 24/7 — Yellow Ribbon reintegration training initiative.

Army Reserve Family Programs
http://www.arfp.org
The ARFP web site is a “one-stop portal” to get connected with Army Reserve Family support information, resources, education, training, awareness, outreach, information, referral, and follow-up. Phone numbers, links to support agencies, and interactive support are available 24/7 to include reintegration information and support. In addition, resources for youth are also available such as teen classes, youth camps, and tools for growing up in a military Family.

Army Behavioral Health
http://www.behavioralhealth.army.mil
This web site provides information through videos, toolkits, and fact sheets on the deployment cycle, helping children cope with deployment, and post deployment education to help couples with reintegration. There are also Qs & As that help assess behavioral health needs before, during, and after deployments; Pre and post deployment health self-assessments (PDHRA), post traumatic stress disorder, and suicide prevention. A section for “Commanders/Leaders” offers a “Command Directed Mental Health Evaluation”, which is a quick guide to behavioral health referrals with a decision tree graphic.
Resources At-A-Glance, cont.

**Army Benefits Center — Civilian (ABC-C)**
https://www.abc.army.mil

This web site provides “automated benefits support to Army-serviced appropriated fund employees.” Web access is through the Employee Benefits Information System (EBIS), and an automated self-service telephone access is via the Interactive Voice Response System (IVRS). The IVRS does have an option to speak directly to a benefits counselor. Some of the services are in the following areas: Retirement, Thrift Savings Plan (TSP), Federal Employee Health Benefits (FEHB), and Survivor Benefits.

**Army Center for Substance Abuse Programs (ACSAP)**
https://acsap.army.mil

The ACSAP program develops, administers, and evaluates Army-wide alcohol and other drug prevention, education, and training programs. On-line alcohol awareness training (Project for Alcohol Training, Research, and On-line Learning [PATROL]), an “Alcohol & Drug Guide” and an array of information, slide presentations, and training packages on drugs and alcohol abuse (e.g., steroids, alcohol, prescription drug abuse, etc.) are listed on the web site. A specific section for commanders provides an array of resources including a “Commander’s Top Ten Guide,”“ASAP Guidance for Deployed Commanders,”“Litigation Packet/Commander’s Packet,”“Commanders/UPL Handbook,” and more. This web site also provides monthly and special campaign information and accompanying tools (articles, news releases, etc.) to support each theme (e.g., “protecting lives, saving futures,”“buzzed driving is drunk driving”). Links to Employee Assistance and the clinical/treatment program through the local Army Substance Abuse Program (ASAP) is also available.

**[Army] Central Deployment Processing/ Departing Point/Soldier Readiness Program (SRP)**
The Civilian’s home station/installation or sponsoring activity is responsible for providing deploying Civilians information and support. Deploying Civilians are processed through a designated CONUS Replacement Center (CRC), however some will deploy with the unit. The CRC is designed to receive and certify individuals from installations for deployment. It is the CRC’s responsibility to prescreen Soldier and Civilian personnel records, conduct theater specific briefings and training, coordinate transportation and the issue of theater clothing and equipment, and coordinate medical requirements such as immunizations, DNA screening, and dental examinations.

- Civilians supporting Combined Joint Task Force (Afghanistan) or other worldwide deployments typically process through the CRC in Fort Benning, GA.
- Army Materials Command (AMC) deploying from CONUS are typically processed through the Army Corps of Engineers (USACE) CRC at FT Benning, GA and Winchester, VA.
- U.S. Army Corps of Engineers, Deployment Center (UDC) is located in Winchester, VA, at the Transatlantic Programs Center (TAC).

**Army Chaplain Corps**
http://www.chapnet.army.mil/

Army Chaplains serve as religious and spiritual leaders to Soldiers and their Families. Chaplains currently represent over 130 different religious organizations, providing Soldiers and their Families with a diverse range of religious and spiritual assistance. According to their mission “The U.S. Army Chaplaincy provides religious support to America’s Army while assisting commanders in ensuring the right of free exercise of religion for all Soldiers…” The Chaplains and the Unit ministry team offer counseling support, conduct training/workshops on a wide range of issues, and serve as referral contacts especially for Soldiers and Family members in distress (e.g., serve on crisis response teams). The web site provides Soldier and Family resources including information about “The Army Strong Bonds Program,” which focuses on building relationship resiliency. They also sponsor marriage retreats (Strong Bonds — see http://www.strongbonds.org for more information) or Guard and Reserve Marriage Enrichment Seminars to help couples adjust to deployment challenges. “…In short, we nurture the living, care for the wounded, and honor the fallen.”
Resources At-A-Glance, cont.

[Army] Civilian Personnel On-line (CPOL)
http://cpol.army.mil

This Army Civilian Personnel On-line “one stop” portal provides DA Civilians employment information, lists references and tools concerning human resources, and briefs on top initiatives. Some key categories are benefits and entitlements, news, employee relations, and mobilization and deployment (see “Civilian Deployment Guide” and relevant messages and memorandums). Also at this Web site, the Civilian Personnel Office (CPO) library organizes and provides access to historical, legal, fiscal, and administrative records. Important note: it is the employee’s responsibility to submit deployment data (name, SSN, type of Civilian, operation name, dates) every time there is a change in duty location while deployed, including the initial move from the home station. Contact your unit Personnel Administrative Center (PAC)/CPO regarding specific questions.

Army Hooah 4 Health
http://www.hooah4health.com

Army Hooah 4 Health is an interactive web site that provides a spectrum of articles and resources to help individuals “take charge of their health and well-being” on deployment, personal health, and Family issues with information for school aged youth, teens, and parents. This web site is targeted to the Reserve components. Army Hooah 4 Health includes deployment information with a “Family Deployment Checklist” which can help Families tackle challenges associated with deployment.

Army Material Command (AMC)
http://www.army.mil/info/organization/unitsandcommands/commandstructure/amc/

This AMC headquarters web site provides news releases, Civilian career related information, and related contact information. The Civilian’s home station/installation or sponsoring activity is responsible for providing deploying Civilians processing information and support. The CPOL and Army G-1 Web site have specific deployment related information.

[Army] Ready and Resilient
http://www.army.mil/readyandresilient

This campaign works to integrate resiliency and readiness among Soldiers, DA Civilians, and Families. Ready and Resilient strives to build upon physical, emotional, and psychological resilience, in order to improve readiness by enhancing performance to overcome challenges. Information on “Medical Readiness,” “Personal Readiness,” and “Transition” are available along with “Resources.” Each section provides further information about specific topics such as substance abuse prevention, hazing, pain management, polypharmacy, and more. A “Campaign Toolkit” also highlights more campaign-specific information and resources.

Army Virtual Family Readiness Group (vFRG)
http://www.armyfrg.org

The vFRG links the deployed Soldier/DA Civilian, their Family, the FRG leader, the unit Commander, the rear detachment, and other Family Readiness Personnel on their own controlled access web system to facilitate the exchange of information and provide a sense of community. This resource is available to all battalions, brigades, groups, divisions, and corps for the Army, including the Army National Guard and U.S. Army Reserve.

[U.S. Army] Comprehensive Soldier Fitness (CSF2)
http://csf.army.mil/

CSF2 is a holistic fitness program for Soldiers, Families, and Army Civilians that seeks to build resilience and enhance performance through five dimensions of strength: physical, emotional, social, spiritual, and Family. Based on empirical research and taught by resiliency experts, CSF2 utilizes individual assessments, virtual training, and classroom training to teach participants critical skills, such as becoming more “self-aware, fit, balanced, confident, and competent.” Then, this “total fitness” can help individuals develop resilience and thrive on a cognitive and behavioral level for optimal mission readiness, especially during high operation tempo. An initial on-line assessment needs to be completed by the Soldier/Civilian, which CSF2 provides the links to.
Resources At-A-Glance, cont.

[U.S. Army] Deputy Chief of Staff Army G-1
http://www.armyg1.army.mil/

Army G-1 is dedicated to developing and managing programs and policies, and disseminating this information to Soldiers, Civilians, Families, veterans, and leaders to empower and support them. This web site also hosts an array of information and resources, especially on suicide prevention, and tailors this information to target audiences. Reports on risk reduction and suicide prevention are available along with media tools for the Army’s “Shoulder to Shoulder” suicide prevention program. Suicide intervention trainings (e.g., videos, tip card, etc.) for a variety of audiences (e.g., Soldiers, Families, ARFORGEN Units, etc.), a “Commander's Tool Kit,” and resources covering Army suicide data, prevention action planning, and more are also available on-line. Although the information available in the “Commander's Tool Kit” is helpful to all Soldiers, this kit provides valuable support for leaders implementing suicide prevention programs. Other topics discussed on the web site include the “Post-Deployment Health Reassessment Program — PDHRA,” “Army Values,” the “Deployment Cycle Support Process — (DCS),” and more.

U.S. Army Public Health Command (USAPHC)
http://phc.amedd.army.mil/

“The U.S. Army Public Health Command (USAPHC) integrates select missions from the U.S. Army Center for Health Promotion and Preventive Medicine and the U.S. Army Veterinary Command.” The mission continues to support optimal health promotion and wellness for all aspects of the changing Army community. Information applicable to civilian Families includes fact sheets and personal stories and scenarios that can assist in making decisions about how to handle sensitive situations. Professional resources include “Suicide Prevention” training materials and resources, deployment health guides, and information on other related health and safety topics.

U.S. Army Ready and Resilient
http://www.army.mil/readyandresilient

The U.S. Army Ready and Resilient web site “…synchronizes multiple efforts and programs to improve the readiness and resilience of the Army Family - Soldiers (Active Duty, Reserve, National Guard), Army Civilians, and Families.” Ready and Resilient uses a holistic and collaborative approach to improving individual and unit readiness and resilience. Building physical, emotional, and psychological resilience is vital to enhancing performance and handling the demands and challenges of being a Soldier, Family, or Army Civilian. This web site provides information on “Medical Readiness,” “Personnel Readiness,” and “Transition.” Resources and documents are available on various topics, ranging from employment during transition to traumatic brain injuries, to develop and maintain readiness and resilience.

U.S. Army Sexual Harassment/Assault Response and Prevention (SHARP) Program
http://www.preventsexualassault.army.mil/

The SHARP web site provides information and resources on sexual harassment and assault for victims, leaders, and prevention efforts. The “I. AM. STRONG” campaign works to prevent sexual assault through a team interdependence and shared respect framework. “As Soldiers and proud members of our Team, we are duty bound to Intervene, Act, and Motivate others to stop sexual assaults and the sexually offensive language and gestures that create an environment friendly to this abuse.” Information for “Leaders” and commanders is available, with topics including: “As an Army leader, what can I do to help prevent sexual assault in my unit?” “… what are my responsibilities when a sexual assault occurs in my unit?”, and a “Commander's Sexual Assault Victim Checklist.” Recommended web site and document links are also available for commanders and other leaders. Prevention information includes topics such as “How can I reduce my risk of being sexually assaulted?”, “What can I do to help prevent others from being sexually assaulted?”, “How can I reduce my risk of becoming a sexual assault offender?” and more. Topics for leaders address preventing sexual assault within the unit, understanding responsibilities when sexual assault occurs, and a victim assistance checklist. Helpful information and resources on Army policies and reporting options are also provided. The library also encompasses many useful resources including a “Pocket Guide to Aiding Victims of Sexual Assault.”
Resources At-A-Glance, cont.

**U.S. Army Wounded Warrior Program (AW2)**
**U.S. Army Warrior Transition Command (WTC)**
http://wtc.army.mil/aw2/

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 meeting AW2 eligibility requirements receive support, along with their Families, throughout recovery and transition, even transitioning into veteran status. Soldiers are assigned an AW2 Advocate, who provides personal and local support to Soldiers and their Families, and strive to develop the Soldier’s independence. This web site provides information on eligibility, enrollment, the “Wounded Warrior Lifecycle”, a community support network, preparing for the next step in careers, two newsletters (“The Wounded Warrior Voice” and “The Journey”), and more.

**afterdeployment [Department of Veterans Affairs and DoD]**
http://www.afterdeployment.org

This web site was designed by the Department of Defense and the Department of Veterans Affairs as an alternative to face-to-face counseling to decrease stigma and provide access to care to those who do not live near a Military Treatment Facility. This web site was launched as a behavioral health portal to focus on “self checks” and on-line workshops which help assist with understanding concerns related to post deployment, for all Service members, Veterans, and their Families. The self checks topics include areas such as sleep, seeking spiritual fitness, dealing with depression, handling stress, overcoming anger, etc.

Resources For Leaders, Professionals, Parents, Spouses, And Family Members

**Alliance of Military and Veteran Family Behavioral Health Providers**
**East Carolina University — College of Human Ecology**
(Formerly known as The Marriage and Family Counseling Collaborative [MFCC])
http://www.ecu.edu/che/alliance/

The purpose of Alliance is to improve resiliency, recovery, and reintegration among Service members, veterans, their Families, and communities. An important component of this web site is the four extensive resource guides on domestic violence, sexual assault, Family support, and a guide for healthcare providers. Newsletters and information sheets are also available. Alliance connects service providers and mental health professionals to recommended military Family clearinghouses that contain important information for working with Families, Service members, and veterans. The “Continuing Education” link provides a list of upcoming conferences and training opportunities. Membership is open to family behavioral health providers, educators and others seeking to advance the Alliance mission.

**American Academy of Pediatrics**
http://www.aap.org

The American Academy of Pediatrics is an organization comprised of “...60,000 pediatricians who are committed to the optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults”. The web site hosts information and resources tailored to professionals on a variety of topics such as practice and clinical support, current research, and webinars. Information on community, state, and federal advocacy and policy initiatives is also available.

**American Psychological Association**
http://www.apahelpcenter.org

This web site has many articles on building resilience in children and Families, separation, and homecoming issues.
American Red Cross Service to the Armed Forces (SAF)
http://www.redcross.org
SAF offers rapid communication, personal and financial assistance for emergency leave and disasters — available 24/7, and coping with deployment information. SAF services are available via toll-free phone contact (1-877-272-7337) or through an internet connection. The Red Cross also provides a guide for Families, “Coming Home From Deployment: The New ‘Normal’” (2011). As of May 2012, a post deployment workshop titled “Coping With Deployments: Psychological First Aid for Military Families” is available in all 50 states.

Center for Deployment Psychology (CDP)
http://deploymentpsych.org/
Directed to professionals, the CDP web site provides training, information, and resources to “fulfill the unmet deployment-related behavioral health needs of Service members and their families.” The web site addresses behavioral health topics such as “depression,” “meaning-making, PTSD, and Combat Experiences,” “Military Families and Deployment,” and provides some empirical research pertaining to the topic area. Publications, web links, and courses related to the topic are also listed. The CDP resources encompass books, articles, web sites, and a section for assisting therapists. Training for military and civilian providers is also available along with evidence-based workshops, on-line courses, and more.

Center for the Study of Traumatic Stress (CSTS)
http://www.cstson-line.org/
The CSTS web site provides resources for military Families and Service members on how to prepare, respond, and recover from trauma through a partnership with USUHS. The Courage to Care is an electronic, health promotion and deployment campaign that offers factsheets for professionals and Families. Factsheets available for download span a variety of topics pertaining to Service members, military Families, and youth. Some factsheets include, but are not limited to, “How Can I Get Him to Seek Help? Talking Points for Women,” “Helping Children Cope During Deployment,” and “Military Families on the Move: Tips for Keeping Your Family Healthy.” Also, the Joining Forces: Joining Families Newsletter through USUHS brings timely topics on Family violence to the field.

Centre of Excellence for Early Childhood Development (CEECD)
http://www.excellence-earlychildhood.ca/
The CEECD supports healthy social and emotional development in children 0 to 5 years old. In order to support healthy socioemotional development, the CEECD identifies and synthesizes empirical research and distributes this information to planners, service providers, and policy makers. CEECD also works to identify policies and services influencing young children’s development. The web site hosts an “Encyclopedia on Early Childhood Development,” which provides information on an array of topics including aggression, attachment, resiliency, and temperament. The range of topics is very comprehensive. They also provide key messages for parents and service providers. The publications available span from research reports, bulletins, colloquia, videos, and more.

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)
http://www.dcoe.health.mil
This DoD web site brings together nine directorates and six component centers (e.g., Center for Traumatic Stress, Defense and Veterans Brain Injury Center, Deployment Health Clinic Center) through a collaborative global network to maximize opportunities for Warriors and Families to promote resilience, psychological health and reintegration, and recovery from TBI. DCoE “oversee[s] and facilitates prevention, resilience, identification, treatment, outreach, rehabilitation, and reintegration programs for psychological health and traumatic brain injury.” This site provides a portal to a range of health issues (under Resource tab). Search for newsletter, DCoE in Action” which highlights special topics. This web site provides information for Warriors, Families, news media, and health professionals. Information on post-traumatic stress disorder treatment options, information sheets, traumatic brain injury information, and more is available on-line along with podcasts and videos. Information on upcoming trainings, events, webinars, and conferences are also available.
Resources For Leaders, Professionals, Parents, Spouses, And Family Members, cont.

**Defense Finance and Accounting Service (DFAS)**
The MyPay web site gives each Soldier and their Family access to information about the Service member’s money 24 hours a day from anywhere in the world. After signing up for a personal PIN, number there will be a list of options to choose from such as viewing and making changes to accounts, viewing LES’s, printing tax statements, making changes to federal and state tax withholdings, and updating bank accounts, electronic fund transfer information, and certificates of eligibility. Plus, “Hot Topics” provides up-to-date information.

**Deployment Health Clinical Center**
A DoD web site, PDHealth.mil, is designed to assist clinicians with delivering deployment healthcare by fostering a trusting partnership between military men, women, Veterans, Families, and their healthcare providers to ensure the highest quality care. The “Guide for Service Members and Families to www.PDHealth.mil” serves as a handy how-to directory making web site navigation easier. The web site provides information on all deployment phases, risk communication, a “Caring For Your Child” section, a kids page, and more. The Assessment Tool resources allow providers to access various assessment tools including a “Post Traumatic Stress Disorder (PTSD) Checklist (PCL)”. Some resources available for veterans include “Health Conditions and Concerns” and “Healthcare and Support Services”.

**DoD/VA Suicide Outreach**
http://www.suicideoutreach.org/
This web site provides suicide prevention information and a “Wellness Library” for all Service members and veterans. On-line chat and an Outreach Center available through both phone and email can connect Service members to suicide prevention resources. A phone number for the Military Crisis Line is also listed for Service members currently in crisis (1-800-273-8255).

**Family of Heroes**
http://www.familyofheroes.com
This web site helps military Families adjust to post deployment and reunion with a loved one by connecting Families to Veterans Affairs services, identifying post traumatic stress, improving feeling-based communication, and learning to effectively communicate without anger. The training video educates viewers on reunion and post deployment topics along with interactive checklists and questions — with a pause for response — allowing viewers to relate training information to personal experiences. The “Helpful Links” section provides information on post deployment stress through web resources. The “Connect with the VA” section provides a list of vet centers, medical centers, and community clinics in the New York and New Jersey area (as of 2011, many of these resources focus on veterans and Families in the New York and New Jersey area, but other resources are available in other states). Both sections have side sections with resources such as a “Veterans Crisis Line,” a “Confidential Veterans Chat,” “VA Caregiver support,” and many more resources.

**Healthy Children**
http://www.healthychildren.org
Designed to assist parents with general child health information and parenting issues, the Healthy Children web site provides information and resources on a range of topics with the purpose of improving children’s well-being. A broad listing of the topics covered on the web site include “Ages & Stages,” “Healthy Living,” “Safety & Prevention,” “Family Life,” and “Health Issues.” A “Tips & Tools” section provides “Safety Checklists,” a “Symptom Checker,” and more.
Military Family Research Institute (MFRI)
Purdue University

MFRI seeks to improve the lives of military Service members and their Families through research and outreach. MFRI is guided by five goals: (1) supporting the military infrastructure that supports Families, (2) strengthening civilian communities' motivation and capacity to support military Families, (3) generating important knowledge about military Families, (4) influencing policies, programs, and practices supporting military Families, and (5) creating and sustaining a vibrant learning organization. MFRI has several research projects including programs on “Family Adaptation” and “Family Journeys”. MFRI is working in partnership with “Zero to Three” to conduct an evaluation of training programs. Outreach programs include “Passport Toward Success”, “Star Behavioral Health Providers”, and “Our Heroes’ Tree”. Presentations, reports, papers, e-briefings, and additional resources are available on their web site.

Military Pathways
https://www.militarymentalhealth.org/

The Military Pathways web site provides an anonymous military mental health screening. Learning resources pertaining to mental health include videos and articles. The articles span a variety of mental health issues such as “Mental Health, Alcohol & Family Articles” and “Bipolar Disorder Articles” to “Resilience for Families”. More resources and information on “Military Referrals” is also available for active duty personnel and veterans. In addition, this section also incorporates TRICARE, the Real Warriors campaign, self-help, and more information that may be useful for obtaining mental health care. The “Pathways Blog” provides information on specific topics addressed in blog posts. Some blog topics include: “Four Ways to Make Homecoming Easier on Kids” and “Do You Turn to Alcohol for PTSD Stress Relief? You’re Not Alone, and Help is Available.”

Military Spouse Career Center
http://www.military.com/spouse/fs

This DoD web site hosts a variety of articles on topics from deployment to personal finance and childcare. A connection to other resources and links on additional topics of concern to military spouses and Families as well as an e-newsletter are available.

National Center for PTSD (NCPTSD) [United States Department of Veteran Affairs]
http://www.ncptsd.va.gov

The information and resources provided on this web site are designed to advance the clinical care and social welfare of U.S. Veterans through research, education, and training on PTSD and stress related disorders. Veterans, Families, and service providers can access the information and resources. Key resources currently available: “Returning from the War Zone: A Guide for Families”, “Returning from the War Zone: A Guide for Military Personnel”, “Iraq War Clinicians Guide”, and “The New Warrior — Combat Stress and Wellness” video (i.e., video discusses actions that can be taken to prevent chronic mental health problems for Service members who have been exposed to combat and war zone-related stress). A range of related information can be found under the tabs “Mental Health Care Providers” and “Veterans and their Families”. Some topics tailored specifically to researchers and service providers include “Working with Families”, “Early Intervention”, and “Co-Occurring Problems”. Some information for Families encompasses how to help a Service member with PTSD, dealing with anger or violent behavior, improving communication skills, self-care, and asking for help.
Resources For Leaders, Professionals, Parents, Spouses, And Family Members, cont.

National Child Traumatic Stress Network (NCTSN)
http://www.nctsnet.org

The NCTSN is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their Families across the United States. Resources are available for educators, Family members, mental health and medical professionals with a specific section pertaining to and for military children and Families. Some of the topics include deployment-related stressors such as parental separation, Family reunification, and reintegration as well as welcoming home a parent who returns with a combat injury or illness, and facing a parent’s death.

National Council on Family Relations (NCFR)
http://www.ncfr.org/

NCFR “…is the oldest, multi-disciplinary non-partisan professional organization focused solely on Family research, practice and education”. Professions from all backgrounds are associated with NCFR (e.g., counselors, researchers, teachers, demographers, etc.) with a common goal — strengthening families. NCFR publishes three scholarly journals, sponsors an annual conference focusing on research and practices, promotes the Family Life Education curriculum, fosters dialogue between professionals, and addresses public policy education. The web site provides information on many topics including “Children and Child Development”, “Human Development — Lifespan”, “Relationships”, and “Family Health”.

National Military Family Association (NMFA)
http://www.nmfa.org

NMFA provides comprehensive resources on a variety of topics, including preparing and managing deployment cycles, talking with kids and Family about issues surrounding deployments, information on child care services for young children and school aged kids, coping with emergencies, and toolkits for supporting children and teens. NMFA addresses the issue of educating youth while growing up in a military Family, and provides information on the different schooling options available to youth and resources for academic success. The education section contains resources about youth with special needs, and a “Transition Checklist for Military Families with Special Needs Students” section. NMFA also has a range of factsheets, such as “Benefits for Survivors of Active Duty Deaths” and “Resources for Wounded or Injured Service Members and their Families”.

Operation Uplink
http://www.vfw.org

Operation Uplink is a Veterans of Foreign Wars (VFW) program that keeps military personnel and hospitalized veterans in touch with their Families and loved ones by providing them with a free phone card.

PreventConnect (PC)
http://preventconnect.org/

The purpose of PC “…is to advance the primary prevention of sexual assault and relationship violence by building a community of practice among people who are engaged in such efforts.” Some issues PC covers includes preventing sexual assault and relationship violence, through community engagement, and strengthening prevention efforts, to facilitate social change. PC strives to implement and evaluate effective prevention initiatives by connecting agencies and organizations. The web site provides access to the “PreventConnect Community,” an array of resources (e.g., podcasts, newsletter, presentations, etc.), events, and projects.

Real Warriors
http://www.realwarriors.net

Developed by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, Real Warriors helps foster resilience in Families. Real Warriors offers information and resources on how Families and children adjust to phases of deployment, ensuring self-care, and supporting Soldiers. The “Adjusting to Changes” section helps military Families adapt and build resilience despite existing challenges.
Resources For Leaders, Professionals, Parents, Spouses, And Family Members, cont.

**Restore Warriors**  
http://restorewarriors.org/

The goal of Restore Warriors is to help Service members and their Families who struggle with combat stress and how it affects their lives. The web site offers an anonymous space for Service members to share their personal experiences with other Service members and Families in order to help manage daily issues related to combat stress, post traumatic stress disorder, and brain injuries. The web site also offers a “Self Assessment” section and recommendations based on results to different “On-line Help” sections available on the web site. The “On-line Help” section incorporates information on an array of topics including stress, relationships, self-esteem, loss, betrayal, shame and guilt, self-care, and additional resources. Each section provides “Exercises,” which address specific issues and provide strategies (video and printable document formats). For instance, some topic issues along with their corresponding strategies under the stress-related exercises include crowds, loud noises, and diesel fuel, to name a few. “Self-Help Exercises” are also listed within each topic area, such as “Managing Triggers,” “Deep Breathing,” and “Progressive Muscle Relaxation” for the stress-related self-help exercises. Supplemental document downloads are also available within the “Self-Help Exercises” section. Information on seeking “Professional Help” is also offered, with videos and resources that help guide Warriors and Family members to these services.

**Strategic Outreach to Families of All Reservists (SOFAR)**  
http://sofarusa.org/index.html

The SOFAR program assists Families of deployed Army Reservists and National Guard by helping Families manage challenges throughout deployment cycles. Guidebooks for helping Families cope with deployments and crises are available for download, including the “SOFAR Guide for Helping Youth Cope with the Deployment of a Parent.” SOFAR offers confidential volunteer clinician services to support Families in a range of topics such as stress/anger management, and general coping skills.

**Substance Abuse and Mental Health Services (SAMHSA)**  
http://www.samhsa.gov/

SAMHSA offers free handbooks, kits, videos, CDs, and factsheets addressing the cycles of deployment and ways to support Service members and their Families. The “Handbook for Family and Friends of Service Members Before, During and After Deployment” helps Families and friends learn about the deployment cycle.

**Surviving Deployment**  
http://www.survivingdeployment.com

This military Family web site lists a variety of information and resources for parents, including articles on deployment, military-oriented book listings specifically for military Families, and multiple links to other military resources such as Military Family and Deployment, U.S. Armed Forces, and news sites. The “Kidzone” links youth to activities specifically geared to kids experiencing deployment.

**USA4 Military Families**  
http://www.usa4militaryfamilies.dod.mil/

USA4 Military Families is an interactive web site devoted to educating policymakers, concerned businesses and agencies, non-profit organizations, and other interested individuals (e.g., state leaders, etc.) about the needs of military Service members and their Families. The web site highlights the top ten key issues effecting military Service members and their Families. The top ten key issues can be reviewed on a state-by-state basis, allowing viewers to compare and contrast where states need improvements or have successfully addressed issues facing military Service members and their Families. The “Newsroom” highlights recent public policy affecting military Families.
Veterans Crisis Line – Department of Veterans Affairs
http://veteranscrisisline.net/

The Veterans Crisis Line web site can connect veterans, Service members, Families, and their friends with a caring and qualified responder from the VA. Responders provide confidential support 24/7 for all days of the year through on-line chat, text (send a text message to 838255), or toll-free hotline (1-800-273-8255, Press 1).

Resources For Parents / Providers Of Young Children, School-Aged Children, And Teen Age Youth

Military Kids Connect (MKC) — (6 – 17 years)
Department of Defense
https://www.militarykidsconnect.org/

Designed for military children, “MKC offers informative activities, fun games, helpful videos, and interesting user surveys that can guide and reinforce understanding, resilience, and coping skills in military children and their peers.” MLK prepares youth for the challenges military Families face during deployment(s) and Family transitions. In addition to youth information and activities, the web site incorporates a resource section for parents and caregivers. The parent and caregiver “Information & Guides” section includes topics such as “Typical Children’s Behaviors,” “Helping Children Cope,” and a “Parent Resource Guide.” In addition, “Age Group Summary Tables” are available to help parents/caregivers understand how different deployment phases affect children’s behaviors, “Red Flags for Possible Concern,” and offers “Parenting Ideas.” A “Resources for Educators” section helps teachers understand military culture and military Family life. Information on “Typical Student Behaviors,” “Helping Students Cope,” and an “Educators’ Resource Guide” helps teachers understand the challenges military children endure and best assist children to cope with these challenges.

Military One Source — (Birth – 18 years)
http://www.MilitaryOneSource.com

This DoD portal is available 24 hours a day, 7 days a week, 365 days a year. It offers confidential assistance by Masters level consultants at no cost to you. A toll free number (1-800-342-9647) is also available for those without Internet access. Resources linking Families to Information that helps youth cope with phases of deployment and separation is available through the interactive videos such as “Mr. Poe and Friends Discuss Family Reunion After Deployment” and “Military Youth Coping with Separation: When Family Members Deploy.”

Army OneSource — (Birth – 18 years)
http://www.myarmyonesource.com

This official Army “one-stop knowledge portal” is a central point for getting information about Family programs and accessing services. A key resource, Army Community Service (ACS) provides information and education on a variety of services including the Family Advocacy Program (FAP) and the Exceptional Family Members Program (EFMP). Military Family Life Consultants (MFLC) offer anonymous, short-term confidential support and situational counseling via licensed clinicians. They compliment other services by providing flexible outreach “on demand” to Soldiers, deployed civilians, and Family members (See section, Resources: Adults, Parents, and Spouses).

National Guard Child and Youth Program — (3 years – 18 years)
http://www.jointsericessupport.org/

This interactive web site provides resources on a variety of topics to National Guard Families such as “Reintegration,” “Transition Support,” and “Family.” The “Family” section provides information and resources on Family programs geared specifically to children and youth in National Guard Families. “Family Readiness” presents information on the deployment cycle, including training and processing. “Youth Services” lists the services available to support youth development. “Family Services” can assist Families by providing information on “Financial Support,” “Household Support,” “Emotional Support,” and “Health Benefits.”
Resources For Parents / Providers Of Young Children, School-Aged Children, And Teen Age Youth, cont.

**Army Reserve Family Programs — (Birth – 18 years)**
http://www.arfp.org

The ARFP web site is a one-stop portal to get connected with Army Reserve Family support information, resources, education, training, awareness, outreach, information, referral, and follow-up. Phone numbers, links to support agencies and interactive support are available 24/7 to include reintegration information and support. In addition, the Army Reserve Child and Youth Services (CYS) within the ARFP web site provides resources for youth including teen classes, youth camps, and tools for growing up in a military Family. CYS also has a “Fun Zone” containing projects for kids of all ages and activities to live a healthy lifestyle.

**Army Child and Youth Services — (Birth – 18 years)**
http://www.armymwr.com/

Army Child and Youth Services serve all Army Families with children — dual military, young Families away from home, single parents, parents who are employed in shift work, Families facing deployment, temporary duty, or field training by providing quality developmental programs for their children and youth. Also connects Families with information and services/programs available through Child, Youth and School Services (CYS).

**4-H Military Partnerships — (8 years – 18 years)**
http://www.4-hmilitarypartnerships.org/

4-H Military Partnerships provides positive opportunities for Army youth and other branches of service to develop life skills and knowledge, adult partnerships, and participate in engaging activities with other youth regardless of geographic location. The web site includes 4-H and military resources for youth, along with enrollment information. The web site also offers curricula resources, some through Operation Military Kids (OMK), such as the “OMK Deployment Cycle Support Yellow Ribbon Youth Outreach Curriculum” designed to provide life skills to youth from kindergarten through 12th grade. The “Ready, Set, Go! (RSG) Manual” addresses deployment-related issues that military youth experience along with chapters about “The Emotional Cycle of Deployment,” “Stress and Coping Strategies,” and “Military Culture.” The RSG Manual provides section on lesson plans, training session content, resources, and evaluations. The “Pre-Deployment & Mobilization” and “30/60 Day Reintegration” activity guides list activities along with the life skills they intend to develop, the preparation needed by providers, supply lists, and icebreakers. The game for military kids and Families called “Deployment: It’s Not a Game” is a board game teaching kids about deployment and how it impacts their Families. The game facilitates discussion about challenges, issues, and personal experiences during deployment.

**Army Hooah 4 Health — (6 years – 18 years)**
http://www.hooah4health.com

Army Hooah 4 Health is an interactive web site that provides a spectrum of articles and resources to help individuals “take charge of their health and well-being” on deployment, personal health, and Family issues with information for school aged youth, teens, and parents. The “Hooah 4 Family section” is devoted to Family issues. Kids and teens can enjoy activities and project ideas designed to improve health and overall well-being. “Hooah 4 Kids” offers a “Memory Game for Kids,” an interactive section on “Dealing with Feelings,” and a “Hooah 4 Kids Coloring Book.” “Hooah 4 Teens” addresses some common issues teenagers face such as “Peer Pressure,” “Self-Esteem,” and “Conflict Management” along with some other more serious issues such as “Eating Disorders,” “Teen Suicide,” and “Drugs and Alcohol.” “Hooah 4 Parents” provides information on youth development for military Families. All the Hooah 4 Health sections present an abundance of information and activities on a variety of topics for Families.

**Boys and Girls Clubs of America (BGCA) — (5 years – 18 years)**
http://bgca.org/

Boys and Girls Clubs of America are partnered with the U.S. Military to provide special programs that foster positive development in military youth. The special programs BGCA offers are designed to help build friendships and a sense of stability, while nurturing talents and broadening interests.
Resources For Parents / Providers Of Young Children, School-Aged Children, And Teen Age Youth, cont.

**DeploymentKids — (6 years – 18 years)**
http://www.deploymentkids.com

The DeploymentKids web site contains project ideas and activities for kids such as journaling, a time zone chart, and a distance calculator, and other activities. Some activities are available over the web, while other activities can be printed. DeploymentKids provides links to other interactive web sites and some designed specifically for school aged youth and teens from military Families.

**Families OverComing Under Stress (FOCUS) — (Birth – 18 years)**
http://www.focusproject.org/home

The purpose of FOCUS is to build resilient children and Families by teaching skills to help military Families thrive in the face of challenges. FOCUS targets five skill areas: emotional regulation, communication, problem-solving, goal-setting, and managing deployment reminders. The FOCUS program helps Service members, spouses, kids and teens, discuss the military lifestyle and stay connected regardless of deployment phase.

**Military Teen Adventure Camps — (13 years – 18 years)**
http://www.extension.purdue.edu/Adventure_camps/campshome.html

The Department of Defense, Purdue University, and the United States Department of Agriculture assist Families by connecting military teens with other military teens through Military Teen Adventure Camps. In order to serve as many military teens as possible, camp opportunities are offered across the U.S. and even in Europe. Camps are designed to build life skills such as leadership, self-confidence, and teamwork, while appealing to teens’ interests.

**National Military Family Association (NMFA) — (6 weeks – 18 years)**
http://www.nmfa.org

NMFA provides comprehensive resources on a variety of topics, including preparing and managing deployment cycles, talking with kids and Family about issues surrounding deployments, information on child care services for young children and school aged kids, coping with emergencies, and toolkits for supporting children and teens. NMFA address the issue of educating youth while growing up in a military Family, and provides information on the different schooling options available to youth and resources for academic success. The education section contains resources about youth with special needs, and a “Transition Checklist for Military Families with Special Needs Students” section. NMFA also has a range of factsheets, such as “Benefits for Survivors of Active Duty Deaths” and “Resources for Wounded or Injured Service Members and their Families”.

**Operation Military Child Care — (Birth – 12 years)**
http://www.childcareaware.org

A Department of Defense initiative to help Families/child care guardians of geographically dispersed Active Duty personnel and mobilized National Guard and Reserve find affordable child care options in their local communities. Under this initiative, reduced child care fees are offered at licensed child care providers. In addition to affordable child care, information on the “Give Army Parents a Break’ program is available.

**Operation Military Kids — (6 years – 18 years)**
http://www.operationmilitarykids.org

Army Child, Youth and School Services (CYS) has partnerships with youth serving organizations in targeted states with high deployment rates to set up local support networks that connect and support the geographically dispersed youth of mobilized National Guard and Reserve. Through these school and community support networks, military youth receive a wide range of recreational, social and educational programs in communities where they live.
Resources For Parents / Providers Of Young Children, School-Aged Children, And Teen Age Youth, cont.

**Surviving Deployment** — (Birth – 18 years)
http://www.survivingdeployment.com

This military Family web site lists a variety of information and resources for parents, including articles on deployment, military-oriented book listings specifically for military Families, and multiple links to other military resources such as “Military Family & Deployment Web Sites,” “U.S. Armed Forces Web Sites,” and “News Sites.” The “Kidzone” links youth to activities specifically geared to kids experiencing deployment.

**The Military Child Education Coalition** — (Birth – 18 years)
http://www.militarychild.org

A world-wide organization that identifies the challenges experienced by highly mobile military child, increases awareness of the challenges students face in military and educational communities and initiates, and implements, programs to meet these challenges. Information on “Deployment/Separation” and “Child and Student Programs” is available, along with other resources including a “Checklist for Transferring Students.”

**Sesame Workshop [Talk, Listen, Connect] And Military Families Near and Far [Sesame Street]** — (3 years – 5 years)
http://www.sesameworkshop.org/
http://www.familiesnearandfar.org/
Military Families Near and Far [Sesame Street]
http://www.familiesnearandfar.org/

Sesame Workshop’s Talk, Listen, and Connect and Military Families Near and Far initiatives help military Families with children cope with feelings, challenges, and concerns experienced during various phases of separation or deployment. Sesame Workshop addresses the emotional well-being of military Families by providing bilingual videos, resource materials, and printable activities which can be easily accessed on their web site. “Family Connections” allows Family members to “connect with loved ones at home and abroad” by making a Family network, where Family members can post messages, upload photos and videos, along with creating and sharing artwork. The “Magazine for Parents and Caregivers” is a valuable resource helping children cope with the deployment cycle by offering tips and posing questions that children may ask about their military parent(s). Sesame Street’s Talk, Listen, Connect initiative also provides free shows through the USO to military Families around the world. The Military Families Near and Far web site also offers “Resources for Grown-ups” linking adults to video and document information and resources on “Deployments;” “Homecomings;” “Changes;” “Grief;” “Self-Expression;” and more.

**Zero to Three** — (Birth – 3 years)
http://zerotothree.org/military

Zero to Three contains useful information and resources for parents on how to nurture young children’s development. Specific military-related information can be accessed as follows: select “Key Topics;” then “Military Families Coming Together Around Military Families (CTAMF)™.” There are some materials available for download: “Supporting Young Children” includes five mini-articles focusing on deployment, homecoming, self-care, new Families, and combat stress; and seven “flyers” are available that provide tips on ways to support babies and toddlers: stress, relocation, deployment tips to stay connected, redeployment support, predictable routines, self care, and building an emotional safety net. Other resources include, but are not limited to, an activity book and handout titled “Over There;” “Little Listeners in an Uncertain World;” and “Healthy Minds, Nurturing Your Child’s Development.” The web site also offers five free downloadable articles — “The Importance of Caring for Yourself during Periods of Military-Related Stress;” “Helping Your Child Deal with Relocation;” “Supporting Your Child While a Parent is Deployed;” “Tips for Helping a Child After Deployment;” and “Helping Your Child Prepare for a Parent’s Deployment.”
Child Abuse And Domestic Abuse Related Resources

These selected web sites provide information in support of working with Families. Several organizations are partners advocating similar initiatives and resources. It is essential to apply discretion when tailoring the information to the installation, community, or Family circumstance.

**Alliance Of Military And Veteran Family Behavioral Health Providers — East Carolina University, College of Human Ecology (Formerly known as The Marriage and Family Counseling Collaborative [MFCC])**
http://www.ecu.edu/che/alliance/

The purpose of Alliance is to improve resiliency, recovery, and reintegration among Service members, veterans, their Families, and communities. An important component of this web site is the four extensive resource guides on domestic violence, sexual assault, Family support, and a guide for healthcare providers. Newsletters and information sheets are also available. Alliance connects service providers and mental health professionals to recommended military Family clearinghouses that contain important information for working with Families, Service members, and veterans. The “Continuing Education” link provides a list of upcoming conferences and training opportunities. Membership is open to family behavioral health providers, educators and others seeking to advance the Alliance mission.

**Americans Overseas Domestic Violence Crisis Center (formerly the American Domestic Violence Crisis Line)**

This center is available at 866-USWOMEN (879-6636) toll-free from 175 countries (contact is through the AT&T operator). “The center serves abused Americans, mostly women and children, in both civilian and military populations overseas with crisis intervention, support, and information and referral.

**[Army] Emergency Placement Care (EPC)**
http://www.myarmyonesource.com

“The Emergency Placement Care Program (EPC) is a voluntary or court-mandated service providing 24-hour care in an Emergency Placement Family home for eligible children (as defined in AR 608-18, para 1-7) who cannot be cared for by their natural Family or legal guardian”(AR 608-18, 2007, p. 68). EPC provides short-term care (usually not exceeding 90 days) for Families still in crisis until the situation causing placement is resolved or until longer-term care or placement can be arranged at a CONUS location (AR 608-18, 2007, p. 68). While children are in the care of a substitute Family, social workers conduct activities to help the child return home, transfer to the home of extended Family members, or be placed with the local social services department in the Service member’s home of record. The Army EPC Program is used at Fort Knox and at installations outside the continental United Sates (OCONUS). EPC is comparable to civilian foster care programs in the continental United States (CONUS). Contact the local FAP POCs for details and refer to the Army OneSource web site (find under Family Program and Services, Family Programs, and Family Advocacy Program menus).

**[Army] Transitional Compensation for Abused Dependents**
http://www.myarmyonesource.com

Financial compensation and other benefits to assist Family members when the Service member is separated from active duty as a result of court-martial or administrative action or is sentenced to total forfeiture of all pay and allowances for a dependent-abuse offense (child or domestic abuse) [authorized pursuant to 10 U.S.C. 1059 and DoDI 1342.24]. Contact the local FAP POC for more information and refer to the Army OneSource web site (find under Family Program and Services, Family Programs, and Family Advocacy Program menus).
Child Abuse And Domestic Abuse Related Resources, cont.

[Army] Victim Advocacy Program
http://www.myarmyonesource.com

The Victim Advocacy Program is part of FAP’s effort to provide Soldiers/Civilians and Families with a strong, supportive environment for Soldiers/Civilians and Families experiencing domestic abuse. A Victim Advocate (VA) is a trained professional who provides non-clinical advocacy services and support. VAs are on call 24/7 to: Provide crisis intervention, safety planning, non-judgmental support, assistance in securing medical treatment for injuries, information on legal rights and proceedings, and referrals to military and civilian resources. Contact the local VA or FAP POCs for details and refer to the Army OneSource web site (find under Family Program and Services, Family Programs, and Family Advocacy Program, menus).

Battered Women’s Justice Project (BWJP) — Military Advocacy Resource Network
http://www.bwjp.org/military.aspx

This National Center addresses areas of law related to domestic violence providing technical assistance to a variety of professions. This web site lists a range of resources, and relevant best practices. Specific military-related services are through “the Military Advocacy Resource Network project funded by the Office on Violence Against Women (OVW) to provide technical assistance, resources, and support for all advocates, military and civilian, who serve military and veteran Families and work with victims of domestic violence/sexual assault/stalking and dating violence perpetrated by military personnel or veterans.” The OVW funded a “Military/Civilian Coordinated Community Response Demonstration Project” that created guidelines regarding civilian and military agencies coordination involving military personnel and domestic violence. A focus is on enhancing victim safety and autonomy and holding perpetrators accountable for ending their violence. BWJP also works in partnership with the National Clearinghouse for the Defense of Battered Women, which offers customized technical assistance to battered women charged with crimes and to members of their defense teams (http://www.ncdbw.org).

Centers For Disease Control And Prevention (CDC)
http://www.cdc.gov/

The CDC offers programs and initiatives pertaining to domestic violence. The CDC’s Division of Reproductive Health incorporates a section on “Violence and Reproductive Health” providing background information and links to research related to the association between violence and pregnancy-related illnesses, injury, and death. Resources are also available including the “Intimate Partner Violence During Pregnancy, A Guide for Clinicians”. In addition, the CDC’s National Center for Injury Prevention and Control (NCIPC) offers information on violence prevention, which encompasses multiple forms of violence prevention including child maltreatment, intimate partner violence, sexual violence, and more. These sections present definitions, data sources, risk and protective factors, consequences, prevention strategies, and strategies for distributing prevention information and ensuring widespread adoption of prevention principles and strategies within communities.

Child Welfare Information Gateway
http://www.childwelfare.gov/

The Child Welfare Information Gateway provides resources on child abuse prevention, protecting children from risk of abuse, and strengthening Families. It includes information on supporting Families, protective factors, public awareness, community activities, positive parenting, and prevention programs. The Gateway strives to strengthen Families by supplying comprehensive information, tools, and resources to assist improving child abuse prevention efforts.” Another searchable database with links to publications created by State agencies that describe their services and provide guidance on child welfare-related topics to both professional and general audiences can be found in the “State Guides and Manuals”.
Child Abuse And Domestic Abuse Related Resources, cont.

**Child Welfare League Of America**
The Child Welfare League of America focuses on children and youth who may have experienced abuse, neglect, family disruption, or a range of other factors that jeopardize their safety, permanence, or well-being. CWLA also focuses on the Families, caregivers, and the communities that care for and support these children. The Child Welfare League of America National Data Analysis System, in cooperation with the nation’s state child welfare agencies, provides a comprehensive, interactive child welfare database. Internet users can create customized tables and graphs, as well as access to information on child abuse.

**Children’s Bureau (CB)**
http://www.acf.hhs.gov/programs/cb/
The Children’s Bureau is responsible for assisting States in the delivery of child welfare services designed to protect children and to strengthen families. The Bureau provides grants to States, Tribes, and communities to operate a range of child welfare services including child protective services, Family preservation and support, foster care, adoption, and independent living.

**[Department of Defense] MyDuty**
http://www.myduty.mil/
This web site emphasizes the importance of all Service members receiving education and having responsibility for preventing sexual assault. Information encompasses safety, becoming an active bystander, specific articles on sexual assault offenses under the UCMJ, reporting options, and Service member rights. The “Someone I Supervise Has Been Assaulted” is particularly relevant to leaders. However, information is also available for victims and friends of victims.

**DoD Safe Helpline**
Operated by Rape, Abuse & Incest National Network (RAINN) on behalf of the Department of Defense
https://safehelpline.org/
The DoD Safe Helpline provides confidential sexual assault crisis intervention and support for the DoD community 24/7. The Safe Helpline uses trained staff to offer a variety of services for recent or past assault experiences including crisis intervention, emotional support, referrals to military and civilian resources in your area, information on military reporting options, and information for Family and friends of victims. The Telephone Helpline (877-995-5247) is available worldwide, and 24-hours-a-day and 7-days-a-week. The Telephone Helpline number is the same for inside the U.S. or through the Defense Switched Network (DSN). When calling from DSN, four toll-free area codes (800, 888, 866, and 877) exist as DSN area codes enable direct dialing capability. DSN users can dial U.S. toll-free numbers by dialing 94 + the 10-digit toll-free number. The Safe Helpline is also available through text messaging (55-247 [inside U.S.] and 001-202-470-5546 [outside U.S.]) and the “On-line Helpline” (see web site for details). The Safe Helpline is operated by RAINN and ensures individuals who contact the Safe Helpline will not share any personal identifying information with DoD or chain of command.

**[Department of Defense] Sexual Assault Prevention and Response (SAPR)**
http://www.sapr.mil/
This DoD web site provides resources on sexual assault prevention and response including research, training (for commanders, Service members, and civilians), audio and video materials, information on law and DoD policies, a toolkit, and connection to the “Sexual Assault Awareness Month Campaign.” Information on the “DoD Sexual Assault Advocate Certification Program (D-SAACP) is also available along with “DoD Safe Helpline Materials.” The toolkit provides important information and resources for leaders including a “Commander’s Checklist for Unrestricted Reports of Sexual Assault,” “SAPR VA Sexual Assault Response Protocols Checklist,” “Sample MOU,” and other useful DD Forms.
Child Abuse And Domestic Abuse Related Resources, cont.

**Futures Without Violence (formerly Family Violence Prevention Fund)**
http://www.futureswithoutviolence.org/

The mission of Futures Without Violence is to prevent and stop violence against women and children across the world by advancing health, stability, education, and security for women, girls, men, and boys. Also, incorporated into their work is transforming social norms, improving responses to violence and abuse, and seeking out “… advocates, policy makers and others to build sustainable community leadership and educate people everywhere about the importance of respect and healthy relationships – the relationships that all individuals, families, and communities need and deserve”. The web site provides information and resources for men and boys such as “Engaging Men to Prevent Violence Against Women” and “Coaching Boys into Men”. The section on “Child Wellbeing” offers information on “Working With Abusive Men & Fathers”, which encompasses “Fathering After Violence”, “Programs for Men Who Batter”, and the “National Institute on Fatherhood and Domestic Violence”. Also available is the “Child Wellbeing” section on “Supporting Children Who Live With Violence,” “Enhancing Services for Children Exposed to Violence”, and more.

**National Center For Victims Of Crime**
http://www.ncvc.org/ncvc/Main.aspx

The National Center for Victims of Crime is an “advocacy organization for crime victims and those who serve them.” The web site lists dating violence information/resources for victims and service providers. Other outreach materials include violence against women, stalking, and parallel justice for victims of crime.

**National Center On Domestic And Sexual Violence (NCDSV)**
http://www.ncdsv.org/

NCDSV seeks to create and encourage collaborations among working professions (e.g., criminal justice professionals, health care professionals, counselors, etc.) in an effort to end violence against women. This organization works with local, state, and federal agencies such as educators, researchers, policy makers, and all military branches. An entire section on their web site is devoted to “The Military’s Response to Domestic and Sexual Violence”, which encompasses information on the U.S. Department of Defense Task Force on Domestic Violence (DTFDV) reports and the “Military/Civilian Coordinated Community Response to Domestic Violence Demonstration Project” (also see Battered Women’s Justice Project (BWJP) — Military Advocacy Resource Network web site). Web links address DTFDV work, implementation, tools, and more is also available. General domestic and sexual violence resources include publications, meeting planning tools, web links, a newsletter, trainings, and information about domestic violence in the workplace.

**National Child Abuse Hotline — Childhelp**
www.childhelp.org

This hotline is a non-profit organization that offers crisis intervention, information, literature, statistics, and referrals to thousands of emergency, social service, and support resources. Assistance is available 24 hours a day at 1-800-4-A-CHILD (800-422-4453).

**National Coalition Against Domestic Violence**
http://www.ncadv.org/

This organization host state coalitions information for local referrals to advocacy organizations or domestic violence shelters.

**National Domestic Violence Hotline**
http://www.thehotline.org/

This hotline is a non-profit organization that provides crisis intervention, safety planning, and information and referral to victims of domestic violence, perpetrators, friends, and families. Assistance is available 24 hours a day at 1-800-799-SAFE (7233) or TTY 1-800-787-3224.
Child Abuse And Domestic Abuse Related Resources, cont.

**National Network To End Domestic Violence (NNEDV)**  
http://www.nnedv.org/

NNEDV “…is dedicated to creating a social, political and economic environment in which violence against women no longer exists.” NNEDV seeks to make domestic violence a national priority, change how society responds to domestic violence, and strengthen domestic violence advocacy. Information about NNEDV’s current projects is available on the web site such as the “WomensLaw.org Project,” which offers “…easy-to-understand legal information and resources for women living with or escaping domestic violence or sexual assault” (see web site listed below). The “Get Help” section provides 24/7 hotline information (available in English, Spanish, and other languages through interpreter services). Some of the other information includes “Who Batters and Why?,” “What Does Abuse Look Like?”, and “Am I being abused?” Also, the web site information on public policy explains current issues, the legislative process, and how to take action. The resources section is helpful for learning about domestic violence, economic justice, national organizations/projects, and more.

**National Online Resource Center On Violence Against Women**  
http://www.vawnet.org/

VAWnet hosts a collection of resources, news, and announcements on domestic violence and sexual violence. In addition, this web site interprets peer-reviewed research and offers a “question of the month” relevant to timely domestic violence related topics.

**National Resource Center On Domestic Violence (NRCDV)**  
http://www.nrcdv.org/

The NRCDV provides a range of information and projects for those wanting information on domestic violence, with a focus on improving community response to the complex challenges of domestic violence. The web site offers resource materials and initiates projects designed to enhance current intervention and prevention strategies. A key initiative, VAWnet (National On-line Resource Center on Violence Against Women), provides a collection of prevention and intervention resources on domestic violence policy, practice, and research (see web site descriptions above). The NRCDV is initiated by the Pennsylvania Coalitions Against Domestic Violence (PCADV) with funding from the U.S. Department of Health and Human Services, and supplemental funds from the Centers for Disease Control and Prevention.

**Prevent Child Abuse America**  
http://www.preventchildabuse.org/index.shtml

Dedicated to providing information on child abuse and inspiring hope to everyone involved in the effort to prevent the abuse and neglect of children.

**PreventConnect (PC)**  
http://preventconnect.org/

The purpose of PC “…is to advance the primary prevention of sexual assault and relationship violence by building a community of practice among people who are engaged in such efforts.” Some issues PC covers includes preventing sexual assault and relationship violence, through community engagement, and strengthening prevention efforts, to facilitate social change. PC strives to implement and evaluate effective prevention initiatives by connecting agencies and organizations. The web site provides access to the “Prevent Connect Community”, an array of resources (e.g., podcasts, newsletter, presentations, etc.), events, and projects.

**Promising Practices Network**  
http://www.promisingpractices.net

The Promising Practices Network (PPN) is operated by the RAND Corporation. PPN is comprised of a group of individual and organizational members who are dedicated to providing quality evidence-based information about what works to improve the lives of children, families, and communities. Network members collaborate to develop and promote the PPN web site. PPN relies on the ongoing support and expertise of many scientific reviewers and subject matter experts in order to provide the most up to date information and guidance to improve outcomes for children and Families.
Child Abuse And Domestic Abuse Related Resources, cont.

U.S. Army Sexual Harassment/Assault Response & Prevention (SHARP) Program
http://www.preventsexualassault.army.mil

The SHARP web site provides information and resources on sexual harassment and assault for victims, leaders, and prevention efforts. The “I. AM. STRONG” campaign works to prevent sexual assault through a team interdependence and shared respect framework. “As Soldiers and proud members of our Team, we are duty bound to Intervene, Act, and Motivate others to stop sexual assaults and the sexually offensive language and gestures that create an environment friendly to this abuse.” Prevention information includes topics such as “How can I reduce my risk of being sexually assaulted?”, “What can I do to help prevent others from being sexually assaulted?”, “How can I reduce my risk of becoming a sexual assault offender?” and more. Topics for leaders address preventing sexual assault within the unit, understanding responsibilities when sexual assault occurs, and a victim assistance checklist. Helpful information and resources on Army policies and reporting options are also provided. The library also encompasses many useful resources including a “Pocket Guide to Aiding Victims of Sexual Assault”.

U.S. Department of Health and Human Services, Administration for Children and Families (HHS/ACF)
http://www.acf.hhs.gov/

HHS is the Government agency responsible for protecting the health of Americans. While the web site (http://www.hhs.gov) covers a much broader range of health issues, the Administration for Children and Families (ACF) is devoted to Families and children and specific populations such as minorities, fathers, and the disabled.

Womenshealth.gov
http://womenshealth.gov

This web site is a comprehensive web site as part of the Office of Women’s Health (OWH) in the U.S. Department of Health and Human Services (HHS). There are links to on-line journals and dictionaries, “daily news” announcements, and statistics on women’s health across a range of topics that “matter to women” (e.g., healthy vs. unhealthy relationships, violence against women, sexual assault, depression, fitness and nutrition, breastfeeding). The key goal is “to improve the health of American women by advancing and coordinating a comprehensive woman’s health agenda throughout HHS to address health care prevention and service delivery, research, public and health care professional education, and career advancement for women in the health professions and in scientific careers.” OWH also works with numerous government agencies, non-profit organizations, consumer groups, and associations of health care professionals.

WomensLaw.org
http://womenslaw.org

In 2001, the WomensLaw.org web site was launched “to provide state-specific legal information and resources for survivors of domestic violence” and now offers a confidential “Email Legal Hotline” for survivors, their advocates, friends, and Family members (a project of NNEVD; see above web site). The web site updates resource listings, information on “staying safe”, and domestic violence and sexual assault related materials.