The “Army Spectrum of Support” provides varying degrees of information, support, education, counseling, and treatment services to Soldiers/DA Civilians and Family members. The resources selected below address this continuum of care and support serving as a guide to FAP providers when assisting Families and making referrals.

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

**Military One Source**
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, child and domestic abuse, and other topics.

**Army OneSource**
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 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), Army Family Action Plan (AFAP), 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 reunite couples. There are also Qs & As that help assess behavioral health needs before, during, and after deployments; Pre and post deployment health self-assessments, post traumatic stress disorder, and suicide prevention.

**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 Online 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. This web site includes 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 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 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.”

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

CSF 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, CSF 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 online assessment needs to be completed by the Soldier/Civilian, which CSF provides the links to.

**[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, and veterans 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. 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.
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.

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 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 online workshops which help assist with understanding concerns related to post deployment, for all Service members, Veterans, and their Families. The self checks topics include area such as sleep, seeking spiritual fitness, dealing with depression, handling stress, overcoming anger, etc.
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.

Center For The Study Of Traumatic Stress (CSTS)
[Uniformed Services University of the Health Sciences (USUHS)]
http://www.cstsonline.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.

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 online along with podcasts and videos. Information on upcoming trainings, events, webinars, and conferences are also available.
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 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.

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”.

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.

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 and 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.
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. 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.jointservicessupport.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.”

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).

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.

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.

**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.

**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.

**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/

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](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.

**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 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.
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.

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
VAWNET.org
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 Online 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 website. 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.

U.S. Army Sexual Harassment/Assault Response & Prevention (SHARP)
http://www.sexualassault.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”.

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

HHS is the Government agency responsible for protecting the health of Americans. While the website (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 online 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.