



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

Holidays Apart From Family: Coping with Increased Stress

DCoE Monthly Webinar, Nov. 17, 2011

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14. ABSTRACT Separation between family members during the holiday season often impact relationships. Military duty frequently requires prolonged absence of one or both parents. The timing of the separation can begin on special seasonal holidays, making the parting even more significant. Other aspects of separation can mean that traditional, memorable practices have to be adapted to meet special circumstances. Speakers will provide information about holiday stress for the family and the separated service member and share approaches to mitigate that stress.					
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Agenda

- Welcome and Introduction
- Presentations
 - Dr. Vladimir Nacev
 - The Impact of Holidays on the Absent Parent
 - Mary “Tib” Campise
 - Supporting Military Children and Families
 - Maggie MacFarland Phillips
 - Military Families and Separation During the Holiday
- Resources
- Q&A / Discussion



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

The Impact of Holidays on the Absent Parent

Vladimir Nacev, Ph.D.
Resilience and Prevention, DCoE



Deployment, Stress in Military Families

- Holidays can be a wonderful time for families to gather, reconnect and celebrate
- For families experiencing a military separation, the holidays can also be a reminder that the deployed spouse is not home to share in the festivities

Deployment and Stress in Military Families

- Deployment and duty-related separations are challenging for families and stress is expected
- More active-duty spouses reported experiencing higher levels of stress in 2008 (47 percent) than in 2006 (41 percent)

Data Source: OUSD (Military Community & Family Policy) Briefing, "Impact of Deployment on Military Families: Recent Research Highlights & Current DoD Research," Jan. 2010

Social Support, Communications

- Sense of community consists of unit support and informal community support
- Supportive social relationships build resilience, which is critical to developing healthy family coping
- Consistent and regular communications between service members and their families, while on deployment, are also critical to developing a healthy sense of connection and family resiliency

Social Support, Communications

- Problems communicating with family while on deployment predicts greater stress for the service member and his/her family
- Make time to connect with family – be creative!
- Put pen to paper
- Connect via phone or Internet

Social Support, Communications

- Gift exchanges -- Important to continue the tradition, if practiced
- Do not isolate yourself -- Being around others is important to your well-being and reintegration
- Socialize with friends and family in comfortable places and try to stick with your plans

Common Emotional Responses

- Service members may experience a range of feelings while away during the holidays – loneliness, depression, homesickness, frustration, stress or guilt
- The deployed person may also feel a need to temporarily distance himself or herself from the family because hearing about holiday festivities may be too painful

Helpful Ideas for Deployed Parents

- Write your child a brief letter about all the different ways your child is loved and appreciated, which can be opened and read on each of the eight days of Chanukah or Kwanzaa or the 12 days of Christmas
- Create a holiday ornament, with the child's name on it, to hang on the Christmas tree

Helpful Ideas for Deployed Parents

- Record a reading of a favorite holiday book or story and send it to your child (or upload it to a video-sharing site)
- The videotaped story can become a part of a holiday or year-round bedtime routine

Helpful Ideas

- Take time for yourself – Sometimes self-care is the best thing you can do – time to recharge your batteries – others will benefit when you're stress-free
- Volunteer – Find a local charity, such as a soup kitchen or a shelter, give a tree or adopt-a-family program
- Have realistic expectations – No holiday celebration is perfect
- Remember what's important – The barrage of holiday advertising can make you forget what the holiday season is really about

Helpful Ideas

- Seek support – Talk about your anxiety with your friends and family. Getting things out in the open can help you navigate your feelings and work toward a solution for your stress. If you continue to feel overwhelmed, consider seeing a professional.
- Keep things in perspective – Consider stressful situations in a broader context and keep a long-term perspective. Avoid blowing events out of proportion. Also, teach your kids how to keep things in perspective, including what type of and the number of gifts they receive.

Happy Holidays

- There's no right way to feel
- Although the holidays might be easier for some, they can be very stressful for others
- Know that you are doing the best you can under challenging circumstances



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

Supporting Military Children and Families

Mary “Tib” Campise, LICSW
Military Community and Family Policy
Family Advocacy Program



Military Culture

- Young force, many with children
- May live on military installations, many in remote locations, separated from extended family
- Frequent absences because of training/deployment
- Multiple relocations, sometimes living separately from family members
- Spouse employment
- Exposure to many cultures
- Risk of injury/death for military members
- Command involvement in personal and family life
- Irregular hours and unpredictable schedules

Unique Demands of Military Lifestyle

Guard/Reserve Service Members and their Families:

- Unique stressors because of part-time status
 - Citizen soldiers
 - Mobilization and deployment
 - Separation from family, jobs, community
 - Demobilization
 - Children from reserve component families reported
 - More trouble interacting with peers and teachers (who didn't "get" their experience)
 - More difficulties with parent readjustment after deployment
- Are more likely not connected to a military community or military resources

Active-duty Military Demographics

- Age:
 - Half between 22-30
 - Mean age = 29
 - 33.4 percent of U.S. Marine Corps are 18-21
- Gender (Female):
 - Army: 14 percent; Navy: 16 percent; Air Force: 20 percent; Marines: 6 percent
- Education:
 - Enlisted: 94 percent have high school diploma or equivalent
 - Officers: 91percent at least college degree

Data Source: Defense Manpower Data Center, Active-duty Demographic Profile (Sept. 2010).

Active-duty Military Demographics

Marital Status:

- 56 percent married (49 percent Marines to 59 percent Air Force)
- 54 percent enlisted and 70 percent officers
- 44 percent active-duty service members have children
- 711K civilian spouses and 1.2 M children (0-18)

Data Source: Defense Manpower Data Center, Active-duty Demographic Profile (Sept. 2010).

Children of the Armed Forces*

Active Component

	<u>United States</u>	<u>Overseas</u>	<u>TOTAL</u>
Age 0-5	440,874	< 73,056	513,930
Age 6-12	366,008	< 63,898	429,906
Age 13+	<u>240,361</u>	<u>< 40,718</u>	<u>281,079</u>
	1,047,243	<177,672	1,224,915

Reserve Component

Age 0-5	199,509	713,439
Age 6-12	219,640	649,546
Age 13+	<u>202,777</u>	<u>483,856</u>
	621,926	1,846,841

* September 2009

Internal Partners

- Other Military Community and Family Policy Offices
 - Counseling
 - Child and Youth Programs
 - Family Centers
- Military HOMEFRONT
- Military OneSource
- Health Affairs
 - Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)
 - Real Warriors Campaign
 - Medical Treatment Facilities
 - TRICARE

Military Family Learning Network

- Department of Defense/U.S. Department of Agriculture Partnership Bringing Together
 - Research of Land Grant Universities
 - Experience of the Cooperative Extension Service
 - Military Family Support System
- <http://blogs.extension.org/militaryfamilies/>

Available Resources for Active Component

- Clinical counseling
 - Installation behavioral medicine/health clinic clinical mental health services
- TRICARE referral
- Limited session non-clinical counseling
 - Installation Family Center
 - Referral from Military OneSource
 - Military Family Life Consultant (at Family Center, public schools)
- Installation Family Advocacy Program (for child abuse/neglect and domestic abuse)

Military Family Life Counselors (MFLC)

- An extension of existing installation services, MFLC services are designed to help service members and their families cope with stress associated with the military lifestyle, particularly deployment-related challenges.
- MFLCs are available worldwide:
 - In installation-based activities and programs, CDCs and Youth Centers
 - Through the Joint Family Support Assistance Program
 - At summer camps
 - In elementary, middle and high schools
- Allows for flexible and responsive service delivery when and where services are needed

www.MilitaryOneSource.com

Service Providers - Military OneSource - Windows Internet Explorer

http://www.militaryonesource.com/MOS/ServiceProviders.aspx?MRole=ServiceProvider&Branch=AirForce&Component=Active

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Service Providers - Military OneSource

Not Air Force? Select a different branch. Log In | Join Now / Register | Contact Us | Help | En Español | View Basket

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Welcome Home Service Providers

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Call and Talk Anytime
1.800.342.9647
or call OCONUS: GO
Counseling
E-mail and get answers
National Suicide Prevention Lifeline
1.800.273.TALK (8255)

Links
Military OneSource Service Provider Registration Instructions
Unit Leadership Emergency Information
Link to Us
Reprinting Military OneSource Materials
Language Interpretation Services FAQs
Document Translation Services FAQs
2009 DoD Joint Family Readiness Conference Materials

Service Provider Home
Military OneSource is free to service members and their eligible family members. Your work will help them build on their strengths, teach them to maximize their support systems, and help them find community resources to meet their needs. The following tools will help you spread the word about all of the services Military OneSource offers.
Have a question? See our [FAQs](#).

Health and Wellness
It's important to be healthy on the outside and inside. From eating right to maintaining good emotional health, we have tools to help military families achieve both. [See the February promotions](#).

2011 COMMUNICATION CALENDAR
See our monthly promotions and download the PDF for links to articles, materials, webinars, and services that will be featured on Military OneSource.

EVENTS AND PRESENTATIONS
Materials to help you spread the word about Military OneSource services.

MILITARY ONE SOURCE CONNECTION
Find out what's happening at Military OneSource with this monthly newsletter. Get updates, announcements, and general information about our services.

ORDERABLE MATERIALS
Our free promotional materials are an excellent way to educate the military community about us. *Registration is required to order materials.* View [service provider registration instructions](#) for help.

PRINTABLE MATERIALS

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Branch Home Pages
[Air Force Home](#)
[Army Home](#)
[Marine Corps Home](#)
[Navy Home](#)

Jump directly to a branch home page with the links in **Branch Home Pages**.

To view the site as a service or family member, use the "not your branch?" link at the top of the page.

UNCLASSIFIED//FOUO

Start | Inbox - Microsoft Outlook | Microsoft PowerPoint - [...] | Service Providers - Mi...

4:03 PM



MOS_005v7ALT

www.MilitaryOneSource.com

Deployment Resources

The screenshot shows the MilitaryOneSource.com website in a Windows Internet Explorer browser. The address bar displays the URL <https://www.militaryonesource.com/MOS/FindInformation/Category.aspx?CategoryID=133>. The page features a navigation bar with links: Home, About, Find Information (highlighted with a red circle), Tools, and Online Community. A search bar is located below the navigation bar. The main content area is titled "Deployment" and includes sections for "Guard / Reserve On-Site Commissary Sales", "Deployment and Return" (with links for Dealing with Deployment, Preparing for Deployment, Reservist Issues, and Returning from Deployment), and "Resources" (with links for DoD and Branch Resources, Yellow Ribbon Newsletter, Returning From the War Zone: A Guide for Families, MilitaryHOMEFRONT, and Featured Military OneSource Articles). A sidebar on the left provides "Private Help 24/7" with the phone number 1.800.342.9647 and options for Counseling, E-mail, and get answers. A footer at the bottom contains links for Military Members, Military Families, Guard/Reserve, Service Providers, Coast Guard Assistance, and Civilian Expeditionary Workforce. A "UNCLASSIFIED//FOUO" stamp is visible in the bottom right corner of the page.





Military HOMEFRONT

Supporting our Troops & their Families

Home | Site Map | Feedback

Troops & Families | Leadership | Service Providers

Search

24/7 Resource for Military Members, Spouses & Families

1-800-342-9647

Military OneSource.com

Link Directly to "Military Families Cope with Change"

MilitaryHOMEFRONT is the Department of Defense website for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders, and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need.

Social Media Hub »

Connect, learn, and share!

f RSS t

RESOURCES & LINKS

QOL Resources

Casualty Assistance



Exchanges

Free SAT/ACT Prep Materials

Online Shopping & Eligibility

Pre-Paid Phone Cards



DoD Voluntary Education Partnership MOU

Last Updated 11/03/2011

Add the Highlights and Headlines Widget to your website

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www.MilitaryHomefront.dod.mil

Military Installations

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Military INSTALLATIONS

Your official DoD source for installation and state resources available to active duty, guard and reserve service and family members.

Installations • View articles, photos, major unit listings and contacts for programs and services worldwide. If you can't find an international location, try visiting the [Department of State](#) country information.

States • View articles and local, state and national resource directories

Get started!

Looking for particular installation or state?

Enter an installation [[View a directory of installations](#)]

Or, enter a state

Looking for specific program or service?

Select a program or service
ALL

Then, enter an installation [[View a directory of installations](#)]

Or, enter your postal code

Within
10 miles

Are you a service provider looking for a program or service across all installations?
Simply select the program or service and then choose any installation or enter any zip code. A downloadable directory for all installations will be available on the results page.

Moving to a new assignment?

Take control of your move. Use our customizable calendar tool to create a unique personal moving plan. The calendar contains to do lists, checklists, phone lists, and links to critical moving information from budget planners to choosing a school.

To begin, select your departure date, departure and destination locations and get moving now!

Plan My Move

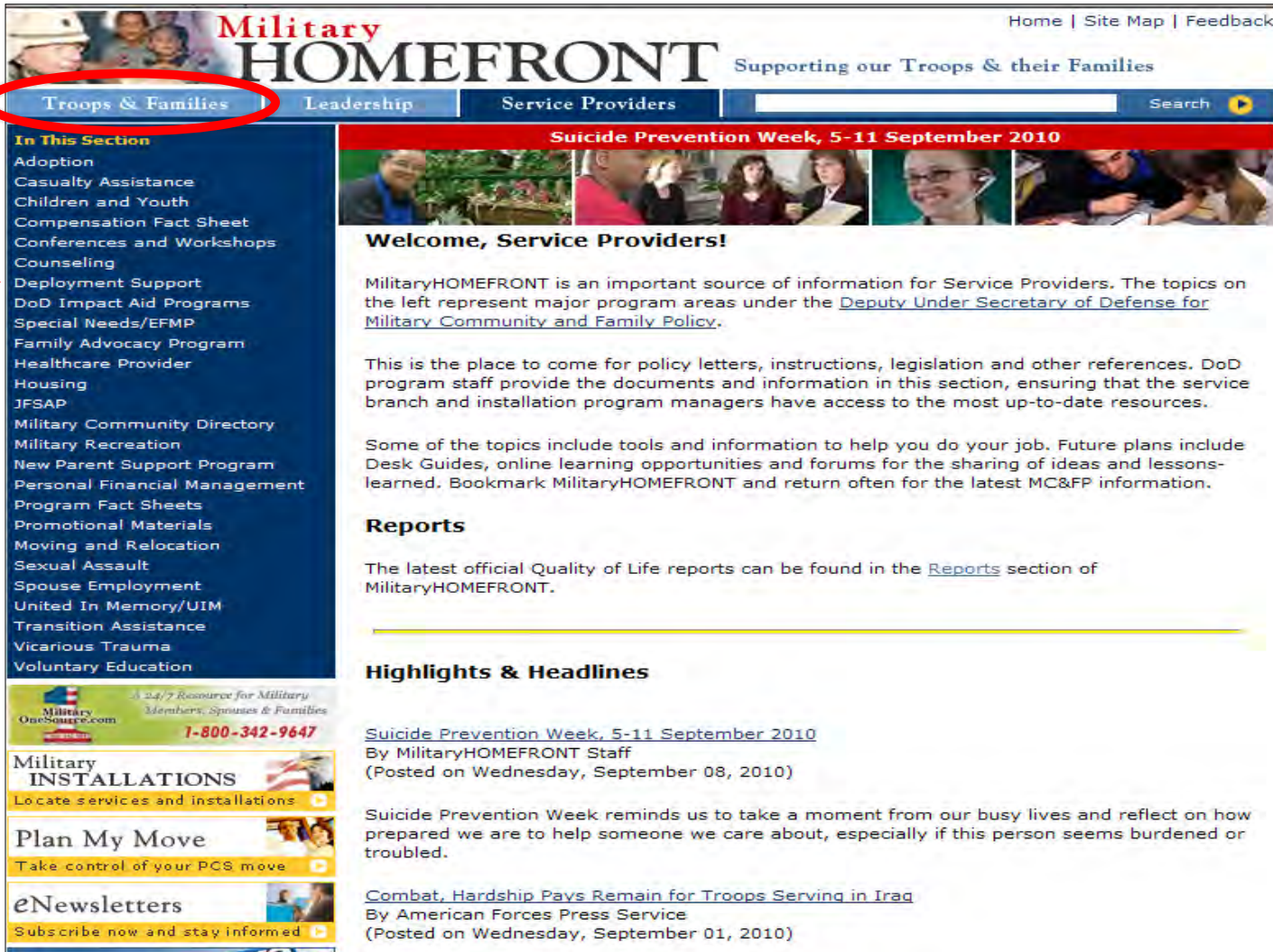


Are you a sponsor?

Have you been assigned official sponsorship duties? Log on to the CAC enabled [eSponsorship Application Training \(eSAT\)](#) to get started »

Interested in learning about how to become a sponsor? [Learn more about the process](#) »

Troops & Families: Children and Youth & Deployment Support



Military HOMEFRONT Supporting our Troops & their Families

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Troops & Families | Leadership | Service Providers

In This Section

- Adoption
- Casualty Assistance
- Children and Youth
- Compensation Fact Sheet
- Conferences and Workshops
- Counseling
- Deployment Support
- DoD Impact Aid Programs
- Special Needs/EFMP
- Family Advocacy Program
- Healthcare Provider
- Housing
- JFSAP
- Military Community Directory
- Military Recreation
- New Parent Support Program
- Personal Financial Management
- Program Fact Sheets
- Promotional Materials
- Moving and Relocation
- Sexual Assault
- Spouse Employment
- United In Memory/UIM
- Transition Assistance
- Vicarious Trauma
- Voluntary Education

Suicide Prevention Week, 5-11 September 2010

Welcome, Service Providers!

MilitaryHOMEFRONT is an important source of information for Service Providers. The topics on the left represent major program areas under the [Deputy Under Secretary of Defense for Military Community and Family Policy](#).

This is the place to come for policy letters, instructions, legislation and other references. DoD program staff provide the documents and information in this section, ensuring that the service branch and installation program managers have access to the most up-to-date resources.

Some of the topics include tools and information to help you do your job. Future plans include Desk Guides, online learning opportunities and forums for the sharing of ideas and lessons-learned. Bookmark MilitaryHOMEFRONT and return often for the latest MC&FP information.

Reports

The latest official Quality of Life reports can be found in the [Reports](#) section of MilitaryHOMEFRONT.

Highlights & Headlines

[Suicide Prevention Week, 5-11 September 2010](#)
By MilitaryHOMEFRONT Staff
(Posted on Wednesday, September 08, 2010)

Suicide Prevention Week reminds us to take a moment from our busy lives and reflect on how prepared we are to help someone we care about, especially if this person seems burdened or troubled.

[Combat, Hardship Pays Remain for Troops Serving in Iraq](#)
By American Forces Press Service
(Posted on Wednesday, September 01, 2010)

Military OneSource.com
A 24/7 Resource for Military Members, Spouses & Families
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RESERVE AFFAIRS

September 8, 2010

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[Additional Pay for Service Members \(9/10\)](#)
[Tricare Retired Reserve Launches \(9/10\)](#)
[Combat, Hardship Pays - IRAQ \(8/10\)](#)
[Yellow Ribbon eNewsletter: 4th Quarter Issue \(8/10\)](#)
[Tricare Customer Service](#)
[Staff Learn More about Serving on the Front Line \(8/10\)](#)
[Federal Rules Published for TRICARE Retired Reserve \(8/10\)](#)
[...more](#)



Southwest Asia – A U.S. Air Force Reserve Command F-16C Fighting Falcon aircraft pilot sits in the cockpit before flying a joint strike mission into Afghanistan during Operation... (more)

[view all](#)

[Reserve Component Quick Facts](#)
[Yellow Ribbon Program](#)
[TRICARE](#)
[Mobilization Guide](#)
[Employer Support of the Guard and Reserve](#)



Mission Statement:

To serve as Principal Staff Assistant and advisor to the Secretary of Defense with responsibility for overall supervision of matters which involve the Reserve components, including the Army National Guard, Army Reserve, Naval Reserve, Marine Corps Reserve, Air National Guard, Air Force Reserve and Coast Guard Reserve.

HOT TOPICS - Coast Guard skimming equipment on Vessels of Opportunity



BAYOU LA BATRE, La. - BM3 Gary Guido, a Coast Guard reservist out of Station Fort Macon, hooks a line to an oil skimmer...

[more](#)



Coast Guard reservists, work with active members like Palmer to train civilian boat crews to set up and deploy Coast Guard...

[more](#)

INCOME REPLACEMENT	FAMILY READINESS	TRICARE	PUBLICATIONS
			



YELLOW RIBBON PROGRAM

For Those Who Serve, And Those Who Support

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Check Out the Most Recent Issue of The Ribbon Newsletter
 Inside you'll find : An update from Mr. Ron Young on the alignment of Yellow Ribbon under the Family and Employer Programs & Policy Office, Loosening the Strings: New Guidance on the Use of Appropriated Funds, Partner Spotlight: Military OneSource

WELCOME

The Yellow Ribbon Program is a Department of Defense-wide effort to support **NATIONAL GUARD AND RESERVE SERVICE MEMBERS** and their **FAMILIES** with information on benefits and referrals **before, during, and after** deployments.

Partner Spotlight



Military OneSource supports National Guard and Reserve members and their Families, at no cost to them, with concerns like these and more, 24 hours a day, 7 days a week.

[READ MORE](#)

Find an Event



The Event Planner provides 5ist, calendar, and map views of scheduled events and provides contact information for each events' Event Coordinator.

[GO TO THE TOOL](#)

Featured Video

DoD Yellow Ribbon Video: Couples Reconnecting

After David Oihus returned from Iraq in 2006, he and his wife Mechele took part in a communications exercise to share their feelings about David's deployment.

[LAUNCH THE VIDEO](#)

Recent News

VA Makes Applying for Health Care Benefits Faster
 The VA has removed the signature requirement for Veterans who electronically submit an online 10-10EZ "Application for Health Benefits."

[READ MORE](#)

DoD Names New Directorate to Support Guard and Reserve Members, Their Families, and Employers
 The DoD announces the alignment of ESGR, Yellow Ribbon Program, and Individual and Family Support Policy under a single, new directorate.

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http://www.JointServiceSupport.org

http://www.jointservicessupport.org/

new Favorites Tools Help

Welcome to the National Guard Joint Services Support...

Español I am a Community Member in Change Username Password Login

Unclassified | JSS Help Center | Forgot Username/Password? | Join JSS | Follow us on

JSS National Guard Bureau
Joint Services Support

The Gateway for Service members and their Families in

JSS Home Our Programs Announcements Events Community Contact ResourceFinder Emergency Contacts

In the Spirit of Emotional Wellness Month...
Mindful Monday Thankful Thursday
Try Something Tuesday
Wild Card Wednesday First Person Friday

Check out our Facebook page for daily updates!

YRRP Yellow Ribbon Reintegration Program Reintegration
ESGR Employee Support of the Guard and Reserve Career
NATIONAL GUARD FAMILY PROGRAM Family
NATIONAL GUARD FMAP Financial Management Assistance Program Finances
PSYCHOLOGICAL HEALTH PROGRAM Behavioral Health
SAPR Sexual Assault Prevention Sexual Assault Prevention
Transition Support

ResourceFinder Search for local resources that matter to you. by All States or zip within 50 miles Find Now

Privacy Preferences | Show Advanced Search

Psychological Health Program

ResourceFinder by or within miles

Privacy Preferences | Show Advanced Search

Welcome to the NEW Psychological Health Program home page!

National Guard members and Families should never weather emotional and behavioral challenges alone. That is why the National Guard Psychological Health Program is here for you, with [Directors of Psychological Health](#) in every State, Territory, and the District of Columbia to ensure you receive the care you deserve. On our new site, you'll find information and contacts to help you and your Family build resiliency, including education to support overall [wellness](#), support for [Family members and Friends](#), and immediate access to [help](#) if you are experiencing troubling symptoms. Our [Library](#) is home to numerous online resources on topics ranging from Post Traumatic Stress Disorder to Traumatic Brain Injury and more. [JOIN JSS AND GET PLUGGED IN!](#)



Are you in crisis?
Private help is available
24/7 through Military OneSource.
Call and talk anytime at 1-800-342-9647
MilitaryOneSource.com



SAMHSA
The National Guard Psychological Health Program is proud to partner with the Substance Abuse and Mental Health Association in its mission to improve behavioral health care for military Families.
www.samhsa.gov

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Upcoming Events

Yellow Ribbon Events

- [Pre-Deployment:94th CSH \(Fri November 4 - Sun November 6\)](#)
- [Pre-Deployment:88 RSC - Event 6 \(90-Day\) Soldiers Only \(Fri November 4 - Sun November 6\)](#)
- [Pre-Deployment:88 RSC - Event 5 \(60-Day\) \(Fri November 4 - Sun November 6\)](#)

[More Yellow Ribbon Events](#)

More Events

[General:VTT VOL - Everyone Ready! \(ER\) November 2011 Session 2 @ 3 PM EST \(Tue](#)

http://www.JointServiceSupport.org

Psychological Health Program

The screenshot displays the website's interface. At the top, there's a navigation bar with links for 'Español', 'I am a Community Member in', 'Change', 'Username', 'Password', and 'Login'. Below this is a secondary bar with 'Unclassified', 'JSS Help Center', 'Forgot Username/Password?', 'Join JSS', and 'Follow us on'. A main navigation bar contains links for 'JSS', 'PHP', 'Pillars of Wellness', 'I Need Help', 'Family And Friends', 'FAQ', 'Contact Us', and 'Emergency Contacts'. The 'ResourceFinder' section features a search bar with the query 'State Family Program Director', a location dropdown set to 'Alaska', and a radius of '50 miles'. The search results are displayed under the heading 'Resource Finder Search Results'. A sidebar on the left lists categories: 'All' (120), 'Health' (491), 'Family' (833), 'Financial' (508), 'Careers' (304), 'Benefits' (948), 'House & Home' (80), and 'Behavioral Health' (1). The main content area shows results for 'Counseling for Children', with two items visible: 'Tragedy Assistance Program for Survivors' and 'Special Forces Association' in Fredericksburg, Virginia. A map on the right shows the location of the results in the Washington, D.C. area.

Psychological Health Program
NATIONAL GUARD BUREAU

Español I am a Community Member in Change Username Password Login

Unclassified | JSS Help Center | Forgot Username/Password? | Join JSS | Follow us on

JSS PHP Pillars of Wellness I Need Help Family And Friends FAQ Contact Us Emergency Contacts

ResourceFinder State Family Program Director by Alaska or within 50 miles Find Now

Privacy Preferences | Show Advanced Search

Resource Finder Search Results

Your search for "Counseling for Children" returned 120 Results

Results per page: 5 | 10 | 20 Page 1 of 24 (120 items)

Tragedy Assistance Program for Survivors

Bookmark Share No Rating

Special Forces Association
Fredericksburg, Virginia

Location

Frederick Maryland Iowa
Columbia
Baltimore
Rockville
Silver Spring
Reston
Annapolis
Manassas Washington
Bale City
17
ville



The nonprofit organization behind Sesame Street and so much more

power of learning

DONATE

Search the Workshop GO

INSIDE THE WORKSHOP INITIATIVES PROGRAMS AROUND THE WORLD NEWS & EVENTS SUPPORT US SHOP FUNDING PARTNERS

Initiatives GO

Deployments, Homecomings, Changes, Grief

Preview - When Families Grieve



00:00 06:50

Preview - When Families Grieve

Coping With Changes

Homecomings Family Routines

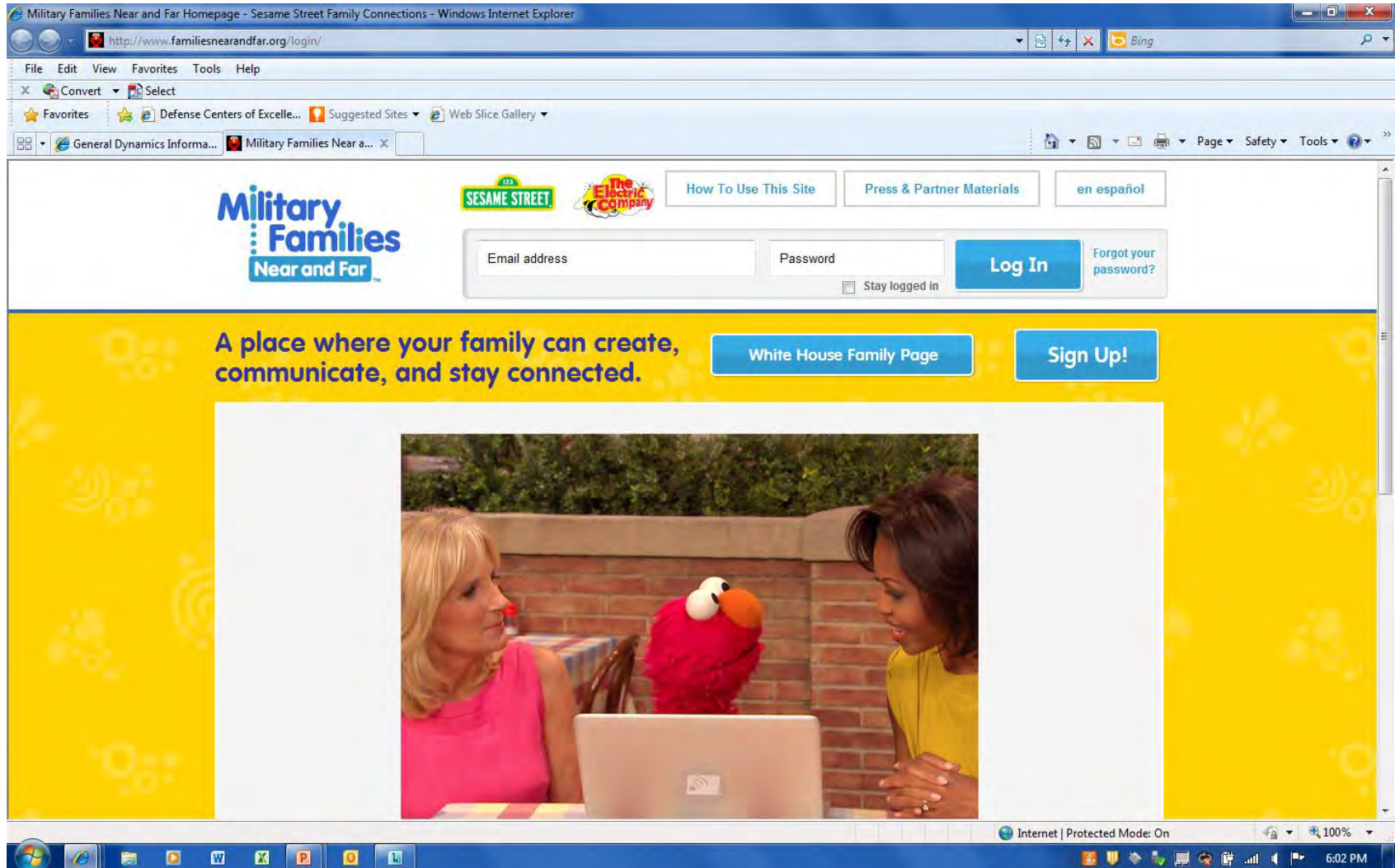
Preparing For Deployment

Elmo And Jessie - The Memory Box

talk, listen, connect™



www.familiesnearandfar.org



www.focusproject.org

FOCUS | Home - Windows Internet Explorer

http://www.focusproject.org/

File Edit View Favorites Tools Help

Convert Select

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Over one million children and their families are facing the challenges that come with a parent's wartime deployment.

04:39 vimeo

FOCUS: Family Resiliency Training™ for Military Families

Strengthening the Home Base
FOCUS (Families OverComing Under Stress™) provides resiliency training to military children and families. It teaches practical skills to meet the

Why Focus?
As a service initiated by the Bureau of Medicine and Surgery (BUMED), FOCUS Project addresses concerns related to parental combat operational stress injuries

The Deployment Spiral
Learn new skills to work through the unique challenges of each stage of deployment.

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www.focusproject.org/focus-world-intro

FOCUS | FOCUS World Intro - Windows Internet Explorer

http://www.focusproject.org/focus-world-intro

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WELCOME TO
F·O·C·U·S
WORLD

FOCUS World

FOCUS provides online resiliency training to military families

Register

FOCUS World (www.focusworld.org) is an interactive, online educational tool that helps military families become stronger in the face of challenges by providing both parents and kids a fun place to learn and practice important skills, such as:

- **Emotional Regulation** - understanding and managing feelings
- **Goal Setting** - working together as a family to achieve something important to you
- **Communication** - listening and responding to each other's concerns, including those related to deployment

FAQ

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Links to Community Resources

- [Zero to Three](#)
- [Chapin Hall at University of Chicago](#)
- [Strengthening Families](#)
- [American Academy of Pediatrics](#)
- [National Child Traumatic Stress Network](#)
- [Center for the Study of Traumatic Stress](#)



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

Military Families and Separation During the Holidays

Maggie MacFarland Phillips
Research Assistant
III Corps
Fort Hood Health Promotion



Background:

Impact of Separation on Military Families

For families with children, impact will differ depending on child's age

- Children more aware of a parent's absence and the implications of deployment as they mature
- Mid-teen adolescents (14-16 years) tend to display lower stress levels during deployment

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (17).

Background:

What Non-Deployed Parents Can Do

Parents where one spouse is home

- Non-deployed parents' reaction to deployment affects children
- “The most significant predictor of child stress during a deployment was parental stress.”

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (5).

Keep Holiday Traditions Alive

Strong non-deployed parent important, especially during the holidays when traditions are especially prevalent

- Decorate as usual
- Where possible, follow established holiday routines

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (5).

Healthy Mind, Body

- Children's participation in sports correlates with lower stress
- Strong families are better able to cope so don't be afraid to talk to someone

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (23).

Spirit/Family/Social

Sports correlated with lower stress, but not higher coping abilities – those belonged to:

- Children with strong families
- Children involved in activities aimed at service-oriented concepts such as selflessness and sacrifice, often through religious or scouting activities

Data Source: Wong, L., & Gerras, S. (2010). The Effects of Multiple Deployments on Army Adolescents. Strategic Studies Institute (29, 31).

How Do I Find the Resources I Need?

Get involved in your community

- 55 percent of all adults get local news and information via word of mouth at least once a week
- People 40 years of age or younger especially learn about community events through word of mouth

*Data Source: Pew Research Center, "How People Learn About Their Local Community," p. 5.
http://www.knightfoundation.org/media/uploads/publication_pdfs/Pew_Knight_Local_News_Report_FINAL.pdf*

Get Involved: Volunteer

There are a lot of opportunities to volunteer during the holidays

- Meet other people
- Focus on something other than deployment-related stressors by helping others
- Many volunteer opportunities are holiday-specific, but could open the door to year-round opportunities for giving back and being a part of something bigger than yourself

Know Your Resources

Word-of-mouth is just one avenue, but there are a lot of ways to get informed about services available to military families both during the holidays and year-round

Financial

Offset the cost of the holidays

- Create a budget with a command financial specialist
- Find out if your installation has a “Santa’s Castle” or “Santa’s Workshop” charity that provides free toys to eligible military families

Substance Abuse

Don't let the difficulties of deployment, the stresses of the holidays and the day-to-day ups and downs tempt you to turn to substance abuse

- Food and alcohol are especially prevalent during this time of year
- If you find yourself struggling, contact your installation's substance abuse or wellness resources

Take Time For Yourself

Whether you have a deployed spouse or not, the holidays are stressful enough

- Be proactive and find out what stress-relieving activities, services and classes are available on and near your installation. Some might even be holiday-specific

Recognize the Signs

Someone you know might be struggling with depression this holiday season, know what to look for

▪ In Adults

- Feelings of sadness or unhappiness
- Loss of interest or pleasure in normal activities
- Insomnia or excessive sleeping
- Changes in appetite
- Agitation or restlessness
- Indecisiveness, decreased concentration
- Feelings of worthlessness or guilt

▪ In Children/Teens

- Younger children: sadness, irritability, hopelessness, worry
- Adolescents: anxiety, anger, avoidance of social interaction
- Changes in thinking and sleep common in adolescents, but not younger children

Social Media: Not Just a Fun Time-Waster

Social media (Facebook, Twitter, etc.): A quick, easy way to know your resources

- Get frequent, real-time updates on Defense Department programs and initiatives benefitting military families
- Comment threads on social media posts can be a good way to share holiday “best practices” and “lessons learned” with other military families
- Command information at almost every level available through many social media outlets

Resources

Military OneSource

- www.militaryonesource.com
- 800-342-9647

Community Resource Guide – Find out if your installation has a Community Resource Guide or something similar available on their web page

- www.bliss.army.mil/communityresourceguide
- www.carson.army.mil/cms/_docs/resources/fc_resource_guide.pdf
- www.bragg.army.mil
- www.lewis.army.mil/ResourceGuide
- www.campbell.army.mil/campbell/CHPC/default.aspx
- www.drum.army.mil/Lists/Resource%20Guide/ResourceGuide.aspx
- www.hood.army.mil

Recommended Resources

Title: Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury website

Link: <http://www.dcoe.health.mil>

Title: DCoE webinar Interactive Customer Evaluation (ICE) survey:

Link: http://ice.disa.mil/index.cfm?fa=card&sp=122542&s=1019&dep=*DoD&sc=2

Title: Military Families Learning Network website

Link: <http://blogs.extension.org/militaryfamilies/>

Title: Military OneSource website

Link: www.MilitaryOneSource.com

Title: Military Homefront website

Link: www.MilitaryHomefront.dod.mil

Title: The Office of the Assistant Secretary of Defense – Reserve Affairs website

Link: <http://RA.Defense.gov>

Title: Yellow Ribbon Reintegration Program website

Link: www.YellowRibbon.mil

Recommended Resources (con't)

Title: National Guard website

Link: www.NG.mil

Title: National Guard Bureau Joint Services Support website

Link: <http://www.jointservicesupport.org/>

Title: Sesame Workshop website: Deployments, Homecomings, Changes, Grief

Link: www.sesameworkshop.org/initiatives/emotion/tlc

Title: Sesame Street Family Connection website: Military Families Near and Far homepage

Link: www.familiesnearandfar.org

Title: FOCUS (Families OverComing Under Stress™) website

Link: www.focusproject.org

Title: FOCUS (Families OverComing Under Stress™) website: Focus World homepage

Link: www.focusproject.org/focus-world-intro

DCoE Contact Info

DCoE Call Center

866-966-1020 (toll free)

www.dcoe.health.mil

resources@dcoeoutreach.org

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DCE.MonthlyWebinar@tma.osd.mil