

War Trauma Resources for Military, Veterans & Families [Updated 9.27.10]¹

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I welcome additions/updates for this listing and I periodically re-post revisions on my university web-site.

- This is a *listing and description* of 450+ resources—though *not* an endorsement unless so specified.
- The *length* of descriptive narrative provided for each resource is not necessarily related to the total services provided by the resource or to how effective the resource is.
- I have included descriptions [in quotation marks] that are selected from the resources Web sites.
- If you find that a listed resource is no longer active or contact information is changed, please send me that information so that I can update the listing.
- I initially located about 60 of the resources through the excellent website, TroopSupport.Com, and then have elaborated the accompanying descriptions.
- In compiling this listing, as a Vietnam vet I have been just *amazed* at how many wonderful and active community folks are out there who not only *really care* but also are *doing something* as well on behalf of our Service members, vets and their families!! ☺]

My University of Southern Mississippi web site (<http://www.usm.edu/socialwork/scurfield/>) has 20+ full-text article/handouts available free to the public on war, natural disasters & posttraumatic stress, such as: “*Beyond Walter Reed*”; “*War Trauma Warning Signs, Triggers & Survival Modes*”; “*Dramatic Differences in Deaths at Virginia Tech & Iraq*”; “*The Nexus Between Iraq and Katrina.*” Also, there is information on my three war trauma books: (1) *A Vietnam Trilogy*; (2) *Healing Journeys: Study Abroad With Vietnam Veterans*; & (3) *War Trauma: Lessons Unlearned From Vietnam to Iraq* – available on-line through Amazon, Barnes & Noble, etc.

I apologize for any inaccuracies or incomplete or missing resource information in this listing. Please remember that this is a one-person labor of love. ☺

Pax Mentis (“peace of mind” – unit motto of the 98th Medical Detachment (KO) psychiatric Team in which I served in 1968-69 that was attached to the 8th Field Hospital, Nha Trang, Vietnam)

Dr. Ray Scurfield

The first and most vital resource: you the Service member or veteran and your family. However, you or a member of your family may be in denial that there are post-deployment or continuing problems or are not willing to share or accept help. You’ve got to be able to talk it out, and often--with a trusted family member, close friend, fellow or sister veteran and/or write about it or somehow express what’s going on inside you. Or it will come back on you later.

My experience is that the best way to locate a good counseling resource to help you/your family deal with deployment and post-deployment issues: *get a recommendation from someone you trust*---such as from:

- a fellow or sister Service member/vet
- a military family member
- a clergy or other religious/spiritual advisor/confidant
- a counselor or therapist. For example: see **Give An Hour** web site for available free counseling

¹@ Raymond M Scurfield 2008. This started out in 2008 as a one-page listing of resource suggestions for distribution at presentations.

- a **County Veterans Service Officer (CVSO)**. Free sources of referral information and advocacy in the VA process. [“CVSO’s are accredited by the VA to assist Veterans and are very knowledgeable in the local community re Veteran benefits. See the national Association of County Veteran Service Officers website, as well as other state associations such as CACVSO (California).”] This information provided by Chris Bingham at cbingham@schsd.org.
- a **Veterans Service Organization (VSO)** such as The American Legion, AMVETS, Disabled Veterans of America, Iraq/Afghanistan Veterans of America, Iraq & Afghanistan Veterans Association, Iraq War Veterans Organization, National Veterans Foundation, Paralyzed Veterans of America, Veterans of Foreign Wars, Vietnam Veterans of America *et al.* [See **listing of veterans service organizations officially registered at www.va.gov/vso**].

It should be noted that a number of active duty personnel have difficulty feeling comfortable going to a military resource for mental health concerns because of worry about stigma, the impact on their careers such as reduced security clearance, trust issues with the military system, etc. Similar trust issues characterize a number of veterans and their families in dealing with the Veterans Administration (VA) or other governmental agencies. Hence, a broad range of military, veteran’s affairs, other public and private non-profit resources (secular and religious, politically neutral or not, etc.) all are included in this listing in that all are important elements of a comprehensive array of resources that might be accessed.

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I. Active Duty Military, Reserve & Guard

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***Air Force Family Support Centers Family Readiness Programs** (Air Force, Army, Marine Corps and Navy. See also *Military Ombudsman Programs*)

***Air Force Advocacy Program** (www.airforceafp.org). [“Contains news relating to Air Force families and family programs, the FAPNet directories, commonly asked questions and other related links.”]

***Air Force Chaplain Service** (www.usafhc.af.mil). Provides specific resources for chaplaincy care related to deployment for military members and families.

***Air Force Crossroads** (www.afcrossroads.com) [The official community web site of the U.S. Air Force. Online community network offering a range of information and services such as a communications center for posting information and contacting people around the world, a deployment guide and parenting resources.]

***After Deployment** (www.afterdeployment.org) [*Afterdeployment* is a self-help tool website with “self-checks . . . guides to assist you in understanding your concerns . . . Many people in the Department of Defense and the Veterans Administration helped build *afterdeployment*. You can “meet” the contributors by clicking on

“credits” at the bottom of every screen.” This is a Fort Lewis, WA, initiated site open to individuals and providers.]

***Air Force Suicide Prevention Program** (<http://afsp.afms.mil/>) Provides information and tools to the Air Force community in efforts to help reduce Air Force suicides.

***Army Community Services** (http://www.goarmy.com/families/family_ACS.JSP); See also, for example: *Family Readiness Groups for support and information at the local base. See also: <http://www.rainn.org/get-help/national-sexual-assault-hotline>. RAINN = Rape, Abuse and Incest National Network and National Sexual Assault Hotline at 1.800.656.HOPE. Also: <http://www.RAINN.org/get-help/national-sexual-assault-hotline>.*

***Army Suicide Prevention Program** (<http://www.armvg1.army.mil/hR/suicide/default.asp>)

***Army Wounded Warrior Program (AW2)** (<http://www.aw2.army.mil/hR/suicide/default.asp>). Provides news and information on Army initiatives to reduce suicides and links to resources.

***Battlemind Training** (www.battlemind.org) [Excellent multi-media resource for orienting military personnel for deployment and return. Also: *Spouse Battlemind Training; Warrior Adventure Quest*—high adventure sports combined with **Battlemind Training**]

***Coast Guard Employee Assistance Program (EAP)** (www.uscg.mil/tcyorktown/support/easp.asp) Support system for employees of the U.S. Coastguard with personal, family or job-related problems that also provides a confidential means to improve like skills or obtain help.

***Courage to Care** (www.usuhs.mil/psy/couage.html) Electronic health campaign for military and civilian professionals serving military communities and families; provides electronic fact sheets on health topics relevant to military life.

***“Cover Me” Video.** (www.semperfund.org) Video emphasizing the importance of recognizing combat stress as a natural bi-product of combat and operational tempo in the Marine Corps, including messages from: the Commandant; Commander of Joint Forces Command; Sergeant Major of the Marine Corps; and Marines affected by combat stress.

***Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury** (<http://www.dcoe.health.mil/>). Note that there is now available (September 2010) a Mild TBI Pocket Guide that can be requested through info@dybic.org or 800.870-9244. This great website has separate tabs for Warriors, Families, News Media and Health Professionals, respectively.

*** DCOE For Warriors:** DCoE is an open door to the Department of Defense for all warriors. Whether you are an active duty, National Guard or Reserve warrior, or one of our nation’s veterans, DCoE can assist you in finding the answers to your questions about psychological health and traumatic brain injury. Through partnerships with the Department of Defense, the Department of Veterans Affairs and a national network of military and civilian agencies, community leaders, advocacy groups, clinical experts, and academic institutions, DCoE places resources in your hands to help you with your concerns. From administrative discharge, to combat stress signs and symptoms and up-to-date treatment options for psychological health concerns and traumatic brain injury, qualified health consultants are on hand 24/7 at our [Outreach Center](#) to assist you. In addition, DCoE has launched the [Real Warriors Campaign](#) to combat the stigma associated with military service members seeking psychological health care and treatment: [TBI Information](#); [What is the Real Warriors Campaign?](#); [Before Deployment: How can I handle the stress of preparing for deployment?](#); [After Deployment](#); [Locating Healthcare: Military Health Support Services at DCoE](#); [DCoE Outreach](#)

Center; Resources. Additional information available for Active Duty, National Guard and Reserve and Veterans on the Real Warriors site.

- * **DCOE For Families:** Family members are a unique and strong part of the military community. DCoE recognizes that family members should be able to easily find the resources needed to answer their questions about psychological health and traumatic brain injury. DCoE brings together a variety of interdisciplinary resources and centers of excellence that can help family members identify community and military resources to help better understand and cope with psychological health and traumatic brain injury concerns affecting them or the warriors they love: Helping Bereaved Military Children; TBI Information; Adjusting to Changes: What do I need to know or do before my spouse returns from a deployment? Taking Care of Yourself: How can I take care of myself while supporting my service member after deployment? Supporting Your Service Member: How can I support my family member who is dealing with psychological health issues? Helping Children Cope with Deployments and Reunions: What can children expect during a deployment? **DCoE Outreach Center Feature Series: “Couple Tidbits”** Expectations and Reality; Listening Skills; Dealing with Conflict; Learn to Be More Loving; Resources.
 - * **DCOE For Health Professionals:** DCoE provides information and resources on traumatic brain injury, psychological health issues, and combat stress specifically tailored to health care professionals. Here you can learn about treatment options for PTSD and review tips for civilian health care professionals treating military patients. Visit the Resources page to access evidence-based clinical practice guidelines, as well as relevant Web sites and reports. TBI Information. PTSD Treatment Options. Tips for Civilian Health Care Professionals Treating Chronic Symptomatic Mild Traumatic Brain Injury and Post-Traumatic Stress Disorder. Joining the TRICARE Network: How do I become a TRICARE-accepting provider? Resources. DCoE Outreach Center.
 - * **DCOE For News Media:** additional information is provided on the website.]
- *DCOE Warrior Resilience Conference Toolkit, Full Operational Capability, Defense Centers of Excellence, 2009: the following are listed under “Service Programs and Resources”:**
- **Air Force Programs and Resources:** Air Force Readiness EDGE for Commanders and Supervisors; Air Force Readiness EDGE for Families, Airmen and Family Readiness Centers, Frontline Supervisors Training, LANDING GEAR, Leader’s Guide for Managing Personnel in Distress; and Warrior Resiliency Program—Virtual Reality Study.
 - **Army Programs and Resources:** Army Center for Enhanced Performance (ACEPP), Battlemind, Comprehensive Soldier Fitness, Field Manual 4-02.51 (FM 8-51) Combat and Operational Stress Control; Field Manual 6-22.5 (MCRP 6-11C) (NTTP 1-15M) Combat Stress; Field Manual 22-51 Leader’s Manual for Combat Stress Control; Field Manual 8-51 Combat Stress Control in a Theater of Operations, and Soldier’s Guide to Deployment-related Stress Problems.
 - **Marine Corps Programs and Resources:** Combat Operational Stress Control (COSC) Program; Combat operational Stress Control (COSC) for Marine Leaders Pocket Guide; Families Overcoming Under Stress (FOCUS) Project; Marine Corps Martial Arts Program (MCMAP); Leaders Guide for Managing Marines in Distress; and Operational Stress Control and Readiness (OSCAR).
 - **Mental Health Self-Assessment.** (www.militarymentalhealth.org/welcome.asp). Tool designed for individual self-assessments with regard to mental health issues; informs whether or not symptoms are consistent with a condition or concern that would benefit further evaluation or treatment; and gives guidance on where to seek assistance.

- **National Guard Programs and Resources:** Army national Guard “Ready and Resilient Campaign 2009”; Indiana National Guard Passport to Success; Kansas Air National Guard Re saliency Center; South Dakota Air National Guard Family Networking; Mobilization Guide; and Yellow Ribbon Reintegration Program.
- **Navy Programs and Resources:** Care for the Caregiver; Fleet and Family Support Centers; Leader’s Guide for Managing Personnel in Distress; Navy Expeditionary Combat Readiness Centers; The Navy Center for Combat and Operational Stress Control; Operational Stress Control (OSC) Program; and Safe Harbor Program.

***DCOE Outreach Center** ([http://www.dcoe.health.mil/medua/DCoE News/DCoE Outreach Center.aspx](http://www.dcoe.health.mil/medua/DCoE%20News/DCoE%20Outreach%20Center.aspx)). Answers questions about psychological health and traumatic brain injury 24 hours per day/seven days per week from members of all the Services (including National Deployment Health Clinical Center (www.pdhealth.mil)). Provides information on services that improve post-deployment health. Provides resources and links to information regarding clinical care, mental health, emerging concerns, communication and education, and deployment related research.

***Hooah4Health** (www.hoah4health.com). The US Army health promotion and wellness web site specifically targeted to members of the National Guard and Reserve’ “a health promotion partnership that allows individuals to assume responsibility to explore options and take charge of their health and well being.”

***Marine Corps Community Services** (usmc-mccs.org/aboutmccs/). [“MCSS exists to serve Marines and their families wherever they are stationed. Every day, throughout their careers and into retirement, MCSS services and programs provide for basic life needs, such as food and clothing; social and recreational needs; and prevention and intervention programsto combat societal ills, that inhibit positive development and growth.”]

***Marine Corps Key Volunteer Networks** (www.usmc.mccs.org). [“The Key Volunteer Network (KVN) is an official U.S. Marine Corps (USMC) Family Readiness program consisting of Marine spouses called Key Volunteers who serve in both active duty and reserve units. The goal of the KVN is to help families achieve and maintain family readiness.”]

***Marine Corps Suicide Prevention Program** (<http://www.usmc-mccs.org/suicideprevent/>). Offers videos, a training curriculum for NCSs and general facts and figures on suicide in the Marine Corps.

***Marine Corp Suicide Prevention Program** (<http://www.usmc-mccs.org/suicideprevent/>)

***Military Exchange Prepaid Calling Cards;** (<http://shop.affes.com/scs/default.asp>) [“The Department of Defense Military Exchanges have been authorized to sell prepaid calling cards to Iraq, Afghanistan and Kuwait for individuals and organizations who wish to purchase these cards for our troops serving overseas in Operation Enduring Freedom and Operation Iraqi Freedom.”The Military Exchange Global Prepaid Calling Cards are being offered for sale to customers not otherwise authorized to make purchases through the Exchange Online Store. **Authorized Exchange customers** please visit our [regular online shopping pages](#) to purchase calling cards.

***Military family and servicemember support centers:** An ombudsman, military mental health person, chaplain or counselor at a military family support center may be very skilled in war-related issues.

***Military Home Front** (www.militaryhomefront.dod.mil) [The DOD “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!”]

***Military Mental Health** (www.militarymentalhealth.org). [DOD site for the Military Mental Health Assessment Program: offers service personnel/their families the opportunity to take anonymous mental health and alcohol use self-assessments on-line, via telephone or at special events. After completing the self-assessment, referral information is provided for TRICARE, Military One Source and Vet Centers.]

***Military OneSource** (www.militaryonesource.com) [Offers time-limited assistance and is available 24/7 at: 1-800-342-9647. See also their **Wounded Warrior Resource Center Website**.]

***National Guard Family Youth Project** (www.guardfamilyyouth.org). Designed for Army and Air National Guard Youth. Contains age appropriate information and activities for children from two to eighteen years of age. Also offers an interactive course that addresses teen deployment issues.

***Navy Chaplain Care Webpage** (<http://chaplaincare.navy.mil/index.htm>). Provides spiritual guidance and support through a web-based format that offers: prayers, resources for personal growth, and opportunities to receive online assistance for personal and spiritual concerns.

***Navy Family Ombudsman/Deployment Support Programs** [Contact through the local Fleet and Family Support Center—“ a volunteer program, appointed by a Navy Commanding Officer, to serve as a link between command leadership and command families. This link has been developed for appointed Ombudsmen to enhance communication amongst Ombudsmen.”]

***Navy Fleet & Family Support Centers** (<http://www.nffsp.org/skins/nffsp/home.asp>)

***Navy LIFELines** (<http://www.lifelines.navy.mil/lifelines/index.htm>). Provides information and services regarding quality of life, including career, health, and safety topics for Active and Reserve Marines, Sailors and families.

***Navy Suicide Prevention Program** (<http://www.npc.navy.mil/CommandSupport/SjicidiePrevention>). Provides tools and resources for leaders and commanders on suicide prevention; features section on myths and truths related to Sailors and suicides.

***OASD Reserve Affairs** (<http://www.defenselink.mil/ra/>). Provides information for Reserve components including family readiness programs and tools, income replacement program, TRICARE benefits, and links to publications and policies.

***Operation Healthy Reunions** (www.nmha.org/reunions). Provides education to help combat stigma among Service members, families and medical staff.

***Our Survivors** (www.armyfamilysonline.org). U.S. Army resource for survivors of deceased Service members providing a variety of behavioral health resources including “Guide for Families of Fallen Soldiers.”

***TRICARE** (<http://www.tricare.mil/>) [“The health care program serving active duty service members, National Guard and Reserve members, retirees, their families, survivors and certain former spouses worldwide. As a major component of the Military Health System, TRICARE brings together health care resources of the uniformed services and supplements them with networks of civilian health care professionals, institutions, pharmacies and suppliers to provide access to high-quality health care services while maintaining the capability to support military operations.”]

***TRICARE Telemental Health Services**

(<http://www.tricare.mil/mybenefit/home/MentalHealthAndBehavior/GettingHelp/TelementalHealth>).

Regional contractors using medically-supervised, secure audio-visual conferencing to link beneficiaries with offsite providers.

***U.S. Army Center for Health Promotion and Preventive Medicine (USA CHPPM)** (<http://chppm->

www.apgea.army.mil/). Provides news and resources to current issues in clinical and field preventive medicine, environmental and occupational health, health promotion and wellness, epidemiology and disease surveillance, toxicology and related laboratory sciences.

***WarriorCare.mil** [Centralized & comprehensive DOD Web portal with links to health-related programs and resources offered by the Army, Navy, Air Force, Marine Corps, DOD & Veterans Affairs]

II. Other DOD and governmental resources include:

***America Supports You** (<http://www.americasupportsyoud.com/AmericaSupportsYou/index.aspx>).

[“Department of Defense program dedicated to communicating citizens’ support to the men and women serving in our Armed Forces and their families . . . currently lists more than 350 non-profit groups that are devoted to helping our service men and women. These groups provide a multitude of services, including financial assistance, sending care packages and letters, and helping our wounded warriors . . . You are entitled to the military resources, and the aid societies all exist to help service members with emergent needs such as: Army Emergency Relief - <http://www.aerhq.org>; Navy-Marine Corps Relief Society - <http://www.nmcrs.org>; Air Force Aid Society - <http://www.afas.org>; and Coast Guard Mutual Assistance - <http://www.cgmahq.org>]

***Americas Heroes at Work** (www.americasheroesatwork.gov/forEmployers/presentations/TBIptsd)

[“America's Heroes at Work, a unique U.S. Department of Labor program that addresses the employment challenges of returning Service Members and Veterans living with Traumatic Brain Injury (TBI) and/or Post-Traumatic Stress Disorder (PTSD), is pleased to announce the availability of its new web-based training resource, TBI, PTSD and Employment.”]

***Army Survivor Outreach Services program**, Department of the Army. (Contact: Donna Engeman, Army Survivor Outreach Services, Department of the Army Headquarters, A4700 King Street, 4th Floor, Family Programs, Alexandria, VA 22310. 703.861-0643.

***Battlemind Telephone Support Groups:** Army and DoD funded research study administered by the Memphis Veterans Affairs Medical Center for the spouses of Service members who were deployed at least one time to Iraq or Afghanistan. Free confidential telephone support groups are one hour, one time a month for 12 months. Spouses learn ways to manage stress and solve problems related to reintegration, education about Post Traumatic Stress Disorder, Traumatic Brain Injury and other common problems. For information or to enroll: contact Spouse Battlemind at 1-800-636-8262 x7485 or <http://www.myarmyonesource.com/News/2010/01/battlemind>.

***Community-Based Health Care Organization (CBHCO)**--program for Reserve & Guard veterans, families, healthcare providers, military leaders and employers. Military Innovative PTSD Treatment. [Web search on these key words produces 796,600 results about research and innovative treatment approaches

being utilized by the military, such as acupuncture, Koach Project, Virtual Reality Exposure, Reality Therapy, EMDR, Military Sexual Trauma, Restoration and Resilience Center at Ft. Bliss . . .]

***Focus Project** (<http://www.focusproject.org/>). [“FOCUS –Families Overcoming Under Stress-- Family Resiliency Training for Military Families. provides resiliency training to military families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story. As a service initiated by the Bureau of Medicine and Surgery (BUMED), FOCUS Project addresses concerns related to parental combat operational stress injuries and combat-related physical injuries by providing state-of-the-art family resiliency services to military children and families at designated Navy and Marine Corps sites. In 2009, FOCUS Family Resiliency Services have been made available to Army and Air Force families at designated installations through support from the Department of Defense Office of Family Policy.”]

***Military Severely Injured Center.** ((<http://www.militaryonesource.com/skins/MOS/home.aspx>) [“Military Severely Injured Center, a service of the Department of Defense’s Military OneSource Program, was established as a 24/7 family support service. The Military Severely Injured Center (MSI Center) is dedicated to providing seamless, centralized support -- for as long as it may take -- to make sure that injured service members and their families achieve the highest level of functioning and quality of life. Services are provided to severely injured service members or the family member of a severely injured service member. The dedicated staff at the MSI Center can help cut red tape; understand what benefits are available and help to get them; identify resources; and obtain counseling, information, and support. Injured service members and their families can call MSI Center around the clock for this free service. A care manager provides personal, ongoing assistance related to: financial resources; education, training, and job placement; information on VA benefits and other entitlements; home, transportation, and workplace accommodations; personal, couple, and family issues counseling; personal mobility and functioning. The MSI Center coordinates closely with each service branch's injured support program -- Army Wounded Warrior Program, Marine for Life Injured Support, Air Force Palace HART, and Navy Safe Harbor. The MSI Center provides educational materials that can help families understand and tackle issues related to concerns that injured service members often have, from helping children and spouses with the challenges they face, to concerns about making homes and vehicles accessible, to building new relationships. They also provide a Career Center that supplements their career planning services, including employment and benefits information for both injured service members and their spouses.”]

***National Resource Directory** (www.nationalresourcedirectory.gov). [Comprehensive online partnership for wounded, ill and injured service members, vets, their families and those who support them: maintained by the DOD, Labor and VA]

***Real Warriors Campaign** (<http://www.realwarriors.net>). [“For psychological health and traumatic brain injury: Information and resources: 866.966.1020.). The Real Warriors Campaign is an initiative to launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families. . . . To reach the broadest audience possible, the campaign features a variety of strategies including outreach and partnerships, print materials, media outreach, an interactive Web site and social media. The campaign features stories of real service members who have sought treatment and are continuing to maintain successful military or civilian careers. In addition, DCoE established the DCoE Outreach Center, a 24/7 call center staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury. The Outreach Center can be reached toll-free at 866-966-1020 or via e-mail at resources@dcoeoutreach.org.”]

***Resources for Military Children Affected by Deployment** (<http://www.armymwr.com/cys-images/Deployment%20A%20Compendium%20of%20Resources.pdf>) [Compilation by U.S. Army Family and Morale, Welfare and Recreation Command, Children and Youth Services. January, 2008. Includes links to books for children, deployment kits for children and families, deployment/resources for parents and staff, and websites for children, parents and teachers]

***U.S. Veterans Corps** (<http://www.theusvc.com/about.html>) [“ US Veterans Corps - Represent you. Guide you. Help you. *USVC Objective:* To aid local Veterans, Reservist, National Guard, and Active Duty servicemen and women. *USC Mission:* To participate in a community service projects and events with a “hands on” mission/deployment attitude! *USVC Services:* Community Service, Camaraderie and Networking events, Job/Career Development, Veteran’s Affairs assistants, Housing Assistants, and Awards & Recognition; *USVC Motto:* A Higher Calling! The US Veterans Corps was an idea that was based on the experiences that Veterans Andrew Ladner and Chris Lawson had while deployed to New Orleans, LA for the season finale of ABC’s Extreme Makeover Home Edition and the local veterans project Operation: Coming Home. Operation Coming Home was a project that the Triangle Real Estate and Construction Veterans (TREACV) and the Home Builders Association (HBA) built a Hero Home for a disabled combat veteran. Andrew Ladner produced and directed the Operation: Coming Home Key Ceremony event ([click here for video](#)) for the HBA and the TREACV. When the keys were delivered and the event ended there was a strong urge from Andrew, Chris, and several other veterans to continue the mission; Thus the creation of the US Veterans Corps. The USVC strives to provide a growing list of ways to join together in following areas: Hands On Community Service; Camaraderie & Networking; Veterans Affairs Assistance; Awards & Recognition; Housing Assists; Job/Career Development.”]

***Warrior Reintegration Units and Warrior Resiliency Units**

***Warrior Transition Battalions and Warrior Transition Units (Community-Based Warriors in Transition Units or CBWTU’s)**

***Yellow Ribbon Reintegration Program** (for Guard and Reserve to insure family readiness).

For example, a number of states have “Beyond the Yellow Ribbon” programs, such as in Mississippi and Minnesota [“Bringing Soldiers and Their Families All The Way Home. The Minnesota National Guard has pioneered a program in hopes of changing how Soldiers and Airmen are reintegrated back to their communities. Called Beyond the Yellow Ribbon, the program is named as a reminder that the support of Soldiers cannot end when they return from deployment and the yellow ribbons are untied.” Programs include reintegration activities at specified intervals for individual servicemembers, families and units; and information/assistance regarding such subjects as health benefits, legal, employment and education.]

III. The VA (U.S. Department of Veterans Affairs):

***VA Vet Centers**—over 200 throughout the country; most have several veterans on staff experienced in working with war vets (Web: *VA Vet Centers Facilities Locator & Directory*; also: http://www.vetcenter.va.gov/Vet_Center_Services.asp; <http://www.vetcenter.va.gov>).

***Vet Center counseling contractors** in locations apart from existing VA facilities; if the vet is eligible, VA pays the costs. Contact the nearest Vet Center to see if such counseling can be authorized.

***VA Module:** Understanding military culture. www.ptsd.va.gov/professional/ptsd/01/course-modules/military_culture.asp

***VA Suicide Prevention Hotline.** If you are a veteran in emotional crisis and need help immediately, call this toll-free number, **1-800-273-8255**, available 24/7, and tell them you are a veteran. All calls are confidential.

***My HealthVet** [My HealtheVet (MHV) “is the VA’s gateway to veteran health benefits and services. It provides access to: trusted health information; links to Federal and VA benefits and resources; the Personal Health Journal; and online VA prescription refill. In the future, MHV registrants will be able to view appointments, co-pay balances, and key portions of their VA medical records online, and much more! My HealtheVet is a powerful tool to help you better understand and manage your health.”]

***National Center for PTSD (ncptsd.va.gov).** Lots of easy to read information and includes the PILOTS data base—the *world’s largest* data base regarding war trauma and post-traumatic stress.

***National Resource Directory (NRD)** (www.nationalresourcedirectory.gov). Online tool for wounded, ill and injured Service members veterans, families, and support personnel. Provides access to more than 11,000 services and resources at the national, state and local level.

***Treatment of PTSD** (<http://www.PSD.va.gov/public/pages/treatment-ptsd.asp>) [Nice overview of PTSD and some appropriate treatments, as well as “PTSD Overview”, “Common Reactions,” etc.]

***VA Medical Centers.** In addition to **OIF/OEF (Operation Iraqi Freedom/Operation Enduring Freedom) Coordinators** who can be very helpful for linking Iraq and Afghanistan vets with VA resources, other **VA staff** such as social workers, psychologists, clinical nurse specialists, occupational therapists, chaplains or psychiatrists might be particularly skilled working with war veterans. Along with VA Substance Dependence Rehabilitation Programs, various other VA residential, homeless and health/mental health programs and clinics. See also: www.oef/oif.va.gov website; VA hospital Women Veterans Coordinators (responsible for coordinating female veteran services to facilitate women veterans to receive appropriate care and referrals).

VA medical facilities each typically will have a combination of several of the following specialized PTSD programs:

Outpatient PTSD Programs (SOPPs):

- **PTSD Clinical Teams (PCTs):** Provide group and one-to-one evaluation, education, counseling, and psychotherapy.
- **Substance Use PTSD Teams (SUPTs):** Offer outpatient education, evaluation, and counseling for the combined problems of PTSD and substance abuse.
- **Women's Stress Disorder Treatment Teams (WSDTTs):** Provide women veterans one-to-one and group evaluation, counseling, and psychotherapy.

Intensive PTSD Programs (SIPPs):

- **Evaluation and Brief Treatment of PTSD Units (EBTPUs)** provide PTSD evaluation, education, and psychotherapy for a briefer period ranging from 14 to 28 days.
- **PTSD Residential Rehabilitation Programs (PRRPs)** provide PTSD evaluation, education, counseling, and case management that focus on helping the survivor resume a productive involvement in community life. PRRP admissions tend to be 28 to 90 days.

- **PTSD Day Hospitals (DH)** is outpatient and provides individual treatment planning and counseling in a less restrictive environment than in the VA Inpatient Units. Patient comes in daily or several times a week for 4-8 hours each visit.
- **PTSD Domiciliary Units (PTSD Dom)** provide time-limited residential treatment focusing on rehabilitation. This program replaced the PSU (PTSD Substance Use Units). Their mission is to facilitate transition to outpatient mental health care.
- **Specialized Inpatient PTSD Units (SIPUs)** provide trauma-focused evaluation, education, and psychotherapy for a period of 28 to 90 days of hospital admission.
- **Women's Trauma Recovery Program (WTRP)** was opened by the Palo Alto, CA VA in 1992 as part of the National Center for PTSD. It is an intensive 60-day residential program with an emphasis on interpersonal skills and a focus on war-zone related stress as well as MST (Military Sexual Trauma).
- **VA Partnerships with Other Community Resources.** As one illustration of an impressive initiative to foster collaboration between the VA and other community providers, see "Our Turn Network:" "Community Partners Serving Veterans & their Families In South Mississippi. Co-sponsored by the VA Gulf Coast Veterans Health Care System and the Mississippi Department of Employment Security (Veterans Services). Veterans and their families have already served us. Now it is "Our Turn" to serve them. Representatives from Human Service Agencies, Healthcare Facilities, Local Government, Community Colleges, Universities, Biker Clubs, Car Clubs, Faith - based groups, Service Organizations, Fleet and Family Support, Family Readiness Programs, and Local Employers are invited to participate. The goals of the Our Turn Network are to: Provide quarterly networking opportunities for community partners to share information about existing services for Veterans and their families Identify needs of active duty Military and recently returning Veterans and their families as they transition back to civilian life Identify ongoing needs of Veterans who served in earlier conflicts as well as the needs of their family members. Develop community based strategies to respond to these needs here in South Mississippi. For more information contact: Leigh Ann Johnson, LCSW. Local Recovery Coordinator/Consultant, Gulf Coast Veterans Health Care System, at: Leigh.Johnson2@VA.gov"

IV. State Departments of Veterans Affairs

State DVA's provide information and referrals & some provide direct counseling services such as Washington State which has had a significant network of counseling contractors throughout the state for many years. Currently New Jersey, Illinois, and Washington State DVA's have outpatient programs. Wisconsin and Texas also have special arrangements with the VA that help to provide services to remotely located veterans. *[I apologize for not listing all 50 State Departments of Veterans Affairs; at this point, I am confining this list to State DVA's that I know about that have a special counseling program -- beyond benefits counseling -- of some kind for vets. I would be very happy to add additional ones if information is provided to me.]*

***Washington State DVA** (www.dva.wa.gov and click on PTSD/War Trauma Program). I have had substantial personal interactions with the Washington State DVA, their director Tom Schumacher and a number of their impressive contract counselors throughout the state of Washington. To me, this is a model PTSD counseling program for any state department of veterans affairs to consider. In addition to a *long-standing outpatient contractor provider program* (that as of September, 2010, had 38 funded contractors), the WSDVA also has expanded to provide additional programs, to include: *School-aged Classroom-Based Curriculum and Consultation Services*, a *Veterans Friendly Campus Program* (to help higher education and campuses address the special needs of veterans who are returning home from war), a *Veterans*

Conservation Corps (that includes College Navigators who are OEF and OIF veteran student who provide peer guidance on campus to fellow veteran students, and a *King County PTSD Education and Training Project* that offers several trainings monthly to a variety of agencies, professional organizations, faith-based groups and non-WSDVA professionals seeking to offer effective treatment to war veterans. Finally, WSDVA also publishes a stimulating and informative *Repetition and Avoidance Quarterly - WA State PTSD Program* that is available to download. “The *RAQ* is intended as a contractors’ newsletter for the communication of information relevant to the treatment of PTSD in war veterans and their families. To be included in our E-mailing list, contact WDVA, Tom Schumacher, or Emmett Early and send us your Email address. The *RAQ* can also be read online by going to the WDVA website www.dva.wa.gov. Once you arrive at the website, click on PTSD, and once on the PTSD page, scroll to where you find access to the *RAQ*.”]

***New Jersey State Department of Military and Veterans Affairs**

(<http://www.state.nj.us/military/veterans/>) (Counseling Hotline: 1-866-VETS-NJ4)

***Illinois State Department of Veterans Affairs** (<http://www.illinoiswarrior.com/>) (See” The Illinois Warrior Assistance Program . . . provides confidential assistance for Illinois Veterans as they transition back to their everyday lives after serving our country. Our health professionals are here to help. In the military, you are trained to be physically, mentally and emotionally tough. But our service members need to know that mental and psychological wounds can be just as debilitating as external, physical injuries and they need to seek help for these wounds. We all need to do everything we can to help our warriors when they return home – we owe it to them.” Confidential Phone Line for counseling assistance: 866.554-IWAP (4927).

***Texas Veterans Commission** (<http://www.tvc.state.tx.us/>). (Among a number of services, see *TexVet* <http://www.texvet.com/>): “*TexVet: Partners Across Texas* is the collaborative effort of federal, state and local organizations, that focuses on bringing our military members and those that care about them a wealth of resources. The resources identified through *TexVet* are meant for anyone who is serving or has served in any branch of the military, as well as the others who care about a service member. . . Dial 2-1-1 to speak directly with an information specialist. 2-1-1 is a non-emergency telephone service that provides information and referrals from organizations across the state. All information you share with 2-1-1 is confidential.”)

V. Surfing the Web: Other Information & Resources (mostly non-governmental) Regarding Active Duty, Veterans & Military Families/Children (over 400 listings in this section)

***Adopt a Platoon** (<http://adoptaplatoon.org>) [“. . . organization managed nationwide by volunteer mothers to ensure that deployed United States Service members in all branches of the military are not forgotten by providing needed mail support and to promote patriotism in our schools and communities . . . AAP created projects that meet the need of military requests, established special projects for holidays, and assigns individual morale lifting mail support to service members of all branches of the U.S. military . . .”]

***Adopt a Soldier** (www.adoptaussoldier.org) [An organization “to honor active US military personnel, Adopt A US Soldier is a volunteer-based program that connects supportive Americans with deployed soldiers and offers a channel by which to communicate encouragement and express gratitude to the brave men and women serving our nation.”]

***Aftermath of War** (www.aftermathofwar.com.au). [“Welcome! by Nicole on February 24, 2009. Welcome to Aftermath of War, a support website designed to offer help and the opportunity to make friendships for youth who have had a parent or guardian return from war. You are welcome to look around, post some notes, and most importantly let me know what you want on the website and what would be most helpful to you as the child of a veteran.”] Note: this is an Australia-based organization that wants very much to network with anyone else interested in supporting children of servicemembers and veterans.

***Air Force Wives** (<http://groups.xanga.com/groups/group.aspx?id=644092>) [“A place for Air Force Wives from all over to come to meet and support each other.” Also provides links to other self-support blogs.]

***American Academy for Pediatrics “Support for Military Children and Adolescents”** ([Http://www.aap.org/sections/uniformedservices/deployment/index.html](http://www.aap.org/sections/uniformedservices/deployment/index.html)) Designed to support military youth, families and the professionals caring for this population. Provides resources such as guides for providers and parents, and video for children about deployment.

***American Combat Veterans of Wars** (www.acvow.org). [“ACVOW is a nonprofit, community-based veterans' advocacy organization. Our combat veteran volunteers mentor, advise and assist our country's warriors with combat stress, helping them and their families lead productive and fulfilling lives in the wake of combat. If you or someone you know may be suffering from post traumatic stress as a result of combat, call us now at 858.552.7501. Warrior's 24 hour Suicide Prevention Hotline: 800.273.8255.”] ACVOW comes very highly recommended by Rhonda Jordal.

***AmericanHeroesProgram.com** [program “to send in a convenient, inexpensive way to say thank you to troops overseas, and to wounded soldiers under medical care here in the States.”]

***(The) American Veteran** (<http://theamericanveteran.org/links/other/support.html>) (Provides “support to our troops links” to a variety of resources.)

****American Veterans and Servicemembers Survival Guide. How to Cut Through the Bureaucracy and Get What You Need – And Are Entitled to.*** By: Veterans for America (2007) (www.veteransforamerica.org). [A very comprehensive (500 page) electronic book that tells it like it is regarding benefits, services, legal rights, strategies to navigate the complex maze of federal and organizational regulations and procedures, etc. The 28 chapters include: “Service Compensation, Explaining the VA Claims and Appeals Process, VA Attempts to Recover “Overpayments”, VA Programs for Veterans, Upgrading Less-than-Fully Honorable Getting Your Military Records, Advice for Families and Caregivers of Wounded Servicemembers and Veterans, Family Law Issues for Servicemembers, Women Servicemembers and Veterans, and Immigration, Obtaining U.S. Citizenship Through Military Service.”] Note that this new e-book is based in part on the 1985 best-selling book, *The Viet Vet Survival Guide: How to Cut Through the Bureaucracy and Get What You Need and Are Entitled To* by Craig Kubey, David F. Addlestone and Vietnam Veterans Against the War. *Note: I am proud to say that I co-ghost-wrote (I would have almost surely lost my job if I had allowed my name to be used at the time) the original chapter in 1985 on PTSD when I was the National Assistant Director of the VA Vet Center Program in Washington, DC.*]

***American Veterans With Brain Injuries** (www.avbi.org) [“AVBI was organized in 2004 as a grassroots effort whose mission is to offer support to the families of American Servicemembers and Veterans who have suffered traumatic brain injuries.” One activity: AVBI is sending out dog tags and ID cards for veterans to carry in their wallets identifying them as veterans with a brain injury.]

***American Widow Project** (AmericanWidowProject.org; 1.877-297-9436). [“The American Widow Project is a non-profit organization founded by Taryn Davis and dedicated to the new generation of those who have lost

the heroes of yesterday, today and tomorrow, with an emphasis on healing through sharing stories, tears and laughter . . . Military Widow to Military Widow. E-mail us anytime at info@americanwidowproject.org. Our Services: **The Film**: The 75 minute documentary gives a candid look into the stories, struggles and perseverance of 6 military widows. Everything is covered from meeting the love of their life to the knock on the door, life as a single parent, and decorating a headstone. The film is being distributed FREE of charge to all military widows and widowers as a key to the healing process; **The Site**: Built to house ideas, stories, and advice, we have compiled a multitude of resources to help with the lifetime of struggles that come along with being a military widow; **The Newsletters**: Compiles and created by other widows, the newsletters range in content and keep the widows up to date on all our happenings; **The Hotline**: No counselors will be answering the calls, just widows who are going through the same trials and tribulations; **The Events**: We do not hold seminars or have speakers, we have each other. The widows come together to enjoy life the way they did when their spouse was still alive. From surfing to ziplining, we are here to enjoy each other's company and share some of our fondest memories."'] *Note: I have had several contacts with Taryn; I am extremely impressed with Taryn and the AWP. And I have found the AWP video very worthwhile.*

***A Million Thanks** [amillionthanks.org]. ["A year-round campaign to show our U.S. Military Men and Women, past and present, our appreciation for their sacrifices, dedication, and service to our country through our letters, emails, cards, prayers, and thoughts."']

***Any Soldier** [AnySoldier.com]. ["Want to send your support to a Soldier in harm's way, but have no idea of what to send, who to send it to, or how to send it?"]

***Armed Forces Services Corporation** (www.afsc-usa.com). ["After 120 years as a nonprofit, Armed Forces Services Corporation (AFSC) was spun off to become a service-disabled, veteran-owned company, based on the belief that we can touch more lives in new ways by working within the government as a business partner. We still have the heart of a nonprofit, and will always put the people we serve above *profits*. AFSC's mission is to optimize the lives of Warriors, Veterans and their Families, and strengthen the continuum of care by bringing innovative solutions to today's military community. AFSC employs an innovative and quality-based approach to its business. Our approach, coupled with our compassion for the troops and commitment to the mission, helps us deliver the best results to our clients. We help our clients quickly identify the core of the problems at hand and provide them with a plan and execution strategy to achieve their goals. With over a century of providing services and support to Warriors, Veterans and their Families, AFSC is a leading provider of military health and human capital services to the federal government." Services include: Family Information Record (Family Information Record (FIR) Annual Report As an AFSC member, you will receive an annual printout summarizing the complete government survivor benefits your family would receive in the event of your death; claims assistance and benefits education.]

***Armed Service YMCA** [" . . . is a national member association of the YMCA of the USA . . . has provided support services to military service members and their families for more than 140 years, particularly focused on junior-enlisted men and women . . . and their families . . . operates at 16 dedicated branch locations and nine affiliated community YMCAs, as well as six DOD/Department of Homeland Security affiliates worldwide . . . offers essential programs such as childcare, hospital assistance, spouse support services, food services, computer training classes, health and wellness services, and holiday meals . . . "']

***ArmyScholarshipFoundation.org** ["dedicated to providing financial assistance to deserving children of current and former members of the U.S. Army and spouses of currently serving soldiers so they can pursue their educational goals and attend college."']

***Army Wives** [Excellent key words for Web search. See, for example: *Resources for Military Wives, Military Spouse Resources, Real Army Wives Resources*]

Also: Young Army Wives website (<http://www.freewebs.com/katearmywife/weblinks.htm>), among other offerings, lists the following additional related sites: (1) <http://www.militarywives.com/>; (2) <http://www.militaryspousemagazine.com/>; (3) <http://www.sarahsmiley.com/>; (4) www.marriedtothearmy.com; (5) <http://marriedtomyhero.hostclix.com/forum/index.php>; (6) <http://treatsfortroops.com/>; (7) <http://www.armywivesforums.com/>; (8) <http://www.thankmntroops.org/>; (9) <http://marriedtothearmy.com/>; (10) <http://halfmyheart.com/>; (11) <http://www.inourhearts.org/>; (12) http://www.armytimes.com/news/2007/07/navy_memorials_070704w/; (13) <http://www.crystalriverjewelry.com/br12milsup.html>; (14) www.dreamsak.com “has offered a deal for military families--check it out!”

***ArtReach Foundation** (www.artreachfoundation.org) and **ArtReach Project America**

(www.artreachprojectamerica.com). [Founded by Susan Anderson (Susan@artreachfoundation.org): “When natural or military disaster strikes, leaving thousands of traumatized children in its wake, The ArtReach Foundation offers hope. Through a unique program using expressive arts and creative problem solving, children are offered the tools necessary to heal and live productive lives . . . From Katrina to the war torn areas of Bosnia, ArtReach has been an instrument of hope. With our unique program, children are allowed, sometimes for the first time, to express their deepest fears and traumatic experiences, creating the opportunity to heal . . . The ArtReach Foundation has developed a streamlined program that helps numerous children in the US and abroad. Through a “train the trainer” method, ultimately, the teachers living in the affected areas and closest to the children are taught by a small group of ArtReach staff and volunteers. The teachers take this learning back to their respective countries and schools, touching the lives of children one by one. The training is based on the well-founded concept that artistic, imaginative, and self-expressive activities are emotionally healing and promote positive growth and development. The professional staff and volunteers at ArtReach guide each teacher through a series of classroom activities and processes derived from group, art, and drama therapies.” Breaking the Veils, Project Bosnia, Project Gulf Coast and Project America are some of the great programs provided by the ArtReach Foundation. **Project America is a pilot program for soldiers and vets in Georgia** (coordinated by Christi O’Hara and Daniel Steppe) and there is an annual major benefit, the first of which occurred on November 7, 2009 sponsored by ArtReach Foundation.] *Note: I am very impressed with this organization and its staff, serve on their board, am a (volunteer) consultant and attended one stage performance by several participating veterans that was really inspirational.*

***Australian Peacekeeper and Peacemaker Veterans’ Association** (www.peacekeepers.asn.au) [“The Australian Peacekeeper and Peacemaker Veterans’ Association (APPVA), is a veteran non-profit profession of arms and services that encompasses all operations that have involved Australian and New Zealand Defence Forces Servicemen and Women, Federal and State Police, Philanthropic Organizations (Everyman’s Welfare Service, Red Cross, Salvation Army, etc) and Defence Civilians.” It provides a range of services.]

***(the) Band of Mothers** (TheBandOfMothers.com) [“The Band of Mothers are the mothers of The Noble and Heroic Soldiers of the United States Military. We are dedicated in our mission to Step Up, Stand Up and Stick Up For Our Soldiers. Goals: To Proudly Seek, Garner and Nurture Support for our Soldiers.”]

***Beanies for Baghdad** (<http://www.beaniesforbaghdad.com/>) [“1 Million Toys have been distributed since our inception in May 2003 and we are still going strong!!!. . . Beanies for Baghdad is a bridge between our Soldiers, Sailors, Airmen, Marines, the children of Iraq, Kosovo and Afghanistan and very generous kind hearted people back home who want to do a small part to make the world a better place. Our Network of Points of Contact receive joy in passing out donations to young children who have suffered so much and have so little happiness in their life. Many of the children live in extreme poverty.”]

***Better Business Bureau Military Line** (www.military.bbb.org). Consumer education/information for military members and their families. Four service-specific sites are also available:

www.airforce.bbb.org, www.army.bbb.org; www.coastguard.bbb.org, www.navy.bbb.org;:
www.marinecorps.bbb.org.

Beyond the Yellow Ribbon (Minnesota). (<http://www.btyr.org/>). [“Beyond the Yellow Ribbon is a comprehensive program that creates awareness for the purpose of connecting Servicemembers and their families with community support, training, services and resources. *We do this by:* 1. Creating awareness through the Yellow Ribbon Community Campaign and synchronizing sustainable community support networks. 2. Connecting and coordinating organizations, agencies, and companies to provide resources and support to Servicemembers and their families. 3. Delivering a series of formal Yellow Ribbon Training events to Servicemembers and their families before, during and after deployment. 4. Providing an opportunity for Minnesotans to support Servicemembers and their families. Beyond the Yellow Ribbon is united to bring Servicemembers all the way home.”]

***Bob Woodruff Foundation** (<http://remind.org>). [“The vision of the Bob Woodruff Foundation is to provide resources and support to injured service members, veterans and their families -- building a movement to empower communities nationwide to take action to successfully reintegrate our nation’s injured heroes—especially those who have sustained the *Hidden Injuries of War*—back into their communities so they may thrive physically, psychologically, socially and economically. Our Mission is Threefold: We **educate** the public about the needs of service members returning from war...and our nation’s greater need to ensure our heroes and families receive the support necessary to have successful futures. We **collaborate** with key federal, state, and local experts to identify and solve issues related to the successful return of service members from combat to civilian life. We **invest** in national and community-based programs that connect our troops to the help they need — from individual needs like physical accommodations, medical care and counseling, to larger social issues like substance abuse and homelessness. . . The Bob Woodruff Foundation has raised over \$8.5 million for injured service members. To date, BWF has invested \$5.8 million on public awareness, education, and national and community programs which are estimated to impact approximately 516,000 service members, veterans, family members, and support personnel. Through 85 grants to charitable organizations around the country, the Bob Woodruff Foundation has funded programs to reintegrate injured service members and assist their families with the transition.”]

***Blue Fridays** (<http://www.squidoo.com/bluefriday>). [“The fact is, the term "Blue Friday", for whatever reason brought you to this page as it has many more before you. Now, if you really want to support our troops, find a charity from the list below or one you are already familiar with, and make a donation. That will go much further than wearing a certain color on a certain day of the week. Thanks for your visit and thank you to the soldiers who give me the very freedom to type these words. God blesses the USA.”] BlueFridays.org provides the service of listing links to several resources that serve military personnel and veterans, and Blue Fridays is on Facebook.

***Blue Star Mothers** (www.bluestarmothers.org). “National website for this organization started in 1942 by George H. Maines, who placed an article in the Flint, Michigan Newspaper asking moms if they would like to support their country. Over 300 moms showed up at the Flint Michigan Hotel and over 1000 moms had responded. This was reported to Congress of this meeting on February 6, 1942, and the making of Blue Star Mothers. Chapters spread out all of the U.S. in order to support our troops. Moms stepped up to work at train stations—handing out cookies and sandwiches to our troops. Working as volunteers to care for our wounded. Sending out care packages to our troops in a war zone. And support to all mothers of those whose sons were in a war zone. In 1960 the Blue Star Mothers, Inc., was chartered by Congress. To this day we still have mothers joining Blue Star Chapters all over the U.S. We raise money in fundraisers so that we can support our care packages that we still send to our military overseas. We support our Gold Star Families at funerals and keep touch with them to let them know they are not forgotten. We hold two events a year so that our Gold Star

families can get together and meet each other and form friendships. We have dads, wives, sisters, friends and friends who just want to assist us in our cause. We have speakers come in and teach our mothers and associates what resources are out there for their sons and themselves if needed. We support each other once a month at a meeting and cry when we need to without a shame to our tears for everyone sitting at that table. For without words we know what the other is feeling.” Barbara Tears, President, Sacramento Blue Star Moms and Proud mom of a SW2 Apache Pilot. Support@sacramentobluestarmoms.org

***Blue Star Mothers of America** (<http://bluestarmothers.inc>). **See also Blue Star Dads.** [“We do not support any political candidate nor do we endorse any religious organization. . . The military represents all aspects of America as does our organization. We are mothers who now have, or have had, children honorably serving in the military. We are a non-profit (501[c]3) service organization supporting each other and our children while promoting patriotism.... the further object of this organization shall be patriotic, educational, social, and for service; to maintain true allegiance to the Government of the United States; to educate our members and others not to divulge military, naval, or other Government information; to assist in veterans' ceremonies, to attend patriotic rallies and meetings; to foster true democracy; to care for the unsupported mothers who gave their sons to the service of the Nation; to aid in bringing about recognition of the need of permanent civilian defense for each community . . .”]

***Books for Military Children** (<http://www.military.com/opinion/0,15202,121091,00.html>). [Over 30 books recommended in the advisory column, “Field Problems”, at *Military.com.Today in the Military*]

***Books for Soldiers** (www.booksforsoldiers.com) [“BFS is a non-profit corporation, operated as a ministry of the non-denominational, interfaith Order of the Red Grail church in North Carolina . . . Once your application is approved, you will be able to send troops books, DVDs, games and relief supplies. You will also have access to our Pen Pal area and Post Card Jamboree. on average our volunteers fill over 1000 requests a month. Get started today and get your company, civic group or place of worship involved with supporting our troops.”]

***Brain Injury Association of USA** (www.biausa.org) [“Founded in 1980, the Brain Injury Association of America (BIAA) is the leading national organization serving and representing individuals, families and professionals who are touched by a life-altering, often devastating, traumatic brain injury (TBI). Together with its network of more than 40 chartered state affiliates, as well as hundreds of local chapters and support groups across the country, the BIAA provides information, education and support to assist the 5.3 million Americans currently living with traumatic brain injury and their families. If you or someone you love has sustained a brain injury, please call the Brain Injury Association of America at 1.800. 444.6443 for information and resources and/or visit, www.biausa.org.”] [A resource for anyone with a brain injury.]

***Brain Injury Peer Support AVBI (American Veterans with Brain Injuries):** In 2006, “AVBI.org was established to provide a web based peer support network for these veterans and their family members.”]

***Caisson Army Platoon Equine Assisted Program** ([See also “Operation Silver Spurs” “History. Begun in May of 2006, the U.S. Army Caisson Platoon Equine-Assisted Program uses the horses of the Caisson Platoon (part of the Army’s famed Old Guard, whose duties include responsibility for guarding the Tomb of the Unknowns and for military honors during funerals at Arlington Cemetery) and volunteers from the platoon to provide equine-assisted therapy for the Wounded Warriors in treatment at Walter Reed Army Medical Center. The program started as “recreational” therapy, but the results were so impressive that after only four sessions, it became one of the physical therapy options available to the wounded at Walter Reed. On May 1, 2009, the program celebrated its 3rd anniversary. . . The Caisson Platoon Equine Assisted Program is affiliated with Operation Silver Spurs in order to provide a broader scope to our programs. Our joint mission is to partner with veterans and their families to create solutions to help change and improve their lives so they can live with equality, dignity and independence.”]

***Calvin Center's Horses for Heroes Program** (saracchfh@gmail.com or www.calvincenter.org. Tel: 678.438-3116) ["Calvin Center's Horses for Heroes Program is a military serving military program, with not only program participants, but also all volunteers being active-duty or retired military. The program is offered at no cost to participants. In addition, the Calvin Center offers a variety of programming, including summer camp, mission work camp, equestrian programs, CELP (Calvin Environmental and Leadership Program), Global Village, team-building and challenge courses, retreat facilities and facilitation, field trip opportunities for schools, and many other opportunities for custom-tailored programs. Located an hour south of downtown Atlanta, GA."]

***CareForTheTroops.org.** (cftt.hq@gmail.com; 1795 Johnson Ferry Road, Marietta, GA 30062; 770.977.7473) ["Dedicated to the mental health care of our returning troops and their families, we provide information and training to families, clinicians, congregation and community leaders, so that they become more aware of the culture, unique symptoms and issues faced by military families . . . It is a multi-generational issue that is critical for the overall well-being of our society. . . Mission: work to improve the ability of the civilian mental health infrastructure in the State of Georgia, then nationally, to work with military family members; facilitate connecting military families to providers of spiritual and psychological services familiar with the military culture and trauma . . . Operate in an interfaith, non-political manner, focusing on the humanitarian interest that benefits the veterans and their extended family members."]

***Cell Phones for Soldiers** (www.cellphonesforsoldiers.com) [" . . . turned old cell phones into more than 12 million minutes of prepaid calling cards for U.S. troops stationed overseas in 2008. . . expects to collect 50,000 cell phones each month through a network of more than 3,000 collection sites across the country. The phones are sent to ReCellular, which pays Cell Phones for Soldiers for each donated phone – enough to provide an hour of talk time to soldiers abroad. Cell Phones for Soldiers was founded by teenagers Robbie and Brittany Bergquist (in 2004 when they were 12 and 13 years old) from Norwell, Mass., with \$14 of their own money. Since then, the registered 501c3 non-profit organization has raised \$5 million in donations and paid for 30 million minutes of prepaid calling cards as of 12/09 to soldiers serving overseas." "As long as soldiers are away from home," Robbie says, "I hope we can continue to support them."]

***Chastain Horse Park: Horses & Heroes** [www.h4hvhchastain.org; 770-330-0506; e-mail: lholsen@bellsouth.net]. ["Chastain Horse Park, a premier NARHA accredited center located in the heart of Atlanta, is proud to be a part of the Horses for Heroes Program. Chastain offers both mounted and non-mounted therapeutic lessons to help strengthen both the mind and body. Our brave service personnel have been fighting to preserve our freedom and the Horses for Heroes Program would like to give back by offering the amazing healing power a horse can provide."]

***Children of Atomic Veterans** (<http://www.atomicvetkin.com/>) ["Dedicated to all U.S. Atmospheric Nuclear Weapons Test Victims." Site has numerous links to related information and resources.]

***Children of Baghdad-Operation Kids for Kids** (Web search phrase: "Children of Baghdad – Operation Kids for Kids") ["Operation created by Task Force Thunder (1/141st FA BN, 256 BCT, Louisiana Army National Guard) while deployed to Iraq in support of Operation Iraqi Freedom III, asking for help in donating items to the Iraqi children in hopes of bettering their lives."] Note: I do not know if this program is still active, but wanted to list it to illustrate one of many programs instituted by American military units to help the Iraqi people.

***Children of Veterans with PTSD** [excellent key words for Web search]

***Children of Vietnam Veterans** [excellent key words for Web search; see also childrnofvets@yahoo.com]

***Children of World War Two Veterans** [excellent key words for Web search]

***Christian Military Wives** (<http://www.christianmilitarywives.com/>) [Blog for current and prior military wives to “enjoy fellowship with other Christian Military Wives. Make new friends and keep in contact with old friends.”]

***Children of Veterans With PTSD Support Group** [lil_bugga@hotmail.com][23 Nov 2008: Resource being organized by Nikki Reggett, the child of a Peacemaker who has PTSD]

***Coalition to Salute America’s Heroes** (www.saluteheroes.org) (“Disabled American Veterans of the War on Terror must struggle every day to overcome life-changing sacrifices such as the loss of a limb, significant burns, and the reality of being in a wheel chair. The Coalition to Salute America's Heroes was created to provide a way for individuals, corporations and others to support our troops by helping severely wounded and disabled Operation Enduring Freedom and Operation Iraqi Freedom veterans and their families rebuild their lives . . . The mission of The Coalition to Salute America's Heroes is to help the people who have given so much on our behalf overcome these obstacles and resume a productive and fulfilling life through programs targeted to their specific needs . . . is the leading non-governmental provider of emergency financial relief to wounded soldiers from Operation Enduring Freedom/Operation Iraqi Freedom and their families. The Coalition to Salute America's Heroes partners with corporate sponsors, individual contributors, and volunteers to provide a simple and meaningful way for individuals and corporations to help these veterans and their families rebuild their lives.”)

***Combat Stress Research list serve** (<http://groups.google.com/group/combatstressresearch?hl=en>; see also: combatstressresearch@googlegroups.com). “This is the new site of the Combat Stress Injury list started in 2004 at Florida State University to facilitate communication among researchers and practitioners. This Group will, in addition, contain relevant files and pages, in addition to an email exchange list.”

***Coming Home Collaborative** (www.mpls-synod.org/programs/vets [Veteran’s Ministry Coming Home Collaborative]. [“The Coming Home Collaborative is an open and growing volunteer association of people who are concerned with the psychological and spiritual healing of veterans, especially those currently re-integrating with their families and communities . . . How can your church can reach out to newly returning veterans and their families? Resources available include: Welcome home guide; suggestions for returning soldiers; tips for families in transition; free veterans ministry resources; free copy of *Welcome Them Home: Help Them Heal* book. *A guide for pastors on the ministry of support to our most recent veterans.*: This is a Lutheran Ministry with veterans.]

***Community of Veterans** (communityofveterans.org). [On-line community exclusively for Iraq and Afghanistan veterans.]

***Coma Recovery** (www.waiting.com) [“We are here to help . . . inform . . . share . . . listen. . . We provide information About Brain Injury: Intracranial Pressure, Coma, The Rancho Los Amigos Scale, Neurosurgery, Brain Anatomy, Brain Functions and Pathology, and a complete Glossary of terms you may encounter. . . The ICU Guide explains the function of the equipment in the Intensive Care Unit, the roles played by different members of the medical team, how to get information from doctors and other medical professionals, suggestions on locating other resources, and the role of family members of the patient. . . We answer frequently asked questions in Prognosis, discuss Advocacy, Financial and Legal Issues and answer questions about Discharge and Rehabilitation. . . We also provide information on obtaining further Support and Resources for additional information on brain injury. And we encourage you to e-mail us with any questions which you need addressed.”]

***Coming Home Collaborative** (www.mpls-synod.org/programs/vets; 2315 Chicago Ave S, Minneapolis MN 55404; Phone: 612-871-2967; ListenToVets@comcast.net). [“An open and growing volunteer association of people concerned with the psychological and spiritual healing of veterans, especially those currently reintegrating with their families and communities. Founded by Amy Blumenshine, MSW, and a group of helping professionals affiliated with Walk-In Counseling Center and Our Saviour’s Lutheran Church in Minneapolis.”]

***Coming Home Project** (www.cominghomeproject.net/cominghome) [“. . . devoted to providing compassionate care, support and stress management tools for Iraq and Afghanistan veterans and their families . . . a group of veterans, psychotherapists and interfaith leaders committed to helping transform the wounds of war . . . We build a safe space – a community -- for veterans and their families to come together and share their stories, struggles and accomplishments. Single veterans and wounded warriors are also most welcome . . . a range of free services: residential retreats; psychological counseling; education, training and consultation; self-care for service providers; and community forums . . . emotional, spiritual, relationship, and reintegration challenges faced by veterans and families before, during and after deployment.”]

***Community of Veterans** (Communityofveterans.org). See **IAVA: Iraq and Afghanistan Veterans of America**.

***Daughters of Vietnam Veterans International OR Daughters of Vietnam Veterans** (www.dovv.net. Laura Milczanowski). [“To help organize and network Daughters and Sons of Vietnam Veterans from America, Canada, Australia, Vietnam, and New Zealand. “Daughters of Vietnam Veterans International” is organized as a support group for DOVV's who are active in humanitarian and peace-making efforts across the globe. Our mission is to enable "sisters" to use this organization to network with other "sisters and brothers" with advocacy projects working with Veterans, and Children of Veterans.”]

***Daughters of World War II Veterans** [excellent key words for Web search]

***Daughters of Veterans** [excellent key words for Web search for daughters from Civil War onward]

***David Baldwin’s Trauma Information Pages** (<http://www.trauma-pages.com/trauma.php>.) [Excellent compendium of trauma-related information maintained for many years by licensed clinical psychologist in Eugene, OR: trauma information, articles, resources, books, links . . .]

***Defense and Veterans Brain Injury Center** (<http://www.dvbic.org/>). [“The DVBIC is a congressionally mandated collaboration of the Department of Defense (DoD) and Veterans Affairs (VA) health centers serving patients with TBI. The DVBIC multi-site network includes a growing number of DoD and VA hospitals as well as civilian TBI rehabilitation programs. Each DVBIC site works collaboratively to provide and improve TBI care for active duty military, veterans and their eligible beneficiaries. . . . DVBIC's mission is to ensure expert care coordination and individualized, evidence-based treatment to each patient in order to maximize function and decrease or eliminate TBI-related disability. DVBIC staff work together to provide services and supports to help individuals with TBI return to duty, work and community”]. I have heard excellent feedback re DVBIC. .

***Deployed Military Family Support** (<http://www.dtra.mil/be/deployed/index.cfm>) [This page is a resource to support family members of those who have been deployed, sent on remote assignments or are on extended temporary duty. These links provide vital information to the Department of Defense Military Community and Family Policy office, military policy makers and program staff, as well as information pertaining to individual branches of the Armed Forces . . . These sites are resources for coping during these times of separation, as well as providing vital information on support and policies.”]

***Deployments, Homecoming, Changes** (<http://archive.sesameworkshop.org/tlc/>) [“Sesame Workshop presents this bilingual educational outreach initiative designed for military families and their young children to share.”]

***DET 3 Foundation** (<http://www.Det3.us/>) [“The DET 3 Foundation purpose is to provide direct support to combat troops from the U.S. Army and the United States Marine Corps. The Foundation also provides handheld GPS units to combat commanders from any units stationed in forward areas on a request basis. We began our efforts by working with one specific group, A Troop, 1st of the 75th Cav, 2nd Brigade Combat Team, 101st Airborne Division. . . We were inspired to begin supporting the Marine Corps because of the fierce dedication of a Marine Corps nurse. This young lady (who wishes to remain anonymous) contracted a neurological virus while serving with the Marines in the mountains of Afghanistan. She became extremely ill and was forced to return to the U.S. In spite of her serious illness, she continues caring for “her marines” by seeking help for them from her sickbed. She truly has the heart of an American warrior. We are proud to support the United States Marines in her honor.” “We will support these units until they come home, and then support their replacements, and we will do so repeatedly until they all come home.”]

***Doc’s Military-War Veterans site** [Website by medic Jeff Doc Dentice. Provides information for and about Wisconsin veterans. Includes pictures gallery and events calendar.” with over 20 sub-sites for nurses, military women, POW-MIA, Doughnut Dollies . . .]

***Dog Tags (a Puppy’s Behind Bars program).**

(http://www.markiac.addr.com/PET_LIFE_RADIO/puppies_behind_bars.html). [“In the early 1990’s Gloria Gilbert Stoga decided to leave her job on New York Mayor Giuliani’s Youth Empowerment Services Commission and devote herself full-time to founding a non-profit organization dedicated to training prison inmates to raise puppies to be guide dogs for the blind. Puppies Behind Bars, Inc. formally came into existence in July 1997, and the program was initiated at the Bedford Hills Correctional Facility in November 1997. PBB began with five puppies in the Bedford Hills Correctional Facility, New York State’s only maximum-security prison for women, and now works in six correctional facilities raising approximately 90 puppies at a time. PBB strives to meet the current needs of the communities in which it works and has expanded its goals accordingly. After the events of September 11, 2001, law enforcement agencies’ need for working dogs increased dramatically. To help meet this demand, PBB added the training of explosive detection canines (EDCs) to its program. In 2006, PBB started raising dogs to assist disabled children and adults and launched *Dog Tags: Service Dogs for Those Who’ve Served Us*, through which we donate fully trained service dogs to wounded soldiers coming home from Iraq and Afghanistan. Sgt. Allen Hill: Sergeant Allen Hill is a 41-year-old veteran of the war in Iraq (served two tours). He has been in the Army/National Guard for a combined total of 20 years and is still on Active Duty orders. He was injured in November 2007 and came home from Walter Reed Hospital in March 2008, suffering from acute Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI). He is plagued with nightmares, migraines, bouts of anxiety attacks and claustrophobia. Hill was riding as a gunner on the last truck of a convoy out of Baghdad when his unit was attacked by roadside bombs. Sgt. Hill received Frankie about three months ago. He is the 10th veteran to get a dog through the PBB Dog Tags program.]

***Dog Tags for Kids** (DogTagsForKids.com) [“Help us send dog tags to troops in Iraq, Kuwait, and Afghanistan so they can send them to their kids back home! This is a grassroots effort to show our support for the troops and their families. We tried to think of something we could send Dad or Mom that they could easily send back to their kids. This is something easy to ship and [something the kids can hang on to](#) until Dad or Mom gets back home. Your [donation](#) will help send a tag in the appropriate service color to an appreciative service member. There is NO charge to the service member or their family for these tags. As of September 2010, we have sent 566,718 tags to the troops overseas to send home to their children. Please help us make a difference and thank our troops by putting a smile on their kid’s faces!grass roots effort to show our support for the troops and their families. Your donation will help send a tag in the appropriate service color to an appreciative service member.”]

***Employer Support for Guard & Reserve** (www.esgr.org) [“. . . ESGR is a Department of Defense organization. It is a staff group within the Office of the Assistant Secretary of Defense for Reserve Affairs (OASD/RA), which is in itself a part of the Office of the Secretary of Defense . . . to promote cooperation and understanding between Reserve component members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment. It is the lead DoD organization for this mission under DoD Directive 1250.1. Today, ESGR operates through a network of thousands of volunteers throughout the nation and Guam, Puerto Rico and the Virgin Islands.”]

***Equal Justice Foundation** (www.ejfi.org). [This Web site is maintained and supported by the Equal Justice Foundation, 455 Bear Creek Road, Colorado Springs, Colorado 80906-5820. “The Equal Justice Foundation is a nonprofit organization of citizens from all walks of life working to: • Restore due process • Reverse the loss of our civil liberties • Ensure equality for all citizens before the bar • Establish judicial accountability • Reestablish the rule of law • Preserve the secret ballot • Ensure open, fair, and honest elections • Make the Bill of Rights a living document in our time. Our viewpoints and findings are presented by an eclectic array of male and female authors from a wide variety of fields, backgrounds, and viewpoints.”] While not a veteran’s organization per se, EJJ has been described as having lots of information to help veterans who are having legal problems restore due process.

***Fallen Patriot Fund** (www.fallenpatriotfund.org) [“The Fallen Patriot Fund of The Mark Cuban Foundation was established to help families of U.S. military personnel who were killed or seriously injured during Operation Iraqi Freedom. Financial resources are vital to enhancing the sustainability of the family unit who has suffered a loss because their loved one sacrificed him/herself for freedom. Within that group, grant recipients will be selected in accordance with criteria established by The Mark Cuban Foundation. All proceeds will be disbursed.”]

***Families United** (<http://www.familiesunitedmission.com/>) [“**Families United** supports America's Gold and Blue Star families through social gatherings, educational programs, charitable support, and patriotic activities. Through Families United, military families receive support, resources, and opportunities that they need to cope with the absence of a loved one. We provide a voice for these families to support our troops, veterans, and all who have served to protect our values and freedoms. Families United also provides a means for our veterans to be honored for their service and support to those who are currently fighting, and a place for patriotic Americans throughout the country to support our troops and their families. Families United's Mission Is To: Provide Resources for America's Military Families; Honor the Service and Sacrifice of America's Military Families; Support Our Troops and Their Mission to Keep America Safe; Identify, Honor, and Acknowledge America's True Heroes.”]

Families United Toward Universal Respect (FUTURE) (<http://womenforfuture.org/home.htm>) [“FUTURE is a non-profit, 501(c) 3, organization that supports women in other countries and teaches them an organizational model based on volunteerism that promotes self-reliance, networking, and unity of the family. FUTURE also supports the women by assisting them to establish, sustain, and grow their own volunteer networks. FUTURE has taught a group of Iraqi women this organizational model and has assisted them to form their own organization based on volunteerism called "Women for Future - Iraq." These grass roots efforts have been taking place in Iraq since May 2006 and have resulted in improved leadership skills for the Iraqi women, development of a sense of ownership, increased self-reliance, creation of stronger family relationships, and the building of humanitarian aid and business networks. At the core of this program is the volunteer based, organizational model that brings women together to assist one another with resources, ideas, and support in order to solve problems in their homes and neighborhoods leading to a more stable and peaceful Iraq. FUTURE also sponsors American mothers whose children died fighting in Iraq for trips to Iraq that include meeting Iraqi women who lost their own children during the decades of war and violence.”]

***Family Aware** (www.familyaware.org) [Families for Depression Awareness]

***Family Caregivers** (www.familycaregiving101.org/index.cfm) [“Welcome to the Family Caregiving 101 Web site. If you're caring for a loved one who is ill or disabled, this site was created for you. It's a great place to find assistance, answers, new ideas and helpful advice — for you and your loved one.”]

***Family Support Resources for Military Families** (*Military Money Family Support*) [“*Military Money's* directory of links to family education resources for military families, spouses and servicemembers (to include resource links) regarding “Family Life Education, Military Spouse Resources, Relocation and Deployment, Military Portals, Personal Finances, Military Discount Programs.”]

***Farmer – Veteran Coalition.** (www.Farmvetco.org). [“Farmers helping veterans; veterans helping farmers.” helps returning veterans find jobs, training and places to heal on America’s farms. It’s a way to help veterans and also replace the aging population of farmers and ranchers as they die or retire. “Our mission is two-fold. We need and want more young people going into agriculture and, secondly, we want to create healthy and viable futures for America’s veterans by helping them find employment or careers in agriculture,” said Michael O’Gorman, founder and executive director of the Farmer-Veteran Coalition]

***Finding Balance After the War Zone. Quick Guide for Veterans and Service Members** [Very useful pocket booklet for consumers prepared by Pamela Woll, Great Lakes Addiction Technology Transfer Center, Jane Addams College of Social Work, University of Illinois at Chicago. Pam also is finalizing a *Finding balance After the War Zone Clinician’s Guide*]

***Fisher House** (www.fisherhouse.org) [“a unique private-public partnership that supports America's military in their time of need . . . recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the Departments of Defense and Veterans Affairs . . . Fisher House™ Foundation donates "comfort homes," built on the grounds of major military and VA medical centers [to] enable family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury. . . By law, there is no charge for any family to stay at a Fisher House operated by the Department of Veterans Affairs; and Fisher House Foundation uses donations to reimburse the individual Fisher Houses operated by the Army, Navy, and Air Force. No family pays to stay at any Fisher House! In addition to constructing new houses, Fisher House™ Foundation continues to support existing Fisher Houses™ and help individual military families in need.”] [Note: Fisher House has an *outstanding* national reputation.]

***4MilitaryFamilies.com** (<http://www.4militaryfamilies.com/about.htm>) [“Created by Andrea, an Air Force wife and mother of three . . . which she hopes is a one-stop online resource for military family members.” Includes resource staff re: deployments, education, divorce, finances, health care, legal issues, parenting, PCS help, pets, support for parents, recipes, travel, widows/widowers]

***Freedom Care Program** (www.ubhdenton.com; www.ubhelpaso.com; 866.441-4440). [“Mental health and chemical dependency care for military members, veterans, retirees and their families. Specialties: combat-related ASD/PTSD/addictions/mTBI assessment. Also, ‘exclusively women services . . . The FC team has provided specialized inpatient care for 250+ servicemembers for combat PTSD/addictions and many who have experienced military sexual trauma. Our referrals come from all over the US and overseas.”]

***Freedom is not Free** (www.Freedomisnotfree.com) [“Aiding Wounded Troops, their Families and the Families of the Fatally Wounded . FREEDOM IS NOT FREE, a California based 501(c) 3 non-profit organization, is proud to serve the brave men and women of the military and their families. Since its

establishment in 2005, FREEDOM IS NOT FREE has raised funds to serve, support, and increase awareness with the aim of easing our heroes' and their families' burdens. We have assisted with travel expenses for families of fallen heroes; purchased "burn-beds" for road side bomb victims; helped to refurbish the Wounded Warrior Barracks at Camp Pendleton, CA; arranged the venue and accommodations for a surviving spouse conference; allocated funds for the purchase of equipment to convert conventional clothing into burn victim "tear-aways"; provided logistical assistance and funding for the renovation of a brain trauma center on Camp Pendleton; and provided funds for living expenses for recovering warriors and their families facing extreme financial hardship.”] [Freedom is not Free describes on its website its partnership with **Operation Gratitude**, **United Warrior Survivors Foundation** and **Military Severely Injured Center**—each of which is listed separately herein.]

***Gathering of Eagles** (<http://GatheringOfEagles.org/>). [“Our Mission: 1. Gathering of Eagles is non-partisan. While each member has his or her own political beliefs, our common love and respect for America and her heroes is what brings us together; 2. We are a non-violent, non-confrontational group. We look to defend, not attack. *Our focus is guarding our memorials and their grounds*; 3. *We believe that the war memorials are sacred ground; as such, we will not allow them to be desecrated, used as props for political statements, or treated with anything less than the solemn and heartfelt respect they—and the heroes they honor—deserve*; 4. We are wholly and forever committed to our brothers and sisters in uniform. As veterans, we understand their incredible and noble sacrifices, made of their own accord for a nation they love more than life itself. As family members, we stand by them, and as Americans, we thank God for them; 5. We believe in and would give our lives for the precious freedoms found in our Constitution. We believe that our freedom of speech is one of the greatest things our country espouses, and we absolutely hold that any American citizen has the right to express his or her approval or disapproval with any policy, law, or action of our nation and her government in a peaceful manner as afforded by the laws of our land; 6. However, we are adamantly opposed to the use of violence, vandalism, physical or verbal assaults on our veterans, and the destruction or desecration of our memorials. By defending and honoring these sacred places, we defend and honor those whose blood gave all of us the right to speak as freely as our minds think; 7. We vehemently oppose the notion that it is possible to “support the troops but not the war.” We are opposed to those groups who would claim support for the troops yet engage in behavior that is demeaning and abusive to the men and women who wear our nation’s uniform; 8. We believe in freedom at all costs, including our own lives. We served to protect the freedoms Americans enjoy, and we agree with Thomas Jefferson’s assertion that “From time to time, the tree of liberty must be watered with the blood of patriots and tyrants.”; 9. We will accept nothing less than total, unqualified victory in the current conflict. Surrender is not an option, nor is defeat; 10. We stand to challenge any group that seeks the destruction of our nation, its founding precepts of liberty and freedom, or those who have given of themselves to secure those things for another generation. We will be silent no more.”

***GI Bill information** (www.mygibill.org). [Web site launched by The American Legion “to help vets and their families understand the post-9/11 GI Bill that takes effect August 1, 2009. The site includes explanations of different GI Bill benefits, news alerts, online applications . . . “] [See also “**Today’s GI Bill listed under the “T’s”**”]

***Gift from Within** (<http://www.giftfromwithin.org/>) [“...a non-profit organization dedicated to those who suffer post-traumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized individuals; develops and disseminates educational material, including videotapes, articles, books, and other resources through its website; and maintains a roster of survivors who are willing to participate in an international network of peer support.” Example: a 2009 produced podcast, **Practical tips for military families living with combat stress and PTSD**, at <http://www.giftfromwithin.org/html/podcast1ram.html>]. *Note: I am very impressed with the wonderful products and work of Gift from Within. Please check out their substantial holdings available on compassion fatigue and many aspects of trauma.*

***Give to the Troops** [*Give2TheTroops*] [“Supports deployed U.S. troops with loving care packages and letters from all over the nation.”]

***Gold Star Families** [see also *Gold Star Fathers*, *Gold Star Dads*, *Gold Star Mothers*, *Gold Star Wives*, *Gold Star Family Support Center*, *Gold Star Children*, *Gold Star Families Speak Out*, *Gold Star Families for Peace*; *Helping Unite Gold Star Survivors*] [The various Gold Star organizations each provide services for the families who suffer the loss of a service member – a constituency that oftentimes “does not have a voice” and is not eligible for many of the services that are available for active duty personnel or veterans or their families; some Gold Star organizations are activists in promoting peace.]

***Grace After Fire** (<http://www.graceafterfire.org>). [A web site for women vets helping women vets. “It takes a lot of effort and dedication to make a special place like Grace. Everything that she is and will become relies on the courage and dedication of our volunteers Come meet the amazing women from Vietnam to Iraq and Afghanistan who gave their time, heart, and soul so you would have a home to call your own. Welcome Members, Friends and Family, and our Partners! We are here to help each other. If you need someone to talk to, call us at our toll free number 877.490.5797. Meet our Elite Partners: Sante’ Center, The Refuge, and Pine Grove Women’s Center. A few of our other private partners include Give an Hour for free counseling, Tex-Vet outreach across Texas, CareFlash for healing support, Network of Care for online resources, Southworth and Associates for intervention, and A-I-R our national call center for access to mental health and addiction treatment nationwide.”]

***Grief and Support Resources for Military Widows, Family Members, and Loved Ones**

(<http://www.mentalhealthnotes.com/2008/05/26/grief-and-support-resources-for-military-widows-family-members-and-loved-ones/>) [By Alicia Sparks: “maybe you or someone you know would benefit from the following resources for people who have lost loved ones during service.” This website includes the following links: Grief and Recovery Resources from USMemorialDay.org highlights resources and directories of resources; National Association for Society of Military Widow from the United States Department of Veterans Affairs is a non-chartered organization for military widows; Society of Military Widows has been serving the “interests of women whose husbands died while on active military duty, of a service-connected illness, or during disability or regular retirement from the armed forces” since 1968; Survivor Support Organizations from Military.com provides a list of resources and support for the difficult times of losing loved ones; Veterans and Combat Loss Resources from Griefnet.org offers a very extensive list of support resources available for veterans and their loved ones as well as the loved ones of the deceased. It covers all branches of the military; Operation Healthy Reunions (specifically Loss of A Family Member) from Mental Health America rounds up a number of support groups and services; Grief Support Groups for Military from Good Grief Resources highlights resources available for widows, siblings, and other survivors.]

***Hand 2 Hand Contact** (hand2handcontact.org). [Founded by dynamic Army nurse vet Alison Lighthall and includes advocates Col. Kathy Platoni (both of with whom I have had the honor of co-presenting) and Lt Col Cynthia Rasmussen—both quite articulate and passionate advocates for our servicemembers and veterans. Written materials include: “Bringing the soldier all the way home” Excellent site includes written materials on such topics as: Why Military Love Relationships Are Different; How to Prepare for Going to Iraq; Military Oath of Enlistment; Why US Flag Etiquette Matters; Ten Things You Should Know; Ten Tough Facts About Combat; What Is A Warrior?; What Can I Do to be Truly Supportive of Returning Veterans?; Warning Signs, Triggers and Coping Strategies for Iraqi War Veterans (co-written by me and Kathy Platoni)] *Note: I am friends and colleagues with these folks and find their work, passion and knowledge to be exemplary,*

***Healing Combat Trauma** (<http://www.healingcombattrauma.com/>) [“Resources for and about healing combat trauma. The focus is on effective therapeutic care — medical, psychological and legal — plus analysis and context — and the slant is apolitical.”] *Note: Lily Casura’s very rich compendium—she has over 100 categories of information!--of books, article, commentaries, resources, other readings and information regarding military, veterans and their families. I am most impressed with Lily’s passion, dedication and abilities as an advocate for vets and their families.*

***Heart Beat For Warriors** [www.heartbeatforwarriors.org] [“Heartbeat—Serving Wounded Warriors offers equine-assisted therapy through our program, Back in the Saddle Warriors. We help our service members fighting the Global War on Terrorism. Our equine-assisted therapy offers two types of therapy performed with horses: Hippotherapy and Equine-assisted psychotherapy These evidence-based therapies improve muscle strength, emotional well-being, motor development, balance, and coordination. Located in Washington State and works with wounded warriors in the state.” Founder/President: Janice Buckley. Cell 425.931-1047] PS: There are many areas that we could use your help in volunteering! MUST have experience with Horses and feel comfortable around them. We also need help with volunteers helping with running supply drives & donations. *We are in great need of new or gently used equipment:*
o Bareback Pads; o Vaulting Surcingles; o Sidepull Hackmores; o Rainbow Reins; o Break away Stirrups
o Helmets. For more information please visit our website at: www.heartbeatforwarriors.org] *Note: I am very impressed with Janice, the network of resources she has facilitated and the promise that equine-based therapy has for wounded warriors. Please check out this organization! ☺*

***Help for Heroes** (<http://www.helpforheroes.org.uk/>) [“Help for Heroes. It’s about the blokes . . . "It’s about the blokes, our men and women of the Armed Forces. It’s about Derek, a rugby player who has lost both his legs, it’s about Carl whose jaw is wired up so he has been drinking through a straw. It’s about Richard who was handed a mobile phone as he lay on the stretcher so he could say goodbye to his wife. It’s about Ben, it’s about Steven and Andy and Mark, it’s about them all. They are just blokes but they are our blokes; they are our heroes. We want to help our heroes. . Help for Heroes raises money to support members of the Armed Forces who have been wounded in the service of their country. We ask our supporters to “do their bit” to show these extraordinary men and women that they are cared for by us. . . millions of pounds have been raised to buy much needed services that will aid their recovery but we need more. . . Long term injuries need long term solutions. Going forward. Help for Heroes aims to supplement the available facilities and care so that those in rehabilitation get the very best facilities and treatment in order to recover from their injuries and rebuild their careers.” Hadyn Parry, Chairman]

***Hero Hearts Equicenter** (heroheartsequicenter.org). [“The goal of our center is to provide therapeutic horseback riding lessons, equine-facilitated psychotherapy, and equine facilitated learning to wounded soldiers, veterans, retirees, and emergency services personnel through the NARHA Horses for Heroes program, as well as programs for adults with disabilities. Our staff includes a NARHA (North American Riding for the Handicapped Association) Registered Certified Instructor, a licensed psychologist, equine specialists, many dedicated volunteers, and certified therapy horses. . . Horses for Heroes Program: The NARHA Horses for Heroes program is specifically designed for wounded military service personnel. Through the unique power of the horse, we are able to help our soldiers and veterans physically, mentally, emotionally, and spiritually through activities such as therapeutic riding and equine facilitated psychotherapy and learning. It is a wonderful opportunity for us to give back to those who have given so much for our country.” Located near Ft Huachua Army Post, Arizona.”]

***Hire a Hero** (<http://www.HireAHero.org/>) [“In 2006 the Armed Forces Support Foundation (501(c)(3) was created, along with Hire A Hero, to provide free employment services to returning service members and their families. Hire A Hero was created as an online professional networking site that provides employment services specifically geared towards meeting the employment needs of returning military members and their families.

Our research and experience suggests that conventional job boards fail to identify the specific needs of returning veterans and did not effectively connect them with the wider military community. Hire A Hero is a national program that was created to address this gap. WWW.HIREAHERO.ORG began as a professional networking website focused on employment as returning service members transition from military to civilian life. Our mission is to serve the greater military community by providing a international accessible online community that creates opportunities for returning veterans. Hire A Hero provides access to meaningful employment and connects veterans to mentors (those who are currently employed but formerly in the military). Over the past three years, Hire A Hero has grown into a nation-wide resource the connects the growing number of unemployed veterans with job opportunities, education, training, social services, and counseling with the goal of providing consistent support through our the veteran's career. Over the past two years, Hire A Hero has had over 190,000 veterans register, and helped 3 out of 10 veterans find a career. These placement achievements are based on using web 2.0 professional network technology that creates a platform to allow the all veterans to connect with other veterans.”]

***Home Builders Support the Troops** (HomeBuildersSupportTheTroops.com) [Dedicated to showing the Association's gratitude for our military men and women around the world. Different cities have their own Home Builders Association programs for supporting the troops.]

***Homes for Heroes** (www.hohf.org) “[Helping Our Heroes Foundation provides patient advocates, identifies and funds educational opportunities for injured military, coordinates specialty counseling (financial assistance, career, housing, etc.), and assists with emergency funding needs as deemed appropriate.”]

***Homes for Our Troops** (www.HomesForOurTroops.org) [“We are Homes for Our Troops, a national non-profit, non-partisan 501(c)(3) organization founded in 2004. We are strongly committed to helping those who have selflessly given to our country and have returned home with serious disabilities and injuries since September 11, 2001. It is our duty and our honor to assist severely injured Servicemen and Servicewomen and their immediate families by raising donations of money, building materials and professional labor and to coordinate the process of building a home that provides maximum freedom of movement and the ability to live more independently. *The homes provided by Homes for Our Troops are given at NO COST to the Veterans we serve.* Note: An eligible Veteran or service member may receive a Veterans Administration Specially Adapted Housing Grant up to a maximum amount of \$63,780. Homes for Our Troops’ assistance covers all costs over and above this grant and works closely with the VA to ensure that when our resources are combined, the home is provided at no cost to the recipient.”]

***Hugs4SmilesUSA.org** (“assigned a deployed hero's family and/or the hero. You then send the hero two care packages, Packaged Hugs, each month”)

***Horses for Heroes Program** [see under all of the following listings: “**Calvin Center**”, “**Chastain Horse Park**”, “**Hero Hearts Equicenter**”, “**Caisson Army Platoon Equine Assisted Program**” and “**Operation Silver Spurs**”]

***InjuredMarinesFund.org** (to raise funds for Injured Marines and their families)

***Iraq and Afghanistan Veterans of America (IAVA)** (<http://iava.org/>). [On-line social network exclusively for Iraq and Afghanistan veterans. “Iraq and Afghanistan Veterans of America is the nation's first and largest group dedicated to the Troops and Veterans of the wars in Iraq and Afghanistan, and the civilian supporters of those Troops and Veterans. . IAVA addresses critical issues facing new veterans and their families, including mental health injuries, a stretched VA system, inadequate health care for female veterans, and GI Bill educational benefits. IAVA also provides valuable resources and empowers veterans to connect with one another, fostering a strong and lasting community.”]

***Iraq War Veterans Organization (IWVO)** (<http://www.iraqwarveterans.org>). [“The Iraq War Veterans Organization, Inc. provides information and support for: Operation Iraqi Freedom Veterans, Global War on Terror Veterans, Operation Enduring Freedom Veterans, active military personnel and family members related to pre-deployment, deployment and post-deployment issues, as well as service member and family operation Iraqi Freedom Deployment Readiness problems, information about PTSD, health issues and Veterans Benefits. The Iraq War Veterans Organization website has links to information about the Department of Veterans Affairs healthcare, readjustment after deployment, education, employment, military discounts, PTSD issues, support-chat forums, family support and deployment information. Resources: PTSD 101 – a web-based curriculum of diverse topics focusing on issues related to combat stress/PTSD. It is available on-demand for professionals who provide services to individuals who have experienced trauma. Events Calendar which covers all events and meetings. Disability Claims Information which walks through the claim process step by step. Military links that include travel, matchmaker, military sites, book and publications, photos and stories. Military Discount section that links up to all kinds of travel, lawyer, household goods etc.”]

***KeystoneAirForce.com; Keystone Marines.com; KeystoneSailors.com; KeystoneSoldiers.com** [Note: all are cross-linked to *KeystoneSoldiers.com*] (show your support by adopting a Marine/Soldier/Sailor/Airman (or platoon) or becoming a pen pal. You may also make a donation to help with postage or you can sponsor a care package to one of our troops; It is very easy to say we support our troops, it is another thing entirely to show you support them. We are a 100% volunteer non profit organization. Through our organization and website you can show your support for our U.S. troops by becoming a volunteer, holding a fundraiser, collecting items on our list for packages, writing letters and cards to our troops or sponsoring a care package (or several!). You may also make a donation to help with postage or you can sponsor a special care package to one of our troops. There are opportunities available for anyone interested in helping – include message board for public messages of support, event calendar, picture gallery, polls, pen pal information, contributed articles, stories, quotes and links. Just pick up the phone and call us or send an email with Volunteer in the subject line.”]

***Kids Thank a Veteran** (<http://www.kidsthankavet.com/>) [“Kidsthankavet.com has one main purpose - to show the men and women who have served in the United States Military that we care. Children who simply say “Thank you for serving” to any Veteran, will be able to register on this site. But there is much more. On this site you will find information about our Veterans, the United States military, the American Flag, Veteran`s holidays, United States military academies and services, groups that help Veterans, women in the military, Veteran memorials and cemeteries, teacher activities, patriotic songs and crafts, great books to read and photos of our Veterans. The cost to you - **nothing**. The result - a feeling of pride. Is it possible to teach children to respect those who fought for the freedoms we have today? I believe it is - one child at a time. Thank you, Cherie Reid, Director”]

***KIA/DOW FAMILY FOUNDATION** (see listing: **USA KIA/DOW Family Foundation**)

***KilledInActionFund.org** (to give financial aid to those needy and deserving families whose servicemember was killed in action).

***Laptops For the Wounded** (<http://www.LaptopsForTheWounded.com/>) [“Laptops for the Wounded is a 501(c)(3) charitable organization that provides laptops with webcams to wounded troops in military hospitals. The laptops are then used by the troops to remain in contact with wives, husbands, families and loved ones, while recuperating from their combat wounds. The laptops will then remain at the hospitals to be used by other incoming wounded troops to contact, and remain in contact, with loved ones.”]

***Liddle Kidz Foundation** (<http://www.liddlekidz.com/vietnam-global-outreach.html>) [“2010 Liddle Kidz Foundation Volunteer Global Outreach working with Children & Orphans in Vietnam. In an effort to address the need for nurturing touch among children, Tina Allen formed the Liddle Kidz Foundation. The foundation’s mission includes setting up massage and nurturing massage programs in orphanages and children’s care settings

across the globe . . . In addition to working directly with the children, LKF volunteers teach staff and caregivers at these facilities ways to continue to provide supportive, comforting touch to the children in their care. . . Children in orphans around the world may have food, clothing and shelter, but oftentimes they lack an essential ingredient for basic health and happiness – touch. Without it, children often feel discarded, forgotten and even untouchable, especially when their circumstances are complicated by being sick or having a disability. . . The long-term effects of not receiving safe, healthy and nurturing touch can have a huge impact on a child’s stability for the future. UNICEF statistics estimate there are 1.5 million orphans age 0-17 currently living in Vietnam. . . . The LKF directly nurtures two important characteristics; compassion for others and the belief in the fundamental goodness of people. . . . We need you, volunteers, to take part in our next outreach project to Vietnam.”] *Note: see the LKF website for details about the Vietnam children’s outreach project and other LKF activities.*

***Male Military Spouses.** [Web search on these key words produces about 10 male military spouse web sites about a military family population that has not received nearly enough attention.]

***Marine Moms** [MarineMomsOnline] [Web community “comprised of thousands of members, and includes moms, dads, grandmothers, brothers, sisters, aunts, uncles, wives, fiancées, girlfriends, retired Marines, active Marines, recruiters, and drill instructors . . . to provide support and encouragement for parents of U.S. Marines, an outlet to air concerns, receive and offer information, and share experiences. . . the group now participates in writing to Marines of those in the group, supporting Marines who have little family support, writing to Recruits in boot camp in need of encouragement, collecting videos suitable for viewing by Recruits in the Medical Rehabilitation and Physical Conditioning platoons, and many more projects.”]

***Marine Parents** (MarineParents.com) [founded “in response to parents' needs to find information and to Connect & Share™ with one another during deployments . . . free services, connections and outreach projects have expanded to support Marines, to support and educate Marine moms, dads, spouses, families and friends . . . during bootcamp, training, active duty and deployments. You've found a Place to Connect & Share™”].

***Military and Family Life Consultants (MFLCs)** (www.mhngs.com). 1.800.646-5613. Provide direct non-medical counseling and education regarding daily life stressors related to deployment and reintegration to Service members and families.

***Military Children & Deployment** [Excellent key words for Web sites with resources regarding children of deployed parent(s).]

***Military Children and Deployment** (http://www.eustis.army.mil/ACS/military_children_and_deployment.htm). [Effects of deployment on children power point presentation: “deployment info for teachers and counselors; to give to the deploying parent; for the homefront parent or caregiver; reunion and deployment information; and activities for children ages 2-18.” By Kimberly Crutchfield, Army Community Services, Fort Story & Fort Eustis]

***Military Family Forums** [“The Family Programs Directorate began hosting Military Family Forums at the Association United States Army (AUSA) Annual Meeting in 1999 to provide senior Army leaders with a platform to address issues of concern to military families and to announce new initiatives. Family members are also invited to speak about their experiences and to share strategies for coping with the demands and challenges of military life.”]

***Military Family Research Institute at Purdue University** (http://www.cfs.purdue.edu/MFRI/pages/military/deployment_support.html) [Deployment Support Resources

identified on this web site include: [“Military One Source](#) -- This site is designed to help military families deal with life's issues. Consultants are available 24 hours a day, 7 days a week, 365 days a year and can be reached by phone or e-mail; [Military Mobilization Fact Sheet for Federal Family Education Loan Borrowers](#) -- NSLP developed this Fact Sheet as part of its overall effort to make sure that the student borrowers understand how to seek the postponement of their federal student loan payment obligations if they are mobilized; [Hotlines and Family Support Information Contact Numbers](#) -- This one-page PDF files contains contact information and a general overview of the family support offerings of several military organizations; [CYFERNet](#) -- Resources for parents, teachers, and family support professionals in times of war. CYFERnet's Web site brings together the best, children, youth and family resources of all the public land-grant universities in the country; [Supporting Children of Deployed Military Parents \(PDF\)](#) -- This document lists several specific tips and techniques for helping children deal with parental absence due to deployment. [Concerns About War](#) -- This Web site contains links to several documents that are designed to help families prepare and persevere during a military member's deployment; [Terrorism and Children](#) -- This Web site contains a variety of resources (links to journal articles, multimedia presentations, brochures, etc.) focusing on conveying information to parents of children who are concerned at war, terrorism and parental absence due to deployment; [Resilience in a Time of War](#) -- This site contains tips for parents and teachers elementary, middle and high school students cope with uncertainty during war time. PDF versions of the brochures for each of these age groups are also available. Click on the appropriate link--[Tips for Parents and Care Providers of Preschool Children](#); [Tips for Parents and Teachers of Elementary School Children](#); [Tips for Parents and Teachers of Middle School Children](#); [Tips for Parents and Teachers of Teens](#); [Deployment and Family Separation: An Annotated Bibliography \(PDF\)](#) -- This research report contains brief descriptions of 66 studies, most of which were conducted during the past 20 years, on deployment and family separation; [Coming Home](#) -- This series of brochures outline what to expect when a deployed service member returns home. There are three separate brochures, each intended for a different audience: [A Guide for Spouses of Service Members Returning from Mobilization or Deployment](#); [A Guide for Service Members Returning from Mobilization or Deployment](#); [A Guide for Parents, Extended Family Members or Friends of Service Members Returning from Mobilization or Deployment](#); [Deployment Health Clinical Center \(DHCC\)](#) -- DHCC is chartered by the DoD Health Affairs office and provides content relevant to health-related issues that soldiers encounter when returning from deployment; [Specialized Training Of Military Parents: STOMP](#)

***Military Family Support Operation Kindness** [http://www.mcleanbible.org/pages/page.asp?page_id=2781] [“Operation Kindness Ministry (OKM) serves the needs of individuals and families affected by US military deployment abroad. OKM provides God's Word as well as physical comfort items to soldiers in Afghanistan and Iraq via care packages shipped to contact chaplains. This ministry also provides support to wounded in action soldiers (and their families) who pass through the area military hospitals.”]

***Military Family Support Resources** [Excellent key words for Web search]

***Military Ministry** (<http://www.militaryministry.org/resource-center/wwch/>) Christian-centered website and resources, to include they have a number of resources in their “Bridges to Healing Ministry” that may be of interest to local congregations. See also their publications: [When War Comes Home: Christ-centered Healing for Wives of Combat Veterans](#) (“offers comfort and practical help to the wives of combat veterans struggling with the hidden wounds of war, including Post-Traumatic Stress Disorder (PTSD). Insights from the medical and counseling community are wrapped in biblical principles and the shared experiences of other military wives.”). Also: [The Combat Trauma Healing Manual](#) (offers spiritual solutions for struggles with PTSD by helping construct an environment that will give God optimal access to the wounded soul. Designed for individual or group study, the Combat Trauma Healing Manual combines the latest insights of the medical and counseling communities with the timeless principles of God’s Word. The book outlines a step-by-step program.”)

***Military Officers American Association** (www.moaa.org) [“MOAA is the nation's largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization . . . “ Includes an office on the Pentagon Concourse within the Pentagon Federal Credit Union to counsel officers stationed in the Pentagon - or passing through - on career transition and military benefits issues.” Also sponsors: awards program, scholarship fund and other programs.]

***Military Retiree Grass Roots Group** (<http://mrgrg-ms.org/>). [“This web page is dedicated to the Military Retiree Grass Roots Group of military retirees and dependents that have been lobbying the Congress since 1995 trying to regain the medical care they were promised, while they were on active duty, which was to take affect after retirement. The MRGRG-MS-TALK discussion group was established to discuss methods by which military retirees might regain the medical care they were contractually promised while they were on active duty. We must keep the military retiree medical care broken promise issue alive by educating Senators, Congresspersons, Congressional Staff members, the news media, and the American people.” See a briefing guide at: <http://mrgrg-ms.org/swindle00.html>; o Send E-mail, FAXes, and letters. See <http://mrgrg-ms.org/no-quit.html>; Organize educational pickets; See <http://mrgrg-ms.org/pick.html> for suggestions. Send letters to your local newspaper. See <http://mrgrg-ms.org/letters.html> for suggestions. Get acquainted with the history of the MRGRG movement at <http://mrgrg-ms.org/history1.html>.” MRGRG lists numerous “web-sites that provide information on Veterans benefits and how to file/ask for them. Accordingly, there are many sites that explain how to obtain books, military/medical records, information and how to appeal a denied claim with the VA. Please pass this information on to every Veteran you know. Nearly 100% of this information is free and available for all veterans, the only catch is: you have to ask for it, because they won't tell you about a specific benefit unless you ask for it. You need to know what questions to ask so the right doors open for you -- and then be ready to have an advocate who is willing to work with and for you, stay in the process, and press for your rights and your best interests.” For illustrative purposes, following are just the first several web sites listed (out of numerous links listed): Appeals http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch05.doc; Board of Veteran's Appeals <http://www.va.gov/vbs/bva/>; CARES Commission <http://www.va.gov/vbs/bva/>; CARES Draft National Plan <http://www1.va.gov/cares/page.cfm?pg=105>; Center for Minority Veterans <http://www1.va.gov/centerforminorityveterans/>; Center for Veterans Enterprise <http://www.vetbiz.gov/default2.htm>; Center for Women Veterans <http://www1.va.gov/womenvet/>; Clarification on the changes in VA healthcare for Gulf War Veterans; <http://www.gulfwarvets.com/ubb/Forum1/HTML/000016.html>; Classified Records - American Gulf War Veterans Assoc <http://www.gulfwarvets.com/ubb/Forum18/HTML/000011.html>; Compensation for Disabilities Associated with the Gulf War Service http://www.warms.vba.va.gov/admin21/m21_1/part6/ch07.doc; Compensation Rate Tables, 12-1-03 <http://www.vba.va.gov/bln/21/Rates/comp01.htm>”]

***Military Space, Inc.** (<http://Military-Space.org/>) [“Military-space.org was started by two (prior) enlisted service members who saw a need for a website that attempted to bring together lots of resources for taking care of our deployed service members and their families. We lived through several deployments and saw how some people didn't get very much support from back home for what-ever reason. We are a Not-For-Profit Organization and are completely supported to date, by member donations and funding from private sources. We work very hard in bringing the resources for our Heroes and give a unique place for them to talk to people who understand what they are going through and have the time and resources to help them through their deployments (whether it be care packages or just a friendly voice). We also believe that family members of deployed service members need assistance during the stressful deployments of today. We want them to feel comfortable coming here And chatting with other family members and also service members who are back from their deployments and can shed some light on what the loved ones are facing.” . . . develop special

projects for holidays and other occasions, provide individual morale-lifting mail support around the world, and encourage patriotism in schools and communities]

***Military Spouse** (<http://www.MilSpouse.com/>) [on-line site related to Military Spouse magazine. Includes 24,000+ military spouses in the military spouse community. Sections include: editor's blog, relationships, deployment, family, money, career & education, well-being, at home and a link to *Military Spouse Magazine*.]

***Military Spouse Corporate Career Network (MSCCN)**. (<http://www.msccn.org/>) [The Military Spouse Corporate Career Network is a 501(c)(3) nonprofit that provides employment referral and job placement solutions to military spouses, war wounded, and caregivers of war wounded, and veterans and transitioning military through MSCCN's Vet Connect Jobs program, at no cost to them." See also the MSCCN MilSpouse Job Club on Meetup Site. MSCCN is pleased to announce the launch of our Meetup site for the new MilSpouse Job Club. Meetup is a website that helps groups with shared interests plan meetings and form clubs in communities around the world. We will be using the site to support our MilSpouse Job Club, a group where military spouses can meet to share resources and receive information to improve their job search. The site features a page for information about the club and will allow us to post a calendar of events. Most importantly members will easily be able to network and stay in contact with each other through the message board. Check out our new site soon to help you stay connected!"]

***Military Teens on the Move** [*MTOM Sitemap*] [Web site developed by military kids for military kids. See also *MTOM for Kids*] [Kids tips for kids on: getting the news; looking ahead; getting ready; we-re moving . . . again; your new life; military teen moving guide; living your life; packing up your memories; fitting in at school and many more topics.]

***Military Wives Network** (www.MilitaryWives.com) [This site was created as an overall juncture for the various sites in the *MilitaryWives.com* network to help "many make it through the lonely nights and the seemingly endless days of separation." This site operates the following domains: The Military Wives Website (MWW) - www.MilitaryWives.com; The Marine Corps Wives Website (MCWW) - www.MarineWives.com; The Navy Wives Website (NWW) - www.NavyWives.com; The Army Wives Website (AWW) - www.ArmyWives.com; he Air Force Wives Website (AFWW) - www.AirForceWives.com; The Coast Guard Wives Website (CGWW) - www.CoastGuardWives.com; Military Kids Website (MKW) - www.MilitaryKidz.com; The Military Husbands Website (MHW) - www.MilitaryHusbands.com; and The Reserve Wives Website (RWW) - www.ReserveWives.com.]

***Military Writers Society of America** (www.militarywriters.com). ["We are an association of more than eight-hundred authors, poets, and artists, drawn together by the common bond of military service. Most of our members are active duty military, retirees, or military veterans. A few are lifelong civilians who have chosen to honor our military through their writings or their art. Our only core principle is a love of the men and women who defend this nation, and a deeply personal understanding of their sacrifice and dedication. Our skills are varied. Some of us are world class writers, with many successful books. Others write only for the eyes of their friends and families. But each of us has a tale to tell. Each of us is a part of the fabric of Freedom. These are our stories..."]

***Minnesotan's Military Appreciation Fund**; (<http://HomeSickGI.com/>) ["created a fun and easy way to keep military families connected in a safe secure environment. Homesick GI was designed exclusively for our Military community. Our hope is that this online community will reduce the distance between deployed GI's and their families"]

Minnesota National Guard Family Network

(http://www.minnesotanationalguard.org/families/family_network.php) [

***Motherspeak** (motherspeak.org) [“MotherSpeak fosters cultural awareness and understanding by sharing stories . . . encourages the voices of the apparently voiceless, especially mothers who can teach us about war and terror and how it affects their communities . . . posits that there are no "good" or "righteous" wars... that war and warfare diminishes the humanity of all people ... “]

***My Army Life Too** (<http://www.myarmylifetoo.com/skins/malt/home.aspx?AllowSSL=true>)[“The Website of Choice for Army Families. Army One Source.” Includes links to: Military OneSource Virtual Soldier and Family Assistance Center (vSFAC); Operation Military Kids (OMK); Volunteer Opportunities; MyArmyBenefits; Installation Management Command (IMCOM) ; Army Housing OneStop. Also, information on e-learning, resources and tools.]

***MyVetWork** (www.myvetwork.com) [social web community for veterans, families and supporters established 11.9.08. Due to the slow and difficult to search sites of Army on Line (AKO) or DOD on Line (DODKO), this site is becoming very active for individuals and veterans organizations. Also, see: http://www.myvetwork.com/article_combat_stress.htm: from myvetwork talking about combat stress.]

***NAMI Veterans Resource Center** [has a number of links to resources for veterans and their families to include: Public Policy; Traumatic Brain Injury; Women's Issues; Multicultural Issues; For Families; VA and VISN; Mental Illnesses; Suicide; Homeless Vets; Veterans Council; Online Discussion, Tribute Honor Roll]

***National Coalition for Homeless Veterans (NCHV)** (<http://www.nchv.org/about.cfm>) [“ . . . will end homelessness among veterans by shaping public policy, promoting collaboration, and building the capacity of service providers . . .the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for hundreds of thousands of homeless veterans each year. NCHV also serves as the primary liaison between the nation’s care providers, Congress and the Executive Branch agencies charged with helping them succeed in their work. . . “]

***National Family Network** (www.military.org).

***National Military Family Association** (www.nmfa.org) [NMFA “will respond to the needs of military families and work towards sustaining a firm foundation of support for military families - the Nation’s families.” Includes scholarship programs, resource information and publications, to include those that focus on the special needs children have when a parent is deployed; also offers free summer camps that teach coping skills. See their *excellent* 18 page pamphlet, *Ten Things Military Teens Want You to Know* (2008).]

***National Suicide Prevention Hotline (1-800-273-TALK-8255)**. Free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

***National Veterans Foundation** (<http://www.nvf.org>; 1-888-777-4443, 9 AM-9 PM daily, Pacific Standard time) [“To Serve the crisis management, information and referral needs of all U.S. Veterans and their families through: Management and operation of the nation’s only toll-free helpline for all veterans and their families. Public awareness programs that shine a consistent spotlight on the needs of America’s veterans. Outreach services that provide veterans and families in need with food, clothing, transportation, employment, and other essential resources. . . Staffed by a team of veterans (from Vietnam, the Cold War, Desert Storm, Bosnia, Iraq, and Afghanistan) who are specially trained in the delivery of crisis information and referral services, as well as a team of licensed volunteer counselors to whom all crisis calls are routed.”] *Founded by my long-time*

colleague and friend, Shad Meshad. An amazing vet resource with a long-standing record of helping veterans and their families

***National Veterans Legal Services Program** (www.nvlsp.org). [Veterans Benefits - Medical ...Legal information and assistance for veterans, survivors of veterans and veterans advocates who are seeking service-related VA benefits – primarily claims for disability ...] *This organization is highly recommended by Rhonda Jordal, a very helpful legal resource and ally who is the mother of an OIF veteran who had been incarcerated on very questionable grounds and not provided for needed military-related conditions. Rhonda has been there and knows so much as a mother and her learning to become a legal advocate for her son.*

***Navy-Marine Corps Relief Society** [“Provides, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the U.S. Naval Services, eligible family members and survivors and to receive and manage funds to administer these programs: Interest-free loans and grants to meet emergency needs; Needs-based scholarships and interest-free loans for educational purposes; Budget Counseling Services; Food Lockers at some locations; Infant Layettes - "junior seabags" and Budget for Baby Seminars; Thrift Shops and Visiting Nurse Services.”]

***New York Online Access to Health (NOAH)**. (<http://www.noah-health.org/en/mental/disorders/ptsd/complications/veterans.html>) [NOAH has a site, “Veterans and PTSD”, that includes several links to info about veterans and PTSD, family, spirituality, Iraq and Vietnam War]

***Not Alone** (<http://notalone.littleplanetlearning.com/forum>) [“About Us. Not Alone started in 2008 when a group of warriors and professionals discovered a significant gap in the government's capacity to help warriors and their families come home from war. There needed to be a confidential online community where those warriors could congregate to help each other. Our personal experiences with war trauma led us to reach out to those that need help. Not Alone has formed partnerships with organizations such as Little Planet Learning, Vote Vets, Armed Services Mutual Benefit Association, Actus Lend/Lease, Cracker Barrel, The Warriors' Legacy Fund, The Wounded Warrior Project, Centerstone and the National Council for Community Behavioral Healthcare to create new ways across the nation to help those returning from war. Not Alone draws on a unique group of individuals with personal experience in the Iraq and Afghanistan war. We have been in your shoes. We have struggled to regain our lives and to find the new normal at home. The following professionals, warriors and experts have been vital in helping to bring the Not Alone vision into reality. We've been through the experience of war and returning home from war and hope that our persistence, experience and passion can help others in their journey as well. We understand. We get it. If you are an organization that would like to know more or is interested in working with or helping Not Alone please email us at notalonehq@notalone.com.”] *Exciting and developing multi-media Web-based resource. I am very impressed with Carter Andres and the entire staff of Not Alone. Disclosure: I am a volunteer consultant with Not Alone. ☺*

***Oldtimer Speaks Out** (<http://oldtimer.wordpress.com/>). (“Whatever I have to say, I say from experience and love” Blog by 70 year old activist. Homeless vets and Habitat for Humanity are two of the areas of focus. More recent topics covered include: 1. [VA Disability Claims and Appeals Process](#); 2. [What the homeless need most](#); 3. [Sex Offender Locator Mapping Tool from John Walsch](#); 4. [Homeless Veterans – Pictures vs Facts](#); 5. [The Top 10 Reasons Why Kids Have Run Away](#) 6. [Habitat Tutorial – Part 3](#); 7. [FACT: 43% of Homeless Males Over 25 are Veterans](#); 8. [Homeless Veterans – Facts, Links and the numbers](#); 9. [Homeless Youth – Some Random Facts That May Scare You](#); 10. [Homeless Veterans – An Overview of the Problem](#); 11. [Homeless Veterans – Facts By the Numbers](#); 12. Military tradition-history of veterans abused, discarded.”)

***One Freedom** (www.onefreedom.org) [“Creating reintegration solutions for our military service members, families and communities.”]

***Online Support for Military Families** (JamesJMessina.com)["Families with one or more members who are in the military, including state national guard or reserves, need support to help them handle the stressors which they will, are or have faced due to being deployed to Iraq, Afghanistan, or some other foreign post. To assist these families to connect with the resources available to them we are presenting on this site the internet resources which are available to support them." Numerous resource links are provided under several categories: General, family, children, spouse, servicemember, U.S. Army, U.S. Navy, U.S. Air Force, U.S. Coastguard, PTSD, Children with Special Needs, Other Family Related Resources, Resources for Support for Florida Military Families]

***Operation Care and Comfort** (<http://www.OperationCareAndComfort.org/>) [*Our Mission:* Historically, Americans have shown their support to our Troops serving in times of war in many ways. By writing letters, mailing care packages, or by showing support for a deployed service member's family, Americans have opened up their hearts, homes, and wallets to show that they support those who serve. *Operation: Care and Comfort* is proud to continue this tradition of service. *Operation: Care and Comfort*, our all volunteer program, exists to provide support and comfort to "adopted" units of deployed U.S. military service members, serving in Iraq, Afghanistan, and conflict regions. Working within our community and through donations received from all over our country, we assemble and ship care packages to our adopted units every month until they return home. Our unique program allows caring Americans to donate their time, talent, and treasure to honor those serving our country during these difficult times. Since April 2003, have shipped over 675 pounds (over 300 tons) of care packages for distribution to Marine, Army, Air Force, Navy and Coast Guard personnel that are deployed in the conflict regions."]

***Operation Healing Angel (of Home Front Hugs) for Our Wounded Troops** (<http://homefronthugs.ipower.com/page6.html>) [Numerous programs offered, to include: "homefront hugs welcome home our heroes at airports" and other programs involving kids, orphans, phone hugs, post-hurricane needs of military families and more. Card program: "YES YOU CAN !!!! You can send cards THROUGH us to any wounded hero and they will land in the hands of a wounded hero- send them to us as we just adopted the biggest hospital in Iraq and cover Landstuhl, Tripler, and Tampa James V.Haley VA Medical Center too ! Make them personal and add photos if you can. We need cards ! LOTS OF CARDS ! MAKE THEM PERSONAL PLEASE.... And so do the doctors and nurses too ! Just send them to : Operation Healing Angel, 123 Fieldcrest St / Ste 104, Ann Arbor, Michigan 48103. Cards and care packages for our wounded and the docs and nurses who care for them; Cards should be personalized with humor or jokes or small stories or photos to make it feel like home"]

***Operation Iraqi Children** (<http://www.operationiraqichildren.org/>) **now has become: Operation International Children** (<http://www.operationiraqichildren.org/>) ["Operation International Children (formerly Operation Iraqi Children) is a grass-roots program founded in early 2004 by actor Gary Sinise (*Forrest Gump*, *Apollo 13*, *CSI: NY*) and author Laura Hillenbrand (*Seabiscuit: An American Legend*) and joined in partnership with People to People International and its President and CEO, Mary Eisenhower, granddaughter of President Dwight D. Eisenhower. Sinise and Hillenbrand created OIC to give concerned Americans a way to reach out to the war-stricken children of Iraq by supporting our troops in their efforts to assist them. Working directly with troops, OIC has delivered well over a quarter of a million school supply kits, along with more than half a million toys and thousands of blankets, backpacks, pairs of shoes, Arabic-language books, and sets of sports equipment, all of which have been distributed to children. While we remain committed to our work in Iraq, OIC has expanded its mission, sending school supplies to Afghanistan and other nations, where American troops are distributing them to children in need. In the future, we will continue to broaden our efforts across the world."]

***Money Matters for Military Families** (<http://www.military-money-matters.com/index.html>) ["Looking for a one-stop website where you can find no-nonsense information about money matters? Even better, how about

one written specifically for military families, by someone who understands your military lifestyle? Then you're in the right place. Military-Money-Matters.com was created just for America's military families, because, quite simply, YOUR MONEY MATTERS! You'll find information about basic "Money Matters" important to every military family, like . . . How to make that military paycheck go farther; How to easily pay off all your debt - on your current income; How to legally eliminate your credit card debt on your own - without falling for a scam that just wants more of your money; How to legally reduce your income taxes – significantly; How to plan and save for retirement.”]

***Operation Support Our Troops** (<http://www.operation-support-our-troops.org/>) [“The mission of Operation Support Our Troops is to provide a process and forum for Americans of diverse interests, backgrounds and walks of life to come together to demonstrate to members of the Armed Forces and their Commander in Chief that they are supported and deeply appreciated for their service. Our goal is to ensure that they know United We Stand and Divided We Fall are not empty words, but words to which we subscribe. . . OSOT (as it came to be) rallied for the first time on January 18, 2003. When we decided that rallies just weren't enough for our Troops, we started Operation Holidays from Home in September 2003 to send a little slice of home to our Troops deployed overseas. Christmas that year was a huge success – sending 1,700 troops a complete Christmas with 300 volunteers packing boxes full of goodies, including a Christmas tree with all the trimmings. In 2004, we sent Holiday packages for Valentine's Day, Hero to Hero (First Anniversary of Operation Iraqi Freedom), Easter, 4th of July and Christmas. For Christmas this year, we adopted 7,500 Troops deployed overseas!”] Note: 2005 seems to be the last update.

***Operation Family Fund** (www.operationfamilyfund.org; <http://www.operationfamilyfund.org>). 760-375-8067; fax 760-793-054. [“To assist the injured and families of the those who have been injured or killed as a part of the Global War on Terrorism, whether domestic or abroad, military or civilian, with financial grants for transitioning to their new circumstances and achieving financial self-sufficiency. As of December 2008: Over 275 Families have received Grants, and more than \$1,700,000 in donations have been received from generous Americans. Our commitment: To ensure that your donation goes to eligible families, not to unnecessary overhead, Operation Family Fund was founded with donations and is run by volunteers. There are no paid staff.]

***Operation Grateful Heart** (*Operation: Grateful Heart*). [“Operation Grateful Heart is Alabama's program to ensure that all military personnel and their families receive appropriate recognition, tangible support, and neighborly care . . . while they are serving on active duty and upon their return to communities in our state.”]

***Operation Gratitude** (<http://www.opgratitude.com>) [“Our Mission: Tens of thousands of American Service Members are deployed in hostile and remote regions of the world, including the Middle East, Afghanistan, and on ships throughout international waters. The physical conditions they must endure are difficult and they may be separated from loved ones for long periods of time. **Operation Gratitude** seeks to lift morale and put smiles on faces by sending care packages addressed to individual Soldiers, Sailors, Airmen and Marines deployed in harm's way. **Operation Gratitude** care packages contain food, hygiene products, entertainment items and personal letters of appreciation, all wrapped with good wishes of love and support. Through Collection Drives, Letter Writing Campaigns and Donations of funds for shipping expenses, **Operation Gratitude** provides civilians anywhere in America a way to express their respect and appreciation to the men and women of the U.S. Military in an active, hands-on manner. **Operation Gratitude** is a 501(c)(3) non-profit, volunteer-based corporation, funded entirely by private donations. For safety and security, the assembling of all packages occurs at the Army National Guard Armory in Van Nuys, California.”]

***Operation Homefront** (www.operationhomefront.net) [A resource library, resource information and special projects dedicated to the service men and women from Illinois.]

***Operation Mom** (<http://www.operationmom.org/aboutus.html>) [“During World War II, a group of mothers who had sons or daughters involved in the war, formed a support group. Today, military support groups are formed within their own branches. Our group, Operation: MOM was created in the same supportive spirit with two differences. The first difference is that Operation: MOM includes all family and friends of those who are active military personnel. We serve as a support group for parents, spouses, sisters, brothers, close family, and friends of those securing our freedom, whether here or afar. The second difference is Operation: MOM includes all branches of service. . . It is important we support one another, assist one another, and meet the special needs all of us are having or soon will experience, no matter what branch of service our loved one is in. We also provide direct support to our military personnel who are currently deployed overseas through letters of encouragement, food packages, and other necessities that will remind our troops of how much they are supported and loved.”]

***Operation Pocket Change (see: Treats for Troops)**

***Operation Silver Spurs** (<http://www.operationsilverspurs.org/index.html>) [“Operation Silver Spurs. Horses Helping Veterans. Over the years, millions of U.S. veterans have returned home with physical challenges due to injuries and others suffer from Post Traumatic Stress Disorder (PTSD). These circumstances sometimes make it difficult for veterans to assimilate into the civilian world without physical therapy and/or psychological or psychiatric services. In some cases, veterans are too proud to seek assistance. Operation Silver Spurs assures veterans of their dignity while giving them a new perspective on their ability to reach life goals and succeed in a civilian world. This program is conducted in a safe and non-threatening environment that promotes trust, communication and self-confidence. **How we are unique** There are a number of distinct and worthy organizations that help veterans and a number of therapeutic riding programs that promote the benefits of working with horses to improve quality of life. However, Operation Silver Spurs combines the mission of helping veterans with acquiring horsemanship skills, participating in therapeutic riding and understanding the unique philosophies and principles of The Wisdom of the Horse. Operation Silver Spurs was created by a veteran for veterans. Brad Myers, a third generation horseman and veteran (USMC), founded Operation Silver Spurs in 2008. Many of our volunteers are also veterans. Others want to fulfill their desire to make a difference in a veteran’s life and, at the same time, broaden their own life experience. Volunteers donate their time and talents to assist with every aspect of running Operation Silver Spurs, including working directly with the horses and veterans.”]

***Operation Soldier Assist** (<http://www.soldierassist.com/>) [“Here at OSA, we often get letters requesting adoption and support because the government hired contractors are charging way to much at the bases stores, sometimes just because of a poor stock of supplies. Some just wish to have someone to write to and visit with. Most need some sort of help with the following items: personal hygiene items, books, magazines, CD's, DVD's, new boots, and new uniforms items. I know some may feel that boots and new uniform items are over the top, there NOT. Remember a gift is not a gift if it costs you nothing, and being deployed is costing our troops allot! and this is truly about helping those who defend our country and need support. A uniform allowance is given to military personnel. However, quite often the troops forfeit many normal needs to cover their uniform costs. Then again most of them send their pay home to support their families. Please consider helping, you will enjoy visiting with the person you adopt and will encourage them greatly with your support. The above items are just examples, you decide how you will support the individual you adopt. We just ask you to put yourself in their place and think of what you would like for help. Thanks again for visiting us and please tell your friends about SoldierAssist.com. If you wish to adopt a troop, use the navigation link to the upper left. Be sure to visit the Soldiers link to view just a few of our past supported troops and also check out the Media Video's link to watch some vids made by our troops, they are funny and worth watching. Thanks for visiting OSA and we look forward to helping you adopt a soldier. Blaine P. Ducote Sr. Founder: OSA.”]

***Operation Troop Aid** (<http://OperationTroopAid.org/>) [“to provide care packages for our deployed U.S. Service Members with revenue generated through professional concert promotions and public financial generosity . . .”]

***Operation Vets** (<http://www.operationvets.com/>) [“Created to serve as a support network for military veterans, their families and civilian supporters to ease the transition from soldier to civilian, provide assistance to military families and educate the general public – dedicated to “truly leaving no veteran behind on the home front.” Includes vet outreach, student vet support, peer support, resource guide.”]

***Operation We Are Here** (www.OperationWeAreHere.com). [Christian-oriented Web site “to create an awareness of the challenges of families/loved ones of deployed Soldiers; to offer practical suggestions to churches, communities and individuals on how to support and encourage the military homefront; to provide a comprehensive list of resources for families/loved ones of deployed Soldiers.”]

***Our Military Kids** (<http://www.ourmilitarykids.org/>) [“Provides tangible support to the children of deployed and severely injured National Guard and Military Reserve personnel through grants for enrichment activities and tutoring that nurture and sustain the children during the time a parent is away in service to our country. OMK grants are . . . to ensure that the children have access to activities and support that help children better cope with challenges arising during a parent's deployment or injury recovery.”]

***Outdoor Odyssey** (www.outdoorodyssey.org). [The following is quoted from a direct communication to me on 9.21.10 by T.S. Jones, Major General USMC (ret), President/Executive Director, OUTDOOR ODYSSEY "Growth Through Adventure" regarding his Outdoor Odyssey program of outdoor-based activities for healing war and military trauma. “I use the events to build self esteem, overcome fear and inspire team building; however, the main focus of the use of these vehicles at Outdoor Odyssey is that of facilitating the bonding of mentor with those being mentored. The primary mission of Outdoor Odyssey was the bonding of at-risk youth with a mentor who would undergo a week-long, high-energy, intensive bonding experience that was designed to set the conditions for the important part: that being the follow-on sessions for the academic year in school and community. I am a member of the Board of Directors of the Semper Fi Fund and helped an injured Marine Captain build the nonprofit Veterans Employment Transition Foundation (VET Foundation) and now host week-long events at Outdoor Odyssey in an effort to assist wounded warriors make the transition from the military to the civilian sector. Involvement with these wounded warriors led me to inspire a project with the support of OSD oriented to target those identified to be suffering with combat stress injuries; the orientation was to prevent these same folks from falling victim to combat stress illnesses such as PTSD, severe depression and/or anxiety. We have conducted several of these week-long sessions at Outdoor Odyssey, having the fifth of this calendar year scheduled for the week of 4-9 October and the sixth and final one of the calendar year set for the third week of November. I have crafted an orientation built on a holistic approach, helping the participants build a plan for life using the same tools that they used to plan attacks into Fallujah and/or eastern Afghanistan. Clearly team and cohesion go a long way in assisting folks with combat stress injuries, so we target the individual and help build a team for him/her that reflects and resembles the power of combat cohesion--but in the civilian sector where they will reside. Clearly, those who have been diagnosed with PTSD require a connection to the clinician; however, I must state that we have experienced a good bit of success in the short term by helping to build this cohort of support for the individual diagnosed with PTSD. I use the various vehicles at Outdoor Odyssey to facilitate team building, cohesion and bonding in much the same manner that I do with young at-risk youth. Bottom line: I use the events to facilitate a bond that sets the condition for success; I do not nor ever intend to have the event dominate the relationship. I say relationship, as I think any element of follow-on work (which is obviously critical) demands the bonding of the individual in need with someone he/she trusts--without that, you are on the road to failure (my view).Semper Fi”]. *Note: I have been extremely impressed with MG Jones’ articulation of his vision and candidness regarding the use and limitations of outdoor adventure-based activities and bonding, first developed in Outdoor Odyssey for youth and subsequently*

being applied to wounded warriors. Please note that the web site only describes the youth-based Outdoor Odyssey program. For communication regarding the program with veterans, please contact MG Jone directly: tsjones@outdoorodyssey.org; 814.533-9360.

***Patience Mason's PTSD Blog.** (<http://patiencemason.blogspot.com/>) [“”A blog about the realities of PTSD in the current situation.” “Patience Mason. I'm the wife of a Vietnam vet, Robert Mason, who wrote the book, Chickenhawk, a memoir of his tour as a helicopter pilot, who came home with PTSD. 43d anniversary on Dec 2. We have been through a lot. Recovering from the War is the book I wrote when we found out about PTSD.”] *Note: Patience is a long-time colleague; she speaks from the heart and a wealth of experience as the spouse of a Vietnam veteran with PTSD.*

***Patriot Outreach** (www.patrioutreach.org). [“Provides grants (at no cost) to Military Warriors, Veterans, Retirees, Government Civilians, Battlefield Contractors and their Families . . . provides confidential (private) materials . . . for dealing with anger, anxiety, stress, pain, fear, depression, combat stress, PTSD . . . assists in distributing important News, Updates and Government Reports affecting the health and well being of our nation's Warriors and Patriots.” Disclosure: I provided several writings for this Web site.

***Patriotic Pillow Project** (<http://patrioticpillowproject.org/>) [Stitch prayers & care into pillows that will be created for each special honorable recipient. “We as Supportive citizens of our heroic American G.I.s would like to extend our love & compassion during these challenging times. War has left many of our service Men & Women wounded! We collectively around this great Nation would like to extend our appreciation towards these Heroes for their Service & Sacrifices. We will stitch our prayers & care into each pillow that will be created for each special Honorable recipient. A Thank You note will be included with each gift of comfort, so each brave, wounded G.I. will know how very much we care about each & everyone of them. These Pillows are compact but powerful. The pillows had been donated by United Airlines. They generously donated some 2,000 pillows. We have recently received 8,250 NEW pillows to date from C.A.R.C.; the Chicago Association of Retarded Citizens the manufacturers of these beautiful and skillfully crafted gifts of comfort. We are currently purchasing the pillows from the C.A.R.C. center at cost as a collaborative effort to provide comfort to our “Healing Heroes”! We have received up to this point over 10,250 pillows & have delivered over 13,250 finished gifts of gratitude, since June 20, 2004. We are now purchasing the pillow forms from C.A.R.C, No other would ever fit the Bill. They Make the “BEST” here in America!”]

***Prayers for Platoons** (<http://kimig.tripod.com/PRAYERSFORPLATOONS/>) [This is a Christian site with numerous prayers, guestbooks, video links of scripture and other Christian messages “for platoons.”]

***Proud Patriots, Inc.** (<http://www.proudpatriots.org/>.) [“Proud Patriots, Inc. sends care packages, cards and letters to servicemembers. Proud Patriots currently supports ten Marine units, eight Army units, two field hospitals, seven Navy ships, six Reserve/National Guard units, and two Air Force squadrons. Donations to Proud Patriots are shipped to these various units, which are in Iraq, Kuwait, Afghanistan, and Africa.” For more information, visit the Proud Patriots website.”]

***Point Man International Ministries** (www.pmim.org. Hotline: 1-800-877-VETS (8387); Point Man Intl. Ministries, Po Box 267, Spring Brook, NY 14140; E -mail: dana@pmim.org; HQ Phone: 1-716-675-5552) [“a system of small groups across the USA for the purpose of mutual support and fellowship. These groups are known as Outposts. Worldwide there are hundreds of Outposts and Homefront groups serving the families of veterans. PMIM is run by veterans from all conflicts, nationalities and backgrounds. Although, the primary focus of Point Man has always been to offer spiritual healing from PTSD, Point Man today is involved in group meetings, publishing, hospital visits, conferences, supplying speakers for churches and veteran groups, welcome home projects and community support. Just about any where there are Vets there is a Point Man presence. All services offered by Point Man are free of charge.”]

***PTSD Anonymous** (www.ptsdanonymous.org). [“PTSDA: Veterans talking with veterans – you are not alone. A future network of local support groups.” – this site includes meeting guidelines, rules and facilitator tips adapted from a 12-step model, e.g., “For some, the experience of military trauma causes deep conflict in their spirituality and past relationship to a God or Higher Power. The complementary version of a 12 step format is included . . .”]

***PTSD Combat. Winning the War Within.** [“Welcome home. While a wide variety of events can trigger what's called post-traumatic stress disorder, this PTSD blog focuses solely on the combat-related variety. As a new generation of warriors returns to civilian life and seeks out resources, PTSD Combat is here to help: Combat Stress Resources; PTSD Researcher Tools . . . This is the online journal of Ilona Meagher, veteran's daughter and author of Moving a Nation to Care: Post-Traumatic Stress Disorder and America's Returning Troops. You are invited to read my bio and stay connected via the networks listed to the right.”]

***PTSD Foundation of America** (<http://www.ptsdusa.org/>) [“Our Mission To meet the needs of our troops and their families through a concerted effort by developing a “Corps of Compassion” (comprised of churches and other caring organizations, armed with expanded resources and training), which reach out to meet the needs at a personal relationship level. The PTSD Foundation of America is a year-round concerted effort with three key objectives: Raise awareness of the great needs of military families; Leverage awareness into action: to expand the human and financial resources available so that the many excellent existing organizations can do more; Connect armed forces families to the community and these expanded resources . . . *We know that the one and only true healer of the soul is Our Lord and Savior Jesus Christ.* The churches of Houston and around the nation must network together to help these wounded warriors and their families. With God’s grace, it is our duty as Christian Americans to help these mighty warriors heal, it is our turn to step up and receive God’s call to help those that have fought and sacrificed so much for us . . . This effort will empower a “Corps of Compassion”, rallying the Houston community and the nation to the call that: The urgent needs of military families are best met through relationships and a community which can compassionately deliver a message of faith, hope and love. Hearing and seeing the need is the call to action, and taking action starts as easily as extending a helping hand and a caring ear.”]

***PTSD Worldwide.**(www.ptsdworldwide.org) [“ Founded in 2009, PTSD Worldwide is non-profit organization comprised of veteran volunteers who are committed to guiding our nation's soldiers on their path to living a productive and fulfilling life after combat. PTSD Worldwide signature characteristic is its combat veteran volunteers who mentor, advise and assist other veterans suffering from post traumatic stress (PTSD). PTSD Worldwide assists veterans in a number of ways. First, it provides a forum, or safe zone, called the Safe Soldier Zone Program. Veterans come together and share their combat and post combat experiences with other veterans. They also exchange dialogue directly with those who share common challenges and can offer assistance in coping with the adjustment to peaceful society. Furthermore, with the encouragement of their peers, combat veterans are assured that it is indeed normal and suitable to seek further counseling if necessary. PTSD Worldwide is one of the best tools at helping combat veterans overcome the stigma within the military of seeking help in coping with post traumatic stress. Second, PTSD Worldwide serves as an advocacy organization which draws attention and awareness to combat veterans suffering from post traumatic stress. PTSD Worldwide not only reaches out to other veterans, but to public officials, government representatives and the public at large.”]

***Purple Heart Radio** [Radio station sponsored by the Purple Heart VSO; lots of relevant programming for military veterans both those awarded as well as those not awarded the Purple Heart]

***Raising Sand Radio** (<http://raisingsandradioblogspot.com>). [KZSU Stanford University, Monday from 2-3 PM Pacific time. Streaming at: <http://kzsulive.stanford.edu>. KWMD, Alaska: Wednesday from 7-9 p.m. “Airs

progressive themes and topics on politics, art, culture, communication, war and peace, and global issues. These shows are picked up around the US and the world via our archive.” Note: I was interviewed by host Susan Galleymore on 8.11.08: “What is PTSD?” concerning war trauma and the overlay with Hurricane Katrina. http://www.radio4all.net:8080/files/sgalleymore@hotmail.com/3035-1-Scurfield_finalmix.mp3. *Note: I have found Susan to be one of the most articulate and perceptive radio show hosts concerning war and its impact, and I have had the honor of being interviewed by her for her show.*

***Rebuild Hope** (www.rebuildhope.org). [Dana Hendrickson (dana@rebuildhope.org) is the founder of Rebuild Hope, a California-based non-profit. “We operate a national online financial support network that enables individual Americans to financially assist the families of veterans and active members of the military who were severely injured during the wars in Iraq and Afghanistan when unexpected economic problems impede their efforts to build healthy and stable civilian lives.”]

***Red Cross** (www.redcross.org) [“The American Red Cross links members of the U.S. Armed Forces with their families during a crisis . . . quickly sends emergency communications to deployed service members on behalf of their family . . . offers free class to help military families cope with the stress of deployments . . . honors America’s veterans and reaches out to 1.4 million active duty military personnel and their families as well as more than 1.2 million members of the National Guard and Reserves and their families living in nearly every community in America.”]

***Repetition and Avoidance Quarterly** [“The RAQ is published each season by The Washington State Department of Veterans Affairs PTSD-War Trauma Program. The PTSD Program’s Director is Tom Schumacher (Tom@dva.wa.gov), who also is the publisher of the RAQ. The editor of the RAQ is Emmett Early (EmmettEarly@comcast.net). The RAQ is intended as a contractors’ gazette for the communication of information relevant to the treatment of PTSD in war veterans and their families. To be included in our E-mailing list, contact WDVA, Tom Schumacher, or Emmett Early and send us your e-mail address. Previous editions of the RAQ also can be read on-line by going to the WDVA web site www.dva.wa.gov. Once you arrive at the website, click on PTSD, and once on the PTSD scroll to where you find access to the RAQ . . .”] *Note: I am a long-time reader of the RAQ and have known Tom and Emmet since the mid 1980’s; the RAQ consistently is rich with information and stimulating discussion relevant to military, veterans and their families. It should be noted that the WDVA PTSD Program, under the leadership of Tom Schumacher, has long been a leader among our nation’s state department of veterans affairs in providing counseling services to veterans and their families and has maintained a very impressive state contractor’s PTSD program.*

***Resilience 101** (by: Pamela Woll [pamelawoll@sbcglobal.net]). Available for free download at <http://www.attcnetwork.org/learn/topics/veterans/resilience101.asp>). [Pamela Woll states that this workbook for veterans starts off with a “chapter on resilience skills, so people who are just trying to deal with their stress effects can find what they need without having to go through all the stress system stuff first. The workbook is still focused on the basic physical "engine" behind post-deployment stress effects, so even service members and veterans who aren't interested in (or ready for) getting into the psychological depths can get some quick, "non-squishy" help and understanding from it.”] *Note: For veterans who are able to utilize a workbook format, this workbook is a well-researched and very user friendly self-help resource, or an excellent resource for mental health personnel to utilize as part of their interventions. Thank you, Pam, for this excellent resource.*

***Resources for Parents, Teachers, and Family Support Professionals in Times of War** [“Summary of conference call with conference call facilitator Susan Jakes, CYFERnet Editor -Community (Children, Youth, and Families Education and Research Network), North Carolina State University. Topic: “Using On-line Resources for Parents, Teachers and Family Support Professionals in Time of War: A Conversation with the Experts. April 17, 2003.” A number of links are categorized as follows: “Talking with children about war and

terrorism; Classroom Resources; Stress and Coping; Protecting Children From Traumatic Media Exposure; Patriotism; Related Organizations and Links; Resources for Military Families.”]

***Resources for U.S. Troops and Veterans, Their Families, and Those Who Provide Services to Them** (<http://kspope.com/torvic/war.php>) [Very substantial website by Kenneth S. Pope that includes a section regarding military and veterans resources. “The resources listed on this (military section of the) web site fall into 3 groups: (1) citations of relevant articles on such topics as combat trauma, the impact of deployment on troops & their families, the challenges of returning home after discharge, bereavement, and providing clinical services to troops and their families; (2) links to helpful organizations and programs, such as aid and assistance programs for each branch of the service, Operation Uplink, Operation Military Support, Military Spouse Career Center, Seamless Transition for Veterans returning from Iraq & Afghanistan, Veteran Employment site, legal information & resources for military personnel and their families, National Military Family Association, Military Sentinel, Operation Family Fund, the Tragedy Assistance Program for Survivors, Books for Soldiers, and Fisher House.; and (3) links to United States military organizations.”]

***Returning Veterans Project (mail@returningveterans.org)**. Returning Veterans Project, 907 NE Thompson, Portland, OR 97212. (503) 933-4996 [Carol Levine: “I’m a licensed clinical social worker in Portland Oregon. Four years ago I started a project to provide free counseling to veterans and their families returning from Iraq and Afghanistan. We have a website with about 60 counselors now on our roster, and have recently added a chiropractor, acupuncturists and naturopaths, all of whom are providing pro bono services.” “Returning Veterans Project is a nonprofit organization comprised of politically unaffiliated and independent health care practitioners who offer free and confidential* services to veterans and their families of past and current Iraq and Afghanistan campaigns. Our volunteers include mental health professionals, acupuncturists, naturopaths, chiropractors, physicians, massage therapists, and other complementary health care providers. We believe it is our collective responsibility to offer support and healing for the short and long-term repercussions of war zone service on veterans and their families.” “Our network includes Oregon and southwest Washington. If you are outside this area, please visit our [link & resources](#) page to find national organizations.”]

***Salute Heroes (<http://saluteheroes.org>)** [To provide an easy and meaningful way for individuals, corporations and others to help our severely wounded and disabled veterans and their families rebuild their lives. Provides links to Grants for Veterans, Veterans Administration, Veteran Loans, Veteran Benefits, Financial Help, Kids Camps, and Emergency Management.]

***Salvation Army. Harbor House Veterans Program (www.harborhousesf.org)**. [“Our staff is committed to supporting veterans and their families. Our living space comfortably accommodates a family of three (3), although we will consider a family of four (4) where available space permits. . . Families are expected to transition to permanent housing as soon as possible-with constant evaluation tracking their progress or problem areas that are being experienced by the family. These evaluations also serve the clinical staff in helping the families to adjust their curriculum to fit immediate and long term goals. While living at Harbor House parents are expected to maintain a minimum (32) hour week that entails, work, job search, employment development, housing services / search, child care voucher exploration, school curriculum , mandatory house meetings, process groups, parenting, community meetings, and other support groups are required. There is also an allocation of weekly house chores. We offer on site licensed childcare, we expect parents to participate in their children’s activities, including

cooperative assistance in the childcare center or after school activities and extracurricular activities. We will support each parent to seek the most beneficial cooperative activity to fit their child's schoolwork schedule. . . . All participants must have documentation of sobriety or a clean and sober lifestyle for at least six (6) months prior to interview at Harbor House. Participants will be expected to continue addressing their chemical dependency issues by attending appropriate counseling and support groups which will be monitored by case management . . . Harbor House is a family oriented program and we make every effort to assist individual case services, workforce services, educational workshops, and other instructional groups. We offer guidance in developing school or job training curriculum that best fit with the participants' short and long term goals. The most important qualifications for entry into Harbor House Transformational Program are: the motivation and desire to stay clean and sober; the aspiration for a permanent job and permanent housing; the confidence to pursue employment and educational opportunities; the ability to commit to a structured program in which the constant focus will be on self sufficiency, employment, self improvement, self discipline, and self worth. **Address:** Marcy Orosco, 407 9th Street, San Francisco, CA 9410.']]

***Samaritan Village, Inc. (138-02 Queens Blvd, Briarwood, NY 11435. Toll free: 1-800-532 HELP. Tel. 718.206-2000. Samaritan Village has several locations in New York state]** ["Samaritan Village offers residential, outpatient and methadone to abstinence treatment, as well as homeless services, alternatives to incarceration and veterans services . . . During the 1980's, Good Samaritan recognized that veterans could benefit from substance abuse treatment tailored to meet their special needs . . . has now grown into two innovative treatment programs providing specialized services to 98 male veterans. . . Therapeutic Community intensive peer-based approach services, to include a Veterans Services component . . . The veterans' program provides residential services specifically tailored to veterans needs and designed to promote trust. Our continuum includes post traumatic stress disorder therapy and counseling designed to address other co-existing mental health problems." Also, Samaritan Village has been funded for the "first residential substance abuse treatment program for women veterans. . ."]

***Seeds of Hope Books (www.seedsofhopebooks.com).** "The mission of our books is to empower teens by: Providing essential information; normalizing a variety of reactions; encouraging open communication; supporting healthy coping; offering comfort and hope. Our books are highly interactive, containing numerous activities, open-ended sentences, short stories depicting healthy coping, and opportunities for reflection. To learn more about our books and see sample pages, please see our website. "Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma"—examines the teenager's experience of having a parent who has endured trauma—ranging from military combat to domestic violence to 9/11 to natural disasters. We are extremely honored that the National Guard is distributing it nationally as part of the Beyond the Yellow Ribbon Program. Just released in 2010: "My story: Blogs by Four Military Teens." A series of blogs which gives a voice to the teen experience before, during and after parental deployment to Iraq/Afghanistan." Michelle D. Sherman, Ph.D., Seeds of Hope Books, Family Mental Health Program, Oklahoma City VA Medical Center, South Central MIRECC, University of Oklahoma Health Sciences Center.

***Sgt. Brandi (<http://sgtbrandi.com/>)** ["By helping each and every Warrior understand they've walked off the battlefield far stronger than when they walked on, and to then use that strength to overcome the traumas of their experiences. This allows them not only to understand their feelings about their experiences are normal and to heal, thus preventing them from taking their lives and the lives of others. It also directs them toward life goals that benefit themselves and their loved ones and leads to a more

productive and excellent future. **Coaching that Post Combat Feelings are Normal.** The Warrior's Guide says it all. And once they understand the savage side of their nature, they are on the road to healing.”] (Note: colleagues of mine *rave* about Sgt. Brandi and his work.)

***Semper Fi Fund** (www.semperfifund.org) [“The Injured Marine Semper Fi Fund provides financial assistance and quality of life solutions to: OEF/OIF Marines and Sailors injured in combat, training, or with life threatening illnesses; their families- to help defray the expenses incurred during hospitalization, rehabilitation, and recovery; other OEF/OIF service members injured while in direct support of Marine units and their families; help with expenses associated with the purchase of specialized equipment, adaptive vans or vehicles, and handicap home purchases and/or modifications.”]

***Sesame Street** (www.sesamestreet.org/tlc); <http://www.sesameworkshop.org/initiatives/emeotion/tlc>). Offers a free download of their “*Coming Home*” video. “ ‘Coming Home’ is geared to both the military community and public at large and is an extension of the Sesame Workshop’s “*Talk, Listen, Connect: Deployment, Homecomings, Changes*” outreach kit which provides support and resources for families experiencing deployment, multiple deployments, or changes due to combat-related injury. The “Talk, Listen, Connect” kits include DVDs and print materials for children and parents. The “*Changes*” DVD from the outreach kit shows a greater number of changed families than the 4 highlighted in the 30-minute TV special.” [The VA is in the process (April 09) of contracting with Sesame Workshop to purchase 200,00 outreach kits and will ship them to all of the VAMCs and the Regional Offices for Readjustment Counseling Services for distribution to our veterans and their families.]

***Sew Much Comfort** (www.sewmuchcomfort.org) [“Sew Much Comfort provides adaptive clothing free of charge to support the unique needs of our injured service members from all branches of the military and national guard. . . Each week, many wounded military members arrive in the States from Germany for extensive medical treatment for bullet and shrapnel wounds, burns, head and limb injuries and amputations, while tens of thousands are still in the recovery process. These medical conditions require large fixator, prosthetics and casts that are too bulky to fit under ordinary clothing or underwear. Sew Much Comfort is the **only** organization providing adaptive clothing in large volumes to attempt to meet those special needs.”]

***Sgt Moms** [“The internet site for military families since 1966. Several programs to include: Take a Soldier Fishing: The concept of this website is to bring together Service Members and civilians and to show support. Help us bridge that gap and Take a Soldier Fishing! Honor and Remember: To create, establish and promote a nationally recognized flag that would fly continuously as a visible reminder to all Americans of the lives lost in defense of our national freedoms. Help Boca Java Send Coffee to our Troops: We are pleased to announce our new program, Send Coffee to the Troops, where we will allow you, our customers, to help us in sending coffee to the troops. For every bag of coffee you donate, Boca Java will match the donation by sending an equivalent bag of coffee.”]

***Society of Military Widows** (<http://www.militarywidows.org/>) [“The Society of Military Widows (SMW) was founded in 1968 by Theresa (Tess) Alexander to serve the interests of women whose husbands died while on active military duty, of a service-connected illness, or during disability or regular retirement from the armed forces . . . All military widows who are eligible for membership are encouraged to support the Society of Military Widows by becoming a member, whether or not they can attend meetings . . . In 1984 SMW affiliated with the National Association for Uniformed Services (NAUS) to make a stronger organization, working to protect the hard-earned benefits and entitlements of military widows. The affiliation allows for membership development, administrative efficiency, and Washington representation. SMW: Benefits widows of members of all branches of the uniformed services of the United States. Gives moral support, advice, referral service and, in general, help the widows of career military members to return to the main stream of normal living. Educates the American public concerning the problems and needs of military widows in today's society, and Preserves

the basic truths and enduring principles on which the government of the United States is founded. After the casualty officer and the caseworker have gone home and the paperwork is finished, how do you get through the lonely hours? As a military survivor, you very often face problems your civilian counterpart does not. The death of your spouse may be followed by a change of residence and separation from the network of support you have come to expect in the armed forces. You need someone who can help you through this difficult time. Grief is a natural healing process that must be lived through. As military widows, we are here for you -- to help with your problems, as a support network, as friends, and, sometimes, simply a shoulder to cry on. If you have specific questions related to your spouse's death or about your rights and benefits as a military survivor, please contact us at 1-800-842-3451, Ext. 1005 or at pdshecter76@gmail.com and we will ensure that your question is directed to the person or agency best able to answer it.”]

***Soldier Assist** (see **Operation Soldier Assist**)

***Soldiers Angels** [<http://soldiersangels.org>; National HQ: 1792 E. Washington Blvd, Pasadena, CA 91104; Monday - Friday 8-5 PST; Phone: 626-529-5114; Fax: 626-529-5446; Voice Mail: (615) 676-0239.]. [“Volunteer-based nonprofit, we have over 30 different teams supporting all branches of the U.S. Armed Forces. Through special projects, dedicated teams and individuals supporting our troops . . . Teams include (partial listing): Adopt a Soldier - Individualized support throughout deployment; Angel Bakers - Homemade treats for the deployed; Blankets of Belief - Handcrafted holiday support for the deployed; Blankets of Gratitude - Handcrafted holiday love for hospitalized veterans; Chaplain Support Team - Help chaplains support the troops; Eagle Cane Project - Handmade canes for the wounded; First Response Backpacks - Supplies for wounded in-country; Guardian Angels for Soldier's Pet - Care for pets during absences; Hero Flights - Emergency travel assistance; Memorial Portraits - Drawings and paintings for families of the fallen; SOS:Kids - Helping deployed soldiers help local kids; Tank Support - Helping Veterans Travel to Medical Appointments; Valour-IT - Adaptive laptops for the wounded; Wrapped in Holiday Spirit - 180,000 Holiday care packages for the deployed”] [*This is a most amazingly active and comprehensive community-based organization!*]

***Soldier's Heart** ([Soldier's heart@mail.vresp.com](mailto:soldiers_heart@mail.vresp.com)). [“Soldier's Heart is a veterans' return and healing project addressing the emotional needs of veterans, their families and communities. Soldier's heart promotes and guides community-based efforts to heal the effects of war based on strategies presented in War and Soul.”]

***Soldiers Memorial Fund** (<http://soldiersmemorialfund.org/>) [“Purpose: To memorialize PFC Scott Paul Valley and his service to our country – to carry on his name by individuals making contributions and donations to soldiers and their families. Objectives: To make annual awards to Armed Forces Members who have distinguished themselves in their service to our country. To commend future members of the Armed Forces with leadership awards to assist their entry into the service. To award family of an Armed Forces member who has been wounded or lost in combat. Conduct the annual Christmas/Holiday Gift Drive” for members of the Armed Forces serving in combat areas and sending Christmas gifts to our soldiers overseas.].

***The Soldiers Project** (www.TheSoldiersProject.org). “We are a group of licensed mental health professionals (psychiatrists, psychologists, social workers and marriage and family therapists) who are offering free psychotherapy to any member of the military who has been in OIF/OEF. We offer free therapy to any member of their extended family (girlfriends, boyfriends, children, spouses, parents, grandparents), for deployment-related issues, prior to, during or following deployment. We also offer free therapy for bereaved families. We are under the auspices of the Trauma Center of the Los Angeles Institute & Society for Psychoanalytic Studies, a 501C3. Interested persons may contact the founder, Judith Broder, MD, at 818 761-7438 or info@thesoldiersProject.org. Dr. Broder normally returns calls within 24 hours, and matches people with a therapist within a couple of days. We have therapists in Los Angeles and Orange Counties, and are beginning to expand into San Diego County.”

***Solomon PTSD Recovery Project** (<http://www.solomonrecoveryproject.org/index.html>). [Founded by Stephanie Laite Lanham: “. . . serves United States Active Duty Military and Veterans in their recovery from service related Post Traumatic Stress . . . also serves their family members and treatment providers. We offer understanding, encouragement, and truthful information about Post Traumatic Stress Disorder (PTSD). Coming home from war is hard. Whether you're Active Duty Military or a Veteran in recovery from PTSD, all of us at Solomon PTSD Recovery Project are ready to help you. We deeply respect and appreciate your service to our country.”] *Note: Stephanie has authored a very helpful consumer-oriented booklet that has over 500,000 copies in print, Veterans and Families’ Guide to Recovering from PTSD: I was honored to be able to provide some editing in-put for this booklet. ☺*

***Sons and Daughters In Touch** (<http://www.sdit.org/>) [“To locate, unite and provide support to Sons, Daughters and other family members of those who died or remain missing as a result of the Vietnam War; to produce a quarterly newsletter providing important information to all SDIT stakeholders; to promote healing via networking and special projects, to regularly address high schools and college classes in hopes of providing education on the historical and emotional legacy of war.”]

***Special Kindness in Packages, Inc.** (<http://www.skipcares.org/>) [“Sending Care Packages To Our Troops. SKIP is an all-volunteer organization focusing the majority of its efforts on sending care packages to U.S. military members who are currently deployed overseas. Over the years we've met some great people and worked with some wonderful organizations to provide the best support America can offer our military. One thing SKIP does not do is compete with any other organization that supports our troops. We firmly believe that teamwork is crucial to mission success, and therefore, if we can help other supporters in some way we want to help (see Other Opportunities To Support Our Troops below). In the same respect, we appreciate it when other organizations help us.”]

***Special Operations Warrior Foundation** (<http://www.specialops.org/>) [“*Mission Statement*: The Special Operations Warrior Foundation provides full scholarship grants and educational and family counseling to the surviving children of special operations personnel who die in operational or training missions and immediate financial assistance to severely wounded special operations personnel and their families.”]

***Spouse to Spouse. Blog.** (<Http://www.MSCCN.org/spousetospouse.html/>) Includes a section on “spouses help other spouses” and a male military spouse wanting to start dealing with other male military spouses.

***Still Serving Veterans** (<http://www.stillservingveterans.org/about.htm>) [“To empower wounded Veterans, and their families, by helping them reintegrate into the workforce and community via counseling, coaching, guiding, job transition, and assistance in obtaining all Veterans Administration (VA) benefits to which they are entitled.”]

***STOMP Specialized Training of Military Parents** (<http://www.stompproject.org/>) [“With a population of 1.5 million active duty military members, each day around the globe, there are an estimated 540,000 active duty sponsors each caring for a family member with special medical or educational needs. STOMP is the only National Parent Training and Information Center for military families providing support and advice to military parents without regard of the type of medical condition their child has.” “STOMP serves families in four main ways: (1) By providing information and training about Laws, regulations and resources for military families of children with disabilities; (2) By connecting families to other families; (3) By assisting parents and professionals in developing their own community parent education/support group; (4) By providing a voice to raise awareness of issues faced by military families of children with disabilities.”]

***Student Veterans of America** (contact@studentveterans.org; 866.320.3826). [“Student Veterans of America (SVA) is a coalition of student veterans groups from college campuses across the United States. Founded in January of 2008, SVA is a 501(c)(3) tax-exempt organization that works to develop new student groups, coordinate between existing student groups, and advocate on behalf of student veterans at the local, state, and national level. SVA has two major components: the executive staff and student veterans groups. Student veterans groups are student groups that have formed on college and university campuses to provide peer-to-peer networks for veterans who are attending those schools. These groups coordinate campus activities, provide pre-professional networking, and generally provide a touchstone for student veterans in higher education. These local groups are an important part of ensuring that every veteran is successful after their service. The executive staff facilitates communication between groups, connects groups with resources from outside their campuses, and organizes these groups to advocate at the state and national level for the common needs of student veterans. *Our three primary missions are:* 1. Develop student veteran groups on college and university campuses and coordinate by region between existing groups. 2. Connect student groups with resources. 3. Advocate on behalf of student veterans at the state and national level.”]

***Subscriptions for Soldiers** (SubscriptionsForSoldiers.com) [“Subscriptions for Soldiers, a magazine subscription donation program sponsored by Magazines.com, celebrates its first anniversary this month by thanking the thousands of individual and corporate donors who participated. Subscriptions for Soldiers provides citizens and corporate sponsors the opportunity to show support to troops deployed overseas by sponsoring a magazine subscription. Service members sign up for free one-year subscriptions at subs4servicemembers.com. Subscriptions for Soldiers then pairs that service member’s request with a subscription sponsor. Individuals who want to sponsor a service member’s subscription visit subs4soldiers.com and make a donation of \$10 or more to give a free subscription to a service member overseas. Thanks to the generosity of donors, thousands of active-deployed service members received more than 10,000 magazine subscriptions at no cost to them. For active duty service members, something as simple as receiving a monthly magazine makes a difference by boosting morale in stressful times throughout the year; magazines are #1 on the list of most-requested items by service members. Subscriptions for Soldiers will continue to serve active-deployed service members this year and beyond. Currently Subscriptions for Soldiers still has 2,889 service member magazine subscription requests waiting to be filled. Every donation counts in making a difference in supporting our troops. For service members deployed overseas, receiving a favorite magazine is like getting a little piece of home every month.”]

***Support Americas Armed Forces** (www.supportamericasarmedforces.com) [“Support America’s Armed Forces was established to support the health, welfare, and morale of deployed troops, military personnel and their families, while operating as a 501(c)(3), under the Pierce Military Business Alliance. We accomplish our mission by raising funds, collecting care package items and issuing grants to military bases, veteran organizations, active duty or reserve personnel, or families to improve the military population's quality of living.”]

***Support for Our Soldiers** (<http://www.supportoursoldiers.org/>) [“Our organization was created to both raise the funds necessary to support well-deserving Veterans Organizations, as well as to invoke a movement to renew a sense of patriotism and brotherly love—to unite, raise awareness, educate, inspire and embrace our great nation. SOS is a charitable foundation has been established to support the many Veteran organizations throughout the nation that share our core values of a sincere commitment to provide services to soldiers and their families, beholden to a strong sense of community service and social responsibility. Although there are many worthy and well founded charitable organizations committed to serving our nation’s Veterans, we’ve established a rotation system that will allow numerous organizations to benefit from the broadcast by choosing six new recipients each year.”]

*** Support and Family Education (SAFE) Program.** Family education curricular, available online for free: www.ouhsc.edu/safeprogram. Contact: Michelle D. Sherman at Mihcelle-Sherman@ouhsc.edu.

***Support4militarywives** (<http://groups.yahoo.com/group/support4militarywives/>) [“Moving around can be tough. Why belong to a regional club and risk losing friends when you move away? Join S4MW where our common thread is the Military and not our City! Share your experiences, vent, give advice and most of all make friends! Lets support each other and invite new friends always! Support for Navy, Marine, Air Force, Army, Coast Guard...moms, wives girlfriends! (Did I miss ANYONE?!)”]

***Support Our Heroes** (<http://supportourheroes.net/>) [SOH started out as a one-person charity for months by Luz Mercado, mother of her Marine son deployed in Iraq., sending out care packages daily to boost the morale of the soldiers in his unit. Now she is affiliated with the non-profit organization, Support our Heroes. Luz says the soldiers are doing more for her than she can for them. “Whether we believe in the war or not, they are giving us their lives.” Contributions can be made out to: Support our Heroes, c/o Luz Mercado, 18 Windsor Square Drive, New Windsor, NY12553. Call: 845.569-9450]

***Support Our Troops** (<http://www.supportourtroops.org/>) [“Your place to support, connect and donate. Support Our Troops® is a meaningful way to support and bolster the troops and their families who do so much for all of us. The official SupportOurTroops.Org website is a nationwide platform for individuals, organizations, businesses and non-profits to bolster America’s troops and their families in a multitude of ways. It is a moral covenant with those who serve to protect us and our families. SupportOurTroops.Org is a resource that was not available to previous generations of troops, which now stands as a permanent living testament to the affection, gratitude and loyalty good Americans hold for those who do so much for all of us every day.”]

***Surviving Deployments** [SurvivingDeployment.com] [Info and resources for military families, to include: “Starting High School in a New Town; Deployment Extensions; Preparing for Unseen Emergencies; Patriotism for Kids; Can’t Sleep? Are You Breathing? Holiday Cheer - 10 Tips for Helping Kids at Holidays; Happiness After Homecoming; Kids and Journaling; Financial Frontlines; Budgeting for Deployment; Celebrating the Holidays; Preparing to Say Goodbye; Helping Children Handle Deployment”]

***Swords to Plowshares** (<http://swords-to-plowshares.org/about/>) [One of the oldest, multi-faceted vets’ advocacy and service organizations. “Swords to Plowshares’ mission is to heal the wounds, to restore dignity, hope, and self-sufficiency to all veterans in need, and to significantly reduce homelessness and poverty among veterans. . . . provides counseling and case management, employment and training, housing, and legal assistance to more than 1500 homeless and low-income veterans annually in the San Francisco Bay Area and beyond. We promote and protect the rights of veterans through advocacy, public education, and partnerships with local, state, and national entities . . . Includes “The Iraq Veterans Project” to serve needs of OEF/OIF vets and their families”]

***TAPS (Tragedy Assistance Program for Survivors)** (www.taps.org). Main Telephone Number: 202-588-TAPS (8277)

Business Offices: 202-457-TAPS (8277) Hotline: 800-959-TAPS (8277) [“Welcome to the home of America’s frontline resource for all who are grieving the death of a loved one serving our country. We are here for you 24 hours a day, 7 days a week, whether it is just to talk, or meet others with shared experiences and understanding, or to find support and information from our professional network of resources. Grief support services include: seminars and good grief camps, peer support, casualty casework assistance, grief and trauma resources, crisis intervention, online community, professional education and online training, and peer mentor online training.”]

***Thank a Soldier** (<http://www.thankasoldier.net/>) [“The Thank A Soldier cause was launched at the end of December 2008, and its Facebook group now has over 3 million users (see our face book instructions to join). Put simply, our goal is to encourage people from all over the world to say "Thank You" when you cross paths with a member of our military. Whether you do so in person, or through one of the options listed below, send

messages of thanks to our men & women serving on operations throughout the world. Show our military and veterans that we appreciate them and the sacrifices they give to keep us free, whether they are from Canada, USA, Britain, or any member of the UN Coalition. Whether you support what they are doing or not, keep in mind these brave men and women leave their families at home and make the ultimate sacrifice for their country. We would also like to remind everyone to be sure to thank a veteran whenever possible, as without them who knows what language you might be reading this site, in or even if you would be permitted to read it at all. Thank you to all the men and women who serve and protect our rights and freedoms. Our Thoughts go out to you all and your families who support you while you are on your missions. Our Thoughts go out to those who have lost loved ones who have served and made the ultimate sacrifice for us. This site has been and will always continue to be ad & banner free. We do not charge membership fees, or take monetary donations. We are dedicated to showing all members of the UN Coalition our thanks and respect for their service, not to make a profit. We welcome tributes and submissions from all over the world, related to any branch of the military. Thank you for taking the time to view this site.”]

***Thank You Foundation** (<http://www.thethankyoufoundation.org/>) [“The Thank You Foundation is a 501c3 nonprofit organization whose mission is to show appreciation and express gratitude to members of the U.S. Armed Forces both past and present. The Foundation accomplishes its mission by offering programs and services for Veterans, Military Personnel, and their Families. The Foundation believes that just saying thank you is not enough and that the words need to be followed with action and a commitment to meet the varied needs of the community it serves. The Foundation realizes that no one resource can meet all needs and works cooperatively with Federal, State, and County Veteran Services as well as other nonprofit organizations to help and try to meet the needs of those that have given so much for our freedom. . . he strength in the organization is that it can often react more quickly than most government institutions and can be more flexible within its mission to help fulfill a need. Since the Foundation works so closely with unit Commanders, Family Readiness Leaders, and with Veterans Service Organizations it can often act as a conduit for helping to connect resources while providing services of its own.” Pr” Assists in providing direct support for Veterans, Active Duty Personnel, and their families during the Christmas Holiday Season and in times of need. Was instrumental in helping to complete the Cincinnati VA's Mobile Health Clinic which provides health care services to Veterans all across the Greater Cincinnati area. Has planned and participated in a number of special events honoring Veterans, Military Personnel, and their Families. Regularly participates in Family Readiness activities, deployment briefings, family day events, mobilization briefs, and deployment and homecoming events. Has participated in visits to Walter Reed Army Hospital in Washington D.C. Brooke Army Hospital in San Antonio Texas, the Ohio Veterans Home, The Fisher House, VA Care Facilities and nursing homes, honoring and saying "Thank You" to Veterans and wounded soldiers. Has sent Veterans of Iraq and Afghanistan to sporting and entertainment events including Cincinnati Reds, Cleveland Indians, and Washington Nationals baseball games, Cincinnati Bengals and Washington Redskins football, Cedar Point and Kings Island Amusement Parks, and to dinners and movies as a way of showing appreciation and providing recipients well deserved recreational and morale building opportunities. Has shipped several hundred care packages to troops serving overseas, and has helped to supply active duty units with school supplies, clothing, and toys to distribute to Iraqi children. Has conducted its Thank You Card program in schools in over 40 states and has sent over 100,000 Thank You cards to Veterans and Active Duty Service Members since 2007. Has presented over 1000 Certificates of Appreciation at homecomings and special ceremonies honoring Veterans and Active Duty Personnel. Actively supports and works with organizations such as the Blue Star Mothers of America Inc., The Military Order of The Purple Heart, the Patriot Guard Riders and Silver Star Families of America. Actively participates in and supports National Military Appreciation Month.”]

***Thank You Soldiers** (<http://www.thankyousoldier.com/>). [“A message to all who wear the uniform. Written by a Vietnam veteran and one of our American heroes. This is for you, soldier // And for you Marine // The Navy and the Coast Guard are not left out // And the Air Force is welcomed . . . This website is dedicated to you and the work you do. We want to hear from you. We want to post your pictures and your stories as a way of

telling America how vitally important our nation's military is to our safety and our greatness as a nation”
Services provided include: Thank you soldier blog; Hero of the week archive; Letters from the Field;
Comments; Photo Contest; Hero Packs Project and Letters Project.]

***Today’s GI Bill** (<http://www.todaysgibill.org/>). [The American Council on Education launched this Web site in November 2009 to help veterans learn about the new education benefits available to them, the college selection process, and how to succeed in higher education. The site received support from the Lumina Foundation for Education.]

***Traumatologist Forum** (<http://groups.google.com/group/traumatologistforum?hl=en>). [“This is group established to continue the one established at Florida State University in 2001 by Charles Figley because Dr. Figley is now at Tulane University, New Orleans. The purpose of the Forum is to facilitate communication among professionals who study or help the traumatized.”] *Note: This list serve is a wonderful forum for dialogue among traumatologists, to include receiving great information from throughout the country about trying to locate trauma therapists with specific areas of expertise, and for leads about state-of-the-art developments in trauma-focused treatments, written materials available, etc. Dr. Figley is to be commended for maintaining this wonderful resource.*

***Treats For Troops** (<http://www.treatsfortroops.info/default.html>) (“Treats For Troops, in conjunction with Support The Troops, Inc. sends out about ten tons in care packages WEEKLY to our Troops in remote war zones (incl. hospitals and Chaplains). The boxes contain everything from home baked cookies to microwaves, crock pots, coffee makers, snacks, toiletries, cards and letters, undershirts, socks, refrigerators in the death of summer when the water in their bottles can reach 120 degrees. . . Many of our young men and women who have been put in harm's way, do not have access to a PX (store on base). They are fighting for our freedom on the front lines and it is too dangerous for them to leave camp to make it to one that does have a store, that's usually scarcely stocked. Some of their families do not have the funds to buy them life's basic necessities and to pay the outrageous shipping costs to send them a goody box. Treats For Troops stepped up to the plate a couple of years ago and in conjunction with Support The Troops www.ourtroopsonline.com has been sending care packages to remote military camps, hospitals and Chaplains. We currently have 250 addresses on file that we send 69 pound care packages to on a daily basis. Some camps receive more packages from us daily, because their needs are so great. When you do the simple math, postage to ship these care packages easily exceeds \$50,000 a month. On January 1st, 2010, we launched "Operation Pocket Change" so we can ask the community to help offset these high postage costs by donating their spare change.”]

***Treat The Troops** (<http://www.treatthetroops.org/>). [“Treat The Troops was started by Jeanette Cram of Hilton Head Island, SC. She loves to bake cookies for the military men and women serving our country. Her friends, referred to as "Crumbs," help make the batter, pack the cookies, prepare the shipping and customs labels. What began in her kitchen in 1990 during the Gulf War has grown to a nationwide network of committed volunteer "crumbs" who have rallied their friends, businesses and school groups to participate and share in the good feeling of supporting the troops in harm's way. Treat The Troops is an all-volunteer organization with no salaries and no office space. See what the "crumbs" have done for our troops. Jeanette Cram has baked cookies for soldiers on the front line since the Gulf War in 1990 when a letter from a soldier read by then-President George Bush gave her the idea. The soldier had asked his mom to send lots of letters and cookies. Since then Jeanette and the "crumbs" have baked **2,218,738 cookies** to the troops. As long as soldiers continue to occupy and protect Iraq and Afghanistan, she will continue to bake cookies for and send comfort items to those in harm's way in the Middle East.”]

***Troops Need You** (<http://troopsneedyou.com/>) [“Welcome to Troops Need You, where you can become a Battle Buddy by directly supporting a deployed unit or healing warrior here at home. So far, nearly 20,000 Americans have helped us continue the uniquely American wartime tradition of mobilizing citizens in direct

support of troops in combat. This is our history, from merchants supplying General Washington's army during the Revolutionary War to the war bond drives of World War II. Now, it is our time to mobilize and help our troops accomplish their mission—whether deployed on the war front overseas or healing on the home front.”

Vision: Leverage latest web technologies to establish direct support relationships—Battle Buddies—between Americans and each of three hundreds of deployed units and the estimated 70,000 returned healing warriors here at home. *Who, When:* Troops Need You was founded in early 2007. *What:* 501c3 charity that enables Americans to directly support US Soldiers, Marines, Sailors and Airmen. *How:* Use tax-deductible donations to purchase and deliver the mission-essential supplies they say they need. *Where:* War Front: Afghanistan, Iraq or elsewhere; Home Front: healing warriors here at home. *Why:* a) *Historical Context:* Throughout American history—from Revolutionary militias to World War II bond drives—citizens have risen up to meet the greatest national challenges. Today, Troops Need You enables Americans to carry on that unique American tradition. b) *Spiritual Foundation:* Love Thy Neighbor is a central Christian calling, from the Old Testament days of Leviticus to the New Testament teachings of Jesus Christ. Troops Need You brings together American citizens and warriors as loving neighbors who mutually protect, support and sacrifice for one another. *The Founder:* Troops Need You was founded in 2007 by Major Eric Eglund, a reservist and career intelligence officer, who listened to the needs of hundreds of troops while serving in Iraq as a counter-terrorism advisor. He previously served in counter-terrorism operations in places like Afghanistan and Pakistan. Eglund published a call for a new approach in Iraq in mid-2006 and then launched Troops Need You, which he continues to lead as volunteer president.”]

***Troop Support (TroopSupport.Com).** This is an excellent web site that also lists a number of relevant resources. I want to acknowledge that about 55 resources listed in this section of War Trauma Resources were first identified by me when looking at TroopSupport.Com, and I have integrated these 55 resources alphabetically into this section and I have added to the descriptions to facilitate user use of the listing. I suggest you go to this web site to see if it has added yet additional resources.

***Uniform Services Association (www.uso.org)** [“The USO is a private, nonprofit organization whose mission is to support the troops by providing morale, welfare and recreation-type services to our men and women in uniform. The original intent of Congress — and enduring style of USO delivery — is to represent the American people by extending a touch of home to the military. The USO currently operates more than 130 centers worldwide, including ten mobile canteens located in the continental United States and overseas.”]

***United Warrior Survivors Foundation (<http://www.frogfriends.com/>)** [“The United Warrior Survivor Foundation (UWSF) was founded in 2002 in direct response to the loss of life in the Global War on Terror. It was established as an organization *exclusively dedicated to serving the needs of the surviving spouses of Navy, Army, Air Force and Marine Corps Special Operations personnel killed in the line of duty since September 11, 2001*. We strive to serve the spouses’ needs through: Unique Bi-Annual Survivor Conferences; Peer-to-Peer Support; Survivor Transition Assistance; Emergency Financial Aid and Financial Planning; Bereavement Counseling and no less importantly Tender Loving Care. The United Warrior Survivor Foundation is another FREEDOM IS NOT FREE proud partner. Co-founders Nick Rocha and Eric Knirk saw an important void that needed desperately to be filled. And hence, the establishment of The United Warrior Survivor Foundation (UWSF), an organization committed to providing Survivor Transition Assistance to surviving spouses of Special Operations personnel from the Navy, Army, Air Force and Marine Corps killed in the line of duty since 9/11/2001. UWSF provides much needed financial assistance, financial guidance and planning support along with college scholarship grants, educational counseling, professional bereavement counseling, and peer-to-peer mentorship to the spouses, based on need. UWSF also covers the basic Medical Insurance for those spouses who have gone over the three year mark since their husbands’ death and lose their family's medical coverage.”]

***U.S. Veterans Corps (<http://www.theusvc.com/home.html>).** [“US Veterans Corps - Represent you. Guide you. Help you. *USVC Objective:* To aid local Veterans, Reservist, National Guard, and Active Duty

servicemen and women. *USVC Mission:* To participate in a community service projects and events with a “hands on” mission/deployment attitude! *USVC Services:* Community Service, Camaraderie and Networking events, Job/Career Development, Veteran’s Affairs assistants, Housing Assistants, and Awards & Recognition. *USVC Motto:* A Higher Calling! The US Veterans Corps was an idea that was based on the experiences that Veterans Andrew Ladner and Chris Lawson had while deployed to New Orleans, LA for the season finale of ABC’s Extreme Makeover Home Edition and the local veterans project Operation: Coming Home. • *The USVC strives to provide a growing list of ways to join together in following areas:* Hands On Community Service, Camaraderie & Networking; Veterans Affairs Assistance, Awards & Recognition, Housing Assists, Job/Career Development.”]

***USA Cares** [A Kentucky-based organization that “helps post 9-11 military families bear the burdens of service with financial and advocacy support. It’s mission: to help with basic needs during financial crisis, to assist combat-injured veterans and their families, and to prevent primate military home foreclosures and evictions. In five years, USA Cares has received more than 13,000 requests and has delivered more than \$5 million in grants. Military families anywhere in America can apply for assistance through the USA Cares web site, <http://usacares.org> or by calling 1-800-773-0387. For more information on USA Cares, contact John Revell, jrevell@usacares.org or 270.354-5251.”]

* **USA KIA/DOW Family Foundation (USAKIA)**. (<http://www.usa.kia.org/>) [“USAKIA incorporated in 2003 and received official tax-exempt and tax-deductible status from the IRS in 2004. Final determination of USAKIA as tax deductible and tax exempt by the IRS occurred in 2008. USAKIA’s Mission Statement: The USA KIA/DOW Family Foundation (USAKIA) is here to increase ability to demonstrate the strength of families with killed in action (KIA) or died of wounds (DOW) while in our U.S. Armed Forces. KIA family and public support through USAKIA programs such as membership, memorials, and direct support to KIA families will honor their memory, show gratitude, and provide America with social justice. We are there for the whole family, and we are also a unique organization begun by KIA family members, for USA KIA family members, and for us, every day is Memorial Day. "All gave some... Some gave all." USAKIA currently uses the blog here as a backup because our Website has been down since September 10, 2007. Instaspaces seems a scam, where we had hosted our site and paid through 2009. They have their phone disconnected now, don't respond to E-mails, etc. We have now paid for hosting with GoDaddy.com where we plan to transfer our site. However, we need to access our account with Instaspaces and cannot. We are and have been working on it. Please check out our blog here, which includes many links, or visit our other sites and Web rings in the meantime. We've also received requests for our mailing address and phone number, which will appear at the end of this message. Our Newsvine column will have articles updated while we use our blog and our site's down. You can also see our Mission Statement there. *Contact Information:* USA KIA/DOW Family Foundation (USAKIA) P.O. Box 720123, San Jose, CA 95172
Phone: (408) 954-8280. E-Mail Us”]

***USA Together** (www.usatogether.com). [‘How it works. USA Together brings together injured service members who need assistance as they recover with the people who want to help them. Here’s what we do: 1. Injured service members, or someone acting on their behalf, such as a family member or caseworker apply to USA Together; 2. We validate the service connected injury by requesting certain documentation be sent to us. Then we help identify the most essential needs to be posted and we do so. Pictures are NOT REQUIRED, but they do put a face to the story and we encourage them. 3. As soon as a request is posted, those who subscribe to the USA Together site get notified via email and will review the request and potentially offer to help. 4. People visiting the site daily also can browse the requests and offer to help. 5. We cannot predict how soon a request will be met nor can we guarantee that it will be met at all. All we can do is get the word out across the country. So, how well does it work? So far, virtually every request posted has been met. Individuals, community groups and other veterans organizations who subscribe to USA Together all get notified and may offer assistance. Businesses and faith based groups have also stepped up. Sometimes this takes weeks, sometimes it happens in a

few hours. And for donors, the good news is that they can offer goods and services (like legal assistance or home remodeling help) in addition to donating money. This means more people can and do get involved. If you do donate money, please know that 100% of what you donate goes to injured serv(ice members. We even cover the credit card transaction charge for you. *A special note to Veteran Service Organizations—we can work together . . . !”*] *Note: I have heard favorable comments about this site that focuses on wounded troop support items and service.*

***Valley Forge Village: a project of the Partrick McCaffrey Foundation (ValleyForgeCenter.org).** [“VFV has the potential, with your help, to become a world-class facility for veterans and their families coping with mental health conditions and cognitive impairments. VFV’s sponsors envision a vital, sustainable – intentional – community for military, veterans and their families where resiliency enhancement is possible through experiential learning opportunities and personal responsibility. VFV’s missions: Valley Forge Village: a project of the Patrick McCaffrey Foundation, provides a community for veterans, our military, and their families to heal, learn new skills, and develop quality of life. To this end, VFV seeks to acquire a unique campus consisting of approximately 120 acres with a cluster of 25 Neo-Classical Revival and Georgian Revival buildings situated in the center of the site. The location, originally known as the Minnesota Home School for Girls, dates back to 1911 and offers a rural setting surrounded with mature trees, substantial lake frontage and easy access. VFV is just two hours northwest from the Twin Cities of Minneapolis and St. Paul. VFV offers excellent recreational opportunities including fishing, hiking and the 28-mile paved Lake Woebegone Recreational Trail . . . Residents and guests at Valley Forge Village can take advantage of . . . comfortable short and long-term housing; a unique program to optimize mind, body and spirit wellness; training for mentors in the VFV wellness model; the newest principles of organic gardening and sustainable family farm practices will be taught; residents can choose from over 50 courses of study; business start-up and development training will be offered.”] *Note: please check with VFV to determine exactly how many of the above mentioned services and programs are available now vs. is projected to be offered in the future.*

***VET (Veterans Employment Transition) Foundation (<http://www.vetfoundation.org/>).** [“Fight, Win, Live! Although only three simple words, they are the essence of what we teach at the VET Foundation. VET Foundation was started by veterans for veterans trying to make the transition from military to the civilian world. Our process starts with our week long COMPASS Transition Program - a five day holistic event, held several times a year and comprised of 25 to 30 participants. The mission for these participants is to leave the military and "transition forward.” VET Foundation brings dedicated professionals to COMPASS to help them accomplish that mission. All of our industry professionals during COMPASS have been carefully screened for “genuine care and concern.” They will discover very quickly that this program is like no other. It is all about helping the participants figure out what they want to do, who they want to be, and what impact they want to make in the lives of others. It’s more than getting a job and making a living. It’s about gaining a healthy perspective and making good life choices. Character is forged in the fire of adversity. The COMPASS participants have had their share of adversity. Often they are still fighting obstacles in their recovery. With the tools received and the skills developed at a COMPASS retreat, they will learn how to overcome the obstacles to live a healthy and productive life. *The VET Foundation’s COMPASS Transition Program is a five-day holistic retreat with a curriculum providing combat-wounded veterans an opportunity to not only gain valuable employment resources, but also life planning skills to assist with their re-entry to the civilian sector. Primarily focused on career advancement, COMPASS also reinforces the significance of mental, financial, physical, spiritual, emotional and social well being to ensure long-term success for the individual. All veterans write a personal development plan, network one-on-one with high profile professionals, learn about employment and education resources, and partner with a sponsor who, like them, has made a successful transition out of the military. Due to the generosity of VET Foundation donors and volunteers, the COMPASS Transition Program is provided at no expense to the veteran. COMPASS is a collaborative effort to give back*

to our heroes.”]

***Vet Friends** (<http://www.VetFriends.com>) [“Helping military veterans reconnect.” Over 1,088,681 Veterans & Military have joined! Benefits of joining Vet Friends include *Search for old friends from the Army, Navy, Air Force, Marines and Coast Guard. *Browse your military unit or ship by date to find people; enrolled in the Veterans, Active and Reerves so your friends can find you. *Email notices whenever a fellow Veteran or Military Soldier, Seaman, Airman or Marine from your unit also joins; Thousands of unique military photos, browse and search veteran uploaded photos by branch of military or conflict. *U.S. Military newsletters and news from around the world. . . “

***Vet Jobs** (<http://www.vetjobs.com>) [“makes it easy for employers to reach and employ all the members of the military community . . . to include Air Force, Army, Coast Guard, Department of Defense Civilians, Marine Corps, Merchant Marine, National Guard, Navy, National Oceanic and Atmospheric Administration, Public Health Service, Reserves and their spouses and dependents. VetJobs makes it easy to reach not only the transitioning military member, but also the highly qualified men and women who are veterans that have separated over the decades and are now productive members of the civilian work force in all disciplinesVetJobs is operated by a seasoned management team of professionals to assist companies, recruiting firms and hiring authorities to successfully reach the military market.”] [*Cross-listed—see The Veteran Eagle*]

***Vet Speak** (www.vetspeak.org). “Speaking truth to power. It’s time to bring them home . . . exists to publish and distribute the crucial voices and perspectives of America’s military veterans in print, online and on disc.” Includes VetSpeak Blog and Winter Soldier.”

***VetSpeakNet** (<http://groups.google.com/group/vetspeaknet/t/6635CEACBODE>) [“*Description:* Journalistic forum for Veterans, Veterans' Families, Care Givers, and Advocates re VA Reform & Health Care Resources and Veterans' issues grass-roots organizing; to include PVS/PTSD/Combat Stress Injury research and programs, physical facilities, and failed claims processes. You must be signed in and a member of this group to view its content.”]

***Vet to Vet** (Moe Armstrong, founder, moea1@verizon.net). [Veterans talking to veterans about their emotional and mental problems. That’s the idea behind the national Vet to Vet program that has been established at 32 sites. Armstrong, a native of Illinois who lives in West Haven, Conn., travels the country helping people set up the Vet to Vet meetings. The veteran-led meetings are based on a partnership with the VA mental-health system. The main focus is on the unique experience of veterans, and how they can learn to live with problems posed by mental illness and/or addiction. “People in Vet to Vet don’t just vent; instead, there’s an educational component, with participants reading and discussing materials recognized in the field of psychosocial rehabilitation.”]

***Vet Wives** [“VetWives welcomes you to our homepage. On these pages you will be able to find links to veterans’ sites, PTSD sites, poetry, stories about veterans, Links to Veterans Chat Rooms, etc. VetWives Email List is a Veteran's Family & Friends Discussion List. Topics include PTSD, Military, Retirement, dealing with the VA. All branches of service and all eras, not just war time service. ATTN: This is a HIGH VOLUME list (approx 80 - 100 emails per day) with some wonderful people that share their daily lives, coping skills, and just be there to support each other. Sorry guys but this is a **WOMEN'S only** group.” Also: Chat Room: We are a wonderful group of people who have a lot in common. This chat is open to any family member, wives, mothers, sisters, daughters, sons or friends of veterans all branches of service and includes any military era, not restricted just to war time service. Come join us!”]

***The Veteran Eagle** (www.vetjobs.com). “The Veteran Eagle is a newsletter for veterans, transitioning military, their family members and friends and supporters of VetJobs. Feel free to forward the newsletter to veterans and friends.” [See cross-listing, Vet Jobs]

***Veteran Love and Appreciation** (Veteranlove.com /American Love and Appreciation Fund 930 Washington Ave. Miami Beach, FL 33139 phone: 305-673-2856 Fax: 866-777-9431)POC: Toni Gardner Email: toni@veteranlove.com; <mailto:toni@veteranlove.com>.] “Veteran Love and Appreciation Inc. . . . exists to provide direct, essential needs to our severely wounded and disabled men and women who served in Operation Iraqi Freedom and Operation Enduring Freedom. Our assistance is intended to bridge the gap for these brave men and women as they transition from military service into civilian life. We are helping to put shattered lives and families back together. These heroes of the “War on Terror” deserve America’s support for their service and sacrifices made daily.” Includes “food and fuel” program and donated ZUNE 8 GB MP3 Players.”)

***Veteran Women Program (VWP)** (roxeanne@swwpic.com Roxeanne Boose, VWP Coordinator, 360.696.8417). [“The Veteran Women Program is here to serve you. Our new program is now available to serve all women veterans. Services include: job search, job tools, interview skills, education and training, mentoring and coaching, job placement or shadowing, removal of barriers to employment.” Located in Vancouver, WA (Clark County).

***Veterans and Families Coming Home** (VeteransAndFamilies.org) [“Our Mission: To help our Veterans get home both mentally and emotionally. To help Veterans and their families raise happy, healthy children in a safe and stable environment where both parents are supportive and emotionally available; To assist our homecoming Veterans and their families in successfully transitioning home from deployment and from military to civilian life; To keep families together through the trials of homecoming; To work in tandem with all government and civilian resources and agencies.”]

***Veterans Children** [Good key words for search]

***The Veterans Corporation** (<http://www.veteranscorp.org/>) [National Veterans Business Development Corporation, P.O. Box 220, Oxford, Maryland 21654, info@veteranscorp.org, (202) 349-0860 Helpdesk. “*Our Vision:* To provide Veterans and Service-Disabled Veterans with access to the tools required to become successful in business. *Our Mission:* To provide Veterans and Service-Disabled Veterans with access to the tools required to become successful in business. *Overview:* The National Veterans Business Development Corporation (also now known as The Veterans Corporation and “TVC”) was established by Congress under Public Law 106-50 to expand the provision of and improve access to technical assistance regarding entrepreneurship for veterans. TVC works with and organizes public and private resources and the business development staffs of each Federal department and assists veterans and service-disabled veterans with the formation and expansion of small businesses.”]

***The Veteran’s Fund** (<http://www.veteransfund.com/programming.asp>) [“Programs and materials from the Veterans Fund improve the quality of life for men and women who purchased America’s freedom at the sacrifice of their own health, and who now spend days and months and years in hospitals and nursing homes . . . where they are often desperately lonely and discouraged. By supporting physical, emotional, and creative therapy for thousands of our veterans through the Department of Veterans Affairs National Creative Arts Festival. By supporting Broadway-type shows and with the personal interaction of caring young people through the dynamic programming of Re-Creation USA, Inc. By supporting *Help Hospitalized Veterans* in that organization’s purchase and distribution of audio tapes, video tapes, books, books on tape, and more than 2000 arts and crafts kits to our VA Medical Centers every day. By acquiring and distributing CDs, books, tapes, and inspirational materials for the use of veteran patients in hospitals and nursing homes. By active cooperation

with some of the nation's most talented entertainers to present live shows for our Medical Centers and Nursing Homes each year. These entertainers are individual artists who volunteer their time and talents for our veterans, often working in conjunction with: the Barbershop Harmony Society, the American Society of Magicians (S-A-M), the World Clown Association (WCA), the North American Folk Music and Dance Alliance (Folk Alliance) and the International Bluegrass Music Association (IBMA). By enlisting new volunteer groups for Medical Centers. The Fund brought together the National Veterans Affairs Voluntary Service Department and the Explorer Scouts of America, and the Junior ROTC to develop youth-centered volunteer programs that have the potential of serving hospitalized veterans for generations to come. By cooperation with organizations such as America's Military Bands to gather and make available significant and lasting resources for the enrichment of the lives of our veterans in VA Medical Centers and State Veterans Homes.”]

***The Veterans of the Vietnam War. and the Veterans Coalition Inc.**

(http://www.vvnw.org/Veteran_Services/veteran_links.htm) [“The Veterans of the Vietnam War, Inc. (VVnW), a Veterans benevolent organization founded in 1978, was born out of a need to have the service and special needs of Vietnam War Veterans recognized and acknowledged. Traditional Veterans organizations were unwilling to accept the service of Vietnam Veterans, as well as Veterans of other eras. Today, VVnW is comprised of 90 posts worldwide sustaining the mission of the organization. VVnW continues to strive through its many programs to maintain, improve, preserve and defend the quality of life of all veterans and their families. VVnW programs include the United Veterans Beacon House, a transitional homeless veterans housing and reintegration program, Military Support Package Project for military serving overseas and Support Packages to veteran families, Veteran Service Officers (VSOs), Veterans in Conflict with the Law (Incarcerated Veterans), Team Veteran Leader (a competitive military adventure racing team), Veteran information services, casework assistance, counseling resources and referral, 24-hour 1-800-VIETNAM phone line, Veteran Leader newsletter, VVnW websites, Education and Scholarship Programs, FIND-A-VET Locator program to help reunite Vietnam era veterans, Flag Awareness and community services.”]

***Veterans Heart of Georgia** (www.veteransheartgeorgia.org). An organization dedicated to Healing the effects of war.

***Veterans Homestead** (veteranshomestead.org) [“Veteran Homestead, Inc. is an independent, 501(c)3 nonprofit organization based in Fitchburg, MA. The organization was founded by CEO Leslie Lightfoot in 1993 in Leominster, MA. It has since expanded into various facilities in New England and Puerto Rico. Our mission is to provide medical, psychological, and spiritual care to Veterans who are diagnosed with a terminal illness, elderly, disabled, or otherwise in need. We provide these services without regard to race, religion, or sexual orientation. All of our programs are drug and alcohol free and every effort is made to help those seeking abstinence.” Includes videos and bi-lingual English/Spanish offerings.]

***Veterans Initiative Center and Research Institute (VICTRI)** (<http://victri.org>). [“There are many Veterans who have creative, wonderful and powerful ideas from start-up businesses to one time projects to in-depth research ideas. Many desire to research and develop ideas that positively impact the lives of Veterans and their families. We are building a cutting edge, state-of-the-art initiative center to support Veterans in realizing these ideas. We proactively seek Veterans to develop their new ideas and make them reality. We reach out to the minority populations to ensure their involvement in our community. With the professional environment, tools and assistance we provide, we'll accelerate the development of Veteran leaders to now serve their nation in other ways.”] Rhonda Jordal highly recommends this organization.

***Veterans Living with PTSD** (<http://livingwithptsd.yuku.com/directory>) [“Welcome! You are among friends. If you ever feel alone in the struggles of dealing with this disorder, you are alone no more. There are many of us who love a veteran with Combat PTSD and understand how hard it can often be. However much our hearts may

break for the horrific traumas our loved ones have lived through, we are important too. We hope you will find this a safe, comfortable place of understanding, friendship, and support.”]

***Veterans Sanctuary** [24 S. 5th Street, Allentown, Pa. 18101 610.439-8479] [“A 60 bed inpatient non-hospital, variable length, addiction, co-occurring disorders and PTSD treatment center serving Veterans and their Families. This facility blends the therapeutic community model with the Sanctuary model and innovative holistic healthcare practices such as Mindfulness (MBSR & MBCT) Kripalu and LifeForce Yoga, Healthy Nutrition and Exercise, Creative Expressive Arts all combine in a focus of healing body, mind and spirit. Significant effort will be in providing therapeutic opportunities to build personal attachments that will sustain recovery, to share what pains us, and to provide the tools to reclaim our lives, transition home, rebuild a healthy identity including contributing to our relationships and the communities in which we live. Veterans and families will learn skills that support emotional safety; including understanding and diminishing PTSD symptoms and developing renewed relationships within the family unit. Veterans can also decide to participate in hometown intervention teams; Vets Helping Vets and learning de-escalation, intervention and mentoring skills. The facility has the architectural charm of a tastefully renovated 1928 spacious structure sporting a gymnasium, exercise room, an auditorium, library, meditation room and Japanese Garden with Koi pond all supported by a talented caring staff. Opening Date: Mid - November 2010. Phone number changes then.”] *Note: I am very familiar with Robert Csandl, director of Treatment Trends, the umbrella organization for the Veterans Sanctuary, and have conducted three separate trainings with their staff. I am most impressed with the staff’s motivation, passion and knowledge. Check them out; this promises to be a very positive and needed resource for veterans needing a therapeutic community milieu.*

***TheVeteransVoice.com** (independent, grassroots publication founded as a quarterly publication dedicated to all Veterans past and present and a monthly newspaper distributed nationally to VA facilities, outpatient clinics, Vet Centers, VSO's, elected officials and individual subscribers);

***Veterans for America** (www.veteransforamerica.org) [See *American Veterans and Servicemembers Survival Guide* earlier in this listing].

***Veterans for Peace** [Activist group comprised of veterans of different eras. “Veterans For Peace is a national organization founded in 1985. It is structured around a national office in Saint Louis, MO and comprised of members across the country organized in chapters or as at-large members. . . includes men and women veterans of all eras and duty stations including from the Spanish Civil War (1936-39), World War II, the Korean, Vietnam, Gulf and current Iraq wars as well as other conflicts. Our collective experience tells us wars are easy to start and hard to stop and that those hurt are often the innocent. Thus, other means of problem solving are necessary. . . We draw on our personal experiences and perspectives gained as veterans to raise public awareness of the true costs and consequences of militarism and war - and to seek peaceful, effective alternatives.” *See also: Iraq Veterans Against the (IVAW)*]

***Veterans Initiative Center and Research Institute (VICRI)**. [“VICRI is seeking veterans interested in starting businesses. Please call for an appointment: 612.3535600/5599. There are many Veterans who have creative, wonderful and powerful ideas from start-up businesses to one time projects to in-depth research ideas. Many desire to research and develop ideas that positively impact the lives of Veterans and their families. We are building a cutting edge, state-of-the-art initiative center to support Veterans in realizing these ideas. We proactively seek Veterans to develop their new ideas and make them reality. We reach out to the minority populations to ensure their involvement in our community. With the professional environment, tools and assistance we provide, we’ll accelerate the development of Veteran leaders to now serve their nation in other ways.”] *VICRI is highly recommended by Rhonda Jordal.*

***Veterans Legal Assistance** (www.nvlsp.org) [One of if not the oldest and most active non-profit organizations providing expert legal assistance, consultation and information regarding veterans issues]

***Veterans Legal Services Program** (<http://www.nvlsp.org/>). *See listing under: National Veterans Legal Services Program.*

***Veterans Radio** (www.veteransradio.net). [“Veterans Radio, a weekly radio program for America’s veterans was founded in the summer of 2003 and first aired on 15 November 2003. Since then Veterans Radio has produced over 250 programs. Most are available to listen to in the archives of our website, www.veteransradio.net. Veterans Radio is dedicated to all of the 25 million living men and women who have served or are currently serving in the armed forces of America. Our mission is to provide all veterans with a voice, to give them a forum where they are able to discuss their issues, and to provide information to all veterans regarding the rights and privileges they earned by serving their country. Veterans Radio includes our listener’s stories and experiences, not only while in the service, but afterwards as well. Interviews with guest speakers and authors are a weekly feature. . . Veterans Radio is produced by veterans for veterans.]

***Veterans Resource Guide John T. Powers** [lots of resource information; J.T. Powers obviously put a lot of effort into his resource guide]

***Veterans United For Truth** (www.veteransunitedfortruth.org). Veterans United for Truth, Inc. P. O. Box 4476, Santa Barbara, CA 93140. 1.805.530.6417. The phone is covered by a voice recorder 24 hours a day. We’ll get back to you ASAP. [“There are many good veterans’ organization already in existence, and some of them are focused on many of the same issues as VUFT. Our concern that led us to starting VUFT was that none of them seemed to be concentrating on the two areas where we thought real progress could be made: Legislators and their performance on veterans’ issues, and the various departments that establish and administer veterans’ programs. That is all that we focus on. We have no facilities, have no social events, and have no goals other than those stated in our Mission Statement and Mission Essential Goals, which you can read and download on our “About Us” web page. 2. What is the purpose of Veterans United For Truth? To work to improve the accession, training, equipping and commitment of active duty and reserve force military; to ensure that all persons active, reserve and guard are told the truth about the reasons for their commitment to specific conflicts, and the truth about their obligations; to work to ensure that the dependents of all persons on active duty receive services in a timely fashion; and, to work for legislation that guarantees benefits to all veterans without undue administrative complexity. Where the government of whatever branch failed to perform, we intend to educate the public and, if necessary, sue for such performance . . .”]

***Veterans Village** (<http://www.vvvsd.net/>) [“VVSD has served all veterans since 1981 and is dedicated to "Leave No One Behind." With five locations throughout San Diego County, VVSD is the only program of its kind in the United States and is nationally recognized as the leader in serving homeless military veterans. Each year VVSD provides services to more than 2,000 military veterans throughout the County of San Diego VVSD provides a continuum of care with a full range of comprehensive and innovative services for military veterans that encompasses: *Prevention; Intervention; Treatment; Aftercare.* VVSD extends assistance to needy and homeless veterans and their families by providing: *Substance Abuse Recovery; Mental Health Counseling; Job Training and Job Search Assistance; Housing; Food; Clothing; Legal Services.* In our last program year (through June 30, 2009), VVSD placed over 300 homeless veterans and over 200 other unemployed veterans into long-term jobs with an average starting wage exceeding \$13 per hour.”]

*** Vets Back To War Zone.org (VBTWZ). PO BOX 801262. SANTA CLARITA, CA 91380. c/o: Herby Hightower. 321.525.0184 cell; 661.299.1487Ph/fax.** [“Organized for the purpose of returning War Veterans to the places they served during the time of war for therapeutic benefits related to PTSD. VBTWZ.org will *conduct pre-trip interviews* to extract personal histories/testimonials from participating veterans. After the

trip, *Post-trip interviews will be conducted* to obtain reflections of present day war zones. Their stories will then be inducted into the Library of Congress as oral histories and testimonials by American war veterans during their time of war in relation to their *present day assessment*. The 106th Congress enacted the "Veterans' Oral History Project Act" 27 October 2000. Vetsbacktowarzone.org provides a great opportunity to obtain refreshed testimonials of the realities of war and sacrifices made by American war veterans in order to preserve freedom and the America Way of life. Vets Back To War Zone.org will invite PTSD disabled and under privileged Veterans; and others to return to Europe, South Korea, Vietnam, Kuwait, Afghanistan, Iraq and other Battlefields around the world (when accessible); at the expense of VetsBackToWarZone.org. Thus, providing an opportunity to begin a therapeutic process to bridge the gap and root out the pains of war (PTSD) . . .”] *Note: Herby and VBTWZ have impressed me with their enthusiasm and dedication to offer a well-prepared experience for vets. They are utilizing videos I have sent to them concerning return trips to Vietnam in 1989 and 2000 that I co-led, as well as checklist guides I wrote about in my second war trauma book, Healing Journeys, Study Abroad with Vietnam Veterans, to consider utilizing when assessing and preparing vets for possible return to former battlefields.]*

***Vets 4 Vets** (www.vets4vets.us) [“Vets4Vets is a non-partisan veteran organization dedicated to helping Iraq and Afghanistan-era veterans feel good about themselves and heal from any negative aspects of service and war through the use of peer support. Vision; Our primary goal is to help Iraq and Afghanistan-era veterans understand the value of peer support and to regularly use peer support to express their emotions, manage their challenges and ease their reintegration into society. Our vision is that anytime a veteran needs to talk with someone who really understands, a local Vets4Vets peer support group is available at no cost.”]

***Voices of War. Stories from the Veterans History Project** (Experiences of War) [Rich compendium of personal narratives of veterans of different wars]

***War Experience Project** (www.warep.com). [Rick Lawson. “The power of art to heal is being put to use through The War Experience Project by inviting current and former military service members to paint a camouflage service uniform. Some might know them as cammies, fatigues, blouses, DCU's, ACU's, Utilities, or battle dress uniform. Regardless of what we call them, those who have worn the uniform have memories from their experiences that only those who have been in service can know and appreciate. By painting onto a uniform, the participants are going through a positive and cathartic experience even with the most challenging memories. Once the uniform is completed, the piece will be shown in exhibition throughout the world in an effort to share that experience with others, without having to tell the story.”] [Note: a close friend and colleague, Lisa Tice, says of Rick Lawson’s project: “*He has begun a traveling art project called "The War Experience Project: Visualizing the Burden."* Rick is just awesome and has provided an incredible healing opportunity for service members, families and civilians through this project. Easy comparisons are made to the AIDS Quilt project, as he facilitates painting on the back of camouflage uniform shirts, then displays them around the country. The images are deeply personal, ranging from stark to mystical, and all tell an incredible story by each individual painter. Rick and his wife started this after he found his own healing was strengthened by painting on the back of his own uniform... You can read more about Rick Lawson and his project by visiting his Web site: <www.warep.com> He is an incredibly articulate young man about his own experience and how he's been able to help others through this project.”]

***War Fighter Diaries** (warfighterdiaries.com). [“WarFighterDiaries.com is a social network provided as a resource to our Armed Forces. It’s designed to foster relationships with uniformed service members, through short videos of actual war stories, and real life experiences to build a resilient team. Learning from people that know what's involved when you're fighting for your country is the best path to follow toward success in your career. Our goals are to give first hand advice to our resilient teams and help them cope with issues that only they encounter. These stories are about preparedness, training, combat experience, career, stress, family, and how we endure and grow learning to be resilient. Learning to be resilient is a journey that we take as a team.’]

***Warrior Gateway** (warriorgateway.org) [The Warrior Gateway is designed to eliminate the information barriers that keep members of the military community from connecting with the resources that they need. By providing a comprehensive directory of community organizations, community feedback, volunteer opportunities, career exploration and job application tools as well as a knowledge base of valuable information, the Warrior Gateway is aimed at easing the transition from military to civilian life and also providing support for the families of those in uniform. To ease the transition, connections to several leading social networks will allow members of the military community and their families to connect with one another and build valuable support networks both online and offline. Curious? Navigate the links to learn more about the Warrior Gateway. You can also pre-register [as member of “military community,” “employers” or “service providers” on the Warrior Gateway and we will notify you when it launches. Be sure to check out our blog, a source of information relevant to veterans and their families and caretakers.”]

***Warrior Reintegration** [Good key words for web search]

***Warrior Weekend** (<http://warriorweekend.com/>) [*The Mission: Helping Wounded Troops*. Warrior Weekend provides weekends of rest and relaxation for Soldiers and Marines who have been wounded in combat in both Iraq and Afghanistan and who are undergoing recovery at Walter Reed Army Medical Center. Missions focus on small groups of 8-10 and allow participants to enjoy themselves at various destination cities. The mission was started in Dec. 2006 by retired Army Lieutenant Colonel and decorated Iraq combat veteran, Steve Udovich. (provides weekends of rest and relaxation for soldiers and marines who have been wounded in Iraq and Afghanistan and are undergoing recovery at Walter Reed Army Medical Center in Washington, DC);

***Warriors... In Their Own Words** [film on DVD, \$19.99, interviews with warriors reflecting about their experiences. Trailer available to watch on the Web (www.warriorsdvd.com). “A film that lets the warriors themselves explain why they do what they do and who they are -- an unfiltered view of those who dedicate their lives to protecting our freedoms.”]

***Washington State Veterans Issues** (www.meetup.com/vets-issues/). [“A meet up group for Veterans to not only share info - but to be able to be informed of the laws pending in WA State - in order to help make sure we can get our veterans properly recognized and cared for.”]

***Websites for Heroes** (<https://www.websitesforheroes.org/>) Website to help active-duty Service members and their families stay connected by providing them with their own personalized, secure, password-protected website. Features for each family’s website include a video gallery photo gallery, kid’s page, message board, calendar, family directory and news.

***Welcome Back Veterans** (WelcomeBackVeterans.org). [“Major League Baseball and the McCormick Foundation have launched Welcome Back Veterans, an initiative designed to raise public awareness about issues facing today's veterans, and to raise funds to support programs and services that these returning soldiers need to repair and restore their lives. To encourage giving, the McCormick Foundation will match the first \$4 million raised, at 50 percent. In addition, Major League Baseball and McCormick are paying all expenses associated with this initiative, so that 100 percent of the funds raised, plus the matching dollars, will go to programs and services for veterans.”]

***Welcome Home Warrior** (www.whwarrior.org). [Founded by Donna Finicle, Welcome Home Warrior's mission is to serve the veterans of Afghanistan and Iraq and their office is in Woodland Park, Colorado. WHW “currently produces a free workshop series, *Coming Home/Going Forward*. These workshops are for veterans and their families, students, therapists, ministers and counselors.”] *Note: I have had several contacts with*

Donna, to include presenting at one of Welcome Home Warrior's workshops. I am very impressed with Donna's sincerity, passion and mission.

***What Everyone Leaving the Military Should Know** (<http://www.leavingthemilitary.blogspot.com/>) [“This publications stands to provide veterans, and those soon-to-be veterans, with a wealth of information gathered from personal and professional experiences and valuable research. I can help you with anything from your career to using your VA home loan, and everything in between. Just post a comment and I will respond with my own personal knowledge or will research and find your answer. Good luck and enjoy.”]

***With Love From Home** (<http://withlovefromhome.org/>) [“This project was started as a way to honor all of our Service men & women that are serving our country. We appreciate the sacrifices that they have made for us , so we as Americans can enjoy the freedom we are used to. When our son Michael joined the Marines we became very aware of how much mail call meant to all of the recruits in training. In supporting and encouraging Michael with mail from home we began to think of how awful it would be to be serving overseas and to not have the support from home or receive mail from someone who truly cares about you. We started this project in hopes to reach as many of our men and women serving overseas that have little or no support from home. It is very important to us that they know how thankful we are for their service. *It is our honor to send letters, care packages and prayers from back home* to hopefully put a smile on their face. They are all heroes and we will continue with our goal until they are all home safely. . . . Any addresses we receive for Service men and women in need of mail are kept confidential and are not released to anyone. We personally mail all letters and care packages and ask the Service member to release their own address to the person if they wish to correspond with them. Please let us know if you have someone in need of mail and support. We would love to let them know how important they are for the sacrifices they are making for us Americans. With Love From Home. God bless, Dave & Kelly Yocum,” Founders, P.O. Box 444, Mora, MN 55051; 320.679-0722.”]

*** Women Veterans of America** (www.wvnational.org). [“A voice for women who have and are serving in the Armed Forces. An advocate for women veterans’ rights, issues and benefits. WVA Vision: To have set forth criteria that ensures the best possible care given to women veterans in VA health centers. To be advocates for Women Veterans and women now serving in today’s military.”]

***Women Veterans. The American Legion Guide.** [“Guide for Women Veterans: <http://www.legion.org/org/documents/legion/pdf/womensguide.pdf>, Identifies risks, services and prevention regarding a range of valuable information for women in the military and women veterans, in such areas as employment, education, benefits, services available, women’s health issues, women’s sexual trauma, domestic violence, war zone stress and women’s’ health.”]

***Wounded Heroes Fund** (www.woundedheroesfund.net) [“. . . provides care packages to our injured men and women of the armed forces. In addition, Wounded Heroes Foundation, through charitable contributions, provides financial and other assistance in situations where the military is not equipped or unable to assist.”]

***Wounded Soldiers and Family Hotline Call Center** [“The purpose of the Wounded Soldier and Family Hotline is two-fold: To offer wounded, injured, or ill Soldiers and their family members a way to share concerns on the quality of patient care; To provide senior Army leaders with visibility on medically- related issues so they can properly allocate resources to better serve Soldiers and families. The hotline is an avenue to gather information about medical care as well as suggest ways we can improve our medical support systems.”]

***Wounded Warrior Project** (www.woundedwarriorproject.org) [one of the largest and most successful community-based organizations serving veterans and their families; see also: **Wounded Warriors Family Support**; **Wounded Warriors Wives Project**]

***Yellow Ribbon America** (<http://www.yellowribbonamerica.org/>) [“. . . founded in February of 2003 as a non-partisan, national grassroots effort to unite all Americans to directly help our nation’s military members and their families. Our approach is simple - locals helping locals - local businesses, residents, churches and community groups focus their resources on helping military members and their families in their individual communities.’]

***Yellow Ribbon Fund** (<http://www.yellowribbonfund.com/>). [“The Yellow Ribbon Fund was created in 2005 to assist our injured service members and their families while they recuperate at the Walter Reed Army Medical Center and the National Naval Medical Center. Our mission began when two of our volunteers learned of needs at Walter Reed and Bethesda Naval that were not being met by other donors. In five years, contributions made through the Yellow Ribbon Fund have provided the following for injured service members and their families: over 1,100 free rental cars spanning 49,000 free rental car days; over 16,000 free taxi rides; over 7,300 free hotel room nights; and 46 families have used our four apartments for almost 6,000 nights; and hundreds of free tickets to sporting games, concerts and plays, and hundreds of lunches, dinners, golf games, duck and goose hunts, fishing trips and other activities. *How We Help*: Since the Yellow Ribbon Fund first began five years ago, we have stayed true to our mission of welcoming our injured service members home. We do this through our *transportation program* of free rental cars for family members and cab vouchers; *our lodging program* of hotel rooms and apartments; *our many activities for both the recovering service member and family members*, both on and off the hospital grounds; *our job mentoring program*; and *our family caregiver program*.

***Yellow Ribbons Project** (<http://www.yellow-ribbons.com/>). [“On these pages you will find listed some of the wonderful ways quilters have chosen to help our nation in this time of crisis. If you find any event, project or need we don't have listed, please let us know. It's important to realize our efforts should not end when the daily news coverage does, as it surely must. The yellow ribbon symbolizes "bringing them home". (For more on the history of the yellow ribbon, visit the Straight Dope.)”]

***Zero-to-Three** (www.zerotothree.org) [Parenting information and resources with special literature for military families] *Note: Good, practical information in easy-to-understand language.*

VI. Videos (non-governmental) related to military deployment, readjustment, veterans, families and communities

This is a small listing, in alphabetical order, of selected videos almost all of which I have personally viewed and recommend with caveats per my comments for each.

1. **The Battle of the Mind – Operational Stress and PTSD.** 5’ 39”. *“I made this video in hope to bring awareness to the number of soldiers dealing with PTSD & OSI - Operational Stress Injury. The song "Hard" was written by a member of The Canadian Forces MCpl Elton Adams and you can download from iTunes or <http://www.eltonadams.com>.”* Excellent black and white slide show with strong music track. This is distinctive because of its high quality black and white images, and that the sound track is by an OEF/OIF active duty Canadian. <http://www.youtube.com/watch?v=tK5huJ14OD8>
2. **Bringing the War Home.** 4’43” CBS special by Katie Couric. *“The U.S. has now been fighting two wars for nearly eight years and its impact on soldiers is staggering. As Katie Couric reports, sometimes*

soldiers direct their anger at their loved ones.” Report on domestic violence by returning military personnel, focusing on one Iraq veteran who killed his wife and the extent of the problem.

http://il.youtube.com/watch?v=AbYOTqF_Myg&feature=related

3. **Combat Troops in Iraq Talk About PTSD.** 3’30”. “*Salem-News.com Producer/Reporter Tim King is producing a documentary about Post Traumatic Stress Disorder and he's looking for support. The program will be seriously helpful for combat vets and their families. It features interviews with U.S. soldiers and Marines all over Iraq who discuss what they are doing while still in the war, to help offset the problems related to PTSD.*” This video is distinctive in that much of it involves interviews with soldiers while they are still deployed in Iraq.

<http://www.youtube.com/watch?v=5qC9gVQVHMo&feature=related>

4. **Comfort for Soldiers with PTSD (YOU SERVED YOUR COUNTRY WELL!**

“This is a PRO-SOLDIER song. Many are dead and many are suffering from psychological effects inherent in war. This song attempts to tell them that no matter how we feel about the war, we are proud of them, they are our heroes!” Slide show with very positive lyrics in support of those who have served.

<http://www.youtube.com/watch?v=HOjgl7uzuDo&feature=related>

5. **Darryl Worley: I Just Came Back From A War.** 4’25” Official Music Video from 903 Music. A powerful song about the effects of war on soldiers once they return home and try to adjust to the mundane realities of a free society. Could be about any soldier from any war. This is a nice country music video with relevant lyrics about troops just back from deployment adjusting.

<http://www.youtube.com/watch?v=KwpO8Q1u4Ss&feature=related>

6. **Deployment—What It Means to Wait . . . Military Families, Wives-Support our troops?** (3’19”). Slide show video with spouses and children’s voices intermingled with Lonestar music soundtrack, “I’m already there.” One viewer comment: “Big frog in my throat. This is the most powerful video I’ve seen here. More of this.” <http://www.youtube.com/watch?v=WZq4gvouRig&feature=related>

7. **Fish Out of Water.** 18’48”. “*More than 600,000 U.S. soldiers returning home from Iraq and Afghanistan suffer from traumatic brain injuries, including psychological ailments such as Post-Traumatic Stress Disorder and depression. Sun Valley Adaptive Sports helps these "Wounded Warriors" recover by hosting nature trips to beautiful Idaho, where veterans learn the competitive yet meditative sport of fly fishing and find camaraderie and understanding from fellow soldiers. See the powerful impact the trip has on six veterans in this emotional film about change, rehabilitation, and the struggle to feel "normal" again.*” Explore™ (<http://explore.org>) is a multimedia organization that documents leaders around the world who have devoted their lives to extraordinary causes. [Note: this slow-paced video is over 18’ long, with lots of interchanges with vets while they are fishing and participating in nature trip to Idaho. Might appeal to rural vets or those comfortable in the outdoors . . .]

<http://www.explore.org/videos/player/fish-out-of-water>

8. **Horrors of War for Soldiers.** 3’49”. Video slide show intermingling of images and written statements, with sound track, “I’ll stand by you.” “*Reality: hundreds of soldiers are suffering PTSD when returning*

from their tours. many hide their horrors, but thousands suffer greatly from it. While most get help when returning from war, thousands still are not being helped with it!!! . . . many of our soldiers just can't handle coming home, getting back into 'normal' routine and end up being violent, aggressive, abusive and in many cases commit suicide because they haven't received the help they need to help deal with the trauma they have seen and been put through!! This isn't just a job to our soldiers, it's their lives and they need as much help and backing, so they can carry on! POLITICS!!! That's all it is at the end of the day to our UK government... but these soldiers are people too and having their troubles swept under the carpet for doing their 'job' is not right or acceptable!" Main virtue of this video is that it was produced in the United Kingdom about UK military personnel; there is a strong anti-government message.

<http://www.youtube.com/watch?v=OmKrGzznhjo>

9. **Hotel November** (9', black and white). (<http://www.theiac.org.uk/videolibrary/FTV050.htm>) [The Institute of Amateur Cinematographers (IAC) Video Library Kodak 10 Best 1988. "Rick Sykes. Written and directed while the producer was at the University of Southern California's School of Cinema/TV, this is a study of human agony arising from America's involvement in Vietnam. Transfer from 16mm film (also available as lib. no: 1343). Ten Best Oscar (1st prize) 1988."] *Note: I have found this to be one of the most powerful videos I have seen about war, and about the Vietnam War. I have used it in a lot of presentations about war and PTSD. It was a university film project by Vietnam veteran Rick Sykes and clearly was part of his post-war healing. It chronicles a young VNV with his wife, leaving home, going off to combat in Vietnam and having flashes back to his wife, and a powerful ending—with a strong sound track. To me, Sykes accomplished in 9 minutes what it takes war film makers two hours to accomplish.*
10. **Inside the Surge** [Video: Shawn Smith in Iraq] (<http://www.guardian.co.uk/video/page/0,,2125978,00.html>. ["The Guardian's award-winning photographer and filmmaker **Sean Smith** spent two months embedded with US troops in Baghdad and Anbar province. His harrowing documentary exposes the exhaustion and disillusionment of the soldiers."] [Powerful 11 minute documentary by British photo journalist who was embedded with U.S. military units during the surge. This video powerfully documents both the dehumanization, the carnage and the senselessness as well as the humanity and heroism embedded in the war-zone experience. I use this video in many of my presentations. Viewers should be notified that this video contains actual and graphic combat footage]
11. **Letters from War**. 4' 17" "*Mark Schultz sings this incredible song to honor American Soldiers serving their country around the world. It was nominated as music video of the year in the 2004 Dove Awards. It also served as the rallying point for the US Army's "Be Safe" campaign.*" One viewer's comment: "*I heard this song every Sunday during Boot camp for the marine corps and this shit had me in tears EVERY time i heard it....i love this song*"
<http://www.youtube.com/watch?v=uuvbBwsMTgI&feature=related>
12. **Living In the Shadow of the Blade 6' 03"** (http://www.youtube.com/watch?v=AfHE6j_eC3U&NR=1). Great music soundtrack by Rodney C. Riley accompanies footage of Huey helicopters during the Vietnam War and today through a refurbished Huey that travels around the country offering veterans another chance to fly in a Huey helicopter—to revisit their Vietnam experiences and who they are today
13. **The Long Road Home**. Gary Fariano, 7' 52". "*A short documentary about a U.S. soldier returning from combat in Iraq and Afghanistan who is suffering from PTSD (Post Traumatic Stress Disorder).* The Long

Road Home" tells the story of one young man who served as a U.S. Marine in Iraq and Afghanistan who now suffers from PTSD (Post Traumatic Stress Disorder). He details the day-to-day struggles dealing with PTSD and what to expect from returning troops in the future." Very stark and frank monologue by a vet discussing his suicidal thoughts and preoccupation and how much he has been (and continues) to struggle post-war. This video does not offer any solutions, but its virtue is more in the frank discussion by a vet of his on-going struggles. <http://vimeo.com/groups/1615/videos/6032962>

14. **Mick Singing Johnny Cash "Like a Soldier"**. 2'58" "*Johnny Cash and Willie Nelson song, my early morning attempt.*" Oddly arresting video consisting entirely of showing the guitar and hand strumming the guitar while singing the powerful song, 'Like a Soldier.'
<http://www.youtube.com/watch?v=4VhN9620yhg>
15. **Military Youth Coping with Separation: When Family Members Deploy** [". . . video program specifically for older children and adolescents as they face military deployment in their family . . . developed by military pediatricians and adolescent medicine specialists to help military youth understand that they are not alone as they experience family separation. It also provides tools for young people to use to begin to understand and cope in healthy ways with their feelings and emotions related to a military deployment . . . multiple interviews with older children and teens who have also experienced separation during deployment. The interviews are candid and capture the true feelings and coping strategies of military youth . . . also included are a facilitator's guide and a military youth stress management plan. For more information about this DVD and more resources, visit the AAP Military Youth Deployment Support Website at <http://www.aap.org/sections/unifserv/deployment/index.html> and the Army Behavioral Health Website at <http://www.behavioralhealth.army.mil/families/index.html>." Funding provided by the American Academy of Pediatrics and by the U.S. Army Medical Command.]
16. **Muse of Fire. A (Interactive DVD). Documentary on the National Endowment for the Arts Project. Operation Homecoming. Writing the Wartime Experience. A film by Lawrence Bridges.** ["*The National Endowment for the Arts created Operation Homecoming to help U.S. troops and their families write about their wartime experiences. The program sent distinguished authors to conduct writing workshops at military installations across the country and overseas. Selected from more than 12,000 pages submitted to the NEA, nearly one hundred memoirs, stories, poems, and letters are published in Operation Homecoming: Iraq, Afghanistan and the Home Front in the Words of U.S. Troops and their Families, edited by Andrew Carroll (www.OperationHomecoming.gov). Lawrence Bridges' documentary, Muse of Fire, includes remarkable readings and interviews with U.S. troops and their families, as well as insightful commentary from acclaimed authors and actors such as Ray Bradbury, Kevin Costner and Jeff Shaara.*"] To me, the segment of Sgt. Sandi Austin is superb; her short description of her tour in Iraq, and her performance of singing her original song, "In the Hangar," are beautiful and evocative. As long as young people with the character (and talent) of Sgt Austin are willing to join the military, our country is in good hands. We owe her and them so very much.
17. **NOW. Veterans of PTSD.** "A look at war veterans and post traumatic stress. Are they getting the help they need?" PBS video. <http://www.pbs.org/now/shows/339/video.html>. Comprehensive and well done.

18. **Occupational Therapy for Soldiers with PTSD.** 7'31". *"An educational video mostly on the symptoms experienced by soldiers with PTSD, and how occupational therapy can improve their quality of life."* Slide show with music sound track (Sarah McLachlan—"Answer") and frequent graphics with information about PTSD; the last three minutes is about Occupational Therapy as an approach to treat PTSD symptoms. The primary virtue of this video is that it introduces OT to those with PTSD symptoms.
19. **Our Brave Soldiers** (Video, 5'14". Hillary Duff ("Fly") soundtrack. [*"Nobody has any idea what they are going through. I have made this in dedication to all our brave soldiers and for our loved ones waiting for their safe return home. Keep them in your hearts and feel free to share this video."*]
<http://www.youtube.com/watch?v=XsOG4uCf-Zs>
20. **Post Traumatic Stress Disorder** – KHOU Anchor Len Cannon. "4'26". 11 News reporter Len Cannon moderates a story of two veterans dealing with post traumatic stress disorder and how their faith is helping them with their pain and their healing." The two vets describe the impact of the war, and a combination of counseling at the VA and with the PTSD Foundation of America ("counseling that emphasizes faith"). <http://videos.apnicommunity.com/Video,Item,103136603.html>
<http://videos.apnicommunity.com/Video,Item,103136603.html>
21. **PTSD (A Tribute to our Soldiers).** 3'09" By Phillip Sebulsky. An English Project. Slide show with music sound tract and several graphics re PTSD and soldiers deserving our support.
<http://videos.wittysparks.com/id/2328370358>
22. **PTSD. Fallen Soldier Lost to Suicide.** *"Spc Jason Cooper served in Baghdad, Iraq from 3/04 to 3/05 and took his life shortly after returning home. God Please bring our soldiers home and let us take care of them."* Slide show video with Sarah McLachlan soundtrack ("Angel"). Photos of SPC Jason Cooper, OIF vet, who committed suicide. The many viewer comments are quite powerful.
<http://www.youtube.com/watch?v=GTJ2v3bOvqA>
23. **PTSD and Veterans: Beyond the Yellow Ribbons.** 9'58". Funded by the Norfolk County District Attorney's Office, MA. Well-done with interviews with several officials and with an OIF vet and his mother, describing his return from deployment and eventually starting treatment at a VA Vet Center. Interspersed with comments by VA psychiatrist and VA Vet Center Team Leader.
<http://www.youtube.com/watch?v=kNAzSR5SSSo>
24. **"Restrepo"** National Geographic documentary, 2010. The documentary, "Restrepo", follows troops deployed to Afghanistan in 2007-08. The "cameras stay focused on a small group of soldiers in Korengal Valley, with no interviews with generals or diplomats. The only goal is to make viewers feel as if they just been through a 90-minute deployment." "The National Geographic documentary does that, in shaky and gritty hand-held camera detail as one deadly firefight after another unfolds in hostile Kunar province. But "Restrepo" goes further, serving as a tool to educate other soldiers and the public about what the particularly grueling 2007-08 deployment was like, as well as providing a window into the post-traumatic stress that followed it." "Restrepo was a 15-man outpost named after Pfc. Juan S. Restrepo, a 20-year-old medic killed by insurgents on July 22, 2007, in Korengal. Restrepo and four other outposts were subsequently abandoned by the U.S. after officials concluded they could not be adequately defended and the decision was made to move to more populated areas." [Above excerpts from: "Film details soldiers'

pain.” by William Cole [wcole@staradvertiser.com], *Honolulu Star Advertiser*, August 12, 2010, pp. B1, B3.]

25. **Soldier Coping with PTSD.** 3’39”. Media coverage of Captain Rolando Villacres, OIF veteran with PTSD and his and his family’s discussion of his PTSD symptoms. Not a wow factor video, but it is the first one I found focusing on Latino vets. <http://www.youtube.com/watch?v=ssZ-yRS7Hlc>
26. **Soldiers Coming Home.** 2’11” video slide show with sound track. “**LeighLei82** . *The life of a soldier is difficult for some people to understand, especially after they come back from a deployment. My thoughts and prayers go out to all the soldiers and their families. I hope this slideshow helps people realize what soldier's face on a daily basis, and why they'll never be quite the same after a deployment. God Bless Our Troops. I edited a slideshow someone sent me about some difficulties soldiers face when they return home - I added music & rearranged some things. The music is "Mad World" by Gary Jules.*” This is a very nicely done slide show that juxtaposes everyday complaints that people have with what military personnel on deployment face, a gentle and partly humorous attempt to educate people (to include military families) about what military personnel returning might be thinking or feeling. <http://www.youtube.com/watch?v=WJ7l7oljVyo>
27. **The Soldier’s Heart – PTSD a Frontline Video Series.** <http://www.pbs.org/wgbh/pages/frontline/shows/heart/view/>. The Soldier’s Heart is a 60 minute PBS “Frontline” video series in four parts. It is available for viewing on the PBS Frontline web site. “Soldier’s heart” or “nostalgia” are the names given for PTSD after the Civil War. Later from various wars it became “shell shock”, “battle fatigue”, Post Vietnam Syndrome” and now commonly diagnosed as Post-Traumatic Stress Disorder or PTSD for Combat Trauma and there is a just-as-damaging subset called Military Sexual Trauma or MST. Each is 15 minutes long. Visit the PBS site anyway to get insight and background. It is interesting and informative reading. **Homecoming:** For three returning Iraq war veterans, it’s when they got home that the feelings, images, smells and nightmares of war began haunting them. **The Psychological Impact of Combat:** Decades of records has tracked the psychological toll of war on those who fight it. Today, what happens to a soldier who admits to emotional distress and asks for help? **Needing Help:** One young Marine, in a downward spiral, keeps his torment and pain bottled up. Another, showing symptoms of PTSD, joins a Camp Pendleton support group.
28. **Talking Post-Trauma Blues.** 3’39” Tom Smith, veteran, sings his song about PTSD. [Folksy, witty, incisive, right-on (“*I’m sittin’ here on this front porch swing, my chest vibrates, my ears ring, what the hell’s the matter with me? Inside of my head is like World War III . . . I drive down the road to Walter Reed, thinking every mailbox I see is an IED.*” One viewer’s comment: Thank God for you, Tom Smith. Your song meant so much to me and I played it for someone I care about that doesn’t have PTSD. I do and I think this explains it just fine.” Another viewer: “I hear you, brother. You’re speaking real loud and clear. Thank you. 5 stars and tons of respect. Faved and featured.” <http://www.youtube.com/watch?v=JdEJB7UPmUc>
29. **Therapy Dogs.** 2’ video:”*Therapy dog helps soldier with PTSD heal.*” This short new segment is about DogTags, a program established by Gloria Gilbert Stoga, placing trained dogs with veterans with PTSD. Short and interesting in that it covers an innovative approach. (Army.mil did produce this segment, but it

is totally focused on the therapy dog impact on a soldier with PTSD).

http://www.youtube.com/watch?v=xA_tHkGuycQ

30. **Three Doors Down When I'm Gone– Tribute to Our Troops.** “Kristy 0329. *This is my tribute to our troops, especially my brother-in-law, who is home safe now!! Thank God!!* This is also a nice tribute to our troops, with lots of excellent slides accompanied by the strong lyrics of “When I'm Gone.”
<http://www.youtube.com/watch?v=ph3PGSVxr7A&feature=related>
31. **Traumatic Brain Injury.** A documentary on soldiers and veterans. *Three part series: Four soldiers (female and male) navigate the difficult path to recovery from traumatic brain injury (TBI), the signature injury of the wars in Iraq and Afghanistan. Interviews with the soldiers, their family members and TBI experts. Go to www.intheirboots.com for more episodes.*
Part 1: <http://www.youtube.com/watch?v=WbDb5-...> 9'42" <http://il.youtube.com/watch?v=WbDb5-OwAI4&feature=related>
Part 2: <http://www.youtube.com/watch?v=g6-ZuK...> 9' 14"
Part 3: <http://www.youtube.com/watch?v=fgV7nD...> 7'47"
32. **Tribute to Soldiers Who Come Home With PTSD.**3'33". Video slide show with music sound track by Three Days Grace (“Never Too Late”). “Inside me. ‘The Tragedy of Life’ is the opening graphic. *Just a video I made while getting treatment for PTSD. As I cannot describe, to my loved ones how I feel inside I wanted to share this and give an idea of what we go through. To all of the U.S. vets out there, you are not alone and people just want to help. Thank you for watching and thank you for everything you do.*” This short video is not for everyone, because it has some of the most graphic combat casualty footage I have seen, and the song is quite powerful. <http://www.youtube.com/watch?v=XzbpW5NMfls>.
34. **U.S. Soldier's PTSD Rant.** (video, 2'12"). “*My rant on the government about my compensation for my PTSD.* “ OIF vet complains about the delay in receiving help from the government. Short, frustrated and bitter. This is how lots of vets feel. <http://www.youtube.com/watch?v=wQSjwv3Exhg>
35. **Why Soldiers Never Talk.** Slide show video. (7'52") “*As an Iran/Iraq war veteran, as a US Patriot, I support our troops and want them home safe with their families and loved ones . . . not enough people are concerned about their terrible conditions there, their depression and their despair . . .* “One viewer comment: “*in one paragraph you have given the best description of PTSD I have ever heard . . . PTSD, the D = disorder = one. When it should be classified as PTSS, the S = Syndrome = many.*”
<http://www.youtube.com/watch?v=XS5ZWglI5c4>
36. **The Wounded Platoon 1** (10'58") (and 2, 3, 4, 5, 6). TheDevachan. “*The dark tale of the men of 3rd Platoon, Charlie Company, 1st Battalion of the 506th Infantry & how the war followed them home. Since the Iraq War began, soldier arrests in the city of Colorado Springs have tripled. At least 36 servicemen based at the nearby Army post of Fort Carson have committed suicide. And 14 Fort Carson soldiers have been charged or convicted in at least 11 killings. Many of the most violent crimes involved men who had served in the same battalion in Iraq. Three of them came from a single platoon of infantrymen. FRONTLINE tells the dark tale of the men of Third Platoon, Charlie Company, 1st Battalion of the 506th Infantry and how the war followed them home. It is a story of heroism, grief, vicious combat, depression,*

drugs, alcohol and brutal murder; an investigation into the Army's mental health services; and a powerful portrait of what multiple tours and post-traumatic stress are doing to a generation of young American soldiers.” Powerful and sobering documentary interspersing combat footage with veterans’ accounting of what happened.

http://www.pbs.org/wgbh/pages/frontline/woundedplatoon/?utm_campaign=homepage&utm_medium=bigimage&utm_source=bigimage

Two joyful tear-jerkers:

37. Soldiers Surprising Their Loved Ones. Video. Part 1. Just one of over two million (!) viewer comments: *“If you don't have tears in your eyes from the very start of this video then I don't know what to say - I know I did. This video shows - and you can see if in the little girls eyes at the beginning of this - that it's not only our fine men and women who serve that sacrifice and display bravery each and every day for all of us but also their family and friends who wait for them to return.”*

<http://www.youtube.com/watch?v=hkGzqpGx1KU>.

38. Soldiers Surprising Their Loved Ones. Video Part 2. One viewer’s comment: *“I've now watched this video (and #1) about 25 times each. And I cry every time. Every time! Thank you for creating this compilation. It's incredible. It represents everything that's right with the world. Pure love and joy.”*

<http://www.youtube.com/watch?v=GSTKoKjJ5XA&feature=related>.

And ending with a bittersweet coping with spouses KIA:

39. American Widow Project Video, 40’. (AmericanWidowProject.org; 1.877-297-9436). [*“The Film: A 75 minute documentary gives a candid look into the stories, struggles and perseverance of 6 military widows. Everything is covered from meeting the love of their life to the knock on the door, life as a single parent, and decorating a headstone. The film is distributed FREE of charge to all military widows and widowers as a key to the healing process. . . The American Widow Project is a non-profit organization founded by Taryn Davis and dedicated to the new generation of those who have lost the heroes of yesterday, today and tomorrow, with an emphasis on healing through sharing stories, tears and laughter . . . Military Widow to Military Widow. E-mail us anytime at info@americanwidowproject.org”*]. *This video follows six widows of troops killed in OEF/OIF, focusing on both their trials and tribulations, and the healing process. It is a beautiful film—but juxtaposed with the two “Soldiers Surprising . . . “ videos above, it is heart-wrenching in that these families obviously did not have the opportunity to be joyfully surprised by their soldiers’ return home The price of freedom indeed is not free. Thank you, Taryn, for the AWP and this video.*

VII. CANADIAN MILITARY/VETERANS RESOURCES With apologies to our Canadian brother and sister military, veterans and their families: this is not a comprehensive listing)

***DND/VAC Centre for the Support of Injured and Retired Members and Their Families (The Centre).** Staff can provide information and referrals to CF and VAC services, including applications for disability benefits. The Centre manages the Transition Assistance Program, the Centre Contingency fund,

applications to the National Military Cemetery, Reserve compensation and various other programs for injured and retired members, Veterans and their families. Call the toll free number at: 1-800-883-6094 or visit their Web site at: www.forces.gc.ca/hr/thecentre

Network of Excellence. VAC and DND are establishing a network comprised of health care professionals specializing in the assessment and treatment of CF members and Veterans suffering from Post Traumatic Stress Disorder (PTSD) and other operational stress injuries. The network of treatment clinics can be accessed through a referral from either a DND or VAC medical officer.

***Operational Stress Injury Social Support Program (OSISS)** The Operational Stress Injury Social Support program is a national peer support network to support those suffering from operational stress injuries as a direct result of military service. See the OSISS website at: www.osiss.ca

***Royal Canadian Legion (RCL)** The RCL is the largest Veterans' organization in Canada. It assists members in many ways including pension applications. Check the local telephone directory for the Legion nearest you or visit their Web site address at: www.legion.ca

***Service Income Security Insurance Plan (SISIP)** provides confidential financial guidance and advice to CF members, Veterans and their spouses. For further information, contact SISIP in Ottawa at 613-760-3405, or in Montreal at 450-357-9595 (Please note that these numbers are not toll free so a long distance charge could apply). Visit SISIP's Web site at: www.sisip.ca

***Transition Assistance Program (TAP)**

Transition Assistance Program assists CF members who have been medically released to gain civilian employment. This program is administered by DND and VAC through The Centre. The toll-free number is 1-800-883-6094. Visit the TAP Web site at: www.dnd.ca/hr/thecentre/tap

***VAC Assistance Service --** provides former Canadian Forces members, former RCMP members, War Veterans and their families' access to short-term professional counselling services. The VAC Assistance Service can be accessed by Veterans and their families 24 hours a day by calling 1-800-268-7708 or TDD 1-800-567-5803.

***Veterans Affairs Canada (www.vac-acc.gc.ca). VAC Website information includes:**

***Veterans Affairs Canada (VAC) on-site at Canadian Forces (CF) locations. Veterans Affairs Canada (VAC)** For information about the programs and services available through VAC, visit their Web site at: www.vac-acc.gc.ca . Contact Veterans Affairs Canada toll-free at 1-866-522-2122. Also: "Confidential support is available by contacting the Peer Support Coordinator nearest you: call 1-800-883-6094 or visit on-line at www.osiss.ca. Peer Support Coordinators are now available in 13 locations across Canada."]

***Veterans Review and Appeal Board (VRAB)** The Veterans Review and Appeal Board offers two levels of appeal on VAC disability pension applications. For inquiries or information, call the toll-free line at 1-800-450-8006 or check the VRAB Web site at: www.vrab-tacra.gc.ca

END OF: WAR TRAUMA RESOURCES FOR MILITARY, VETERANS & THEIR FAMILIES