

War Trauma Resources¹

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Please note:

- This is mostly a *listing and brief description* of 220+ resources—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 am responsible for what excerpts included below (in quotation marks) have been selected from various Web sites.
- Of course, resource info can be outdated almost as soon as it is posted. I welcome additions or update suggestions for this listing and will periodically re-post updated revisions on my university web-site.
- By the way, 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 servicemembers, vets and their families!! ☺]

The first and most vital resource: you and your family. However, you or a member of your family may be in denial that there are post-deployment or continuing problems or is 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.

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 servicemember/vet, a military family member or a Veterans Service Organization 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 **official 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). Hence, military, veteran's affairs, other public and private non-profit resources all are included in this listing in that all are important elements of a comprehensive array of resources.

Resources to consider include:

- **Web search on my name (Ray Scurfield), then click on “University of Southern Mississippi Gulf Coast”.** This links to my home page [Or my url: <http://www.usm.edu/gc/health/scurfield/>]
 - **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, 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*.
- **A clergy or other religious/spiritual advisor/confidant**
- **A counselor or therapist.** For example: see **Give An Hour** web site for free counseling

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- **Active Duty Military, Reserve & Guard**

- **National Resource Directory** [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]
- **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]

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:

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

Other DOD resources include:

- **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**]
- **Community-Based Health Care Organization (CBHCO)**--program for Reserve & Guard
- **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**.]
- **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.”]
- **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).

- **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 & Director*; also: www.oef/oif.va.gov; http://www.vetcenter.va.gov/Vet_Center_Services.asp).
- **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 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, copay 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.
- **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.

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 and emphasis on interpersonal skills and a focus on war-zone related stress as well as MST (Military Sexual Trauma).

- **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.]

- Washington State DVA (www.dva.wa.gov and click on PTSD/War Trauma Program)
- 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.")

Surfing the Web: Other Information & Resources Regarding Active Duty, Veterans & Military Families/Children:

- **Air Force Crossroads** (www.afcrossroads.com) [The official community web site of the U.S. Air Force]
- **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.]
- **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."]
- **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."]
- **America Supports You** (<http://www.americasupportsyoudil/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.nmcrcs.org>; Air Force Aid Society - <http://www.afas.org>; and Coast Guard Mutual Assistance - <http://www.cgmahq.org>]

- ***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. 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.”]
- **Brain Injury Peer Support AVBI:** In 2006, “AVBI.org was established to provide a web based peer support network for these veterans and their family members.”]
- **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 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 ... “]
- **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** [info@artreachfoundation.org] [Founded by Susan Anderson. “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.” Expanding mission in 2009 to include adult trauma and arts-based initiative to serve Iraq and Afghanistan War Vets and their families. I am very impressed with Susan and this organization.]
 - **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.]
 - **Cell Phones for Soldiers** (www.cellphonesforsoldiers.com) [“ . . . hopes to turn old cell phones into more than 12 million minutes of prepaid calling cards for U.S. troops stationed overseas in 2008. . . Cell Phones for Soldiers 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 from Norwell, Mass., with \$21 of their own money. Since then, the registered 501c3 non-profit organization has raised almost \$2 million in donations and distributed more than 500,000 prepaid calling cards to soldiers serving overseas.”]
 - **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 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]

- **Coming Home Collaborative** [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*]
- **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 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."]
- **Daughters of Vietnam Veterans International OR Daughters of Vietnam Veterans I** ["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]
- **Defense and Brain Injury Center** (www.dvbic.org)
- **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."]
- **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 . . .]
- **Employer Support of the 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.”]

- **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.”]
- **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.”]
- ***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]
- **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 . . . “]
- **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 Mothers*, *Gold Star Wives*, *Gold Star Family Support Center*, *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.]

- **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)]
- **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.” 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.]
- **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) [“provides specially adapted homes for our severely injured service members. Through our growing network of monetary contributions, donations from building contractors, suppliers, corporate supporters and local volunteers, we are able to provide our assistance at no cost to the veterans that we serve.”]
- **Hooah4Health** (www.hooah4health.com) [U.S. Army health promotion and wellness website specifically for Reserve Components: “a health promotion partnership that allows individuals to assume responsibility to explore options and take charge of their health and well being.”]
- **InjuredMarinesFund.org** (to raise funds for Injured Marines and their families)
- **Inside the Surge** [Video: *Shawn Smith in Iraq*] [Powerful 11 minute documentary by British photo journalist who was embedded with U.S. military units during the surge. I use this video in many of my presentations.]
- **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 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 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=278] [“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 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 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 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...”]

- **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** [social web community for veterans, families and supporters established 11.9.08]
- **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 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.]
- **National Veterans Foundation** [“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]
- **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-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** (*Not Alone About Us*) [exciting new and developing multi-media Web-based resource. Disclosure: I am a consultant with Not Alone. ☺]
- **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 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 Homefront** (www.operationhomefront.org) [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 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.”]
- **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]
- **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 . . .”]

- **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://raisingsandradio.blogspot.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 Galley more on 8.11.08: “What is PTSD?” concerning war trauma and the overlay with Hurricane Katrina. http://www.radio4all.net:8080/files/sgallemore@hotmail.com/3035-1-Scurfield_finalmix.mp3. I have found Susan to be one of the most articulate and perceptive radio show hosts.]
- **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.”]
- **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]
- **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.”]
- **Semper Fi Fund** (www.semperfund.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.”]

- **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.”]
- **Soldiers Angels** [“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”]
- **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.” Stephanie authored a very helpful consumer-oriented booklet that has over 500,000 copies in print, *Veterans and Families' Guide to Recovering from PTSD*. Disclosure: 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.”]
- **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** [“SVA is a coalition of student veterans groups from college campuses across the United States . . . 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.”]
- **Support4militarywives** [“Support for Navy, Marine, Air Force, Army, Coast Guard...moms, wives girlfriends!”]
- **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.”]
- **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.”]
- **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.”]
- **VetJobs** [“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 disciplines . . . VetJobs 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 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]
- **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]
- **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 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 Resource Guide John T. Powers** [lots of resource information; J.T. Powers obviously put a lot of effort into his resource guide]
- **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 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 Reintegration** [Good key words for web search]
- **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.”]

- **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.”]
- **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** [“. . . 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.”]
- **Zero-to-Three** (www.zerotothree.org) [Parenting information and resources with special literature for military families]

CANADIAN MILITARY/VETERANS RESOURCES

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.”]
- **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.
- **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
- **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.

- **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
- **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
- **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
- **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

PS:

TroopsSupport.com. This Web site includes a very substantial listing of numerous non-profit and grass-roots resources. Because of the obviously significant amount of effort that went into compiling the resources on this Web site, I felt it was appropriate to list these separately rather than incorporate into my listing above. I have omitted resources I had already located and included in my listing above -- and have edited/ re-ordered this listing to include most of the remaining resources listed in TroopsSupport.com:

- **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);
- **AmericasHeroes.us** (honors, heals and educates those who acted heroically, patriotically, and unselfishly such as our armed forces, civil servants, EMS (Emergency Medical Services, e.g. Fire, Police, Rescue), physicians, nurses, and all volunteers who serve daily in the protection of our freedom);
- **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);
- **TheBandOfMothers.com** (mothers of Soldiers of the United States Military dedicated to support our Soldiers);
- **Beanies for Baghdad** ("1 Million Toys have been distributed since our inception in May 2003 and we are still going strong!!!");
- **ChildrenOfBaghdad.com** (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);
- **Det3.us** (to support combat troops from the 101st Airborne Division);
- **DogTagsForKids.com** (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. As of May, 2008 have sent over 350,000 tags to the troops overseas to send home to their children);

- **FamiliesUnitedMission.com** (grassroots coalition of Gold Star families, veterans, families with loved ones in harm's way, and Americans who share a deep appreciation for our men and women in uniform and support them);
- **GatheringOfEagles.org** (an act of love by thousands of veterans who choose to honor the sacrifice of the fallen by guarding the memorials from those who would desecrate them);
- **HireAHero.com** (helping vets network and find great jobs with military friendly employers);
- **HomeBuildersSupportTheTroops.com** (dedicated to showing the Association's gratitude for our military men and women around the world);
- **http://HomesForOurTroops.org** (assists injured service men and women and their immediate families by raising donations of money, building materials and professional labor and coordinating the process of building a new home or adapting an existing home for handicapped accessibility);
- **Hugs4SmilesUSA.org** (assigned a deployed hero's family and/or the hero. You then send the hero two care packages, Packaged Hugs, each month);
- **KeystoneAirForce.com** (show your support by adopting a Marine/Soldier/Sailor/Airman (or platoon) or becoming a penpal. You may also make a donation to help with postage or you can sponsor a care package to one of our troops);
- **KeystoneMarines.com**;
- **KeystoneSailors.com**;
- **KeystoneSoldiers.com** (Message board for public messages of support. Also event calendar, picture gallery, polls, penpal information, contributed articles, stories, and quotes, and links);
- **KidsThankAVet.com**;
- **KilledInActionFund.org** (to give financial aid to those needy and deserving families whose servicemember was killed in action);
- **LaptopsForTheWounded.com**;
- **LeavingTheMilitary.blogspot.com**;
- **MarineParents.com**;
- **MilMin.com** (ministry of Campus Crusade for Christ International, headquartered in Newport News, VA);
- **Military Exchange Prepaid Calling Cards**;
- **SoldierMemorialFund.org** (sending Christmas gifts to our soldiers overseas).
- **Military-Space.org** (develop special projects for holidays and other occasions, provide individual morale-lifting mail support around the world, and encourage patriotism in schools and communities);
- **Minnesotan's Military Appreciation Fund; 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”);
- **OperationCareAndComfort.org** (provides support and comfort to "adopted" units of deployed U.S. military service members, serving in Iraq, Afghanistan, and conflict regions);
- **Operation Healing Angel of HomeFrontHugs** (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);
- **OperationIraqiChildren.org** (grassroots program to provide concerned Americans with the means to reach out to the Iraqi people and help support our soldiers' attempts to assist them);
- **Operation-Support-Our-Troops.org**;
- **OperationTroopAid.org** (to provide care packages for our deployed U.S. Service Members with revenue generated through professional concert promotions and public financial generosity);
- **PatrioticPillowProject.com** (stitch prayers & care into pillows that will be created for each special honorable recipient);
- **ProudPatriots.com**;
- **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);
- **SoldierSoaps.org** (Soap bars decorated with uplifting messages (designs stay on with use) that can also be personalized. They can then be sent to our troops via care package org's, or by individuals);
 - **SoldierAssist.com** (to purchase and ship items needed by our troops; Expand Soldier Assist's mission into helping severely injured soldiers and their families);
 - **SOSFamilyGateway.com**;
 - **SpecialKindness.org** (ships personalized care packages and correspondence to deployed members of the U.S. military, and offers individually tailored support and guidance to military members and their families before, during, and after deployment);
 - **SpecialOps.org**;
 - **SubscriptionsForSoldiers.com** (“show your support for our troops by donating a magazine subscription to our deserving overseas active duty servicemen and women; can send a subscription to a soldier you know, or can match you to one of the thousands of service members in our database”);
 - **SupportAmericasArmedForces.com**;
 - **SupportForOurSoldiers.org** (aiding the American troops in Afghanistan, Iraq, Kuwait, and Kosovo by fulfilling their wishes);
 - **SupportOurHeroes.net** (care packages to boost the soldiers' morale);
 - **TheThankYouFoundation.org**;
 - **ThankYourSoldiers.com**;
 - **TreatTheTroops.org**;
 - **TreatsForTroops.com** (safe, easy way to support American soldiers all over the world, every day of the year);
 - **TroopsNeedYou.com**;
 - **VeteransCorp.org** (The National Veterans Business Development Corporation, doing business as The Veterans Corporation, is charged with creating and enhancing entrepreneurial business opportunities for Veterans, including Service-Disabled Veterans);
 - **VeteransFund.org** (to provide scholarships to veterans from all branches of the United States Armed Forces who served in Afghanistan or Iraq since September 11, 2001 and who are now enrolled in college or vocational-technical school);
 - **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);
 - **WarriorWeekend.com** (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);
 - **WithLoveFromHome.org**;
 - **YellowRibbonFund.com** (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);

Semper Fi