

Resources

BOOKS

For veterans and adult family members

After the war zone: A practical guide for returning troops and their families. (2008). L. Slone & M. Friedman, Da Capo Press.

Back from the Front: Combat Trauma, Love, and the Family. (2007). A. Matsakis.

Courage After Fire: Coping Strategies for Returning Soldiers and Their Families (2006). Keith Armstrong, Suzanne Best, Paula Domenici

Down Range: To Iraq and Back (2005). Bridget Cantrell, Ph.D., Chuck Dean.

While They're at War: The True Story of American Families on the Homefront (2006). Kristin Henderson

Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them. (1998). Aphrodite Matsakis

For Children

Daddy, You're My Hero! // Mommy, You're My Hero! (2005).
[appropriate for ages 4-8] Michelle Ferguson-Cohen

A Very Long Time (2005). [appropriate for children ages 4-8]; a picture book intended for a child with a deployed parent. Geri Timperley, Nikki Arro

I miss you: A military kid's book about deployment. Beth Andrews (2007). Prometheus Books. [appropriate for elementary school-aged children]; intended for a child with a deployed parent.

Uncle Sam's Kids: When Duty Calls. (2003). [appropriate for children ages 5-11] Angela Sportelli-Rehak

Finding My Way: A Teen's Guide to Living with a Parent Who has Experienced Trauma. (2005) [appropriate for children ages 12-18] . Michelle D. Sherman, Ph.D., DeAnne M. Sherman.
(available at www.seedsofhopebooks.com)

WEBSITES

National Military Family Association / Operation Purple Camp.
www.nmfa.org

Military OneSource (1-800-342-9647). www.militaryonesource.com

Military HOMEFRONT (Official DoD site).
www.militaryhomefront.dod.mil

Benefits Facts Sheets, US Department of
Veterans Affairs: www.vba.va.gov/benefit_facts/index.htm

Strategic Outreach to Families of All Reservists: www.sofarusa.org

US Department of Veterans Affairs: <http://www.va.gov/>

State Departments of Veterans Affairs: <http://www.nasdva.com/>

Salute Our Services A Thousand Thanks to Military Kids Program (sends
free personalized card to military child):
[http://www.saluteourservices.org/skins/sos/display.aspx?mode=user&
ModuleId=8cde2e88-3052-448c-893d-
d0b4b14b31c4&action=display_page&ObjectID=f2cbe28f-381c-475a-
a2aa-175371eed89d](http://www.saluteourservices.org/skins/sos/display.aspx?mode=user&ModuleId=8cde2e88-3052-448c-893d-d0b4b14b31c4&action=display_page&ObjectID=f2cbe28f-381c-475a-a2aa-175371eed89d)

Emotional Health:

National Center for PTSD. www.ncptsd.org

National Mental Health Association. www.nmha.org/reunions

S.A.F.E. Program, Support And Family Education: Mental Health Facts
for Families. An 18-session curriculum for people who care about
someone who has a mental illness / PTSD. w3.ouhsc.edu/safeprogram

Mental Health Self-Assessment Program (DOD sponsored mental
health / alcohol screening and referral program offered to families
and service members affected by deployment)
www.MilitaryMentalHealth.org

Deployment:

After Deployment: www.afterdeployment.org/index.php

Surviving Deployment: Resources for Military Families.
www.survivingdeployment.com

Deployment (continued):

Deployment Guide For Families of Deploying Soldiers. Separation and Reunion Handbook

www.hooah4health.com/deployment/familymatters/reunion.htm#

DOD Deployment Health Clinical Center -- *A Soldier and Family Guide to Redeploying.*

chppm-www.apgea.army.mil/deployment/FamilyReunionTrifold19Dec03.pdf

Welcome Home: How to make a difference in the lives of returning war zone veterans (includes Dr. James Munroe's "Eight Battlefield Skills that Make Life in the Civilian World Challenging"). Washington Family Policy Council. www.fpc.wa.gov/Welcome%20Home.pdf

Post-Deployment Stress: What Families Should Know, What Families Can Do. http://rand.org/pubs/corporate_pubs/CP535-2008-03/

Post-Deployment Stress: What You Should Know, What You Can Do. http://rand.org/pubs/corporate_pubs/2008/RAND_CP534-2008-03.pdf

Children / youth issues

Army Reserve Child and Youth Service's Online Teen Deployment Class

www.arfp.org/skins/cys/display.aspx?moduleid=8cde2e88-3052-448c-893d-d0b4b14b31c4&mode=user&action=display_page&objectid=26860744-9f90-4009-a0ea-da1da0220edb&AllowSSL=true

Operation Child Care (for National Guard and Reservists).

www.childcareaware.org/en/operationchildcare

Operation Military Kids

www.operationmilitarykids.org

Military Child Education Coalition

www.militarychild.com

National Guard Family Program / Guard Family Youth Website

www.guardfamily.org // www.guardfamilyyouth.org

DOD's Military Student Program: The Military Child in Transition and Deployment

www.militarystudent.dod.mil

Children / youth issues (continued)

Coming Home: Adjustments For Military Families and Families In The Military. American Academy of Child and Adolescent Psychiatry.
www.aacap.org/cs/root/facts_for_families/coming_home_adjustments_for_military_families
http://www.aacap.org/cs/root/facts_for_families/families_in_the_military

VIDEOS

Talk, Listen, Connect: Helping Families During Military Deployment. Sesame Street DVD.
Available for free through Military OneSource (1-800-342-9647) OR
www.sesameworkshop.org/tlc

When Parents Are Deployed (with Cuba Gooding, Jr). Sesame Street video. Available to view at:
<http://www.sesameworkshop.org/wpad/>

Youth Coping With Military Deployment: "*Promoting Resilience in Your Family*" and "*Mr. Poe and Friends.*" American Academy of Pediatrics. Video from Operation Purple summer camp with interviews by kids.
Available:
www.aap.org/sections/uniformedservices/deployment/index.html

Getting Home: All the Way Home
Free downloadable DVD created by TriWest (TRICARE Contractor) for soldiers & their families.
www.triwest.com/triwest/default.html?/triwest/unauth/newContent/newBehavioralHealth/videostream.asp

Young Children on the Homefront, ZERO TO THREE. Military families share their unique deployment experiences and professionals offer tips and strategies for dealing with difficult issues such as grief and loss from deployment and the challenges that often arise upon reunification.
Available to view at:
http://www.zerotothree.org/site/PageServer?pagename=key_military

Community Referrals

Where to Find Help for a Child and/or your Family

If you're worried about anyone in your family, including your child, you might be helped by talking with :

- Friends
- Family members
- A spiritual or religious counselor
- The school social worker or counselor
- Your child's pediatrician or family doctor.
- Military OneSource 1-800-342-9647 (available 24/7)
- Michigan Early On 1-800-327-5966

If you think you, your partner, or your child needs professional help, below is a list of community agencies that provide supportive services.

Lansing

Child and Family Services

Catholic Social Services-Lansing (517) 372-4020

Child and Family Services-Holt (517) 699-1600

Child and Family Services-St. Johns (517) 224-8757

Child and Family Services-Stockbridge (517) 851-8610

C-E-I Community Mental Health Ingham Counseling Center (517) 393-4030

C-E-I Community Mental Health-St Johns (517) 372-8460

Ele's Place-Lansing (517) 482-1315

Highfields-Onondaga (517) 887-2762MSU Family and Child Clinic-East Lansing
517432-2271

St. Vincent's Home for Children (517) 323-4734

Domestic Violence and Crisis Services

Gryphon Runaway Assistance 1-800-292-4517

Gyphon Parent Helpline 1-800-942-HELP

Council Against Domestic Violence (517) 372-5572

The Listening Ear Crisis Counseling-East Lansing (517) 337-1717

Mid-Michigan (Flint, Bay City, Midland and Saginaw)

Child and Family Services

Bay-Arenac Community Mental Health-Bay City (989) 895-2300
Catholic Family Services-Saginaw (989) 753-8446
Catholic Family Services-Bay City and Midland 989-892-2504, 989-631-4711
Child and Family Services-Saginaw 989-790-7500
Delta Family Counseling Center 989-895-0788
Family and Children's Services-Midland 989-631-5390
Genesee County Community Mental Health-Flint 810-257-3676
Lutheran Home for Boys-Bay City 989-686-7650
Lutheran Child and Family Services-Bay City 989-686-7650
Saginaw County Youth Protection Agency-Saginaw 989-753-3431
Saginaw County Community Mental Health 989-797-3400
Whaley Children's Center-Flint 810-234-3603
Family Service Agency-Flint 810-767-4014
DOT Caring Centers: Flint 810-732-3491
Saginaw 989-790-3366
Bay City 989-892-4303

Domestic Violence and Crisis Services

InnerLink Runaway Program-Saginaw 989-753-3431
Corey Place Runaway Program-Bay City 989-895-5563
Reach-Flint 989-686-7650

Grand Rapids

Child and Adolescent Services

Arbor Circle 616-456-6571
Bethany Christian Services 616-224-7617
Catholic Charities West Michigan 616-456-1443
DA Blodgett Services for Children 616-451-2021
Family Outreach Center 616-247-3815
Forest View Hospital 616-942-9610
Kent County Community Mental Health 616-336-3765.
Lutheran Social Services 616-356-1034
North Kent Guidance Services 616- 361-5001
Pine Rest Christian Mental Health Services 616-455-5000
Wedgwood Christian Services 616-042-2110

Kalamazoo

Child and Adolescent Services

Borgess Medical Center 269-226-8000 24 hr. line
Child and Family Psychological Services 269-372-4140
Family and Children Services 269-344-0202
Elizabeth Upjohn Community Healing Center 269-343-1651
Pine Rest Christian Mental Health Services 269-343-6700
Kalamazoo Community Mental Health Services 269-373-6000
Western Michigan University Counseling Services 269-387-1850

Crisis

The Ark 1-800-873-TEEN for more information. 24 hr. crisis center
Gryphon Place Call 269-381-1510 for general information; 269-552-3434 for the dispute resolution service; (800) 873-7658 or 269-381-HELP (24-hour help line) for immediate assistance; (800) 292-4517 for the RAPLine (runaway assistance); (800) 942-HELP for the Parent HELPLine and 800-996-6228 for the Family Violence Prevention Helpline

Battle Creek

Child and Adolescent Services

BCHS Fieldstone Center 800-582-1900
Family and Children Services 269-965-3247
Summit Pointe Community Mental Health Services 269-966-1460
Behavioral Health Resources 269-979-8333

Washtenaw County

Child and Adolescent Services

Ann Arbor Community Center (734) 662-3128
Ann Arbor Center for Family (private insurance) (734) 995-5181
Catholic Social Services (734) 971-9781
Community Support & Treatment Service (Y) (734) 544-3050
(screenings & referrals) 1-800-440-754
Corner Health Center (Y) Girls & women 12 – 21 years old (734) 484-3600
EMU Psychology Clinic (734) 487-4987
(Assessments – Individual – Couples- Anxiety Support Groups)
Huron Valley Guidance Clinic (Y) No walk-ins (734) 971-9605
SAFE House Domestic Violence Counseling (734) 973-0242
Saline Social Services (Saline residents only) (734) 429-4570
St. Joseph Mercy Outpatient Behavioral Services (734) 786-2301
(Ann Arbor, Brighton, & Canton sites)
UM Center for the Child & the Family (734) 764-9466
UM Children's Emergency Services (734) 936-5900
UM Counseling & Psychological Services (734) 764-8312
UM Outpatient Psychiatry (734) 764-9190
UM Psychiatric Emergency Services (734) 996-4747

Washtenaw County

Child and Adolescent Services (continued)

Washtenaw County Public Health Services (734) 544-2984

Women's Center (A) (734) 973-6779

Parenting Support Services

Ann Arbor Community Center Parenting Program (2 sites) (734) 662-3128

Catholic Social Services (734) 971-9781

 Alternative to Domestic Aggression Ext. 430

 Healthy Families Home Visiting Program Ext. 321

 Grandparents as Parents Support Group (734) 712-3625

Dept. of Human Services Maternal/Infant Support Services (Y) (734) 544-2984

Center for the Childbearing Years (pre & post pregnancy) (A) (734) 663-1523

Community Support & Treatment Program (Y) (734) 544-3050

Corner Health Center (Y) Women 12-21 Support Groups (734) 484-3600

Faith in Action Parents As Teachers (Dexter/Chelsea) (734) 475-3305

Family Life Center – First Time Parenting Program (Y) (734) 434-3109

First Step “Early On” Parent/Child Developmental Groups (734) 994-2300

Lamaze Postpartum Depression Support Group (734) 418-2683

Peace Neighborhood After-School & Camp Program (734) 662-3564

Parents Helpline 800-942-4357

Parents without Partners (A) (734) 973-1933

Pediatric Nurse Parent/Infant Support Group (A) (734) 663-0438

Perry Child Development Center (A) (734) 714-1750

Power, Inc., Parenting Classes (Y) (734) 544-6559

UM Center for the Child & Family (A) (734) 764-9466

SAFE House Kids Club (Support groups for kids witnessing DV) (734) 973-0242

Ypsilanti Learning Ladder (Y) (734) 714-1071

Washtenaw Area Counsel for Children (Y) (734) 434-4215

Safe Sleep Initiative – Baby Calming– Shaken Baby Awareness Program

WIC Supplemental Food Program (multiple sites) (734) 544-6889

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