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## News Release

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### **Center for the Study of Traumatic Stress Introduces “*Resources for Recovery*”**

**BETHESDA, Md.** – The Uniformed Services University of the Health Sciences’ (USU) Center for the Study of Traumatic Stress (CSTS) has introduced a new health communication campaign, *Resources for Recovery*, addressing the impact of combat injury on our nation’s military children and families.

CSTS is part of USU’s Department of Psychiatry, and a partnering center of the Defense Center of Excellence. Each installment of *Resources for Recovery* will provide an electronic fact sheet for providers, civilian and military, as well as for the military family, to educate them about important and timely topics that span the trajectory of care from recovery to return to home and community.

The title of the first installment of *Resources for Recovery* is “The Combat Injured Family: Guidelines for Care.” This groundbreaking information was developed in collaboration with the Workgroup on Intervention with Combat Injured Families, a group of national experts and leaders in child psychiatry, trauma and military medicine brought together by Dr. Stephen J. Cozza, M.D, COL (ret), U.S. Army. Cozza, a former chief, Department of Psychiatry at Walter Reed Army Medical Center, is an associate director of CSTS, and oversees its Child and Family Program that serves as a component site of the National Child Traumatic Stress Network. In addition to his research and scholarly writing in child and family trauma Dr. Cozza provides his expertise on the effects of deployment and combat injury on children to public education projects such as Sesame Workshop’s “Talk, Listen, Connect” DVDs that help children understand and cope with the challenges of deployments, homecomings and parental changes.

Future installments of *Resources for Recovery* will cover the principles of communicating about injury, both within the family and between family members and health care/community service providers, understanding child and family distress as a result of combat injury, and sustaining parental availability during the recovery process. *Resources for Recovery* will be available on the CSTS website, [www.cstsonline.org](http://www.cstsonline.org) or at [www.usuhs.mil/csts](http://www.usuhs.mil/csts), as well as through distribution to a number of DoD sites and organizations involved in the health and care of our military community.

Located on the grounds of Bethesda’s National Naval Medical Center and across from the National Institutes of Health, USU is the nation’s federal school of medicine and graduate school of nursing, and also offers several graduate programs in the biomedical sciences and public health. The university educates health care professionals dedicated to career service in the Department of Defense and the U.S. Public Health Service.

For more information on *Resources for Recovery*, please contact Nancy Vineburgh, director of the CSTS Office of Public Education and Preparedness at [nvineburgh@usuhs.mil](mailto:nvineburgh@usuhs.mil)