



# Tools for Chaplains Counseling Service Members and Families With Mental Health Concerns

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) offers a variety of resources for chaplains to assist with their support of service members, veterans and military families. Descriptions of these resources are below.

## Chaplain Working Group

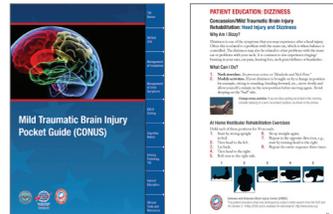
DCoE facilitates a quarterly chaplain working group conference call to give chaplains information and resources regarding psychological health and traumatic brain injury with a spiritual focus including a platform to discuss their needs, concerns and suggestions for counseling our nation's service members. The group call occurs quarterly on the third Wednesday of the month from 1 to 2 p.m (EST) (unless otherwise specified). Sign up today by e-mailing James.Hardiman.ctr@tma.osd.mil.



U.S. Army Capt. Scott Koeman, a chaplain, and soldiers at Forward Operating Base Wolverine (Photo by Staff Sgt. Christine Jones)

## Conferences and Training Events

DCoE sponsors several conferences throughout the year that are targeted at health care providers, military leaders, chaplains, community leaders and other individuals who support the men and women of our nation's armed services. For example, every December DCoE co-hosts the annual Trauma Spectrum Conference to enhance collaboration between the Department of Defense (DoD) and key stakeholders dedicated to improving the lives of service members, veterans and their families. To learn more, visit [www.dcoe.health.mil/training.aspx](http://www.dcoe.health.mil/training.aspx).



mTBI Pocket Guide

## inTransition

The inTransition program facilitates the seamless continuation of care for service members who receive mental health treatment and face a transition (e.g., call to active duty, relocation, retirement, etc.). InTransition connects service members with a personal coach to help them with their commitment to care. Coaches can identify local community resources, support groups and chaplains in the service member's new location. Chaplains who are helping service members undergo such transitions can refer them to [www.health.mil/intransition](http://www.health.mil/intransition) or (800)-424-7877. Those outside the United States can call (800)-424-4685 (toll-free) or (314)-387-4700 (collect).



Clinical Providers Booth Display

## DCoE Outreach Center

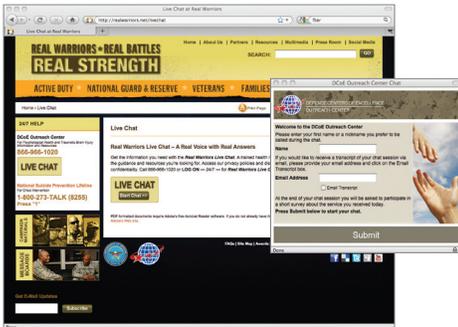
This call center is open 24 hours a day, seven days a week. Any chaplain can contact the DCoE Outreach Center at any time for assistance in locating tools and resources for themselves or their unit. Service members, veterans, military families, clinicians, deployed government civilians and anyone else with questions about psychological health or traumatic brain injury can speak with a trained health resource consultant by calling (866)-966-1020 (toll-free), e-mailing [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org), or starting a live chat at [www.dcoe.health.mil/24-7help.aspx](http://www.dcoe.health.mil/24-7help.aspx).



Clinical Providers Booth Display

## Real Warriors Campaign

Real Warriors is a public education initiative to promote help-seeking behavior for warriors and veterans with invisible wounds by sharing the stories of real service members who are proving through example that reaching out is a sign of strength. The campaign website ([www.realwarriors.net](http://www.realwarriors.net)) features special articles, message boards and video profiles for service members, veterans and those who support them. The website also features content explaining why service members can reach out to chaplains for support. In addition, free educational materials are available for download or order.



Real Warriors Campaign Website

## Monthly Webinars

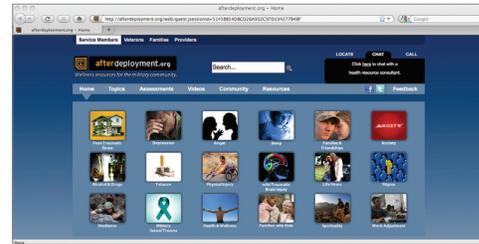
DCoE hosts monthly webinars that focus on important topics from trauma in military children to sexual assault in the military. In fact, DCoE's first webinar in December 2009 focused on the role of chaplains in supporting treatments for psychological health and TBI. The hour-long virtual event is open to the public, and occurs on the final Thursday of each month. Sign up today by e-mailing [dcoe.monthlywebinar@tma.osd.mil](mailto:dcoe.monthlywebinar@tma.osd.mil).



Webinar Invitation

## afterdeployment.org

The mission of [afterdeployment.org](http://afterdeployment.org) is to help warriors and their loved ones manage the challenges that are often faced following a deployment. Information and self-guided solutions for dealing with common post-deployment problems, such as stress, anger, depression and relationship issues are available on the website. The content is directed at service members, their families, veterans and providers. To access the self-assessments, quizzes and other interactive features of [afterdeployment.org](http://afterdeployment.org), please visit <http://afterdeployment.org>.



afterdeployment.org Website

## DCoE Component Centers

DCoE also connects health care providers with resources from its six component centers:



### Defense and Veterans Brain Injury Center

[www.dvbic.org](http://www.dvbic.org)



### Center for Deployment Psychology

[www.deploymentpsych.org](http://www.deploymentpsych.org)



### Deployment Health Clinical Center

[www.pdhealth.mil](http://www.pdhealth.mil)



### Center for the Study of Traumatic Stress

[www.centerforthestudyoftraumaticstress.org](http://www.centerforthestudyoftraumaticstress.org)



### National Center for Telehealth & Technology

[www.t2health.org](http://www.t2health.org)



### National Intrepid Center of Excellence

[www.dcoe.health.mil/ComponentCenters/NICoE.aspx](http://www.dcoe.health.mil/ComponentCenters/NICoE.aspx)