

DCoE *in* Action

Vol. 4 No. 4 ★ April 2011



April: Month of the Military Child

This Month We Recognize The Unique Courage,
Daily Sacrifices That Make Them Everyday Heroes

message from the director

news

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special

news you can use



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message from the director



Hammer

In today's military culture leaders and health care providers place a great deal of emphasis on resilience; how to teach it, how to learn or develop it and how important it is to the well-being of our service members, veterans and their families. It is with this spirit I would like to highlight the resilience our military children demonstrate day in and day out.

The month of April is recognized as the "Month of the Military Child" and it provides an opportunity to appreciate the unique needs of military children, increase awareness of their challenges, to say thank you for their often unrecognized service. We owe them so much and can learn a great deal from them.

Many of today's military children have lived their entire lives "at war." Faced with having one or both of their parents deployed, many times more than once, and often having little time to spend with their parents, these children have

had to shoulder more family responsibility, often in communities that aren't familiar with the military life or its nuances. This is on top of the routine challenges of a military lifestyle, including moving every few years and attending countless numbers of new schools, and doesn't factor in the loss of a parent, a parent coming home injured, psychologically or physically, or just the daily uncertainty when a parent is deployed.

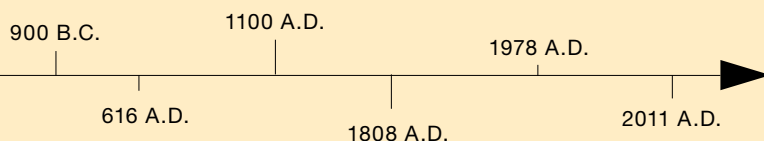
Despite what some may consider hardships, our military children are rising to the challenge, evaluating situations and focusing on the positives. There are struggles and growing concerns and we owe it to these kids to do what we can to make their daily lives a bit easier. The most important thing we as a Nation and in communities across the country can do is to reach out and bridge the growing gap between the military and civilian worlds.

There are many ways to get involved, not just the month of April but throughout the year. If you are a health care practitioner, become more familiar with the military way of life. If you are a teacher in any one of the classrooms across the country, be aware that while these children may be smiling on the outside, they may be hurting on the inside. If you are a parent, familiarize yourself with the resources available to you and your family on a wide variety of topics. The most important thing for everyone-military or civilian-is to look out for each other, ask for support when you need it and give support when others need it.

Capt. Paul S. Hammer,
U.S. Navy Medical Corps

Helmets Throughout History

There's a lot of history behind that protective piece you place around your head. Helmets safeguarded the heads of soldiers dating back to 900 B.C., protected our nation's first firemen, and even saved the life of famed daredevil Evel Knievel. During March, we took a virtual walk through time and looked at a few of the more well-known helmets from different ages, countries, professions and sports. Check out the bottom of pages 3 - 7 to see portions of our time line. Visit DCoE [website](#) for the full illustration.



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Cover photo: A military child awaits the arrival of her father who is stationed aboard the aircraft carrier USS Nimitz. Nimitz returned to its homeport San Diego following an eight-month deployment to the U.S. 5th and 7th Fleet areas of responsibility. U.S. Navy photo by Mass Communication Specialist 1st Class Paul Seeber



DCoE Offers Specialized Resources to Assist, Support Military Families

— Robyn Mincher, *Strategic Communications*

“Today is an important next step in this administration’s commitment to support our servicemen, their families and our members. As long as we have the privilege and honor of serving in our roles, we will do whatever we can to support those who protect us.”

— Dr. Jill Biden, second lady of the United States and military mother

Recently Biden, along with President Barack Obama and First Lady Michelle Obama, launched new efforts with the White House initiative [United We Serve](#). This new, highly-talked about commitment to service members and families raises awareness of the resources available to military families and highlights the importance of community support. Biden, a military mother whose son recently returned from a tour in Iraq, said she relates with many military families and feels both pride and concern for her service member.

The long-awaited and heavily supported initiative identifies Sesame Workshop’s [Talk, Listen, Connect](#) series as a valuable resource. The video series, available for free on [Military One-Source](#), helps address deployments, homecomings, transitions and the grief a military family may face through informative guides and videos starring Sesame Street’s beloved characters and celebrities. Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) and Sesame Workshop teamed up to produce “When Families Grieve,” the last episode in the video series, that helps families with young children learn how to cope with and communicate about the death of a loved one. Subject matter experts Dr. Stephen Cozza, associate director of [Center for the Study of Traumatic Stress](#), a DCoE component center, and Capt. Russell Shilling, DCoE consultant for Science & Technology, provided information on grief and military children for the video.

For the older audience, toolkits available through the White House initiative and DCoE also offer support to service members, veterans and families.

The [About DCoE](#) information sheet details resources such as the [Real Warriors Campaign](#), which hosts videos of military families coping and seeking help with psychological concerns, as well as [afterdeployment.org](#), which addresses commonly experienced post-deployment adjustment challenges.



Photo by Jewel Samada, Getty Images

How can one reach out to military families during the Month of the Military Child? The White House campaign cites the American Association of Retired Persons’ guide “[How to Help Military Families](#)” as a step-by-step resource about volunteering with organizations that support service members, veterans and families, and the “[Volunteer Transportation Kit](#)” as a guideline to finding volunteer opportunities and creating a team to meet volunteering goals.

The initiative suggests contacting the [National Guard Bureau](#) to support local National Guard families, or volunteering at a camp for military children through [militaryfamily.org](#).

According to the first lady, the efforts of the campaign serve to call on all Americans to support military families and offer a community of strength and courage in the face of potential challenges. 🇺🇸

“There is no one, single definition of a military family. There’s no standard-issue set of challenges that you all face. The lives you lead, the families you build, the issues you confront are as diverse as anything seen throughout America ... and so, for me and for Jill, this isn’t about just understanding your concerns. It’s about addressing your concerns.”

— Michelle Obama, first lady of the United States

Ambitious Military Kids Inspire Their Communities

—Robyn Mincher, *Strategic Communications*

Taylor Dahl-Sims, Nicole Goetz, Kyle Hoeye, Melissa Howland, Margaret Rochon — this list of names may sound like the roll call for a high school home room, but they represent much more than that. These names belong to military kids who have chosen to interact with their communities and make a difference — no matter where they are stationed.

Sixteen-year-old Kyle Hoeye handwrote hundreds of letters to local military children, thanking them for their courage and service.

Nicole Goetz, 17, organized 21 local schools to create and send homemade holiday care packages to troops.

Margaret Rochon, 17, organized a seminar addressing the stress of deployment on students that is now required for all teachers in her county.

Seventeen-year-old Taylor Dahl-Sims, along with her family, runs a non-profit group for pregnant military spouses.

Coping with a serious illness and a deployed father, Melissa Howland, 17, donated 498 volunteer hours to 12 causes last year.

These charitable military teens are reaching out to their communities in creative ways. In recognition of their efforts, [Operation Homefront](#) bestowed these five teens, one from each service, with the 2011 Military Child of the Year® Award.



Nicole Goetz and students make care packages at the "I'll be Home For Christmas" event. Courtesy photo

A committee including active-duty military members, family readiness support assistants, teachers, military mothers and community members chose each award recipient. The five winners will receive \$5,000 each and will fly to Washington, D.C., for a special recognition ceremony April 7, 2011.

Nicole Goetz

Air Force recipient Goetz, 17, is humbled by the nomination.

"I was very honored because I know how many great kids there are in the military and to be picked from among them is really mind-blowing," she said. "I don't really think about what I can

"I was very honored because I know how many great kids there are in the military and to be picked from among them is really mind-blowing" said Nicole Goetz.

get out of it. I think about what I can do for children in the military and how I can make their day better."

Goetz, used to being the "new kid," quickly got involved in her new

See [MILITARY KIDS](#) on Page 4

900 B.C.



200 A.D.



300 A.D.



616 A.D.



1000 A.D.



MILITARY KIDS from Page 3

community in Panama City, Fla., by volunteering at the local youth center, a church and veterans and nursing homes. It wasn't until she came across her deployed father's favorite Christmas ornament (a festive Elvis), that she took on her biggest project.

"I just wanted him home for Christmas, and then I realized I had my mom and brother here and they [deployed service members] had no family over there," she noted. "I thought we should bring a little bit of Christmas to them."

Goetz motivated her community to action, leading 21 local schools to create and send hundreds of homemade holiday cards, cookies (for which she hosted a baking party) and care packages to troops overseas.

Taylor Dahl-Sims

Marine Corps recipient Dahl-Sims of Oceanside, Calif., stepped in to help manage her family when her baby brother underwent treatment for medical issues after birth. She extended the same care and attention to her step-father when he returned home with a traumatic brain injury from an improvised explosive device. When her parents created the non-profit North Star Group, Dahl-Sims played a major role in hosting baby showers and providing care for pregnant military spouses whose husbands were deployed.

Kyle Hoeye

During his father's three deployments, Army recipient Hoeye of Tucson, Ariz., helped other military children by teaching them how to make and send videos to their deployed parents overseas through [Operation Military Kids](#).

"I liked the fact that I could help other



Kyle Hoeye works with students through the Operation Military Kids technology training program. Courtesy photo

kids could tell their story," he said. "I wanted to give them skills and confidence to create their own videos independently."

Margaret Rochon


For her high school senior project in Jacksonville, N.C., Coast Guard recipient Rochon organized a seminar about the stresses of wartime deployment on students and the effects of post-traumatic stress disorder on families. Her goal was to educate teachers about the concerns some students may have because they are anxious about their deployed parent. She gathered a panel of six nationally-known experts on the issue for the seminar.

Melissa Howland

Navy recipient Howland of Millis, Mass., was diagnosed with a blood disorder that causes her immune system

to attack platelets in her blood. The diagnosis meant recurring trips to the hospital, and she had to give up basketball and running. With her father deployed in Iraq, Howland kept her spirits up, excelled at school and started volunteering in the maternity ward at her local hospital.

The Chairman of the Joint Chiefs of Staff Adm. Mike Mullen once called the efforts by non-profit organizations and other entities to support our nation's military a "Sea of Goodwill." All of these remarkable children are models of this initiative and have used their unique lifestyle experiences to make a difference in their communities, experiences Hoeye said go with the territory of being a military child.

"This lifestyle teaches you about respect, honor and being polite," Hoeye said. "It has made me who I am today." 

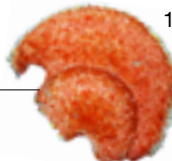
1100 A.D.



1450 A.D.



1778 A.D.



1808 A.D.



Conference Addresses Military Suicides

Sarah Heynen, *Strategic Communications*

The Departments of Defense and Veterans Affairs hosted the third annual Suicide Prevention Conference in Boston, March 13 – 17, 2011, to share ideas on the serious, yet often difficult to discuss, subject of suicide prevention and awareness.

This year’s theme “All the Way Home: Preventing Suicide Among Service Members and Veterans,” focused on the continuing efforts of both departments to prevent suicide. More than 1,000 active-duty service members, members of the Guard and Reserve, veterans, military family members, researchers and clinicians from federal and state agencies attended.

Dr. Jonathan Woodson, assistant secretary of defense for Health Affairs and TRICARE Management Activity director, opened the conference and focused part of his message on the importance of collaboration.

“The two departments come together at this conference knowing that our efforts are [united]. The people we serve in the Defense Department do not cease to be at-risk when they leave active duty ... we are leaders in sharing with the larger American medical community what we have learned,” he said.

Woodson also talked to attendees about accountability. He stressed that leadership has the responsibility to ensure service members and veterans know how to seek help.

Experts in the field explored the various resources and tools available, discussed emerging research and technology, listened to the stories of those who lost loved ones to suicide, and identified strategies to disseminate information and resources to the people who need them most.

“Progress will be measured by the leadership at the squad level, in the airmen’s dorm, and down at the deck plates where it will become accepted that seeking help is a sign of strength, not a sign of weakness,” Woodson said.

Director of Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Capt. Paul S. Hammer emphasized three key takeaways. First, continue to collaborate and learn from each other. Second, do small things to lead to larger changes. And last, do something — act.

Communicating About Suicide: Promote Help Seeking Behavior

How suicide is communicated — whether written or verbal — with the media, between peers and family members, at training events or clinical interactions matters. Emphasizing suicide prevention as well as a message of assurance can lead to the reduction of copycat behavior, increase help seeking behavior and increase awareness for others to identify someone in need.

Do


- Always include a referral phone number, like the National Suicide Prevention Lifeline at 800-273-TALK (veterans press 1)
- Emphasize recent treatment advances for depression and other psychological concerns
- **Know and include warning signs**
- Use understandable language
- Be culturally appropriate; avoid labels
- Ask about suicide if you are concerned a person may hurt themselves or others

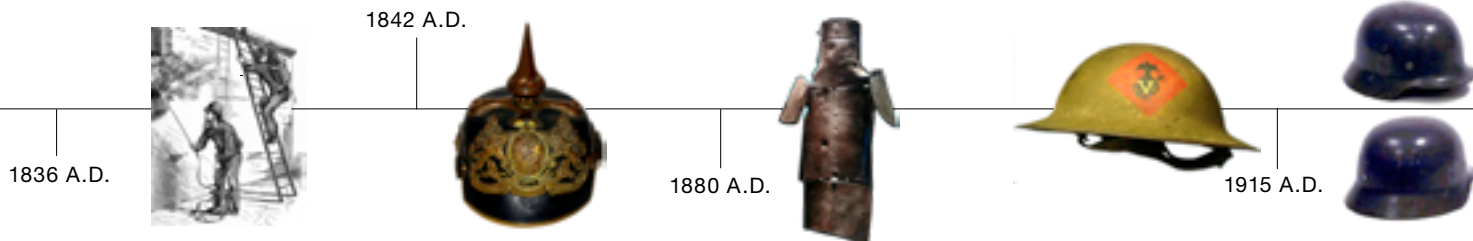
Don't

- Normalize suicide by presenting it as a common event
- Glorify or romanticize people who have died by suicide
- Focus on personal details
- Present detailed descriptions of suicides
- Show suicide as one cause, suicide is very complex
- Leave the person alone if you are concerned about them hurting themselves

(Adapted from the Suicide Prevention Resource Center: *At-a-Glance: Safe Reporting on Suicide*)

**National Suicide Prevention Lifeline
800-273-TALK (veterans press 1)**

To learn more about the cosponsored event, download presentations and watch conference videos, visit the conferences page on the DCoE website. Also, visit the DCoE Blog to read posts from the conference, including “Military Health Experts Discuss Use of Life Saving Technology” and “[Lessons We Can Learn from Suicide Survivors.](#)” 



Help may be a four-letter word but it's certainly not a bad one

Robyn Mincher, *Strategic Communications*

One Military Family Knows Communication is Key When Facing Separation

When 12-year-old Isabella Galvez misses her dad, she knows two outlets she can turn to: family and community.

"I talk to my mom, especially when I'm mad or upset," she said. "At school, I also talk to a military group of kids who are going through the same stuff. We talk about how we're doing and what we can do to help each other."

The Galvez family could be considered the military family archetype: a family who uses collegial ways to cope with separation, transition and concern while staying a tight-knit unit. Mom, Michelle Galvez, her husband, Chief Warrant Officer Robert Galvez, and their three children Isabella, Grace, 9, and Zachary, 5, live on the Hampton Roads Navy base in Hampton Roads, Va.

"We've been married 14 years and have been through non-combat deployments, two combat deployments to Iraq, and more training trips, work-up exercises and short missions overseas than I can count," said Michelle, a columnist for 'Spouse Speak!' for the Navy newspaper



Michelle Galvez gets ready to welcome her husband home, with their children (from left) Grace, Zachary and Isabella. Courtesy photo

"The Flagship." She also writes for the "Tidewater Parent," an online resource for Norfolk moms.

Michelle reaches out to the community through her column by sharing tips and guidance for coping as well as personal accounts of life in the military. She cites the military as the foundation in building a healthier family unit.

"I'm grateful for all the experiences we have shared, the joys and even the challenges, because they've all made us stronger and more motivated to maximize our time with my husband," she said. "The military isn't just a job my husband does — it's a way of life we choose every day."

When the active Galvez family is at home they cherish their time together.

"We go out to eat, go to the zoo, go bowling on base and Daddy takes me to Chuck E. Cheese," said Zachary.

"We rent canoes from the base and then take them out on the lake," said Grace. "When Daddy's home, he comes to church with us and we have more people in the pew."

Upon facing deployment, the family prepares with open communication and time spent together.

"I always let the kids know, as casually as possible, about impending good-byes, so they have a chance to process, mentally prepare and ask any questions they might have," said Michelle. "That's when we pack in as much quality time, mandatory fun and memory making as possible, tying up loose ends, taking pictures and making home movies before departure."

Robert tells his children about the importance of his military career to help them prepare for his absence.

See **HELP** on Page 10

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feature

Resilience ★ Recovery ★ Reintegration

1919 A.D.



1942 A.D.



1953 A.D.



1968 A.D.



DCoE Resources Help Children Cope with Transitions

Robyn Mincher, *Strategic Communications*

Vivian Greentree’s husband, Lt. Cmdr. Mike Greentree, might be deployed, but she and her two sons still get to spend some time with him ... just in a slightly different way.

“I came up with ‘Mike on a Stick’ where I took a cutout of his picture and put it on a barbecue skewer,” said Greentree, director of research and policy at [Blue Star Families](#), an organization that provides support for military families. “We had a blast with it. We took him to the pool, to school, on bike rides, to the White House Egg Roll and made dinner with him. The boys just wanted to take their picture with him everywhere and then immediately email Mike the pictures.”

Throughout April, DCoE’s [Center for the Study of Traumatic Stress](#) is increasing its Month of the Military Child outreach activities.

“Spouses and children are usually service members’ closest social support systems. Their health and the health of the whole family are interrelated,” said Dr. Stephen Cozza, associate director of the center. “There are many challenges military children face. We ask them to successfully manage with parental separation, the possible injury of a parent, as well as fear of loss and changes in family life upon the return of the deployed parent.”

The center created a series of fact sheets for families that address the psychological health of military children during phases of transition. “[Military Families on the Move](#)” offers tips for keeping a family healthy during moves, including communicating when the usual stressors of transitions (difficulty sleeping, loss of appetite) last longer than expected.

“In addition to deployment separations, typical military moves and transitions can be stressful life events, especially for families of service members who are deploying or returning,” said Cozza. “Upon arrival to a new community parents should write down any health-related questions about their family and take them to their first doctor visit so new providers can understand specific needs and provide the best help.”

When faced with a deployment, the resource “[Helping Children Cope During Deployment](#)” gives guidance on how to



Vivian Greentree and her son, MJ standing by the White House. Courtesy photo


help prepare a child when a parent leaves and how to reduce stress during separation.

“The best way to help a child cope is to reassure them that mom or dad is trained to do his or her job,” said Cozza. “Tell the child that they too have a job as part of the community at home — to help support the troops. With support, military children can grow, learn and succeed when their parents are away serving our country.”

“[The Impact of Invisible Injuries: Helping Your Family and Children](#)” details what a parent can do if a child shows signs of emotional stress, like getting the child involved with structured activities such as sports, educational programs or Boy/Girl Scouts.

“Extracurricular activities are very important in providing outlets for expression and energy. I try to fill our schedule with places to go and things to do so we don’t dwell,” Greentree said. “I got my son into guitar this year, knowing that music would give him an outlet he’d always have.”

Ensuring the physical and psychological health of our military children not only provides a healthy family environment during times of transition, but it can also benefit the future of the military force.

“Military children are more likely to select military careers themselves,” said Cozza. “They are our nation’s children, and our future military.” 

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feature

Resilience ★ Recovery ★ Reintegration

1971 A.D.



1977 A.D.



1978 A.D.



2011 A.D.



Soldier Inspires Others With Brain-injury Recovery

Elaine Wilson, *American Forces Press Service*



Real Warriors Campaign photo by Dave Strong

His first significant brain injury was a setback, but when he experienced several more a few years later, Army Capt. Galen Peterson figured he'd reached the end of his military career.

"One of the biggest things that I struggled with when I was going through [traumatic brain injury] is the impression that my career and life as I knew it was over, that there was no way I could stay on active duty, much less an armor officer," he said.

But with hard work and perseverance, he was able not only to remain on active duty, but also to take on his current job as the rear detachment commander for the 1st Battalion, 68th Armor Regiment, at Fort Carson, Colo.

While he endured several attacks, Peterson first was significantly injured when a roadside bomb exploded next to his tank in Iraq in 2006. He suffered shrapnel wounds, an injured shoulder and a mild traumatic brain injury, commonly known as a concussion.

"We were doing a patrol," he said. "I

don't really remember much else."

Peterson was evacuated to Balad, and then on to Landstuhl, Germany. He returned to his unit toward the end of the deployment, just in time to return with them to Fort Carson.

About a year later, Peterson returned to Iraq to take part in the offensive in Sadr City. In March 2008, Peterson's unit was called on to build a wall around Sadr City as part of the anti-insurgency effort, and underwent intense fire from rocket-propelled grenades and improvised explosive devices. In April, Peterson's tank again was hit by an IED.

While he experienced symptoms, including severe vomiting, he hid them from his medic and unit for fear of being "benched" again. However, Peterson again was injured in June, when his tank was struck with another IED. This time, he suffered a dislocated shoulder, broken ribs and another TBI, which knocked him unconscious for a few hours following the blast.

Peterson was sent to a combat support hospital, and eventually to Fort Carson.

"It was pretty difficult," he said. "I think the first several months though, I just existed, and that was about it. I don't think I really had a whole lot of thoughts during that period."

He was diagnosed with moderate TBI this time, which can result in short- or long-term problems with independent function, and entered rehabilitation that would last for about nine months.

"It was pretty difficult," he said. "I think the first several months though, I just existed, and that was about it. I don't think I really had a whole lot of thoughts during that period."

Peterson struggled with severe symptoms related to the brain injuries, including a "permanent migraine," balance and vision issues, and difficulty reading, focusing and even thinking.

Early on, Peterson said, he focused on the "here and now," but as his recovery progressed, he struggled with frustration over what he perceived as his "stupidity," a tough pill to swallow for an accomplished officer and West Point graduate.

"I wasn't sure what kind of recovery I would get," he said. "And then as therapy went along, one of the frustrating things was [that] it was hard for me

See *SOLDIER* on Page 9

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to see progress, because it's very slow, very subtle progress."

Peterson underwent intensive physical, occupational and speech therapy. It was a tough time, he said, but looking back now, he acknowledges how much of a difference even the most challenging aspects of therapy made.

"It was very frustrating, it was very painful, but it was pretty good stuff," he said. "It made a huge difference.

"When I was done, my therapist showed me ... my work over the course of the several months of rehab," he added. "Looking back on it now and talking with people who knew me and were around for my recovery, it's pretty impressive to look at it from my standpoint."

Peterson credits much of his recovery to a strong support system that includes his rear detachment, friends and family, and his wife, Sarah, who is a nurse at a local hospital. The couple met before his first deployment, but didn't tie the knot

"Peterson said he hopes other people will be inspired by his recovery story — a story he would like to have heard when he first was injured. The key message he'd like to get across is for people to 'hang in there.' 'Don't give up hope on it,' he said."

until Peterson was nearing the end of his recovery.

"She's been a pillar of support in terms of moral support," he said of his wife. The couple now has a daughter, Brynn, who was born in December.

These days, Peterson said, he's "pretty much completely back to normal."

"There are a few things that trip me

up, that I still have issues with, but by and large I'm back in the full swing of things," he said. "I'm able to do my duties without ... interference. I'm able to keep track of all the different pieces of information that are constantly running through my head from day-to-day operations. I'm able to work out without having headaches or falling over. I'm about as close to 100 percent as you can expect."

With his life back on track, Peterson now has turned his attention to helping other service members. He's bringing a message of hope to others facing brain injuries through a [video profile](#) posted on the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury website.

Peterson said he hopes other people will be inspired by his recovery story — a story he would like to have heard when he first was injured.

The key message he'd like to get across is for people to "hang in there."

"Don't give up hope on it," he said.

The video also contains a message about the importance of seeking help. "It takes strength to admit that you need help, and it takes a lot more strength to be patient enough with yourself to allow yourself to recover, and eventually you do," Peterson said in the video. "There's no shame in getting checked out like you're supposed to."

Peterson also advises soldiers to keep an eye out for symptoms in their battle buddies, who may be better able to recognize symptoms in others than themselves. Some common symptoms of mild TBI include headache, dizziness, balance problems, fatigue, ringing in ears, poor concentration, memory problems, anxiety, irritability and depression.

Most people recover from mild TBI within three months, according to a TBI fact sheet, and even if someone has had more than one concussion, a full recovery is expected. For more information about signs and symptoms of TBI, visit Defense and Veterans Brain Injury Center at www.dvbic.org.

Get Your Real Warriors New E-cards Here



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REAL STRENGTH

REAL WARRIORS • REAL BATTLES
REAL STRENGTH

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REAL STRENGTH

www.realwarriors.net

hero spotlight



Mike Schlitz

NAME

Mike Schlitz

ORGANIZATION

Various Veteran Service Organizations

POSITION

Volunteer

HOBBIES

Skydiving, watching movies

“I spent part of my career in the Army Rangers. I was taught to never give up and never quit. If you put a challenge in front of me, I want to beat it. A good leader in the military is not going to say, ‘this is the end of my life.’”

Army Sgt. 1st Class Mike Schlitz, 10th Mountain Division, was severely injured when his Humvee was hit by an improvised explosive device in Iraq in 2007. Schlitz received complex burns that left him with both arms amputated below the elbows. Schlitz, now retired, motivates and inspires veterans and those around him, and has returned to Iraq with other wounded warriors to help them heal and find closure during their recovery process.

HELP from Page 6

“I say ‘we’re defending freedom and our way of life, and that we wish we had a 9-to-5 job to be home every night, but sometimes we have to go away,’” he said. “I talk to each of my kids differently depending on their ages and how much they understand.”


Michelle keeps a journal of the children’s accomplishments and activities through the free program [My Life: A Kid’s Journal](#) to show Robert once he returns. The family uses Skype, Facebook and phone calls to communicate.

“Sometimes he Skypes Mommy when we’re in bed and they talk so loud, he wakes us all up,” said Grace. “But then we can come downstairs to talk too.”

Michelle praises the supportive community as a significant resource for coping. When she was pregnant and on bed rest while Robert was deployed, her brand-new neighbors helped her unpack while a command corpsman made house calls with treats for the kids.

“Help may be a four-letter word but it’s certainly not a bad one. I’ve learned to create a team of give-and-take, pay-it-forward, take-care-of-each-other people including other spouses from the command, military spouses in general, the ombudsman, neighbors, fellow church members, the kids’ teachers, coaches, dance instructors and my far-flung family,” Michelle said. “I always inform the teachers about how much we’ve moved and how often my husband is away, and I send reminders when he leaves so that they can be empathetic and be on the lookout for any behavioral or academic changes.”

The Galvez family is an example of how military families can use community support and open communication to stay connected when faced with a separation. While it may not be the smoothest of times because of transitional challenges, if you ask most kids, the best part of deployment is when a parent returns home.

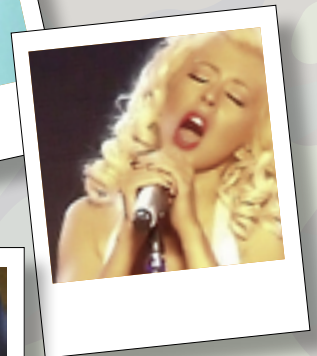
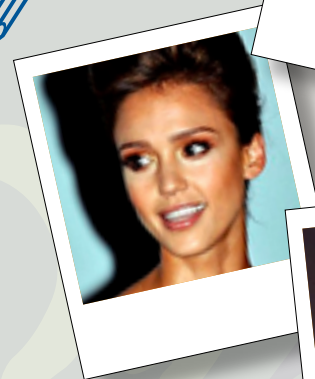
“It makes me very, very, very happy because I’m glad that he’s home,” Zachary said. 

FAMOUS MILITARY KIDS QUIZ

THESE FAMOUS FACES GREW UP WITH MILITARY PARENTS TOO! DRAW A LINE FROM THE CLUE TO WHO YOU THINK THE CELEBRITY IS. NEED HELP? ANSWERS ARE AT THE BOTTOM OF THE PAGE.

1. Raised by his stepfather, an Army sergeant, he attended junior high school in West Germany. Now, this larger-than-life character scores points by reaching out to the troops, especially by once playing "Big Santa" for the Marine Toys for Tots Foundation.
2. This singer, whose collaboration with Justin Timberlake earned her a Grammy nod, said that growing up on Army bases in Germany, New York, Utah, California, Arizona and Nevada helped her musical career by letting her travel all over the world.
3. Her Vietnam veteran father, who played guitar and sang songs for her at an early age, inspired her to be a rock star. Having now sold more than \$30 million records worldwide, this "Raise Your Glass," star is known for her acrobatic acts during her shows.
4. The daughter of a lieutenant colonel in the U.S. Army Reserves, this actress has played a country singer, a fashion designer and perhaps her most well-known character, a former sorority girl (with her Chihuahua, Bruiser, always by her side) trying to make it in a big-time law school.
5. This actress represents one-fourth of the Fantastic Four and grew up with an Air Force dad. Her military youth took her to Biloxi, Miss., and Del Rio, Texas. She recently won a Teen Choice Award for Choice Movie Actress in the Horror/Thriller category.
6. This big-voiced star of the recent film *Burlesque* is the daughter of a U.S. Army sergeant and sang the national anthem at Super Bowl XLV.
7. A self-proclaimed "military brat," this rapper, singer/songwriter embarked on a nationwide tour in 2010 with singer Monica.

1. Shaquille O'Neal 2. Ciara 3. Pink 4. Reese Witherspoon 5. Jessica Alba 6. Christina Aguilera 7. Trey Songz



WORD SEARCH

USING THE LIST BELOW, FIND AND CIRCLE WORDS, CROSSING THEM OFF AS YOU GO. KEEP YOUR EYES PEELED FOR THE PRESIDENT OF THE UNITED STATES AND WHAT OUR SERVICE MEMBERS WEAR TO KEEP COVERED. GOOD LUCK!

12

special

AIRFORCE
ARMY
CAMOUFLAGE
COASTGUARD

HELICOPTER
HELMET
HOME
JET

MARINES
MARYWALKER
NATIONALGUARD
NAVY

OBAMA
REALWARRIORS
RESILIENCE



H	A	S	N	E	T	A	K	Y	R	N	W	M	I	I
I	E	A	E	E	T	Z	R	E	O	O	S	A	B	I
D	V	L	M	N	U	P	S	M	V	I	R	R	S	D
Y	R	L	I	P	I	I	G	O	Y	N	O	Y	H	J
Q	E	A	Z	C	L	R	V	J	P	U	I	W	O	S
H	J	B	U	I	O	B	A	M	A	E	R	A	M	T
J	Z	Q	E	G	G	P	X	M	G	R	R	L	E	S
J	C	N	A	L	L	N	T	A	G	E	A	K	K	Q
E	C	A	L	T	A	A	L	E	Z	H	W	E	O	F
E	Z	U	S	X	Q	F	N	A	R	T	L	R	X	N
B	X	W	S	K	U	H	Q	O	S	K	A	L	Z	M
A	E	C	R	O	F	R	I	A	I	A	E	H	T	W
Q	X	P	M	O	G	T	E	J	K	T	R	H	A	L
C	O	A	S	T	G	U	A	R	D	I	A	J	M	F
Z	C	A	I	X	O	L	K	K	S	B	R	N	S	Z

Resilience ★ Recovery ★ Reintegration



U.S. Marine Corps photo by Lance Cpl. Patricia D. Lockhart

Mrs. Mullen: Military Children Deserve Respect, Support

According to Mrs. Deborah Mullen, more than 900,000 military children have had a parent deploy multiple times. Read more about America's disconnect with military children in this recent [article](#).

Military Children Need Nation's Support

According to Robert L. Gordon III, deputy assistant secretary of defense for military community and family policy, Defense Department leaders commissioned a 270-day education review, currently under way, to "ensure world-class educational opportunities for all 1.2 million military children." Read more about this report and a recent education summit [here](#).

Save the Date DCoE Monthly Webinar

**April 28, 2011
1 – 2:30 p.m. (EST)**

Join us as we discuss "Supporting Military Children in School Settings."

From toddlers to teenagers, children may face difficult separations, strong emotions and notice family changes during all stages of a deployment. This webinar will address separation concerns, behavior changes and highlight collaborations between families and school staff to support military children.

To register for this event, email: DCoE.MonthlyWebinar@tma.osd.mil.

Coming Soon: 'Children of Military Service Member Resource Guide'

DCoE developed the "Children of Military Service Members Resource Guide" to help parents, other family members and health care providers address the mental and emotional health needs of military children through topic-specific, age-related, public-domain literature. The resources listed in the guide include books, films, websites, social networking sites and support groups. The guide is slated for release in late April. Check out the "For Families" section of the DCoE website for more valuable resources created with military families in mind.

DoDEA Launches Online Pre-Registration Program

Parents of students attending Department of Defense Education Activity (DoDEA) schools can now pre-register their children for school with the click of a button. DoDEA is launching an Online Student Pre-Registration System for School Year 2011-2012, with the aim of reducing the time parents will have to wait at the school registration site. Read more [here](#).

Center for the Study of Traumatic Stress

Center for the Study of Traumatic Stress (CSTS), a DCoE component center, is an academic-based organization that addresses trauma exposure from war, deployment, disaster and terrorism. The center also understands the impact these types of trauma can have on children of service members who have been exposed to combat environments. CSTS has partnered with national and international organizations, academic institutions and government agencies such as the [National Child Traumatic Stress Network](#) to deliver evidence-based care strategies for children and adolescents affected by traumatic events.

For more information on CSTS, click [here](#).

Additional links are available on our website.

www.dcoe.health.mil/ForHealthPros/Resources.aspx

Resilience ★ Recovery ★ Reintegration