

Strong Bonds

Website: www.strongbonds.org

Phone: 404-464-8475

Description: Strong Bonds empowers soldiers and their loved ones with relationship-building skills and connects them to community health and support resources. It is a holistic, preventative program committed to the restoration and preservation of Army families, even those near crisis.

TRICARE Assistance Program

Website: www.tricare.mil/triap

Phone: 800-404-5085

Description: This new service uses evolving telecommunication technologies to bring behavioral health care closer to TRICARE beneficiaries.



DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury



DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Outreach Center

Website: www.dcoe.health.mil/24-7help.aspx

E-mail: resources@dcoeoutreach.org

Phone: 866-966-1020

Description: The DCoE Outreach Center specializes in providing in-depth information and resources related to the spectrum of psychological health matters and traumatic brain injury.

Additional DCoE Websites

The [inTransition](http://www.health.mil/inTransition) program, www.health.mil/inTransition, 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.).

The [Real Warriors Campaign](http://www.realwarriors.net/), www.realwarriors.net/, is an initiative which promotes the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

[Afterdeployment.org](http://www.afterdeployment.org/), www.afterdeployment.org/, helps warriors and their loved ones manage the challenges they often face following a deployment.

[Defense and Veterans Brain Injury Center](http://www.dvbic.org/), www.dvbic.org/, serves active-duty military, their beneficiaries and veterans with TBIs through state-of-the-art clinical care, innovative clinical research initiatives and educational programs.

[Center for Deployment Psychology](http://www.deploymentpsych.org/), www.deploymentpsych.org/, trains military and civilian behavioral health professionals to provide high-quality, deployment-related behavioral health services to military personnel and their families.



Resources for Military Families Facing Multiple Deployments



DEFENSE CENTERS
OF EXCELLENCE

For Psychological Health
& Traumatic Brain Injury

866-966-1020 Toll Free
resources@dcoeoutreach.org
www.dcoe.health.mil

[Deployment Health Clinical Center](#),

www.pdhealth.mil/, assists clinicians in the delivery of post-deployment health care by fostering a trusting partnership between military men and women, veterans, their families, and their health care providers to ensure the highest quality care for those who make sacrifices in the world's most hazardous workplace.

[Center for the Study of Traumatic Stress](#),

www.centerforthestudyoftraumaticstress.org/, includes academic-based organizations dedicated to advancing trauma-informed knowledge, leadership and methodologies.

[National Intrepid Center of Excellence](#),

www.dcoe.health.mil/ComponentCenters/NICoE.aspx, is an advanced facility dedicated to research, diagnosis and treatment of military personnel and veterans coping with mild TBI and psychological health concerns.

[National Center for Telehealth and Technology](#),

www.t2health.org/, researches, develops, evaluates and deploys new and existing technologies for psychological health and TBI across the Defense Department.

Partner Agency Resources

Air Force Wounded Warrior Program

Website: www.woundedwarrior.af.mil

E-mail: afwounded.warrior@randolph.af.mil

Phone: 800-581-9437

Description: The AFW2 program works hand-in-hand with the Air Force Survivor Assistance Program and Airman & Family Readiness Centers to ensure airmen receive professional support and care from the time of injury to no less than five years after separation or retirement.

Army Reserve Warrior and Family Assistance Center

Website: www.arfp.org/skins/ARFP/home.aspx?mode=user

E-mail: AR-WFAC@USAR.ARMY.MIL

Phone: 866-345-8248

Description: This program helps coordinate care for Army National Guard and Reserve components.

Army Wounded Warrior Program

Website: www.aw2.army.mil

E-mail: AW2@conus.army.mil

Phone: 800-237-1336

Description: The U.S. Army Wounded Warrior Program is the official Army program that serves severely wounded, ill and injured soldiers, veterans and their families, wherever they are located, regardless of military status as long as they need support. It connects them with benefits and services on subjects like career and education, finance, health care, human resources, insurance, retirement and transition services for families.

Association of the United States Army Family Programs

Website: www.ausa.org/resources/familyprograms/Pages/default.aspx

E-mail: skidd@ausa.org

Phone: 703-841-4300

Description: Association of the United States Army Family Programs's Family Programs directorate is dedicated to providing Army families with information and resources to help them manage the challenges of military life and to address Army family concerns through association legislative efforts and by being active on a number of Department of the Army councils and working groups.

Coping With Deployment: Psychological First Aid for Military Families Course

Website: www.redcross.org/portal/site/en/menuitem.d8aaecf214c576bf971e4cfe43181aa0/?vgnextoid=0742cd7a973e3210VgnVCM10000089f0870aRCRD&vgnnextfmt=def

Description: This free four-hour course is available for family members of deployed, or soon-to-be-deployed service members. It teaches adults how to deal with children's needs during deployment and provides resiliency strategies for adults and children.

DoD Yellow Ribbon Reintegration Program

Website: www.dodyrrp.mil/

E-mail: YRRP@osd.mil

Phone: 866-504-7092

Description: This program is a national combat veteran reintegration program to provide members of the National Guard and Reserve components and their families with sufficient information, services, referrals, and proactive outreach opportunities throughout the entire deployment cycle.

Families Overcoming Under Stress

Website: www.focusproject.org/

E-mail: Info@focusproject.org

Phone: 310-794-2482

Description: FOCUS is a skill-based resiliency training program that addresses difficulties that families may have when facing the challenges of multiple deployments and parental combat related psychological and physical health problems.

Marine Corps Combat and Operational Stress Control (COSC)

Website: www.usmc-mccs.org/cosc/index.cfm?sid=ml&smid=1

Phone: 703-432-9563

Description: COSC encompasses all policies and programs to prevent, identify and holistically treat mental injuries caused by combat or other operations. The two goals of COSC are to maintain a ready fighting force, and to protect and restore the health of Marines and their family members.

Military OneSource Counseling Programs

Website: www.militaryonesource.com/MOS/About/CounselingServices.aspx

Phone: 800-342-9647

Description: Military OneSource counseling services are designed to provide service help with short-term issues such as adjustment to situational stressors, stress management, decision making, communication, grief, blended-family issues and parenting-skills issues.

National Guard Family Program

Website: <http://guardfamily.org/FP/Default.aspx>

Phone: 703-607-5411

Description: This program seeks to establish and facilitate ongoing communication, involvement, support and recognition between National Guard families and the National Guard in a partnership that promotes the best in both.

Navy Safe Harbor – Wounded, Ill and Injured Support

Website: www.persnet.navy.mil/CommandSupport/SafeHarbor

E-mail: safeharbor@navy.mil

Phone: 877-746-8563

Description: Navy Safe Harbor is the Navy's lead organization for coordinating the non-medical care of wounded, ill and injured sailors, coast guardsmen and their families. Through proactive leadership, they provide a lifetime of individually tailored assistance designed to optimize the success of shipmates' recovery, rehabilitation and reintegration activities.

Operation Healthy Reunions

Website: www.nmha.org/reunions/resources.cfm

Phone: (800) 969-6642

Description: Operation Healthy Reunions is a program offered by Mental Health America. It provides education, resources and attempts to reduce stigma associated with receiving mental health services among service members, their families and providers.

Our Military Kids

Website: www.ourmilitarykids.org/

Phone: (866) 691-6654

Description: Our Military Kids provides tangible support to the children of deployed and severely injured members of the National Guard and Reserve components through grants for sports, fine arts and tutoring that nurture and sustain the children during the time a parent is away in service to our country.

Resilience Training

Website: www.resilience.army.mil/

E-mail: resilience@amedd.army.mil

Description: This program reflects a strength-based, positive psychology approach to warrior behavioral health. It is designed for warriors, leaders, spouses, families and behavioral health providers.