

## Family Pillar Resource Links

**Army Behavioral Health** Explore this Web site especially for Soldiers, Families, and friends. Learn how to adjust, cope, get ready to deploy, transition to return home, and other information and sources.

**Real Warriors** The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families.

**Soldier Fitness Tracker - Family** Provides a link to taking the Global Assessment Tool (GAT) for Family members.

**The Walter Reed Army Institute of Research (WRAIR) Research Transition Office (RTO)** The Research Transition Office (RTO) of Walter Reed Army Institute of Research adapts resilience-related research findings to products that can be used by operational units, in Professional Military Education (PME), and in Initial Entry Training (IET). These products include Pre and Post-Deployment Resilience Training for Soldiers and Spouses as well as Resilience Training in nearly every Army Schoolhouse. By using research to develop a strength-based approach, the RTO ensures the training is effective in promoting Soldier and Family well-being.

**Vacation ideas:** Gatlinburg, TN- Ripley's Believe It or Not Attractions are offered at a substantially discounted rate: Buying all attractions separately would amount to \$110. Military personnel, with ID, can purchase all attractions for \$25. Dependents must have ID card to qualify for the discount as well. See website below for further details. You can easily spend 2 days at all of these attractions.

<http://www.ripleys.com/gatlinburg/2010/09/17/hours-and-prices/>

There are many cabins to rent in and around the Gatlinburg/Pigeon Forge area. Most offer a standard military discount of 10%. Some will offer up to a 30% discount during the off-season (January- May). Prices average \$100 per night for two bedroom lodging. A quick Google search will produce many options for lodging while in Gatlinburg.

Travel time, by vehicle, is approximately 6 ½ hours from Indianapolis, IN. If your vehicle gets 18 MPG on the highway, your fuel cost would be \$90 one-way (assuming fuel prices are \$4 per gallon)

**FRG IDEAS:** Encourage Company level FRG representatives to engage SM's families in unit activities on IDT weekends. Examples would include fundraising events for the unit NCO fund. Cooking and selling sausage biscuits or other (possibly healthier) breakfast items serves many purposes; Soldiers get to eat, the NCO fund is enhanced to help unit members in need, family members will get to know each other and develop bonds that make future deployments easier.

**Operation Restoration:**

[http://www.indianapolis.va.gov/services/OEF\\_OIF\\_OND\\_pages/operation\\_restoration\\_information\\_page.asp](http://www.indianapolis.va.gov/services/OEF_OIF_OND_pages/operation_restoration_information_page.asp)

An excellent opportunity for couples to get away for a weekend and learn about communication skills and reconnect with each other. Put on by the VA and the Seamless Transition Team, it is a 3 day retreat at the Wooded Glen Conference Center in Henryville, IN. Your days are spent in group settings discussing various topics that apply to couples, while your nights are spent playing games and engaging in social events. This event is actually a lot more fun than I am making it sound on paper. All meals are provided (it is really good, catered food) and the entire weekend is at **NO COST** to the SM. Child care is not provided, however you receive a stipend at the end of the retreat to help offset those costs.

**Eligibility Requirements: Have returned from a deployment within the last 5 years, be in a committed relationship with your significant other for at least 6 months ( does not have to be a marriage) and have been screened by a VA case manager ( in person or over the phone).**

### **Ruth Lilly Health Education Center**

<http://www.rlhec.org/web/>

The Lilly Health Center offers tours of their facility to children of all ages, and caters the tours based on the age of the children. The tours are informative, covering topics in Health and Nutrition, but are done so in an entertaining manner, which keeps the children engaged and learning. Tours are approximately 1 ½ hours long, and cost \$3.00 per person.