

## Resources for Returning Vets, Their Families, and Their Service Providers

Veterans and Families Foundation. Welcome to Veterans and Families coming home.

The Foundation is a national 501 (c) (3) non-profit, "a community service and support organization, founded and directed by Veterans, parents, grandparents, family members, employers, mental health professionals, academics, philanthropists and community leaders." The site contains a multitude of useful resources, including links to videos, books and articles, an edited blog for returning veterans, and other useful resources.

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

Department of Veterans Affairs. National Center for Post Traumatic Stress Disorder (PTSD)

Main web site for the Department of Veterans Affairs.

[www.ncptsd.va.gov/ncmain/veterans/](http://www.ncptsd.va.gov/ncmain/veterans/)

Indiana Department of Education. Supporting Student Success.

Resources for supporting military children and families. Includes links to Military One Source web site, Operation Share and Care, book resources for working with children impacted by deployment or loss, quick facts about deployment and your students, an educator's guide, information on the Indiana's Family Program Office, information about art program to encourage children's artistic expression of their emotions, and a map showing the number of soldiers deployed from each Indiana county in March 2008.

[www.doe.in.gov/sservices/resources\\_military\\_children.html](http://www.doe.in.gov/sservices/resources_military_children.html)

National Mental Health America.

A VA web site with resources for returning veterans to help facilitate a healthy and happy reunion with their families and friends. Has sections on homecoming, Coping with war, and coping with loss. Includes a page that outlines signs that it is time to seek help, such as long bouts of depression, frequent bouts of anxiety or panic, flashbacks and frequent nightmares, domestic violence/abuse, and past mental health problems or past trauma.

[www.nmha.org/reunions/index.cfm](http://www.nmha.org/reunions/index.cfm)

PBS. Bill Moyers Journal.

PBS Bill Moyers Journal. Resources for Veterans, including articles from Army Times, Washington Post, NPR, and CNN. Includes links to The Soldier's Heart (video), interviews on stigma as a barrier to accessing mental health services, and more.

[www.pbs.org/moyers/journal/03212008/profile3.html](http://www.pbs.org/moyers/journal/03212008/profile3.html)

SAMHSA. Resource Center for Promotion of Acceptance, Dignity and Social Inclusion.

Stigma in the Military: Strategies for Reducing Stigma Among Veterans and Active Duty Personnel.

This site provides a training summary with information on the training's goals and presenters, and how to obtain materials. The goals are to "provide information on the anti-stigma component of the U.S. Air Force's suicide prevention program, to discuss stigma reduction efforts within the Veteran's Administration, and to discuss the value of increasing peer support program efforts." For an archived recording of the training teleconference and presentation materials please contact the ADS Center at [promoteacceptance@samhsa.hhs.gov](mailto:promoteacceptance@samhsa.hhs.gov) or 1-800-540-0320.

[www.stopstigma.samhsa.gov/teleconferences/archive/training/teleconference033006.aspx](http://www.stopstigma.samhsa.gov/teleconferences/archive/training/teleconference033006.aspx)

SAMHSA National Mental Health Information Center.

Major Depression in Children and Adolescents: describes depression and its signs, identifies types of help available, and suggests what parents or other caregivers can do.

<http://mentalhealth.samhsa.gov/publications/allpubs/CA-0011/default.asp>

The National Child Traumatic Stress Network

The National Child Traumatic Stress Network: established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events

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

Mental Health, Substance Abuse, Treatment, Recovery  
Substance Abuse and Mental Health Services Administration (SAMHSA).

SAMHSA Resources for returning veterans and their families, including resources to help them find mental health and substance abuse services. The site includes webcasts and conferences; resources for military families coping with trauma; information on mental health transformation trends; and statistics.

[www.samhsa.gov/vets/index.aspx](http://www.samhsa.gov/vets/index.aspx)

National Coalition of Homeless Veterans.

Resources online for returning veterans and their families; resources for all homeless veterans, including employment assistance, support for service providers, publications, policy and legislation, VA Grant and per diem profiles, and annual conference.

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

Department of Veterans Affairs (VA). Veterans Suicide Prevention Hotline.

1-800-273-TALK. Veterans press 1. This is "a national suicide prevention hotline to ensure veterans in emotional crisis have free, 24/7 access to trained counselors. To operate the Veterans Hotline, the VA partnered with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Suicide Prevention Lifeline. Veterans can call the Lifeline number, 1-800-273-TALK (8255), and press "1" to be routed to the Veterans Suicide Prevention Hotline."

[www.suicidepreventionlifeline.org/Veterans/Default.aspx](http://www.suicidepreventionlifeline.org/Veterans/Default.aspx)

Department of Defense. Military One Source.com.

This 14/7 Resource for military members, spouses and families includes sections for each branch of the military, including the National Guard, their families, and service providers.

[www.militaryonesource.com/](http://www.militaryonesource.com/)

Indiana Department of Veteran's Affairs. Military Family Relief Fund.

The Military Family Relief Fund provides emergency assistance to help cover expenses up to \$5,000 for such needs as food, medical supplies, transportation, and other family costs associated with deployment.

[www.in.gov/dva/2329.htm](http://www.in.gov/dva/2329.htm)

Veterans of Foreign Wars. VFW Department in Indiana.

Veterans of Foreign Wars Department in Indiana. Includes multimedia (photos and videos), veterans resources (IN VA hospitals, IN Veterans Affairs, Veterans Law Project, Veterans News), veterans coalitions (American Legion, AmVets, Disabled American Veterans; Paralyzed Veterans of America, Veterans of Foreign Wars),

[www.vfwwebcom.org/Indiana/](http://www.vfwwebcom.org/Indiana/)

Air Force Crossroads.com

Air Force Crossroads.com features sections devoted to the topics of deployment, including reintegration; health & wellness; stress management; war and terrorism; PTSD and trauma; parents and families. Includes extensive resources for assisting families, children and teens in dealing with stress and traumatic events associated with having loved ones in the military. Includes glossary of terms related to child traumatic stress and a section on how to talk with children about violence. Includes 30 min. "Return and Reunion" video.

[http://www.afcrossroads.com/medical/ptsd\\_parents\\_families.cfm#](http://www.afcrossroads.com/medical/ptsd_parents_families.cfm#)

Rand Center for Military Health Policy Research. Rands Invisible Wounds of War Study.

This website presents research findings and resources for returning military and their families. It addresses issues of mental health and policy. It includes publications in full text and testimonies in audio interviews and other media, including videos.

<http://veterans.rand.org>

This Factsheet was prepared for the DMHA Addiction Advisory Council and State Cultural Competency Workgroup by Barbara Seitz de Martinez, Deputy Director, Indiana Prevention Resource Center