

FRIDAY, APRIL 5

HANDOUTS

Shianne Eagleheart, LICDC, LCCS

&

Rev. John Schluep D. Min.

Veterans and Family Healing: We're All In This Together

Rev. John M. Schluep, D.Min.,

Shianne Eagleheart, LICDC

April 5, 2013

I. 2001 The genesis of Warriors' Journey Home: The spiritual pain of a soul that had been “lost” in Viet Nam spoke about the moral injury of war.

- Research in the psychology of killing and the wisdom of Warrior cultures.
- The spiritual component of the cultures that developed a spiritual ceremony to bring healing and the Warrior home. –“Indigenous Healing Model”
- The essential need of the community to participate in the healing.

II. The Values Of Warriors' Journey Home

- Healing can happen.
- A safe “container” (crucible) must be created.
- Truth telling will happen where & when trust & care is experienced.
- It is The Spirit that heals and our ability to be present with an open heart
- The community is essential and has a “stake” in the healing.
- Healing is a process that is ongoing
- Honor and respect everyone's belief & spiritual practice

III. Moral Injury

- Moral Injury is not Post Traumatic Stress Disorder but it is sometimes and underlying condition. It is possible to have a moral injury without PTSD.
- A moral injury happens when a soldier has transgressed their basic moral identity and violated their core moral beliefs. (“Soul Repair” p. xiv Rita Nakashima Brock and Gabriella Lettini. 2012 Beacon Press, Boston, Massachusetts)
- The consequences of violation are unavoidable and can become devastating. “A soldier cannot talk their way out of what they behaved their way in to.” What was done cannot be undone.

VI. Healing

- In a Healing Circle there are conversations about the moral injury that require deep listening. We must be willing to take in what we hear as a part of ourselves with our heart open.
- Healing takes place in the context of the community that is willing to listen and accept responsibility for the atrocities committed in war.
- Strong Hearts, the civilians, are essential in the homecoming and the healing that will be a lifelong process.
- We must be willing to be moved and to accept the worst of what we have allowed and promoted

to be done to fellow human beings.

- Deep listening requires us to set our own needs aside and to simply respect the truth of the actions of our returning veterans for what they have done on our behalf.
- This process exposes our own vulnerabilities and insecurities. Their story is our story. “Soul Repair”
- Moral healing is a matter of the heart and soul. Healing is a spiritual matter.
- Many have related the healing that needs to take place cannot be reached through medication or traditional therapy.
- In Warriors' Journey Home the Ceremony is important because we address the reality that there are experiences that cannot be addressed with words.
- There must be trust within the community – a covenant is established. “We give our honor to the circle”
- The circle becomes a crucible that holds safely the elements.
- Everyone will hear, must hear, the healing powers of The Spirit that is understood through different experiences of those who share.
- The Strong Hearts are invited to share the burden of war.

Warriors' Journey Home

www.warriorsjourneyhome.org
Email – warriorsjourneyhome@gmail.com
Rev. Dr. John Schluep
Email – jschluepfcc@sbcglobal.net
Phone – 330-633-4931
Shianne Eagleheart, LICDC,ICCS
seagleheart@redbirdcenter.org
Chuck Victor
Director of Planning and Development
Email – chuckvictor@att.net
Phone – 330-329-6062

Red Bird Center, Inc.

Trauma Recovery Center
Shianne Eagleheart, LICDC,ICCS
Haudenosaunee-Seneca
Founder / Executive Director
The Red Bird Center, Inc.
P.O. Box 1284
Cambridge, OH 43725
(740) 432-8052
e mail: seagleheart@redbirdcenter.org
redbirdcenter.org
thewoundedbear.com



Warriors' Journey Home

Listen-Speak-Heal

Shianne Eagleheart, UCDC
(Haudenosaunee-Seneca)
Co-Creator – Warriors' Journey Home Ministry

Rev. Dr. John Schlupep
Co-Creator – Warriors' Journey Home Ministry

Who We Are -

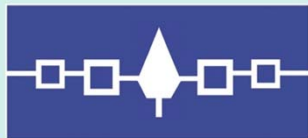
We are a group of veterans and civilians with a compassion for our military and military families. Many of our veterans are combat veterans whose families have experienced the challenges and stress of military deployment. We are a non-political, non-sectarian ministry

Our Vision -
Embracing the Warrior's Journey

Our Mission -
Our mission is to provide the means of spiritual healing for our Veterans, their families and the community through education, support, forgiveness, healing, reconciliation, reunification and initiation.



The Six Nations of the Haudenosaunee (Iroquois)
"People of the Longhouse"



Seneca • Mohawk • Oneida • Cayuga
Onondaga • Tuscarora

Network

- Freedom House /Valor Home
– <http://www.valorhome.org>
- Pedal for Heroes
– <http://www.PedalForHeroesUSA.org>
- Red Bird Center
– <http://www.redbirdcenter.org>
- Vet Art Project & Vet Art Project America
– <http://www.vetartproject.com>

Healing

- “The answers to our healing are within us”. Honor the authority of the Veteran or Family member when it comes to their vision for healing.
- “Feeling is healing” – Tell your story, let the pain go, in the presence of a compassionate circle, a loved one, the God of your own understanding.
- “Become the teacher” – You may have to teach others what it is you need. Many want to help but don’t know how.
- “Transmutation” – Turning our losses into medicine. Many have discovered the lessons gained from the most difficult part of their journey can help and guide those in need. Example: Vietnam Veterans stepping forward to prevent those involved in the most recent conflicts to suffer in silence for decades.
- “Hopelessness is an illusion” – No matter who you are. What you have been throughyou can heal.
- Healing takes place in the context of the community that is willing to listen and accept responsibility for the atrocities committed in war. We must share the burden.
- Prayer –Calling on Divine Power Meditation – Receiving from Spirit

Healing Solutions

- Healing Circle
- Equine Therapy
- Massage
- Prayer / Meditation
- Writing (Journaling, poetry, etc.)
- Activism (solution oriented action)
- Yoga / Ti Chi
- Healing Lodge
- Earth Medicine
- Experiential Work
- Healing Ceremonies
- Acupuncture
- Art Therapy
- Story Telling
- Reiki / Energy Medicine
- Individual, couples, and group counseling



For Additional Information

Warriors' Journey Home
www.warriorsjourneyhome.org
Email – warriorsjourneyhome@gmail.com
Rev. Dr. John Schluep
Email – jschluepfcc@sbcglobal.net
Phone – 330-633-4931

Shianne Eagleheart, LICDC/CCS
The Red Bird Center, Inc.
P.O. Box 1294
Cambridge, OH 43725
Phone: (740) 432-8052
seagleheart@redbirdcenter.org

Chuck Victor
Director of Planning and Development
Warrior's Journey Home
Email – chuckvictor@att.net
Phone – 330-329-6062



The Red Bird Center
Trauma Recovery Center



- Healing Retreats
- Individual / Family Counseling
- Indigenous programs
- Training
- Community Celebration

© 2007 Shianne Eagleheart

FRIDAY, APRIL 5

HANDOUTS

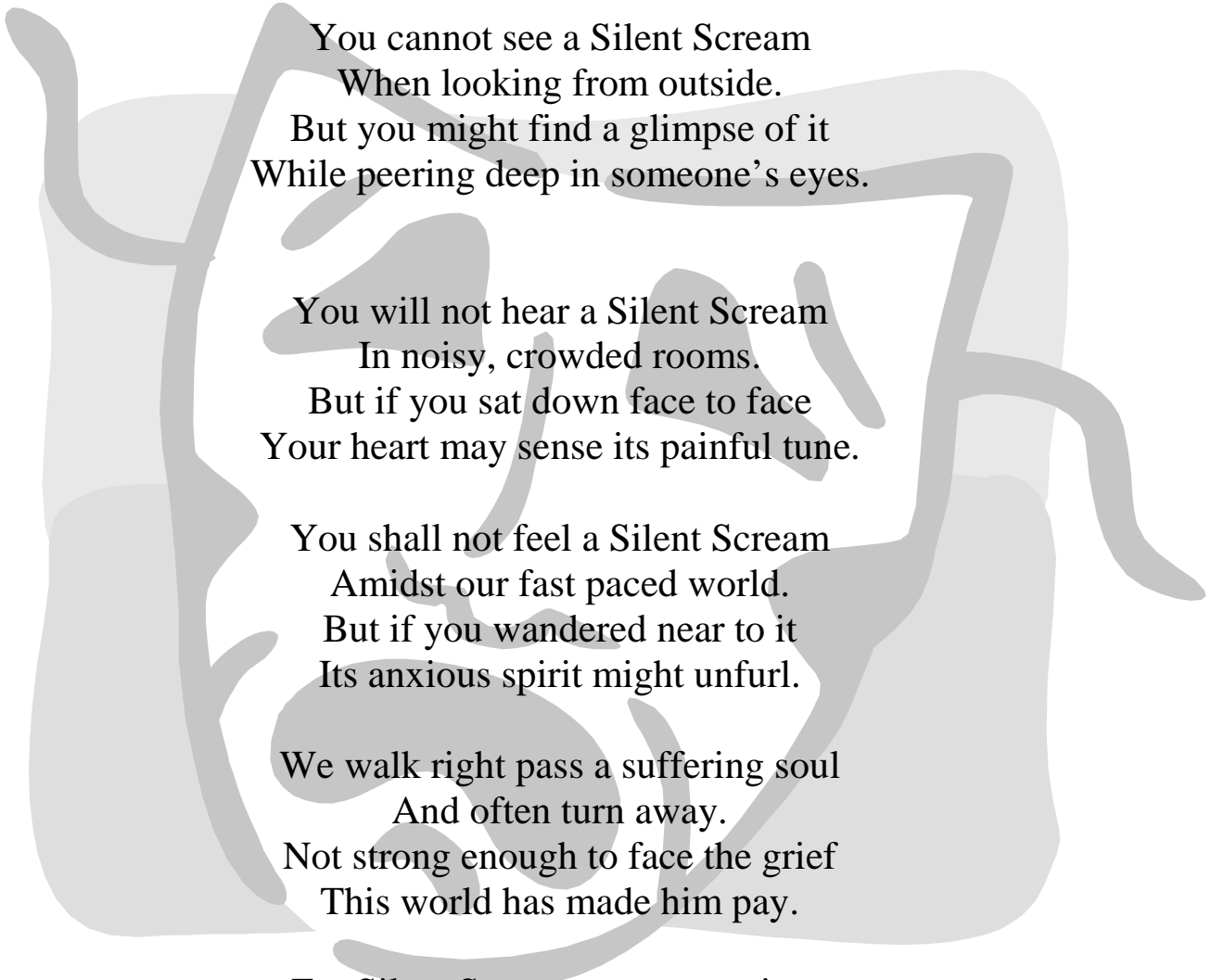
Janet J. Seahorn, Ph.D.

&

E. Anthony Seahorn, MBA

SILENT SCREAM

By Janet J. Seahorn



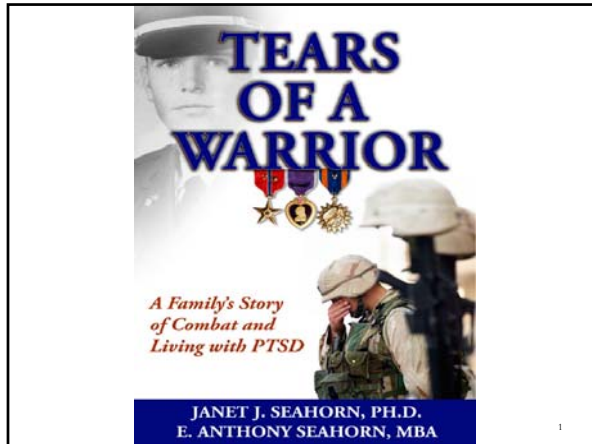
You cannot see a Silent Scream
When looking from outside.
But you might find a glimpse of it
While peering deep in someone's eyes.

You will not hear a Silent Scream
In noisy, crowded rooms.
But if you sat down face to face
Your heart may sense its painful tune.

You shall not feel a Silent Scream
Amidst our fast paced world.
But if you wandered near to it
Its anxious spirit might unfurl.

We walk right pass a suffering soul
And often turn away.
Not strong enough to face the grief
This world has made him pay.

For Silent Screams are not unique
To those who fight and die.
The living warrior hell survived
Is left to hold his tears inside.



WOUNDS OF WAR

<http://www.youtube.com/watch?v=JK4Y3tGYIjU>

Veteran and Family Healing April, 2013
www.tearsofawarrior.com

2

Session Topics/Objectives

- PTSD is NOT a Disorder - *PTS is a reordering of the brain*
- Tony's Combat Story
- Putting Life Back Together
- What are differences between military and civilian systems and how do they impact trauma?
- How does PTS impact relationships?
- Next Steps?

Veteran and Family Healing April, 2013
www.tearsofawarrior.com

4

Tony's Story

- Before combat
- During combat
- After combat

Since the beginning of mankind, warriors would leave their loved ones and gallantly ride into battle. Many returned victorious, but often the scars of combat were deep. The injury to the soul became known as Soldier's Heart, Shell Shock, Combat Fatigue, and PTSD. War has its price.

Tony & Jan Seahorn
Tears of a Warrior



Putting Humpty Back Together Understanding Trauma's Impact

“The key thing to get inside the head of a PTSD suffering vet is this: If one of your buddies was lying wounded on the battlefield, you’d carry him to safety at all costs, right? Well this time, the vet wounded in his soul is the guy in the mirror, **AND IT’S YOUR DUTY** to carry this one more vet to help. He’s hurting because he’s a human that’s gone through an inhuman experience. Your buddies who didn’t make it back want one thing only – for one of you to make it, namely **YOU**. Your victory is saving that vet in the mirror, helping him forgive himself for being only

human”
Veteran and Family Healing April, 2013
www.tearsofawarrior.com
Roland Van Deusen
16

Effects of Trauma/Crisis – Humpty’s Challenge

- Disrupts usual coping strategies
- Causes withdrawal
- Mind tries to protect self from sorrow, humility, threat...
- Tries to make sense of what has happened –vacillates between current reality and past experiences
- Emotions are body’s reaction to the mind
- Emotions can overpower cognitive thought



Veteran and Family Healing April, 2013
www.tearsofawarrior.com
17

Think About

“There is so much noise from past experiences that take up enormous space in the mind so that finding any peace and silence is an incredible challenge.” Quote from Alaska Magazine

When the mind is in a chaotic state, an incredible loneliness and/or abandonment may occur. You can’t get into it nor can others help you. You are in a space somewhere between hell and truth.

The Power of Now
Veteran and Family Healing April, 2013
www.tearsofawarrior.com
18

Important to Know

- Prolonged stress can be as destructive to the mind as physical wounds are to the body
- PTSD is a “normal response to abnormal events” – individual can only deal with so much psychological stress
- Study from WWII – 98% of soldiers with 60 or more days of combat had PTSD Swank, R.L. *Combat Neurosis* (1946)
- **“Psychache”** – prolonged, seemingly interminable experience of psychological or emotional pain
Dr. Edwin S. Shneidman

Normal vs. PTSD Memories

<u>Normal Memories</u>	<u>PTSD Memories</u>
1. Control when we think about them	1. Triggered involuntary about them
2. With time, emotions feel less & less intense	2. Intensity of emotion may increase with time
3. Feel like they happened in the past	3. Feel like they are happening right now
4. Linear, organized; parts overemphasis “fit together” and make sense.	4. Disorganized, on details, sensations or emotions.

Coping Strategies for Trauma

- **Fight**
- **Flight**
- **Freeze**
- **Fool**



Military vs. Civilian Life

Military Civilian

- | | |
|-----------------|-----------------|
| 1. Belonging | 1. Belonging |
| 2. Mastery | 2. Mastery |
| 3. Independence | 3. Independence |
| 4. Generosity | 4. Generosity |
- Military fills each category seamlessly...Civilian systems you have to create your own.

Trauma Entails Loss & Loss Causes Sadness

- Many losses are related to frustration of meeting most basic needs and life goals, i.e.,
 - Broken relationships
 - Failure to achieve goals
 - Loss of power or prestige
 - Loss of purpose in life



(Horwitz & Wakefield, 2007)

**Suicide rate among veterans
3x higher than the rate of
death in combat. Currently
22 suicides a day.**

HEALING

What does it require to heal trauma?

1. Connecting with others
2. Clarifying who we are, the events, etc.
3. Restoring balance

CONNECTING

- Important for vet to listen to others
- Important for others to listen to the vet and his/her perspective

<u>Adversarial Encounters</u>	<u>Positive Alliances</u>
--------------------------------------	----------------------------------

Distrust	Trust
Antagonism	Cooperation
Alienation	Attachment

"A person who does not understand another's silences will not understand his words either."

(New Beginnings)

Veteran and Family Healing April, 2013
www.tearsofawarrior.com

25

CLARIFYING

- We sometimes carry a narrow lens of ourselves, experiences, and our world
 - Make sense of our experiences
 - The person who has lived the event knows the most about it
 - Intervening at the moment of trauma is most effective for healing (rarely happens)
 - Brain is designed to come up with solutions to unsolved problems (Zeigarnik Effect)

Veteran and Family Healing April, 2013
www.tearsofawarrior.com

26

CLARIFYING cont.

- Every person is a Behavioral Scientist – understands himself or others based on his perspective
- Masking pain: "You feel pain, and yet you continue your day with a smiling face... you hide it all from the world, that way, no one will have to know how you feel."
- All behavior makes sense if we can understand the meaning to the person performing it.

(Morse 1985, p. 69)

Veteran and Family Healing April, 2013
www.tearsofawarrior.com

27

RESTORING BALANCE – *Reordering the Brain*

- Seek positive experiences
- Support – who is in your posse?
- Set realistic responsibilities
- Practice good behaviors to change
- Assess your personal strengths, i.e.
 - Attachments (Belonging)
 - Achievements (Mastery)
 - Independence (Autonomy)
 - Giving back (Generosity)

Veteran and Family Healing April, 2013
www.tearsofawarrior.com

28

HEALING TIPS

1. Nurture your relationships --- if they need attention identify what you can do to reduce the "crap";
2. Celebrate your accomplishments --- do not diminish yourself ---- *play* at what you enjoy;
3. Acknowledge you have and are strong enough to be independent and interdependent in various elements of your life;
4. **Sharing your talents, time, and gifts are one of the very best ways to heal. It is hard to feel worthless or sad when you are contributing to a cause greater than yourself. What you do and how you do it MATTERS.**

"Measure values in terms of service to others rather than benefit to self." (New Beginnings)

Veteran and Family Healing April, 2013
www.tearsofawarrior.com

29

Return to Vietnam

- Was the trip a healing experience?
- Challenges of Returning?
- New insights?

Veteran and Family Healing April, 2013
www.tearsofawarrior.com

31

Perseverance makes many things possible.

Success should be measured not so much by the position one has reached in life as by the obstacles which one has overcome while trying to succeed.



Q and A

Veterans: Who will you be able to help by healing yourself?

Others: Who will you be able to help when healing another person?

CLOSURE

“If we send them,
then we must mend
them.”

Janet J. Seahorn, Ph.D.

<http://www.youtube.com/watch?v=LL-0mdEg0U4&feature=related>



Characteristics of PTSD Questionnaire

Characteristics	Seldom True for me (1)	Sometimes True for me (2)	Most Often True for me (3)
Since returning from overseas combat duty:			
1. I am easily startled.			
2. I am easily upset.			
3. I have difficulty falling and/or staying asleep.			
4. I often feel tense.			
5. I experience anxiety attacks at least once a week.			
6. My breathing and heart rate seem to quicken for no apparent reason.			
7. I have problems maintaining my attention when doing some tasks.			
8. I often feel depressed.			
9. I often feel disorganized when trying to complete tasks.			
10. I forget things more easily than I used to before I was in combat.			
11. I experience flashbacks during my waking and sleeping hours.			
12. I have nightmares about my combat experience.			
13. I have experienced panic attacks.			
14. I have a difficult time concentrating.			
15. I don't go to certain events or places because I am worried that I won't be able to feel comfortable being there.			
16. I engage in risky and self-destructive behavior.			
17. I use alcohol to numb my thoughts and pain.			

Characteristics Since returning from overseas combat duty:	Seldom True (1)	Sometimes True (2)	Most Often True (3)
18. I use drugs to numb my thoughts and keep from being overly anxious.			
19. I experience sudden mood swings like being angry, anxious, feelings of shame...			
20. I often feel like I am going crazy or am out of control.			
21. I find it difficult to form close relationships with others.			
22. I feel a need to control everything in my life.			
23. I find it difficult to deal with stressful situations.			
24. I have a hard time communicating my feelings with others.			
25. I am often tired and don't have much energy to do things.			
26. I often don't feel well – get headaches, stomach problems, back and/or neck problems...			
27. I am not as interested in living my life as I was before being in combat.			
28. I often feel alone.			
29. I often feel helpless.			
30. I have a problem relaxing.			
TOTAL			

Column 1 subscore x 1 = _____

Column 2 subscore x 2 = _____

Column 3 subscore x 3 = _____

Add all three subscores to get your total score.

Total Score _____

If you scored:

1 - 30 You may be experiencing normal levels of anxiety or stress.


31 – 60 You may be experiencing some symptoms of PTSD but these may not be severe.

61- 90 You are experiencing numerous symptoms of PTSD. Please seek support and help as soon as possible.

FRIDAY, APRIL 5


HANDOUTS

Margaret DeLillo-Storey, PSY.D., PCC



Helping The Wounded Soldier

Trauma
&
Returning Veterans




What is a Veteran?

Some veterans bear visible signs of their service: a missing limb, a jagged scar, a certain look in the eye.

Others may carry the evidence inside them, a pin holding a bone together a piece of shrapnel in the leg - or perhaps another sort of inner steel: the soul's ally forged in the refinery of adversity.

Except in parades, however, the men and women who have kept America safe wear no badge or emblem. You can't tell a vet just by looking. What is a vet?



Combat PTSD is usually divided into 3 categories

- Intrusive thoughts which includes:
 - Re-experiencing the event
 - Distressing recollections
 - Flashbacks (feeling like you're back in the event)

These symptoms are usually a sign that the mind and body are actively struggling to cope with the traumatic experience



Avoidant Behavior

- Extensive and active avoidance of: activities, places, thoughts, feelings, memories, people or conversations that remind you of the event(s).
- Loss of Interest
- Feeling detached from others
- Restricting your emotions
- Trouble remembering
- Shutting down
- Feeling strange (fog)
- Not feeling pain or pain sensations



Hyperarousal

- **Difficulty Sleeping**
- **Irritability**
- **Difficulty concentrating or thinking clearly**
- **Exaggerated startle response**
- **Hypervigilance** (feeling as though you need to defend yourself from danger real or perceived)
- **Panic attacks**




Triggers

- **Specific scenes:** crowded streets, sunrises, specific clothing
- **Movement:** someone running toward you
- **TV:** recaps of combat, unrelated
- **Sound:** unexpected loud noises
- **Smell:** rain, smoke, blood, fireworks
- **Reading or Discussion:**
- **Touch:** webbing, canvas, metal
- **Situational:** being crowded, walking across open spaces -- feeling vulnerable or not in control



Traumatic Brain Injury

- Roadside Bombs
- Shots to head with helmet protection
- Land mines

- 
- National Center for PTSD: "PTSD is a serious public health problem in the military population and is estimated to affect more than 55% of our returning veterans"
 - Landmark study by the New England Journal of Medicine (Volume 351:13-22, July 2004) talked about the top 5 reasons returning soldiers with PTSD, anxiety and depression do not seek treatment
 - I would be seen as weak: 65%
 - I would be treated differently: 63%
 - Members of my unit might lose confidence in me: 59%
 - There would be difficulty getting time off work for treatment
 - My leaders would blame me for the problem



Values

- Loyalty
- Duty
- Respect
- Selfless service
- Honor
- Integrity
- Personal Courage



Returning Woman and Their Challenges

- Viewed as unfit
- Can't handle, therefore they can't lead
- Exaggerate the issue
- Validate the point that "women should not be in combat"
- Provoked the situation

So..... Often what happens with both gender of soldiers is.....



They come home and

- Try to resume life as usual
- Do not talk about their experiences
- Attempt to forget and block out the traumas of war
- Want to resume their rightful place in the community, their families and their jobs
- Have a new sense of self and capabilities
- Need to reestablish a new sense of safety for self and family



Discussion Question:

How does this create Problems?

How can these symptoms lead to acts of Domestic Violence?



Let's meet a few Soldiers

- A veteran cop who spent six months in Saudi, sweating, working long hours to make sure that APC's didn't break down
- The barroom "loudmouth" who alcoholic behavior is far outweighed by his 10 hours of being held captive and didn't give up the location of his buddies
- The nurse that save lives all day and went to sleep sobbing every night in Da Nang only to come home an be told, "you weren't in combat"
- The drill sergeants who saved numerous lives by turning young men and women into defenders of freedom
- The POW who went away one person and came back another, or didn't come back at all.
- The anonymous soldiers in the tomb of the unknowns



The silent soldiers

- The spouse who worries every time the phone rings during the deployment
- The spouse of the alcoholic who feels helpless, angry and even embarrassed as they retrieve their loved from from yet another bar
- The children of the soldier who rode a bike for the first time and mommy or daddy had to miss it.
- The family who lives out the rest of their days not knowing what happened to their loved one
- The family who takes on the child care responsibilities when both mom and dad are gone



Domestic Violence

- DOD is specific about what it terms DV to be and under which circumstances FAP will become involved
- Domestic Abuse
 - Violence or pattern of behavior that results in emotional/psychological abuse, economical control and/or interference with personal liberty against (1)current or former spouse (2) person with whom the abuser shares a child and (3) current or former intimate partner with whom the abuser shared or shares a domicile with.



- Child Abuse/Neglect:
Includes physical injury, sexual maltreatment, emotional maltreatment and or deprivation of necessities by the individual responsible for the child's welfare



F.A.P.

- A Program of the Command at each Military installation that supports families in the U.S and Overseas.
 - Trained professionals
 - Collaboration amongst military units, law enforcement, medical and legal personnel, family service centers, chaplains and civilian agencies
 - Each Installation tailors their program to the uniqueness of their families
 - Common goals of FAP remain the same regardless of location or branch of service.



Goals of FAP

- Prevention of Abuse
 - Education
 - Public awareness
 - Presentation during training
- Provide Support to the Victims
 - Refer to shelter
 - Military protection order
 - Advocate needs of victim with civilian agencies
 - Help victim create a safety plan
 - Therapeutic Services (victim(s) and Perpetrator)



Goals of Our Community

- What are They? (Do we know?)
- What is available to the vets who do not live on a Post, but dwell right here in our town?
- Where do they go for Treatment and what type?
- How do we know?????



■ Questions????????????????????

■ Comments????????????????????

Saturday, APRIL 6

HANDOUTS

Janet J. Seahorn, Ph.D.

&

E. Anthony Seahorn, MBA

AGAINST ALL ODDS

Janet J. Seahorn

Against All Odds I will survive.
Courage and grit will be my guides.
Against All Odds the demons within
May sometimes grow and but never win.

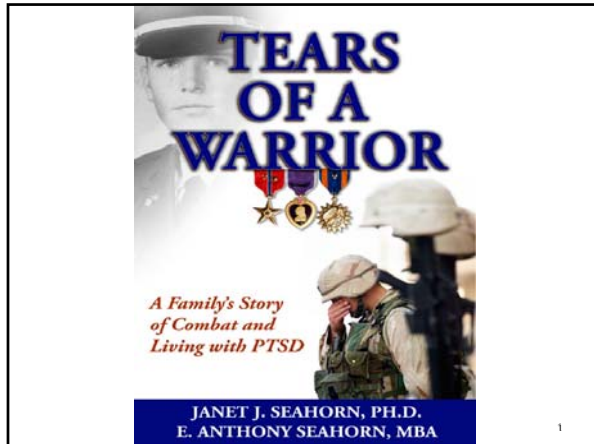
Against All Odds I will find joy
Hate and chaos I will avoid.
Against All Odds I'll fight my fears
And not be afraid of cleansing tears.

Against All Odds I'll endure my pain
Knowing that rainbows come after a rain.

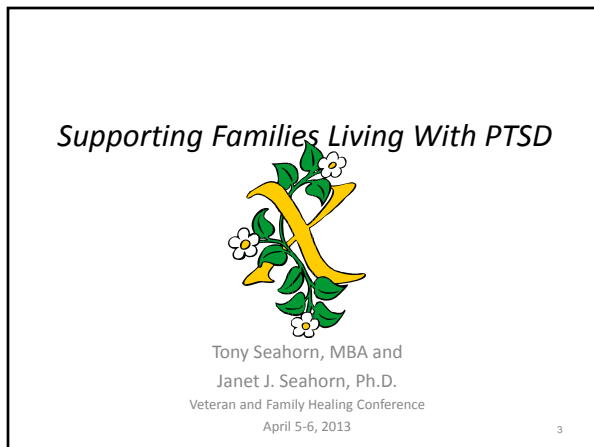
Against All Odds I shall be kind
Even if anger sways my mind.

Against All Odds I'll choose to believe
That peace and happiness I can receive.

For this I know without a doubt
Against All Odds I will win out.





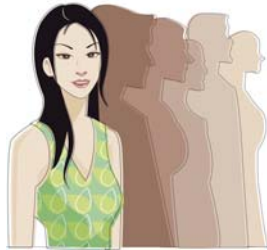


Something to Think About

“Whether it is our own mothers who stood by us in long-distance torment as we fought on foreign soil, or the mothers of the dead and wounded here as well as in Iraq and Afghanistan, we recognize that most often, it is the women---- mothers/wives... who are left to care for the broken bodies, souls, and societies left in the wake of war.”

What Are the Challenges of Living With Someone with PTSD?

- Not a normal experience
 - 38% of marriages failed first six months back
 - 2x greater for vets with PTSD



Quote to Remember

“To have courage for whatever comes in life... everything lies in that.” St. Teresa of Avila

BAMMS THINKING ERRORS

How do these behaviors impact relationships?



1. Blaming
2. Assuming the worst
3. Minimizing and mislabeling
4. Self-control



What to Remember: The Four Agreements

(Miguel Ruiz)

1. Don't make assumptions.
2. Don't take everything personally.
3. Always do your best.
4. Be impeccable with your word.

Quote to Remember

**"I made a pact with my tongue to never
speak when my heart is in distress."**

St. Francis de Sales

Veteran and Family Healing Conference
April 5-6, 2013

7

Working Through the Crap

Discussion is a Mine/Mind Field:

Doing **TO** – Power struggles & Flaw finding

Doing **FOR** – Rescuing, Pampering,
Becoming like the Bad Behavior

Doing **NIL** – Ignoring, Avoiding, Excluding,
Rejecting --- fuels emotions of shame in the
brain

Doing **WITH** – Connecting, Clarifying, Restoring

Veteran and Family Healing Conference
April 5-6, 2013

8

Other Talking Points

- Connecting ----
What is your relationship number?
- Clarifying ----
Mismatch between what we each think.
Think about what NEED is not being met,
i.e., belonging, safety, self-respect, physical,
lack of sleep (crashes everything) ...

Veteran and Family Healing Conference
April 5-6, 2013

9

Things to Consider


- This is not about GIVING IN...
- Can't discuss problems when emotions are high.
- PTSD minds are like intense brain storms
 - Strong lighting, uncontrollable winds, hail...

Veteran and Family Healing Conference
April 5-6, 2013


10

Quotes to Remember


“Every robin can learn to sing a robin’s song but only if it has heard it.”



“You are responsible for your own life.” Oprah



“Inside of us is everything. We just have to look for it.” Jeffery Ressler



Veteran and Family Healing Conference
April 5-6, 2013

11

Q and A

<http://www.youtube.com/watch?v=yq7U-Ad8mDI>

Veteran and Family Healing Conference
April 5-6, 2013

12

QUESTIONS Veteran

Vet	Give Examples	Coping Strategies
Am I as close to others as I was before serving in combat?		
When working or talking how do I respond to those closest to me?		
Do I listen to my spouse and children without always interrupting?		
Do I speak clearly – stating my needs without blame or anger?		
What experiences do I share with my spouse or significant other? Why? What Experience do I not share? Why?		
Do I have trouble falling and/or staying asleep?		
Am I more on edge and irritable?		
Am I feeling socially isolated and alone?		
Am I more easily distracted and have a difficult time concentrating?		
Am I less joyful and able to enjoy life as I was before combat?		

How many times did you answer Yes? _____ No? _____

QUESTIONS

Spouse and/or Family Member

Spouse and/or Family Member	Give Examples	Coping Strategies
Am I as close to my spouse as I was before his/her serving in combat?		
How does my spouse respond to my needs, concerns...?		
Do I listen to my spouse with an open mind to understand what he/she is/has experienced?		
Do I speak clearly – stating my needs without blame or anger?		
How thoughtfully do I listen when my spouse is sharing personal feelings and information with me?		
Do I have trouble falling and/or staying asleep?		
Am I more on edge and irritable?		
Am I feeling socially isolated and alone?		
Am I more easily distracted and have a difficult time concentrating?		
Am I less joyful and able to enjoy life since my vet's return from combat?		

How many times did you answer Yes? _____ No? _____

QUESTIONS Child

Child	Give Examples	Other ideas I would like to try
Do I do as many things with my mom/dad as I did before they served overseas?		
What kinds of activities (fun things) do I do now with my mom/dad?		
Do I try to listen when my parent is trying to talk to me or telling me something?		
How do I ask my parents for help or something I need?		
What types of things do I most like to do with my parent(s)?		
Do I have trouble falling and/or staying asleep?		
Am I more anxious or scared than I was before my parent went overseas?		
Am I feeling alone or lonely much of the time?		
Am I more easily confused and do I have a difficult time paying attention?		
Am I not as happy or eager to do things as I was before my parent went overseas?		

How many times did you answer Yes? _____ No? _____

Network of Assistance

ORGANIZATION	WEBSITE	SERVICES PROVIDED
Air Compassion for Veterans	http://aircompassionforveterans.org	ACV provides needed transportation resources to our Wounded Warriors seeking care.
Air Force Association	www.afa.org	Awards, Scholarships, Grants
Air Force Sergeants Association	http://www.hqafsa.org//AM	
American Corporate Partners	www.acp-usa.org	Connecting US Veterans to business leaders through two free programs:online network offering business advice and nationwide mentoring program
American G.I. Forum	http://www.agifusa.org	Education/Employment
American Legion	www.legion.org	
American Red Cross	www.redcross.org	
AMVETS	http://www.amvets.org	Job Searches, Resume writing, Free educational classes
Building Homes for Heroes	http://buildinghomesforheroes.org	
Disabled American Veterans	http://www.dav.org	Helps disabled veterans
Freedom House /Valor Home	http://www.valorhome.org	Assist Veterans to achieve lasting self-sufficiency
Healing Heroes Network	http://www.healingheroes.org	Provide financial assistance for medical treatment to the men and women of the armed forces who were injured in the line of duty in Iraq or Afghanistan after 9/11
HeroBox	http://www.herobox.org	Care packages for those deployed
Hope For Veterans	http://veteranshope.net	PTSD/ Unemployment
Hope For The Warriors	http://www.hopeforthewarriors.org	The mission of Hope For The Warriors® is to enhance quality of life for U.S. service members and their families nationwide who have been adversely affected by injuries or death in the line of duty.
Independence Fund	http://www.independencfund.org	
Injured Marine Semper Fi Fund	http://semperfifund.org	Multitude of programs
Intrepid Fallen Heroes Fund	http://www.fallenheroesfund.org	TBI/PTSD
Iraq and Afghanistan Veterans of America or IAVA (formerly OpTruth)	http://iava.org	To improve the lives of Iraq and Afghanistan veterans and their families.
Jewish War Veterans of the USA	http://jvw.org	
Marine Corps League	http://en.wikipedia.org/wiki/Marine_Corps_League	Multitude of programs
Military Order of Foreign Wars	http://www.mofwus.org	
National Association for Black Veterans	http://www.nabvets.com	Multitude of programs
National Center For PTSD (VA)	http://www.ptsd.va.gov	PTSD
National Coalition for Homeless Veterans	http://www.nchv.org/index.cfm	Helps battle homelessness
National Veteran-Owned Business Association	http://www.navoba.com	Helps veterans start their own business
Not Alone	http://notalone.com/site/Default.aspx	PTSD/Combat Stress
Operation Gratitude	http://www.operationgratitude.com	Care packages for those deployed

Network of Assistance

ORGANIZATION	WEBSITE	SERVICES PROVIDED
Operation Homefront	http://www.operationhomefront.net	Food Assistance, auto repair, moving assistance, vision care, financial assistance, home repair, travel and transportation
Operation Support Our Troops America	http://www.osotamerica.org	Care packages for those deployed, baby baskets for wives of deployed, financial support
Paralyzed Veterans of America	http://www.pva.org/site/c.ajIRK9NJLcJ2E/b.6305401/	Supports Paralyzed Veterans
Pedal for Heroes	http://www.PedalForHeroesUSA.org	
Red Bird Center	http://www.redbirdcenter.org	Healing Retreats for Veterans and their Families
Retired Enlisted Association (TREA)	http://www.trea.org	
Ride 2 Recovery	http://www.ride2recovery.com	
ThanksUSA	http://www.thanksusa.org/main/index.html	Scholarship
United Service Organizations	http://www.uso.org	
United Spinal Association	http://www.unitedspinal.org	
United States Veterans Art Program	http://www.usvap.org	Arts
US Army Special Operations Command Support Association	http://www.usasoc.org/index.html	
Vet Art Project & Vet Art Project America	http://www.vetartproject.com	
Veterans of Foreign Wars	www.vfw.org	
Women in Military Service for America Memorial Foundation, Inc.	http://www.womensmemorial.org	
Warriors Journey Home	www.warriorsjourneyhome.org	
Wounded Warrior Project	http://www.woundedwarriorproject.org	