

LMVFM Recommended Resources

*This resource page is updated regularly



Resources are provided by the **Lutheran Military Veterans and Families Ministries, Inc. (LMVFM)**. The **LMVFM** provides veterans, family members, congregations, and care providers in identifying and assisting veterans and their family members with the various issues and needs that are created by military services. As a Christian ministry, the LMVFM draws its strength from God', and follows the example of mercy and forgiveness in the application of human care. All veterans and their family members, regardless of their faith identification are welcomed by the LMVFM, and eligible to receive services. Care and services are provided to veterans and their family members without cost.

For more information please contact us at:

260-755-2237

260-409-8043

www.lmvfm.org

I. Links to Official DoD and VA Sites, United States military organizations, Unofficial Sites and other helpful organizations and programs

II. Articles

III. Books

Quick Sources:

Chaplain Assistance - <http://www.chapnet.army.mil/>

DEERS Eligibility - [DEERS Eligibility Assistance](#)

Identification Cards - <http://www.dmdc.osd.mil/rsl/>

Legal - <http://www.jagcnet.army.mil/legal>

Medical - <http://www.medicare.gov/Supplier/Home.asp>

Medical (TRICARE) - <http://www.tricare.osd.mil/tricare/servicecenters/default.cfm>

Medical (TRICARE Toll Free Numbers) - <http://www.tricare.osd.mil/main/tollfree.htm>

Military Pay - <http://www.dfas.mil/money/>

Military Records - <http://www.defenselink.mil/faq/pis/PC03MLTR.html>

Public Affairs Office - <http://www4.army.mil/ocpa/>

Social Security Administration (SSA) - <http://www.ssa.gov/>

Social Security Offices - <http://www.socialsecurity.gov/locator>

Taxes - <http://www.irs.gov/>

I. Links to Official DoD and VA sites

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American Academy of Child and Adolescent Psychiatry

<http://www.aacap.org/publications/factsfam>

America Supports You <http://www.americasupportsyou.mil/americasupportsyou/index.aspx>

DoD nationwide program to showcase and communicate American support to the men and women of the Armed Forces.

Army Casualty Assistance Directory -

<https://www.hrc.army.mil/site/Active/TAGD/CMAOC/CACLOCATOR/CACLOCATORINDEX.htm>

Army Emergency Relief

Army Emergency Relief can provide monetary grants to widows based upon financial need.

1-703-428-0000

www.aerhq.org

Army Families Online

The Army's Well Being website has a special section entitled "Our Survivors" and includes a column by Joyce, a military widow who shares her experiences and advice with readers.

1-800-833-6622

www.armyfamiliesonline.org

Asian Influenza (Pandemic Flu) Watchboard

<http://fhp.osd.mil/aiWatchboard>

The official DoD website for Pandemic Influenza information and guidance.

Center For Health Promotion and Preventive Medicine (CHPPM)

<http://chppm-www.apgea.army.mil/>

CHPPM is a key player of medical support to combat forces and of the military managed-care system. It provides worldwide scientific expertise and services in clinical and field preventive medicine, environmental and occupational health, health promotion and wellness, epidemiology and disease surveillance, toxicology, and related laboratory sciences. It supports readiness by keeping soldiers fit to fight, while also promoting wellness among their families and the Federal civilian workforce.

CommandersPage website

www.commanderspage.dod.mil

DoD's website for flag and general officers. Provides latest information on personnel and readiness issues, family support, benefits, new laws that affect military personnel, testimony and transcripts. Excellent resource for other webmasters and (e)Newsletter editors.

Commissaries and Exchanges

Learn more about what's on sale today and special offers such as phone cards and gift certificates for deployed servicemembers.

www.commissaries.com

www.aafes.com

www.navy-nex.com

www.usmc-mccs.org/shopping

<http://thor.milexch.com/scs/default.aspx>

Courage to Care

Courage to Care is an electronic health campaign consisting of fact sheets that deal with health topics relevant to military life. Courage to Care content is developed by leading military health experts from the Uniformed Services University of the Health Sciences.

www.usuhs.mil/psy/courage.html

Department of Veteran Affairs <http://www.va.gov/>

Department of Veterans Affairs Survivor information <http://www.vba.va.gov/survivors/>

Deployment Health Support Directorate <http://deploymentlink.osd.mil>

Deployment Health Support Directorate was established by the DoD to ensure that medical lessons learned from previous conflicts and deployments are integrated into current policy, doctrine and practice. Current information on deployment-related health issues is published on an interactive web site, Deployment LINK. The Directorate also operates a toll-free, direct hotline number where staff members answer deployment-related questions, locate lost medical records and provide contact information in the Department of Veterans Affairs. The number is 800-497-6261.

Deployment Health Clinical Center (DHCC) <http://www.pdhealth.mil/>

Deployment Health Clinical Center Library has a number of excellent resources at http://www.pdhealth.mil/library/fact_sheets.asp.

Deployment Health & Family Readiness Library

This website is the result of a partnership between DoD Health Affairs and DoD Military Community & Family Policy. It provides official fact sheets and other user friendly resources about environmental, occupational and physical health issues related to deployment as well as family readiness information.

<http://deploymenthealthlibrary.fhp.osd.mil/home.jsp>

Force Health Protection and Readiness Library <http://fhp.osd.mil/>

The Deputy Assistant Secretary of Defense (DASD) for Force Health Protection & Readiness (FHP&R) serves as the principal staff assistant and advisor to the Assistant Secretary of Defense (Health Affairs) for all DoD deployment medicine policies, programs, and activities. In carrying out these responsibilities the office is responsible for deployment related health policy, doctrine, theater information systems, system rightsizing, and international agreements.

Mental Health Self Assessment Program <https://www.militarymentalhealth.org/welcome.asp>

Military.com/spouse

This section of the Military.com website is sponsored by the DoD Office of Military Community & Family Policy. It features a career center for military spouses.

www.military.com/spouse

Military.com/support

This section of the Military.com website is sponsored by the DoD Office of Military Community & Family Policy. It provides resources and support for severely injured servicemembers and their families.

www.military.com/support

Military OneSource www.militaryonesource.com

Military OneSource is DoD's 24/7 Call Center: 1-800-342-9647 (overseas phone numbers are on the website). Military OneSource's website provides access to self-help and family support information -- especially for parenting and child care, relocation and deployment support; 24/7 counseling services and community referrals; free educational materials; Webinars (online seminars); eNewsletters and more.

Military HOMEFRONT

http://www.militaryhomefront.dod.mil/portal/page/itc/MHF/MHF_HOMEPAGE

MilitaryHOMEFRONT is the official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers. *Special features include two new sections: Military Installations which provide point of contact information for support services and facilities for more than 250 military installations worldwide, and Plan My Move, a relocation tool that helps make moving easier. These two new tools replace the old SITES website.*

MilitaryStudent.org
www.militarystudent.org

This website has been developed by the DoD Office of Military Community & Family Policy. It provides resources designed especially for school aged military children, parents and teachers. Focus is on relocation and deployment support needs.

MILSpouse
www.MILSpouse.org

This website is a comprehensive listing of resources that are of special interest to military spouses -- employment, child care, relocation, family support and more. It is sponsored by the Departments of Defense and Labor.

National Center PTSD <http://www.ncptsd.va.gov/ncmain/index.jsp>

The PTSD Information Center contains in-depth information on PTSD and traumatic stress for a general audience.

MyArmyLifeToo www.myarmylifetoo.com

Air Force Crossroads www.afcrossroads.com

Fleet and Family Support Programs www.ffsp.navy.mil

Marine Corps Community Services www.usmc-mccs.org

LIFELines Services Network www.lifelines.navy.mil

TRICARE <http://www.tricare.mil/>

Transition Assistance Program -- new website name: TurboTAP

www.transitionassistanceprogram.com www.TurboTAP.org

This website is sponsored by the DoD Office of Military Community & Family Policy. It represents the commitment of the Department of Defense, Department of Labor, Department of Veterans Affairs, Department of Education and other partner organizations to lifetime support for transitioning military servicemembers. This site is the starting place for those who are within 12 months of separating from military service or 24 months prior to retirement.

USA4Militaryfamilies <http://www.usa4militaryfamilies.dod.mil/>

The USA4 Military Families initiative seeks to engage and educate state policymakers, not-for-profit associations, concerned business interests, and other state leaders about the needs of Military members and their families, particularly as those needs intersect with state public policy. Through state/military partnerships, DoD seeks to develop relationships with states, work with them to remove unnecessary barriers, and significantly improve the quality of life for military families. *Top 10 Issues being addressed are: Care of the Guard and Reserve, Assistance to Severely Injured Servicemembers, In-State Tuition, Military Children During School Transition and Deployments, Spouse Employment, Unemployment Compensation, Predatory Lending, Voting, Foreign Language Requirements, and Accessible Support for Military Families.*

II. Links to United States military organizations

Battlemind Training
<http://www.battlemind.org/>

☑The NGB-Family Program Office has established an array of POC information for each of the 54 states and territories. To view these resources:

Click on: <http://www.guardfamily.org/>

☑The Army Reserve Family Programs Locator (for command and Army Reserve Region POCs) can be found at:

<http://www.arfp.org/skins/ARFP/home.aspx?mode=user> and then click on "Family Programs Staff" in the column on the left.

Links to Unofficial Sites and other Helpful organizations and programs

☑Accessibility & Disability Information & Resources in Psychology
Training & Practice:

<http://kpope.com/>

☑ Children's Grief Education Association <http://www.childgrief.org/>

☑CinCHouse www.cinchouse.com

Operation Homefront's *CinCHouse.com* is the largest online magazine and web-based community for military wives, girlfriends and women in uniform.

☑**Comfort Zone Camp**

Lynne B. Hughes founded Comfort Zone Camp to help children who have experienced the death of a loved one. The weekend camps are for children ages 7 to 17. The camp is free and travel scholarships may be provided.

www.comfortzonecamp.org

☑Family Guide Building blocks For A Healthy Future- available from <http://bblocks.samhsa.gov>

☑Give an Hour

Give an Hour Project asks mental health providers to donate one hour per week for a year to assist service members or family members who need these services.

www.giveanhour.org

☑**Gold Star Wives of America, Inc.**

The Gold Star Wives is a congressionally chartered non-profit service organization providing services to military widows and widowers.

1-800-751-6350

www.goldstarwives.org

☑**Gold Star Mothers, Inc.**

Gold Star Mothers provides support to parents who have lost a son or daughter in service to the country.

1-202-265-0991

www.goldstarmoms.org



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www.lmvfm.org.

☑ Military Child Education Coalition (MCEC) <http://www.militarychild.org/>

The Military Child Education Coalition is a 501(c)(3) non-profit, world-wide organization that identifies the challenges that face the highly mobile military child, increases awareness of these challenges in military and educational communities and initiates and implements programs to meet the challenges. MCEC's goal is to level the educational playing field for military children wherever they are located around the world and to serve as a model for all highly mobile children.

☑ Military Money www.militarymoney.com

InCharge® Education Foundation developed *Military Money*® to provide an authoritative financial resource for military families and help ensure the fighting readiness of America's armed forces by enhancing their financial readiness to make informed decisions in their everyday lives. The magazine and its companion website, explore such personal finance issues as money management, home and family life for military families, education and career advice, deployment and relocation, and transitioning to the civilian world.

☑ Military Sentinel <http://www.consumer.gov/military/>

Military Sentinel is a project of the Federal Trade Commission and the Department of Defense to identify and target consumer protection issues that affect members of the Armed Forces.

☑ Military Spouses' Career Network www.mscn.org

☑ Military Spouse Help www.militaryspousehelp.com

☑ National Military Family Association www.nmfa.org

☑ Operation Military Kids www.operationmilitarykids.org

☑ Reserve Affairs <http://www.defenselink.mil/ra/>

☑ Resources for People working with Military Personnel and Their Families from <http://kspope.com/torvic/war.php>

☑ Returning From The War Zone A Guide for Families of Military Members (National Center for PTSD) National Center PTSD <http://www.ncptsd.va.gov/ncmain/index.jsp>

☑ Strategic Outreach to Families of All Reserves (SOFAR) <http://www.sofarusa.org/>
A Pro Bono project to provide mental health services to families of Army Reservists.

☑ Sesame Street Workshop <http://www.sesameworkshop.org/>

☑ Strong Bonds www.strongbonds.org

Strong Bonds is a unit-based, chaplain-led program that helps Soldiers and their Families build strong relationships. The program's mission is to build Soldier readiness by providing skills the Soldier can use to strengthen his or her marriage and other relationships. It includes four sub-programs: Single soldier

program (Helps warriors choose wisely and build life-long , Couple program, Family program, and Couples preparing for or returning from deployment.

☑Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention
www.samsha.gov

☑The Tragedy Assistance Program for Survivors <http://www.taps.org/mission/>
The Tragedy Assistance Program for Survivors, Inc. (TAPS) was founded in the wake of a military tragedy -- the deaths of eight soldiers aboard an Army National Guard aircraft in November 1992.

☑Veterans and Families www.veteransandfamilies.org
Veterans and Families Coming Home is a national non-profit community service and support organization, founded and directed by veterans, parents, grandparents, family members, employers, mental health professionals, academics and community leaders.

☑ZERO to Three <http://www.zerotothree.org/site/PageServer?pagename=homepage>
ZERO TO THREE's mission is to support the healthy development and well-being of infants, toddlers and their families. A national nonprofit multidisciplinary organization that advances our mission by informing, educating and supporting adults who influence the lives of infants and toddlers.

II. Articles *NOTE: Check see these two websites for extensive lists of articles about deployment and family support:*

www.militaryonesource.com

<http://deploymenthealthlibrary.fhp.osd.mil/home.jsp>

Adjustments among Adolescents in Military Families When a Parent Is Deployed Final Report
June 30, 2005 (Military Family Research Institute Purdue University)

<http://www.cfs.purdue.edu/mfri/pages/research/reports.html>

A Survivor's Guide to Benefits: Taking Care of Our Own

This DoD guide provides an extensive list of resources, including information on survivor benefits, veteran's affairs, and healthcare as well as information about private organizations that support military survivors.

<https://cs.mhf.dod.mil/content/dam/mhf/QOL-Library/Project%20Documents/MilitaryHOMEFRONT/Service%20Providers/Casualty%20Assistance/Survivors%20Guide.pdf>

The Promotion of Mental Health and The Prevention of Mental and Behavioral Disorders: Surely The Time is Right (International Journal of Emergency Mental Health)

<http://www.samhsa.gov/MATRIX/timeisright.pdf>

"The Returning Veteran of the Iraq War: Background Issues & Assessment Guidelines"

http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/iraq_clinician_guide_ch_3.pdf

Iraq War Clinician Guide, 2nd Edition (online)

http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/nc_manual_iwcguide.html

Hidden Toll of the War in Iraq Mental Health And The Military September, 2004
www.americanprogress.org

"The Emotional Cycle of Deployment: A Military Family Perspective"
<http://www.hooah4health.com/deployment/familymatters/emotionalcycle.htm>

"Working with the Bereaved: U.S. Army Experiences with Nontraditional Families" Read Abstract <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?CMD=Display&DB=pubmed>

"Interpreting symptoms in military personnel after combat" Abstract
<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?CMD=Display&DB=pubmed>

"Impact of the Threat of War on Children in Military Families"
<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?CMD=Display&DB=pubmed>

Mental Health Advisor Team (MHAT) III
http://www.armymedicine.army.mil/news/mhat/mhat_iii/mhat-iii.cfm

Mental Health Advisor Team (MHAT) (IV)
http://www.armymedicine.army.mil/news/mhat/mhat_iv/mhat-iv.cfm

Multiple Transitions of Deployment and Reunion for Military Families Shelley M. MacDermid Purdue University June 22, 2006 <http://www.cfs.purdue.edu/mfri/>

The President's New Freedom Commission Report www.MentalHealthCommission.gov

School Mental Health Services in the United States 2002-2003 www.samsha.gov

The American Psychiatric Association A Vision for the Mental Health System April 3, 2003
http://www.psych.org/news_room/press_releases/visionreport040303.pdf

"The Effect of Combat-related Posttraumatic Stress Disorder on the Family"
<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?CMD=Display&DB=pubmed>

III. Books

Chicken Soup for the Military Wife's Soul, by Jack Canfield, Mark Hansen, Charles Preston, and Cindy Pederson (Health Communications, 2005).

Courage After Fire, by Keith Armstrong, Suzanne Best and Paula Domenici. Offers coping strategies for returning troops and their families, including reconnecting with loved ones.

Down Range to Iraq and Back, by Bridget C. Cantrell and Chuck Dean. Discusses why many veterans suffer from flashbacks, depression and other effects of post-traumatic stress disorder.

Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma, by Michelle D. Sherman and DeAnne M. Sherman. Taps into teen concerns about parents who have served in combat.

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Going Overboard: The Misadventures of a Military Wife, by Sarah Smiley (Penguin Group, 2005).

Help! I'm a Military Spouse: I Want a Life Too! by Kathie Hightower and Holly Scherer (Hightower and Scherer, 2005).

Home Fires Burning: Married to the Military for Better or Worse, by Karen Houppert (Random House, 2006).

Married to the Military: A Survival Guide for Military Wives, Girlfriends, and Women in Uniform, by Meredith Leyva (Simon & Schuster, 2003).

Surviving Deployment: A Guide for Military Families, by Karen M. Pavlicin. Basic book for dealing with deployment and accompanying stress.

The Homefront Club: The Hardheaded Woman's Guide to Raising a Military Family, by Jacey Eckhart (Naval Institute Press, 2005).

Today's Military Wife: Meeting the Challenges of Service Life, by Lydia Sloan Cline (Stackpole, 2003).

While They're at War: The True Stories of American Families on the Homefront, by Kristin Henderson (Houghton Mifflin, 2005).