

CHAPTER 4

WEBSITES

WEBSITES INDEX contains a listing of titles divided into six sections. Each section reflects similar topics, for example, Section 1 combines military websites, while Section 2 contains medical and health related websites.

WEBSITES provides 135 links to websites for assistance. Website names, brief descriptions of the sites, and the website addresses are listed. In Section 4, bold print identifies who is targeted as a primary helper. If the link to a website does not automatically take you to that website, you can copy the link, open your browser, and paste your link into the address field of the browser.

ABOUT WEBSITES provides the following information on website selection for the *Air Force Readiness EDGE*. Websites and information services are provided for information only. This listing does not constitute sponsorship or endorsement of any non-governmental entity, product, service, or recommendation by the AF or any of its employees. The AF is not responsible for the contents of any web pages referenced. These websites have been reviewed for meeting some of the following general criteria: breadth and coverage of several related areas, linkage to related sites for additional information, current information displays, user friendliness, comprehensiveness, and usefulness.

Parents are advised to monitor any websites that would be visited by children. Some website addresses contain memorials to deceased persons and/or historical cemetery scenes. Noteworthy resources exist that are not included in this list, but would serve equally as well as the sites listed above. This list was not intended to be exhaustive, but as a beginning source of useful information related to the topic of this community resource guide.

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Section 1: Military Service, Guard and Reserve Components - Deployment Support Websites

ORGANIZATION	DESCRIPTION	WEBSITE
AIR FORCE CROSSROADS	The official website of the Air Force for military family members and the helping agencies that provide support. Go to Family Separation for detailed information.	http://www.afcrossroads.com
AIR FORCE CASUALTY ASSISTANCE INFORMATION	The Air Force Personnel Center website provides information on Casualty Assistance Representatives and Survivor Benefit plans.	www.afpc.randolph.af.mil
AIR FORCE CHAPLAIN SERVICE	Delivering global ministry, the USAF Chaplain's website provides specific resources for chaplainry care related to deployment for military members and families.	http://www.usafhc.af.mil
AIR FORCE FAMILY ADVOCACY PROGRAM	The mission of the U.S. Air Force Family Advocacy Program is to build healthy communities through implementing programs designed for the prevention and treatment of child and spouse abuse. At this site, registered staff members can view news relating to Air Force families and family programs in the news section, look up programs and personnel in the FAPNet directories, find answers to commonly asked questions in the FAQ component, and look for other related links in the site links component.	http://www.airforcefap.org
AIR FORCE FAMILY MEMBER PROGRAMS CHILD DEVELOPMENT CENTERS FAMILY CHILD CARE HOMES SCHOOL AGE PROGRAMS YOUTH PROGRAMS	These AF facilities provide physical environments that protect children and youth. The four programs support developmentally appropriate activities promoting the social, emotional, cognitive, and physical development of children and adolescents. To learn more go to the following Family Member Program link:	http://www.afsv.af.mil
AIR FORCE MEDICAL SERVICES KNOWLEDGE JUNCTION	This site supports AF Behavioral Health by linking to FAPNet, AF Special Needs, AFSP, and ADAPT sites. Requires registration.	kx@afms.mil
MILITARY ONE SOURCE	This site provides extensive information for Air Force family members	Call: 1-800-342-9647
AIR FORCE SPECIAL NEEDS IDENTIFICATION AND ASSIGNMENT COORDINATION	The Special Needs Identification and Assignment Coordination (SNIAC) website provides support for helping professionals who assist family members with special medical and educational needs for reassignment purposes. Links to foundations, charities, not-for-profit organizations.	http://www.afspecialneeds.org http://www.afedis.org

	Humanitarian reassignments and Exceptional Family Member deferments are completed through the AF Personnel Center.	
AIR FORCE SUICIDE PREVENTION PROGRAMS	<p>The basic principle of the Air Force Suicide Prevention Program is to involve the community in meeting the needs of those who serve and their families, whether that community is at their home installation or in the deployed environment." Suicide prevention is any act that addresses quality of life issues for active duty members and their families.</p> <p>Leader's Guide for Managing Personnel in Distress at the AFMS secure Web site. Log on to https://www.afms.mil/afspp/products/default.htm</p>	https://www.afms.mil/afspp
AIR FORCE SURVIVOR ASSISTANCE PROGRAM	The Office of Survivor Assistance coordinates resources to support family needs following an unexpected loss of life .	http://survivorassistance.afsv.af.mil
SERVICES		
U. S. ARMY COMMUNITY SERVICES	The <i>Deployment Readiness</i> website offers contact with Family Readiness Groups, handbooks, tools for deployment preparation and links to Army Community Services.	http://www.armycommunityservice.org/vacs_deployment/home.asp
ARMY EMERGENCY RELIEF	The Army Emergency Relief offers emergency financial assistance to Army soldiers and their families. Over 54,000 families have been aided to cover rent, utility bills, and other expenses.	http://www.AERHQ.org
U. S. NAVY U. S. MARINE CORPS U. S. COAST GUARD	Lifelines is the official source of quality of life information for the Department of the Navy and LifeLines Partner Organizations. The website provides multiple articles for all phases of deployment, plus resources and useful checklists. Links to partner organizations, U. S. Marine Corps, and U. S. Coast Guard are available.	http://www.lifelines2000.org/services/deployment http://www.usn.mil http://www.usmc.mil http://www.uscg.mil
COMPONENTS		
NATIONAL GUARD FAMILY PROGRAM	The Guard Family site is designed to facilitate personal well-being and enhance professional development throughout the deployment process . Each stage of deployment is addressed with practical day-to-day family readiness information, educational and awareness tools, self-assessment resources and intervention strategies to address emotional, behavioral, mental and physical wellness. The Guard Family web site contains links to the Guard family assistance program, pay and benefit information, legal services, insurance, medical and dental benefits as well as security and emergency information.	http://www.ngb.army.mil/fp/
NATIONAL GUARD FAMILY YOUTH	The National Guard Bureau Family Program website is designed	http://www.guardfamilyyouth.org

PROJECT	for Army and Air National Guard Youth . The Youth site contains age appropriate information and activities for children from two through eighteen years of age. The site also offers interactive courses that address teen deployment issues .	
<i>RESERVE AFFAIRS</i>		
RESERVE AFFAIRS	Reserve components include the Army National Guard, Army Reserve, Naval Reserve, Marine Corps Reserve, Air National Guard, Air Force Reserve, and Coast Guard Reserve.	SEE WEBSITES BELOW
RESERVE AFFAIRS WEBSITE	Quality of life and family matters are priority issues for the Secretary and the services. The Department's ability to assist service members and their families to prepare for separations during short and long-term deployments is paramount to sustaining mission capabilities and mission readiness. Go to the website to learn more about family readiness.	http://www.defenselink.mil/ra/familyreadiness.html
AIR FORCE RESERVE	The Mission of the Air Force Reserve is to provide citizen airmen to defend the United States and protect its interests through aerospace power. This website provides information about the Reserves.	http://www.afreserve.com/home2_flash.asp
ARMY RESERVE	Websites for the Army Reserves. Family support information is provided.	http://www.army.mil/usar/ http://www4.army.mil/USAR/home/index.php
NAVAL RESERVE	This is the official Navy Reserve Website. Information for family support is available from lifelines2000 at the website below.	http://www.navres.navy.mil/
MARINE CORPS RESERVE	The official Marine Forces Website provides information on the Reserve Component. The second website listed connects with information for family support.	http://www.marforres.usmc.mil/
COAST GUARD RESERVE	U. S. Coast Guard Reserve website links to National Military Family Association, work-life consultants, and TRICARE.	http://www.uscg.mil/hq/reserve/reshmpg.html
AIR NATIONAL GUARD	The Air National Guard Website provides links to TRICARE services and programs for family members.	http://www.ang.af.mil/
ARMY NATIONAL GUARD	Army National Guard Website focused on information for public use.	http://www.amg.army.mil
OSD - OFFICE OF FAMILY POLICY	Department of Defense Joint Readiness website for Service Members, Families, Parents, Spouses and Children.	http://www.DeploymentConnections.org

SECTION 2: Department of Defense and U. S. Government - Medical and Health Resources

ORGANIZATION	DESCRIPTION	WEBSITE
<p>CENTER FOR DISEASE CONTROL AND PREVENTION</p>	<p><i>Terrorism and Public Health</i> provides information for partners, professionals, and the public. The <i>Public Health Emergency Preparedness and Response</i> website advises readers to get the facts and know who to contact in an emergency.</p> <p>If you believe that you have been exposed to a biological or chemical agent, or if you believe an intentional biological threat will occur or is occurring, please contact your local health department and/or your local police or other law enforcement agency. State and selected county/city health department Web sites are provided.</p>	<p>http://www.cdc.gov/</p> <p>Go to SEARCH - Terrorism</p> <p>http://www.bt.cdc.gov/</p>
<p>DEPLOYMENT HEALTH CLINICAL CENTER</p>	<p>Services to improve post-deployment health across the military health system are provided on this website. Three components include: clinical care, information, communication and education, and deployment related research.</p> <p>Deployment Health Hot line 1-800-769-9699</p>	<p>www.pdhealth.mil</p>
<p>MEDLINE PLUS HEALTH INFORMATION</p>	<p>A website providing extensive health information from the National Library of Medicine and the National Institute of Health. Government information at NLM Web sites is in the public domain. Public domain information may be freely distributed and copied, but it is requested that in any subsequent use the National Library of Medicine (NLM) be given appropriate acknowledgement.</p>	<p>http://www.nlm.nih.gov/medlineplus/temporomandibularjointdysfunction.html</p>
<p>MILITARY MEDICAL SUPPORT OFFICE</p>	<p>The <i>Military Medical Support Office</i> was established to serve as the centralized Tri-Service point of contact for customer service and medical/dental case management; to coordinate civilian health care services outside of the cognizance of a Military Treatment Facility for Active Duty military and Reserve components. Members are referred to a liaison specific to their service by calling MMSO Customer Support 1-888-MHS-MMSO</p>	<p>http://mmso.med.navy.mil</p>
<p>NATIONAL INSTITUTE OF MENTAL HEALTH</p>	<p>"Americans have been exposed to increased levels of mass violence and terrorism during the past decade...There is an</p>	<p>http://www.nimh.gov</p>

<p><i>Mental Health and Mass Violence: Evidence-Based Early Psychological Intervention for Victims/Survivors of Mass Violence. A Workshop to Reach Consensus on Best Practices</i></p>	<p>urgent need to evaluate the various forms of early psychological intervention that are increasingly offered as part of the first response to these traumatic events. The U. S. Departments of Defense, Justice, Health and Human Services, Veterans Affairs, and the American Red Cross...joined together to examine the evidence associated with these interventions and attempt to identify what we know is effective, what is not, and what questions require further research.”</p>	<p>Go to SEARCH - Mass Violence</p>
<p>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</p> <p><i>Assisting Employed Military Spouses to Reduce Stress in the Workplace</i></p>	<p>Stress in the work environment may be a consideration for the employed family members of deployed military. Stress of modern work and the effects of stress on worker safety and health, and ways to reduce stress in the workplace are examined. Research and recommendations for the prevention of work-related illness and injury are provided</p>	<p>http://www.cdc.gov/niosh/stresswk.html</p>
<p>TRI-CARE</p> <p><i>Guard and Reserve TRICARE Coverage</i></p>	<p>When member of the Guard and Reserve are on active duty for more than 30 days, their family's health and dental care needs are covered under several TRICARE options. Please make sure your information is updated with DEERS. For instance, if a family chooses to move to a new location when the service member gets deployed, TRICARE Prime may not be offered in that new location. Additionally, check out the Guide to Reserve Family Member Benefits. This book provides information about military benefits (to include legal assistance, pay, travel, etc.) available to Reserve Component family members.</p>	<p>http://www.tricare.osd.mil/reserve/index.cfm</p>
<p>U. S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE</p>	<p>Air Force base helping agencies co-located with Army posts can learn about resources provided for redeploying active duty soldiers, Army Guard members and Reservists, and their families. The guide to redeploying provides information to address issues or concerns associated with redeployment.</p> <p><i>Targeting Stress: a workbook to managing stress in the military</i> is for all those touched by military life -- service member, family member, retiree, and civilian employee -- to better cope with military unique and everyday stressors of life.</p>	<p>http://chppm-www.apgea.army.mil</p> <p>http://www.hooah4health.com/toolbox/stress/Sec01intro.pdf</p>
<p>U. S. ARMY SURGEON GENERAL</p>	<p>An overview of the emotional cycle of deployment, lessons learned with pitfalls, and helpful hints are provided. The website links Deployment, Homeland Defense, Family Matters, and a Benefits Signpost. The U. S. Army Surgeon General, Army Center for Health Promotion and Preventive Medicine, the Army National Guard, and the Office of the Chief, Army Reserve</p>	<p>http://www.hooah4health.com/environment/deployment/emotionalcycle2.htm</p>

<p>U. S. DEPARTMENT OF HEALTH AND HUMAN SERVICES</p> <p><i>Communicating in a Crisis: Risk Communications for Public Officials</i></p>	<p>sponsor this website.</p> <p>“One challenge during times of crisis is how information is communicated to the public in timely, accurate ways that do not heighten concern and fear.” A brief, readable primer is provided that describes basic skills and techniques for clear, effective crisis communications, information dissemination, and tools for media relations.</p>	<p>http://www.samhsa.gov</p> <p>Go to SEARCH - Risk Communication</p>
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Section 3: Department of Defense, U.S. Government, Veteran, and Military Affiliated Organizations

ORGANIZATION	DESCRIPTION	WEBSITE
AMERICAN LEGION	The American Legion stands ready to support our men and women in uniform and their families with the Family Support Network . Families in financial need, with minor children, may call on the Temporary Financial Assistance program at the National Headquarters to assist.	http://www.legion.org/ CALL: 1-800-504-4098 E-MAIL: familysupport@legion.org .
AMERICAN RED CROSS	Both active duty and community-based military can count on the Red Cross to provide emergency communications that link them with their families back home, access to financial assistance, counseling, and assistance to veterans . The website includes tips for spouses of deployed military and the "Get to Know Us Before You Need Us" program.	http://redcross.org/services http://www.redcross.org/services/0,1103,0_313_00.html http://www.redcross.org/services/afes/0,1082,0_481_00.html
DEPARTMENT OF DEFENSE PHONE CARDS COMMISSARY GIFTS AAFES GIFTS	<p>The Armed Services Exchanges can sell prepaid calling cards to any American (individual or organization) wishing to purchase cards for troops who are deployed through the "Help Our Troops Call Home" program. People wishing to donate a prepaid calling card to a military member may log on to any of the three Armed Services Exchange web sites. (Click the "Help Our Troops Call Home" link).</p> <p>Individuals and organizations also can show their support to deployed troops and their families with gift certificates. The "Gift of Groceries" program allows anyone to purchase commissary gift certificates.</p> <p>The Armed Services Exchanges offer the "Gift From the Home front" gift certificate for merchandise. Gift certificates may be purchased to be mailed to service members and family members or will be distributed to "any service member." Only authorized commissary and</p>	http://www.aafes.com/ http://www.navy-nex.com/ http://www.usmc-mccs.org/ http://www.commissaries.com Call toll free 1 (877) 770-GIFT http://www.aafes.com Call toll free 1 (877) 770-GIFT

	exchange patrons may redeem the gift certificates at military commissaries and exchanges.	
DEPLOYMENT HEALTH CLINICAL CENTER	The DoD Deployment Health Clinical Center website has a Family and Friends section and a "Kids Page" to support Children and Families.	http://www.pdhealth.mil/family.asp http://www.pdhealth.mil/kids/
DEPARTMENT OF DEFENSE, EDUCATIONAL OPPORTUNITIES DIRECTORATE	This Web site, developed by the Educational Opportunities Directorate with support from Navy Lifelines , provides information for military families with special needs . It is designed to share information with military families on Department of Defense efforts and civilian community programs to support families with special needs within the military community.	http://www.efmconnections.org
NATIONAL ASSOCIATION FOR UNIFORMED SERVICES Society for Military Widows	NAUS is a Non-Profit Organization that represents the entire military/veteran family, when dealing with Congress, the White House, and the Pentagon. NAUS represents all seven branches of the uniformed services, including: Active Duty, Reserve, National Guard, Retired and Other Veterans, their spouses, widows/widowers, other family members and survivors, and all grades and ranks.	http://www.naus.org
NATIONAL COMMITTEE FOR EMPLOYER SUPPORT OF THE GUARD AND RESERVES	ESGR Mission: Gain and maintain active support from all public and private employers for the men and women of the National Guard and Reserve as defined by demonstrated employer commitment to employee military service.	http://www.esgr.org Call toll free: 1-800-336-4590
NATIONAL MILITARY FAMILY ASSOCIATION	DeploymentLink, a Mobilization Guide, Medical Readiness guide, a Family Readiness Tool Kit , and access to free phone cards for active duty members are provided. Resources are affiliated with the Department of Defense, Reserve Affairs.	http://www.mfrc-dodqol.org/Enduring_Freedom/support.htm
NATIONAL MILITARY FAMILY ASSOCIATION	Military Money has been created to address the uniquely challenging and rewarding lifestyle of the military family and to serve as an engaging financial resource for families who's loved ones serve in our armed forces. Military Money is published quarterly by InCharge Institute of America in partnership with the National Military Family Association (NMFA) and as part of the Department of Defense's Financial Readiness Campaign. Connect to Military Families: Money and Mobility for tips on managing finances for the military lifestyle.	www.militarymoney.com http://www.nmfa.org/nefe/

NATIONAL STUDENT LOAN ASSOCIATION	The NSLP website contains an updated <i>Fact Sheet</i> to include guidance on recently enacted waivers and modifications under the HEROES Act. NSLP 's goal is to help student loan borrowers better manage their debts while deployed in the service of our country.	http://www.nslp.org/pdf/militarymobil.pdf.
U. S. DEPARTMENT OF HOMELAND SECURITY	To prepare for natural or man-made emergencies this website provides “how to” information on assembling a supply kit and developing a family communication plan. With a little planning and common sense you can be ready for the unexpected. Links for Citizen Corps, American Red Cross, and state agencies in your local area are provided.	http://www.ready.gov
U. S. GOVERNMENT OFFICIAL WEB PORTAL	DisasterHelp.gov is designed to assist victims of disasters in locating the resources they need. The goal of the site is to combine the resources of all the federal agencies in our partnership in one central location. First.gov has information to help families identify benefits and find assistance, along with suggestions for those who want to help.	http://www.firstgov.gov/
VETERANS AFFAIRS	The Department of Veterans Affairs, Veterans Health Administration now has a new veteran health portal specifically designed for veterans, their advocates, and their families. It provides one-stop shopping for VA benefits, special programs, health information and services, and a health education library that gives up-to-date information about medications and conditions, tools for measuring your health status, and the latest health news.	http://www.VA.gov http:// www.myhealth.va.gov. http://www.va.gov/kids/.
VETERANS BENEFITS AND SERVICES	Family members of deceased veterans can find information related to burial benefits and presidential memorial certificates.	http://www.cem.va.gov/pmc.htm
VETERANS OF FOREIGN WARS OF THE UNITED STATES	The <i>Spouses and Dependents Gateway</i> provides linkages to the DoD websites and resources for family members of active duty military.	http://www.vfw.org http://www.VetJobs.com
DEFENSE THREAT REDUCTION AGENCY	A website resource to support family members of those who have been deployed, sent on remote assignments or are on extended TDYs. These links provide vital information to the Department of Defense Military Community and Family Policy office, military policy makers and program staff, as well as information	http://www.dtra.mil/deployedsupport/

pertaining to individual branches of the United States Military.

SECTION 4: U. S. Government, National Associations, Universities, Non-Profit and Private Agencies: Helping Children, Teens, Adults, Families, Communities and Others

ORGANIZATION	DESCRIPTION	WEBSITE
<i>Parents and Professionals Helping Children, Families, and Communities with Deployments</i>		
AARP (FORMERLY KNOWN AS AMERICAN ASSOCIATION OF RETIRED PERSONS)	Articles found on the AARP website provide support and tips for grandparents caring for grandchildren during the absence of a parent. AARP is a nonprofit, nonpartisan membership organization for people over 50.	http://www.aarp.org/confacts/grandparents/pitchin.html http://www.aarp.org/confacts/grandparents/10tips.html
BOYS AND GIRLS CLUBS OF AMERICA <i>Organized Social Activities for Children</i>	The Boys and Girls Clubs of America is a national network of more than 3,000 neighborhood-based facilities that have opened their doors and hearts to military children in a special effort. Some clubs offer free membership to military children. Learn more from the website or call 1-800-854-CLUB.	www.bgca.org
BOY SCOUTS AND GIRL SCOUTS	Scouting opportunities and activities are available worldwide for multiple age groups in diverse areas. Scouting is a great resource for military children. Learn more at their websites: Girl Scouts of the USA Boy Scouts of America	www.girlscouts.org www.scouting.org
COLORADO ADDS EMERGENCY PROGRAM FOR MILITARY FAMILIES	"Stand in the Gap" was established February 2, 2004 by the Colorado Legislature to help support families of soldiers serving overseas. The program donates money to families making a transition from civilian jobs to military pay and when they transition back into civilian life. The program receives no money from the state or federal governments. Lockheed Martin donated money to support the program's administration and the balance comes from individual donations. To	www.standinthegap.org Call 303-607-4707

	apply for help or to learn more about the program, families can log onto the website or call.	
MILITARY STUDENT	This DoD sponsored website is provides information on deployments and transitional issues for mobile military students.	http://www.militarystudent.org
NATIONAL ENDOWMENT FOR THE ARTS Operation Homecoming	The NEA also is soliciting service members' and family members' wartime recollections reflected in prose, essays, letters and other writings for a book anthology of recent conflicts. Submissions for the anthology will be accepted through December 31, and can be sent electronically or mailed to Operation Homecoming, National Endowment for the Arts, Suite 519, 1100 Pennsylvania Avenue, N.W., Washington, D.C. 20506	submissions@operationhomecoming.org
NATIONAL FATHERHOOD INITIATIVE	This website provides support for deployed military fathers. The National Fatherhood Initiative is a non-profit, 501 (c) (3) organization	http://www.fatherhood.org/military-fams.htm
NATIONAL 4-H	The 4-H provides programs for students from kindergarten to high school, through the largest youth development program in the nation. Learn about military 4-H partnerships and more on their website.	www.national4-hheadquarters.gov
READING IS FUNDAMENTAL	Provides free books and literacy help to children. Over 16 million books at 23,000 sites were given away nationwide last year. Call 878743-7323	http://www.RIF.org
SCHOLARSHIPS FOR MILITARY CHILDREN	Scholarships for Military Children Allocates College Cash to 500 Students. Scholarship Managers, a professional scholarship firm, is notifying 500 students that they will receive \$1,500 scholarships toward college tuition fall 2004. The full list of Scholarship recipients and sponsoring business partners will be posted online.	http://www.militaryscholar.org
U. S. DEPARTMENT OF EDUCATION AND THE MILITARY CHILD EDUCATION COALITION <i>Supporting Educators who teach children of the Active Duty, Guard, and Reserves</i>	The website provides a helpful guidebook for educators to help children by using deployments as multi-subject teaching opportunities. Go to the link on the website. Contact MCEC, a Combined Federal Campaign agency, (254) 953-1923 or visit military child website.	http://www.ed.gov/ www.militarychild.org
DEPARTMENT OF DEFENSE AND U. S. DEPARTMENT OF AGRICULTURE	An AF Youth Collaboration Project, "Operation Bug Out," was designed for youth, ages 3 to 8, to experience what their military parents do during military exercises and deployments: recall, briefings, and deployment line	

<i>Operation Bug Out</i>	procedures. A draft Plan of Action for Operation Bug Out in PDF format is housed at the following web address, under EAFB YCP Program Updates.	
DEPARTMENT OF DEFENSE AND U. S. DEPARTMENT OF AGRICULTURE <i>Healthy Parenting Initiative Tool Kits - Off the Shelf Products</i>	<p><i>Step into Your Child's World</i> is a tool kit for parents of young children. The CD and creative materials provide parenting information in the context of deployment, relocation, and dangerous work, as well, as general parenting information.</p> <p><i>Stay Connected</i> is designed to enhance military parent-teen relationships by facilitating communication. Activities, CD, DVD, and videotapes can be used at home or in the community and can be integrated into existing programs.</p> <p><i>Command Briefing Materials</i> - CDs identify linkages among healthy parenting, family readiness, and mission readiness. Materials are based on research from military and civilian sources with interviews and focus groups with senior commanders, instructors, and professional staff.</p> <p>Your base's Family Support Center, Family Advocacy Program, and Chapel were mailed these products by the DoD Office of Family Policy. The toolkits were developed in partnership with the U. S. Dept. of Agriculture's Cooperative State Research, Education, and Extension for military specific parenting resources.</p>	http://mfrc.calib.com/healthyparenting
<i>Parents and Professionals Helping Children, Families, and Communities with Terrorism, Disasters, and Trauma</i>		
AMERICAN ACADEMY OF PEDIATRICS AND U. S. CENTER FOR MENTAL HEALTH <i>Communicating with children about disasters</i>	Advice on Communicating with Children about Disasters is offered in a policy statement, "How Pediatricians can respond to the psychosocial implications of disasters."	http://www.aap.org/ Go to SEARCH - Disasters
<i>Psychosocial issues for children and families in disasters</i>	"Psychosocial issues for children and families in disasters: A Guide for the Primary Care Physician " is located on the Substance Abuse and Mental Health Association website.	http://www.mentalhealth.org/ Go to SEARCH - Disasters

<i>Psychological triage in communities experiencing child deaths</i>	The article, "Child deaths hit communities hard: Disasters demand psychological triage," has resources and endorses the use of debriefings .	http://www.aap.org/advocacy/disarticle.htm
AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY <i>Helping children after a disaster</i>	A list of changes in a child's behaviors is provided for parents to be alert to after a disaster. This article is available in four languages.	http://www.aacap.org/publications/factsfam/disaster.htm
AMERICAN COUNSELING ASSOCIATION <i>Helping Children Cope with Trauma</i>	<i>Counseling Corner</i> has a list of ways that parents and adults can help young children to deal with trauma.	http://www.counseling.org
CHILDREN NOW <i>Talking with children about disaster</i>	<i>Children Now</i> is an independent, nonpartisan organization supporting parents and children. Children Now is dedicated to assuring that children grow up in economically secure families, where parents can go to work confident that their children are supported by quality health coverage, a positive media environment, a good early education, and safe, enriching activities to do after school.	http://www.childrennow.org/television/twk-news.htm
CHILDREN NOW AND THE HENRY J. KAISER FAMILY FOUNDATION <i>Talking with Kids About Tough Issues</i>	Website provides articles and 10 tips for parents to talk with your children early. The Foundation emphasizes efforts to improve the health and life chances of the disadvantaged.	http://www.talkingwithkids.org
NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS <i>Talking with and helping older children</i>	The website provides tips for psychologists and others , so click on WEBGUIDE and go to the special topic on talking about terrorism. The web guide is available in English, Spanish, Arabic, Farsi, Korean, Urdu and Vietnamese.	http://www.nasponline.org/ Go to SEARCH - Disasters
NATIONAL CHILD CARE INFORMATION CENTER <i>Helping children cope with violence, terrorism, and grief</i>	Website designed for parents, caregivers, and administrators by the National Child Care Information Center and the Administration for Children and Families, U.S. Department of Health and Human Services. The website does not endorse any organization, publication or resource.	http://nccic.org/helpkids.html
NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL INSTITUTE OF HEALTH <i>Helping children and adolescents cope with violence and disasters</i>	An article for parents, teachers, and mental health professionals that describes trauma, how children of different ages react to trauma, and how to help the child and adolescent survivor of trauma.	http://www.nimh.nih.gov/publicat/violence.cfm
NEMOURS CENTER FOR CHILDREN'S	A website for parents, kids, teens, and teachers dealing	http://kidshealth.org/breaking_news/tragedies.html

HEALTH MEDIA <i>Helping your child deal with the terrorist tragedy</i>	with terrorist attacks. KIDSHEALTH is devoted to improving the health of children and provides doctor-approved health information about children from before birth through adolescence.	
NEW YORK UNIVERSITY, CHILD STUDY CENTER <i>Talking with kids about terrorism, war, and attacks</i>	<i>About Our Kids</i> provides resources and articles for parents, teachers and mental health professionals that explain war, terrorism, and attacks in the United States to children and adolescents. Included are tips on how to help children cope and signs of trauma-related stress.	http://www.aboutourkids.org/articles/war.html
OHIO COMMISSION ON DISPUTE RESOLUTION AND CONFLICT MANAGEMENT <i>A Guide for Parents: 10 Tips for Talking with Children about Terrorism</i>	It's not always what you say, but how you say it that matters for young children. Here is help for parents to talk with their children about sensitive, difficult topics.	http://www.state.oh.us/cdr/schools/trauma/tentips.htm
U. S. DEPARTMENT OF EDUCATION <i>Helping Children Understand the Terrorist Attacks</i>	The article explains how adults can talk with children about terrorist attacks, along with suggestions for educators , and links to additional helpful resources.	http://www.ed.gov Go to SEARCH - Disasters
UNIVERSITY OF CALIFORNIA LOS ANGELES Center for Mental Health in Schools <i>What to look for when children experience overwhelming events</i>	Helps counselors, teachers, psychologists, and parents to identify common responses that children often experience in the wake of overwhelming events: persistent fears about being separated from their families, sleep disturbances, loss of concentration and irritability, physical complaints, and withdrawal and listlessness.	http://smhp.psych.ucla.edu Go to QUICK SEARCH - Disasters
Helping Teens		
AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY <i>Helping Teens with Stress</i>	Teenagers, like adults, may experience stress everyday and can benefit from learning stress management skills. Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope.	http://www.aacap.org/publications/DisasterResponse/index.htm http://www.aacap.org/publications/factsfam/66.htm
AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY <i>Post Traumatic Stress</i>	All children and adolescents experience stressful events that can affect them both emotionally and physically. Learn about ways to help a child or adolescent who experiences a catastrophic event. (English and Spanish)	http://www.aacap.org/publications/DisasterResponse/index.htm http://www.aacap.org/publications/factsfam/ptsd70.htm
EDUCATORS FOR SOCIAL RESPONSIBILITY	What if teens don't want to talk, or if they are fascinated by violent events? Educators for Social Responsibility	http://www.esrnational.org/guide.htm

<i>Talking to Children about Violence</i>	may have answers for teachers, parents , families and classrooms.	
NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS <i>Reactions to trauma: Suggestions for teens</i>	This website provides brief information for parents of teens on normal reactions to trauma, and how they can help themselves.	http://www.naspcenter.org/safe_schools/trauma.html
NATIONAL MENTAL HEALTH AND EDUCATION CENTER <i>Helping Children Cope with Disaster</i>	This handout for parents describes children's common reactions by age group and ways to help children and teens, as the adults struggle themselves to make sense of life and feel in control. When no other words come to mind, a hug and saying, "This is really hard for us," will work, advises the National Mental Health and Education Center.	http://www.naspcenter.org/safe_schools/coping.html
NORTH CAROLINA STATE'S COOPERATIVE EXTENSION SERVICE <i>Strategies for Parents and Teachers</i>	Focusing on the themes of attachment and separation, this website offers parents and teachers specific activities and ideas for families and classrooms, with some helpful advice for teens and high schools.	http://www.ces.ncsu.edu/depts/fcs/humandev/disas3.html
AMERICAN PSYCHOLOGICAL ASSOCIATION <i>Coping with Terrorism</i>	Common reactions are explained, plus ways adults can help themselves and their children.	http://helping.apa.org/daily/terrorism.html
<i>Helping Adults</i>		
AMERICAN PSYCHOLOGICAL ASSOCIATION <i>Targeting stressors and solutions</i>	"Psychology at Work" identifies sources of stress in the workplace, feelings of powerlessness, traumatic events, safety concerns, and some realistic solutions.	http://helping.apa.org/work/stress5.html
ARIZONA STATE UNIVERSITY <i>Finding Ways to Help Yourself</i>	It's hard to help children with their feelings when adults themselves feel stunned, confused, or anxious. Here's some good advice for adults.	http://www.asu.edu/provost/intergroup/resources/traagedies.html#anchor187218
<i>Helping Others</i>		
NETWORKFORGOOD.ORG <i>Finding Ways to Help Others</i>	Twenty-four organizations have coordinated efforts with government agencies to organize help for stricken communities.	http://www.networkforgood.org/

Section 5: Resources for Caregivers, Teachers, and Communities

ORGANIZATION	DESCRIPTION	WEBSITE
<p>DISTRICT OF COLUMBIA PUBLIC SCHOOLS</p> <p><i>Talking to Public School Students about Disasters</i></p>	<p>The D.C. Public Schools has an outline of what to expect and how to react, when the news or events upset children.</p>	<p>http://www.k12.dc.us/dcps/emergency/emergprelinks.html</p>
<p>INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION</p>	<p>The International Critical Incident Stress Foundation, Inc. (ICISF) is a non-profit, open membership foundation dedicated to the prevention and mitigation of disabling stress through the provision of: education, training and support services for all emergency services professions; continuing education and training in emergency mental health services for psychologists, psychiatrists, social workers and licensed professional counselors; and consultation in the establishment of crisis and disaster response Programs for varied organizations and communities worldwide.</p>	<p>www.icisf.org</p>
<p>KIDS COUNT, ANNIE E. CASEY FOUNDATION</p>	<p>KIDS COUNT is a national and state-by-state effort to track the status of children in the U.S. By providing policymakers and citizens with benchmarks of child well being, KIDS COUNT seeks to enrich local, state, and national discussions concerning ways to secure better futures for all children.</p>	<p>http://www.aecf.org/kidscount/</p>
<p>NATIONAL ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN</p> <p><i>Discussing the News with 3- to 7-Year-Olds: What to Do?</i></p>	<p>In times of great distress, young children need to hear that, “your grownups at home and your grownups at school know how to take care of you.” Here are specific classroom suggestions.</p>	<p>http://www.naeyc.org/</p> <p>Go to SEARCH - Disasters</p>

NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS <i>Memorials/Activities/Rituals Following Traumatic Events: Suggestions for Schools</i>	School memorials, ceremonies, or memory activities following traumatic experiences serve an important function in the healing process for both students and staff. Guidance is offered on planning such activities.	http://www.nasponline.org/NEAT/memorials.html
NATIONAL EDUCATION ASSOCIATION <i>Crisis Communications Guide and Toolkit</i>	This toolkit offers approaches and activities for schools at the time of crisis, as well as in the aftermath - ways to return to a new "normal" and help in understanding how children and teens respond to trauma and stress.	http://www.nea.org/crisis
NATIONAL MENTAL HEALTH ASSOCIATION <i>Helping Children Handle Disaster-Related Anxiety</i>	The association reminds us that each child responds differently to disasters, depending on his or her understanding and maturity. The National Mental Health Association (1-800-969-6642) can provide you with information about your local mental health association or local American Red Cross chapter.	http://www.nmha.org/newsroom/terrorismtips.cfm
NEW YORK UNIVERSITY CHILD STUDY CENTER	This website offers numerous articles for Public Mental Health on multiple topics. Excellent resources for parents, counselors, teachers, physicians, and others supporting children and adolescents in today's world.	http://www.aboutourkids.org/ Go to ARTICLES
PURDUE EXTENSION <i>Helping children talk about terrorism</i>	This website provides multiple articles on helping children talk about terrorism. Access is provided to media resources and take-away printable materials for distribution.	http://www.ces.purdue.edu/terrorism/children/index.html
<i>Talking about Hatred</i>		
COUNCIL ON AMERICAN ISLAMIC RELATIONS <i>Reporting Harassment</i>	If you or your children have been subjected to harassment or attack, this web site has guidelines, a phone number, and an online reporting form.	http://www.cair-net.org/ireport/
EDUCATORS FOR SOCIAL RESPONSIBILITY <i>What to Do about Prejudice?</i>	If you are hearing an increase in prejudiced anti-Arab comments, you can intervene. Here's support and advice.	http://www.esnational.org/guide.htm#bigotry
NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS <i>Promoting Tolerance and Peace in Children: Tips for Parents and Schools</i>	"While anger is a normal response felt by many, we must ensure that we do not compound an already great tragedy and react against innocent individuals with vengeance and intolerance." Find key messages for adults to help children and themselves.	http://www.nasponline.org/NEAT/tolerance.html
NATIONAL ASSOCIATION OF SOCIAL WORKERS	Website access to Health Links, Washington University, and Harvard University for support with anti-discrimination and issues related to terrorism. Go to	http://www.socialworkers.org http://www.socialworkers.org/pressroom/events/911/r

	Health Links, Social Work Associations and organizations, Topics A-Z. September 11	osenfeld.asp http://www.socialworkers.org/pubs/news/2003/02/coalition.asp
NATIONAL PARENT TEACHERS ASSOCIATION	Along with advice for parents on talking with children, the National PTA has posted information on talking with children about hatred and prejudice. Information is available in both English and Spanish.	http://www.pta.org/parentinvolvement/tragedy/index.asp
<i>Help against Hatred</i> <i>When Hurt Leads to Hate</i>	As adults we need to be aware of and stand up to physical and emotional hate and empower our children to do the same. This article from the New York University Child Study Center has ideas for how parents can help children deal with this crisis without becoming prejudiced, stereotyping specific groups, or retaliating with acts of bias.	http://www.aboutourkids.org/articles/hate.html

Section 6: Resources for Casualty, Grief, Loss, and Recovery

ORGANIZATION	DESCRIPTION	WEBSITE
<i>Helping Adults and Families</i>		
AIRCRAASH CASUALTY EMOTIONAL SUPPORT SERVICE (ACCESS)	ACCESS was established to aid and facilitate the grieving process of people who have been affected by or involved in an air crash. Support, referral, and partnership of survivors and volunteers are provided. ACCESS is a national non-political, non-profit, tax-exempt (501c3) organization.	http://www.accesshelp.org
COMPASSIONATE FRIENDS	Support is offered to families who are grieving the death of a child of any age, from any cause. The website is sponsored by a national nonprofit, self-help organization.	www.compassionatefriends.org
FALLEN HEROES MEMORIAL	An online memorial for armed services personnel killed in Operation Iraqi Freedom and Operation Enduring Freedom.	www.FallenHeroesMemorial.com
GOLD STAR WIVES (GSW)	Support is given to all called upon in a personal way to share in the "last full measure of devotion" to our country and mankind. This is a nonprofit national military widows service organization chartered by the United States Congress. GSW	www.goldstarwives.org
GRIEFNET	GriefNet.org is an Internet community of persons dealing with grief, death, and major loss. There are 47 e-mail support groups and two web sites. Our integrated approach to on-line grief support provides help to people working through loss and grief issues of many kinds. GriefNet.org is supported by a dedicated team of volunteers, and by the generous donations of its users, GriefNet is operated as a non-profit corporation under	http://rivendell.org

	the name Rivendell Resources.	
GRIEF RECOVERY ONLINE - WIDOWS AND ORPHANS	A website to provide solace for the bereaved and those who care for them, developed by a nonprofit 501 (c)(3) Organization.	www.groww.org
TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS (TAPS)	TAPS, a non-profit organization for those who have lost a loved one on active duty with the Armed Forces, provides a military survivor peer support network.	http://www.taps.org
THE SHIVA FOUNDATION	This not-for profit, non-sectarian organization website is committed to developing resources for support in the grieving process to individuals, families, and communities.	http://www.goodgrief.org
WIDOW NET	An information and self-help resource developed by and for widows and widowers facing grief, bereavement, and the recovery process. AARP resource listings are provided.	www.fornet.org/WidowNet
WINGS OF LIGHT	A non-profit organization providing support to families, friends, and rescue and support personnel involved with deaths, catastrophic losses, and those who survive. Referrals are often made to the International Critical Incident Stress Foundation, Ellicott, MD, and ADEC, Association of Death Education and Counseling.	www.wingsoflight.org
YOUNG WIDOW	A non-profit, interactive site that assists young widows and widowers.	www.YoungWidow.org
<i>Helping Children with Grief</i>		
ALL KIDS GRIEVE	All kids experience loss. The key is to help children channel their grief into personal growth, not violence or destructive behavior. AllKidsGrieve.org offers books, classroom strategies, and information on how to start support groups for kids.	http://www.allkidsgrieve.org
AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY <i>Children and Grief</i>	When a family member dies, children react differently from adults. Adding to a child's shock and confusion at the death of a brother, sister, or parent is the unavailability of other family members, who may be so shaken by grief that they are not able to cope with the normal responsibility of childcare.	http://www.aacap.org/publications/factsfam/grief.htm
HOSPICE NET	Most of the time adults are reluctant to talk about death with children. Brochures from Hospice Net provide helpful guidance for talking about death with children and teenagers. Hospice Net provides information and support to patients and families facing life-threatening	http://www.hospicenet.org/html/talking.html

	illnesses. Hospice Net is an independent, nonprofit 501 (c) (3) organization working exclusively through the Internet.	
KIDSAID	KIDSAID provides a safe environment for kids and their parents to find information and ask questions. This is the companion site to GriefNet. KIDSAID is supported by a dedicated team of volunteers and by the generous donations of its users. It is a non-profit corporation under the name Rivendell Resources.	http://kidsaid.com