

# CareForTheTroops.org

## The Invisible Wounds of War

A Workshop for the Presbyterian Women

facilitating the spiritual and  
psychological care of returning war  
veterans and their extended families

Rev. Robert Certain  
rcertain@peterandpaul.org  
770-977-7473

Peter McCall  
petemccall1@gmail.com  
770-329-6156

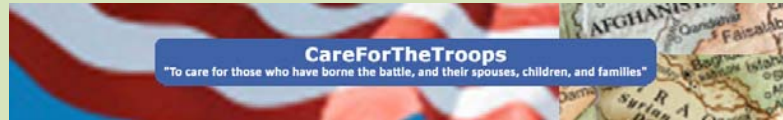
Billy Harrison  
bharrison1946@earthlink.net  
404.845-1942

# Agenda

| Speaker      | Topic   |
|--------------|---|
| Peter McCall | <p>Presentation “Opening Remarks”</p> <p>Review what CareForTheTroops is and does<br/><a href="http://www.CareForTheTroops.org">www.CareForTheTroops.org</a></p> <p>Review how Presbyterian Women groups can participate</p> <ul style="list-style-type: none"><li>• Starting Military Ministry Programs</li><li>• Explain the role of a VFC* and Lead Congregation</li></ul> |
| All          | Open Discussion and Concluding Remarks  |

\* A VFC is a Veteran Friendly Congregation

# Causes for Concern



1. Multiple deployments are common causing stress and family attachment issues
2. An April '08 Rand Study reported 37% have either PTSD, TBI, or significant Mental Stress (5% all 3). Some estimate >50% return with some form of mental distress
3. Suicide, alcoholism, domestic abuse and violent crimes rates are rising. Suicide is 33% higher in '07 over '06, 50% higher in '08, and almost equal to '08 by May of '09
4. Military Sexual Trauma (MST) is running at 16%-23%
5. In 2008, military children and teens sought outpatient mental health care 2 million times, a 20% increase from '08 and double from the start of the Iraq war ('03)
6. DoD and VA facilities are stretched ... the Aug 2009 VA claims backlog is 900,000
7. Many more Reservists & Guard than previous wars (54% as of mid '08) and they and families are more distant from DoD and VA support facilities
8. Other mental health, marriage, and family problems often occur with or leading up to PTSD requiring attention so they don't get worse
9. Rand Study estimates that PTSD and depression among service members will cost the nation up to \$6.2 billion in the two years after deployment. The study concludes that investing in proper treatment would actually save \$2 billion within two years

# Organization



501c3 status has already been approved by the IRS

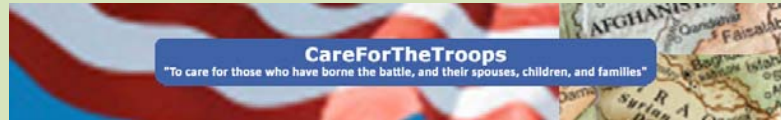
## **Current Board of Directors:**

|               |   |
|---------------|---|
| President     | Rev Robert Certain, Rector, Episcopal Church of St Peter and St Paul (USAF) |
| Exec Director | Peter McCall (USArmy)   |
| Member        | Bill Harrison, Partner, Mozley, Finlayson & Loggins LLP (USAF)              |
| Member        | William Matson, Exec Director, Pathways Community Network, Atlanta, GA      |
| Member        | Alan Baroody, Exec Director, Fraser Counseling Center, Hinesville, GA       |
| Member        | Joseph Krygiel, CEO of Catholic Charities, Archdiocese of Atlanta (US Navy) |
| (open)        | Presbyterian  |
| (open)        | CBF (Cooperative Baptist Fellowship)  |

## **Current Partners:**

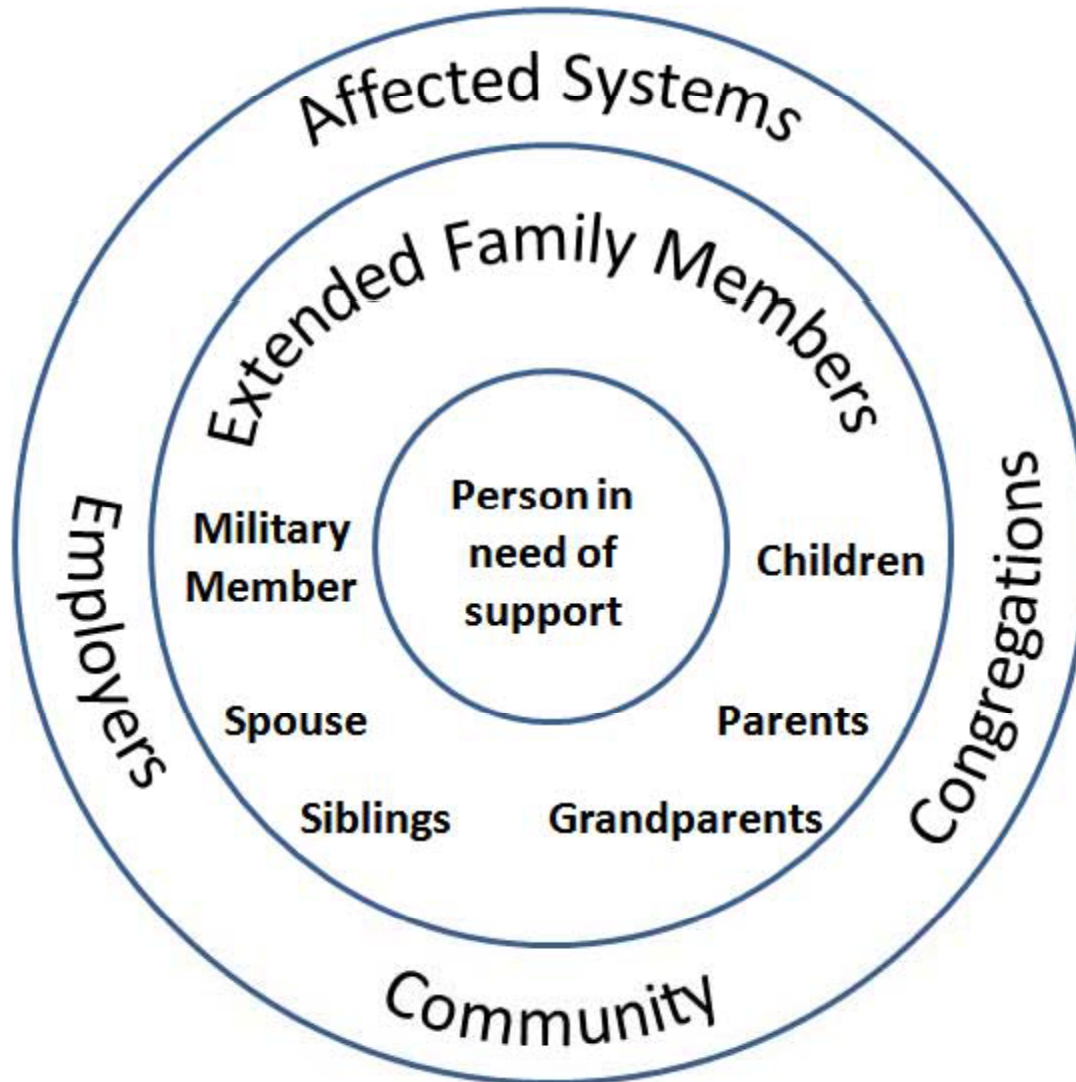
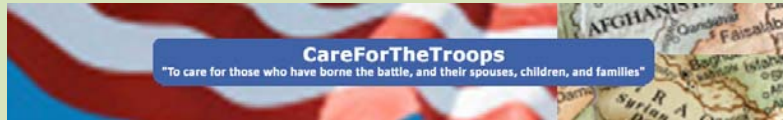
The Georgia Association for Marriage and Family Therapy (GAMFT)  
The EMDR Network of Clinicians in Georgia  
Pathways Community Network, Inc  
Fraser Counseling Center, Hinesville, Georgia  
Catholic Archdiocese of Atlanta  
Cooperative Baptist Fellowship (CBF) of Georgia  
Episcopal Diocese of Atlanta  
Presbytery of Greater Atlanta/Presbyterian Women

# Mission of CareForTheTroops.org

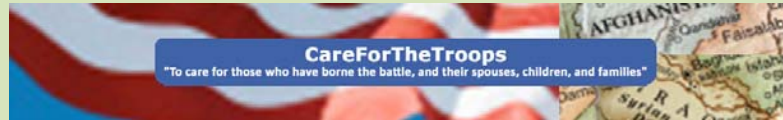


- Work to improve the ability of the civilian mental health infrastructure in the State of Georgia, then nationally, to work with military family members
- Facilitate connecting military families to providers of spiritual and psychological services familiar with the military culture and trauma
- Focus on addressing combat stress recovery as well as other spiritual and mental health related problems impacting the marriages and families of military veterans
- Educate and train clinicians, **congregation and community leaders**, extended family, and civilian groups about the military culture and trauma associated with military deployments in order to better assess and treat mental health symptoms, and provide more effective referrals and care
- Provide opportunities for additional trauma treatment training to clinicians
- Operate in an interfaith, non-political manner, focusing on the humanitarian interest that benefits the veterans and their extended family members

# Approach



# Why Congregations



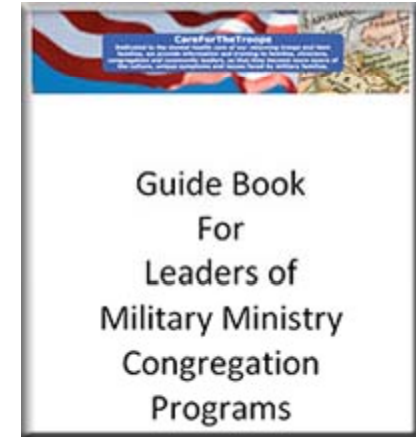
- “...With research consistently showing that clergy - not psychologists or other mental health experts - are the most common source of help sought in times of psychological distress...” based on a Baylor University study Oct 2008  
*The results were published in Mental Health, Religion and Culture.*
- Congregations already know their local community which is important if we are to address the needs across the entire State (and Nation).
- Often they already belong to a local interfaith community, e.g. the local Covenant Churches of East Cobb
- There is the opportunity to access the existing “networks” within the larger faith communities, e.g. Presbyterian Women within the Presbytery of Greater Atlanta.

# Military Ministry Programs



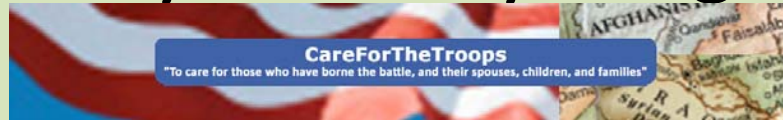
## Purpose

The set of programs is intended to address the entire extended family members associated with the person that is or has been in the military. The programs have the following goals:



- Help the members maintain an **awareness** of the existence and needs of those both internal and external to the congregation sacrificing their time and effort to support our country
- Create an **environment of acceptance** within the group for any extended family member who worships or visits the congregation; acceptance of their needs (physical, material, and spiritual), and a willingness to join in their struggles, whatever they might be

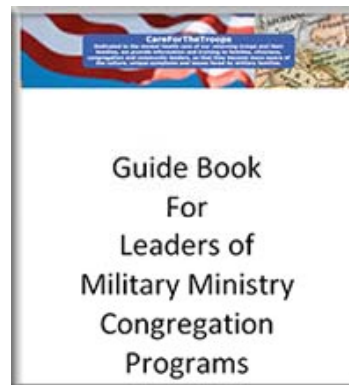
# Military Ministry Programs



## Each Group / Congregation Can Act on Their Own

The way this is setup:

- no faith has to act in any way like another faith
- no group / congregation has to act like any other
- no group / congregation has to have a Ministry like any other
- every Military Ministry is completely customizable to each group's / congregation's desire to act



# Veteran Friendly Congregation (VFC)



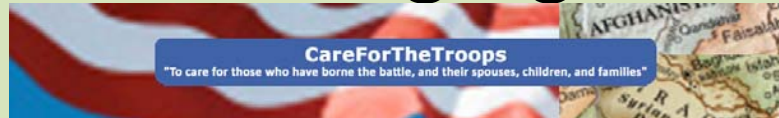
## **Program Requirements**

Any congregation that meets the following criteria qualifies on an annual basis. Once qualified, a certificate will be sent to the Congregation Leader which is suitable for framing and should be displayed in a prominent location such that it can be seen by visitors, members, and leaders of the congregation alike.

## **Annual Criteria**

- Agree to adopt one or more of the Military Ministry Programs suggested by CareForTheTroops or approved and agreed to with the CareForTheTroops organization. CFTT Board and Committee Members and also Lead Congregations can provide this approval.
- Agree to advertise the existence of the Military Ministry Program(s) in one or more of your congregation publications (service bulletins, newsletters, etc) at least twice a month, all year long so that their existence is easily visible to visitors, members, and leadership of the congregation.
- Annually, renew your agreement with the provisions above by sending a letter to the CareForTheTroops office address shown on the web.

# Lead Congregation



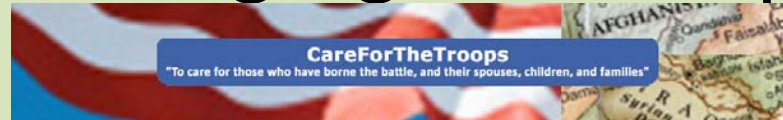
## Program Requirements

Lead Congregations are the **LEADERS** in their geography and become the organization responsible for spreading the word about this help. We can't rely on a group in Atlanta to spread this across the State and the Nation.

## Annual Criteria

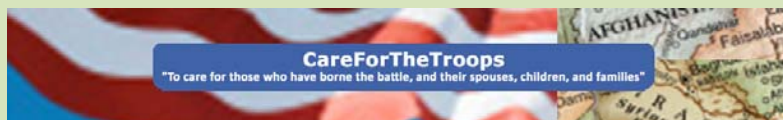
- Be an overall advocate and emissary of the CareForTheTroops initiative
- Recruit congregations of all faiths on the merits of developing a military ministry
- Providing feedback to CFTT on how the programs are being used and any improvements that are needed to the documentation
- Feedback on new ideas and programs discovered while speaking with other congregations that they have already implemented
- Assistance to the Regional Trainers with scheduling presentations and events
- Help with fundraising if local foundations or private benefactors are involved. They would not be asked to participate in other parts of the State where other Lead Congregations exist.

# VFC vs Lead Congregation Responsibilities



| Responsibilities   | VFC | Lead Congregation |
|--|-----|-------------------|
| Establish a Military Ministry Team within the congregation         | X   | X                 |
| Establish at least 1 program approved by CFTT or LC (more desired) | X   | X                 |
| Advertise the programs in your congregation all year               | X   | X                 |
| Provide an annually signed VFC Commitment Letter to CFTT           | X   | X                 |
| Agree that we can list congregation information on the CFTT site   | X   | X                 |
| Be an advocate and emissary of CFTT in an agreed to geography      |     | X                 |
| Recruit congregations of all faiths in the community               |     | X                 |
| Advise VFCs on how to get started                                  |     | X                 |
| Communicate with established VFCs and CFTT quarterly               |     | X                 |
| Assist Regional Trainers in scheduling training                    |     | X                 |
| Help with fundraising within the geography agreed to with CFTT     |     | X                 |

# www.CareForTheTroops.org/about\_programs.php



## Congregation Programs Information

Go to the web page shown above and you can get ...

a copy of this presentation

and also ...

a copy the Programs Guidebook.

Font Size: A A A A A ADD THIS

### Congregation-Based Military Ministry Programs

**Introduction:**



Congregation-based Military Ministry Programs are a step toward supporting active military and veterans of the current and past conflicts. These programs are fundamental to the success of the CareForTheTroops effort as they represent the primary participation vehicle for [Congregations](#) to participate in the CFTT Initiative and also an important element in qualifying as a [Veteran Friendly Congregation](#). It is a very key way for spreading the word and connecting with military family members in need on a local level.

The set of programs is intended to address the entire extended family members associated with the person that is or has been in the military. The programs available and outlined on this website have the following goals:

- Help the congregation members maintain an awareness of the existence and needs of those sacrificing their time and effort to support our country
- Create an environment of acceptance within the congregation for any extended family member who worships or visits the congregation; acceptance of their needs (physical, material, and spiritual), and a willingness to join in their struggles, whatever they might be.

NOTE: The way this is setup, no faith has to act in any way like another faith ... no congregation has to act or have a Ministry like any other congregation ... it is completely customizable to each congregation's desire to act ... but being part of a larger networks helps build the network and allows us to share information among the active congregation that can help others learn what others are doing.

More information can be found below and updates regarding these programs will be posted as they occur. We also have posted a presentation that can be used to lead a discussion of CFTT and the Congregation-Based components of this initiative to a group of congregation leaders and members.



<-- PPT Format ..... PDF Format -->

### Related Articles of Interest

An overall Guide Book is available which helps a Congregation Leader set up a Military Ministry in their congregation. To access, print, and download this Guide Book you should click on the image on the left



This Guide Book is designed to help leaders of congregation-based military ministries and also leaders of Lead Congregations. The workbook-style was used to make it as easy and simple to understand the steps to follow and the elements to consider when bringing CareForTheTroops to the local congregation level and to the surrounding communities.

The following individual programs are suggested in the Guide Book. However, these are just suggestions. We are welcome any new ideas and suggestions and certainly do not want you to give up any programs which your congregation may already have started. In fact, be sure to tell us about any!

**Find a Therapist**  
"Stuff" You Should Know  
About Us  
Training Info  
Therapist Enrollment  
Congregation Programs  
Resource Library  
News  
Donate  
Contact Us

**Crisis Intervention Information**

**Contribute Content!**

CareForTheTroops is always in search of good content that can be useful to military families, therapists, congregation leaders, or any visitor to this web site.

The content can be original or found on the internet where we can link to it... it's an opportunity to be creative and helpful at the same time. Please send to [cftt@careforthetroops.org](mailto:cftt@careforthetroops.org)

**Our Partners**

Training/Development

- Fraser Counseling Center
- Non-Profit Opns. Mentoring
- Pathways Comm Network

Mental Health Providers

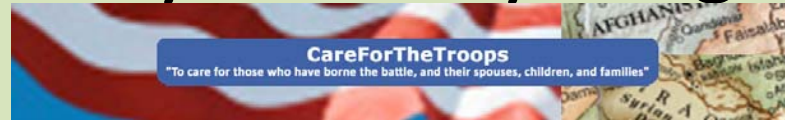
- EMDR Clinicians of GA
- Marriage and Family Therapists (GAMFT)

Congregation Outreach

- Episcopal Diocese of Atlanta
- The Presbytery of Greater Atlanta S. Presbyterian Women
- Catholic Charities and the archdiocese of Atlanta

How Can I Find a Therapist?  
Add Me To email List  
How Can I Get Involved?  
How Can I Donate?

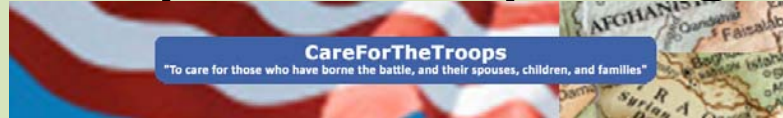
# Military Ministry Programs



## Table of Contents

|  |    |
|--|----|
| <b>Part 1 – Step by Step Implementation Guide</b> .....                                    | 4  |
| <b>I. Congregational Leaders/Lay Leaders</b> .....   | 5  |
| <b>II. Lead Congregations</b> .....  | 8  |
| <b>III. Additional Notes</b> .....   | 10 |
| <b>Approval / Renewal Letter Example</b> .....   | 11 |
| <b>Letter from Congregation Leadership to Congregation, Example 1</b> ...                  | 12 |
| <b>Letter from Congregation Leadership to Congregation, Example 2</b> ...                  | 13 |
| <b>Letter to a Congregation Member in the Military or Relative - Example</b><br>.....      | 14 |
| <b>Article in Congregation Newsletter or Email to the Congregation -<br/>Example</b> ..... | 15 |

# Military Ministry Programs

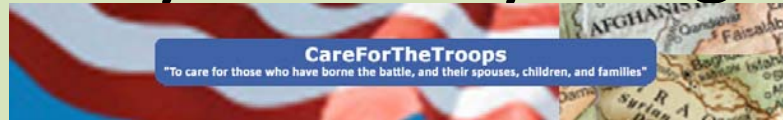


## Guidebook

### Veteran Friendly Congregation (VFC) Formation Steps

- B. Obtain approval for this ministry (pg. 6)
- C. Form a Core Team (pg. 6)
- D. Decide which programs to implement (pg. 6)
- E. **(SKIP)** Submit the VFC letter (pg. 7)
- F. Develop a strategy to implement each program (pg. 7)
- G. Determine the approach to communicate and advertise (pg. 7)
- H. Communicate to the **(Group)** congregation (pg. 7)

# Military Ministry Programs



## Guidebook

### Lead Congregation Formation Steps

- A. Contact other community **(Groups)** congregations (pg. 8)
- B. Contact other community organizations that interact with veterans (pg. 9)
- C. Contact community organizations involved in job training, employment aid, health care, schools, and counseling groups and individual therapists (pg. 9)
- D. Advertise CFTT and the activities being done by the local **(Groups)** congregations (pg. 10)

# Military Ministry Programs



|   |    |
|---|----|
| <b>Part 2 – Congregation Program Templates</b> .....  | 17 |
| <b>→ Program 1: Prayer List Identification - Spiritual Support and Care</b> .....             | 19 |
| <b>Day of Worship Bulletin and/or Newsletter Article - Example</b> .....                      | 20 |
| <b>Prayer List used by St. Peter and St. Paul Episcopal Church - Example</b>                  | 21 |
| <b>Military Deployed List used by St. Peter and St. Paul Episcopal Church - Example</b> ..... | 22 |
| <b>Returned Home List used by St. Peter and St. Paul Episcopal Church - Example</b> .....     | 23 |
| <b>Military Deployed List used by Peachtree Presbyterian Church - Example</b> .....           | 24 |
| <b>→ Program 2: Dedicating An Existing Program To The Military Serving Overseas</b> .....     | 26 |
| <b>→ Program 3: Care Packages to Deployed Service Members</b> .....                           | 27 |
| <b>Newspaper Article Where the Care Package Idea Originated</b> .....                         | 31 |
| <b>→ Program 4: Assistance and Practical Help to Congregation Members</b> ..                  | 32 |
| <b>→ Program 5: Assistance and Practical Help Outside the Parish</b> .....                    | 33 |
| <b>→ Program 6: Recognition of Congregation Veterans</b> .....                                | 34 |
| <b>→ Program 7: Writing Our Way Home</b> .....  | 35 |

# Military Ministry Programs - Examples



- St Peter Chanel Catholic Church – Roswell  
[www.stpeterchanel.org/ministry/military/index.html](http://www.stpeterchanel.org/ministry/military/index.html)

- Good Shepherd Episcopal – Covington  
Operation Sandbox



- St Thomas – Columbus  
[www.booksforsoldiers.com](http://www.booksforsoldiers.com)

# What did we cover here today?

## NEXT STEPS ...

### Reviewed CFTT's plans for groups/congregations

- Groups to start Military Ministry Programs
- Explained the role of VFCs\* and Lead Congregations
- Next Steps ...
  1. Gain Agreement from the PW Group's Leadership for the Ministry
  2. Assign a Ministry Leader
  3. Recruit and Form a Core "team", "group", "committee"
  4. Decide which Programs to begin and/or enhance
  5. Consider being a Lead Group and work with CFTT

\* A VFC is a Veteran Friendly Congregation