

# www.CareForTheTroops.org

## Addressing The Invisible Wounds of War



COOPERATIVE BAPTIST FELLOWSHIP  
Georgia

Nov 8, 2010

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

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## 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, equal to '08 by May of '09. As of summer 2009, 761 killed in Afghanistan, yet 817 suicides in all services over the same period. 2010: military > civilian suicides
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 was 900,000; April 2010 backlog has improved to 605,000
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 ('08) estimates that PTSD and depression among service members will cost the nation up to \$6.2 billion in the two years after deployment. Investing in proper treatment would actually save \$2 billion within two years.

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## 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

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## 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)
(open)	Lutheran

### **Current Partners:**

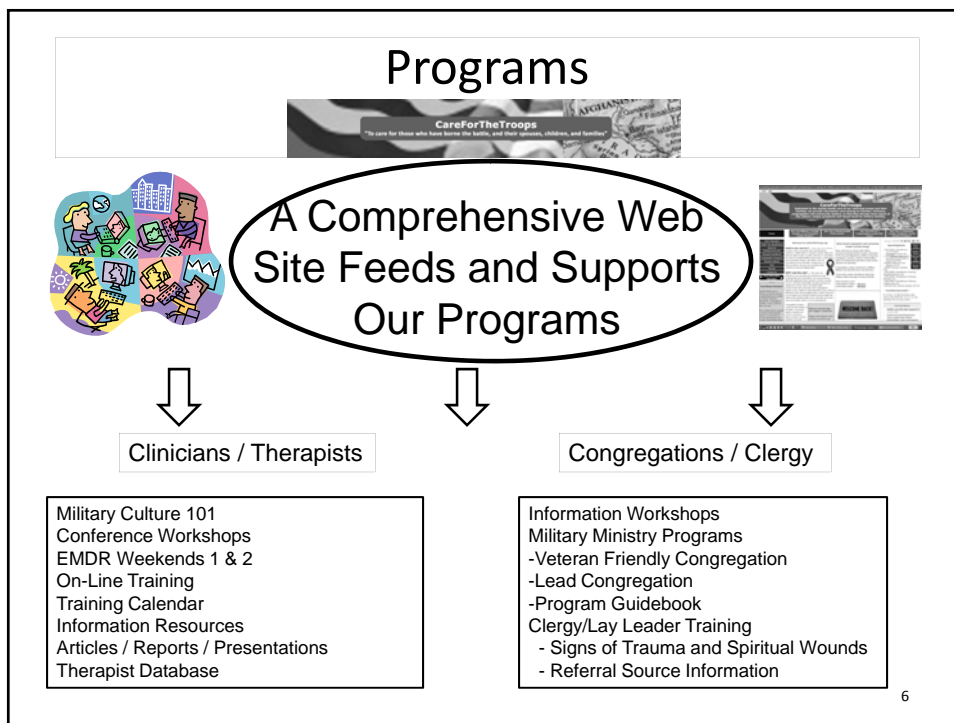
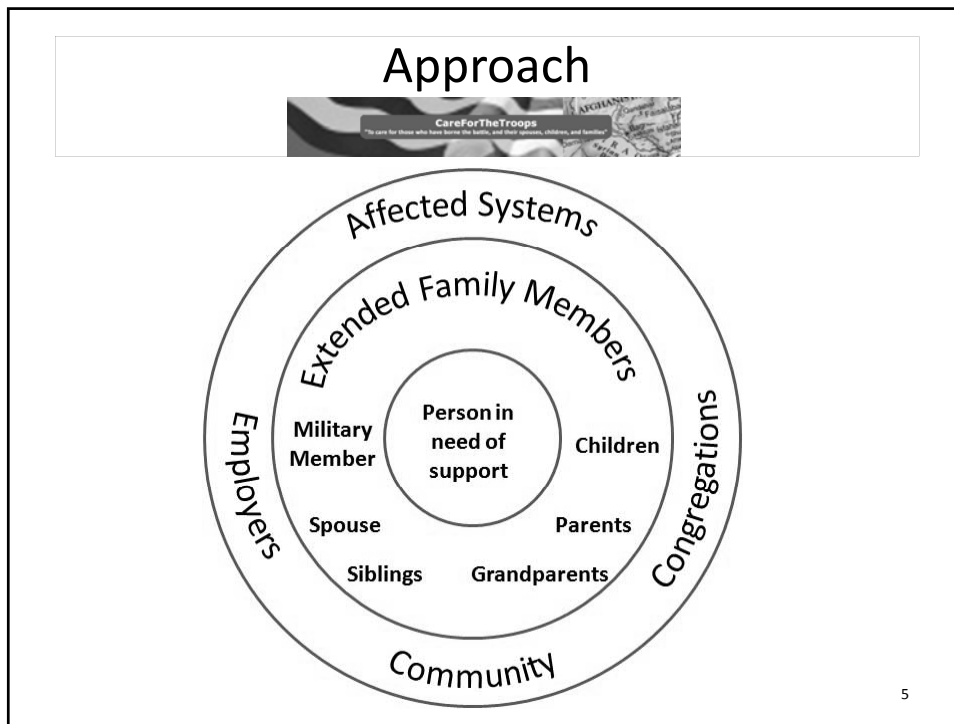
The Georgia Association for Marriage and Family Therapy (GAMFT)  
 The EMDR Network of Clinicians in Georgia  
 Pathways Community Network, Inc  
 Fraser Counseling Center, Hinesville, Georgia  
 Catholic Archdiocese of Atlanta

### **Cooperative Baptist Fellowship (CBF) of Georgia**

Episcopal Diocese of Atlanta  
 Episcopal Diocese of Georgia  
 Lutheran ELCA Southeast Synod  
 Presbytery of Greater Atlanta/Presbyterian Women



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## CareForTheTroops

Dedicated to the mental health care of our returning troops and their families, we provide information and training to families, clinicians, congregation and community leaders, so that they become more aware of the culture, unique symptoms and issues faced by military families.

Home

- Find a Therapist
- "Stuff" You Should Know
- About Us
- Training Info
- Therapist Enrollment
- Congregation Programs
- Financial Management
- Resource Library
- News
- Donate
- 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: [ctf@careforthetroops.org](mailto:ctf@careforthetroops.org)

Our Partners

Trauma Development  
Prayer Counseling Center

Are You Military, Contractor, a Family Member, or an Extended Family Member?
Are You a Mental Health Professional?
Are You Part of a Congregation Leadership Team?
Are You a Community Leader, Employer, Social Service Provider?

Welcome To CareForTheTroops.org

**WHO is the site for?** ... This site is for military members, civilian contractors, their immediate and extended family members; whether there is a family member deployed, between deployments, recently returned, or separated. It is also for mental health professionals, congregations of all sizes and community leaders, and others who are in positions to provide help, compassion, or advice to those who are recovering from the conflicts in Iraq and Afghanistan.

**Video of Military Family Reunions...** What you see in this 10 minute video is consistent with the hope that CareForTheTroops has for all military families.



Troops surprising loved ones.

**WHY visit this site?** ... This site will help those who are both near and far from the existing DOD and VA facilities, who may be having difficulty getting the

What should congregation and community leaders consider doing?

Many will come in contact with military personnel, civilian contractors, and their family members connected to the Iraq and Afghanistan conflicts at churches, synagogues, mosques, schools, medical offices, places of employment and where social services agencies are operating.

Congregation Leaders should start a Military Ministry; whether a large or small congregation. We describe how to do that here.

Community Leaders should learn about the military culture and signs of trauma & PTSD.

Want to know more?  
Congregation Leaders → [click here](#).  
Community Leaders → [click here](#).



WELCOME BACK!

**A Message From Our CFTT President,**

Font Size: AAAA

**ON-LINE TRAINING NOW AVAILABLE**  
[Click Here](#)

- CareForTheTroops will sponsor a set of EMDR Training Weekends July 15-18 and Nov 5-7 in Macon, GA. These weekends are co-sponsored with The Georgia Association of Community Service Boards and GAMFT.
- Visit [GiftFromWithin.org](http://GiftFromWithin.org) for training pod/web-casts on Trauma

Visit our Training Calendar for Upcoming Events

Training Calendar

If you know of other training events, please share that info with us so we can advertise them to our site visitors.

Current News

Blog Post → [Brain Scans – Not C](#)  
by Thomas Insel - 3 hours ago

Despite promising advances as a research tool, brain imaging is not quite ripe for clinical application in  
[NPR Military Mental Health](#)

This is the top of the Home Page

This shows the first 4 search results for Fulton County in the database.

This is intended for use by congregation sources, clinicians, and people in need searching for a therapist who wants to work with military families.

## CareForTheTroops

"To care for those who have borne the battle, and their spouses, children, and families"

Home

- Find a Therapist
- "Stuff" You Should Know
- About Us
- Training Event Info
- Therapist Enrollment
- Congregation Programs
- Resource Library
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Therapist "Search County" Results

LIST ORDER filtered by county, then zip  
Therapists with multiple addresses will be listed multiple times  
Therapists with no military culture training, experience or background in their profile will not be listed

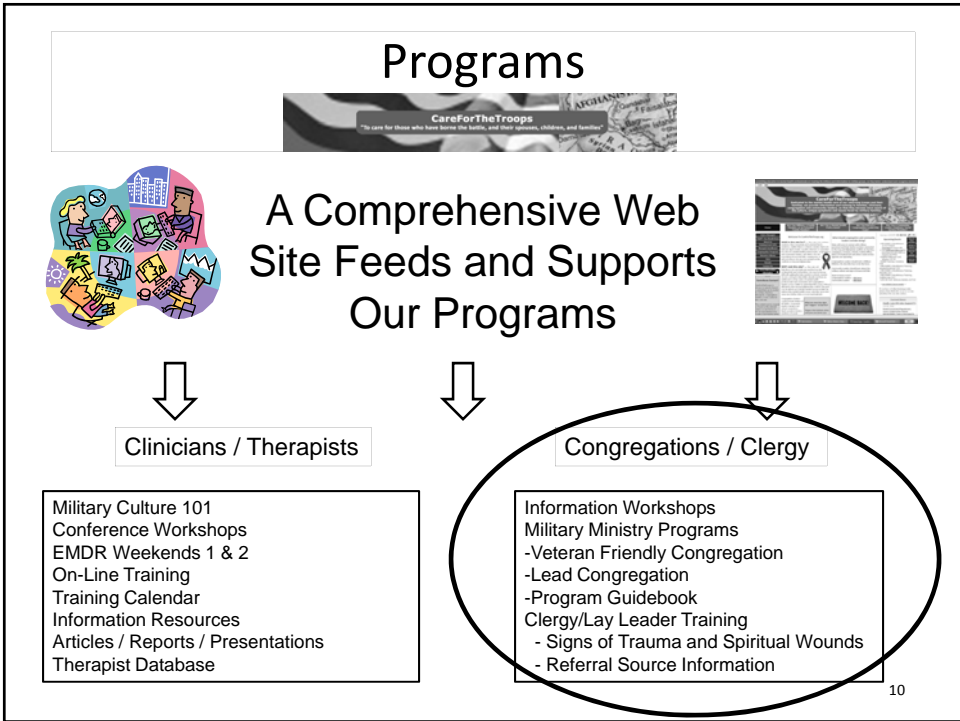
<p>ID: 140 NAME: Ms Nina M Lalretillo, LMFT ADDRESS: 3534 Old Milton Parkway, Alpharetta, GA 30005 COUNTY: Fulton (north) REGION: NV PHONES: O: 770-909-7391 C: 770-909-7391 F: 678-624-0250 SPECIALTIES: PTSD, Marriage/Couples, Mindfulness Based Stress Reduction, Family, Addiction OTHER SPECIALTIES: Certified Clinical Alcohol and Drug Counselor INSURANCE PANELS: not on any panels</p>	<p>EMAIL: <a href="mailto:nina_lalretillo@hotmail.com">nina_lalretillo@hotmail.com</a> DEGREES: Bachelor of Business Administration, Master of Family Therapy OTHER LANGUAGES: MILITARY CULTURE TRAINING COURSES ATTENDED: MILITARY CULTURE BACKGROUND AND EXPERIENCE: Bosnia/Joint Endeavor/Guard-Era</p>
<p>ID: 136 NAME: Seymour Shaye, LMFT ADDRESS: A Southside Center for Counseling 1308 N. Morningside Dr. Suite 2, Atlanta, GA 30306 COUNTY: Fulton (north) REGION: NV PHONES: O: 678-595-6116 C: 678-595-6116 SPECIALTIES: PTSD, Family, Children/Play Therapy, Addiction OTHER SPECIALTIES: Vocational, Career, educational counseling INSURANCE PANELS: Cigna, Humana</p>	<p>EMAIL: <a href="mailto:seymour.shaye@optumhealth.com">seymour.shaye@optumhealth.com</a> DEGREES: BS, MA OTHER LANGUAGES: MILITARY CULTURE TRAINING COURSES ATTENDED: MILITARY CULTURE BACKGROUND AND EXPERIENCE: Vietnam Era</p>
<p>ID: 121 NAME: Karen L McCarty, LMFT, LPC ADDRESS: The Link Counseling Center 348 Mt. Vernon Hwy., Atlanta, GA 30328 COUNTY: Fulton (north) REGION: NV PHONES: O: 404-256-9797 C: 404-213-6172 SPECIALTIES: PTSD, EMDR, Marriage/Couples, Mindfulness Based Stress Reduction, Family INSURANCE PANELS: We do not take any insurance at The Link</p>	<p>EMAIL: <a href="mailto:lgm@mindspring.com">lgm@mindspring.com</a> DEGREES: psychology, Community Counseling OTHER LANGUAGES: MILITARY CULTURE TRAINING COURSES ATTENDED: MILITARY CULTURE BACKGROUND AND EXPERIENCE:</p>
<p>ID: 144 NAME: Dr John J parrino, PHD ADDRESS: Dr. John J. Parrino 990 hammond dr. ste 575, atlanta, GA 30328 COUNTY: Fulton (north) REGION: NV PHONES: O: 404-843-1612 F: 404-843-0948 SPECIALTIES: PTSD, EMDR, Marriage/Couples, Family</p>	<p>EMAIL: <a href="mailto:jjparrino@aol.com">jjparrino@aol.com</a> DEGREES: doctorate, doctorate, post-doc-psychopharmacology OTHER LANGUAGES: MILITARY CULTURE TRAINING COURSES ATTENDED: MILITARY CULTURE BACKGROUND AND EXPERIENCE:</p>

### EXAMPLE

## Agenda – Military Culture 101 Workshops

Topic	Duration	Comments
Intro and Opening	10	Presenters, Goals and Agenda Oath of Enlistment
CareForTheTroops.org	20	Overview Mission / Role of Clinicians Show Key Website Components for Clinicians Review Enrollment and Marketing Assistance
En'visioning' the Issues	40	Brothers at War Trailer Audience Discussion Fraser Center Perspective
Military Culture	35	Jargon and Organization Deployment/Family Life Cycles Stressors
Clinical Treatment Background Info	45	Demographics PTSD-Signs and Treatments Family Therapy Approaches Case Study
Insurance Considerations	15	Insurance Overview @Fraser Ctr.
Q&A and Closing	15	On-Going Discussion

Handout – A0 .....an Example 9



## 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. the Catholic Archdiocese of Atlanta with the help of the Catholic Charities Atlanta network.



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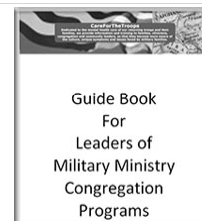
## Military Ministry



### Purpose

The ministry approach is intended to address the entire extended family members associated with the person that is or has been in the military. The ministry has 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



[www.CareForTheTroops.org/about\\_programs.php](http://www.CareForTheTroops.org/about_programs.php)

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# Military Ministry Programs



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# Military Ministry Programs - Examples



- St Peter Chanel Catholic Church Website – 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)

- St Thomas Aquinas – Blue Star Group  
Banner and Care Packages



- Pens and School Kits initiative  
*Brothers at War* Movie  
<http://operationinternationalchildren.com>

## 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 can be displayed in a prominent location so that it can be seen by visitors, members, and leaders of the congregation alike.

*“Becoming a VFC is making a commitment to have a Military Ministry”*

### Annual Criteria

- Agree to adopt or implement one or more Military Ministry Programs.
- Agree to advertise the existence of the Military Ministry Program(s) in one or more of your congregation’s 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.

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## 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.

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## 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

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## “VFC–LC” NEXT STEPS ...

- Gain Agreement from the Congregation’s Leadership for the Ministry
- Assign a Ministry Leader
- Recruit and Form a Core “team”, “group”, “committee”
- Decide which Programs to begin and/or enhance
- Sign-up as a CFTT VFC\* – connect with the Lead Congregation
- Consider being a Lead Congregation and work with CFTT

\* A VFC is a Veteran Friendly Congregation

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## EXAMPLE

### Agenda – Clergy/Lay Leader Training

Time	Speaker	Topic
10	St Luke's	Introductions and Opening Remarks
20	Peter McCall	Review what CareForTheTroops is and does <a href="http://www.CareForTheTroops.org">www.CareForTheTroops.org</a>
30	Dr Alan Baroody	The Trauma Continuum
10		BREAK
40	Dr Alan Baroody	The Spiritual Wounds of War
30	Peter McCall	Congregations' Response Review how congregations can participate <ul style="list-style-type: none"> <li>• Congregations can start Military Ministry Program</li> <li>• Explain the role of a VFC* and Lead Congregation</li> <li>• Describe and ask for VFC* Approval Letters</li> </ul>
10	All	Open Discussion and Concluding Remarks

\* A VFC is a Veteran Friendly Congregation 19

