

# Welcome!



**Event Materials**

Visit the **event page** to download a copy of the presentation slides and any additional resources.



**Let's Chat!**

Select **All Panelists & Attendees** from the drop-down when commenting in the chat pod.



**Tech Support**

Email us if you need tech support or have questions!  
[MilFamLN@gmail.com](mailto:MilFamLN@gmail.com)

**Event Page:**  
<https://militaryfamilieslearningnetwork.org/event/104649/>




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Increase your family service provision skills with promising practices, resources, and tools to support military families through disaster and hazard cycles, including "blue skies" readiness.

[militaryfamilieslearningnetwork.org/mfra/disaster](https://militaryfamilieslearningnetwork.org/mfra/disaster) 

New Courses Available!



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## American Red Cross' Service to the Armed Forces



### Event Materials

Visit the **event page** to download a copy of the presentation slides and any additional resources.



### Continuing Education

This webinar has been approved to offer continuing education credit. Please stay tuned for more information!



Event Page:

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Connecting military family service providers and Cooperative Extension professionals to research and to each other through engaging online learning opportunities.

<https://militaryfamilieslearningnetwork.org>



This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2019-48770-30366.

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# Today's Presenters



**Ed Helphinstine**

*Regional Service to the  
Armed Forces and  
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Program Officer*



**Paul Helo**

*Volunteer  
Red Cross Services to  
Armed Forces*



## Learning Objectives

1

Review the American Red Cross' mission and congressional charter to serve military personnel, veterans, and family members.

2

Identify various programs, services, and resources offered through the American Red Cross' Service to Armed Forces Program.

3

Introduce and preview new American Red Cross efforts to provide Resiliency Workshops for military personnel and families.



## The American Red Cross

- When the Civil War began Clara Barton like many women helped collect bandages and other needed supplies, but Clara soon realized that she could best support the troops by going in person and serving on the battlefield.
- After the Civil War, she traveled to Europe and learned about the Geneva, Switzerland based Red Cross movement established by Henri Dunant.
- May 21, 1881, Clara Barton and a group of like-thinking friends founded the American Association of the Red Cross.

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## Congressionally Chartered Entity

To fulfill the provisions of the Geneva Conventions.

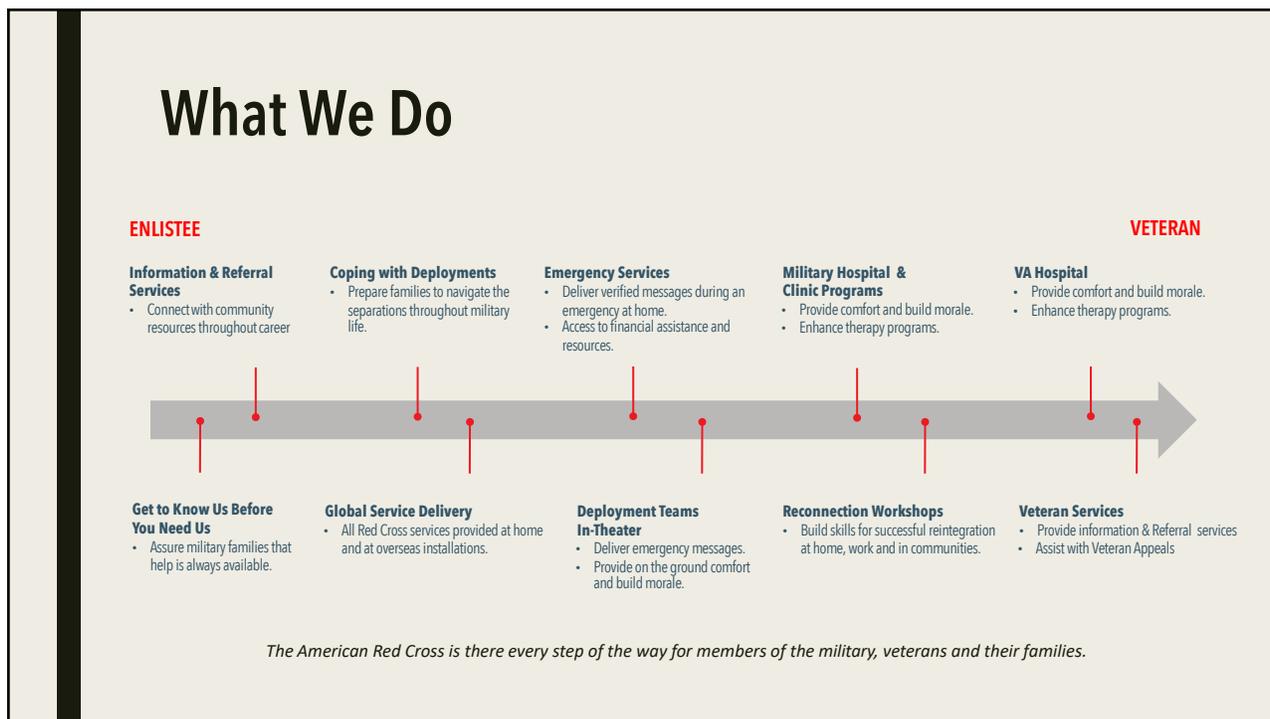
To provide emergency communications and other forms of support to the US military.

To maintain a system of domestic and international disaster relief.

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## Emergency Services & Casework

- In the event of an emergency or unmet need, contact the Red Cross.
  - Assistance available 24 hours a day, 7 days a week
  - Call **1-877-272-7337**
  - Request assistance online: [redcross.org/HeroCareNetwork](https://www.redcross.org/HeroCareNetwork)
  - Download the **Hero Care** mobile app

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## Resiliency Program Offers

- Psychological First Aid
- Reconnection Workshops
- Mind-Body Workshops

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- Two “Coping with Deployments” course options:
  - *Introduction to Psychological First Aid and Resilience*
  - *Using Psychological First Aid and Building Resilience in Military Children*
- Teaches concrete ways to support self, family and community through deployment-related challenges by:
  - *Building psychological resilience*
  - *Following the PFA steps to help others*
- Classroom-style learning
- Good for small or large groups

## Psychological First Aid

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## Reconnection Workshops

Discussion focused

Skills building  
through hands-on  
activities

Numerous course  
topics to choose  
from

In-person and  
virtual options

Encourages  
connection between  
peers through  
verbal conversation

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## Reconnection Workshop Topics for Adults

- Adult Workshops:
  - *\*Effective Communication*
  - *\*Stress Solutions*
  - *Trauma Talk*
  - *Defusing Anger*
  - *Emotional Grit*
  - *\*Connecting with Kids*
  - *\*Caregivers*
  - *\*Creating Calmness in Stressful Times*

*\*Designates that workshops are available virtually.*

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## Reconnection Workshop Topics for Children, Teens, & Families

- **Roger That! Communication Counts** (Ages: 5-8 with an adult, 8-12 and 12-17)
- **Confident Coping** (Ages: 5-8 with an adult, 8-12 and 12-17)
- **\*Calm and Connected: Virtual Chat for Teens** (Ages 13-17)
- **\*Family Laugh and Learn** (Ages 13-17 with an adult)

*\*Designates that workshops are available virtually.*

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## Mind-Body Workshops

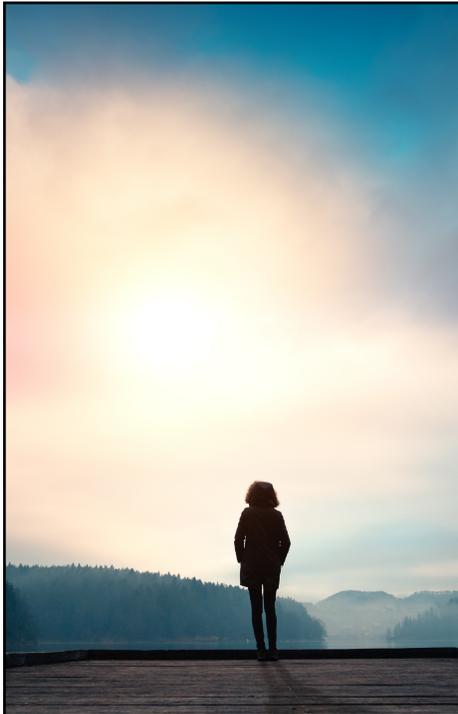
- Experiential: Encourages practicing mind-body techniques.
- Short psychoeducational discussion to provide the science behind these skills.
- Brief discussions encourage participants to think about which activities and techniques they prefer.



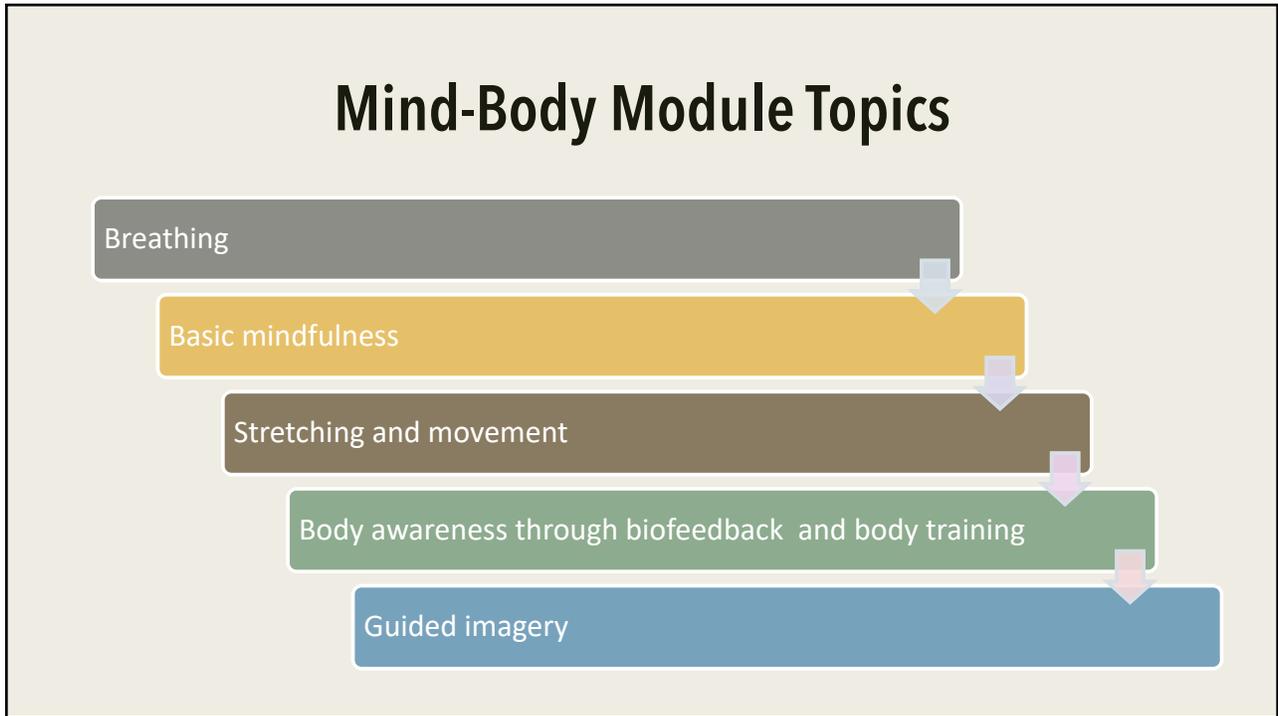
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## Mind-Body Workshops Overview

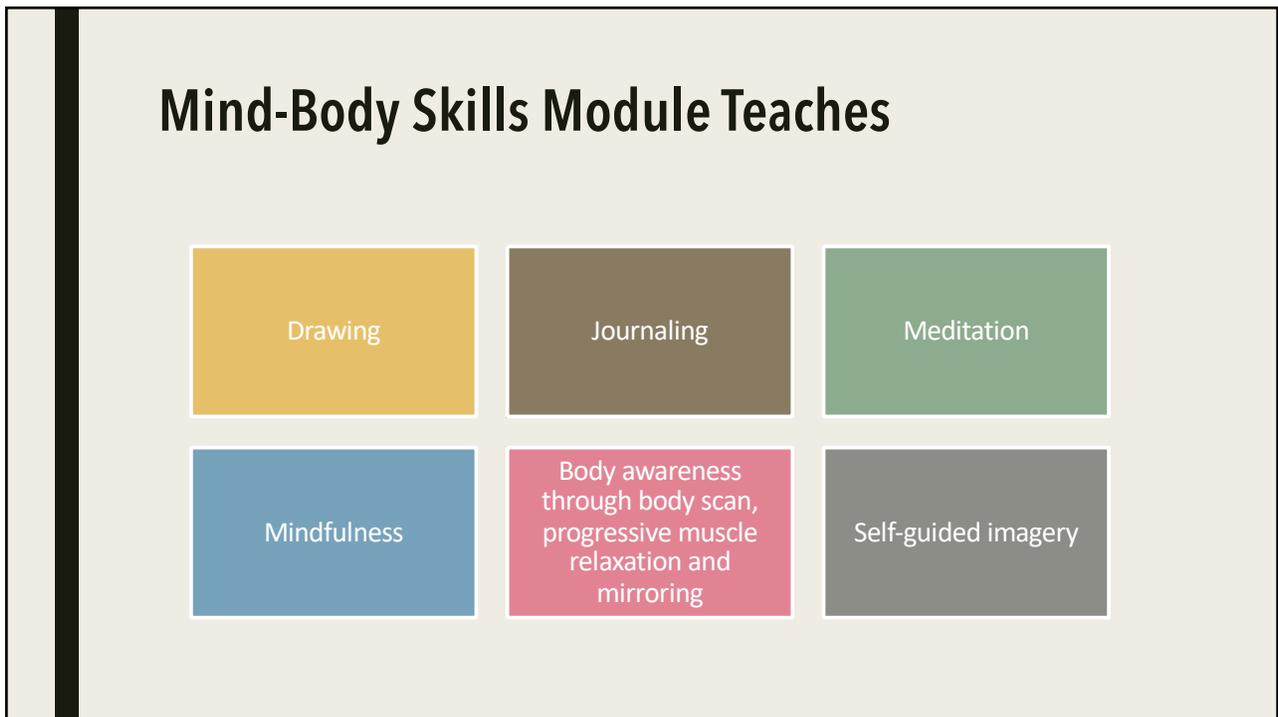
- Help participants develop techniques to:
  - *Understand “good stress”*
  - *Manage unhealthy or chronic stress*
  - *Connect their bodies with their minds*
  - *Practice living mindfully rather than on autopilot*
  - *Learn easy skills to improve whole-body wellness*



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- All program facilitators must have:
  - *Active state-sponsored mental health license.*
  - *Master's degree or higher in a mental health field.*
  - *Preferred experience working with military audiences.*
    - Training provided to all program volunteers on military life and culture.
  - *A commitment to provide at least two workshops per year.*

## Resiliency Program Features

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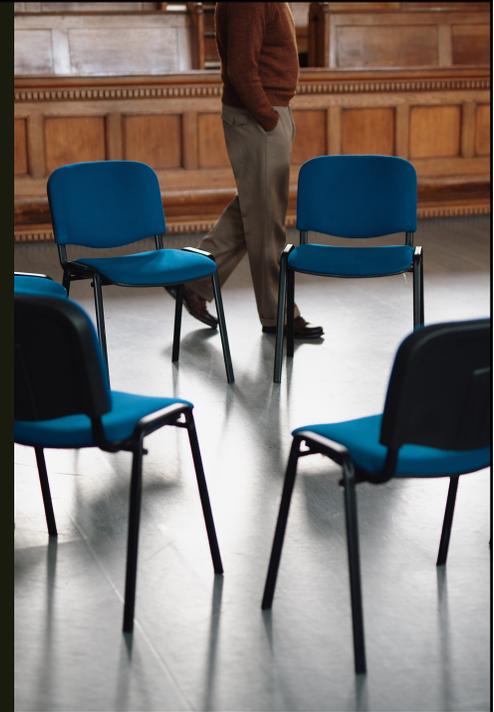
## Workshop Audience

- Active-duty service members
- Service-separated (all types) and retired veterans
- Members of National Guard and Reserves
- Family members, both dependent and non-dependent
- Military caregivers
- Those who work directly with military and veteran communities

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## Our Workshops are Different

- Different level of confidentiality
- Includes families and non-dependents
- Led by licensed mental health professionals but not therapy
- One-time sessions with no requirement to commit to more
- Standardized yet still adaptable to community needs
- Small-group format
- Discussion and action focused, not a presentation or briefing
- No cost



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## Workshop Logistics

- Length: 60-90 minutes
- Audience size: 3-12 adults and 3-10 children
- Location:
  - *Military installations*
  - *Partner sites*
  - *VA hospitals*
  - *Community events*
  - *Red Cross buildings*
  - *Virtually*



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## Requesting Workshops

- Resiliency workshops can be requested by:
  - *Contacting your local Red Cross*
  - *Visiting [www.redcross.org](http://www.redcross.org)*
  - *Using the SAF Hero Care app*

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QUESTIONS

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## Sample Activities

- The following examples are activities from a Reconnection Workshop

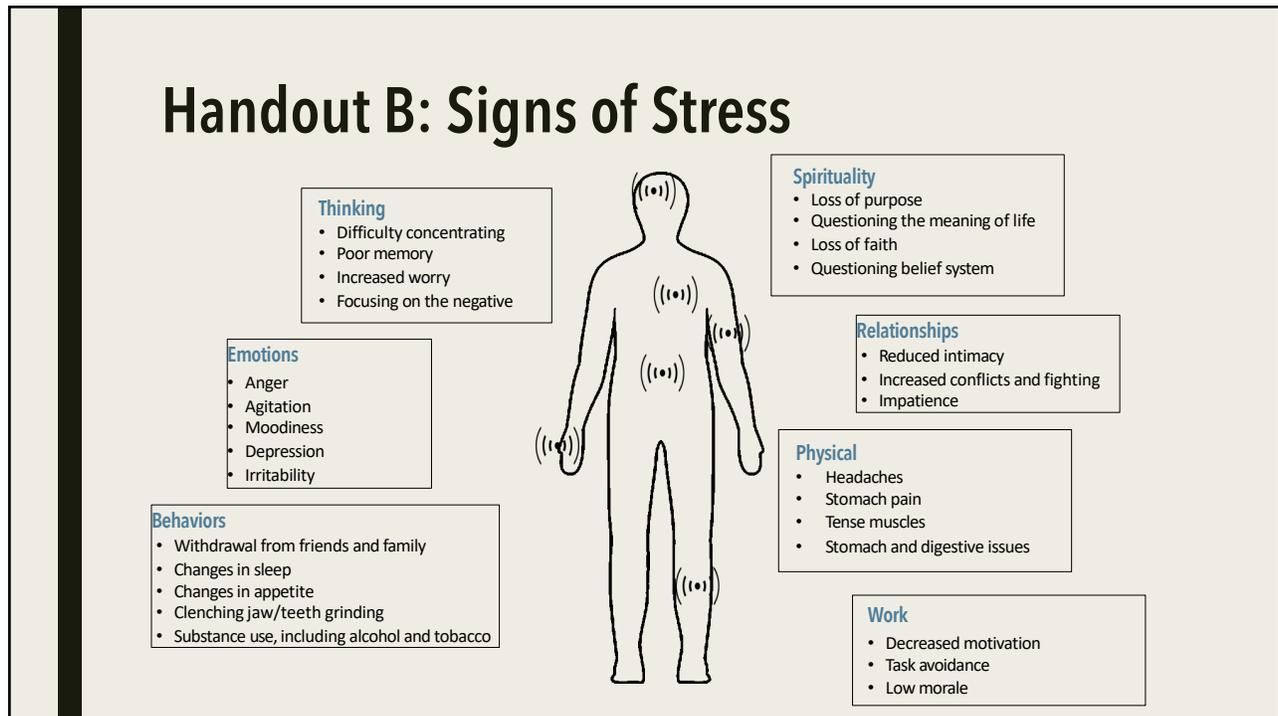
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## Handout A: Defining Stress

- What is stress?
- What does it mean to “be stressed?”
- Is stress the same for everyone?
- What is the opposite of being stressed?
- Do we need stress?
- Why do you think stress is so common?
- When you are discussing your day, what stands out more, the things that went well or the things that didn’t go well?
- In what ways is your stress heightened during certain events, scenarios or times of year?
- Things that went well or the things that didn’t go well?
- How do loneliness and isolation impact your stress?

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## Handout B: Signs of Stress



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## Quick Relaxation Exercise

Hand Trace:

- Hold out your left hand, palm up.
- Take your right index finger and run it along each finger on your left hand.
- Inhale slowly and smoothly as you move toward the tip of each finger.
- Hold your breath for a second or two at the top of each finger
- Then exhale as you move back down toward your palm.
- Switch hands and repeat the exercise.

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## Evaluation & Continuing Education



This webinar has been approved for the following continuing education (CE) credits:

- **Social Work, LPC, LMFT:** 1.0 CE from the University of Texas at Austin, Steve Hicks School of Social Work for social workers, LPCs, and LMFTs.
- **Commission for Case Managers:** 1.0 CE for Case Managers from the Commission for Case Manager Certification (CCMC).
- **Board Certified Patient Advocates:** 1.0 CE from the Patient Advocate Certification Board to Board Certified Patient Advocates (BCPA).
- **Certified Family Life Educators (CFLE):** This program has been approved by the National Council on Family Relations (NCFR) for 1.0 CE credit for CFLE.
- **A certificate of completion**

### Evaluation Link

Go to the event page for evaluation and post-test link.

[Continuing Education](#)

### Questions?

Email Rachel Brauner:  
[rbrauner@ag.tamu.edu](mailto:rbrauner@ag.tamu.edu)



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## Upcoming Event

### Warrior Care Recovery Care Coordination Program



**October 26, 2021**

11:00 a.m. – 12:00 p.m. ET

**Event Page:**

<https://militaryfamilieslearningnetwork.org/event/107320/>

This presentation provides resource information and tools for providers that support wounded, ill, and injured populations, along with caregivers and their families.

**Continuing education credit will be available for this webinar!**



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## Topics of Interest:

- Family Caregivers
- Wounded Warriors
- Individuals with Special Needs

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