



"Programs and Services Available for National Guard Families and Children"



Dr. Kathryn Goedde

---

---

---

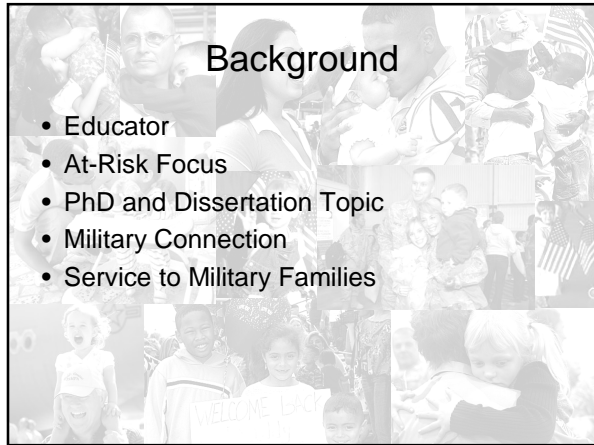
---

---

---

---

---



Background

- Educator
- At-Risk Focus
- PhD and Dissertation Topic
- Military Connection
- Service to Military Families

---

---

---

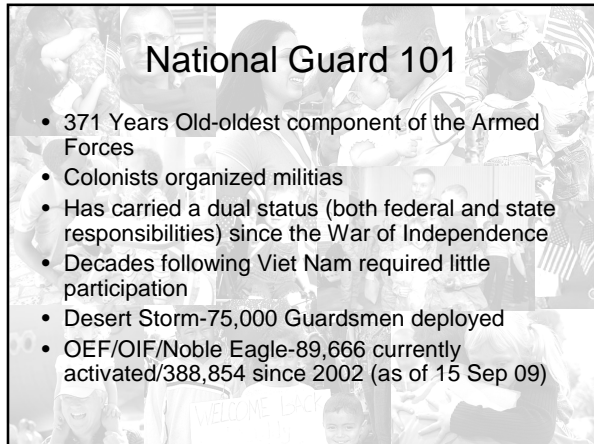
---

---

---

---

---



National Guard 101

- 371 Years Old-oldest component of the Armed Forces
- Colonists organized militias
- Has carried a dual status (both federal and state responsibilities) since the War of Independence
- Decades following Viet Nam required little participation
- Desert Storm-75,000 Guardsmen deployed
- OEF/OIF/Noble Eagle-89,666 currently activated/388,854 since 2002 (as of 15 Sep 09)

---

---

---

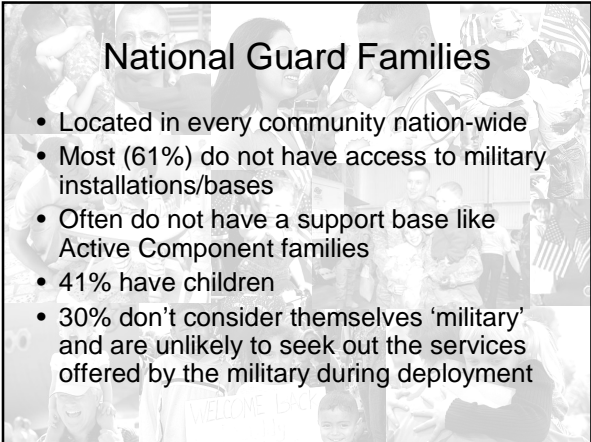
---

---

---

---

---



### National Guard Families

- Located in every community nation-wide
- Most (61%) do not have access to military installations/bases
- Often do not have a support base like Active Component families
- 41% have children
- 30% don't consider themselves 'military' and are unlikely to seek out the services offered by the military during deployment

---

---

---

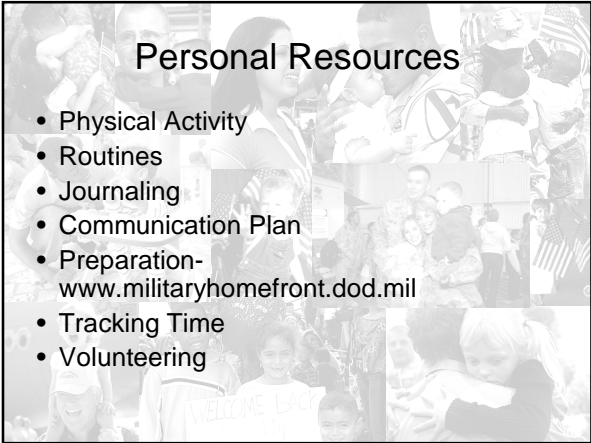
---

---

---

---

---



### Personal Resources

- Physical Activity
- Routines
- Journaling
- Communication Plan
- Preparation-  
[www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)
- Tracking Time
- Volunteering

---

---

---

---

---

---

---

---



### Community Resources

- Schools
- Child Care Providers
- YMCA
- Boys and Girls Clubs
- 4-H
- Colleges/Universities
- Faith-Based Organizations
- Local Armories

---

---

---

---

---

---

---

---



## Military Resources

- State Family Program- **Family Assistance Specialists**
- **Family Readiness Groups-**  
<http://www.jointservicesupport.org>
- **Strong Bonds-**PREP Prevention and Relationship Enhancement Program
- **NMFA's Operation Purple Camps-** <http://www.nmfa.org>
- **Military OneSource-**  
<http://www.militaryonesource.com/MOS/About/CounselingServices.aspx>
- **Tri-Care Behavioral Health Services-**  
[http://tricare.mil/mybenefit/Download/Forms/BHC\\_Flyer\\_09\\_L.pdf](http://tricare.mil/mybenefit/Download/Forms/BHC_Flyer_09_L.pdf)
- **Our Military Kids-** [www.ourmilitarykids.org](http://www.ourmilitarykids.org)

---

---

---

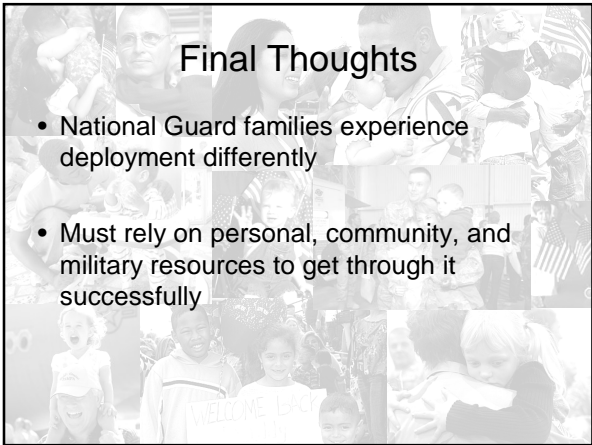
---

---

---

---

---



## Final Thoughts

- National Guard families experience deployment differently
- Must rely on personal, community, and military resources to get through it successfully

---

---

---

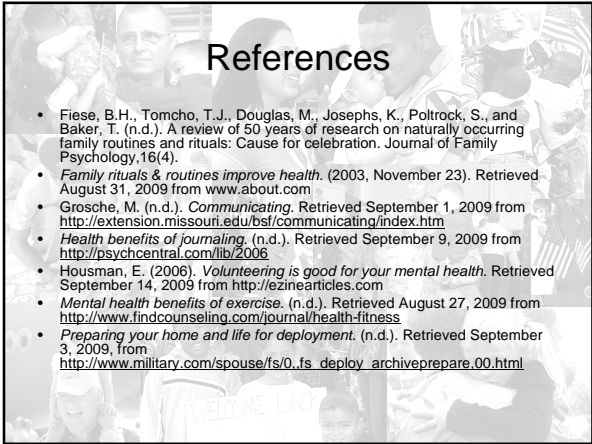
---

---

---

---

---



## References

- Fiese, B.H., Tomcho, T.J., Douglas, M., Josephs, K., Pollock, S., and Baker, T. (n.d.). A review of 50 years of research on naturally occurring family routines and rituals: Cause for celebration. *Journal of Family Psychology*, 16(4).
- *Family rituals & routines improve health.* (2003, November 23). Retrieved August 31, 2009 from [www.about.com](http://www.about.com)
- Grosche, M. (n.d.). *Communicating.* Retrieved September 1, 2009 from <http://extension.missouri.edu/bsf/communicating/index.htm>
- *Health benefits of journaling.* (n.d.). Retrieved September 9, 2009 from <http://psychcentral.com/lib/2006>
- Housman, E. (2006). *Volunteering is good for your mental health.* Retrieved September 14, 2009 from <http://ezinearticles.com>
- *Mental health benefits of exercise.* (n.d.). Retrieved August 27, 2009 from <http://www.findcounseling.com/journal/health-fitness>
- *Preparing your home and life for deployment.* (n.d.). Retrieved September 3, 2009, from [http://www.military.com/spouse/fs/0\\_fs\\_deploy\\_archiveprepare.00.html](http://www.military.com/spouse/fs/0_fs_deploy_archiveprepare.00.html)

---

---

---

---

---

---

---

---