



# National Guard Toolkit

## **Resource List for Marriage and Relationship Educators, Service Members and Families**

The following resources can benefit you whether you are a marriage and relationship educator currently working with National Guard members and their families or are wanting to learn more about and begin serving the National Guard couples. As a starting point, take advantage of the vast amount of information, resources, and training that is available on this [website](#), paying special attention to the topics related to the National Guard and the military.

The Marriage and Relationship Education Curricula Resource is designed to help you navigate the options pertaining to working with military families. The remainder of the resources listed are for you and your participants, so feel free to print any of the following resource lists for the Service members, couples and families that you work with. The goal is to connect individuals and families with resources.

### **Military Marriage and Relationship Education Curricula**

Department of Defense and Federal Government Resources for [all Military Members and Families](#)

Resources available to [Air Force and Air National Guard Members and Families](#)

Resources available to [Army and Army National Guard Members and Families](#)

Resources available to [National Guard and Reserve Members and Families](#)

Resources available to [Military Veterans](#)

[Non-governmental resources supporting Service Members and their Families](#)

# Military Marriage and Relationship Education Curricula

The following resources are those that are typically used in the Strong Bonds program. Many other curricula exist, but these are the most commonly used by the National Guard.

Resource Name and Location	Resource Description
Strong Bonds <a href="http://www.strongbonds.org">www.strongbonds.org</a>	Strong Bonds
Strong Bonds	Strong Bonds is a Chaplain-led program that builds relationship resiliency. The Strong Bonds mission is to increase service member and family readiness through relationship education and skills training. Attendees voluntarily participate in an offsite retreat format designed to maximize the affect of relationship training. The retreat or “get away” provides an emotionally safe and secure training environment in which to address the effect of military lifestyle stressors.
Prevention and Relationship Education Program (PREP®) <a href="http://www.prepinc.com">www.prepinc.com</a>	PREP® is one of the most comprehensive and well-respected divorce-prevention and marriage enhancing programs in the world. PREP® is a skills- and principles-building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other. PREP® is education, not therapy. It teaches couples the skills and principles they need to maintain a healthy and lasting relationship.
Laugh Your Way to a Better Marriage <a href="http://www.laughyourway.com">www.laughyourway.com</a>	Laugh Your Way to a Better Marriage is designed with an element of humor that appeals to couples, but is especially well-received by men. Through video seminars, Laugh Your Way helps couples deal with tough issues in a way that is fun and non-threatening.

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Active Relationships: Active Military Life and Resiliency Skills <a href="http://www.activerelationships.com">www.activerelationships.com</a>	Active Relationships is a flexible, modular resilience and readiness course with topics that can be mixed and matched during presentations. It contains activities for groups of single/unaccompanied military members and for couples. The course contains 24 topics, including communication and conflict resolution skills, the value of the role of the family members staying behind, money management, anger and emotion management, post-traumatic stress and traumatic brain injury research, romance and keeping love strong, and wise choices in dating and marriage.
Premarital Interpersonal Choices and Knowledge (PICK®), a.k.a., “How to Avoid Falling for a Jerk” <a href="http://www.nojerks.com">www.nojerks.com</a>	The PICK® program teaches singles the five dynamics that create relational attachment and the five crucial areas to explore in a premarital relationship by using the <i>Relationship Attachment Model</i> .
Marriage LINKS <a href="http://www.lovethinks.com/MarriageLinks/Marriage_LINKS_Program">http://www.lovethinks.com/MarriageLinks/Marriage_LINKS_Program</a>	The LINKS program also uses the <i>Relationship Attachment Model</i> to teach married partners about intimacy and romantic love, how trust is developed and maintained, forgiveness, resiliency and commitment in marriage, emotional styles and expression, attachment/closeness in adult relationships, sexual intimacy in marriage, personal boundaries and affairs, and predictors of marital satisfaction.

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<b>Resource Name and Location</b>	<b>Resource Description</b>
Family Wellness: Survival Skills and Tools for Families <a href="http://www.familywellness.com">www.familywellness.com</a>	Survival Skills for Healthy Families is a 12-hour Family Wellness program presented to large groups of families and individuals in a series of six, two-hour sessions. It teaches the following sessions: Parents in Healthy Families, Children in Healthy Families, Adult Relationships-Couples in Healthy Families, As Children Grow-Change in Healthy Families, Solving Family Problems and Sex, Drugs, and You-Passing on Your Values to Your Children
Couple Communication™ <a href="http://www.couplecommunication.com">www.couplecommunication.com</a>	In Couple Communication™, partners learn 11 interpersonal skills for effective talking, listening, conflict resolution, and anger management. Whether used as marriage enrichment or as part of marriage counseling, these skills help couples build a more satisfying relationship.
7 Habits of Highly Effective Families™ (Military version) <a href="http://www.franklincovey.com">www.franklincovey.com</a>	The 7 Habits of Highly Effective Military Families™ workshop empowers family members to communicate more effectively and resolve conflict successfully. Participants learn how to: 1) cope with relocation or Permanent Change of Station (PCS); 2) anticipate all phases of deployment; 3) apply an “Inside-Out Approach” to problem solving and goal creation; 4) resolve differences in marriage and family relationships by cooperating together creatively; 5) leverage family services both on and off the base; 6) abandon unhealthy behaviors; and 7) build family traditions, unity, and a nurturing family culture.

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8 Habits of Highly Successful Marriages <a href="http://www.franklincovey.com">www.franklincovey.com</a>	The 8 Habits of a Successful Marriage offers a framework for applying a universal, self-discovery approach enabling couples to communicate and problem solve successfully. Participants: 1) clearly define their vision as a family unit; 2) build a common sense of purpose, values and goals; 3) learn a process to accomplish family goals; and 4) discover how to achieve better communication as spouses.

# Department of Defense and Federal Government Resources

Department of Defense and Federal Government Resources for all Military Members and Families	
Resource Name and Location	Resource Description
U.S. Department of Defense <a href="http://www.defense.gov">www.defense.gov</a>	The U.S. Department of Defense has a wide variety of resources available to support the resiliency and recovery of all Service members.
Joining Forces <a href="http://www.whitehouse.gov/joiningforces">www.whitehouse.gov/joiningforces</a>	Joining Forces is a comprehensive national initiative started by First Lady Michelle Obama and Dr. Jill Biden to mobilize all sectors of society to give service members and their families the opportunities and support they have earned.
AfterDeployment.org <a href="http://www.afterdeployment.org">www.afterdeployment.org</a>	This website addresses post deployment challenges, including psychological health concerns, substance abuse, employment issues, reconnecting with family and friends, spiritual guidance and living with physical injuries. The website also features a peer-to-peer forum for service members and families.
Defense Centers of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury 866-966-1020 <a href="http://www.dcoe.health.mil">www.dcoe.health.mil</a>	DCoE serves warriors and their families needing help with psychological help and traumatic brain injury (TBI) issues, promoting resilience, recovery and reintegration. DCoE operates a toll free outreach center providing opportunity for anyone with questions about psychological health or TBI to speak with a health resource consultant. The outreach center is available 24 hours a day, seven days a week. All conversations are confidential.
Center for Deployment Psychology <a href="http://www.deploymentpsych.org">www.deploymentpsych.org</a>	The CDP trains military and civilian behavioral health professions to provide the high quality care necessary to address the deployment-related needs of military personnel and their families.

**Department of Defense and Federal Government Resources  
for all Military Members and Families**

<b>Resource Name and Location</b>	<b>Resource Description</b>
Center for the Study of Traumatic Stress <a href="http://www.centerforthestudyoftraumaticstress.org">www.centerforthestudyoftraumaticstress.org</a>	CSTS conducts research, education, consultation and training on preparing for and responding to the psychological effects and health consequences of traumatic events, including the development of military health fact sheets to improve the well-being of deployed service members and their families.
Deployment Health Clinical Center (DHCC) <a href="http://www.pdhealth.mil">www.pdhealth.mil</a>	DHCC's mission is to improve post-deployment health care for military personnel and their families by providing expert, caring assistance and medical advocacy, while simultaneously serving as a catalyst and research center for the continuous improvement of deployment-related health care across the military health care system.
Military HOMEFRONT <a href="http://www.militaryhomefront.dod.mil">www.militaryhomefront.dod.mil</a>	Military HOMEFRONT is the department of defense website for official Military Community and Family Policy Program information, policy and guidance designed to help troops and their families, leaders, and service providers.
Military OneSource 800-342-9647 <a href="http://www.militaryonesource.com">www.militaryonesource.com</a>	Military OneSource was created to help with a variety of needs. Available by phone or online, this free service is provided by the Department of Defense for all military members and their families. The service is completely private and confidential, with few exceptions.

**Department of Defense and Federal Government Resources  
for all Military Members and Families**

<b>Resource Name and Location</b>	<b>Resource Description</b>
<p>National Resource Directory <a href="http://www.nationalresourcedirectory.gov">www.nationalresourcedirectory.gov</a></p>	<p>The National Resource Directory is a resource for wounded, ill, and injured Service members, veterans, their families and those who support them. It provides access to services and resources at the national, state, and local levels to support recovery, rehabilitation, and community reintegration. Visitors can find information on a variety of topics including benefits and compensation, education and training, employment, family and caregiver support, health, homeless assistance, housing, transportation and travel and other services and resources.</p>
<p>Real Warriors Campaign <a href="http://www.realwarriors.net">www.realwarriors.net</a></p>	<p>The Real Warriors Campaign is an initiative launched by the Defense Center of Excellence to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans, and their families.</p>
<p>Sesame Workshop <a href="http://www.archive.sesameworkshop.org/tlc">www.archive.sesameworkshop.org/tlc</a></p>	<p>The Sesame Workshop helps providers teach children to become resilient and flexible in a quickly changing world through discussing and exploring ideas with children using fun activities, tips and songs. The workshop helps providers give children the confidence they need to thrive during difficult times.</p>

**Department of Defense and Federal Government Resources  
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<b>Resource Name and Location</b>	<b>Resource Description</b>
Warrior Gateway <a href="http://www.warriorgateway.org">www.warriorgateway.org</a>	The Warrior Gateway program was designed to promote easier reintegration for service members. It serves as a trusted, reliable and free resource for members of the military community to quickly locate service organizations that satisfy their needs, identify academic programs they are interested in and easily find employers seeking their valuable skills. It also enables improvements in the service provider sector through metrics and collaboration.
Wounded Warrior Resource Center <a href="http://www.woundedwarriorresourcecenter.com">www.woundedwarriorresourcecenter.com</a>	The Wounded Warrior Resource Center provides wounded Service members, their families and caregivers with information on military facilities, health care services and benefits.
DoD Acronyms and Military Terms <a href="http://www.dtic.mil/doctrine/dod_dictionary">http://www.dtic.mil/doctrine/dod_dictionary</a>	This site allows for the entry and search of just about any military term or acronym that one might run across and provides meanings and definitions.



## Resources Available to Air Force and Air National Guard Members and Families

Resources Available to Air Force and Air National Guard Members and Families	
Resource Name and Location	Resource Description
U.S. Air Force <a href="http://www.af.mil">www.af.mil</a>	The Air Force offers service-specific resources to build individual, family, and command resilience. Resources are available for all Air National Guard members, veterans and their families.
Air Force Community <a href="http://www.afcommunity.af.mil">www.afcommunity.af.mil</a>	The Air Force Community works collaboratively to build stronger communities within the Air Force. The website provides resources relating to child educations, employment, personal and work life, finances, readiness, relocation and transitions.
Air Force Wounded Warrior <a href="http://www.woundedwarrior.af.mil">www.woundedwarrior.af.mil</a>	The Air Force Wounded Warrior program provides and facilitates assistance to airmen with combat or hostile-related injury or illness requiring long term care. The multimedia website highlights news and events relating to Wounded Warriors and features videos and other resources for Airmen and their families.
Wingman Project <a href="http://www.wingmanproject.org">www.wingmanproject.org</a>	Wingman Project provides training, awareness and outreach to teach war fighters and their families how to identify symptoms of impending suicide and then how to intervene and save a life. The multimedia website provides geography-specific tools, resources, and communities.

# Resources Available to Army and Army National Guard Members and Families

<b>Resources available to Army and Army National Guard Members and Families</b>	
<b>Resource Name and Location</b>	<b>Resource Description</b>
U.S. Army <a href="http://www.army.mil">www.army.mil</a>	The Army offers service-specific resources to build individual, family, and command resilience. Resources are available for all Army National Guard members, veterans, and their families.
Army Behavioral Health <a href="http://www.behavioralhealth.army.mil">www.behavioralhealth.army.mil</a>	Army Behavioral Health is an official website of the Army providing post-deployment and transition resources for soldiers, families and friends.
Army Family Readiness Group <a href="http://www.armyfrg.org">www.armyfrg.org</a>	Army Family Readiness Group is an online tool for connecting with your local Family Readiness Group (FRG). On this website, you can search for FRGs by location and even create a new FRG.
Army OneSource <a href="http://www.myarmyonesource.org">www.myarmyonesource.org</a>	Army OneSource provides access to all family programs and services, regardless of geographical location. This delivery system harnesses the resources that are already in place, using personal contact and technology to improve on the delivery of service so that families get support closest to where they live.
Army Suicide Prevention <a href="http://www.armyg1.army.mil/hr/suicide">www.armyg1.army.mil/hr/suicide</a>	This multimedia website is the official Army suicide prevention resource. It contains suicide prevention training, a commander's toolkit and suicide prevention videos.

<b>Resources available to Army and Army National Guard Members and Families</b>	
<b>Resource Name and Location</b>	<b>Resource Description</b>
Army Wounded Warrior Program <a href="http://wtc.army.mil/aw2/index.html">http://wtc.army.mil/aw2/index.html</a>	The Army Wounded Warrior Program is the official Army program that assists and advocates for severely wounded, ill and injured soldiers, veterans and their families. Army Wounded Warrior Program advocates assist wounded soldiers and their families with benefit information, education opportunities, lifetime assistance, career guidance, financial audits, local resources, government agency coordination, and other guidance.
Comprehensive Soldier Fitness <a href="http://www.army.mil/csf/index.html">www.army.mil/csf/index.html</a>	Comprehensive Soldier Fitness is a training program aimed to equip soldiers, family members and Army civilians to face the physical and psychological challenges of sustained operations. The program focuses on the five dimensions of strength: physical, emotional, social, family, and spiritual.
Resilience Training <a href="http://www.resilience.army.mil">www.resilience.army.mil</a>	Resilience Training is a strength-based, positive psychology training program designed to strengthen warrior behavioral health. The website features training materials and information for soldiers, leaders, spouses, families, and behavioral health providers.



# Resources Available to National Guard and Reserve Members and Families

<b>Resources available to National Guard and Reserve Members and Families</b>	
<b>Resource Name and Location</b>	<b>Resource Description</b>
America's Heroes at Work <a href="http://www.americasheroesatwork.gov">www.americasheroesatwork.gov</a>	America's Heroes at Work is a U.S. Dept. of Labor project that address the employment challenges of returning service members living with traumatic brain injury and/or post-traumatic stress disorder. The website features an interactive e-learning module designed to educate managers, HR professionals and co-workers about TBI and PTSD in the workplace.
Employer Support of the Guard and Reserve <a href="http://www.esgr.org">www.esgr.org</a>	Employer Support of the Guard and Reserve develops and promotes employer support for guard and reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws, and resolving conflict between employers and Service members.
Flash Forward <a href="http://www.resiliencycenter.net/courses/flash_forward.aspx">www.resiliencycenter.net/courses/flash_forward.aspx</a>	The Flash Forward resiliency training program addresses individual readiness, unit readiness and effective leadership with the end goal of improved mission preparedness, improved mission response and performance during times of stress.
National Guard Bureau Joint Services Support <a href="http://www.jointservicessupport.org">www.jointservicessupport.org</a>	This National Guard Bureau website features resources for strategic initiatives, personnel readiness, operation capabilities and the sustainability of the National Guard community. Programs include the Yellow Ribbon Reintegration Program, the Employer Support Program, the Health Program, the Sexual Assault Prevention and Response Program, the Warrior Support Program and National Guard family Programs.

**Resources available to National Guard and Reserve  
Members and Families**

<b>Resource Name and Location</b>	<b>Resource Description</b>
Office of the Secretary of Defense: Reserve Affairs <a href="http://ra.defense.gov">ra.defense.gov</a>	The mission of the OSD Reserve Affairs is to serve as the principal staff assistant and advisor to the Secretary of Defense with responsibility for overall supervision of matters, including all Reserve components, including the Army and Air National Guard.
Yellow Ribbon Program <a href="http://www.yellowribbon.mil">www.yellowribbon.mil</a>	The Yellow Ribbon Program’s mission is to assist, collaborate and partner with National Guard and Reserve components, services, and agencies to ensure that Service members, veterans and family members receive informational services, referrals, and proactive outreach programs through the phases of deployment.

# Resources Available to Military Veterans

Resources available to Military Veterans	
Resource Name and Location	Resource Description
Veterans Affairs <a href="http://www.va.gov">www.va.gov</a>	The U.S. Department of Veterans Affairs provides a wide variety of resources to support our nation's veterans and their families.
Veterans Affairs' Mental Health <a href="http://www.mentalhealth.va.gov">www.mentalhealth.va.gov</a>	Veterans Affairs' Mental Health provides mental health resources for our nation's veterans. Topics include post-traumatic stress disorder, homelessness, substance abuse and veterans at work.
Veterans Affairs National Center for PTSD <a href="http://www.ptsd.va.gov">www.ptsd.va.gov</a>	The National Center for PTSD aims to help veterans and others through research, education and training on trauma and post-traumatic stress disorder (PTSD).
Veterans Affairs' Returning Service Members (OEF/OIF) <a href="http://www.oefoif.va.gov">www.oefoif.va.gov</a>	This site provides information concerning benefits and resources for veterans who served in Operation Enduring Freedom (Afghanistan) and Operation Iraqi Freedom (Iraq) and their families.
Veterans Affairs' Vet Center <a href="http://www.vetcenter.va.gov">www.vetcenter.va.gov</a>	The Vet Center helps veterans and their families adjust to civilian life after combat. The website features an interactive map to locate a local Vet Center and a variety of online resources.
Veterans Suicide Prevention Lifeline 800-273-TALK (8255), option 1 <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	The National Suicide Prevention Lifeline is available 24 hours a day to anyone in suicidal crisis or emotional distress. Support specific for veterans is available by pressing option 1 after calling the main number.

# Non-Governmental Resources Supporting Service Members and Families

<b>Non-Governmental Resources Supporting Service Members and Families</b>	
<b>Resource Name and Location</b>	<b>Resource Description</b>
Band of Mothers <a href="http://www.thebandofmothers.com">www.thebandofmothers.com</a>	The Band of Mothers is a support group for mothers of U.S. Service members. The multimedia website features an events calendar, photo albums, videos and other resources.
Blue Star Families <a href="http://www.bluestarfam.org">www.bluestarfam.org</a>	Blue Star Families is a non-partisan, non-profit organization created by real military families. It is committed to supporting military families through the unique challenges of military service and asking the larger civilian population to help as well, connecting military families regardless of rank, branch of service or physical location and empowering military family members to create the best personal and family life possible.
Give an Hour <a href="http://www.giveanhour.org">www.giveanhour.org</a>	Give an Hour is a non-profit organization, providing free mental health services to U.S. military personnel and loved ones affected by current conflicts. The organization offers a range of mental health services in order to address a variety of needs for those seeking services. It also provides links to a variety of resources for military families, including articles that discuss the kinds of difficulties military families encounter and services available from national, state and local organizations.

<b>Non-Governmental Resources Supporting Service Members and Families</b>	
<b>Resource Name and Location</b>	<b>Resource Description</b>
Military.com <a href="http://www.military.com">www.military.com</a>	Military.com is passionate about helping military members make the most of military experiences throughout life. Military.com's free membership connects service members, families and veterans to all the benefits of service including: government benefits, scholarships, discounts, lifelong friends, mentors, great stories of military life and missions and much more.
Military SOS <a href="http://www.militarysos.com">www.militarysos.com</a>	Military SOS is a support site for military spouses and significant others and is open to all loved ones of military Service members.
National Military Family Association <a href="http://www.militaryfamily.org">www.militaryfamily.org</a>	The National Military Family Association (NMFA) meets the needs of Service members and their families with insightful recommendations, innovative programs and grassroots efforts to better the quality of life for military families. NMFA speaks up on behalf of military families and empowers husbands, wives, and children to access their benefits.
National Suicide Prevention Lifeline 800-273-TALK (8255) <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	The National Suicide Prevention Lifeline is available 24 hours a day to anyone in suicidal crisis or emotional distress. Support specific for veterans is available by pressing option 1 after calling the main number.
Operation Mom <a href="http://www.operationmom.com">www.operationmom.com</a>	Operation Mom is a national military family support group. The website features service specific resources as well as a message board and events calendar.
Parents Zone <a href="http://www.parentszone.org">www.parentszone.org</a>	Parents Zone is a community for military parents. The website features a blog as well as service-specific resources.
Spouse Buzz <a href="http://www.spousebuzz.com">www.spousebuzz.com</a>	Spouse Buzz is a virtual spouse support group, where military spouses can connect with thousands of other military spouses. Spouse Buzz celebrates and embraces the tie that binds all military spouses—military service.

<b>Non-Governmental Resources Supporting Service Members and Families</b>	
<b>Resource Name and Location</b>	<b>Resource Description</b>
This Emotional Life <a href="http://www.pbs.org/thisemotionallife">www.pbs.org/thisemotionallife</a>	This Emotional Life is a multimedia campaign to foster awareness, connections and solutions around mental health and emotional well-being. The project's campaign for military families is a unique endeavor to build national awareness for the needs of Service members and their families.
National Fatherhood Initiative <a href="http://www.fatherhood.org">www.fatherhood.org</a>	The National Fatherhood Initiative's mission is to improve the well-being of children by increasing the proportion of children growing up with involved, responsible and committed fathers. This is done by equipping and educating fathers, and those who provide services to fathers and families. NFI has a comprehensive military program designed to reach military dads.
TwoOfUs <a href="http://www.twoofus.org">www.twoofus.org</a>	TwoOfUs is a National Healthy Marriage Resource Center site designed to provide couples and individual with quick and reachable information to help strengthen their relationships. Marriage and relationship experts weigh in on a variety of topics via video that provide high quality education and information. Notice the topics and videos geared specifically for military couples and families.

Special credit is given to the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, where a large part of this information was retrieved.