

# [www.CareForTheTroops.org](http://www.CareForTheTroops.org)

## Addressing The Invisible Wounds of War

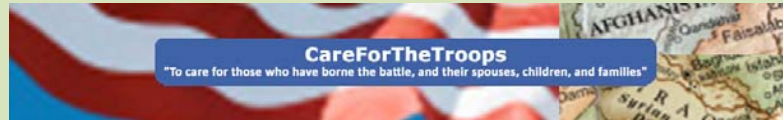
### Template

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

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

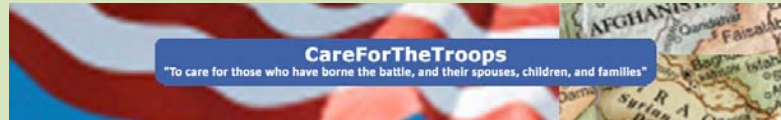
Peter McCall, Exec Dir  
petemccall1@gmail.com  
770-329-6156

# 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.

# 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

# Organization



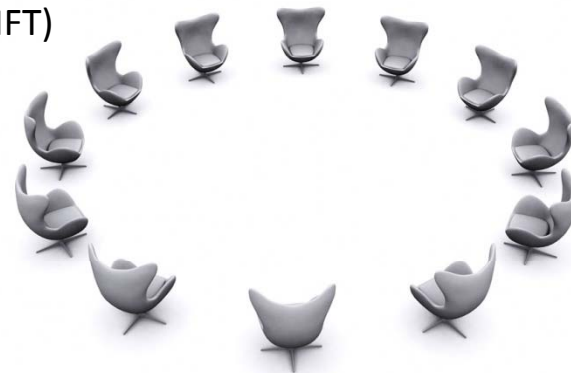
501c3 status has already been approved by the IRS

## **Current Board of Directors:**

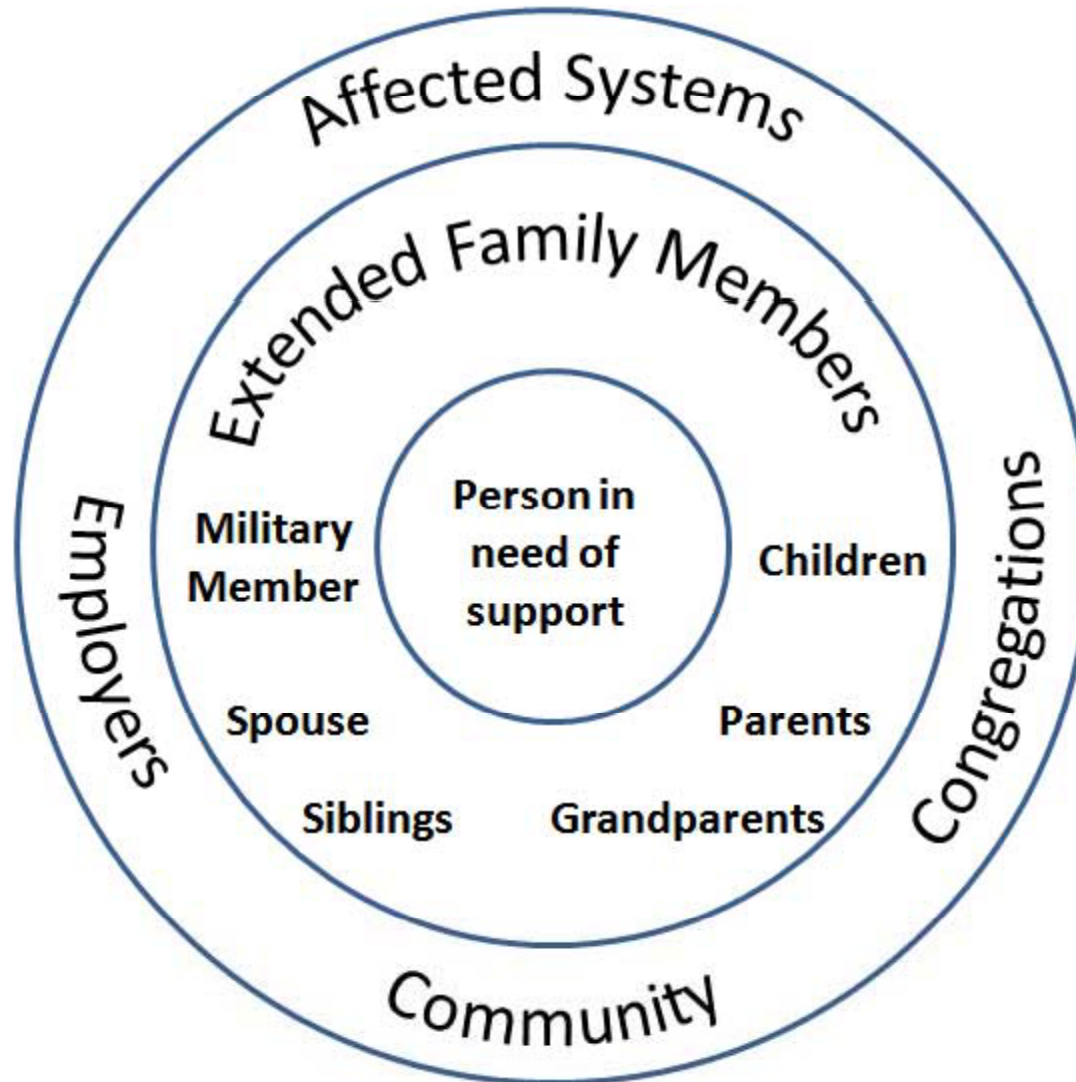
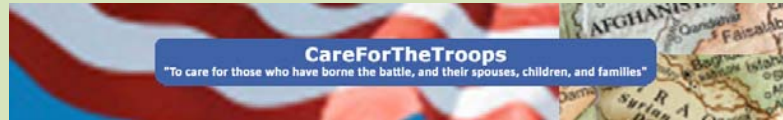
President	Rev Robert Certain, Rector, Episcopal Church of St Peter and St Paul (USAF)
Exec Director	Peter McCall (USArmy)
Member	Bill Harrison, Partner, Mozley, Finlayson & Loggins LLP (USAF)
Member	William Matson, Exec Director, Pathways Community Network, Atlanta, GA
Member	Alan Baroody, Exec Director, 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 and Diocese of Georgia  
Lutheran ELCA Southeast Synod  
Presbytery of Greater Atlanta/Presbyterian Women



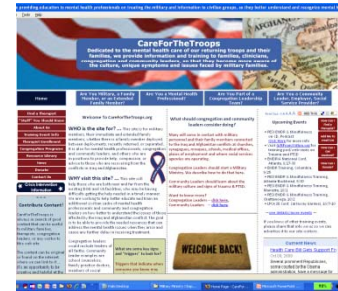
# Approach



# Programs



## A Comprehensive Web Site Feeds and Supports Our Programs



Clinicians / Therapists

Military Culture 101  
Conference Workshops  
EMDR Weekends 1 & 2  
On-Line Training  
Training Calendar  
Information Resources  
Articles / Reports / Presentations  
Therapist Database

Congregations / Clergy

Information Workshops  
Military Ministry Programs  
-Veteran Friendly Congregation  
-Lead Congregation  
-Program Guidebook  
Clergy/Lay Leader Training  
- Signs of Trauma and Spiritual Wounds  
- Referral Source Information

This is the top of the Home Page

# 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.

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?

Find a Therapist

"Stuff" You Should Know

About Us

Training Info

Therapist Enrollment

Congregation Programs

Financial Management

Resource Library

News

Donate

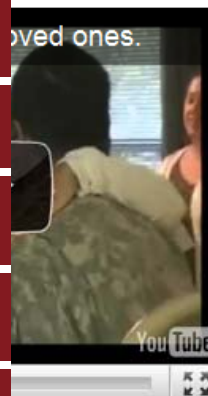
This site is for military their family



ing from the conflicts

nions... What you see in tent with the hope that military families.

oved ones.



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](#).



A Message From Our CFTT President,

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](#) 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 we us so we can advertise them to our site visitors.

Current News

[Blog Post » Brain Scans – Not Q](#)

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](#)

Training Development  
Fraser Counseling Center

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 help needed in a timely manner. We are working to

This shows the first 4 search results for Fulton



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

Are You Military, a Family | Are You a Mental Health | Are You Part of a | Are You a Community

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

ID: 140 NAME: Ms Nina M Laltrello, LMFT ADDRESS: 3534 Old Milton Parkway, Alpharetta, GA 30005 COUNTY: Fulton (north) REGION: NW PHONES: O: 770-908-7391 C: 770-908-7391 F: 678-624-0258 SPECIALTIES: PTSD, Marriage/Couples, Mindfulness Based Stress Reduction, Family, Addiction OTHER SPECIALITIES: Certified Clinical Alcohol and Drug Counselor INSURANCE PANELS: not on any panels	EMAIL: nina_laltrello@hotmail.com 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
---	---

searching for a therapist who wants to work with military families.

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)

SPECIALTIES: PTSD, Family, Children/Play Therapy, Addiction OTHER SPECIALITIES: Vocational, Career, educational counseling INSURANCE PANELS: Cigna, Humana	Vietnam Era
ID: 123 NAME: Karen L McCarty, LMFT, LPC ADDRESS: The Link Counseling Center 348 Mt. Vernon Hwy., Atlanta, GA 30328 COUNTY: Fulton (north) REGION: NW 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	EMAIL: kgm@mindspring.com DEGREES: psychology, Community Counseling OTHER LANGUAGES: MILITARY CULTURE TRAINING COURSES ATTENDED: MILITARY CULTURE BACKGROUND AND EXPERIENCE:
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: NW PHONES: O: 404-843-1612 F: 404-843-0948 SPECIALTIES: PTSD, EMDR, Marriage/Couples, Family	EMAIL: jjparrino@aol.com DEGREES: doctorate, doctorate, post-doc-psychopharmacology OTHER LANGUAGES: MILITARY CULTURE TRAINING COURSES ATTENDED: MILITARY CULTURE BACKGROUND AND EXPERIENCE:

# Agenda – Military Culture 101 Workshops

## Example

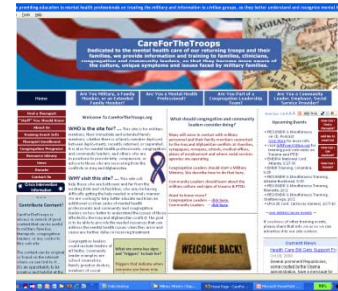


Topic	Duration	Comments
Intro and Opening	10	Presenters, Goals and Agenda Oath of Enlistment
CareForTheTroops.org	20	Overview Mission / Role of Clinicians Show Key Website Components for Clinicians Review Enrollment and Marketing Assistance
En'visioning' the Issues	40	Brothers at War Trailer Audience 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

# Programs



## A Comprehensive Web Site Feeds and Supports Our Programs



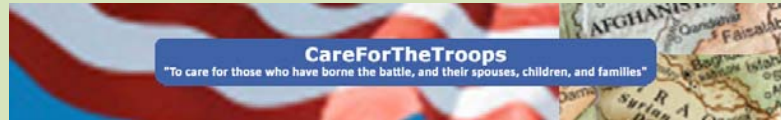
Clinicians / Therapists

Military Culture 101  
Conference Workshops  
EMDR Weekends 1 & 2  
On-Line Training  
Training Calendar  
Information Resources  
Articles / Reports / Presentations  
Therapist Database

Congregations / Clergy

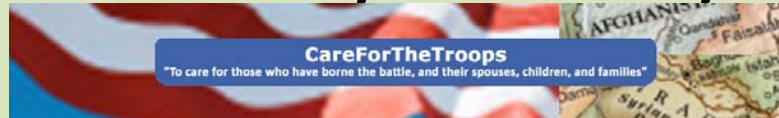
Information Workshops  
Military Ministry Programs  
-Veteran Friendly Congregation  
-Lead Congregation  
-Program Guidebook  
Clergy/Lay Leader Training  
- Signs of Trauma and Spiritual Wounds  
- Referral Source Information

# Why Congregations



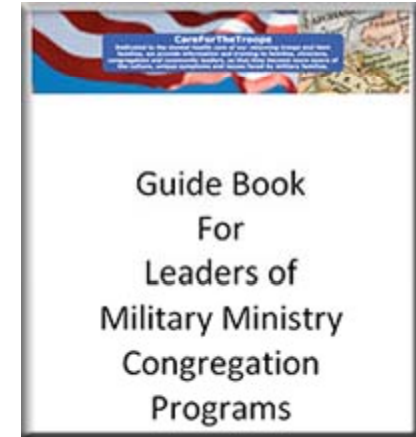
- “...With research consistently showing that clergy - not psychologists or other mental health experts - are the most common source of help sought in times of psychological distress...” based on a Baylor University study Oct 2008 *The results were published in Mental Health, Religion and Culture.*
- 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.

# Military Ministry



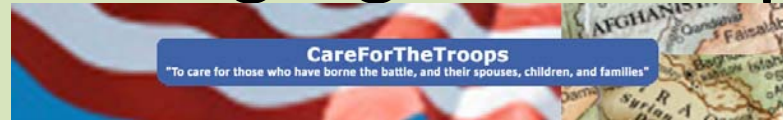
## Purpose

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

# 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

# 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>



# “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

# Agenda – Clergy/Lay Leader Training

## Example

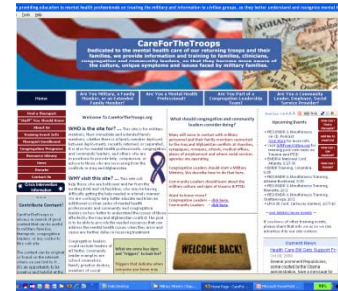
Time	Speaker	Topic
10	St Luke's	Introductions and Opening Remarks
20	Peter McCall	Review what CareForTheTroops is and does <a href="http://www.CareForTheTroops.org">www.CareForTheTroops.org</a>
30	Dr Alan Baroody	The Trauma Continuum
10		BREAK
40	Dr Alan Baroody	The Spiritual Wounds of War
30	Peter McCall	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

# Questions ?



## A Comprehensive Web Site Feeds and Supports Our Programs



Clinicians / Therapists

Military Culture 101  
Conference Workshops  
EMDR Weekends 1 & 2  
On-Line Training  
Training Calendar  
Information Resources  
Articles / Reports / Presentations  
Therapist Database

Congregations / Clergy

Information Workshops  
Military Ministry Programs  
-Veteran Friendly Congregation  
-Lead Congregation  
-Program Guidebook  
Clergy/Lay Leader Training  
- Signs of Trauma and Spiritual Wounds  
- Referral Source Information