

www.CareForTheTroops.org

Addressing The Invisible Wounds of War

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

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Agenda

Time	Speaker	Topic
10	Host Congregation	Introductions and Opening Remarks
20	Peter McCall	Review what CareForTheTroops is and does www.CareForTheTroops.org
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"> • Congregations can start Military Ministry Program • Explain the role of a VFC* and Lead Congregation • Describe and ask for VFC* Approval Letters
10	All	Open Discussion and Concluding Remarks

* A VFC is a Veteran Friendly Congregation

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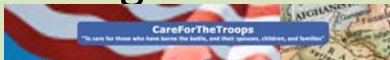
Causes for Concern



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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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
 Lutheran ELCA Southeast Synod
 Presbytery of Greater Atlanta/Presbyterian Women



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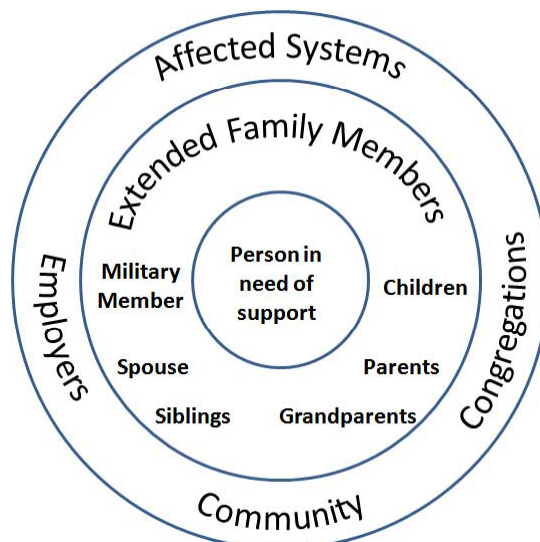
Mission of CareForTheTroops.org



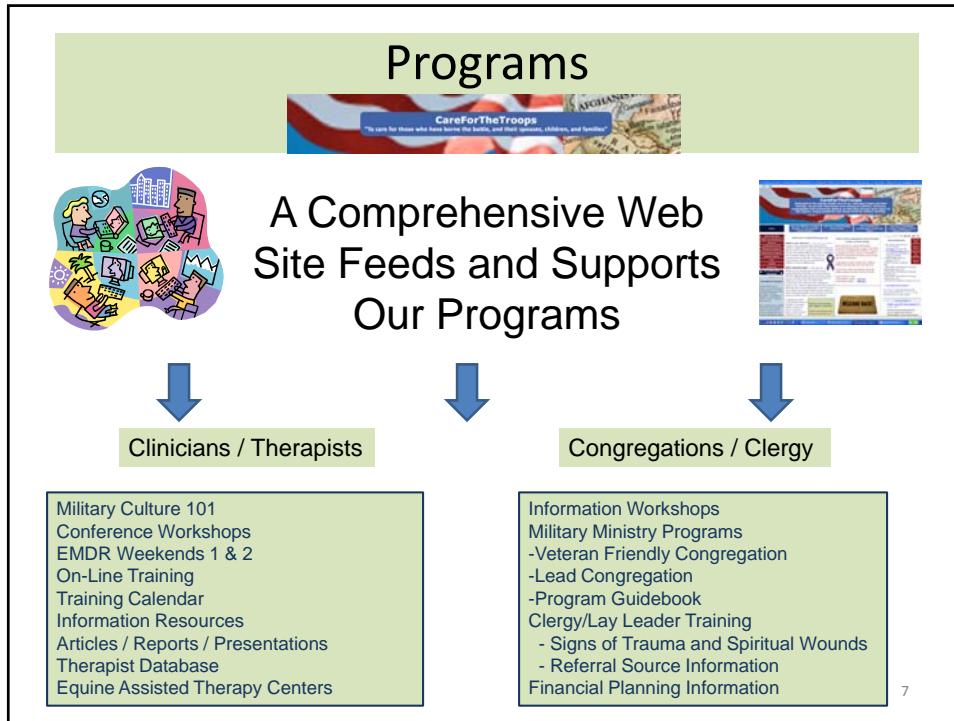
- Work to improve the ability of the civilian mental health infrastructure in the State of Georgia, then nationally, to work with military family members
- Facilitate connecting military families to providers of spiritual and psychological services familiar with the military culture and trauma
- Focus 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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Approach



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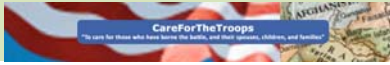


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The Trauma Continuum



Why Understand It?



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The Trauma Continuum



*"The past is never dead.
It is not even past."*

...William Faulkner

*"Not everyone has PTSD.
It is not the only diagnosis."*


...me



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Psychological Injury Continuum: ASR to COSR to PTSD


- ASR (acute stress reaction)**
 produces biological, psychological, and behavioral changes. **ASD** means it has become disruptive and destructive.
- COSR (combat and operational stress)**
 is expected, common, and occurs throughout deployment to some degree. Pretty much everyone comes home with some version of combat and operational stress.
- PTSD (post traumatic stress disorder)**
 becomes classified as PTSD if COSR symptoms are daily, interfere, and "last longer than 1 month"



ASR

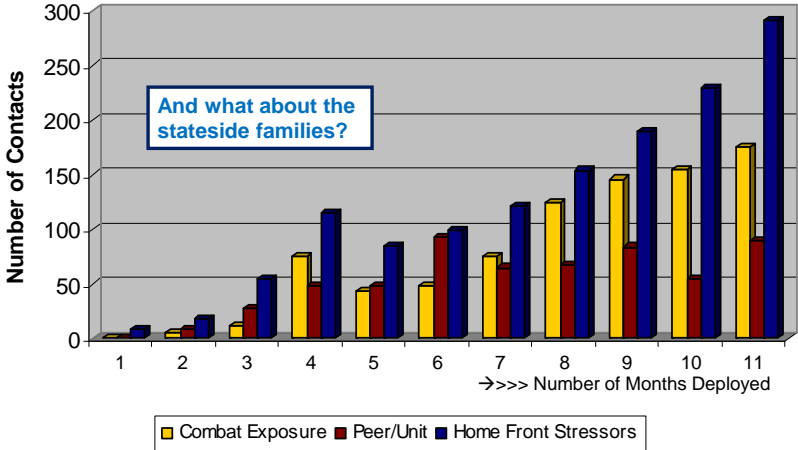
COSR

PTSD



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Where Does the Stress Come From? Major Chris Warner's Sources of Stress



Number of Months Deployed	Combat Exposure	Peer/Unit	Home Front Stressors
1	5	10	15
2	10	15	25
3	15	25	40
4	25	35	60
5	35	45	80
6	45	55	100
7	55	65	120
8	65	75	140
9	75	85	160
10	85	95	180
11	95	105	200

Warner CH, Breitbach JE, Appenzeller GN, et al. "Division Mental Health: It's Role in the New Brigade Combat Team Structure Part I: Pre-Deployment and Deployment" *Journal of Military Medicine* 2007; 172: 907-11.

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SIGNS / SYMPTOMS OF (COMBAT) PTSD

- **HYPER-AROUSAL:**

Fight/Flight/Freeze, Angry, poor sleep, argumentative, impatient, on alert, tense (hyper-vigilant), intense startle response, speeding tickets (once home) and other risky behavior.

- **NUMBING/AVOIDANCE:**

Withdrawn, secretive, detached, controlling, removes all reminders, avoids similar situations, ends relationships with people associated with trauma, etc.

- **RE-EXPERIENCING:**

Nightmares, flashbacks, intrusive thoughts



Handout

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PTSD: Cues or Triggers

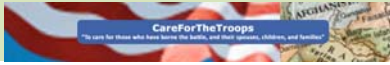


- Think “full body”: memories are laid down in all sensory spheres (smell, sound, vibrations, colors, etc)
- Terrain: desert, urban
- Weather: heat wind, humidity
- Songs
- Smells
- Driving: signature trigger for OIF/OEF vets (assess driving safety !)
 - Nature of war in Iraq and Afghanistan
 - Need for high speeds, evasive maneuvers
 - Importance of a driving assessment
- People: automatic response to persons who appear Middle Eastern, children
- Situational: mimic loss of control, powerlessness (e.g. dentist chair, anesthesia, OB-GYN exam, endoscopy, etc)



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PTSD: non-DSM



What does PTSD feel like – What are Therapists “hearing” in therapy

1. Sense of immediacy (“happening right now”)
2. Re-experiencing of original memories and sensory impressions
3. Involuntary
4. Guilt
 - Rational or irrational
 - Understanding atrocities
 - “Survivor Guilt”, also guilt for leaving, being intact
5. Grief
 - Multiple losses without time to grieve
 - Affective numbing, anger/revenge
 - Impact of pre-war losses, post-war losses
 - Deaths of loved ones during deployment
6. Other Feelings
 - Anger at Government
 - Mistrust of Authority
 - Desire to return to the war zone
 - Damage to spirituality



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TBI: Traumatic Brain Injury



- Signature Injury of OIF/OEF
- Prevalence hard to estimate
 - Approximately 2100 Afghanistan troops diagnosed since 2001 as of 08/2007
 - VA reports 61,285 OIF/OEF vets had preliminary screen, 11,804 were positive (20%)
 - Prevalence has probably been underestimated so far ([Getting Better](#))
- Explosions account for 3 of 4 combat-related injuries
- Improvements in war zone medical treatment decreases fatalities but may impact rise in TBI
- Soldier return home with “poly-trauma”
- Can interfere and mask the affects of therapy and PTSD treatment
- Symptoms: headaches, tinnitus, dizziness, balance problems, sleep problems, persistent fatigue, speech, hearing and vision impairment, sensitivity to light and sounds, heightened or lessened senses, impairments in attention and concentration, memory problems more like dementia than amnesia, poor impulse and anger control



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PTSD Treatments



- Cognitive Therapy (CT)
- Exposure Therapy (ET)
- Stress Inoculation Training (SIT)
- Eye Movement Desensitization & Reprocessing (EMDR)

Generally individually oriented and systemically focused – *“One size does not fit all”*

VA Opinion of PTSD Interventions

Summary Table for Psychotherapy Interventions

R [#]	Significant Benefit	Some Benefit	Unknown	Harm
A	Cognitive Therapy (CT) Exposure Therapy (ET) Stress Inoculation Training (SIT) Eye Movement Desensitization and Reprocessing (EMDR)			
B		Imagery Rehearsal Therapy (IRT) Psychodynamic Therapy		
C				
D				
I		PTSD- Patient Education		

*R = level of recommendation

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The Spiritual Wounds of War

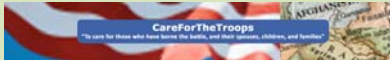


The following *Spiritual Wounds of War* charts are based on the work originally developed by the following individuals:

- Kent D. Drescher, Ph.D., *National Center for PTSD – Menlo Park*
- LTC Peter E. Bauer, MS USAR, LMFT, *currently at Ft Hood*
- Chaplain Bill Carr, D. Min., LMFT, *VA Hospital, Atlanta, Ga*

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The Spiritual Wounds of War



“The soldier’s heart, the soldier’s spirit, and the soldier’s soul are everything. Unless the soldier’s soul sustains him, he cannot be relied on and will fail himself, his commander, and his country in the end.

. . . General George C. Marshall

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The Spiritual Wounds of War



An Uncle's Story

“Why did God make them do that?”



Where do mental health and spirituality meet?

‘Compartmentalizing’ risks prolonging the healing process ... and may inflict additional pain and trauma

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The Spiritual Wounds of War



DISCLAIMER

Little research to date has addressed spiritual trauma among soldiers

Key Definitions

Spirituality

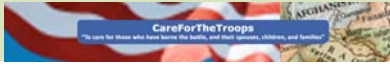
- an individual's understanding of, experience with, and connection to that which transcends the self
- Connecting to **something outside myself** e.g. God, Higher Power, Nature, Family, Friends

Shalom

- Is based on the Hebrew language
- Is well being
- Is mental, physical, emotional, spiritual, relational wellbeing
- Is a holistic approach to restoring spirituality in therapy

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The Spiritual Wounds of War



Profile of Differences by Era

Vietnam

- military cohorts
 - relatively homogenous
 - enlisted and drafted
 - fewer Reservists/Guard
- average age 18-22
- not married
- no children
- no career developed
- adolescents— early stages of development
- typically one tour (12-13 months)
- communications via phone, mail
- wounded/killed ratio 3:1

OIF / OEF

- not homogenous---heterogeneous
 - Active duty
 - Reservists/Guard-
 - joined for variety of reasons
 - likely did not expect to be deployed
- wide age range: 18-60+
- married
- parenting/grand-parenting
- job/career
- financial responsibilities (e.g. mortgage, family)
- typically multiple deployments with unknown duration
- instant communication
- more indirect combat e.g. IEDs and suicide bombers
- wounded/killed ratio 15:1

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The Spiritual Wounds of War



Why Discuss Spiritual Issues?

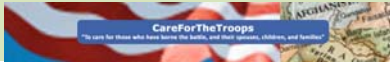
- Spirituality is an area of disconnect between health providers and patients – We are only beginning to examine mental health/spiritual interventions that address these issues
- A growing body of evidence indicates that trauma exposure and spirituality interact
 - Trauma affects spirituality in both positive and negative ways (*more detailed charts follow*)
 - Spirituality may affect recovery from trauma
- Prayer is one area where research has shown to have a positive affect on wellbeing

GOALS

1. A renewed sense of self
2. Reintegration back into the family system (and faith family)
3. Normalizing life within the culture from which they came

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The Spiritual Wounds of War



Why Discuss Spiritual Issues? (...cont)

- Spirituality is an important component of resiliency
- When spirituality is lost and despair increases to a significant level there is greater risk for:
 - Substance Abuse and Dependence
 - Marital and Family Conflict
 - Estrangement and Isolation from friend and family
 - Estrangement and Isolation from Faith Communities and God
 - Greater potential for physical violence against self/others
 - Greater potential for Suicidal or Homicidal ideation

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The Spiritual Wounds of War



Clergy & Mental Health

- 4 of 10 individuals with mental health problems seek counseling from clergy. This is greater than the number that seek help from mental health providers.
- Clergy are the spiritual “first responders” for military and family members ...

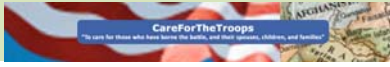
Military => Chaplain		Civilian => Clergy
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- Mental health providers tend to differ from their patients in spirituality
 - 95% of general population over 18 believe in God or a universal spirit while some studies cite a far lower number of psychologists / psychiatrists do.
 - Few mental health providers receive training in how to address spirituality with clients



(Citation: Gallup Organization Study in "So Help Me God..." Report by The National Center on Addiction and Substance Abuse at Columbia University, Nov 2001)

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The Spiritual Wounds of War



What Might You Be Prepared To Find?

Who Am I now vs. who I was before?

- Some Warriors may question do I love myself?
- Do I like myself?
- Does God still love me?



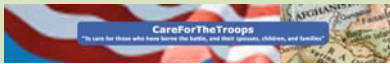
Individuals* might exhibit or express the following notable feelings:

- | | |
|----------------------------|--|
| • Spiritual injury or pain | • Humiliation |
| • Guilt | • Hopelessness |
| • Grief | • Loneliness/Isolation |
| • Confusion | • Needs for Reconciliation |
| • Fear/Anxiety | • Loss of meaning (despair) |
| • Resentment/Anger | • Struggles with peace about self and others |
| • Shame | |

Handout

* Individuals = Military Family Member / Deacon / Minister / Chaplain 27

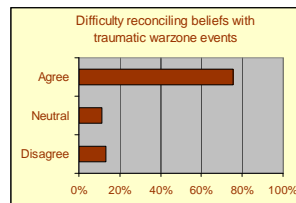
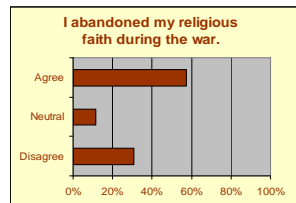
The Spiritual Wounds of War



Evidence for a relationship between trauma & spirituality – both positive and negative

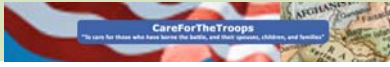
- Positive Affects**
- Increased resiliency
 - Increased spirituality

- Negative Affects**
- Loss of faith while in the war zone
 - Difficulty reconciling faith with the war zone experiences



Citation: Study of veterans in residential post-traumatic stress disorder (PTSD) treatment in a Veterans Affairs facility

The Spiritual Wounds of War



Veterans' Spiritual Coping Skills

- I was preserved for another purpose
- Prayer and the prayers of others
- Pursued a deeper spirituality
- I had a sense of God's protection
- I went to chapel
- I met a chaplain
- I started thinking for myself
- I expanded my faith
- I talked to other veterans



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The Spiritual Wounds of War



Veteran Quotes of Spiritual Injuries

- "I was totally alone"
- "I was not myself"
- "I saw myself dead"
- "I lost my innocence, sanity and faith"
- "Time stopped"
- "Did I die there?"
- "I became mean and cold"
- "I was afraid"
- "I never talked about it"
- "I reject religion"
- "Nothing prepared me"



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The Spiritual Wounds of War

Evidence for a relationship ... continued

- Lack of forgiveness, and religious coping (- positive / + negative) are related to more severe PTSD and depression in outpatient veterans treated for PTSD
Witvliet, C. V. O., Phillips, K. A., Feldman, M. E., & Beckham, J. C. (2004).
- Within PTSD group lack of forgiveness, is associated with worse PTSD severity, and worse depression. Negative religious coping associated with worse depression.
Drescher, K.D. Ramirez, G., Romesser, J., Rosen, C. S., Foy, D.W.
- Veterans' warzone experiences (killing, losing friend) weakened their religious faith, both directly and as mediated by feelings of guilt.
- Weakened religious faith and guilt each contributed independently to more extensive current use of VA mental health services.
Fontana, A., & Rosenheck, R. (2004).
- View of God as wrathful & punitive is linked to increased substance use
Gorsuch, R. L. (1995).
- Anger at God & God is punishing me is associated with poorer health outcomes
Pargamant, K. L., & Brandt, C. R. (1998).

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The Spiritual Wounds of War

The Insidious Nature of Trauma

Spirituality requires a balanced connection between mental, physical, emotional, and relational wellbeing

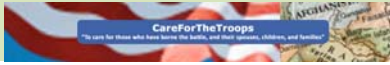
Trauma's emotional and cognitive distortions cause numbing and impairs relationships with families and God/Higher Power

Pre-Trauma Spiritual Approach	Post-Trauma Inhibitors
Experiential – Feeling God's presence	Numbing of emotions and relationship disrupts one's experience
Cognitive – Well thought out belief in God/Higher Power	Disrupts ability to process logically and grasp belief (esp. if TBI exists)

This results in making the renewal of spirituality very difficult

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The Spiritual Wounds of War



Repairing Spiritual Injuries and Interventions

- The need for forgiveness of self and others
- Atonement for what one has done during combat
- Commitment to reparations regarding behavior, especially violent behavior during combat

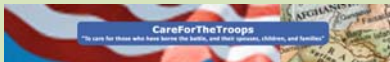
Interventions: *“Things to do vs Talk”*

Introduction of rituals which enable a soldier and family transition from the combat ready culture to the former culture of family, home, or social group

- Spiritual
- Body Movement
- Communal

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The Spiritual Wounds of War



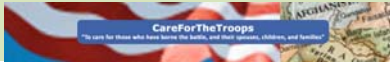
Spiritual Interventions (examples)

- Prayer/Contemplative Prayer/Fellowship Groups
- Worship Services
- Exercise (aerobic – 3 times per week)
- Spiritual Journalism
- Spiritual Confession with someone who will hold you accountable
- Acts of Penance, what you can do to make the situation better



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The Spiritual Wounds of War



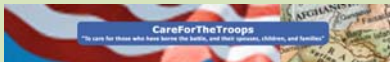
Body Movement Interventions (examples)

- Tai Chi
- Qui Gong
- Yoga
- Mindfulness meditation
- Reparations work (Habitat for Humanity, Volunteer at homeless shelter)



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The Spiritual Wounds of War



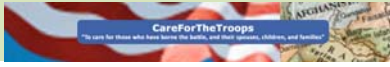
Communal Healing Interventions (examples)

- Going with a group of other Veterans (i.e. returning to Vietnam/OIF/OEF)
- Joining a group of Veterans and doing a service project (i.e. helping an orphanage)
- Become a part of a Spiritual Support Group for Veterans/ Soldiers
- Become a part of a Peer Support Group
- Parenting Classes ("Scream Free")
- Marital Relationship Groups
- Anger Management Groups
- Retreats
- Equine Therapy
- Art Therapy



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The Spiritual Wounds of War



How Can Congregation Communities Respond?

- Make congregations a safe place for veterans
 - Be alert for ritual opportunities within your faith tradition
 - Encourage veterans to meet with clergy, ushers in order to identify a safe place to mitigate panic
 - Be supportive of vets who need to wear sunglasses (for “safety” or to protect eyes from intense light)
 - Become sanctuaries of support- e.g. offer veterans peer support groups
 - Offer ways to participate/volunteer that fit ‘needs’ as well as ‘skills’
 - Coach staff to minimize questions
- **And Consider the CareForTheTroops *Veteran Friendly Congregation Military Ministry* approach that is about to be presented !!**



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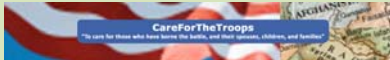
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Congregations' Response



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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.

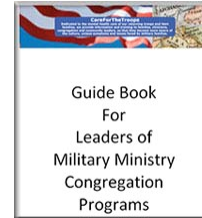
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Military Ministry



Purpose

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

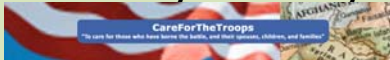


- Help the congregation members maintain an **awareness** of the existence and needs of those sacrificing their time and effort to support our country
- Create an **environment of acceptance** within the congregation for any extended family member who worships or visits the congregation; acceptance of their needs (physical, material, and spiritual), and a willingness to join in their struggles, whatever they might be

A Military Ministry is a commitment by the congregation to the military families and to themselves to provide support. It is not a commitment to the CareForTheTroops organization.

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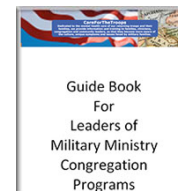
Military Ministry



Each Congregation Can Act on Their Own

The way this is setup:

- no faith has to act in any way like another faith
- no congregation has to act like another congregation
- no congregation has to have a Ministry like any other congregation
- every Military Ministry is completely customizable to each congregation's desire to act



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Home Page - CareForTheTroops providing education to mental health professionals on treating the military and information to civilian groups, so they better understand and recognize mental health issues.

File Edit View History Bookmarks Tools Help

Are You Part of a Congregation Leadership Team?

Dedicated to the mental health of military families, we provide information to congregations and communities about the culture, unique experiences, and needs of military families.

Program Overview

- About Congregation Programs
- Lead Congregations
- Veteran Friendly Congregation Designation Program
- What Signals To Look For
- Reference Material
- Miscellaneous Links
- Training Material
- Schedule Training
- Who to Contact

Home | Are You Military, 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.

WHO is the site for? ... This site is for members, their immediate and extended families, whether there is a family member between deployments, recently returned, or it is also for mental health professionals, congregational 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.

WHY visit this site? ... This site will help those who are both near and far from existing DOD and VA facilities, who may be difficulty getting the help needed in a timely way. We are working to help better educate and train additional civilian cadre of mental health professionals and community and congregational leaders on how better to understand the issues affected by the Iraq and Afghanistan conflicts and to be able to provide the needed resources to address the mental health issues when they cause any further delay in receiving treatment.

Congregation leaders would include leaders of all faiths. Community Leader examples are school counselors, family practice doctors, members of social...

What are some key and "triggers" to address? Triggers that include someone you know...

Find a therapist
"Stuff" You Should Know
About Us
Training Event Info
Therapist Enrollment
Congregation Programs
Resource Library
News
Donate
Contact Us
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 ctt@careforthetroops.org

http://www.careforthetroops.org/about_programs.php

start | Google | Pain Desktop | Military Ministry Chap... | Home Page - CareFor... | Microsoft PowerPoint...

This is the Home Page

The menu for Congregation Leaders is opened up.

In this case, selecting the About Congregation Programs page

About Congregation Programs - CareForTheTroops providing education to mental health professionals on treating the military and information to civilian groups, so they better understand and recognize mental health issues.

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

Home | Are You Military, 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?

Congregation-Based Military Ministry Programs

Introduction:

Congregation-based Military Ministry Programs are a step toward supporting active military and veterans of the current and past conflicts. These programs are fundamental to the success of the CareForTheTroops effort as they represent the primary participation vehicle for [congregations](#) to participate in the CFTT initiative and also an important element in qualifying as a [Veteran Friendly Congregation](#). It is a very key way for spreading the word and connecting with military family members in need on a local level.

The set of programs is intended to address the entire extended family members associated with the person that is or has been in the military. The programs available and outlined on this website have 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 works or visits the congregation; acceptance of their needs (physical, material, and spiritual), and a willingness to join in their struggles, whatever they might be.

More information can be found below and updates regarding these programs will be posted as they occur. We also have posted a presentation that can be used to lead a discussion of CFTT and the Congregation-Based components of this initiative to a group of congregation leaders and members.



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Done

start | Google | Pain Desktop | Military Ministry Chap... | About Congregation ... | Microsoft PowerPoint...

Top of the About Congregation Programs Page

Click on the picture and this presentation is available

About Congregation Programs - CareForTheTroops providing education to mental health professionals on treating the military and information to civilian groups, so they better understand

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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 ctm@careforthetroops.org

Our Partners

Training Development

- Prayer Counseling Center
- Mental Health Resources
- EMDR (Clinicians of GA)
- Marriage and Family Therapists (GAAPT)

Congregation Outreach

- Episcopal Diocese of Atlanta
- The Atlanta Presbytery and Presbyterian Women
- Catholic Charities and the Archdiocese of Atlanta

VETERAN'S HEART GEORGIA

There is an excellent non-profit that began operating in late 2006 that is very complementary to the mission and goals of CareForTheTroops

Veteran's Heart Georgia fosters the healing of veterans of all wars by attending to the spiritual and emotional needs of veterans, their families and our communities.

We urge you to [link to their web site](#) and take advantage of their training and support activities. CareForTheTroops is inclusive and believe that

Related Articles of Interest

An overall Guide Book is available which helps a Congregation Leader set up a Military Ministry in their congregation, access, print, and download this Guide Book you should click on the image on the left

This Guide Book is designed to help leaders of congregation, based military ministries and also leaders of Lead Congregations. The workbook-style was used to make it as easy and simple to understand the steps to follow and the elements to consider when bringing CareForTheTroops to the local congregation level and to the surrounding communities.

The following individual programs are suggested in the Guide Book. However, these are just suggestions. We are welcome any new ideas and suggestions and certainly do not want you to give up any programs which your congregation may already have started. In fact, be sure to tell us about any!

Document Contents

To give you an idea of what this Guidebook contains and how it can be helpful to you, we are showing below the Table of Contents as well as the open introduction letter to the reader.

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Table of Contents

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- [I. Congregational Leaders/Lay Leaders](#)
- [II. Lead Congregations](#)
- [III. Additional Notes](#)

[Renewal Letter Example](#)

[Letter from Congregation Leadership to Congregation, Example 1](#)

[Letter from Congregation Leadership to Congregation, Example 2](#)

[Letter to a Congregation Member in the Military or Related To Ours, Example](#)

[Example of Article in Congregation Newsletter or Email to the Congregation](#)

[Part 2 – Congregation Program Templates](#)

[Program 1: Prayer List Identification - Spiritual Support and Care](#)

Military Ministry Programs




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Veteran Friendly Congregation (VFC)



www.CareForTheTroops.org/about_programs.php

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.

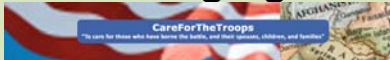
“Becoming a VFC is making a commitment to have a Military Ministry”

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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Military Ministry Programs - Examples



- St Peter Chanel Catholic Church Website – Roswell
www.stpeterchanel.org/ministry/military/index.html

- Good Shepherd Episcopal – Covington
 Operation Sandbox



- St Thomas – Columbus
www.booksforsoldiers.com

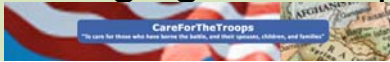
- St Thomas Aquinas – Blue Star Group
 Banner and Care Packages



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

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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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What did we cover? NEXT STEPS ...

Reviewed CFTT's plans for congregations

- Congregations to start Military Ministry Programs
- Explained the role of VFCs* and Lead Congregations
- Described and asked for VFC* Letters
- Next Steps ...
 1. Gain Agreement from the Congregation's Leadership for the Ministry
 2. Assign a Ministry Leader
 3. Recruit and Form a "team", "group", "committee"
 4. Decide which Programs to begin and/or enhance
 5. Sign-up as a CFTT VFC* – connect with the Lead Congregation
 6. Consider being a Lead Congregation and work with CFTT

* A VFC is a Veteran Friendly Congregation

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Agenda – Concluding Discussion

Time	Speaker	Topic
10	Host Congregation	Introductions and Opening Remarks
20	Peter McCall	Review what CareForTheTroops is and does www.CareForTheTroops.org
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"> • Congregations can start Military Ministry Program • Explain the role of a VFC* and Lead Congregation • Describe and ask for VFC* Approval Letters
10	All	Open Discussion and Concluding Remarks

* A VFC is a Veteran Friendly Congregation

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