

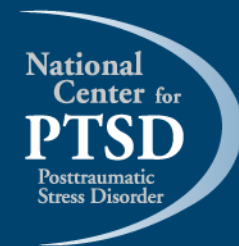
Community-based Networks Helping with Reintegration

Laurie Slone, PhD

Dartmouth Medical School

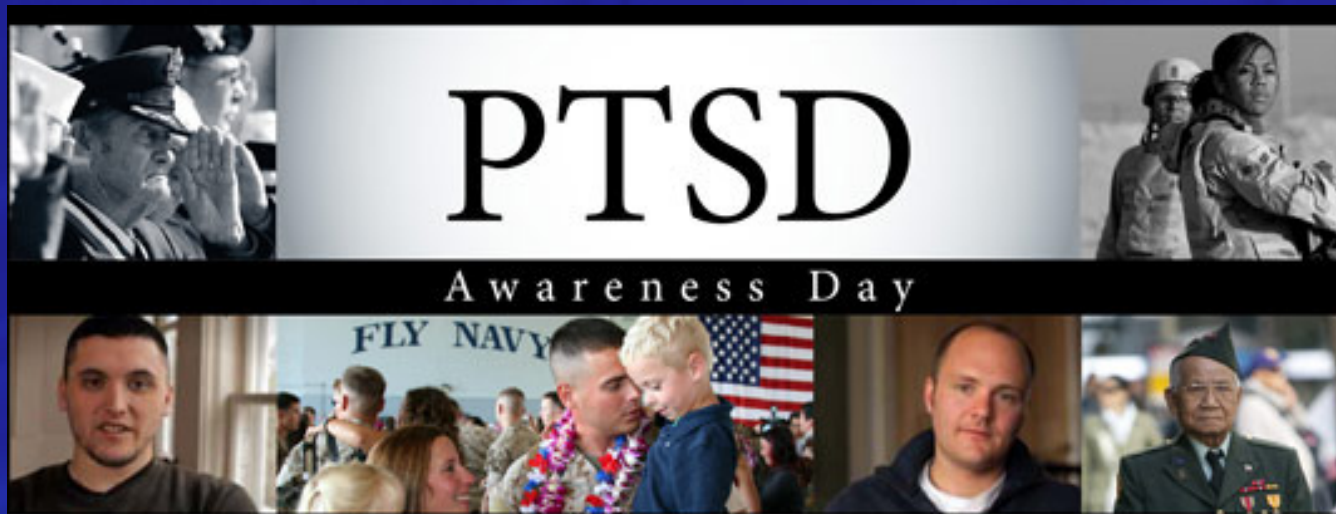
VA's National Center for PTSD

NYC June 2011



ADVANCING SCIENCE AND PROMOTING UNDERSTANDING OF TRAUMATIC STRESS

June 27th PTSD Awareness Day



www.ptsd.va.gov



**Vermont Military, Family &
Community Network
2005-2011**



What is the MFCN?

A community effort to understand, prevent & help deal with the effects of war on service members, their families & communities.

Together we raise awareness about:

- Challenges faced by service members and families
- Resources in place to help them as needed
- How we can help connect service members and their families to their communities

Structure of the Network

An entire Network across the state that wants to help veterans and their families

Regional Taskforce:

- Overall planning group to develop and assess goals and objectives: Meets monthly/quarterly
- Subcommittees targeting specific topics

Six Local Taskforces:

- Military and Civilian liaisons
- Increase awareness of the needs and resources
- Identify gaps and work with Regional Taskforce to resolve issues



Military, Family & Community Network Structure

History of the MFCN

- 2005 1st conference: best part NETWORKING
 - Two follow up events, by request
 - Family events in north to prep for return of Taskforce Saber
- MFCN born
- First statewide event: AHS joined
- Realized less about creation of resources, more about breaking down silos

Accomplishments

- Provide information to service members and their families, using the network
- Training events for community-based providers: *No wrong door*
- **The Vermont Yellow Book:** Resources for Service Members and their families
- Partnered with **VT 2-1-1**
- *After the War Zone: A Practical Guide for Troops and Families*

Accomplishments cont.

- Website www.vtmfcn.org
- Email list for monthly notices all-subscribe@vtmfcn.org
- Calendar of events and trainings
- Regular MFCN sponsored statewide events to increase awareness (Camp Johnson, Brattleboro, WRJ, Newport)
- Four Corners

Four Corners

- Financial
- Jobs and Education
- Health
- Reintegration: Family and Peer Support

Network Members

- VT National Guard: Family Program (FRGs, FACs), Child & Youth Program, Chaplains
- VA, Vet Centers
- Governor
- Legislative reps
- Agency of Human Services
- VT Dept of Health
- State Guard
- VT 211
- VT Traumatic Brain Injury Center
- VT Medical Sleep Disorders Center
- NAMI - VT
- ESGR
- SBA's
- Religious leaders
- Drs., counselors, case managers, practitioners, nurses
- Invest EAP
- Family Programs
- TriCare/HealthNet
- Police Dept.
- Center on Disability
- VT Dept of Labor
- State Dept VA
- Colleges
- Schools/teachers
- VSOs
- Vet to Vet Program

....and many more....

Important Elements

- Proactive Strategy
- Sustainable, using existing systems
- Keep an open mind and keep learning
- Military, State, VA, and Community
- Just talk to one another & play nice
- Meet regularly
- Don't give up

DoD Funded Research

- Creation of a similar network in Maine
- Pre and post measures of awareness (needs and services) and collaboration in community providers
- 18 month time frame for grant

Maine Military & Community Network



About
MaineMCN

For the
Community

For Service
Members
and Families

Events

The Maine Military & Community Network

“Connecting Maine Military Families with their LOCAL Communities”

The MaineMCN is a collaborative effort by Maine organizations, volunteers, and others like YOU, to raise awareness about the challenges service members, veterans, and their families face. Across the state, Mainers are working together to help connect service and family members to resources in their communities. Together we can help ensure that no matter who a military service or family member turns to, he or she will find the assistance they need.

Be Connected. Learn More. Make A Difference... [Join Us:](#)

- ☆ Sign up to learn about news and events
- ☆ Meet with local folks who want to help
- ☆ Providers, join the **Maine Military Clinical Outreach Network** ([MMCON](#))

[For more information about our upcoming state-wide conference, click here for our downloadable flyer!](#)





www.MaineMCN.org

- Regional focus
- Some funding (instead of none)
- Control condition: MA
- Preliminary data analyses:
 - Maine increased in awareness and collaboration over time
 - Mass. remained the same

10 Ways Community Members Can Help

1. Be aware of resources and services
2. Understand that *everyone* is affected when troops are deployed
3. Remember children
4. Learn about the experiences of war & readjustment to home life during and following deployment
5. Learn more on an ongoing basis

10 Ways Community Members Can Help cont.

6. Understand identification/treatments if you are a doctor, clinician, or social worker
7. Ask. But do not push if someone is not ready to discuss things
8. Realize the stigma regarding mental health issues and that getting people to seek help is not easy
9. Know some facts
10. Spread the word. Join a Community Network
www.vtmfcn.org www.mainemcn.org