

# Wounded Warrior FAMILY NEWSLETTER



June 2015

★ *A QUARTERLY NEWS RESOURCE FOR WOUNDED  
WARRIOR FAMILIES & CAREGIVERS* ★

## FISHER HOUSE OPENS AT CAMP PENDLETON



*Military members, families and community leaders celebrated the new Fisher House with a ribbon cutting and tour.*

On May 15, Commander, Navy Installations Command (CNIC) welcomed a new Fisher House into its program. The 8,000 square-foot facility is located at Camp Pendleton Marine Corps Base in San Diego, Calif. The naval hospital at the installation serves a number of Navy Wounded Warrior (NWW) – Safe Harbor enrollees and their families and caregivers.

The Fisher House Foundation generously donates these homes for military families who have a loved one recovering at a military treatment facility. Upon completion and acceptance of each facility, the service branches assume responsibility for their operations. The mission of the CNIC Fisher House program is to provide a “home away from home” in times of medical crisis for Sailors and their families. The staff is committed to providing a caring, comforting and peaceful environment for those they serve.

“We are extremely proud to open the doors of this new Fisher House at Camp Pendleton,” said Kenneth Fisher, chairman and CEO of the Fisher House Foundation, at the event. “With the generous support from United Health Foundation, this home will provide an environment where families can focus solely on the healing process.” Additionally, United Health Care provided a grant so families with children can receive free child care at the Fisher Child Care center, which also is located at Camp Pendleton.

The new house will augment the Fisher House located at nearby Naval Medical Center San Diego, as well as the housing needs of seriously wounded, ill and injured service members receiving treatment at the VA San Diego Health Care Center.

NWW enjoys a close partnership with the Fisher House program. Earlier this year, Pam Smith, CNIC’s Fisher House program manager, and her team met with Lt. Rebecca Johnson, the NWW southwest regional director, to discuss new ideas for collaboration and resources. Navy Fisher Houses are located at **Naval Support Activity Bethesda, Md.** (<http://bit.ly/1FL5wrL>); **Marine Corps Base Camp Lejeune, N.C.** (<http://bit.ly/1Glr9y9>); **Naval Medical Center Portsmouth, Va.** (<http://1.usa.gov/1AXaNB2>); and **Naval Medical Center San Diego** (<http://1.usa.gov/1dXCE9K>). For more information about the Fisher House Foundation, visit [www.fisherhouse.org](http://www.fisherhouse.org).

### A LETTER FROM LEADERSHIP



This month, 39 seriously wounded, ill and injured Sailors and Coast

Guardsmen will travel to Quantico, Va., to participate in the sixth annual **DoD Warrior Games** (<http://1.usa.gov/1M-4Fqp0>). The athletes have been training for the annual competition for nearly three months, and they will face-off against more than 250 wounded warriors from other branches of service and the U.K. These games are a testament to our wounded warriors’ strength, personal courage, and inspirational attitudes. While I look forward to exciting matches on the playing field, I primarily consider this event an important recovery milestone for our athletes and their families and caregivers. The DoD Warrior Games are a reminder of how hard they have worked, and how far they have come, in their rehabilitation.

Adaptive sports, and other reconditioning activities, offer many benefits to NWW enrollees. In addition to helping them build strength and endurance, sports improve wounded warriors’ emotional well-being, too. They boost self-esteem, connect wounded warriors to others facing similar challenges, lower stress levels, and link wounded warriors and their families to many exciting new opportunities. I have seen firsthand how events like the DoD Warrior Games bring families closer together. I have heard stories from spouses and children of our enrollees who expressed relief and thanks because sports made their loved ones happier than they have been in years. I invite all NWW enrollees to get back in the game and join us at an adaptive sports event in the future.

Sincerely,  
Capt. Brent Breining, NWW Director



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## NAVY TAP PROGRAM IS REDESIGNED



GOALS | PLAN | SUCCEED  
Transition Assistance Program

Navy's Transition Assistance Program (TAP) has been fully redesigned and gives retiring or separating Sailors the skills, resources and tools necessary to make a successful move to civilian life. Gone are the old TAP classes familiar to many service members;

the Navy has introduced a new, comprehensive program that includes an updated curriculum called Transition GPS (Goals, Plans, Success).

Transition GPS ensures Sailors receive the training mandated by law, focusing on financial planning, understanding VA benefits and employment tips. The curriculum is not only geared toward service members; it includes critically important content for transitioning families, as well.

If military spouses are unable to attend classes with their service members, they now have access to the Transition GPS curriculum through the eBenefits website, [www.dol.gov/vets](http://www.dol.gov/vets), or at <http://www.militaryonesource.mil>. To access more helpful information and recommendations for transitioning service members and their families, visit the NavyLive blog (<http://1.usa.gov/1T7AHaL>).

## COMBAT COMPASSION FATIGUE



Untreated compassion fatigue can impair a caregiver's capabilities at work or home and seriously disrupt their lives. It is critical for wounded warrior caregivers to seek help promptly if they feel overwhelmed by their responsibilities. Assistance is available through NWW, or via other military support programs.

Below are important tips to help wounded warrior caregivers avoid straining themselves physically and emotionally:

- **Schedule your breaks:** Ask a trusted friend or relative to step in, when needed, to avoid burnout.
- **Join a support group:** Seek out the help and camaraderie of people facing similar challenges. It's useful and productive to share feelings with those who understand.
- **Journal:** Keep a diary. Cataloguing daily activities, stresses, hopes, and dreams can be therapeutic.

Read more tips at **Military OneSource** (<http://1.usa.gov/11mnT9E>), which also lists upcoming webinars and other free resources for families and caregivers grappling with major life changes. Also, learn about the **Military Caregiver PEER Forum** initiative (<http://warriorcare.dodlive.mil/caregiver-resources/>).

## PTSD AWARENESS MONTH



Learn

Connect

Share

PTSD AWARENESS • JUNE 2015

June is Post-Traumatic Stress Disorder (PTSD) Awareness Month, a time to raise public awareness of an invisible, but very serious, condition that affects many wounded warriors, and to highlight effective treatments.

"Raising PTSD awareness is essential to overcoming the myth, misinformation and stigma surrounding this mental health problem," said Secretary of Veterans Affairs Robert A. McDonald. "We encourage everyone to join us in this important effort."

Anyone can play a part in increasing awareness of PTSD, and involvement is critical. Many people know a loved one, a neighbor, a colleague, or a friend who is suffering in silence from PTSD. Visit the National Center for PTSD website to access promotional materials and outreach tips (<http://1.usa.gov/1nscmD>). Discuss PTSD online via social media; complete the Raise PTSD Awareness Pledge (found at the link above) and return it to [ncptsd@va.gov](mailto:ncptsd@va.gov); or host a local event to address this important topic. **Make a difference today!**

NWW WEBSITE

