

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER



January 2016



FAMILY SYMPOSIUM BRINGS AWARENESS



Navy Wounded Warriors, their families and their caregivers serve as panelist during the 2nd annual Naval District Washington (NDW) family symposium sharing their inspirational stories since joining Navy Wounded Warrior (NWW) – Safe Harbor.

Wounded Warriors, their family members and their caregivers gathered on Oct. 30 for the 2nd annual Naval District Washington (NDW) Navy Wounded Warrior (NWW) — Safe Harbor family symposium at Walter National Military Medical Center (WRNMMC) to share their stories and discuss the challenges they have faced throughout the recovery process.

Retired Navy Lt. Aaron Ojard and his wife Linsie participated as panelists. “Being able to share our story of marital struggles in a public setting with other war-altered Sailors was freeing to me. We were able to verbalize and share our problems with others, and hearing that we are not the only ones fighting through issues helped us realize we are not alone. NWW is a necessary organization and gave me and my wife tools and outlets to help us through

the difficulties we face from navigating the Navy medicine labyrinth, transitioning through the retirement process, and reintegrating into life after the Navy,” said Aaron Ojard.

The goal of the NWW family symposium is to hear directly from the families of enrollees about their experiences since learning of their loved one’s injury or illness. Their testimonials will help improve the delivery of non-medical services nationally and in the local regions to current and future program enrollees and their families. The mission of NWW is to host a symposium in each of our six regions in order to bring awareness of wounded warriors and their families to leadership and the community. The next family symposium will be held in Navy Region Hawaii on Feb. 23 at the historic Hickam Officer’s Club on Joint Base Pearl Harbor-Hickam (JBPHH). If you are in the area and wish to attend, please contact Senior Chief Howell at thomas.d.howell7.mil@mail.mil.

MILITARY CAREGIVER VIRTUAL PEER-TO-PEER FORUMS

Military caregiver virtual peer forums are designed to connect geographically-dispersed military caregivers and provide the opportunity for them to share experiences and challenges, while relieving feelings of isolation and loneliness. The virtual forums aim to support military caregivers who can’t find the time to meet in a face-to-face setting or are uncomfortable in that type of environment. The Office of Warrior Care Policy convenes the forums monthly, and military caregivers participating in these forums continually express their appreciation to the caregiver support team in having their needs and desires met through this medium. The virtual forums are usually held on the fourth Thursday of each month. For more information on how to attend a virtual forum, contact OSD.caregiver@mail.mil or the NWW family programs coordinator at dario.santana@navy.mil.



SOCIAL MEDIA UPDATE

We made a name change! Find us on Facebook, Twitter and Instagram at Navy Wounded Warrior.



A LETTER FROM LEADERSHIP



Happy New Year! It is my heartfelt wish that 2016 brings you health and happiness. At the start of 2016, our ever-growing

caseload includes more than 3,900 Navy Wounded Warrior (NWW) – Safe Harbor enrollees. Twenty-six percent of those service members have suffered a traumatic brain injury (TBI), and, as you may know, March is dedicated to brain injury awareness. Family members play a crucial role in the rehabilitation of individuals with this life-altering condition. TBI may cause physical, cognitive and behavioral changes that can result in a lifelong process of adjustments and accommodations. According to the Defense and Veterans Brain Injury Center, research has linked a family’s ability to adapt and cope with trauma to a patient’s success with rehabilitation and reintegration. NWW provides enrollee families with a variety of support services, which help make their jobs as caregivers more manageable. To learn more about the services we provide, contact us at 855-628-9997 to be put in touch with our family programs coordinator. Additional information about brain injury is available online at <http://www.biausa.org/> and <http://dvbic.dcoe.mil/about/tbi-military>.

Sincerely,
Capt. Brent Breining
NWW Director



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VA CAREGIVER PROGRAM UPDATE



The U.S. Department of Veterans Affairs (VA) caregiver support program works with the Fisher House Foundation's Hero Miles program to provide assistance with airline travel to the support network of approved family caregivers and veterans (under Public Law 111-163). Each approved caregiver may use Hero Miles two times per calendar year to assist their family members or friends in flying to their home.

Hero Miles provides domestic, round-trip tickets, limited to two adults. An approved family caregiver or the veteran must contact their local caregiver support coordinator to request travel from the VA Hero Miles point of contact. All applications must be received by the caregiver support program office four weeks prior to the date of travel for all flight requests. For assistance with identifying your local caregiver support coordinator, visit <http://www.caregiver.va.gov/index.asp> or contact the NWW family programs coordinator at dario.santana@navy.mil.



For our NWW Coast Guard enrollees, CG SUPRT provides counseling, education, and referral services to active-duty Coast Guard members, members of the Selected Reserve, Coast Guard civilian employees, and their dependent family members. Help is available for issues such as marital and family problems, drug abuse, depression and anxiety, work/life balance, financial stress, work-related concerns, and career issues. CG SUPRT is also a resource to help you take the first step toward healing if you are a victim of military sexual assault by providing linkage to supportive resources and counseling. Services are free, including counseling, health and wellness coaching, money coaching, online tax services, resource referral, legal services, and use of many online tools and resources. Confidential help is available 24/7 by calling 855-CG-SUPRT (247-8778) or visiting www.cgsuprt.com. For additional assistance and resources, a Work-life specialist at the Health, Safety and Work-Life Regional Practice can be reached by dialing 1-800-872-4957 and following the prompts, or by visiting <http://www.uscg.mil/worklife/>.

SCHOLARSHIP OPPORTUNITIES

The Fisher House Foundation provides scholarship opportunities for military children of active-duty personnel, Reservists, medically-retired personnel and veterans with the Scholarships for Military Children Program. The Foundation also partners with the National Military Family Association to provide opportunities to military spouses. For more information on how to apply and deadlines, please visit <http://www.militaryscholar.org/index.html>.

The Folds of Honor has scholarship opportunities for wounded, ill, and injured and their dependent family members. For more information on how to apply and deadlines, please visit <https://www.foldsofhonor.org/scholarships>.

The Freedom Alliance Scholarship Fund provides opportunities to the dependent children of permanently-disabled veterans, Prisoners of War (POW), or Missing in Action (MIA) military members. For more information on how to apply and deadlines, please visit <http://www.fascholarship.com/qualifications/>.

FLEET AND FAMILY SUPPORT CENTER



As you begin your resolutions for 2016, consider visiting the nearest Fleet and Family Support Center (FFSC). FFSC professionals provide programs and services that meet the needs of Sailors, Coast Guardsmen, and families.

Their information and referral, education and training, counseling and advocacy programs are available to all active-duty personnel, Reservists, retired military personnel, and their family members.

Fleet and Family Support Programs (FFSP) support individual and family readiness through a full array of programs and resources that help military families to be resilient, well-informed and adaptable to the Navy and Coast Guard environment. Some great programs include: building healthy relationships, parenting in a military family, personal communications, stress management, effective communications for couples, organize your life, financial planning for retirement, and million dollar Sailor/spouse. For a complete list of FFSC locations and services available, visit http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html.



safeharbor.navy.live.dodlive.mil

