

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER



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CHAPLAIN CORE OFFERS SUPPORT TO ENROLLEES

Navy Wounded Warrior (NWW) – Safe Harbor partners with Navy chaplains to bring awareness to enrollees and their families and caregivers about how chaplains can provide assistance with recovery, rehabilitation and reintegration.

By definition, chaplains promote spiritual and religious support; but they also provide resources, including the Chaplain's Religious Enrichment Development Operation (CREDO), which offers transformational retreat-based programs and workshops designed to assist participants in developing the spiritual resources and resiliency necessary to face life's challenges. Since its inception, CREDO has provided life-changing growth opportunities to tens of thousands of people, profoundly enhancing the lives of our service members and their families. CREDO's mission is to strengthen spiritual well-being and individual resilience through workshops and retreats for Department of the Navy service members, civilians, and families.

From the earliest days of the CREDO program, the main focus has been on individual retreats, now referred to as personal or warrior resiliency retreats, which are designed to help individuals better understand themselves and their impact on the world around them. These retreats provide individuals a safe environment where they can gain a deeper understanding of who they are, and reflect on the events in their lives that have a bearing on their self-image, and how they relate to family, friends, peers, and the world at large. The resiliency comes from taking newly-gained insights and exploring them through various individual and group exercises. Personal resiliency retreats, like all CREDO programs, are educational by design and are not individual or group therapy.

Today, the CREDO program has grown to include retreats for married couples and families that are designed to build intimacy, bring about healing, and enhance communication. For more information on your nearest CREDO site or to request information on upcoming retreats go to: <http://www.navy.mil/local/chaplaincorps/CREDO-Map.html>.

ON THE ROAD TO INVICTUS

The 2016 Invictus Games will be held at the ESPN Wide World of Sports Complex in Orlando, Fla., May 8-12. About 500 athletes from 15 invited countries will participate, including 115 athletes from the U.S. The mother of Invictus competitor Sadie Strong, shared these words about her daughter's participation in the games:

"I just want to say thanks to Navy Wounded Warrior – Safe Harbor for making things happen for our family members. Training for the Invictus Games has made a huge impact in Sadie's life and in her recovery. She always looks forward to competing and it gives her a good place to put her mind and is a productive use of her time. We have watched Sadie heal and grow in ways that I know would have taken years without it," said Michelle Walcott.

Nineteen athletes, including Strong, will be representing NWW and competing on the U.S. team. Strong will compete in archery. Become familiar with the Invictus story at <https://invictusgamesfoundation.org/foundation/story>



NWW enrollee Sadie Strong smiles for photographers after winning the gold medal during the 2015 Department of Defense (DoD) Warrior Games shooting competition.



A LETTER FROM LEADERSHIP

Navy Wounded Warrior (NWW) – Safe Harbor currently serves almost 4,100 enrollees, and 22 percent of those

service members have been diagnosed with post-traumatic stress disorder (PTSD). As you may know, June is PTSD Awareness Month – a time to shed light on a condition that many suffer in silence.

When a traumatic event – combat, a difficult deployment, an assault, a disaster – elicits stress reactions that don't dissipate with time, PTS may have taken hold. Family members play a crucial role in the rehabilitation of people suffering from PTS, but living with someone experiencing PTS – someone who is easily startled, has nightmares, and often avoids social situations – will take a toll. According to the U.S. Department of Veterans Affairs, research shows that veterans suffering from PTS experience more marital problems and family violence. Their children have more behavioral problems than do those of veterans without PTS. NWW provides enrollee families with a variety of support services to address these kinds of issues, and more.

I encourage you to spread the word about PTS and effective treatments this June, and during every month. To learn more about the services NWW provides, contact 855-628-9997 to reach our family programs coordinator. Additional information about PTS is available online at <http://www.ptsd.va.gov/>.

Sincerely,
Capt. Brent Breining
NWW Director

NAVY REGION HAWAII HOSTS FAMILY SYMPOSIUM



Information Systems Technician 1st Class Ryan Shannon joins in a panel discussion during the NWW - Safe Harbor's Navy Region Hawaii Wounded Warrior Family Symposium at Joint Base Pearl Harbor-Hickam (JBPHH).

Navy Wounded Warrior (NWW) – Safe Harbor hosted its second annual Commander, Navy Region Hawaii Family Symposium on Feb. 23 at Hickam Officer's Club on Joint Base Pearl Harbor Hickam in conjunction with the 2016 Navy Wounded Warrior Pacific Trials. Our wounded warriors and their caregivers had the opportunity to share their stories with the symposium's guest speaker, the Honorable Franklin Parker, Assistant Secretary of the Navy for Manpower and Reserve Affairs.

Jasmine Ryan, spouse and caregiver for Information Systems Technician 1st Class Ryan Shannon, participated as a panelist. "I think it is a great opportunity not only for the wounded warriors but for the caregivers to share information with those who don't fully understand the behind-the-scenes aspect of caring for a wounded warrior. Seeing the response from the symposium is great, and I feel like we made progress in getting information out there for others so they can try and build upon it," said Ryan. "Helping families going through the same thing was also an important part of today's symposium. I hope to see more of these. Family and command support is so important for our wounded warriors and this was such a great opportunity," she added.

Her husband, IT1 Shannon, also participated on the panel and explained the value symposiums bring to NWW. "Sitting on the symposium panel today gave me the ability to share my story. These symposiums and peer-to-peer groups are so helpful for me and my brothers and sisters around me who are going through similar situations." Shannon also participated in the 2016 Wounded Warrior Pacific Trials. The trials brought together 50 seriously wounded, ill and injured Sailors and Coast Guardsmen from all over the United States, for competitive adaptive sports and recreation on Feb. 20 in Pearl Harbor. 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 care services nationally and in the local regions to current and future program enrollees and their families. The next family symposium will take place in Navy Region Mid-Atlantic on June 3 at the Holiday Inn Oceanside in Virginia Beach. If you are in the area and wish to attend, please contact Lt. Justin Short at Justin.short1@navy.mil.

CAREGIVER HIGHLIGHTS - HEAR DIRECTLY FROM OUR NON-MEDICAL ATTENDANTS

During the 2016 Navy Wounded Warrior Pacific Trials held at Joint Base Pearl Harbor Hickam some of the caregivers for our wounded warriors shared their stories:

"Participating in the NWW adaptive sports has given my husband a place to get his agitation out. After his first practice for the 2012 Warrior Games, he came back a different person. He teaches our children too, so now they have something special with him - that's just him - and he didn't have those bonds for so long. So it's amazing to see the turnaround adaptive sports has on our lives." - **Colleen Derbak**

"Honestly, adaptive sports saved my husband's life. In November of 2014 he was so depressed he wouldn't get off the couch, he wouldn't eat, and wouldn't sleep. Then, in January of 2015, he went to his first NWW adaptive sports camp. He discovered himself again and found his passion." - **Summer Simmons**

"NWW adaptive sports boosted my husband's confidence so much. The comradery with the other NWW team members is incredible. He is meeting people who have been through what he's been through in combat and he sees that they can talk about it, and that they're okay. He is realizing that he can work through the PTSD and there's a life, a full happy life, on the other side." - **Grace Mohammed**

Adaptive athletic reconditioning – athletic activities that are modified to meet the abilities of injured or ill individuals – are essential to the recuperation of wounded warriors. All enrollees in NWW are encouraged to make athletics a key component of their recovery and rehabilitation plans.

SUMMER CAMP RESOURCES

Now that spring season is underway and the school year is coming to an end, it's the perfect time to begin researching your options for summer camp.

Camp Corral is a free one-week camp for military kids 8-15 years old. Although it's open to all military children, priority is given to children of wounded, disabled or fallen service members. There are 23 camps in 19 states. For information on how to find a camp near you and apply visit: <http://www.campcorral.org/>

Operation Purple Camps offers military kids a free week of camp where they can connect with other kids, just like them. For information on how to find a camp near you and apply, visit: <http://www.militaryfamily.org/kids-operation-purple/camps/>

Summer Camps Search Engine

Here is a great website where parents and families can research, find and book summer camps: <http://www.summercamps.com/>