

Oklahoma City VAMC's Family Mental Health Program

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Family Education/Psychoeducation Curricula/Programs:

Support And Family Education (SAFE) Program **: www.ouhsc.edu/SafeProgram

18-session family education curricula for adults who care about someone living with mental illness/PTSD

Operation Enduring Families **: www.ouhsc.edu/oef

5-session family education curricula for OEF/OIF/OND veterans and/or family members

REACH Program: www.ouhsc.edu/REACHProgram (Manual funded by SCMIRECC)

9-month family psychoeducational intervention based on the evidence-based Multifamily Group Model (William McFarlane, MD), adapted for PTSD & the VA system.

Journey Through Loss

6-session psychoeducational program for veterans and/or family members on loss of a loved one

Adjustment to Traumatic Stress

4-session psychoeducational program for veterans and family members on reactions to trauma & VA resources

Other Resources for Families:

Veteran Parenting Toolkit **: www.ouhsc.edu/VetParenting

Five age-based toolkits for OIF/OEF veterans/family members on parenting and reconnecting with your child after deployment

Family Member Information packet for Psychiatry Inpatient Unit (available from Dr. Sherman at michelle-sherman@ouhsc.edu)

12-page booklet describing the family experience of having a veteran admitted to the hospital with helpful suggestions and information

Resources for Providers:

Working with Couples **: www.vacouplestherapy.org

Free 5-module online training to teach clinicians basic skills in working with veteran couples. Created with Dr. Michael Kauth of the SCMIRECC.

Us and Them: The Experience of Mental Health Stigma ** (available from Michael.kauth@va.gov)

PowerPoint workshop, group therapy curriculum/handouts on stigma among veterans living with SMI

** = Funded by South Central MIRECC