



*Service to the Armed Forces*  
***Coping With Deployments: Psychological First Aid for Military Families Course***

*Quick Facts*

- **What is it?** A course developed by the American Red Cross specifically to address the stress and strain of deployments on family members of those in the military. The Red Cross worked closely with subject matter experts from all branches of the service (Army, Navy Air Force and Marines), as well as National Guard and Reserve components, to compliment what is in their courses for servicemembers.
- **What will I learn in the course?** The course provides significant information on Resiliency strategies for adults and children, as well as explaining the steps in performing PFA for others under stress. It has an Adult Section, a Children's Section and a significant Resource and Referral Section.
- **How long is the course and how much does it cost?** The course lasts 4 hours when taken in one session *There is no cost for those who attend* and, as with all Red Cross courses; it will be taught in a confidential environment.
- **Who teaches this course?** The course is taught by actively licensed Red Cross mental health professionals who have been specifically trained to teach this course.
- **Who can take the course?** Family members of Reserve, National Guard, and active duty servicemembers to include spouses, older children, parents, siblings, and significant others, as well as service members who take it with their family. Veterans and their family members are also eligible to take the course. *It is not available to the general public.*
- **Why this course?** It is the *only* national level course specifically designed for military family members, including parents and significant others, that bridges all lines of service and provides hands on tools to help families cope with deployments.
- **Can my Family Readiness Group have the whole course or parts of the course taught to it?** Yes it is available to be taught at Family Readiness Group meetings, Family Day events, briefings prior to, during and after deployments and at other activities as requested.
- **Is the course available where I live?** If you live in the following states, the course is available starting in October 2008:  
*Alabama, Arkansas, California, Colorado, Florida, Hawaii, Indiana, Minnesota, Nebraska, New Hampshire, Ohio, Oregon, Pennsylvania, Tennessee, Texas, West Virginia and Washington, D.C.*
- **When will the course be available where I live?** The Red Cross plans on making the course available to the rest of the country by late spring/early summer 2009.
- **How can I or my group sign up to take the course?** Contact your local Red Cross chapter in the states where it is available or the Red Cross liaison working out of the state National Guard headquarters for more information.