



REMAINING RESILIENT

INFORMATION AND RESOURCES FROM YOUR PATRICK CAPE HELPING AGENCIES



Spouse Resilience Toolkit

The New Air Force Spouse Resilience Toolkit provides information on the 8 Resilience skills tailored to our Family Member experience. You will find a Resilience Self-Assessment, an overview and short video on each skill, and ways you can put the skills into practice. The link below will take you to Resilience Introduction.

<http://spousert.wpengine.com/introduction/>



Resource Links For Family Member Resilience:

- *10 Keys to Happier Living, Find Ways to Bounce Back* (Action for Happiness)
- *10 Ways to Boost Your Emotional Resilience, Backed by Research* (Time Magazine)
- *Emotional Resilience: 9 Ways to Be Resilient in Tough Times* (Psychology Today)
- *The 5 Best Ways to Build Resiliency* (Experience Life)
- *The Road to Resilience* (American Psychological Association)

Mental Health First Aid for COVID-19 Online Course

The American Red Cross is offering a free Mental Health First Aid for COVID-19 online course. The course content is based on guidance from the American Red Cross Scientific Advisory Council, the Center for Disease Control and Prevention (CDC), and the American Academy of Pediatrics (AAP). The course will cover techniques for supporting mental health during the COVID-19 crisis, and will help build resilience. Course length is 60 minutes. The topics covered in the course include:

- *Recognizing Stress in Adults, Teens and Children*
- *Practicing Mental Health First Aid*
- *Caring for Yourself*
- *Supporting Your Family*
- *Supporting Yourself and Coworkers at Work*

The course will be free to enrollees during the COVID-19 pandemic. Each student who completes the course will receive an American Red Cross Mental Health First Aid for COVID-19 Online Only certificate at the completion of the course. The certificate date is the date of course completion. The certificate is valid for 2 years. Individuals may access and enroll directly at: <https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o0000014ZIG.html>



MENTAL HEALTH FIRST AID FOR COVID 19

THIS ONLINE ONLY COURSE IS DESIGNED TO HELP INDIVIDUALS BUILD RESILIENCE AND SUPPORT THEMSELVES AND LEND SUPPORT TO OTHERS DURING AND FOLLOWING THE COVID-19 OUTBREAK.

The topics covered in the course include:

- Recognizing Stress in Adults
- Teens and Children
- Practicing Mental Health First Aid
- Caring for Yourself
- Supporting Your Family
- Supporting Yourself and Coworkers at Work

ENROLL HERE:

[HTTPS://WWW.REDCROSS.ORG/TAKE-A-CLASS/CLASSES/MENTAL-HEALTH-FIRST-AID-FOR-COVID-19-ONLINE/A6R3o0000014ZIG.HTML](https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o0000014ZIG.html)

EACH STUDENT WHO COMPLETES THE COURSE WILL RECEIVE AN AMERICAN RED CROSS MENTAL HEALTH FIRST AID FOR COVID-19 ONLINE ONLY CERTIFICATE. THE CERTIFICATE IS VALID FOR 2 YEARS FROM THE DATE OF COURSE COMPLETION.

The course content is based on guidance from the American Red Cross Scientific Advisory Council, the Center for Disease Control and Prevention (CDC), and the American Academy of Pediatrics (AAP).

Helping Resources



For more information and resources visit www.resilience.af.mil

The DoD Resources

These DoD Resources are available for information and assistance.

Military OneSource is available 24/7/365 to help with handling stress and challenges related to COVID-19, as well as to provide non-medical counseling or peer support services. It is available to eligible Service members, including National Guard, Reserve members, and family members. You may call **800-342-9647** or connect through live chat at www.militaryonesource.mil. A dedicated section (www.militaryonesource.mil/coronavirus) provides resources, updates, and information about the impacts of COVID-19 on the military community. New offerings include non-medical counseling video sessions for children and youth.

inTransition is a free, confidential program that offers specialized coaching and assistance for active-duty Service members, National Guard members, reservists, veterans, and retirees who need access to a new mental health provider or wish to initiate mental health care for the first time. inTransition services are available to ALL military members regardless of length of service or discharge status. Call **800-424-7877**. All calls are confidential and free.

Employee Assistance Programs (EAPs) provide a variety of support services to civilian employees and their family members. Topics of assistance include mental health, financial and/or legal matters, alcohol or drug abuse, work-related stressors, marriage/family and caregiving issues, illnesses, accidents, and relationships. EAP provides resources, information, and confidential help and can be reached 24/7 at **866-580-9078** or www.AFPC.AF.MIL/EAP. Telehealth services are now available during the COVID-19 pandemic allowing for providers to conduct telehealth video and/or phone sessions for all routine EAP services.

Disaster Distress Helpline is a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **800-985-5990** or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Substance Abuse and Mental Health Services Administration recognizes the challenges posed by the current COVID-19 situation and is providing guidance and resources to assist individuals, providers, communities, and states across the country. Social Distancing Tips: www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf Virtual Recovery Resources: www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf

Veterans Crisis Line/Military Crisis Line (VCL/MCL) is a free, confidential resource that provides Department of Veterans Affairs (VA) support for all Service members, including members of the National Guard and Reserve, all veterans, and their families, even if they are not registered with VA or enrolled in VA health care. VCL/MCL responders are specially trained and experienced in helping Service members and veterans of all ages and circumstances. If you, or someone you know, is in a crisis, please contact the VCL/MCL at: Phone: **800-273-8255**, press 1 or Chat: www.veteranscrisisline.net/get-help/chat Web: www.veteranscrisisline.net

National Suicide Prevention Lifeline, 800-273-8255, provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for all Americans and their loved ones, as well as best practices for professionals.

Make May The Month of Family Resilience

Giving your children the gift of Resilience will last a lifetime.

Use and adapt these activities during the month of May to build family Resilience.

30 WAYS TO RAISE A RESILIENT MILITARY Kid

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| 1 Grow your family's gratitude: Ask each of them to say one thing they're grateful for. | 2 Help your children's school plan a Salute Our Kids assembly for military kids. | 3 Play games with your kids, explore coping skills, and learn about deployments at MilitaryKidsConnect.org . | 4 Help your kids take a mindful moment to check in with how they're feeling and thinking. | 5 Meet with a Military OneSource education consultant to learn about financial aid, tutoring, and college planning. | 6 Grab your kids, go for a run outside, and discuss proper running form and hydration . | 7 Take your child to a national park or museum that offers free admission to military families. |
| 8 Use emotion-coaching skills to teach your kids how to manage their feelings. | 9 Explore camps for military kids to help plan summer fun . | 10 Anger Thermometer to help your kids manage their anger. | 11 Find age appropriate ways to include kids when you're cooking meals. | 12 Visit your Installation Youth Center or Boys and Girls Club to meet other military families. | 13 Talk about setting goals with your kids and encourage them to read for 20 minutes daily. | 14 Start a scrapbook with your child for a parent or older sibling returning from deployment. |
| 15 Enjoy a family meal without electronics. | 16 Plan a family meeting to discuss an upcoming change or challenge you're facing. | 17 Check out the MilTeenChat app with your teen. | 18 Talk about the importance of owning up to mistakes and how to effectively apologize . | 19 Teach your child new "feeling" words and talk about a time you coped with those feelings . | 20 Encourage your child to drink water instead of sports drinks—during physical activity. | 21 Print out and color Sesame Street's Talk, Listen, Connect Bravery Badges with your child. |
| 22 Boost your family's fitness by going for a 1-hour hike or bike ride together. | 23 Head outdoors together to help your kids appreciate nature . | 24 Discuss why forgiveness is important for families. | 25 Practice new coping skills—like doing jumping jacks or hugging a stuffed animal with your kids. | 26 Talk with your teen about healthy sleep . | 27 Teach your children deep breathing techniques to help them feel relaxed and calm. | 28 Ask family members to share one way they adapted well to something unexpected. |
| 29 Serve colorful— pink, orange, white, or purple produce at mealtime. | 30 Set up a play date or attend an event where your child can meet new friends . | | | | | |