

# 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](http://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](http://www.ouhsc.edu/oef)

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

**REACH Program:** [www.ouhsc.edu/REACHProgram](http://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](http://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](mailto: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](http://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](mailto:Michael.kauth@va.gov))

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

\*\* = Funded by South Central MIRECC