Oklahoma City VAMC’s Family Mental Health Program
Michelle Sherman, Ph.D., Director (1997-2014)

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

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