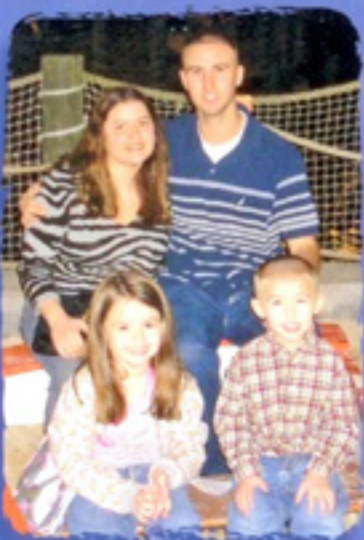


## FOCUS Background

The growing awareness of the significant challenges of deployments on military family life and child and family well-being prompted an initiative funded by the Department of Navy Bureau of Medicine and Surgery (BUMED) and United States Marine Corps. FOCUS addresses concerns related to parental combat operational stress injuries and combat-related physical injuries, by providing state-of-the-art family resiliency training to military children and families. In 2009, FOCUS Family Resiliency Services were also made available to Army and Air Force families at selected installations through support from the Department of Defense Office of Family Policy/Children and Youth.

FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior in collaboration with the National Child Traumatic Stress Network and Children's Hospital Boston/Harvard Medical School.



## How To Contact Us

*FOCUS provides services for families based at the following U.S. Navy, Marine Corps, Army, and Air Force installations:*

- CALIFORNIA** | MCB Camp Pendleton  
MCAGCC Twentynine Palms  
NAB Coronado Island  
Naval Base Ventura County  
Naval Station San Diego
- HAWAII** | Hickam AFB  
MCB Hawaii  
Naval Station Pearl Harbor  
Schofield Barracks  
Wheeler Army Airfield
- MISSISSIPPI** | Naval CBC Gulfport
- NORTH CAROLINA** | MCB Camp LeJeune
- OKINAWA, JAPAN** | Kadena AFB  
MCB Okinawa  
Torii Station
- VIRGINIA** | JEB Little Creek - Fort Story  
MCB Quantico  
NAS Oceana Dam Neck Annex  
Naval Station Norfolk
- WASHINGTON** | Fort Lewis  
McChord AFB  
NAS Whidbey Island

USMC WOUNDED WARRIOR REGIMENT

### FOCUS HEADQUARTERS:

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[www.focusproject.org](http://www.focusproject.org)

# UCLA

NCTSN



FOCUS provides resiliency training for military families facing the challenges of a family member's deployment.



# F★O★C★U★S

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## About FOCUS Resiliency Training

FOCUS uses resiliency training techniques to highlight areas of strength in the family and promote growth to help address current challenges. FOCUS provides resiliency training in two primary formats: Individual Family Resiliency Training and Family Resiliency Training Skill Building Groups.

Individual Family Resiliency Training is a multi-session program which uses a structured narrative approach to facilitate engagement and understanding across the family. In sessions with parents, children, and the whole family, family members are taught skills to improve emotional regulation, goal setting, communication, problem solving, and manage combat and deployment stress reminders. Sharing these experiences in a supportive environment serves to enhance family communication and cohesion, and allows family members to create a plan to achieve family goals.

Similar skills are taught in FOCUS Family Resiliency Training Skill Building Groups. These groups create an opportunity for parents and children to share common experiences, receive education around families and operational deployments, and learn valuable FOCUS resiliency skills in a group setting. Some families attend the Skill Building Groups and then decide to participate in Individual Family Resiliency Training in order to learn and practice tailored skills as a family.

## Program Goals

**ASSIST** children and parents in developing a customized tool box of skills to increase resiliency and maximize family strengths.

**PROVIDE** developmentally-appropriate education to parents and children about the effects of combat operational stress on the family.

**HELP** family members address deployment stress to minimize interference with parenting and family life.

**ENHANCE** family communication and support by developing a shared family story about deployment experiences.

**PROVIDE** consultation to community providers to support local service for military children and families.



## FOCUS and Families

### Parent Sessions

- Discuss areas of family strength
- Create parental timeline of family deployment experiences
- Identify family goals and activities to achieve them
- Learn tools to increase communication and family resiliency

### Child Sessions

- Build understanding of common effects of deployments on families
- Create child's story of deployment experiences
- Identify child activities to support family goals
- Learn communication tools

### Family Sessions

- Create a shared family deployment story
- Increase understanding of one another's experiences
- Enhance family communication
- Build a family toolbox



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