

# F\*O\*C\*U\*S

## Providing Resiliency Training For Military Families



### Families Overcoming Under Stress

**(FOCUS)** provides resiliency training to military families. It teaches families practical skills. The skills help families meet the challenges of multiple deployments, combat stress, and physical injury.

**FOCUS** helps a family tell its story. It teaches family members how to talk together and assists with problem solving and goal setting. Family members learn how to support each other and prepare for future challenges.

Resiliency is the ability to cope with, adapt to, and overcome challenges. Resiliency training teaches families not just to meet challenges. They also learn to become stronger in the face of challenges.



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

**FOCUS** is a prevention service designed to help families address the stress related to deployment. The program includes the entire family and is customized to suit its specific needs. FOCUS is offered in several formats: family consultations, family level training, small group training, and workshops. FOCUS builds strong connections with other military family providers to support a network of care for families.

Deployments affect both the Service Member and the family.

During wartime, routines and roles are disrupted. Deployments and reintegration may cause stress for children and spouses.

FOCUS is based on programs that show positive outcomes for families facing multiple challenges. FOCUS has a positive impact on the emotional health of parents and children. 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.

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***In FOCUS, families develop a shared understanding of how their own deployment experience creates a unique story to enhance resiliency and prepare for the next deployment.***

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