

# Resources for Good Practice: Update July 2011

## Member Care for Mission/Humanitarian Assistance



### **This Month: Applications in Military Care**

Stay updated and connected with key member care resources for your work in mission/aid. Spread the word—share this *Update* with your colleagues and networks. (see pdf attachment)

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This month we explore member care in the armed forces. You will find many relevant applications for your work in mission/aid through the two sets of resources highlighted: 1) care for military families and 2) comprehensive soldier fitness-resiliency. The use of military force of course is a controversial area. We share these resources though to promote a healthier and more peaceful world.

**Warm greetings from Kelly and Michèle O'Donnell—Member Care Associates**

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\*\*These monthly *Updates* are archived at: <http://sites.google.com/site/membercaravan>

\*\*See also: *Reflections/Resources for Good Practice*: [www.COREmembercare.blogspot.com](http://www.COREmembercare.blogspot.com)

*If you're going through hell, keep going.*

Winston Churchill

### **Resource One: Military Care for Families**

The [June 2011 Friday's Progress Notes](#) from [Athealth](#) focuses on the adjustment and mental health needs of military personnel and their families (USA military primarily). The free online articles to which Athealth links are from various publications. **Topics include: clinical treatment of military families, use of civilian counsellors, military families in recovery, caring for survivors of violence, posttraumatic success, military sexual trauma, grief support for spouses and families, and helping children after traumatic experiences.** Note that [Athealth](#) also provides many resources and article links about mental health topics which are relevant for both consumers and practitioners.

#### **See also:**

\*Caring for Mission Families: Applications from the Military, Dr. Hans Ritschard (chapter 40, [Doing Member Care Well](#) (2002). This article addresses the areas of spiritual and physical/emotional care.

\*[Families in Global Transition](#) is a leading organisation supporting expatriate families, sharing materials/experiences from many international sectors: education, business, military, mission etc.

### **Resource Two: Military Care for Resiliency**

[Comprehensive Soldier Fitness](#) (CSF) is a major programme of the United States Army with a strong [positive psychology](#) foundation and emphasising resilience and strengths. Five “strengths dimensions” in CSF are assessed/developed: physical, emotional, social, family, and spiritual. The [January 2011 special issue of the American Psychologist](#) focuses on CSF. General George Casey enthusiastically introduces this issue and expresses hope that through CSF personnel will “be” healthier before deployment rather than having to “get” healthy after deployment ([click here](#) for the three-page article)

#### **See also:**

\*[Sharing the Front Line and the Back Hills: Peacekeepers, Humanitarian Aid Workers, and the Media in the Midst of Crises](#) (2002), Yael Danieli, editor (one of the core books in our MC library)

\*[Authentic Happiness](#) site for free self-assessment tools on resilience, and character strengths.

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**The resources listed in these *Updates* are chosen to encourage us as learners-practitioners who are committed to cross cultures, disciplines, and sectors for good practice.**

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