



## Wounded Warrior Voice

### AW2 HEADLINES

[Army Homefront Fund](#)

[New Command Video Spotlights Army's Warrior Care Program](#)

[Army Clarifies Guidance for Purple Heart Award for Concussion Injuries](#)

[A Wounded Warrior Community at Your Fingertips](#)

[Army Initiates Medical Evaluation Board \(MEB\) Improvements](#)

[Survivor Benefits Plan \(SBP\)](#)

[Electric Funds Transfer \(EFT\)/Mailing Address](#)

[Stop Loss Extended until October 21, 2011](#)

[Program of Comprehensive Assistance for Family Caregivers](#)

[Army National Guard Resilience, Risk Reduction, and Suicide Prevention Task Force](#)

[New Psychological Health-related Articles](#)

[Seven Strategies That Will Make a Résumé Stand Out Online](#)

## WHAT'S NEW: Army Homefront Fund

The Warrior Transition Command (WTC) and Operation Homefront signed a ceremonial Memorandum of Understanding recognizing the Army Homefront Fund on June 15 (read BG Darryl A. William's blog at <http://wtc.armylive.dodlive.mil/2011/06/army-homefront-fund/http://wtc.armylive.dodlive.mil/2011/06/army-homefront-fund/>). While not an official part of the Army, the Army Homefront Fund—a nonprofit organization—supports Soldiers who are wounded, become ill, or are injured while serving in a combat zone and their Families. The Army Homefront Fund offers support to Soldiers and their Families when financial issues occur whether it is for rent, utilities, insurance, or baby items. Agreements like this help bring together the Army and many of the not-for-profit groups for the benefit of Soldiers and their Families. Having an organization with established processes and linkages can help to benefit Soldiers and their Families.

Soldiers and their Families often turn to their Family Readiness Group leaders, hospital liaison/case managers, Warrior Transition Units first sergeants/commanders, or chaplains for help when facing a crisis or looking for additional assistance. Many times support organizations are able to provide the immediate support military Families need. Many of the support organizations providing support to military members and their Families are listed on the website at <http://www.ourmilitary.mil/>. In addition, the Gifts to Army (<http://giftstoarmy.army.mil/>) program provides the American public with information on methods by which citizens, organizations, and corporations can contribute cash and/or goods and services to benefit Soldiers and their Families. The Army will continue to inform and educate its personnel about community-based/nonprofit support services available. The Army recognizes community support as a key component of the support network to administer immediate support to Warriors in Transition and their Families.

For more information about the Army Homefront Fund, visit [www.armyhomefrontfund.org](http://www.armyhomefrontfund.org) or to find other supporting programs visit the National Resource Directory at <https://www.nationalresourcedirectory.gov/>.

(SOURCE: Army STAND-TO!, June 13, 2011, <http://www.army.mil/standto/archive/2011/06/13/> and WTC Blog <http://wtc.armylive.dodlive.mil/2011/06/army-homefront-fund/>)

[Are Your GI Bill Benefits Expiring?](#)

[TRICARE TV and TRICARE Home Delivery](#)

[VA to Expand Housing for Homeless Veterans and Their Families](#)

[Post-Traumatic Stress Disorder \(PTSD\) Resources Available](#)

[Let's Get the Word Out to Spouses and Caregivers](#)

[Share Your Story](#)

[Blog Update](#)

## WHAT'S NEW: New Command Video Spotlights Army's Warrior Care Program

WTC released a 10-minute educational video to highlight new aspects of the Army's warrior care system. This video walks viewers through the Warrior Transition Unit structure, comprehensive transition plan process, multidisciplinary team "scrimmage," and career transition options. Media outlets have full permission to rebroadcast the video, which can be downloaded from the WTC website at <http://wtc.army.mil/video/sstfc.html>.

The video features four Soldiers working through their own recovery and transition at a Warrior Transition Unit: CPT Jeremy A. McGuffey, SFC John Wright, and SSG Gabriel Garcia. Others appearing in the WTC video include WTC Commander BG Darryl A. Williams, WTC Plans and Policy Branch Director COL Patrick E. Connors, and Army Wounded Warrior Program Director COL Gregory D. Gadson, and Warrior Transition Unit Squad Leader SSG John E. Ragan, as well as the recovering Soldiers' spouses.

## WHAT'S NEW: Army Clarifies Guidance for Purple Heart Award for Concussion Injuries

The Army is clarifying its guidance for awarding the Purple Heart for concussion injuries. This is a clarification. This does not change the criteria or standard for the award of the Purple Heart. The clarifying guidance is designed to assist the chain of command, Soldiers, and Veterans in understanding the specific requirements for consideration and reconsideration retroactive to September 11, 2001. The clarification:

1. More accurately outlines the signs and symptoms of a concussion injury following a hostile event and clearly outlines what constitutes treatment. This clarification includes requirements for commanders and medical professionals to use in reviewing award submissions/resubmissions. It clarifies what constitutes qualification for the Purple Heart for concussion injuries (including mild traumatic brain and concussive injuries that do not result in a loss of consciousness).
2. Outlines procedures to be used to reconsider previously disapproved Purple Hearts for concussion injuries. As part of this review, the first general officer in a Soldier's peacetime chain of command is the disapproval authority for these resubmissions. The Army is encouraging Soldiers and Veterans who were previously denied a Purple Heart for concussion injuries to resubmit documentation for reconsideration. Soldiers currently serving in the active Army, Army Reserves, or Army National Guard should resubmit through their company chain of command. Veterans should resubmit to the U.S. Army Human Resources Command (HRC).

For more information on this clarification, read the HRC press release at <https://www.hrc.army.mil/site/media/releases/042911PHTBIRelease.pdf>.

(SOURCE: HRC press release, <https://www.hrc.army.mil/site/media/releases/042911PHTBIRelease.pdf>)

## WHAT'S NEW: A Wounded Warrior Community at Your Fingertips

**By Alan Morales, WTC Stratcom**

As you read this, ask yourself, "Did I go to Facebook or Twitter in the last week?"

Perhaps you wanted to see what your battle buddy was up to? Or tell your brother what you thought about last week's game?

What if you had the opportunity to just as easily find and share information on Facebook or Twitter that may have a significant effect on the way you and your loved ones live your lives post-injury? As of March 1—you do. Since the launch of the AW2 Facebook (<http://facebook.com/armyAW2>) and WTC Twitter (<http://twitter.com/armyWTC>) pages, AW2 Soldiers and Veterans like you started receiving information in a way that informs and empowers them to take action. It's one thing to learn something on these pages. It's another to share your thoughts with others in the AW2 community.

By sharing your experiences, you can enable another wounded warrior or Family member to better succeed during recovery. You have the ability to inspire others while they inspire you. I encourage you and your loved ones to "like" the AW2 Facebook page and "follow" WTC Twitter page. Share your thoughts and join the conversation. If you have any questions, please email WTC Stratcom at [WTCsocialmedia@conus.army.mil](mailto:WTCsocialmedia@conus.army.mil).

## WHAT'S NEW: Army Initiates Medical Evaluation Board (MEB) Improvements

The U.S. Army and Army Medical Command (MEDCOM) implemented an expansion strategy on April 1, 2011, to deploy an augmentation team comprised of activated Reserve Component Soldiers and TRICARE Management Activity support contractors to Dwight. D. Eisenhower Army Medical Center, Fort Gordon, GA. The augmentation team supplements existing resources at the medical center and enhances the Army's ability to provide timely, quality, and compassionate Medical Evaluation Board (MEB) disability processing for Soldiers. The expansion also helps ensure the Army has adequate personnel and resources available to process MEB cases and enhance continuity of care so Soldiers do not lose entitlements or benefits.

The Integrated Disability Evaluation System (IDES) is another initiative the Army, Department of Defense (DOD), and Veterans Affairs (VA) collaborated on to improve the disability process. The IDES, which began as a pilot program in the National Capitol Region in 2007, combines the separate rating systems used by the Army and VA into a single disability rating that the VA prepares for use by both departments. The Army will deploy IDES to all of its Military Treatment Facilities by the end of the fiscal year. The Army also recently opened a new Reserve Component Soldier Medical Support Center in Pinellas Park, FL, to transform and improve the disability evaluation process for Reserve Component Soldiers. The Electronic Medical Evaluation Board (eMEB) is another initiative the Army recently implemented to enhance the MEB process for Soldiers. In the future, an Electronic Physical Evaluation Board (EPEB) will be added to enhance the disability evaluation process even more to allow for the seamless transfer of Soldiers' medical information between the Army and VA. The Army and MEDCOM want wounded, ill, and injured Soldiers to get the care they need at the right time and right place. The improvements streamline the MEB process; helps Army meet current and future demand for MEBs; enhances continuity of care and benefits entitlement for Soldiers; promotes and supports readiness and the Army mission "To Conserve the Fighting Strength."

(SOURCE: U.S. Army STAND-TO!,  
[http://www.army.mil/standto/archive/2011/05/11/?s\\_cid=email](http://www.army.mil/standto/archive/2011/05/11/?s_cid=email))

# MONEY MATTERS: Survivor Benefits Plan (SBP)

**By SFC Jameelah M. Montgomery, Finance Support Specialist**

Veterans who elected SBP deduction on a Data for Payment of Retired Personnel (DA Form 2656) prior to disability retirement had their SBP deducted from their military retired pay account. Veterans that are now in full receipt of Veterans Benefits Administration (VBA) benefits will incur a SBP debt for nonpayment and immediately need to complete an Authorization for Retired Serviceman's Family Protection Plan and/or SBP Costs Deduction (DD Form 2891) and submit it to the regional VA office or their nearest Retirement Services Office (RSO) to start having the SBP premium deducted from their VA entitlement. The Soldier Veteran should contact their AW2 Advocate to inquire about the actual SBP monthly premium amount which can be obtained from an AW2 finance subject matter expert.

# MONEY MATTERS: Electric Funds Transfer (EFT)/Mailing Address

**By SFC Jameelah M. Montgomery, Finance Support Specialist**

It is important for Veterans to keep their EFT and mailing address information up-to-date with VBA, Defense Finance and Accounting Service-Cleveland (DFAS-CL), and Physical Disability Agency (PDA). Veterans who have access to MyPay can change their banking account information as well as their mailing addresses with DFAS-CL even if retired pay is not being received. Retired pay utilizes their mailing addresses to provide correspondence such as: Distributions From Pensions, Annuities, Retirement, or Profit-Sharing Plans, IRAs, Insurance Contracts, etc. (Internal Revenue Service Form 1099-R) and Retired Account Statements (RAS). They also send retired pay to the checking/saving account if Veterans are entitled to a retroactive payment for Combat-Related Special Compensation (CRSC), Concurrent Retirement and Disability Pay (CRDP), or just an adjustment to the retired pay account. VBA utilizes Veterans' corresponding addresses to provide information concerning Veterans' benefits or information required from them.

PDA utilizes Veterans' current mailing addresses to provide Veterans with information about their next medical appointment and Temporary Duty (TDY) reevaluation orders. If PDA information is not kept current, Veterans and Family members can be denied health care treatment if medical appointments are not kept by the Veterans due to incorrect mailing addresses. Regardless of Veteran status, it's imperative each agency be kept informed when address or banking information has changed. Veterans should contact the following when banking information or mailing addresses change:

- VBA Office: (800) 827-1000
- Retired Pay: (800) 321-1080 or fax (800) 469-6559
- DFAS:  
DFAS U.S. Military Retired Pay  
P.O. Box 7130  
London, KY 40742-7130
- PDA: (877) 577-3065 or usapdaweb@amedd.army.mil

# MONEY MATTERS: Stop Loss Extended until October 21, 2011

**By Ron Perry, Finance Advisor**

Individuals who meet eligibility criteria may submit an application between October 21, 2009, and October 21, 2011. By law, there is no authorization to make payments on claims that are submitted after October 21, 2011. Eligible members

should visit the Stop Loss website at <https://www.stoplosspay.army.mil/default.aspx> and submit their application online; online submission provides a claim number, allows for automated status updates, and provides a means for the military service to contact the applicant. The following DOD forms and documents are examples of authorized source documents but may not be comprehensive, depending on specific status and service:

1. Certificate of Release or Discharge from Active Duty (DD Form 214 (8-09)) and/or Correction to DD Form 214, Certificate of Release or Discharge from Active Duty (DD Form 215 (8-09))
2. Personnel record or enlistment or reenlistment document recording original expiration of service date
3. Approved retirement/transfer to the Fleet Reserve memorandum or orders establishing retirement prior to actual date of retirement as stipulated in DD Form 214 or DD Form 215
4. Approved resignation memorandum or transition orders establishing a separation date prior to actual date of separation as stipulated on DD Form 214 or DD Form 215
5. Signed documentation or affidavit from knowledgeable officials from the individual's chain of command acknowledging separation/deployment, etc.
6. Revocation of retirement or separation orders

Note on Eligibility: Effective December 19, 2009, per the Defense Appropriations Act, stop-lossed servicemembers who voluntarily reenlisted or extended their service, and received a bonus for such reenlistment or extension of service, became ineligible to receive retroactive stop loss special pay. There may be rare circumstances where an individual can be eligible for this pay and have received a bonus. DOD continues to encourage all who believe they may qualify to apply and allow a service counselor to review each individual situation. For more information, you may also visit DOD's stop loss website at [http://www.defense.gov/home/features/2010/0710\\_stoploss/](http://www.defense.gov/home/features/2010/0710_stoploss/).

## FAMILY: Program of Comprehensive Assistance for Family Caregivers

*By Jane Dulin, AW2 VA Liaison*

VA will accept applications from seriously injured post-9/11 Veterans and their Family caregivers for the new Program of Comprehensive Assistance for Family Caregivers, starting May 9, 2011. For those eligible to enroll in the program, training will begin in early June 2011. Many Veterans and caregivers, members of Congress, Veteran service organizations, and community partners helped make this legislation possible. Important eligibility rules:

- Veterans eligible for this program are those who sustained a serious injury including traumatic brain injury, psychological trauma, or other mental disorder incurred or aggravated in the line of duty, on or after September 11, 2001.
- Veterans eligible for this program must also be in need of personal care services because of an inability to perform one or more activities of daily living and/or need supervision or protection based on symptoms or residuals of neurological impairment or injury.
- To be eligible for the Program of Comprehensive Assistance for Family Caregivers, Veterans must first be enrolled for VA health services, if not enrolled previously.
- Starting on May 9, 2011, Veterans may download a copy of the Application for Comprehensive Assistance for Family Caregiver Program (VA Form 10-10CG) at <http://www.caregiver.va.gov>. The application enables Veterans to designate one primary Family caregiver and up to two secondary Family caregivers if desired. caregiver support coordinators are available at every VA medical center to assist Veterans and their Family caregivers with the application process. Additional application assistance can be found by via phone at (877) 222-VETS (8387).

If the Veteran is not currently enrolled, both the Application for Health Benefits (VA Form 10-10EZ) for VA health services and the application for the Caregiver Program (VA Form 10-10CG) will need to be completed. The application must be completed and signed by both the Veteran or their legal representative and the primary Family caregiver. The application can be hand carried to a local VA Medical Center (VAMC) for walk-in processing, or if expedited processing is preferred, it may be mailed to:

Family Caregivers Program Health Eligibility Center  
2957 Clairmont Road NE, Suite 200  
Atlanta, GA 30329-1647

- Within three business days of receipt of the initial application, the caregiver support coordinator at the Veteran's preferred VAMC will contact the Veteran and primary Family caregiver to arrange for the Family caregiver to complete the application and schedule required training.
- A clinical team from VA will coordinate arrangements with the Veteran to complete a clinical eligibility assessment. This will include evaluating what assistance the Veteran needs with activities of daily living such as eating, bathing, grooming, and/or need for supervision or protection.
- Training is completed by the primary Family caregiver once it is determined the Veteran meets clinical eligibility criteria. Training can be completed in one of three ways: attending the Family caregiver classroom training conducted at a local VAMC or community location, completing the training online on a security protected website, or by self-study using a workbook and DVD that will be mailed to the Family caregiver.
- Once the Family caregiver training is completed, a VA clinician will visit the Veteran's home. The purpose of this visit is to make sure that the Family caregiver and Veteran have everything they need to be safe and successful in the home setting.
- After the home visit is completed, the Family caregiver will begin receiving a monthly stipend based on the Veteran's level need and required assistance.
- The Family caregiver may also receive health insurance benefits through The Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) if the Family caregiver does not have existing health insurance. The stipend and health insurance benefits will be retroactive to the date of initial application.

For more information and how to contact local caregiver support coordinators, please visit <http://www.caregiver.va.gov>.

## **HEALTH: Army National Guard Resilience, Risk Reduction, and Suicide Prevention Task Force**

The Army National Guard (ARNG) established a Resilience, Risk Reduction, and Suicide Prevention (R3SP) Task Force to synchronize ARNG health promotion and risk reduction efforts, including procedures to review, assess, and manage Task Action Plans (TAPs) developed in conjunction with the Army's Health Promotion and Risk Reduction Council (HP&RRC).

The ARNG has made it their top priority to promote resilience and risk reduction and to correspondingly decrease suicidal ideations and actions. This includes enhancing the resilience of Soldiers and Families through institutionalized training, leadership awareness, and prevention and intervention programs. The R3SP task force also began conducting biweekly meetings in January 2011 in synchronization with biweekly HP&RRC meetings. Additionally, the ARNG hired 54 suicide prevention program managers in the states and territories, has trained over 220 master resilience trainers (MRTs), and 80 resilience training assistants (RTAs) who are assigned to brigades, battalions, and companies, and also distributed two resilience and risk reduction guides—the ARNG Leader's Guide to Resilience and

the Soldier-to-Soldier Peer Support Handbook.

The task force anticipates developing and processing at least 300 ARNG TAPs as well as staffing HP&RRC TAPs for national and state R3SP programs. Our senior leaders recognize that ARNG Families, peers, and employers provide the foundation and daily support network for each Soldier. In addition, the ARNG has increased the focus on substance abuse prevention. This includes awareness outreach to ensure a comprehensive team approach in reducing substance abuse and its inherent ties to behavioral health. Their efforts to increase assets available to commanders to promote resilience include collaboration with national and community organizations such as the American Red Cross, Substance Abuse and Mental Health Services Agency (SAMHSA), the Army's Comprehensive Soldier Fitness Program (CSF), counselors, and clergy. The ARNG is also teaming with the Army to incorporate Traditional Drilling Guardsmen into future studies, such as the Study to Assess Risk and Resilience in our Service Members (STARRS).

(SOURCE: U.S. Army STAND-TO!,  
<http://www.army.mil/standto/archive/2011/04/27/>)

## HEALTH: New Psychological Health-related Articles

"Psychological Fitness—Keeping Your Mind Fit" Fitness is not just about how much weight you can lift, or how many miles you can run, but it includes a number of other factors outside the realm of strength, agility, and speed. Psychological fitness is one of those factors. Understanding what makes up psychological fitness and how to develop a healthier mental state can improve your readiness to confront the challenges of life—both in the military and in civilian life. To read the entire article, visit <http://www.realwarriors.net/active/treatment/psychologicalhealth.php>.

"Dealing With Depression: Symptoms and Treatment" Depression is a common psychological concern that can affect anyone, anywhere at any time—whether you are a servicemember or Veteran. It is a medical condition that can be treated and managed, just like any other; but the first step to getting effective care is speaking openly and honestly with a health care provider about the symptoms you are experiencing. To read the entire article, visit <http://www.realwarriors.net/active/treatment/depression.php>.

For more behavioral health information, visit Military Health System's at [http://www.health.mil/Themes/Mental\\_Health.aspx](http://www.health.mil/Themes/Mental_Health.aspx) to see a list of resources.

(SOURCE: Real Warriors Campaign Email Update)

## CAREER & EDUCATION: Seven Strategies That Will Make a Résumé Stand Out Online

Sourcing is a term used for recruiters to find and uncover candidates, and recruiters are getting more and more creative with their sourcing techniques. One creative sourcing technique being used today is going to Google or other search engines and putting in search strings filled with keywords and terms to generate résumés from all over the internet. Since recruiters are getting creative with their sourcing techniques, jobseekers should start getting creative with online exposure techniques.

1. Create a career blog
2. Use free document sharing websites
3. Set up a résumé Web page
4. Utilize social and professional networking websites
5. Use keywords

6. Join online groups
7. Post on job boards

Soldiers, Veterans, and Family members should use as many resources as they can to ensure that their résumés will be noticed online. To read more on these strategies, visit <http://newgradlife.blogspot.com/2010/07/resume-writing-strategies-to-stand-out.html>.

(SOURCE: New Grad Life Blog, Cori Swidorsky, <http://newgradlife.blogspot.com/2010/07/resume-writing-strategies-to-stand-out.html>)

## CAREER & EDUCATION: Are Your GI Bill Benefits Expiring?

Your benefit expiration date starts as soon as you leave the service. You only have a set amount of time to use the more than \$51,000 in benefits you served to get. Don't let them go to waste. If you are a registered user of Military.com, you can access GI Bill information that shows how to use these benefits at major military-friendly universities and programs based on your status. Military.com also has information on transferring the GI Bill to your spouse or children. For more information, you may visit Military.com at <http://www.military.com/education/content/gi-bill/learn-to-use-your-gi-bill.html>.

(SOURCE: Military.com Military Report <http://www.military.com/veterans-report/use-your-gi-bill-before-it-expires-062011>)

## BENEFITS: TRICARE TV and TRICARE Home Delivery

TRICARE beneficiaries who want to learn more about their health care plan and how it works can get short, relevant tips once a month with the launch of TRICARE TV. The videos are easy to follow, ranging in length from two-to-four minutes. To view TRICARE TV, beneficiaries can visit TRICARE's YouTube channel at <http://www.youtube.com/tricarehealth> or the TRICARE website at <http://www.tricare.mil/mediacenter>. You may also subscribe to get e-alerts when a new episode is posted by going to <http://www.tricare.mil/subscriptions> or through the email link at the TRICARE media center.

Beneficiaries who use TRICARE pharmacy home delivery can get prescription medications shipped to their door. They also have the option of automatic prescription refills when their medication supply is running low. Beneficiaries using home delivery also save money. Copayments at retail pharmacies are three times higher for a 90 day supply of the same medication. For more information about home delivery, visit the <http://www.tricare.mil/homedelivery>. To sign up for home delivery, or to enroll existing home delivery prescriptions in the automatic prescription refill program, beneficiaries may go to <http://www.express-scripts.com/tricare> or call the TRICARE Member Choice Center at (877) 363-1433. For more information, visit <http://www.military.com/benefits/tricare/understanding-your-tricare-benefits>.

(SOURCE: Military.com Military Report, <http://www.military.com/military-report/tricare-home-delivery?ESRC=miltrep.nl> and <http://www.military.com/military-report/new-tricare-resource?ESRC=miltrep.nl>)

# VA UPDATE: VA to Expand Housing for Homeless Veterans and Their Families

VA continues to develop housing opportunities for homeless and at-risk Veterans by adding 34 VA locations across the country. This strategy will increase the Department's available beds by over 5,000. VA currently has 15,000 transitional beds available to homeless Veterans. Culminating two years of work to end homelessness among Veterans, a recent strategic study, the Building Utilization Review and Repurposing (BURR) initiative, identified unused and underused buildings at existing VA property with the potential to develop new housing opportunities for homeless or at-risk Veterans and their Families through public-private partnerships and VA's enhanced-use lease (EUL) program. Under the EUL program, VA retains ownership of the land and can determine and control its reuse.

Additional opportunities identified through BURR will include housing for returning Iraq and Afghanistan Veterans and their Families, assisted living for elderly Veterans, and continuum of living residential communities. The project will support VA's goal of ending Veteran homelessness by providing safe, affordable, cost effective, and sustainable housing for Veterans on a priority basis. Supportive housing projects are planned for homeless Veterans and their Families at 23 VA sites: Tuskegee, AL; Long Beach and Menlo Park, CA; Bay Pines, FL; Dublin, GA; Hines and North Chicago, IL; Danville and Fort Wayne, IN; Leavenworth, KS; Perry Point, MD; Bedford, Brockton and Northampton, MA; Battle Creek, MI; Minneapolis and St. Cloud, MN; Fort Harrison, MT; Castle Point, NY; Chillicothe and Dayton, OH; and Spokane and Vancouver, WA. Under the enhanced-use lease agreements, Veterans will receive senior and non-senior independent living and assisted living at 11 VA sites: Newington, CT; Augusta, GA; Marion, IL; Topeka, KS; Togus, ME; Grand Island, NE; Big Springs and Kerrville, TX; Salem, VA; Martinsburg, WV; and Cheyenne, WY.

(SOURCE: VA press release, <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2113>)

## VA UPDATE: Post-Traumatic Stress Disorder (PTSD) Resources Available

In anticipation for national PTSD Awareness Day (June 27), the VA National Center for PTSD worked to spread the word and increase PTSD awareness by providing resources and information, visit their website at [http://www.ptsd.va.gov/about/ptsd-awareness-day/PTSD\\_Awareness\\_Day.asp](http://www.ptsd.va.gov/about/ptsd-awareness-day/PTSD_Awareness_Day.asp).

A new resource, the PTSD Coach smartphone application (app), launched in April by VA and the DOD, connects users with important mental health information and resources. The app lets users track their PTSD symptoms, links them with public and personalized sources of support, provides accurate information about PTSD, and teaches helpful strategies for managing PTSD symptoms on the go. The app is one of the first in a series of jointly-designed resources by the VA National Center for PTSD and DOD's National Center for Telehealth and Technology to help servicemembers and Veterans manage their readjustment challenges and get anonymous assistance. Given the popularity of mobile devices, VA and DOD hope to reach tens of thousands of Veterans, servicemembers, and their Family members with the new suite of apps. Information on the PTSD Coach app is on the VA's National Center for PTSD website at <http://www.ptsd.va.gov/public/pages/PTSDCoach.asp>. More apps from DOD's

National Center for Telehealth and Technology can be found at <http://www.t2health.org/apps>.

VA also has detailed information on PTSD available on their website:

- PTSD Monthly Update subscriptions at <http://www.ptsd.va.gov/about/subscribe.asp>
- Common myths about PTSD and stories from people dealing with PTSD at <http://www.ptsd.va.gov/public/pages/fslist-ptsd-overview.asp>
- Effective PTSD treatments and where to get help at <http://www.ptsd.va.gov/public/pages/gen-treatment.asp>

(SOURCE: VA press release and website, <http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2102>)

## AW2 COMMUNITY SUPPORT NETWORK: Let's Get the Word Out to Spouses and Caregivers

**By Patricia C. Sands, WTC Stratcom**

What: AW2 Community Support Network member is hosting a monthly stress relief group

Who: AW2 spouses and caregivers

When: Last Thursday of the month

Where: Nationwide teleconference

Why: To give support, friendship, and new strategies to succeed

AW2 spouses and caregivers may join the call this month and every month. This regularly scheduled event will assist in helping relieve stress and assist spouses and caregivers in finding new coping skills. AW2 Community Support Network member Warriors at Ease founder Robin Carnes will lead iRest. It is an easy to learn meditation technique. Carnes teaches this technique at Walter Reed and has had great success. For example, her students report sleeping more soundly, having less pain, and generally feeling more peace of mind in daily life after using these techniques. For more information on Warriors at Ease, visit <http://www.warriorsatease.com>. Email [AW2communitysupportnetwork@conus.army.mil](mailto:AW2communitysupportnetwork@conus.army.mil) to receive the phone number and access codes for the call.

## SHARE YOUR STORY

Sharing your stories lets other Soldiers, Veterans, and Families know that they are not alone in dealing with an injury, wound, or illness. Sharing what you do and learning what others are doing to address these issues creates new opportunities for healing. AW2 may publish your story on the AW2 Blog. We would also like to highlight special messages from spouses and children for their loved ones on the AW2 Blog. Messages should be between one to three paragraphs long or could be a drawing or a short poem. If your Families would like to send in their messages, please e-mail [warriorcarecommunications@conus.army.mil](mailto:warriorcarecommunications@conus.army.mil).

## THE BLOG UPDATE: June 2011

Commander's Drumbeat: Army Medical Command Training  
Symposium Wrap-up

<http://wtc.armylive.dodlive.mil/2011/06/commander%e2%80%99s-drumbeat-army-medical-command-training-symposium-wrap-up/>

---

Commander's Drumbeat: Let's Roll Up Our Sleeves

<http://wtc.armylive.dodlive.mil/2011/06/commander%e2%80%99s-drumbeat-let%e2%80%99s-roll-up-our-sleeves/>

Commander's Drumbeat: Setting the Tone

<http://wtc.armylive.dodlive.mil/2011/06/wtc-cg-sets-the-tone-at-army-medical-command-symposium/>

Commander's Drumbeat: Fort Campbell's "Warrior Leaders"

<http://wtc.armylive.dodlive.mil/2011/06/commanders-drumbeat-fort-campbells-warrior-leaders/>

Eagles Summit Ranch Offers Healing for WTB Soldiers

<http://wtc.armylive.dodlive.mil/2011/06/eagles-summit-ranch-offers-healing-for-wtb-soldiers/>

Boundaries

<http://aw2.armylive.dodlive.mil/2011/06/boundaries/>

"Healing Waters" Showcases Fly-Fishing for Wounded

<http://aw2.armylive.dodlive.mil/2011/06/healing-waters-showcases-fly-fishing-for-wounded/>

The Warrior Ethos—The Wounded Warrior Way

<http://wtc.armylive.dodlive.mil/2011/06/the-warrior-ethos%e2%80%94the-wounded-warrior-way/>

Helping Hollywood Tell the Wounded Warrior Story

<http://aw2.armylive.dodlive.mil/2011/06/helping-hollywood-tell-the-wounded-warrior-story/>

AW2 Caregivers: Join Robin Carnes and Learn Stress Relief Techniques

<http://aw2.armylive.dodlive.mil/2011/06/aw2-caregivers-join-robin-carnes-and-learn-stress-relief-techniques/>

Army Homefront Fund

<http://wtc.armylive.dodlive.mil/2011/06/army-homefront-fund/>

Mental Resilience Helps Achieve Success

<http://wtc.armylive.dodlive.mil/2011/06/mental-resilience-helps-achieve-success/>

AW2 Soldier Becomes Smith & Wesson Shooting Star

<http://aw2.armylive.dodlive.mil/2011/06/aw2-soldier-becomes-smith-wesson-shooting-star/>

Retired SFC Matthew Netzel Awarded Purple Heart

<http://aw2.armylive.dodlive.mil/2011/06/retired-sfc-matthew-netzel-awarded-purple-heart/>

A Reflection on Warrior Games

<http://wtc.armylive.dodlive.mil/2011/06/a-reflection-on-warrior-games/>

Cupid Takes Aim

<http://aw2.armylive.dodlive.mil/2011/06/cupid-takes-aim/>

First Comes Training, Then Comes Competition

<http://wtc.armylive.dodlive.mil/2011/06/first-comes-training-then-comes-competition/>

*The appearance of external hyperlinks does not constitute endorsement by the United States Department of Defense of the linked web sites, or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation (MWR) sites, the United States Department of Defense does not exercise any editorial control over the information you may find at these locations.*

U.S. Army Wounded Warrior Program (AW2)

Phone 1-877-393-9058 Overseas 312-221-9113

Online [www.WTC.army.mil/AW2](http://www.WTC.army.mil/AW2) Blog [AW2.armylive.dodlive.mil](http://AW2.armylive.dodlive.mil) Email [AW2@conus.army.mil](mailto:AW2@conus.army.mil)