



## Children & Families Connection

### November 2019 Newsletter

Welcome to NASW-TN's new e-newsletter. This is a monthly publication focused on supporting your work with children & families in Tennessee. Monthly issues are emailed to our members and shared with the public through our Facebook page and website. Each issue includes a theme for that month, the latest information and research related to children & families, as well as tools and resources you can use in your practice.

## November is Military Families Month!



Each November, the military community observes [National Military Families Month](#). The observance recognizes the commitment and dedication these families make to their service members. Their sacrifices make it possible for our military to remain organized and strong.

While their service men and women are actively serving, deployed or training, their families provide a vital foundation at home that allows confidence in the field. Spouses and children are often separated from their service member for long periods of time and over great distances. Communication can be patchy and under stressful conditions. And they frequently move, uprooting children and jobs. But, military families are adaptable. During November, the country honors the military families who make the U.S. Armed Forces strong.

### **Resources for You from NASW!**

NASW is committed to supporting the health and well-being of our nation's service members, veterans, and their families. These resources intend to assist professional social workers who work with or are interested in learning more about working with veterans & military families.



Click the button below to access a list of some resources NASW provides related to military & veterans:

[\*\*NASW Resources on Military & Veterans\*\*](#)

### **NASW-TN Member Profile: Samantha Dutton**

Samantha Dutton is a proud member of NASW-TN and served as an active duty social worker with the U.S. Air Force for 20 years. In that capacity, she directed multiple agencies and provided clinical social work practice to veterans and their families. These agencies included seeing families that needed clinical intervention to families that received prevention practices.

[\*\*Click here to read more about her career as a Military Social Worker!\*\*](#)



## NewsChannel 5 NASHVILLE

### [Clarksville joins effort to prevent suicide among military families](#)

March 12, 2019 | CLARKSVILLE, TN

Our men and women in uniform sometimes come home with scars you can't see. Close to Fort Campbell the city of Clarksville is making an effort to prevent suicides among soldiers, veterans, and their families.

Leaders have assembled a team of professionals who will travel to Washington DC in hopes of finding a solution. "Veteran suicide is an epidemic across our nation and really in the world," said Mayor Joe Pitts. The latest numbers by the Department of Veterans Affairs shows an average of three veterans died by suicide each week in Tennessee in 2016.

"Fort Campbell Kentucky is at the center of our universe here, and so because of Fort Campbell active duty soldiers and their families, and just a high concentration of veterans in our community we needed to be at the fore front of trying to find solutions," said Pitts.

Many who serve at Fort Campbell live in nearby Clarksville. Mayor Joe Pitts says the city is involved with the 2019 U.S. Conference of Mayor's Challenge. The goal is to reduce suicides among service members, veterans and their families using a public health approach to suicide prevention.

[Read more...](#)

ISSUE  
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## Practice Perspectives

The National Association of Social Workers  
750 First Street NE  
Suite 800  
Washington, DC 20002-4241  
SocialWorkers.org

Carrie Dorn, LMSW, MPA  
Senior Practice Associate  
cdorn.nasw@socialworkers.org

Improving Transitions for U.S. Military Veterans

### [Improving Transitions for U.S. Military Veterans](#)

About 10 percent of the U.S. population has served in the armed forces, and each year about 250,000 individuals separate from the Department of Defense (DoD). Social workers interact with service members, veterans, and their families in health care facilities and community-based service settings.

Recent federal efforts have improved the experience of exiting service members, with a particular focus on linking individuals with health and mental health resources. Some changes have been prompted by legislation and executive orders. One catalyst was the 2016 Clay Hunt Suicide Prevention for American Veterans Act, which enhanced peer support, outreach activities, and crisis hotline services.

The January 2018 Executive Order 13822, Supporting Our Veterans During Their Transition from Uniformed Service to Civilian Life, requires the DoD, Veterans Affairs (VA), and Homeland Security to work toward shared objectives of a Joint Action Plan. Coordinated efforts are now taking a proactive approach, and social workers are involved in connecting service members with resources.

[Read more...](#)

### [NAMI Homefront](#)

NAMI Homefront is a free, 6-session educational program for families, caregivers and friends of military service members and vets with mental health conditions. Based on the nationally recognized [NAMI Family-to-Family](#) program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans living with mental health conditions.

### **What Attendees Gain**

Recovery is a journey, and there is hope for all people affected by mental illness. This in-person, confidential group experience provides the opportunity for mutual support and shared positive impact. Attendees will experience compassion and reinforcement from people who relate to their experiences. Attendees also have the opportunity to help others grow.

NAMI Homefront teaches those who attend how to:

- Manage crises, solve problems, and communicate effectively
- Learn to care for themselves, including managing stress
- Develop the confidence and stamina to support family members with compassion
- [Identify and access federal, state and local services](#)
- Stay informed on the latest research and information on mental health, including posttraumatic stress disorder and substance abuse
- Understand current treatments, including evidence-based therapies, medications and side effects
- Navigate the challenges and impact of mental health conditions on the entire family

***NAMI Homefront is now offered online! Online NAMI Homefront classes meet virtually, on a weekly basis, to complete the 6-session program. Sign up here to receive information about [Online NAMI Homefront Classes](#)***

### [Perceived Needs of Veterans Transitioning from the Military to Civilian Life](#)

*Derefinko KJ, Hallsell TA, Isaacs MB, Colvin LW, Salgado Garcia FI, Bursac Z.*

*Department of Preventive Medicine, University of Tennessee Health Sciences Center; Department of History, University of Memphis; St. Jude Children's Research Hospital, Clinical Trials Administration; Department of Preventive Medicine, University of Tennessee Health Sciences Center.*

Despite existing separation services provided by the military, many transitioning to civilian life report continued or even worsening issues, including anger outbursts, PTSD, sustained substance use, and strained family relationships. Further, only 61% of the 1,906,754 veterans separated since 2002 participate in the VA health care system after separation, indicating that at least three quarters of a million veterans are not captured by research conducted in VA systems. The current study (N = 90) examined the perceived needs of veterans transitioning from the military to civilian life, assessed issues that prevent these individuals from participating in VA health care upon separation, and captured veteran recommendations to improve existing separation services, either prior to or after the transition to civilian life. Veterans identified several needs, including improved access to care, mental health and substance use counseling, and preparedness for adjustment and economical/financial issues. Implications for both care and policy are discussed.

### [Read more...](#)



### **Resource Corner**

[Alvin C. York VA Medical Ctr - Veteran's Benefits Assistance](#)

[Centerstone - Supportive Services for](#)

[Help for Military Families - Tennessee Suicide Prevention Network](#)

[Resources for Homeless Veterans in Tennessee](#)

[U.S Department of Veteran Affairs: Social](#)

[Veteran Families](#)

[Disabled American Veterans - Tennessee Chapter](#)

[Operation Stand Down TN](#)

[Paralyzed Veterans of America - Mid-South Chapter](#)

[State Veteran Services Offices - East, Middle, and West TN](#)

[Tennessee Department of Veteran Services](#)

[TN Statewide Crisis Phone Line](#)

[Coaching Into Care](#)

[Military OneSource](#)

[Blue Star Families](#)

[Military Child Education Coalition](#)

[Operation Homefront](#)

[National Military Family Association](#)

[National Fatherhood Initiative](#)

[Air Force Heartlink Program](#)

[Army Emergency Relief](#)

[Air Force Falcon Loans](#)

[Air Force Aid Society](#)

[Marine Moms Online](#)

[Help for Spouses of Combat Veterans With Post Traumatic Stress Disorder From People Who Know](#)

[Veterans Needs Assessment \(SWORPS\)](#)



[Work Resources](#)

[U.S. Department of Labor: Veterans' Employment & Training Service](#)

[Older Veteran Behavioral Health Resource Inventory \(U.S. Department of Veteran Affairs\)](#)

[National Center for PTSD](#)

[Healthy Army Communities](#)

[Military Workshops - University of Tennessee College of Social Work](#)

[Tennessee Offers Many Programs to Support Military Families - kidcentral](#)

[Deployed Dads: The Risks Facing Military Children and How You Can Help](#)

[VA Community Provider Toolkit](#)

[HELP4TN - Veterans & Military](#)

[Military Facts for Non-Military Social Workers](#)

**Need to get your CE Hours?  
Here are some upcoming  
Continuing Education  
Workshops from NASW-TN!**

### **Memphis Winter Forum**

6.0 CEUs with 3.0 in Ethics  
December 6, 2019  
Memphis, TN

### **Diversity Awareness & Cultural Competence**

3.0 CEUs in Ethics  
December 13, 2019  
Nashville, TN

**[Click Here to See All Continuing Education Opportunities on the NASW-TN Calendar of Events!](#)**

# HELP4TN

Free civil legal help is available through resources provided by Tennessee Alliance for Legal Services. Visit [www.HELP4TN.org](http://www.HELP4TN.org) or call 1-844-HELP4TN to talk to an experienced Tennessee attorney for free legal advice and referrals.

NASW, Tennessee Chapter helps support the inclusion of information on social services through this website.

# kidcentral tn

HOME

Free, one-stop resource for TN families to raise healthy and happy kids. kidcentral tn features articles on health, education, development and more. It also includes a searchable directory for state-sponsored services for children & families.

The site is maintained by the Tennessee Commission and Children and Youth.



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