

Wounded Warrior

FAMILY QUARTERLY NEWSLETTER

2019 October - December Edition



REGION HIGHLIGHTS



Navy Wounded Warriors, caregivers and loved ones from Naval District Washington pose for a photo at the Navy One Miler in Washington D.C. The Navy Mile is a one mile race down Pennsylvania Avenue. Participation in the race supports the Naval Sea Cadet Corps, the Safe Harbor Foundation, and the United States Navy Memorial.

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Behind every strong
Sailor there is an
even stronger family
who stands by them,
supports them, and
loves them with all
their heart



REGION HIGHLIGHTS (CONTINUED)



▲ Navy Region Southwest hosted a Caregiver Workshop in July. Presenters shared resources with specific interest for those who care for wounded, ill and injured service members. Left to right: Judith Howell, PsychArmor Institute (see resource information following in this newsletter); Sabrina Russell, Navy Wounded Warrior Recovery Care Coordinator; Laura Torres, Blue Star Families (discussed military spouse and caregiver employment opportunities); Gabi Arias, PEER Support Coordinator; Jessica Romero, Southern Caregiver Resource Center/Operation Family Caregiver (provided information on personal caregiver coaches who are licensed clinicians and help with individual goals, self-care and resiliency, www.operationfamilycaregiver.org).

▶ Navy Region Southwest Navy Wounded Warrior Transition Coordinator, Andrew Gasper, coordinated with Wounded Warrior Project and VA Vocational Rehab to host a career fair at the Naval Medical Center San Diego courtyard in June. Sixteen employers provided valuable information and opportunities to transitioning sailors.



◀ Navy Region Southeast Navy Wounded Warriors connected at a MWR event, Midnight at the Masquerade. Enrollees, caregivers and guests spent the evening enjoying dinner, solving a “murder mystery” and creating and fostering relationships. Left to right: Chris and Amanda North; Sherifa Wrightbelizaire; Therese Pederson, Navy Wounded Warrior Transition Coordinator; David and Misa Miller, Kendra and Theodore Marion.



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CAREGIVER RESOURCES



Educating a Nation

PsychArmor Institute offers over 40 caregiver courses filled with information and strategies about how to manage the demands and stressors of caregiving. Scroll through options such as Caregiving in a Rural Setting, How to connect with a Checked out Veteran, Self-Care for Caregivers, and more at <https://psycharmor.org/caregivers/>. In addition, PsychArmor offers the Caregiver's Experience binder to those who complete at least two caregiver courses to help organize their Tips and Takeaways from each class plus space for additional documents or notes.



On Military OneSource

(<https://www.militaryonesource.mil/>), you will find booklets, CDs, DVDs, downloads and blogs including:

- The Keeping It All Together notebook to organize your wounded warrior's treatment and recovery in one place.
- Adult, child and elder care tool kits from the Special Care Organizational Record for an easy way to track progress and medical information.
- The Blog Brigade that features honest, tell-it-like-it-is stories from military spouses.



SPOUSE EDUCATION & CAREER OPPORTUNITIES

The Spouse Education & Career Opportunities Scholarship Finder makes searching for education funding and career development opportunities fast and easy. Search through more than 90 scholarships carefully chosen for military spouses and family members to help with college expenses. Start your search now at: <https://myseco.militaryonesource.mil/Portal/SpouseProfile/SpouseFundingSources/Search>



Sesame Street for Military Families: Caregiving (<https://sesamestreetincommunities.org/topics/family-caregiving/>)

Sesame Street resources build on families' resilience and reinforce age-appropriate skills to help them cope with difficult times over the long term. Messages highlight that sunny days are opportunities for creating connections and that stormy days can be faced together.

- Sesame Street song featuring Rosita
- Sesame Street videos and podcasts of Rosita, her family and friends helping her with coping strategies when injuries create changes in everyday family life
- Printed activity book with activities for the family to do together
- Digital interactive and printables to give families strategies for enjoying good days and coping on harder days
- Parent to parent advice videos featuring both caregiving parent and injured parent sharing what has helped their families cope

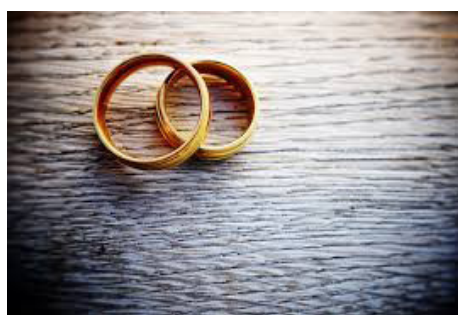
CAREGIVER RESOURCES (CONTINUED)



The Family Employment Readiness Program (FERP) provides no-cost consultations, programs and services to help families in the job search process including career planning, job seeking, resume writing, and preparation for interviews and negotiating offers. Contact your nearest Fleet and Family Support Center for more information.

Department of Labor created a new tool for military spouses to quickly locate licensing and credential information nationwide at <https://www.veterans.gov/milspouses>. The page features a map that highlights which states offer temporary licensing, expedited licensing or licensure by endorsement for relocating spouses.

MARRIAGE PROBLEMS: 50 WAYS TO CAUSE FEAR AND SHAME



By Steven Stosny, Ph.D.

I've posted before - and with Pat Love have written a book about - the ancient fear-shame dynamic that secretly undermines intimate relationships. To briefly recapitulate, usually subtle (but sometimes obvious) anxiety or fear in one partner triggers shame-avoidant behavior (withdrawal or anger) in the other, and vice versa.

Near the end of our three-day boot camps for highly distressed couples, I ask the men to list all the ways they are likely to make their partner anxious or afraid without meaning to and the women to list all the ways they are likely to stimulate shame in their partners with no intention to do so. Amazingly,

the more than 600 participants have come up with lists very close to what Pat and I first brainstormed when we were discussing the book. (We have to admit that our prescience came after years of looking in all the wrong places - childhood wounds, communication patterns, etc. - for why couples have such a hard time connecting even when they do everything right.).

25 WAYS TO MAKE A WOMAN ANXIOUS

- Ignore her
- Tell her what to do
- Be short with your answers
- Tune out her feelings
- Stonewall or give her the cold shoulder
- Take her for granted
- Limit or criticize her spending
- Tell her stop worrying
- Tell her she's making too much of it
- Tell her to get over it
- Tell her she talks too much
- Complain about her weight
- Criticize her family
- Withdraw or shut down
- Yell or get angry
- Pout or sulk
- Threaten to quit your job
- Flirt with other women
- Don't know her dreams
- Tell her she's just like her mother
- Complain about her girlfriends
- Give her the cold shoulder
- Dismiss her ideas
- Sound like you're trapped in the marriage
- Buy a sports car

25 WAYS TO STIMULATE SHAME IN A MAN

- Exclude him from important decisions
- Correct what he says
- Question his judgment
- Give unsolicited advice
- Dismiss his opinion
- Imply inadequacy
- Make unrealistic demands of his time and energy
- Overreact
- Ignore his desires
- Focus on what you didn't get, rather than what you got
- Withhold praise
- Use a harsh tone
- Be abrupt - spring things on him
- Undermine his wishes
- Condescend
- Criticize his personality
- Disrespect his work
- Show little or no interest in his interests
- Criticize his family
- Interpret, psychoanalyze, or diagnose him
- Make comparisons to other men
- Focus on your unhappiness
- Put friends before him
- Value others' needs over his
- Rob him of the opportunity to help

MARRIAGE PROBLEMS (CONTINUED)

The majority of lovers crash into each other's vulnerabilities accidentally. But in the case of verbal abuse, intentional abusers seem to know intuitively where the jugular is. A verbally abusive man is likely to make his wife feel afraid of harm, isolation, or deprivation. A verbally abusive woman is likely to make her husband feel like a failure as a provider, protector, lover, or parent.

But lovers also know intuitively how to help and support one another. The primary regulators of both fear and shame are support and connection. That is what people provide for each other during courtship that makes them fall in love. It is what they must provide in marriage to keep the fear-shame dynamic from destroying it.

BIG CHANGES TO THE IDES TIMELINE

Integrated Disability Evaluation System (IDES)

Whether in combat operations or training, Sailors may incur a wound, illness or injury that has a long-term impact on their lives. Exceptional medical care and adequate healing time enables most Sailors to return to a full duty status. In the instances when a Sailor is unable to return to full and unrestricted duty, the Integrated Disability Evaluation System (IDES) is necessary to determine their fitness for continued military service.

What is IDES?

IDES is a joint program of the Department of Defense (DoD) and the Department of Veterans Affairs (VA). For Sailors determined medically unfit for continued service, the goal is to close the gap between separation from active duty and the receipt of VA benefits and compensation. The VA performs one medical exam that meets the needs of DoD in determining fitness for continued military service and also provides the basis for the VA to rate the Sailor's disabilities if they have been determined to be Unfit by the Department of the Navy Physical Evaluation Board (PEB). The VA determined disability rating, for the specifically military unfitting condition(s), is used by DoD as the basis for determining eligibility for military separation and retirement benefits.

NEW TIMELINE

In an effort to both improve Service lethality and readiness, and provide Service Members their IDES determinations more quickly, the Office of the Deputy Secretary of Defense announced that the IDES timeline will change from 230 to 180 days, effective 1 October 2019. The new timeline is provided below.

We encourage Service Members to work closely with your Physical Evaluation Board Liaison Officer (PEBLO), Nurse Case Manager, IDES attorney, and NWW case manager, as applicable, throughout the IDES process to ensure the proper information regarding this change is being provided to you and your families.

