

Featured Reading

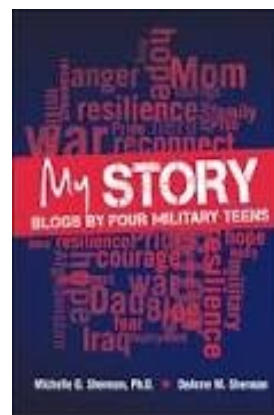


My Story: Blogs by Four Military Teens by Michelle Sherman & DeAnne Sherman is a series of blogs by four military teens that highlights their feelings and experiences before, during, and after parental deployment. It provides support and education for all military teens and pre-teens by honoring their unique joys and sacrifices, addressing their fears and hopes, and exploring how parental deployment affects their lives. Although the four youth in *My Story* are fictional, the stories are real—the blogs are a compilation of real life experiences of military kids we have been honored to meet and learn from.

The blogs in *My Story* address issues such as:

- ** Pride in parent's military service
- ** Sadness, anger and confusion regarding deployments
- ** The excitement of homecoming
- ** Challenges of reconnecting after deployment
- ** Finding a "new normal"
- ** Teen depression
- ** Dealing with parent's emotional and physical challenges (e.g., PTSD, substance abuse, injury)
- ** Divorce
- ** Resilience and post traumatic growth

Check it out today!!!



Newsletter Written & Prepared By:

NJ National Guard State Youth Coordinators ~MPSC Contractors~

Amanda Balas amanda.balas@us.army.mil Cell: 609-802-5751

&

Nicole Morgan-Lewis nicole.l.morgan-lewis@us.army.mil Cell: 609-341-6576

Mailing Address: 1048 US Highway 206 South Bordentown NJ 08505

Phone Numbers: Toll Free: 1-888-859-0352 Office: 609-298-1196



Find us on
Facebook

Check us out on Facebook at
**New Jersey National Guard
Child & Youth Program**

NJ National Guard Teen Panel (NJ GTP)



The next Guard Teen Panel will take place on Saturday 15 October, 2011 from 3-6pm at the Woodbury Armory (658 North Evergreen Ave. Woodbury NJ 08096). For those of you who are already a member, please let Nicole or Amanda know if you will be attending by Wednesday 12 October. If you are currently not a member, but are interested in attending, please see application below with more information. Please contact Nicole for more information. Thank you!!

The New Jersey National Guard is looking for more members for the Guard Teen Panel. The Panel will come together to speak on behalf of the NJ National Guard youth and its programs. The purpose of the NJGTP would be to initiate, help organize and be involved with youth activities throughout the state. By doing this, it will allow NJGTP to achieve its goal, to get New Jersey's Guard youth connected. The Panel will conduct business by discussion and consensus.

If you are interested in attending, please fill out the form below completely and return to Nicole Morgan-Lewis at nicole.l.morgan-lewis@us.army.mil or fax it to 609-324-0478. For more information, please contact Nicole at 609-298-1196

As a Panel Member, the responsibilities are to:

- * HAVE FUN!!
- * Be a leader and role model
- * Train and help to support other youth
- * Volunteer at least 5 hours each month
- * Ability to travel
- * Initiate new programs
- * Attend at least 3 Regional Meetings & 1 State Meeting



Member Guidelines:

- * MUST be thirteen years old by September 1
- * Minimum 2.5 GPA
- * Have previous leadership experience
- * Zero Tolerance of drugs, alcohol, bullying

Name: _____ Age: _____ Birthdate: _____ Gender: M or F
Address: _____ City: _____ Zip: _____
Current School Attending: _____ Current Grade: _____
Home phone number: _____ Cell phone number: _____
Email address: _____ Military Member's Name & Unit: _____

Please write a response to the following 3 questions:

1. What leadership positions have you held?
2. Which attribute do you find most important: Responsibility, Honesty or Humility. Why?
3. Overall, why would you like to join the NJ National Guard Teen Panel (NJGTP)?

Hero Pack Ceremonies Scheduled

Hero Packs serve as a tangible expression of support for Military Families from their communities and Operation Military Kids Partners. Hero Packs are filled by non-military youth and community organizations with mementos and items designed to help keep military kids connected with their deployed parent. They are a way to hand-deliver a salute to military children and youth for their strength and sacrifices while parents are deployed. A Hero Pack project involves local non-military youth groups and/or community organizations in a valuable community service effort that demonstrates thanks and support from their peers in the community

A Hero Pack is:

- A backpack filled with fun, educational tools for children with a deployed loved one to help keep them stay connected to their absent loved one
- Used to thank children and youth for all their hard work and sacrifices they make during deployment
- An expression of support for military families
- A community service effort contributing to positive youth development

HERO PACK DISTRIBUTION

~ The following are dates, times and places for Hero Pack ceremonies during October:

- ♥ Thursday October 13, 2011 starting at 6pm being held in the Riverdale Armory in North Jersey
- ♥ Saturday October 15, 2011 starting at 12:30pm being held at VFW Post 220 in Mays Landing/South Jersey

ALL military children, youth and teens that attend will be publically thanked and recognized. There are two versions of Hero Packs; one for children ages 3-9 and the other for youth/teens ages 10-18. Children under the age of 2 will be eligible for a certificate and teddy bear/stuffed animal.

For more information or to RSVP, please contact Amanda Balas or Nicole Morgan-Lewis, NJ National Guard State Youth Coordinators (SYCs) at 609-298-1196 or via email at amanda.balas@us.army.mil / nicole.l.morgan-lewis@us.army.mil no later than Tuesday October 11 by 4pm.

Sittercity

Sittercity is the nation's largest online source for local babysitters, nannies, elder care providers, dog walkers, housekeepers and tutors, and contains more than 1 million caregiver profiles. The Sittercity Corporate Program, funded by the Defense Department, offers military families, including active-duty, Guard and Reserve members, with a paid membership to the site.

The paid membership enables military families entry to a custom-built Defense Department Web site portal where they can match up caregivers to their situation; gain instant access to caregiver profiles that include background checks, references and reviews; and find military-certified care providers as well as caregivers who are military-subsidized and authorized access to a military installation. Military members and their families can activate their membership by going to <http://www.sittercity.com/dod>.



Spring Reins of LIFE - Horses, Humans & Healing (501c3)

Coming HOME© - Equine Assisted Services for Military Families War Deployment Changes the Military Family Unit in Many Ways -The Horses Offer a Safe Space to Reconnect and Find Your Place Again...

Coming HOME is a specifically designed workshop program for members of the armed forces and their families. Military families face challenges that civilian families don't. In the case of OIF and OEF families, there are even higher stressors than that of previous wars. Sometimes, the happiness of coming home is replaced by strain as conflict arises as the family attempts to re-integrate.

Traditional family counseling is not a viable option for many. There is often resistance to attending therapy, and/or traditional therapy is not something with which some people feel comfortable. But addressing some of the issues which might serve to debilitate the family unit is very important; ignoring them will only make it worse.

A family might experience some of the following post deployment:

- **Youth functioning and well-being** - The children may experience increased anxiety, emotional or behavior difficulties, problems in school and aggressive or risk taking behaviors.
- **Marital communication** – A marriage often experiences deployment related challenges such as changing parenting and head of household roles, relationship barriers, communication breakdowns, tension over financial issues, or trauma and its effects on intimacy.
- **Family as a unit** – Before, during and after deployments members of the family assume different or expanded roles which include the children. It can then be a challenge to reassume traditional roles between or post deployment.
- **PTSD or other Combat Stressors on the Family** – The ill effects of PTSD will often cause irritability, drinking, fighting, detachment, domestic violence, and decision fatigue. It is easy to see how that can damage family relationships.

WE CAN HELP! *Spring Reins of Life* is an organization which provides therapeutic animal assisted intervention, utilizing horses to work as guides and partners in identifying potential problems and helping develop resolutions. We operate as an EAGALA Model program which is solution focused, and based upon self discovery from the feedback, reactions and responses delivered by the horses. Participants learn about themselves and their family members by engaging in activities with the horses, and then by discussing metaphors, feelings, behaviors and patterns within their own context. *Coming HOME* military programs at *Spring Reins of Life* are designed with the group atmosphere in mind; however we do offer private sessions for individual couples or families. We provide carefully considered activities with our horses that are explorative and supportive in nature to aid service members and their families with difficult transitions typically associated with military life.

All services within SROL are funded and free of charge to military service members and their families. We also offer services on children's bereavement for those who have lost a parent due to the war, see Children's Bereavement Programs on our website or contact us for more information.

For more information, visit www.SpringReinsofLife.org ♥ 917-275-SROL (7765) ♥
info@springreinsoflife.org c/o: High Pointe Equine Center, 95 Whitehall Road, Pittstown, NJ 08867



COMING TOGETHER AROUND MILITARY FAMILIES®

DUTY TO CARE II

HONORING THE HEALER

Participants in this one day training will have opportunities to learn about self care, as well as to brainstorm strategies to develop professional resilience.

- Learn about self-care •
- Find solutions to manage compassion fatigue, vicarious trauma, and/or burnout •
- Improve professional well being •
- Explore ways to manage stress •

Healthcare, Early Childhood Education, Family Support and Mental Health professionals supporting military families are invited.

Wednesday November 2, 2011 from 8:00am – 4:00pm

**New Jersey National Guard
1048 US Highway 206 South
Bordentown, NJ 08505**

Register for this training online at

<http://main.zerotothree.org/site/Calendar/1597065379?view=Detail&id=102721>

For Registration Questions Contact: Secely Smith 202-638-1144 mprojects@zerotothree.org



Photo by: Allison Silberberg