

**Press Release
For Immediate Release**

Of Southern Arizona

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Contact: Staci Smith
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January 17, 2008**

Military Families Receive Counseling & Support

Jewish Family & Children's Service of Southern Arizona (JFCS) is keenly aware of the trauma that can affect entire families when a loved one is deployed to war. And we know that the effects of that trauma often do not end when military personnel return home. To combat the negative effects of that trauma, JFCS' Child and Adolescent Traumatic Stress Services Center (CATSS), recognized by the Pentagon for their work with children and families, has combined forces with Ft. Huachuca officials to address the stress and problems that affect the families of deployed soldiers. On January 19th and 20th, CATSS staff will provide a two-day workshop at the J.W. Marriott Starr Pass for 52 families from Fort Huachuca. These families, which include soldiers who have returned from war, first met with CATSS officials in November 2006. This workshop will provide continued support and group counseling dedicated to entire military families among an estimated 1.2 million American children who have had their fathers, mothers or both parents deployed to Iraq.

These families face extreme stress after the return of a deployed family member, according to Barbra Quade, director of CATSS. Previous workshops have identified great fears among the children of those who have been deployed. One particularly poignant moment came with a six-year-old boy who believed that his father could not come home until he had killed 3000 bad men. Counselors created a worry box to write each worry down and put them in the box. As worries are deposited, he and his mother discuss them and then they go back in the box. By the following week, the child showed marked signs of decreased stress.

The workshop has been specifically designed for military families, addressing their unique needs as associated with deployment and the return home. The workshop will address: Post Traumatic Stress

Disorder; general stress; adjustments and changes in the family during deployment and the transition home; and coping skills for all members of the family unit. Ft. Huachuca and JFCS staff all agree that this workshop will provide continued support to families of service people. With continued collaboration between agencies such as JFCS and the military, we can minimize the effects of war on families and communities.

For more information, please call Barbra Quade at 520-906-1275.

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