

FOCUS Project

The growing awareness of the significant challenges of wartime deployments on military child and family well-being has prompted a new initiative funded by the Bureau of Medicine and Surgery of the Department of the Navy. Addressing concerns related to parental combat operational stress injuries and combat-related physical injuries, state-of-the-art family resiliency services will be provided to military children and families. **FOCUS** was developed by the UCLA Center for Community Health and the National Center for Child Traumatic Stress.



How To Contact Us

FOCUS Headquarters

10920 Wilshire Blvd., Ste 350
Los Angeles, CA 90024
P 310.794.2482
F 310.794.6159
Info@focusproject.org

Worldwide **FOCUS** Locations

MCB Camp Pendleton, California
MCB 29 Palms, California
MCB Camp Lejeune, North Carolina
MCB Hawaii
MCB Okinawa, Japan
Naval CBC Gulfport, Mississippi
Naval CBC Port Hueneme, California
NAB Coronado Island, California
NAB Little Creek/ Dam Neck, Virginia

Please contact the FOCUS team for more information via phone or email. We look forward to talking with you.

www.focusproject.org



The **FOCUS** Project provides resiliency training for **Military** families facing the challenges of a family member's deployment.



F★O★C★U★S

F★O★C★U★S

F★O★C★U★S

The FOCUS Project...

...provides resiliency training for Military families facing the challenges of a family member's deployment.

Multiple deployments affect both the service member and the family as routines and roles are disrupted. Children may experience stress related to a parent's role in the Global War on Terror and the impact of Combat Operational Stress on family life.



FOCUS uses family training techniques to highlight areas of strength and resilience in the family and promote family growth to help address current challenges.

FOCUS provides structured activities to bridge gaps in shared family understanding that may follow stressful experiences and separations.

In both group and individual family service settings, family members are taught skills to improve emotional regulation, problem solving, goal setting and communication.

By practicing **FOCUS** skills and tools, families create a plan to enhance family relationships, build resilience and promote mutual understanding.

Project Goals

ASSIST children and parents in developing a customized tool box of coping skills to increase resiliency and maximize strengths.

PROVIDE developmentally-appropriate education to parents and children about the effects of Combat Operational Stress on the family.

HELP family members address deployment stress and reminders to minimize their interference with parenting and family life.

ENHANCE family communication and support by developing a shared family narrative about the deployment experiences.

PROVIDE community level consultation and group skill building designed to support family resiliency.



FOCUS and Families

Parent Sessions

- Discuss areas of family strength
- Create timeline narratives of deployment experiences
- Identify family goals and activities to support them
- Learn tools to increase communication and family resiliency

Child Sessions

- Build understanding of deployment cycle and common effects on families
- Create timemap narrative of deployment experiences based on developmental level
- Identify child activities to support family goals
- Learn communication and emotional regulation tools

Family Sessions

- Create a shared family narrative
- Increase understanding and communication
- Build a family toolbox using enhanced coping skills



F★O★C★U★S F★O★C★U★S F★O★C★U★S