



FOCUS RESILIENCY TRAINING

FACT SHEET

FOCUS (Families OverComing Under Stress) in collaboration with the Marine Corps Wounded Warrior Regiment, has developed a program to address the specific needs of the Regiment's Wounded, Ill, and Injured (WII) Marines and their families.

FOCUS is a resiliency training program designed to assist and promote strong Marine Corps families so that they are better equipped to contend with the stress associated with multiple deployments, combat stress, and physical injuries.

A service member's injury or illness affects all members of the family. FOCUS works with the entire family to teach skills that assist them as they come together to overcome their challenges and adapt to their "new normal". The FOCUS program is flexible and allows families to customize a recovery plan based on their specific needs. Military families are taught resiliency skills; including emotional regulation, communication, goal setting, handling traumatic reminders, and problem solving. Families are also provided practical strategies and tools for talking to children about illness and combat related injuries.

FOCUS is available aboard:

- MCB Quantico
- Camp Lejeune
- Camp Pendleton
- Hawaii

FOCUS provides:

- In-home services for local families of WII Marines at a time most convenient to the family
- Individual and group level services are also offered and provide training on methods to cope with the challenges associated with stress, change, injury and/or illness

If you are not located at or near one of these installations:

- Training is available over the phone and is conducted in sessions that are conducive to a family's schedule
- In-home visits are available based on the level of need and availability of staff
- Referrals are available through the Wounded Warrior Call Center at 1-877-487-6299

* FOCUS staff are master's level trainers and refer counseling support and/or needed medical attention to the appropriate clinical support staff.

FOCUS PROGRAM OVERVIEW

FOCUS is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS is founded on leading evidence-based family intervention models for at-risk families which have demonstrated positive emotional, behavioral and adaptive outcomes over time. FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior in collaboration with the National Child Traumatic Stress network and Children's Hospital Boston/Harvard Medical School.

For more information

310.794.2482 • www.focusproject.org

For assistance or to receive additional information contact:

Sergeant Merlin German
Wounded Warrior Call Center
24/7 toll free at 1-877-487-6299

THE WOUNDED WARRIOR REGIMENT

The Wounded Warrior Regiment (WWR) stood up in April 2007 and immediately began to assume responsibilities for non-medical Wounded Warrior care. **The mission of the WWR is to provide and facilitate assistance to WII Marines, Sailors attached to or in direct support of Marine units, and their family members, throughout the phases of recovery.** The Regimental Headquarters element, located in Quantico, Virginia, coordinates the operations of two Wounded Warrior Battalions located at Camp Pendleton, California, and Camp Lejeune, North Carolina. The Regimental Headquarters provides unity of command and unity of effort through a single Commander who provides guidance, direction, and oversight to the Marine Corps WII non-medical care process and ensures continuous improvements to care management and the seamless transition of recovering Marines.



UNITED STATES MARINE CORPS WOUNDED WARRIOR REGIMENT

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www.woundedwarriorregiment.org • 877.487.6299