



MESSAGE FROM THE MODERATOR

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Thank you to all of those who could attend and the presenters who provided us with some additional great resources. I want to encourage all of you to continue to introduce members that you feel would be a good fit for Joining Community Forces. It was my goal to grow our partnership by 30% this year, and I am happy to share that we have completed that goal with a couple months to spare. Thank you to all of you for helping me achieve that goal. To current day, we have 353 members and are still growing. I could not be more proud of Joining Community Forces than I am today!

We have put together the 2018 calendar for you; please save those dates and times. 2018 is going to be a great year with more goals in mind for our community. Before the end of 2017, I will be sending everyone a survey about Joining Community Forces. I ask you to please take a few moments of your time to fill out the survey. Your feedback is important to me and is what helps me to make the adjustments you all are interested in and keeps the program relevant, always moving with forward momentum.

Additionally, we are going to be trying new locations for the networking meetings while keeping the popular locations intact (Denver and Colorado Springs). We are looking at branching out into communities where we have not been before, so be on the lookout for those locations in the very near future.

As a friendly reminder, send either myself or Laine (laine.a.dennison.ctr@mail.mil) your flyers and brochures for upcoming events. Between Denise, Laine, and myself, we will be sure to distribute that information to everyone. I like to always say, this program is YOUR program, and I want to make this what you want it to be! I am looking forward to 2018 and what it has in store for us.

Our next quarterly JCF meeting is on Wednesday, January 17, 2018, from 0900-1200 located at the Holiday Inn Express, Castle Rock, Colorado.

Sincerely,
 Suzanne Buemi
 Joining Community Forces Liaison
 Contractor, Colorado National Guard

POINT OF CONTACT

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IMPORTANT UPCOMING DATES

Quarterly JCF Meeting	Networking Meetings
Wednesday, January 17, 2018	Thursday, February 15
Holiday Inn Express-Castle Rock	Thursday, March 15
610 Genoa Way	<i>Locations for Networking Meetings are TBD.</i>
Castle Rock, CO 80109	
303-668-0888	All meetings are currently scheduled from 9am-12pm.

OCTOBER'S PRESENTATION HIGHLIGHTS

DORA—VET\$AFE PROGRAM

As online sales increase, fraud and exploitation increase as well. The Vet\$afe Program strives to empower Military Personnel and their Families to make wise financial decisions to deter these negative experiences. The program includes training in the following topics:

- The difference between financial fraud and exploitation and ways to prevent both

- Credit awareness
- Savings and personal finance management
- Budgeting skills
- Managing unexpected life expenses
- Tax breaks
- Investing basics

Each Active Duty, Veteran, or Family participant will walk away with a comprehensive budget plan, the ability to check and monitor their credit scores, a recovery plan (in case of identity theft), and preventative tips to decrease the likelihood of fraud and exploitation. In 2018, DORA will launch the Financial Empowerment Center offering free assistance from financial coaches for the Military.

NATRIECE BRYANT

Consumer Education & Public

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WWW.ASKDORA.COLORADO.GOV

COHEN MILITARY FAMILY CLINIC

The Steven A. Cohen Military Family Clinic at the University of Colorado Anschutz Medical Campus (opening early 2018) will offer no-cost behavioral health treatment. Its staff will be culturally competent in an effort to serve Military Families. Services will be completely confidential, individually-tailored, and flexible to meet the needs of each client.



Within the evidence-based therapy category, multiple treatment modalities will be utilized including cognitive processing therapy, prolonged exposure therapy, cognitive behavioral therapy for insomnia, motivational interviewing, problem-solving therapy, complicated grief therapy, and emotionally-focused couples' therapy. Group sessions will also be available.

Many treatment methods will be available:

- Evidence-based therapy
- Psychiatric evaluation and treatment
- Case management
- Outpatient substance use treatment
- Education and training events
- Military-to-Civilian transition assistance
- Peer support

ELIGIBILITY

Military personnel

- Active Duty
- National Guard
- Reserves
- Veterans, regardless of discharge

Family members

- Spouses
- Children
- Parents
- Siblings
- Caregivers

The clinic will offer treatment for these concerns (and more!):

- Depression
- Anxiety
- Post-traumatic stress
- Adjustment issues
- Anger
- Grief and loss
- Family issues
- Transition challenges
- Relationship concerns
- Children's behavioral issues

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OCTOBER'S PRESENTATION HIGHLIGHTS

PROJECT: RETURN TO WORK (R2W)

Project: Return to Work strives to reengage Veterans, especially Wounded Warriors, and their Spouses, disabled Americans, and diverse communities by helping them find productive and fulfilling jobs. Originally established in 1998, this organization has recently

moved to Colorado to provide direct recruiting services to the local Military population.

A vital element in R2W's job placement service is the 12-question assessment to determine suitability. The complete process consists of three steps:

1. Complete the Aptitude Assessment
2. Develop an Action Plan
3. Find the right employer

KIM ANDERSON

Employment Specialist

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A PROCESS TO GET YOU THERE AND KEEP YOU THERE

www.return2work.org

DVBIC—DEFENSE AND VETERANS BRIAN INJURY CENTER

DVBIC was established by Congress in 1992 to treat Service Members with Traumatic Brain Injuries (TBIs). This mission is fulfilled through state-of-the-science clinical care, research, and education.

- Research
- Clinical Care
- Education

A TBI is a blow or jolt to the head or a penetrating head injury that disrupts function of the brain.

Severity may range from mild to severe and can result in short- or long-term problems with independ-

ent function. It is important to realize that not all blows to the head result in a TBI. Symptoms can

include headaches, irritability, sleep problems, concentration problems, vision

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changes, balance problems, ringing in the ears, dizziness, excessive fatigue, and/or forgetting things.

STURM CENTER

The Sturm Center's mission is four-fold:

- Focused academic training
- Clinical outcomes research
- Direct behavioral health services
- Community engagement & enrichment

Active duty Military, Guard/Reserve, Veterans, and Families can utilize the direct behavioral health services at the Sturm Center, which is located at 10730 E Bethany Dr, Suite 395, Aurora, CO 80014. Although TRICARE is not currently accepted, the Sturm Center accepts Medicaid, Medicare, and VA Choice. A sliding payment scale is also available to mitigate the cost. In certain circumstances, the fee can even be waived.

The Sturm Center offers multiple therapy options:

- Adult Individual Therapy
- Family/Couple Therapy
- Child/Adolescent Therapy
- Group Therapy
- Psychological Assessments

These services can help with many issues:

- Readjustment
- Trauma, grief, or loss
- Depression, anxiety, or post-traumatic stress
- Coping with injury
- Occupational/educational stressors

At the Sturm Center, recipients can expect high-quality, confidential behavioral and mental health services.

To make an appointment or for more information, call **303-871-7942**.

Additional information can also be found at www.du.edu/gsp/spp/services/

JENI HUNNICUTT

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**JOINING COMMUNITY FORCES
QUARTERLY MEETING SCHEDULE 2018**

January 17, 2018

April 18, 2018

July 18, 2018

October 17, 2018

**All quarterly JCF meetings are currently held at the
Holiday Inn Express—Castle Rock: 610 Genoa Way, 80109.**



**JOINING COMMUNITY FORCES
NETWORKING SERIES SCHEDULE 2018**

February 15, 2018

March 15, 2018

May 17, 2018

June 21, 2018

August 16, 2018

September 20, 2018

**Networking sessions are subject to change based on FY18 funding
and projected attendance.**



JOINING FORCES
TAKING ACTION TO SERVE
AMERICA'S MILITARY FAMILIES

VISIT THE JCF WEBSITE

<http://coloradojcf.org>

Interested in presenting your organization to JCF?

Slots are available on a first-come, first-served basis.

Contact **Suzanne Buemi** by **December 15** to present at
our January meeting.

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JCF ATTENDANCE ROSTER

Thank you to all who attended October's JCF Meeting!

Joshua Acevedo, PTSD Foundation America	949-433-9028	joshua.acevedo@ptsdusa.org
Kim Anderson, Project: Return to Work	720-359-1541	kim.anderson@return2work.org
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Heidi Halus, New York Life	303-910-3716	hhalus@ft.newyorklife.com
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JCF ATTENDANCE ROSTER

Thank you to all who attended October's JCF Meeting!

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