



Community Health Initiatives, Inc. is a 501(c)(3) tax-exempt, private nonprofit organization whose mission is promoting healthy behavior by sponsoring workplace and community programs and providing outpatient counseling to youth and adults.

Nationally, we provide research and evaluation support that improves the health and well-being of individuals and communities. We offer a wide array of statistical analysis services focused on improving operational and policy efficiencies so that organizations may enhance their own programs. Our researchers utilize the latest technology and software and they maintain advanced knowledge of accepted evaluation practices. We are often called in to assist clients who seek day-to-day assistance with data management, training, or communications.

Our consultation and technical assistance can be described as “participatory,” so they involve closely the views of the organization, “outcomes-driven,” to that they produce results useful to the organization’s staff and consumers, and “investment-oriented,” in that research and evaluation are always beneficial to fiscal stakeholders in making their decisions about ongoing support.

We also maintain a data management facility with which clients can discover how their programs can collect relevant data for operations, staff activities, and for funders. These can later be transferred to the client’s organization for their application.

FOCUS * Families OverComing Under Stress

Providing resilience training to military children and families and teaching practical skills to help families overcome common challenges related to a parent's military service, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

About the Program

As a service originally initiated by the Bureau of Medicine and Surgery (BUMED), the FOCUS Project addresses concerns related to parental combat operational stress injuries and combat-related physical injuries by providing state-of-the-art family resiliency services to military children and families. In 2009, FOCUS Family Resiliency Services were made available to Army and Air Force families at designated installations through support from the Defense Department's Office of Family Policy.

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FAMILIES IN TRAINING

When military parents fulfill occupational duties, their children and families can face many challenges including: long separations, moves, changes in family routines, and dealing with concerns about parent safety or injury. There may be times when these challenges can be overwhelming, particularly if a parent is dealing with the effects of combat stress and/or injuries. FOCUS is based on over 20 years of research with children and families facing challenges and adversities in many different settings.

Program Benefits

For Service Members / Veterans

Service Members and Veterans learn skills to address many of the changes and challenges that Military families experience:

- *How to talk with kids about moves, departures and returns*
- *How to build strong connections with their spouse/partner and/or children*
- *How to establish effective family routines and come up with new ones when needed*
- *How to reconnect with their spouse/partner and children, which can be difficult after long separations such as deployment*
- *How to manage combat stress and deployment reminders*
- *How to effectively address and solve problems as a family*
- *How to discuss Military experiences with children and family members*
- *How to maintain these skills after separation from the Military*

For Kids

When a parent is in the Military, there may be times when they are away from the family and periods of adjustment following their return. For lots of kids and teens, this can be hard. FOCUS shows kids and teens some things that might make these times a little easier:

- *How kids and teens can let parents know when they're having a hard time*
- *How kids and teens can talk to their parents about the changes in the family*
- *How kids and teens can build strong connections with their mom or dad*
- *How to get used to having their mom or dad around again following active service*
- *How kids can better understand why it is that their mom or dad might be acting differently since they returned from deployment*
- *How kids and teens can talk to friends at school so their friends have a better idea of what they're going through*



For Families

Spouses/Partners learn how to effectively deal with many of the changes and challenges faced by Military families:

- *How parents can take care of themselves, so they feel better prepared to support the kids*
- *How to talk about any changes in family routines or responsibilities that might be necessary to keep the family and household on track during stressful times*
- *How to talk to kids about their concerns, fears, or worries*
- *How to manage kids' behavior if they are acting out at home or in school*
- *How to help kids feel connected to their parents*
- *How to support their spouse/partner if they are dealing with combat stress reactions or reminders*
- *How to identify if someone in the family needs more assistance managing distress*
- *How to reconnect with a Spouse/Partner and recreate a sense of family closeness*
- *How to support a Spouse/Partner as they reintegrate into civilian life and changing roles and responsibilities*
- *How to effectively address and solve problems as a family following active duty*

FOCUS really made this last deployment smoother. It has been a great confidence builder.

-FOCUS Mom and US Navy spouse