

F★O★C★U★S Project Services:

www.focusproject.org

| | OBJECTIVE | AUDIENCE | NUMBER IN ATTENDANCE | TIMING |
|---|---|---|----------------------|---|
| Presentations (Indirect Outreach) | Program Overview, Education, Information, Broad outreach to general population | <i>Providers, Military Leaders, Family Groups, General population, Organizations (eg: conferences, professional associations, etc.)</i> | ANY SIZE | Time: Flexible (15-90 minutes depending on venue) |
| Individual Direct Outreach | Education, Networking, Referral and Resource Development | <i>Providers, Military Leaders, Family Representatives</i> | 1-2 PERSONS | Time: Flexible |
| Group Direct Outreach | Briefs, Program overview, Education | <i>Providers, Military Leaders, Family Groups</i> | ANY SIZE | Time: 5, 10, 30- minute presentations |
| Educational Workshops/ Program Overview | Program Introduction, Education (Impact of Wartime Deployment on Children); Family Communication Skills, Plus/Minus Brief Activity (Communication/Goal Setting/ etc.) | <i>Family Members, Service Members, Mixed Service Providers/ Family Members</i> | 12 - 100 PEOPLE | Time: 60 Minutes |
| FOCUS Core Skill-Building Interactive Groups | Individual, Child, and Family Coping Skills (Emotional Regulation, Communication, Goal Setting, Problem Solving, Managing Combat Reminders) linked to COSC | <i>Family Members, Children (School age and Teen Groups), Service Members</i> | 4-12 PEOPLE | Time: 90 Minutes |
| FOCUS Multi-Session Resiliency Training | Education: Developmental Guidance; COSC and parenting/ family life; Resiliency Skills for Children/Parents; Family Narrative: Communication, Perspective Taking, Shared Meaning | <i>Individual Families, (Spouse, Service member, children ages 5-18, other family members)</i> | INDIVIDUAL FAMILY | Time: 6-10 sessions; approx 12 hrs (total) optimal (flexible based on family availability) |
| Individual and Organization Consultation | Provider Education (eg: school counselor in-service), Expert guidance on family and/or child- focused information re: deployment and/or COSC-related issues | <i>Community Providers Service/Family Members</i> | INDIVIDUAL OR GROUP | Time: flexible; approx 30-90 minutes (depending on audience & venue) |
| Trauma-Informed Consultation | <i>Community Loss/Grief, Provider Education, Access to NCTSN models/training</i> | <i>Community Providers Service/Family Members</i> | INDIVIDUAL OR GROUP | Time: Flexible |

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