

# F★O★C★U★S

Providing Resilience Training  
For Military Families



**FOCUS** is a prevention service designed to strengthen couples and families in readiness for tomorrow. FOCUS provides personalized training in the context of their story and individual goals. The program teaches practical skills to help families and couples feel prepared to meet the challenges of military life such as deployments, stress, injury, and other transitions. FOCUS is offered in several formats: family consultations, couple- or family-level training, small group training, and workshops. FOCUS builds strong connections with other military family providers to support a network of care for service members, their partners and families.

## Families Overcoming Under Stress

(**FOCUS**) provides resilience training to military couples and families. It teaches practical skills. These skills help prepare couples and families to meet the challenges of multiple deployments, combat stress, injury and other transitions.

**FOCUS** also helps couples and families tell their story. It teaches participants how to talk together and assists with problem-solving and goal-setting. Children and adults learn how to support each other and prepare for future challenges.

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**Resilience is the ability to cope with, adapt to and overcome challenges.**

**Resilience training teaches couples and families practical skills to handle the stresses of military life in the context of their unique story.**

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FOCUS is based on programs that show positive outcomes for families facing multiple challenges. Parents and children have seen improvements in emotional health as a result of the FOCUS program. 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.

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**In FOCUS, couples and families develop a shared understanding of their own military experiences that enhances resilience and prepares them for the next transition.**

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