

## CONNECTICUT MILITARY SUPPORT PROGRAM

*"After my husband deployed, my oldest child began to act out. She was having such a hard time. And the truth is so was I. We'd never been apart. We'd always been a team. I just couldn't stop thinking about him being in danger every minute he was there. I became depressed. I am so grateful for the support I received from my MSP clinician. She really helped me get through it."*

~28 year old wife of a deployed CT Army National Guard soldier



The Military Support Program (MSP) addresses the mental health and substance use needs of National Guard and Reserve personnel affected by deployment in Operation Enduring Freedom (Afghanistan) and Operation Iraqi Freedom (Iraq). Administered by the Department of Mental Health and Addiction Services (DMHAS), MSP began in March 2007. Connecticut is the first state in the U.S. to offer mental health counseling services to its approximately 5,000 National Guard and Reserve personnel, sometimes called "Citizen Soldiers," and their families.

**Free, confidential outpatient counseling** provided to National Guard and Reserve personnel and their families.

**Over 225 licensed clinicians specially trained by DMHAS** to provide marriage and family counseling and counseling for stress related to deployment, service in a war zone, and homecoming.

**Outreach; 24/7 call center; information, referral and advocacy; and community case management services** provided by MSP staff.

### MSP Features



MSP provides **up to 15 outpatient counseling sessions**, but may expand to 30 visits in certain circumstances.

**Transportation assistance:** Livery service and gas cards offset transportation costs.

**Total Number of Counseling Sessions: 1,302**  
FY '08

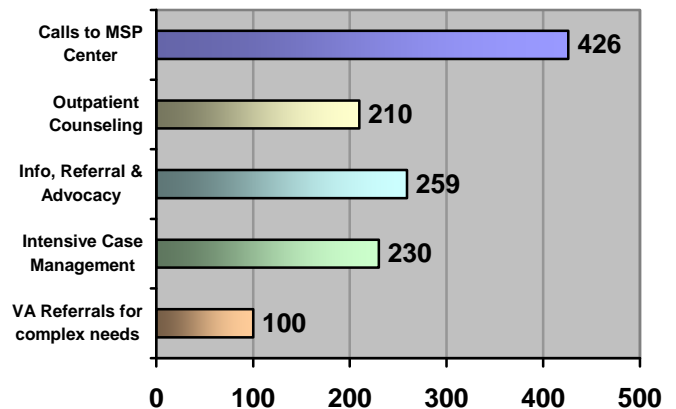
### Additional MSP Highlights:

**Educating clinicians:** DMHAS recruits, trains, credentials and manages MSP clinicians using a new training program on veterans' unique health needs, benefits, eligibility criteria, and how to apply.

**Children and deployment:** School-based clinicians to be trained by DMHAS expert in family systems and school based services on the adjustment issues of children of deployed parents. In partnership with the National Guard/Reserves Family Support Programs, children of deployed parents will be identified and services will be offered to the child, parents and school personnel.

**Collaboration:** MSP works closely with VA and Vet Centers in facilitating workshops on deployment health at family conferences and all unit demobilizations and 30, 60, and 90-day drills.

Number of Individuals Served 7/1/07 – 6/30/08



*"The MSP has rapidly become an invaluable resource available to our Connecticut Guardsmen and their families. The service is prompt, the staff caring, as they routinely seek to provide flexible support options designed to meet the diverse needs of our military community. Speaking as a Commander, I am fortunate to have access to the resources the MSP can provide to our soldiers, airmen and their families."*

~Maj. Gen. Thad Martin, Adjutant General

### Just Call



National Guard/Reserve personnel and their family members seeking referral to counseling services are encouraged to call the 24/7 toll-free call center at **1-866-251-2913** to get names and contact numbers of at least three clinicians in their area.