

Family & Social Supports

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2023 Statewide Symposium in Support of Service Members, Veterans & Their Families

APRIL 19-20, 2023 | PHOENIX, ARIZONA

 **arizona coalition**
for **military families**



Family and Social Supports

April 20, 2023



Session 1

The Family and Social Support Landscape

Families Living the Military Life



Welcome!

Military Trivia

1. Which is older, the Army or the United States?
2. The Air Force's F-17 aerodynamics are modeled after what?
3. The Marine Corps motto "Semper Fidelis" was adopted in what year?
What is the translation of the motto?

Military Trivia

1. The measure to create a unified Continental Army, to be led by **George Washington**, was passed by the Second Continental Congress on June 14, 1775. So, technically, the United States has had an army for a year longer than it's been a country.
2. The Air Force's F-117 fighter uses aerodynamics discovered during research into how bumblebees fly.
3. The Marine Corps adopted "Semper Fidelis" as its official motto in 1883. It is Latin for "Always Faithful".

Facilitators



Anna Johnson
Outreach Navigator
Arizona Coalition for
Military Families



Shawn Heistand
Connection Coach
Arizona Coalition for
Military Families



Anjolie Pfeifer
Therapist
Marana Healthcare



Agenda

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Welcome

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Introduction - Anjulie Pfeifer

3

**Military Children -
Patrick Ziegert**

4

**Military Family -
Spiekermeier Family**

5

**Practical Examples and
Resources - Anjulie Pfeifer**

6

Q&A

7

Closing

Circle Time!

1. Name
2. What is your favorite fact about the Military?
3. What do you like about Arizona



Who Will We Meet Today?



-Patrick Ziegert

Who are our our Veterans and their families? What are their needs? Patrick will give us unique insight and connection.

-Spiekermeier Family (John, Sarah and Will)

How can we better know our Military and their needs but through their stories! This is an opportunity to hear from the unique perspective of a soldier, his wife and their child.

-Anjulie Pfeifer

Knowledge of what is available to service members and their families helps with concrete support! Let's learn about some of those things and about the most important thing that ensures success.

Patrick Ziegert



Spiekermeier Family



Coping Strategies for Military Families



Anjulie Pfeifer-Professional Counselor MA, LPC

- Tools and strategies that can be used to help military families navigate challenges and issues related with the military life
- Resources
- Secret Weapon



Resources



Active Duty - Check the app

1. National Guard - Chaplaincy Program (Strong Bonds) and Behavioral Health
2. Family Assistance Centers - Located across the State
3. Traumatic Events Team
4. Purple Resolve trainings
5. Beconnectedaz.org
6. Connectveterans.org
7. Use that military i.d.
8. Stay informed of your benefits

Civilian Resources:

1. Be Connected - 1-866-4AZ-VETS (429-8387)
2. Camp Erin -Through La Frontera
3. Military One Source



ADAPTIVE PARENTING TOOLS

ADAPT is the first research-based parenting program developed specifically for military families with school-aged children

To accommodate busy lives this introduction to ADAPT offers families a jump start to creating positive change at home.

In only 4 sessions, ADAPTLite helps parents:

- ✓ Identify family values and goals
- ✓ Increase cooperation from children
- ✓ Recognize and respond to emotions

ADAPTLite is a combination of self-paced online work and 1 on 1 meetings with an ADAPT facilitator who will help you to tailor skills to your family.

Contact Jessica Morel at 602-513-3562 for more information about ADAPTLite or scan the QR code to register.



**BECAUSE PARENTS
ARE THEIR CHILDREN'S
BEST TEACHERS**



Scan me

1:1 Coaching

Do Not Forget The Fun!

MWR - Morale, Welfare and
Recreation

Vet Tix - Veteran Tickets
Foundation



Q & A



Session Evaluation

We want to hear from you!

