

## DISASTER PREPAREDNESS AND RESPONSE FOR OUR NATION'S MILITARY AND THEIR FAMILIES

Our nation's service members and their families have a proud tradition of understanding and responding to high-risk situations and environments. These situations encompass war on foreign soil, global peacekeeping missions, and duty in the face of national security risks and disasters on the home front.

The special knowledge, skills, and behaviors involved in disaster preparedness and response are essential for meeting the military mission. Preparedness allows our active duty, reserve, and National Guard soldiers, sailors, airmen, and marines to continue to function, despite the disruptions that disasters may bring. Preparedness also builds resilience within the military families and communities in which service members live.

The Center for the Study of Traumatic Stress (CSTS) of the Uniformed Services University of the Health Sciences develops and disseminates knowledge about planning for, responding to and recovering from the health and mental health consequences of exposure to a range of disasters. Disasters range to include natural disasters, terrorism and bioterrorism, pandemic threat, and war. These resources are unique in content and form. Many of these materials have been developed through consultation with military and civilian responders, and reflect specific issues inherent in different disaster types.

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These resources reflect the expertises of military medical specialists, including psychiatrists, psychologists, researchers, clinicians, and experts in health communication and public education.

These resources are in the form of electronic fact sheets, newsletters, and briefings and reports that can be easily disseminated or linked to the websites

of other organizations.

### Web Links

The links below provide information on a wide range of disasters with directives for military health leadership, military members and their families to advance individual and family coping and resilience.

- Courage to Care (CTC) CSTS Fact Sheets are available at <https://www.cstsonline.org/education-and-training/health-campaigns/courage-to-care-health-campaign>
- Additional resources can be found at [www.cstsonline.org](http://www.cstsonline.org).

Useful disaster preparedness and response information for individuals, families and communities can also be found at other government sites:

- [www.ready.gov](http://www.ready.gov)
- [www.fema.gov](http://www.fema.gov)