

VETERANS GROUP RESOURCE SETS

Four (4) ten-session units are provided which focus on the military experience. Three units are provided for the general veterans program curriculum. Each unit includes ten (10) group discussion topics, assigned to provide a topical focus for each of the ten scheduled sessions.

The staff leader can assign the worksheets in advance, and build on the responses for group discussion. Ideally, group size is limited to allow enough time for each member to participate actively. One outcome is that this resources a natural vehicle for group members to learn positive things about each other.

The first set of resources addresses common military experiences and provides an opening for members of each branch to speak about that area of service.

Session topics - first set of resources	
1	Joining up
2	Boot camp/basic training/recruit training
3	The basic military experience
4	Army
5	Navy
6	Air Force
7	Marine Corps
8	Option #1: Coast Guard Option #2: Common military experiences, #1
9	Parades and uniforms
10	Our nations' veterans: national leadership, and veterans resources
	Options: Common military experiences #2 Common military experiences #3

It is not essential that the staff leader for this group be a veteran. It would be helpful, but not necessary.

Veterans Resources Set 2: The second set of resources builds on the first unit. Again, common experiences form the focus of discussion on issues and values: teamwork, esprit, responsibilities, personal qualities and strengths, etc.

Session topics - second set of resources	
1	Next steps (more training) - can be two (2) sessions
2	Promises and plans
3	Differences and changes
4	Getting along and teamwork
5	Who were you then?
6	Rapport and teamwork
7	Esprit
8	Qualities and experiences shared by many veterans (heavy unit)
9	What strengths do veterans bring to work - or their community? (heavy unit)
10	In the big picture
	Service(<i>optional unit</i>)

It is not essential that the staff leader of this group be a veteran. It would be helpful, but not necessary.

Veterans Resources Set 3: The third set focuses on key individual traits and strengths built on their military experiences. This can be especially beneficial in the use of these traits and strengths going forward.

Session topics - third set of resources	
1	Toughness, stubbornness
2	To make a difference - then and now
3	“Thank you for your service”
4	Pride
5	Respect
6	Responsibility
7	What does it mean to be a veteran?
8	Processing the experience
9	Self-esteem
10	The warrior ethos
	A final review

It is not essential that the staff leader of this group be a veteran. It would be helpful, but not necessary.

Veterans Resources Set 4: A fourth resource set has been developed specifically for those veterans who were deployed. The staff leader may choose to limit this group to those with greater exposure to combat or danger, but the materials are also suitable for all men who were deployed in all of the services. It is not intended to expose or address post-traumatic stress, however. The trauma-focused resources in the core curriculum are shaped to provide some important perspective.

It is recommended that the staff leader for this unit be a veteran. Another option is for a counselor from a local Vet Center or the VA, or even co-led with a qualified prison volunteer.

This unit may require more than 10 sessions, given the critical subject areas - and the benefit of greater group discussion.

Session topics - fourth set of resources	
1	Deployment
2	Deployed
3	Danger
4	On deployment
5	Family
6	Your support system
7	Survivor guilt #1 (same resource supports two group discussion sessions)
8	Survivor guilt #2
9	Trauma
10	Intensity #1 (same resource supports two group discussion sessions)
11	Intensity #2
12	Heavier issues #1 (same resource supports two group discussion sessions)
13	Heavier issues #2
	A final review