

Family of Heroes

HEALTH EDUCATION SIMULATION

An interactive role-play simulation for military families that builds their skills to lead real-life conversations with their veteran about improving family cohesion, employment, and if necessary, the need to seek professional help for PTSD, TBI, depression, or thoughts of suicide.

TOPICS

Family cohesion, PTSD, help-seeking, stigma reduction

USERS

Military families and caregivers

SETTINGS

Home, military units, Veterans Service Organizations

DURATION

60 minutes

To take the training go to

<https://www.familyofheroes.com/maryland/>

BUILD REAL-LIFE SKILLS IN A VIRTUAL ENVIRONMENT

Assume the role of a family member and talk with three virtual veterans struggling with adjusting to post-deployment life. Try different approaches to see what works best.



VIRTUAL FAMILY MEMBER

CONVERSATION MENU

- Explain Her Side
- Understand His Side
- Suggest Counseling
- Take a Break
- UNDO

VIRTUAL VETERANS

ALICIA

CHRIS

DAVE