

American Red Cross Service to the Armed Forces, Massachusetts Region

Support to Military Servicemembers, Veterans and Families of Massachusetts

The Service to the Armed forces (SAF) fulfills the American Red Cross' oldest function: caring for our military and their families. We are always looking for volunteers, group projects, and donations. Contact SAF recruiter Ray Duffy at 508-595-3762.

EMERGENCY COMMUNICATIONS: SAF provides verified emergency messages to Services Members worldwide, 24/7. Each message sent receives a family follow-up call by Massachusetts caseworkers to ensure the families are connected to their Service Member and their needs are met. In events of disaster, illness, bereavement, loss of shelter, or other distressing events, contact: 1-877-272-7337.

INFORMATION AND REFERRAL: The American Red Cross partners with other support agencies ensuring each emergency receives the proper resources, referrals, and follow-up.

VA HOSPITALS AND HOMES: SAF plays an active role in supporting VA hospitals and homes with volunteers, wellness programs, and events that greatly improve the quality of life for our veterans. These include No Veteran Dies Alone, Music Health, and Mind/Body Health programs. Volunteers are highly needed to support operations in Leeds/Northampton, Bedford, West Roxbury, Brockton, and Jamaica Plain.

MILITARY ENTRANCE PROCESSING CENTERS (MEPS): Our Red Cross Volunteers are with servicemembers at the very beginning – upon taking the oath of enlistment and departure to basic training. We provide emergency contact cards to families, and education regarding our HeroCare app – a comprehensive list of resources and tools to support servicemembers and their families. Volunteers are always needed for this position in the Springfield and Boston MEPS centers.

RESILIENCY PROGRAM: Our SAF facilitators are licensed independent clinicians who provide training to service members and family members in Coping With Deployment, Reconnection Workshops (Adult and Child), Caregiver, and Mind/Body Workshops. These trainings enhance attendees' ability to cope with stressors related to military service, (these courses are psychoeducational, and are not used for individual counseling purposes). Licensed mental health professionals in Massachusetts are encouraged to apply! Training is provided, and only two resiliency workshops a year are required to maintain active status.

Workshop modules include:

- *Communicating Clearly*
- *Exploring Stress and Trauma*
- *Identifying Depression*
- *Relating to Children*
- *Working through Anger*
- *Mind- Body Series*
- *Roger That! Communication Counts (for children and teens)*
- *Operation 10:4 Confident Coping (for children and teens)*

MILITARY, VETERAN AND THEIR FAMILIES PREPAREDNESS (Sound the Alarm): The Red Cross strives to keep our Military, veterans and families safe by implementing the Home Fire Campaign. The Red Cross will visit, inspect, and install new smoke alarms free of charge in their homes. The Red Cross will also assist all family members in developing and implementing evacuation drills within the home, as well as developing emergency response kits.