



Great Lakes (HHS Region 5)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

## **Resources for Breakout the Prevalence of Trauma in Veterans**

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*Click on the titles to access documents*

### **1. The Finding Balance series (Pam Woll):**

- [Finding Balance: Considerations in the Treatment of Post-deployment Stress Effects](#)
- [Finding Balance: Understanding and Optimizing Your Stress System – a Guide for Service Members and Veterans](#)
- [Finding Balance: Understanding and Optimizing Your Stress System – Suggestions for Facilitators](#)
- [Finding Balance: Understanding the Effects of Deployment on Service Members and Veterans – a Guide for Military Families](#)
- [Finding Balance: Understanding and Optimizing Your Stress System – Quick Guide](#)

### **2. [Effective Services for Military Families](#) (Pam Woll)**

### **3. [Understanding the Military: The Institution, the Culture, and the People](#) (Angela Halvorson)**

### **4. [A Rope Across the Chasm: An Open Letter to Military and Civilians](#) (Pam Woll)**