



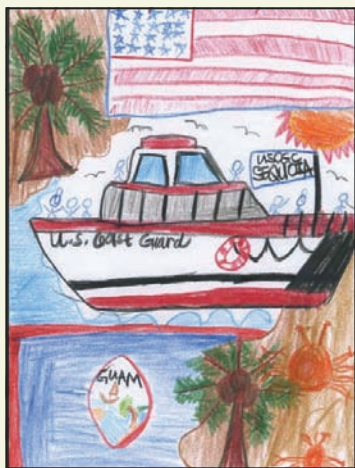
Keep our Families  
Strong  
Keep America  
Strong



HUMANA MILITARY.  
HEALTHCARE SERVICES



## Active Duty Family Members



As a TRICARE Prime beneficiary you may self-refer to a TRICARE network behavioral health provider without a PCM referral. You can receive the first eight behavioral health

outpatient visits **without** an authorization. For a list of behavioral health providers in your area contact Value Options at (800) 700-8646

## Children and Deployment

Children's responses to deployment are individualized and often depend upon their developmental age. More info can be found at [www.ncptsd.va.gov](http://www.ncptsd.va.gov) in the "Veterans and their Families" section.

"Illustrations featured in this brochure are winning entries of the Armed Services YMCA Annual Art Contest. The Armed Services YMCA is the nation's leading non-profit organization providing educational, recreational, social and religious support services to junior enlisted military personnel and their families. Visit [www.ASYMCA.org](http://www.ASYMCA.org) for more information."

## What Parents Can Do

Although some adjustment reactions are to be expected during deployments, certain symptoms may warrant referral for professional behavioral health services.

The following are examples of concerns that should be raised to a higher level of care:

- Uncontrolled or prolonged crying
- Regressive behaviors
- Disorganized behavior
- Confusion
- Prolonged or serious eating or sleeping problems
- Prolonged or serious separation anxiety
- School refusal
- Unexplained and recurring physical complaints
- Deterioration in school performance
- Depression or prolonged sadness
- Suicidal ideation
- Aggression
- Sexual acting out
- Alcohol/substance misuse



Parents are the key for initial interventions and prevention of future problems for themselves and their children and their families. If your children exhibit

any of these symptoms on a regular basis contact Value Options at (800) 700-8646 for assistance in obtaining behavioral health services.

## **Post-Traumatic Stress Disorder**

People with PTSD may:

- Relive the trauma in the form of nightmares and disturbing recollections during the day
- Experience depression, feel detached or numb or be easily startled
- Have trouble sleeping
- Lose interest in things they used to enjoy
- Have trouble feeling affectionate
- Feel irritable, more aggressive than before, or even violent
- Become distressed by seeing things that remind them of the incident
- Avoid certain places or situations that bring back memories
- Have feelings of intense guilt

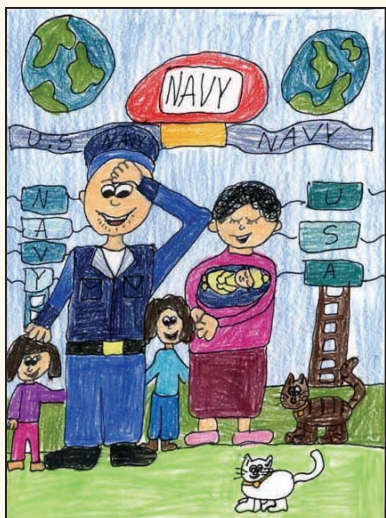


## Depression

People who are depressed may be:

- Hopeless, sad, discouraged or empty
- Unable to experience pleasure
- Experience significant weight loss or weight gains
- Coping with insomnia or oversleeping
- “Keyed up,” unable to sit still, anxious, restless or sluggish
- Physically drained
- Feeling worthlessness or guilty
- Unable to focus
- Unable to make decisions. Having memory problems.
- Grouchy, easily annoyed or angry outbursts.

If you or your spouse exhibit any of these symptoms on a regular basis contact Value Options at (800) 700-8646 for assistance in obtaining behavioral health services.



## Contact Info/Helpful Websites



Humana Military Healthcare Services  
[www.humana-military.com/south/  
bene/HealthandWellness/behavior  
alhealth.htm](http://www.humana-military.com/south/bene/HealthandWellness/behavioralhealth.htm)

1-800-444-5445

Department of Veterans Affairs—  
National Center for PTSD

[www.ncptsd.va.gov](http://www.ncptsd.va.gov)

TRICARE Website

[www.tricare.mil](http://www.tricare.mil)

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