



# ICP VIRTUAL FAMILY PROGRAM

The ICP Family Program (ICFPF) believes family members and other supportive loved ones are essential to the recovery of veterans affected by invisible wounds of service. As important, we recognize the impact of these invisible wounds on close relationships and family health. The ICFPF educational curriculum is designed to increase your understanding of your loved one's invisible wounds and the treatments your loved one receives at Home Base, as well as teach you tools to support your own health, resilience, and wellbeing.

## Educational Sessions Include:

- Introduction to PTSD and Treatments
- Stress Reduction and Resiliency
- Medication Education
- Substance Use and PTSD
- PTSD and Relationships
- Building Connections
- Improving Communication
- Cognitive Health
- Integrative Therapies
- Parenting and PTSD

**THE ICFPF IS OFFERED ON THE FIRST THURSDAY AND FRIDAY OF YOUR LOVED ONE'S ICP. MEETINGS ARE VIA ZOOM FROM 9:30A.M. TO 5:00 P.M. (EASTERN TIME)**

To participate, a phone registration and screening with a Family Outreach Coordinator is required. Once your loved one a) is scheduled for their ICP and b) has authorized contacting you by signing a Release of Information (ROI) form, a Family Outreach Coordinator will call you. Completing an on-line survey the day before you start the ICFPF is also required.



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM

