

Multi-Housing Crime Reduction Newsletter

for Olympia, Lacey, Tumwater and Thurston County

August 2008

Help Military Residents Deal with Stress

Since many apartment communities house members of the military and their families, a representative from Military Family Life Consultants presented information at the July meeting. This group of civilian counselors is retained by the Department of Defense to help soldiers and their families deal with stress that occurs before, during and after deployment.

Stress can begin weeks before a soldier actually leaves. The soldier begins to bond more with their unit and can separate themselves from family and friends. This is especially true for those experiencing their first deployment. Arguing can increase and young families may be isolated from support groups. Obviously, both the soldier and family have questions about the future.

When a soldier returns, it takes a while to transition back into normal life. The family routine may have changed and they might have guilt about unit members still in the field. Some may experience a medical condition such as Post Traumatic Stress Disorder but almost all will have some sort of combat stress. Some families can work through the transition on their own while others might need a little assistance.

The Military Family Life Consultants are one resource provided to soldiers and families. Besides scheduled counseling, they can provide free and confidential situational problem solving. Their number is 1-888-755-9355.

Contact Information:

Miguel Stansberry, Lacey Police Department
(360) 459-4333 (office)

Email: mstansbe@ci.lacey.wa.us

Amy Stull, Olympia Police Department
(360) 753-8049 (office)/(360) 239-2688 (cell)

Email: astull@ci.olympia.wa.us

John Snaza, Thurston County Sheriff's Office
(360) 786-5855 (office)

Email: snazaj@co.thurston.wa.us

The local contact is Diane Hudson at (253) 320-5669 or ftlewismlfc@gmail.com.

Another resource is Military One Source at 1-800-342-9647 or www.militaryonesource.com. Besides a 24-hour crisis line, they provide information about multiple other topics.

As a manager, what can you do to help military families?

- Get access to and learn from people who understand military culture.
- Call Military Family Life Consultants for a scheduled visit in a local public space.
- Have helpful literature, such as Military One Source's "Coming Home" brochure available.
- Help build trust and be a resource.
- Look for signs of stress and know where to refer residents for help.
- Hold a community military appreciation event.

Disabled Parking Enforcement

Do your residents complain about misuse of disabled parking spaces in your community? Volunteers from Olympia, Lacey and Thurston County are commissioned to write tickets for this offense. If you would like patrols in your area, please let us know.

Upcoming Events



Thursday, August 21st 12:30-1:30 PM

Regular monthly CRMH meeting

Lacey City Hall Community Room

Topic: Working with Intercity Transit

Sponsor: Always Safe & Lock

