



## Army Survivor Outreach Services (SOS) Grief and Bereavement Resource Guide

This list is comprised of sources available to Military Servicemembers and their Families. The contents are both from Government Organizations (GOs) and Non-Government Organizations (NGOs). The list is not exhaustive.

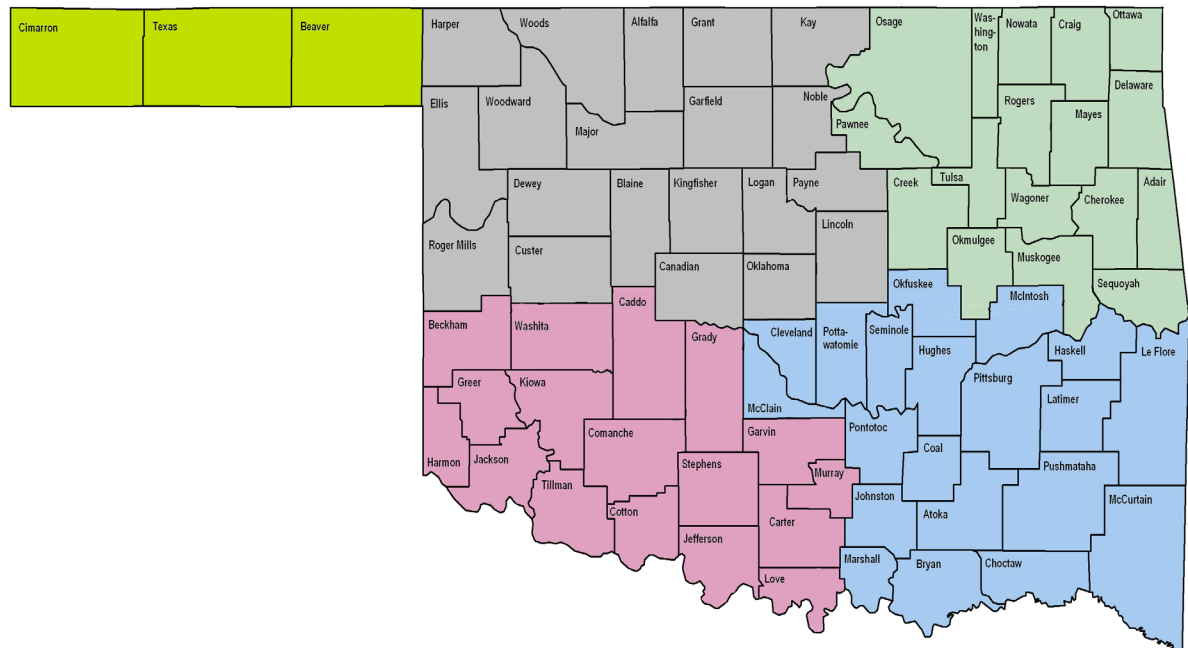
Region 1 – NW: Lloyd Smithson  
405-228-5552  
Everett.L.Smithson.ctr@army.mil

Region 2 – NE: Robbin Gardner  
918-279-7401  
Robbin.R.Gardner.ctr@army.mil







Region 3 – Keith Powers  
580-442-4916  
James.K.Powers.civ@army.mil

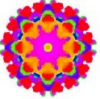





Region 4 – SE: Jordan Cox  
405-573-7516  
Jordan.C.Cox4.ctr@army.mil

Region 5 – Okla Panhandle: Denise Todero  
571-324-1443 (Based in Amarillo, TX)  
Denise.A.Todero.ctr@army.mil












## Military Resources

	<a href="https://www.vetcenter.va.gov/Bereavement_Counseling.asp">https://www.vetcenter.va.gov/Bereavement_Counseling.asp</a>	<p>Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, including National Guard and Reserve components, and their families. 1-877-927-8387</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;"><b>OKC</b></td> <td style="width: 33%;"><b>Tulsa</b></td> <td style="width: 33%;"><b>Lawton</b></td> </tr> <tr> <td>6804 N Robinson Ave, Suite B Oklahoma City, OK 73116 405-456-5184</td> <td>6130 East 81<sup>st</sup> St, Suite 200 Tulsa, OK 74137 918-237-4200</td> <td>10 SW 2<sup>nd</sup> Suite, #4 Lawton, OK 73501 580-585-5880</td> </tr> </table>	<b>OKC</b>	<b>Tulsa</b>	<b>Lawton</b>	6804 N Robinson Ave, Suite B Oklahoma City, OK 73116 405-456-5184	6130 East 81 <sup>st</sup> St, Suite 200 Tulsa, OK 74137 918-237-4200	10 SW 2 <sup>nd</sup> Suite, #4 Lawton, OK 73501 580-585-5880		
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	<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>	<p>The Department of Defense and other agencies support families of deceased service members by providing them with compassionate services to help them cope with their loss and address all questions and actions related to the line of duty casualty.</p> <p>Survivor Specific Resources: <a href="https://www.militaryonesource.mil/family-relationships/survivor-casualty-assistance/survivor-casualty-assistance-resources">https://www.militaryonesource.mil/family-relationships/survivor-casualty-assistance/survivor-casualty-assistance-resources</a></p>								
	<a href="https://www.armymwr.com/programs-and-services/personal-assistance/survivor-outreach">https://www.armymwr.com/programs-and-services/personal-assistance/survivor-outreach</a>	<p>Survivor Outreach Services is part of the Army Casualty Continuum of Care. It's designed to provide long-term support to surviving Families of Fallen Soldiers. Our goal is to reassure Survivors that they remain valued members of the Army Family.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 25%;"><b>OKC</b></td> <td style="width: 25%;"><b>Norman</b></td> <td style="width: 25%;"><b>Tulsa</b></td> <td style="width: 25%;"><b>Lawton</b></td> </tr> <tr> <td>Lloyd Smithson 3535 NE Military Cir OKC, OK 73111 405-228-5552</td> <td>Jordan Cox 4000 Thunderbird St Norman, OK 73069 405-573-7516</td> <td>Robbin Gardner 26401 E 101<sup>st</sup> St Broken Arrow, OK 74014 918-279-7401</td> <td>Keith Powers 4700 NW Mow-Way Rd Fort Sill, OK 73503 580-442-4916</td> </tr> </table>	<b>OKC</b>	<b>Norman</b>	<b>Tulsa</b>	<b>Lawton</b>	Lloyd Smithson 3535 NE Military Cir OKC, OK 73111 405-228-5552	Jordan Cox 4000 Thunderbird St Norman, OK 73069 405-573-7516	Robbin Gardner 26401 E 101 <sup>st</sup> St Broken Arrow, OK 74014 918-279-7401	Keith Powers 4700 NW Mow-Way Rd Fort Sill, OK 73503 580-442-4916
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	<a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>	<p>The Veterans Crisis Line is free and confidential. When you call, chat, or text, a qualified responder will listen and help. You decide how much information to share. Support doesn't end with your conversation. Our responders can connect you with the resources you need.</p> <p>Call: 988 Then Press 1      Text: 838255</p>								
Civilian Resources										
	<a href="https://www.oumedicine.com/oumedicine/adult-services/mental-health">https://www.oumedicine.com/oumedicine/adult-services/mental-health</a>	<p>OU Physicians Psychiatry and Behavioral Sciences is a full-service, non-emergency outpatient clinic offering psychiatry, psychotherapy and neuropsychological testing services.</p> <p>Our clinicians specialize in the use of evidence-based interventions and treatment, often working together as a comprehensive team to help individuals, couples and families solve their problems. We work with all ages on a multitude of mental health areas.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Williams Pavilion 920 Stanton L Young Blvd Oklahoma City, OK 73104 405-271-5251</td> <td style="width: 33%;">Schusterman Center 4444 E 41<sup>st</sup> St Tulsa, OK 74135 918-660-3130</td> <td style="width: 33%;">OU Health Edmond Medical Center 105 S Bryant Ave Edmond, OK 73034 405-808-5515</td> </tr> </table>	Williams Pavilion 920 Stanton L Young Blvd Oklahoma City, OK 73104 405-271-5251	Schusterman Center 4444 E 41 <sup>st</sup> St Tulsa, OK 74135 918-660-3130	OU Health Edmond Medical Center 105 S Bryant Ave Edmond, OK 73034 405-808-5515					
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	<a href="https://www.calmwaters.org/">https://www.calmwaters.org/</a>	<p>Loss can be turbulent and frightening for children and teenagers. Calm Waters is a support center for children and families whose lives have been changed by death, divorce or other major loss.</p> <p>501 N Walker Suite 140 Oklahoma City, OK 73102 405-841-4800</p>								

 <p><b>Kaleidoscope</b></p>	<p><a href="https://www.kaleidoscopegriefsupport.com/">https://www.kaleidoscopegriefsupport.com/</a></p>	<p>The mission of Kaleidoscope is to provide peer support in a safe and understanding environment for children and their families who are grieving the death of a loved one.</p> <p>PO Box 720314 Norman, OK 73072 405-306-0052</p>
 <p>The Steven A. Cohen Military Family Clinic at Red Rock</p>	<p><a href="https://www.red-rock.com/military-family-services/">https://www.red-rock.com/military-family-services/</a></p>	<p>The Steven A. Cohen Military Family Clinics provide confidential, high-quality therapy, and local referral support services to: post-9/11 veterans, service members*, National Guard and Reserves, and their family members, including spouse or partner, children, parents, siblings, caregivers and others. Care is available regardless of discharge status, role while in uniform, or combat experience. Insurance or ability to pay will never be a barrier.</p> <p><b>Lawton Area</b> 4202 SW Lee Blvd Bldg B Lawton, OK 73505 580-771-2662 <a href="mailto:CVN@red-rock.com">CVN@red-rock.com</a></p> <p><b>Oklahoma City Area</b> 1500 SW 104<sup>th</sup> Street Oklahoma City, OK 73159 405-635-3888 <a href="mailto:cvnokc@red-rock.com">cvnokc@red-rock.com</a></p>
 <p><b>MENTAL HEALTH ASSOCIATION OKLAHOMA</b></p>	<p><a href="https://mhaok.org/">https://mhaok.org/</a></p>	<p>Our free support groups and socialization programs empower individuals to engage in community life while receiving guidance and support. In addition, we help people navigate the mental health system and they can continue to call on us until they find solutions.</p> <p><b>Oklahoma City Area</b> 400 N. Walker, Suite 190 Oklahoma City, OK 73102 405-943-3700</p> <p><a href="mailto:info@mhaok.org">info@mhaok.org</a></p> <p><b>Tulsa Area</b> 5330 E 31<sup>st</sup> St, Suite 1000 Tulsa, OK 74135 918-585-1213</p>
 <p><b>NAMI Oklahoma</b> National Alliance on Mental Illness</p>	<p><a href="https://namioklahoma.org/about-nami-oklahoma/">https://namioklahoma.org/about-nami-oklahoma/</a></p>	<p>Family Support Groups, offered by NAMI Oklahoma Affiliates in communities across the state, are free, confidential and safe groups for families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. 1-800-583-1264</p>
 <p><b>THE TRISTESSE GRIEF CENTER</b></p>	<p><a href="https://www.thegriefcenter.org/">https://www.thegriefcenter.org/</a></p>	<p>The Grief Center offers an innovative approach to address Northeast Oklahoma's need for comprehensive, long-term grief counseling to assist the bereaved as they journey towards improved health and renewed sense of worth in the wake of loss. The Board of Directors, professional staff and volunteers are committed to providing meaningful programs based on well-documented needs and ongoing measurement.</p> <p>2502 E 71<sup>st</sup> Street, Suite A Tulsa, OK 74136 918-587-1200</p>
 <p><b>FLORAL HAVEN</b></p>	<p><a href="https://www.floralhaven.com/resources/">https://www.floralhaven.com/resources/</a></p>	<p>With our online grief support you're assured of our commitment to helping you through this difficult time. It doesn't matter what tie of day, or what day of the week you need support, we're here for you. You can access online counseling services, join in group grief support, or watch our interactive videos, anytime: 24/7. No matter how you feel at this moment, you have your commitment – you're never alone.</p> <p>6500 South 129<sup>th</sup> East Ave Broken Arrow, OK 74012 918-228-0437</p>

## Online Resources

	<p><a href="https://giveanhour.org/">https://giveanhour.org/</a></p>	<p>Give an Hour®'s mission is to develop national networks of volunteer professionals capable of responding to both acute and chronic conditions that arise within our society. Since 2005 we have focused on providing free and confidential mental health care to those who serve, our veterans, and their families. We have since expanded our efforts to address the mental health needs of other populations. Through the generosity, compassion, and expertise of Give an Hour's skilled volunteers, we are able to increase the likelihood that those in need receive the support and care they deserve.</p>
	<p><a href="https://www.griefshare.org/">https://www.griefshare.org/</a></p>	<p>GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life.</p> <p>There are thousands of GriefShare grief recovery support groups meeting throughout the US, Canada, and in over 10 other countries. There's one meeting near you!</p>
	<p><a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a></p>	<p>The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.</p> <p>Find a local chapter: <a href="https://www.compassionatefriends.org/find-support/chapters/chapter-locator/">https://www.compassionatefriends.org/find-support/chapters/chapter-locator/</a></p>
	<p><a href="https://bereavementmag.com/">https://bereavementmag.com/</a></p>	<p>Our mission is to offer compassion and hope by providing the most current resources, information and tools for coping with life's losses. We provide individuals, businesses and organizations the best in hope and healing, when suffering a loss associated with death, terminal illness, cancer, jobs, natural disasters, finances, divorce, mental health and physical challenges, ecumenical faith and spirituality, pet loss and military loss.</p>
	<p><a href="http://www.odmhsas.org/cocmhc/index.htm">http://www.odmhsas.org/cocmhc/index.htm</a></p>	<p>Our mission to join with individuals, families, and communities to encourage hope, recovery, and wellness. COCMHC is proud to serve Cleveland and McClain counties as well as individuals from the surrounding area. COCMHC staff use person centered planning designed to help you identify your strengths and abilities as well as focus services on the areas you identify as personally important. This emphasizes your role in planning and participating in your recovery journey.</p>
	<p><a href="https://www.crossroadshospice.com/grief-support/">https://www.crossroadshospice.com/grief-support/</a></p>	<p>The program was created by Grief Recovery® Institute founders, John W. James and Russell Friedman. It is led by an individual who has been trained and certified by the Grief Recovery Institute. To ensure your success within this program, your facilitator has direct access to the founders of the Institute.</p> <p>The Grief Recovery Method program builds on each previous bereavement support session, therefore attendance and commitment are essential. There is no fee to participate in the grief recovery group program. A complimentary copy of <i>The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses</i> (released by Harper Collins in 1998) is provided to all participants.</p>
	<p><a href="https://goaskalice.columbia.edu/about-alice/all-about/">https://goaskalice.columbia.edu/about-alice/all-about/</a></p>	<p>Alice! is not one person, but a team. The Go Ask Alice! site is supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals, along with a staff of information and research specialists and writers. Our team members have advanced degrees in public health, health education, medicine, counseling, and a number of other relevant fields.</p>

	<a href="https://www.girlshealth.gov/feelings/index.html">https://www.girlshealth.gov/feelings/index.html</a>	<p><a href="https://www.girlshealth.gov">Girlshealth.gov</a> offers girls reliable, useful information on health and well-being. We make our pages clear and fun, and we make sure to answer key questions girls ask. Girlshealth.gov is committed to empowering girls to create strong, positive relationships and happy, healthy futures. Girlshealth.gov was created in 2002 by the Office on Women’s Health, a part of the U.S. Department of Health and Human Services. We regularly update our information based on the latest scientific research and use our editorial and review guidelines to ensure accuracy.</p>
	<a href="https://jedfoundation.org/">https://jedfoundation.org/</a>	<p>JED empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors through our nationally recognized programs, digital channels, and partnerships, as well as through the media. JED strengthens schools by working directly with high schools, colleges, and universities — representing millions of students — to put systems, programs, and policies in place to create a culture of caring that protects student mental health, builds life skills, and makes it more likely that struggling students will seek help and be recognized, connected to care, and supported. We mobilize communities by providing education, training, and tools to families, friends, media, and others.</p>