



### **Community Conversation Online Activity Instructions**

Thank you for taking the time to participate in the SD Veteran & Family Wellness Strategy Community Conversation. Your input, thoughts, and experience are extremely valuable as YOU are a key informant about:

- Your lived experience and knowledge of military/veteran life
- Contributing to the asset map by sharing information on your agency's programs and services
- Uncovering future opportunities to collaborate and further support the military/veteran connected community.

For this activity, please **print and complete** the provided document. One finished, please **scan and send** to [aedquid@saysandiego.org](mailto:aedquid@saysandiego.org).

1. Write your name
2. If you are a service provider write your agency's name. If you do not work with an agency providing programs or services for military/veteran families but have lived experience as a service member/veteran, spouse/partner, or dependent, then please write "Lived Experience"
3. If you are a service provider, indicate the region of San Diego you support (North, Central, South, East)
4. Look at the 15 Primary Life Moments in each column. Using the 3 lenses of **Service Member/Veteran, Spouse/Partner, and Dependent** please do the following:
  - a. Providers, circle any of the Primary Life Moments for which you provide services/support and indicate which of the lenses you provide that service/support for. If you feel that that a Primary Life Moment's name should be changed to something else, you may also indicate that as well
  - b. Next, we ask all participants to list any secondary moments or specific events that may have resulted from Primary Life Moment in the "Secondary Life Moment" section and indicate which of the lenses it affects
  - c. Finally, we ask providers to indicate how your organization provides service for those circled Primary Life Moments and for those representing a family member or have lived experience, please indicate who you would seek out for support during the "Primary Life Moment" listed
  - d. If you have any additional Primary Life Moments that you wish to identify, you may do so in the blank spaces provided
    - i. *For Example: in past Community Conversations some groups indicated that having pets is a Primary Life Moment as some families chose not to PCS if their future station could not accommodate pets*
5. If your agency does not provide services/support for a particular any of the particular lenses (Service Member/Veteran, Spouse/Partner, and Dependent), that is acceptable. This process is to also indicate where there may be saturation and gaps in services for certain parts of military/veteran families

**\*\*Please note: Primary Life Moments are in no particular order may or may not occur or reoccur anywhere in a lifespan, additionally Primary Life Moments may related to one another as well, so indicating that Primary Life Moment #6 relates to Primary Life Moment #10 is possible\*\***

#### **LIFE MOMENT EXAMPLE:**

##### **3) Deployment Cycle**

- (Secondary Life Moments) Pre-Deployment Planning
- (Secondary Life Moments) Workups
- (Secondary Life Moments) Underway/deployment of service member
- (Secondary Life Moments) Reintegration from deployment
- (Secondary Life Moments) Relates to #5 Changes in Family Status as household could become single parent