

MEDIA CONTACT

Ashley Jupin | ajupin@mednet.ucla.edu

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UCLA NATHANSON FAMILY RESILIENCE CENTER ANNOUNCES NEW VERSION OF FOCUS ON THE GO!

An updated version of FOCUS on the Go! is now available for free download on the iTunes App Store and the Google Play Store.

LOS ANGELES – The UCLA Nathanson Family Resilience Center (NFRC) is excited to announce the release of an updated version of the family resilience app FOCUS On the Go!. With this new version, FOCUS On the Go! is now available in both the iTunes App Store and Google Play Store, it also includes bug fixes and graphics improvements making it compatible with the latest iOS and Android software.

Originally launched in 2013, the app is designed to engage children in learning and practicing key resilience skills and providing educational resources that are consistent with the Families OverComing Under Stress (FOCUS) model for parents and families. FOCUS On the Go! includes four games that reinforce skill-building around problem solving, emotional regulation, and family communication. Like the traditional FOCUS program, FOCUS On the Go! aims to improve family resilience and help build strong relationships during times of transition.

“We are very excited to have the opportunity to update our much-loved FOCUS On the Go! app and make it available to even more families” says Patricia Lester, M.D., Director of the UCLA Nathanson Family Resilience Center. “This mobile app is a fun and engaging tool for busy families and their children. They are able to connect and learn new ways to communicate and stay strong in the context of the family’s daily lives.”

FOCUS On the Go! offers games and resources appropriate for the whole family, not just children. Games like Feeling Finder and Comic Creator offer a great opportunity for parents to interact and play along. Within the newly revised Resources and Videos section of the app, families will find practical information to help them build their overall resilience.

The Resources and Videos section also includes family surveys which provide standardized, real-time resilience assessments for each family member and the family as a whole. The resulting personalized feedback reports highlight family strengths and indicate areas for improvement.

Since its launch, FOCUS on the Go! has continued to garner excellent feedback and 5 star reviews including:

“I downloaded the app today and played it with my daughter. She enjoyed playing all of the games, but her favorite game was the comic creator... As she developed the comic strip we discussed thoughts and

feelings and I found this game to be an ideal way to improve our communication and it is quality time spent together.”

“My son and nephew are obsessed... They are having fun and learning (without realizing it).”

FOCUS On the Go! was developed in partnership with UCLA’s Operation Mend team and families to support their psychological health and resilience building programs and training.

To learn more about ways to build a stronger family using FOCUS On the Go!, visit <http://nfrc.ucla.edu/focus-on-the-go> or www.facebook.com/UCLANFRC.

About Families OverComing Under Stress™ (FOCUS)

FOCUS Family Resilience Training is a brief, trauma-informed and strength-based program that is grounded in more than two decades of research and experience serving families dealing with stress and changes. It is specifically adapted for the needs of Military and Veteran couples, children and families and provides training in core resilience skills. These skills increase closeness, support, communication and adaptability. Families learn to work together to manage difficult emotions, set goals, solve problems, communicate clearly and effectively, and develop customized strategies to deal with ongoing stress and change. FOCUS doesn’t just help Military and Veteran families cope with these challenges; it trains them to use skills that will strengthen them today and in the future.

FOCUS utilizes a theoretically and empirically supported educational and skill building approach to address the impact of deployment related stressors on families, couples, and children. For families with children, the program includes independent sessions for adults and children, as well as sessions for the entire family. The family intervention includes the construction of a family narrative timeline that promotes increased understanding and communication across the family and supports the development of shared family meaning regarding Military life experiences.

To date, FOCUS has delivered services to more than 500,000 active-duty Military and Veteran community members, including Service Members, Veterans and their families. It has been successful with families, couples, single parents, toddlers, school-aged children and teenagers.

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The UCLA Nathanson Family Resilience Center develops programs to help families adapt to and overcome challenges. As leaders in the field of family wellness, we bring expert science and quality care to families throughout Los Angeles and around the world. Through smart phone apps, video chat consultations and web-based family games, the UCLA Nathanson Family Resilience Center strives to use technology to bring programs and services to individuals and families where they live, work and play.

For more information about the UCLA Nathanson Family Resilience Center, visit <http://nfrc.ucla.edu> or www.facebook.com/UCLANFRC