



## **RESOURCES TO SUPPORT RESILIENCE IN MILITARY FAMILIES WITH CHILDREN**

The men and women who serve in America's military demonstrate courage, commitment, and pride. Because of the nature of their duties, though, military families sometimes experience unique life stressors that can take a toll on their children's emotional health. Deployment, in particular, can be a very stressful time for both parents and children.

Military families and professionals working with military families may find the following resources helpful to support resilience and well-being.

- **Coming Together around Military Families (CTAMF)**

CTAMF is a U.S. Department of Defense (DOD)-funded project led by ZERO TO THREE (a national non-profit organization dedicated to promoting well-being for infants and toddlers) that provides information, training, and resources designed to address the needs of young children and families dealing with deployment and reunification issues.

<http://www.zerotothree.org/about-us/funded-projects/military-families>

- **Courage to Care, Courage to Talk...About War Injuries**

This military health campaign is designed to raise awareness and foster communication around the impact of war injuries on military families and children. The group's Web site offers a variety of resources for both professionals and families.

<http://www.couragetotalk.org>

- **Department of Veterans Affairs, National Center for PTSD: Family and Friends**

Informational resources are offered online via this government Web site, including information about the effects of trauma on families, children, relationships, and communities.

<http://www.ptsd.va.gov/public/pages/fslist-family-relationships.asp>



- **FOCUS (Families OverComing Under Stress™)**

FOCUS is designed to strengthen resilience for military children and families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story. The Web site contains a number of informational resources and tools for parents, kids, and professionals.

<http://www.focusproject.org/home>

- **The Military Child Education Coalition (MCEC)**

MCEC's work is focused on ensuring quality educational opportunities for all military-connected children affected by mobility, family separation, and transition. MCEC performs research, develops resources, conducts professional institutes and conferences, and publishes resources for all constituencies.

<http://www.militarychild.org>

- **Military Families Knowledge Bank**

This online resource, offered through the SAMHSA-funded National Child Traumatic Stress Network, contains a database of resources for and about members of the military, veterans, and their families. It includes information on family functioning and support, social and government services, post-traumatic stress disorder and traumatic stress, traumatic brain injury, and other issues.

<http://mfkb.nctsn.org/cwis/index.php>

- **Military Family Research Institute at Purdue University**

The Institute's Web site contains a listing of various materials and tools that are geared toward professionals, educators, and families.

<http://www.cfs.purdue.edu/mfri/public/default.aspx>

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**What is prevention?** Interventions that occur prior to the onset of a disorder that are intended to prevent or reduce risk for the disorder.

**What is promotion?** In the context of mental health, **promotion** interventions aim to enhance individuals' ability to achieve developmentally appropriate tasks and a positive sense of self-esteem, mastery, well-being, and social inclusion, and strengthen their ability to cope with adversity.

Source: Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities. Institute of Medicine. (2009).

- **MilitaryHOMEFRONT**

This is the official DOD site for reliable quality of life information designed to help service members and their families, as well as service providers. It includes links to all Active Duty Family Program Support centers on military installations.

<http://www.militaryhomefront.dod.mil>

- **Military One Source**

This DOD-sponsored resource for military members and their families provides information and assistance on a variety of matters, including parenting and managing stress.

<http://www.militaryonesource.com/MOS.aspx>

- **Military Youth on the Move**

This DOD-sponsored online resource offers age-appropriate information and tips for young people (at the elementary, middle, and high school levels) as they prepare for a relocation, as well as general information on health, nutrition, and fun activity ideas.

<http://apps.mhf.dod.mil/pls/psgprod/f?p=MYOM:HOME:0>

- **National Military Families Association**

This is an information and advocacy organization by and for military families. Included on the organization's Web site are toolkits that offer suggestions for communities, neighbors, providers, schools, and others on how to support military families and children.

<http://www.militaryfamily.org>

- **NIMH: Helping Children & Adolescents Cope with Violence and Disasters**

Materials are offered by the National Institute of Mental Health that are designed to help young people avoid or overcome emotional problems in the wake of violence or tragedy.

<http://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/children-and-violence.shtml>



- **Real Warriors Campaign**

This initiative was launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote the processes of building resilience; facilitating recovery; and supporting reintegration of returning service members, veterans, and their families.

<http://www.realwarriors.net>

- **Sesame Street Parents**

From the makers of the educational PBS series, helpful advice is offered about how to talk with children about tragedy and when to seek professional help.

<http://www.sesamestreet.org/parents/topics/stress/stress01>

- **Sesame Street’s Talk, Listen, Connect: Deployments, Homecomings, Changes**

This bilingual educational outreach initiative is designed for military families and their young children to share.

<http://www.sesameworkshop.org/initiatives/emotion/tlc>

- **Support for Military Children and Adolescents, American Academy of Pediatrics**

This online resource from the American Academy of Pediatrics offers an extensive collection of informational materials for both professionals and families that are helpful in supporting the emotional well-being of children in military families.

<http://www.aap.org/sections/uniformedservices/deployment/index.html>

- **United Through Reading**

This group’s mission is to unite families facing physical separation (including separation due to deployment) by facilitating the bonding experience of reading aloud together. The programs developed by United Through Reading provide opportunities for emotional bonding that relieve the stress of separation and instill a love of reading by providing the opportunity for family members to make a recording on DVD of themselves reading a book aloud to their children.

<http://www.unitedthroughreading.org>

*About This Fact Sheet Series*

*This product was developed as part of the NASMHPD Prevention Center’s ongoing efforts to advance positive mental, emotional, and behavioral health for Americans across the lifespan.*

*More information and resources can be found at [www.nasmhpd.org](http://www.nasmhpd.org).*