

## NCTSN External Resources Month of the Military Child (April 2019)

April is the Month of the Military Family. Military families make tremendous sacrifices as they contend with separation from their families and make adjustments to new living situations and communities. However, most Military Families embody strength, resilience, and courage. The NCTSN has a number of excellent resources, webinars, and links to partner organizations to support the well-being of our Nation's Military Families, including those with a service member currently serving in the US Armed Forces, or those who have retired or separated. The NCTSN offers a special thanks to all NCTSN sites that provide care and support for our military and veteran families. Most importantly, the NCTSN appreciates and acknowledges the tremendous contributions our Military Families make to our Nation.

### Featured Resources in Celebration of the Month of the Military Child

#### [Courage to Care to Talk Courage to Talk](#)

Provides resources for families and friends including how to talk about war injury with children and healthcare providers.

#### [Sesame Street for Military Families](#)

A Sesame Workshop collection of resources for military families.

#### [Military Kids Connect \(MKC\)](#)

Uses innovative ways to help military youth cope with the unique strains of military life. In addition to disruptions from parents deploying to assignments away from home, military children are affected by moving frequently, changing schools and making new friends. They also have to live with readjustment issues when a parent returns from deployments. These issues may include posttraumatic stress and physical disabilities. Features include: Military culture videos and lesson plans for teachers, school counselors, and educators to better understand the differences between military and civilian youth.

- Graphic novels and mini-documentaries by military kids sharing their experiences.
- New modules for children and parents on handling grief, loss, and physical injury.

#### [Operation Purple Camps®](#)

Offers a free one week long camp for military kids. The camp is a place to have fun and make friends, reminding them that they are our nation's youngest heroes. Camp locations, dates, and contact information will be available when registration opens on March.

#### [When Military Families Grieve](#)

Helps children summon the strength to heal after the death of a parent. The online resources from Sesame Street Workshop provide caregivers with ways they can talk with children about grief.

## For Advocates and Policy Makers

### National Center for Children in Poverty

- [\*Trauma Faced by Children of Military Families: What Every Policymaker Should Know\*](#) (2010)  
Presents the multiple stressors that children of active duty military personnel, National Guard, and Reservists often experience during their parents' multiple deployments. Includes 2010 statistics on the 1.76 million children and youth in military families. Topics are: Impact of Deployments on Children's Mental Health including mental health, trauma, and related problems; Role of Employment Status on Child Outcomes; Resilience and Importance of Support Systems; Inadequacy of Military and Civilian Mental Health Systems for Addressing the Problems Faced by Children and Families of Military Personnel; and Effective Public Policies Can Improve Mental Health Outcomes for Children of Military Families.

## For Educators

### American Association of School Administrators

- [\*AASA Toolkit: Supporting the Military Child\*](#)  
Helps school leaders meet the needs of military children whose parents are deployed or in transition. Includes tips, fact sheets, a Q&A, videos, and additional resources.

### Military Child Education Coalition (MCEC)

Focuses on ensuring quality educational opportunities for all military children affected by mobility, family separation, and transition. MCEC performs research, develops resources, conducts professional institutes and conferences, and develops and publishes resources for all constituencies.

## For Families and Communities

### America Services

Strives to catalyze and instill a sustainable, community-based commitment to care coordination excellence for America's military connected members and their families

### Military One Source

Provides program information, policy and guidance designed to help troops and their families, leaders, and service providers."

- [\*Guide for Helping Children and Youth Cope with Separation\*](#)  
Provides information for parents, relatives, teachers, service members, and community members on the effects of separation on children and youth ages 7-18 and includes audience-specific information, tips, and resources; and a reference list.

### National Military Family Association

Works on behalf of military to "empower husbands, wives and children to understand and access their benefits."

- [\*10 Things Military Teens Want You to Know\*](#) (2008)  
Helps the people who are in the lives of military teens in managing the stressors and affirming the positive aspects of military life; explains some points shared by the campers; includes resources to incorporate into readers' own activities, programs, and day-to-day interactions with the military teens in their life.
- [\*Finding Common Ground: A Toolkit for Communities Supporting Military Families\*](#) (2011)  
Offers "easily-achievable action items and useful resources to guide anyone who wants to support military families, but doesn't know where to start."

### [Our Military Kids](#)

Provides substantial support through grants to the children of National Guard and Military Reserve personnel currently deployed overseas and to the children of Wounded Warriors in all branches.

### [PsychArmor Institute](#)

Provides free education and support for all Americans to engage effectively with the military community.

## **For Mental Health and Medical Professionals**

### [Military Families Learning Network](#)

Serves military family service professionals through engaged online communities which identify and make use of the highest quality, best practices, research-and evidence-based information, educational and curriculum materials, and programming activities and efforts.

### [The SAMHSA-HRSA Center for Integrated Health Solutions](#)

- [Serving Veterans: A Resource Guide](#) (2015)  
Guide for primary and behavioral healthcare professionals serving veterans and their families. All of the resources mentioned in that guide and more are available from CIHS' website.

### [VA Community Provider Toolkit](#)

Provides a wide array of resources to assist providers who treat veterans and their families. It includes information on understanding military culture and experience, connecting with your local VA, and tools for working with a variety of mental health conditions. The Community Provider Toolkit is specifically for providers outside of the U.S. Department of Veterans Affairs (VA).

### [Zero to Three](#)

- [Honoring our Babies and Toddlers: A Guide for Caring Professionals](#) (2013)  
Helps those working with veteran families understand the culture of the veteran, the unique challenges faced by veteran families, and the strategies that can be used to support their resilience.