



## Defense Health Agency (DHA) Clinical Communities Speaker Series

**22 April 2021 CCSS: Children and Youth in Transition  
S01: Caring for children in OCONUS locations**

### Resource List

[Resilience, Mental Health and Education as Military Children Head to School in the Midst of COVID-19](#) (2020) looks at the unique challenges the military children face while living abroad, which is made even more complicated during the pandemic. Although they might struggle with the transitions at first, ultimately, these experiences and challenges can help shape military children into resilient and skilled American adults. Fellow military families are the most common support group, however, organizations such as the United Services Organization (USO) are great sources for support as well. The USO renewed its efforts to keep service members connected to their children, as well as provide whatever support necessary for military children to feel connected to the military community around them.

[Staff Perspective: Through the Eyes of a Military Child](#) (2018) presents both stressful and joyous experiences of an 8-year old military child. Community resources and unique, rich traditions help shape the military child to become tolerant, adaptive, and resilient. The Center for Deployment Psychology (CDP) developed special trainings specific to military children and series of workshops focused on working with military and Veteran couples. Check out the Military Families Resource page on the CDP website for a variety of resources for providers who are working with military children.

Military families have been facing major stressors over the past 15 years of wars in Iraq and Afghanistan. However, no parenting programs adapted or developed for military families with school-aged children have been rigorously tested. The study, [After Deployment, Adaptive Parenting Tools: 1-Year Outcomes of an Evidence-Based Parenting Program for Military Families Following Deployment](#) (2018), presented outcome data from the first randomized controlled trial of a behavioral parent training program for families with a parent deployed to Iraq or Afghanistan. The findings presented the first evidence for the effectiveness of a parenting program for deployed military families with school-aged children.

[Understanding Child Trauma and Resilience: For military parents and caregivers](#) (2020) offers military parents and caregivers information about child trauma and resilience. This fact sheet includes information about traumatic experiences and military specific experiences such as combat deployment, prolonged separation from parent, death or loss of parent or family member, and parent suffers combat related PTSD/TBI physical injuries. In addition, the fact sheet includes information on how these experiences impact military families, and common reactions children or teens may have. It also includes a checklist for parents and caregivers to use to help keep track of behaviors their child or teen may be exhibiting as well as questions to ask providers about treatment services. The fact sheet also includes questions military parents or caregivers may have about supporting their child after a traumatic event and tips for starting discussions with children of different ages.

The fact sheet, [How Deployment Stress Affects Families](#) (2021), presents the challenges of family members before, during, and after deployment. While family members have a range of emotions and experiences during deployment, children's reactions to their parent's deployment vary with every child and depend on the age, maturity and any other behavioral or mental health problems the child might have. Mental health of the at-home parent and the deployed parent are crucial in the way their children react to deployment.



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### References

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- Gewirtz, A.H., DeGarmo, D.S., & Zamir, O. (2018). After deployment, adaptive parenting tools: 1-year outcomes of an evidence-based parenting program for military families following deployment. *Prevention Science*, 19(4), 589-599. <https://doi.org/10.1007/s11121-017-0839-4>
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- U.S. Department of Veterans Affairs. (2021). *How deployment stress affects families*. <https://www.military.com/deployment/effects-deployment-families.html>