



Defense Health Agency (DHA) Clinical Communities Speaker Series

APR 2022 CCSS: Military Children and Youth: Extending Force Protection to our Nation's most Valuable Assets

S05: The Survey of Well-Being in Young Children (SWYC): Implementation and Lessons Learned from a Military Treatment Facility

Resource List

Children growing up in military families are naturally exposed to certain elements of the military family lifestyle, which has been characterized by a unique triad of mobility, family separation, and risk. The extent to which this lifestyle may affect mental health across developmental phases among those children is unclear. The purpose of the article, [The mental health of military connected children: A scoping review](#) (2019) was to identify and describe the mental health of children growing up in military-connected families across development.

Military families experience normative stressors similar to those of civilian families, as well as military-specific stressors, such as deployment, frequent moves, and uncertainty. The article, [Supporting military family resilience at the transition to parenthood: A randomized pilot trial of an online version of Family Foundations](#) (2019) examines whether family resilience can be enhanced among military families via an online prevention program for military couples at the transition to parenthood. The results of the study indicated significant program impact, with moderate to strong effect sizes on parent depression, mothers' report of co-parenting support, and infant mood and soothe-ability. These results suggest online delivery of prevention programming is a potentially effective means of enhancing military family well-being and resilience.

Little research has focused on the impact of combat-related physical injuries on the mental health and well-being of partners and children of military personnel and veterans. The scoping review, [The mental health and well-being among partners and children of military personnel and veterans with a combat-related physical injury: A scoping review of the quantitative research](#) (2022) identifies the consequences of combat-related physical injuries (CRPIs) on the mental health and well-being of partners and children of military personnel and veterans. The article concluded however, that additional research is needed to understand how psychological injuries might have different effects on the mental health and well-being partners and children of military personnel and veterans compared to different types of CRPIs.

In [Recognizing and treating child traumatic stress](#) (2022), Substance Abuse and Mental Health Services Administration (SAMHSA) identified "military family-related stressors, such as parental deployment, loss, or injury" as a type of traumatic event. Visit their webpage to learn more about the signs of traumatic stress, its impact on children, treatment options, how families and caregivers can help, and for a list of government and other organizational resources.



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References

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