



## 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

#### S06: Military OneSource: Sources of Support for Military Children and Youth During the COVID-19 Pandemic

##### Resource List

[The Military Child Education Coalition \(MCEC\)](#) (2022) is a nonprofit organization that addresses the needs of military-connected children with programs and resources to help them thrive in the face of transition and separation. MCEC supports all military-connected children by education, advocating, and collaborating to resolve educational challenges associated with the military lifestyle. MCEC hosts an annual Global Summit that focuses on supporting and nurturing all areas of development and learning while incorporating a broader view of the skills and knowledge that military-connected children need for long-term success. A list of Frequently Asked Questions regarding COVID-19 is available. Resources for students, parents, professional development and military-student transition consultants are provided.

The National Academies of Sciences, Engineering and Medicine published a Consensus Study Report, [Strengthening the Military Family Readiness System for a Changing American Society](#) (2019), that examines the challenges and opportunities facing military families and what is known about effective strategies for support. Family members provide support to service members while they serve or when they have family difficulties, which can interfere with the ability of service members to deploy or remain in theater. Rising family diversity and complexity will likely increase the difficulty of creating military policies, programs and practices that adequately support families in the performance of military duties. This report offers recommendations regarding what is needed to strengthen the support system for military families and lessons learned from these experiences.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has published a [Learning Materials and Resources](#) (2020) webpage that provides resources for military children and families. Resources from the National Child Traumatic Stress Network (NCTSN) are included that provides education on deployment-related stresses such as parental separation, family reunification, and reintegration; disruption of relationships with friends and neighbors due to frequent moves; and adaptation to new schools and new community resources. Resources for healthcare providers include a fact sheet on child mistreatment as well as 10 key concepts for working effectively with military families.

Uniformed Services University (USU) published [Ask the Experts: Tips for Military Families During the COVID-19 Crisis](#) (2021) to address the unique challenges currently faced by military families due to COVID-19. Dr. Erynne Shatto and Dr. Kimberly Copeland provide suggestions such as maintaining a routine, encouraging an open discussion on feelings and fears and encouraging communication with deployed family members. Coping skills to address mental health signs and symptoms are examined. Children that express thoughts of death, self-harm or harming others are recommended for immediate behavioral health intervention services. Drs. Shatto and Copeland are both psychologists at Naval Medical Center Portsmouth.



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### References

Military Child Education Coalition (MCEC). (2022). <https://www.militarychild.org/>

National Academies of Sciences, Engineering, and Medicine. (2019). *Strengthening the Military Family Readiness System for a Changing American Society*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25380>

Substance Abuse and Mental Health Services Administration (SAMHSA). (2020). *Learning Materials and Resources*. Wwww.samhsa.gov. <https://www.samhsa.gov/child-trauma/learning-materials-resources#military>

Uniformed Services University. (2021). *Ask the Experts: Tips for Military Families During the COVID-19 Crisis*, Center for Deployment Psychology. Deploymentpsych.org. <https://deploymentpsych.org/content/ask-experts-tips-military-families-during-covid-19-crisis>