



Defense Health Agency (DHA) Clinical Communities Speaker Series

2025 APR CCSS: Cultivating the Wellbeing of our Military Children, Youth and Families

S02: Supporting Military Families During the Transition to Civilian Life

Resource List

The [American Academy of Pediatrics](#) (2022) reviewed the extent to which military children in US military families share common experiences. Military children often live on or near military installations, where they may attend Department of Defense–sponsored childcare programs and schools and receive medical care through military treatment facilities. However, many families live in remote communities without access to these services. Because of this wide geographic distribution, military children are cared for in both military and civilian medical practices. Review more statistics and data associated with military families at the link provided for this resource.

The [American Psychological Association](#) (2021) guidelines for psychological practice with military service members, veterans, and their families are intended to highlight the main issues that are relatively unique to this population and that would not necessarily also be of consideration in the civilian population. The successful application of these guidelines involves the use of clinical judgment, recognition of one’s own scope of practice, and an understanding of the extent to which military status is part of an individual’s identity or relevant to the individual’s openness to or need for psychological care. With consideration of the unique needs of this ever-changing organization, the American Psychological Association captures significant information for pediatric healthcare workers who work with active duty and civilian families.

While most military children are resilient and have positive outcomes, certain groups are at higher risk due to deployment stress, including young children, those with preexisting health issues, children of National Guard or reserve personnel, and those in single-parent or dual-military parent families. [The National Child Traumatic Stress Network](#) (2022) identifies these challenges and offers support for families managing these challenges.

The [National Academies of Sciences, Engineering and Medicine’s](#) (2019), report, “Strengthening the Military Family Readiness System for a Changing American Society” highlights that while the Department of Defense (DoD) and military branches offer numerous programs to support military families, a more coordinated and comprehensive approach is needed to better match individual family needs with available resources. Although most military-connected children and families are thriving, some are not receiving adequate support and could benefit from enhanced assistance. The report also emphasizes the importance of recognizing the diverse family structures that have emerged due to societal changes and adapting support systems accordingly to address these varied needs effectively.



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References

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