

Barbara Thompson and Judi Dekle provided fascinating discussion today regarding the Family Readiness System as a case study for navigating change in their presentation, “**Navigation Skills: Charting Your Course through Organizational, Social and Culture Change**”.

Below are links to the library of resources that they have identified.

Spouse Education and Career Opportunities (SECO) and Military Spouse Employment Program (MSEP):

<https://myseco.militaryonesource.mil>

<https://msejobs.militaryonesource.mil>

<https://aiportal.acc.af.mil/mycaa>

Family Programs:

<http://www.militaryonesource.mil/deployment-and-transition>

www.militaryinstallations.dod.mil

www.extension.org/militaryfamilies

www.extension.org/pages/62581/military-families-learning-network-webinars

Children & Youth:

<http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move>

www.MilitaryKidsConnect.org

www.militaryfamilies.psu.edu

Military Family Readiness Council:

<http://www.militaryonesource.mil/those-who-support-mfrc>

Reports. http://www.militaryonesource.mil/footer?content_id=267470

Demographic Data: <http://www.dmdc.osd.mil/surveys>

<http://www.bgca.org/meetourpartners/Pages/MilitaryPartnership.aspx> - *Mission Youth Outreach* which allows geographically dispersed Active, Guard, and Reserve youth to attend a local Boys & Girls Club at no cost to the family

http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move?content_id=287174 - *Trevor Romain* DVDs/books part of deployment kits designed to support families with children who have a family member deployed with the U.S. Military

www.tutor.com/military - Eligible military service members and their dependents can work with a certified, professional tutor or career specialist online 24/7 to get help with homework, studying and test prep. Service members may also get help with resume writing and job searching

<http://militarychild.org> - **A non-profit, world-wide organization, the Military Child Education Coalition (MCEC)’s work is focused on ensuring quality educational opportunities for all military children affected by mobility, family separation, and transition**

<http://www.zerotothree.org/about-us/funded-projects/military-families/> - A DoD-sponsored initiative in collaboration with the ZERO TO THREE, a national nonprofit organization that informs, trains, and supports professionals, policymakers and parents in their efforts to improve the lives of infants and toddlers

<https://www.familiesnearandfar.org/login/> - Sesame Street Free resources and tools for military families

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc> - Military families, Sesame Street salutes you and supports you! *Talk, Listen, Connect*, offers you strategies and resources to help your children through difficult periods of transition and separation that can come with military service. And don't forget to check out Military Families Near and Far, a special Web site where your family can create, communicate, and stay connected

<http://www.stayingstrong.org> - Online tool that supports military parents for addiction, as well as a section for educators

www.militaryparenting.org - A new online course, developed by the Department of Defense and Veterans Affairs, that provides military parents with the tools they need to strengthen their existing parenting skills and reconnect with their families. Many of the techniques in the course are specifically tailored to address the unique challenges of military life.

<http://www.princeton.edu/futureofchildren/index.xml> - The mission of the *Future of Children* is to translate the best social science research about children and youth into information that is useful to policymakers, practitioners, grant-makers, advocates, the media, and students of public policy.

<http://www.whitehouse.gov/joiningforces/get-involved> - To find ideas to support military members and their families

<http://www.letsmove.gov/lets-move-meetup> - *Let's Move!* and *Meetup Everywhere* make it easy for parents, teachers, chefs, elected officials and others to take action by organizing or participating in face-to-face meetings dedicated to solving the problem of childhood obesity in their local communities

<http://www.yellowribbon.mil> - Promoting the well-being of Nation Guard and Reserve members and their families and communities, by connecting them with resources throughout the deployment cycle

<http://www.va.gov/jobs/> - Veterans Employment Coordination Service (VECS) is VA's lead office to attract, recruit, hire, and retain Veterans, particularly severely injured Veterans

<http://www.finra.org> and <http://www.saveAndInvest.org/militarycenter> - A multifaceted program that includes online and on-the-ground training to make sure you're supported at key financial milestones

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc> - Military families, Sesame Street salutes you and supports you! *Talk, Listen, Connect*, offers you strategies and resources to help your children through difficult periods of transition and separation that can come with military service. And don't forget to check out Military Families Near and Far, a special Web site where your family can create, communicate, and stay connected

<http://www.dcoe.mil> - The mission of the DCoE for Psychological Health and Traumatic Brain Injury (DCoE) is to improve the lives of our nation's service members, families and veterans by advancing excellence in psychological health and traumatic brain injury prevention and care.

http://www.dcoe.mil/MediaCenter/News/details/14-06-03/Get_Smart_on_DCoE_Resources_Catalog_Offers_Easy_Access_to_Programs_Tools.aspx - resources on psychological health and traumatic brain injury will find a comprehensive list in the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Resource Catalog.

<http://www.afterdeployment.org> and www.T2health.org - Telehealth & Technology (T2) leading the innovation of health technology solutions by delivering tested, valued solutions that improve the lives of our Nation's Warriors, Veterans, and their families

Current APP Products Available:

- Tactical Breather
- Breathe2Relax
- T2 Mood Tracker
- PTSD Coach
- mTBI PocketGuide

The AfterDeployment Provider Portal includes easy access to clinical practice guidelines, educational resources and other tools to promote evidence based treatment for the DoD population.

<http://www.suicideoutreach.org> - centralizes suicide prevention resources; provides suicide facts, risk factors, steps for taking action and for dealing with grief reactions.

MilitaryMentalHealth.org (<http://www.dcoe.mil/Training/Education.aspx>) - provides referral to behavioral health care using anonymous Web site. Helps organization and school leadership implement psycho-educational workshop and direct participants to appropriate behavioral health resources.

- <http://stopbullying.gov> - Understanding and recognizing bullying in schools and community
- <http://www.ecu.edu/che/alliance/> - Optimize the preparedness of behavioral health providers working to enhance the resilience, recovery and reintegration of Service members, Veterans, and their Family members and communities throughout the military, post-military, and family life cycles
- <http://militaryk12partners.dodea.edu> - The grant program provides resources to military-connected local educational agencies (LEAs) to develop and implement projects
- <http://militarykidsconnect.org> - Military Kids Connect, offers military children an online community where they can learn about deployments, recognize and share feelings, and develop coping skills. Psychologists from the DOD's National Center for Telehealth and Technology developed the site to build on military kids' strength and resilience, especially as they deal with the unique stressors of military life

- <http://www.tcpress.com/militaryfamilies.html> - Endorsed by the DODEA, collection of books to help pre- and in-service educators understand and better serve children from military families. Guide for school administrators; teachers, school counselors, psychologists; social workers; and parents
- <http://www.cstsonline.org/>:
 - <http://www.cstsonline.org/resources/resource-master-list/military-families-in-transition-stress-resilience-and-well-being-full-report> - The health and well-being of our military families is a key part of sustaining the health and readiness of our military forces. This Forum on Health and National Security addressed interventions to mitigate the effects of stressors and strategies to enhance the well-being of military families as wartime transitions to peace, garrison, and small group deployments.
 - Military OneSource - <http://www.militaryonesource.mil/family-and-relationships/special-needs>
 - [EFMP Family Support Reference Guide](#) - The DoD, in close collaboration with the services, has created the EFMP Family Support Reference Guide. The guide's objective is to provide EFMP Family Support Providers an understanding of the EFMP and their role in assisting military families with special needs.
 - [Special Needs Parent Tool Kit - Birth to 18](#) - This tool kit has comprehensive information and tools to assist military families with special needs children navigate the maze of medical and special education services, community support and entitlements
 - [DoD Special Needs Parent Tool Kit Facilitator's Guide](#) - The Facilitator's Guide tool for EFMP Family Support Providers to use to introduce the topics contained in the DoD Special Needs Parent Tool Kit.
 - [Special Care Organizational Record for Children with Special Health Care Needs](#) - This tool is designed for parents of children with special health care needs. It helps keep pertinent medical, educational and other information organized and easy to access.
 - [Special Care Organization Record for Adults with Special Health Care Needs](#) - This tool is designed for adults with special health care needs, their families and caretakers. It helps keep pertinent medical, emergency contacts and other information organized and easy to access.
 - [Special Care Organization Record for Eldercare](#) - This record is designed to facilitate the care of older family members. It is intended to provide a central location for keeping and tracking older family members' records and other pertinent information.
 - [The DoD Directory of Early Intervention, Special Education and Related Services in outside the continental United States Communities](#) - This tool lists services available in military communities outside the continental United States Communities.
 - [Education Directory for Children With Special Needs](#) - This DoD directory is a Web-based tool with information for military families about national and local resources in the continental United States for early intervention (infant and toddlers) and special education (school-aged children) services. This provides tools and resources to help with the transition to a new location.