

Opportunities on the Horizon

JUL 10 | [At Our Best: Caregiving Today | Kids Serve Too!](#)
11:00 am - 12:30 pm ET

AUG 20 | [Nurturing Individual Resilience from a Multisystem Developmental Perspective](#)
11:00 am - 12:30 pm ET

AUG 22 | [Nurturing Family Resilience through a Strengths-Based Framework](#)
11:00 am - 12:30 pm ET

AUG 27 | [Nurturing Resilience through a Strong Community](#)
11:00 am - 12:30 pm ET

SEPT 17 - 19 | [MFLN Virtual Conference Relationships for Readiness](#)

Exploring Resilience

By Sara Croymans, Extension Educator, University of Minnesota

We hear a lot about the concept of resilience in relation to military service members and families. When I think of resilience the concepts of bouncing back or overcoming adversities come to mind. Resilience may be thought of as a trait, a process or an outcome (Southwick, Bonanno, Masten, Panter-Brick, & Yehuda, 2014). It has been reported that each military branch has its own definition of resilience. One such definition adopted by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury and the Institute of Medicine is “The ability to withstand, recover, and grow in the face of stressors and changing demands” (Meadows, Beckett, Bowling, Golinelli, Fisher, Martin, Meredith, & Chan Osilla, 2015).

A 2011 RAND report, Promoting Psychological Resilience [follow the story](#)

People are Talking About

... these Resilience blogs

- [That’s a Wrap! 5 Ways the Building Networks for Resilience Learning Experience Has Potential for Lasting Impact](#)
- [Bouncing Back with Laughter](#)
- [Resiliency, Mindfulness and Community Capacity Building — Musings from the Mickelson Trail](#)
- [Co-creating a Conversation on Networks for Resilience](#)
- [Exploring Resilience](#)

Transition Tips

The April 19, 2019 webinar, [Home Is Where Your Heart Is | Kids Serve Too!](#), featured representatives from Sesame Street Workshop who shared about the challenges military children may face during a PCS (Permanent Change of Station). They provided the following coping mechanisms that may help military children be more resilient:

- Improving communication skills
- Assuming adult roles and responsibilities
- Joining available activities
- Connecting with other military children
- Confiding in peers

To learn more go to the [archived webinar](#), [blogs](#) and [resource list](#).



Sign up for the MFLN Family Transitions Newsletter!

Resilience Series | Individual, Family, Community



MFLN Family Development, Network Literacy and Family Transitions are collaborating to present a three part [Resilience Series](#) featuring premier theorists and researchers.

On August 20th, Dr. Ann Masten will focus on [Nurturing Individual Resilience from a Multisystem Development Perspective](#). Dr. Froma Walsh will bring people together on August 22nd for [Nurturing Family Resilience Through a Strengths-Based Framework](#) and Dr. Michael Ungar will wrap up the Resilience Series on August 27th with [Nurturing Resilience Through a Strong Community](#).

In preparation for the Series, Dr. Masten has given us a glossary of terms in Resilience Science to reflect upon.

Adversity	Challenging experiences that threaten function, development, or survival of an individual or system
Developmental cascade	Spreading effects over time across systems or domains of function that result from interactions in dynamic systems and cumulatively alter development
Protective factor	Moderator of risk or adversity associated with better outcomes particularly when risk or adversity is high

You will find the total glossary of terms at the bottom of her [Resilience Series website page](#), under Event Materials.

We Remember

JULY

4 Independence Day

AUGUST

4 Coast Guard Birthday
7 Purple Heart Day
29 Marine Forces Reserve Birthday

SEPTEMBER

National Preparedness Month
11 Patriot Day
18 Air Force Birthday
21 POW/MIA Recognition Day
29 Gold Star Mother's and Family's Day

MFLN Resilience Podcasts and Videos

- [Build Your Network, Build Your Resilience: Podcast Series](#)
- [Child & Youth Program Embed 7 C's of Resiliency](#)
- [FACTS of Resilience](#)
- [Resilience](#)
- [The Seven Crucial Cs of Resilience in Children & Teens](#)

A Message From Our Team



Jenny Rea serves as an Independent Consultant for the Military Families Learning Network Family Transitions Team. She received her Ph.D. from the

University of Minnesota Department of Family Social Science in May 2017. Jenny has authored refereed research articles as well as outreach publications emphasizing the intersection of economic and personal and familial relationships. Through blogs and podcasts Jenny hopes to utilize her skills and expertise to assist military family service professionals (MFSPs) to become more knowledgeable about current transition issues military families face. By putting research into practice, she will provide MFSPs with practical tools they can use in their everyday interactions with military personnel and family members. Jenny is a proud military spouse of an Active Duty Marine who is training to be a jet pilot. She is also a happy (and busy) mom to three beautiful babies, all under the age of three years old!

Participants from recent webinars are saying...

"I will provide the information to the families who I work with to help them in supporting their PCS decisions."

"The resources shared today will make it on to my list of resources that I share with my families. I can actually show them on my computer, which is awesome."

"I intend to apply the resources and knowledge gained to training sessions when recruiting families during community activities as well as incorporate it into my own research."

