

Opportunities on the Horizon

OCT 24 [Building a Battle Plan for Military and Veteran Families](#)

11:00 am - 12:00 pm ET

OCT 30 [Moral Injury & Killing in Combat: Research & Clinical Implications](#)

11:00 am - 12:00 pm ET

NOV 6 [Promoting Successful Home to School Transitions for Military Families with Young Children](#)

11:00 am - 12:00 pm ET

NOV 14 [Supporting Young Children with Autism & Other Developmental Disabilities](#)

11:00 am - 12:30 pm ET

DEC 10 [Personal Finance Year in Review](#)

11:00 am - 12:30 pm ET

JAN 14 [Family Systems Trends and Transitions: What They Mean for Military Families](#)

11:00 am - 12:30 pm ET

JAN 28 [Focusing on Co-parenting: Strengthening Diverse Military Family Systems](#)

11:00 am - 12:30 pm ET

Collaboration: Breaking Down Silos & Building Networks to Support Military Families

by Jennifer Rea, PhD

Today's military families are diverse. Military families themselves come in many forms, including their structure (e.g., single-parent families; dual-service families) as well as their experience with military life (e.g., new to the military vs. 10+ years of experience). "Moreover, military families' needs change over time as they move through personal and military life transitions" (Clever & Segal, 2013, p. 13).

And while they face a variety of challenges unique to military life, military families are resilient. All military families possess assets, and each are able to tap into available protective resources to overcome various life adversities (Masten, 2018).

One specific resource that helps support resilience in military families is the Military Family Service Provider (MFSP). A MFSP is a professional who assists Service members and their families through... [follow the story](#)

People are Talking About

... Readiness

Featured Webinars:

[Relationships for Readiness MFLN 2019 Virtual Conference](#)

[Building Blocks of Military Family Readiness](#)

Featured Blogs:

[Getting Our Bearings and Moving Ahead: Reflecting on Navigating Change and Family Readiness Resources](#)

[The National Guard and Family Readiness](#)

Transition Tips

During the recent [Resilience Webinar Series](#) Dr. Ann Masten provided these strategies on how military family service providers can help mobilize resilience systems with families by engaging the powerful drivers of resilience:

- Foster secure attachment relationships
- Promote bonds with competent & caring adults
- Support healthy family life & function
- Protect & nurture brain development
- Facilitate school bonding & engagement
- Foster friendships with prosocial peers
- Integrate systems of care
- Provide opportunities to succeed & develop talents
- Support cultural traditions that provide children & families with adaptive tools & relationships



Sign up for the MFLN Family Transitions Newsletter!

Resilience Matters for Military Families by Karen Shirer, PhD



Military families play an important role in ensuring that the U.S. military is total force ready and its service members are prepared. The Total Force Fitness model defines family readiness as “the ability of a family to use physical, psychological, social, and spiritual resources to prepare for, adapt to, and grow from the demands of military life” (NAP, 2019). Military families possess many of these strengths and resources plus they have access to other numerous resources to meet the demands of military life.

Yet, military families face unique challenges as well as the typical challenges faced by civilian families. They experience disruption, separation and loss moving their homes and schools due to reassignment, and worry and fear when members deploy to war zones. How do we help military-connected families better weather and even thrive in the midst of these major transitions?

On August 20, 2019, Dr. Ann Masten spoke about the science of resilience and how it informs our work as military family service professionals. The webinar was the first in a series of three webinars sponsored by the Military Families Learning Network (MFLN), titled “Nurturing Individual Resilience from a Multisystem Developmental Perspective”. [follow the story](#)

We Remember

OCTOBER

- 10 World Mental Health Day
- 13 Navy Birthday
- 26 National Day of the Deployed

NOVEMBER

- Military Family Month
- 10 Marine Corps Birthday
- 11 Veterans Day

DECEMBER

- 7 Pearl Harbor Day
- 13 National Guard Birthday
- 14 National Wreaths Across America

“NEW” MFLN Podcast Series!

[Moving Toward Inclusive Practice with Dr. Anne Phibbs](#)

This limited podcast series can help you on your journey toward a more inclusive, culturally-informed way of working. In these 5 lively and free-flowing conversations, Dr. Phibbs shares tips, ideas and resources to help you seek out diverse stories, practice humility, listen, ask questions and engage with others. Subscribe on itunes!

A Message From Our Team



Karen Shirer, Ph.D., serves as Education Program Specialist for MFLN Family Transitions. In this role, she provides content expertise to support the development of learn events, scholarly manuscripts, and facilitation of webinars. She has 45 years of experience as an educator, manager, researcher, and administrator for family strengthening education programs in both formal and non-formal settings. Dr. Shirer’s research interests include family education program development, working families, and other efforts that strengthen individual and family resilience. Her primary work focuses on designing curricula and program interventions for low-income families, most recently for unmarried parents to help them parent together. In her personal life, Karen is the parent of two adult daughters, a grandmother, a spouse and a cancer survivor. She loves to knit and sew and has a growing interest in textile arts; she also has active running, writing and reading practices.

Participants from the [Resilience Webinar Series](#) are saying...

“The Report on the Military Family Readiness System [was significant because ...] As the Resilience & Risk Reduction Coordinator for my state, I work closely with our Family Programs office. I look forward to sharing the information ... in order to strengthen Soldier and Family readiness”

“[One significant thing I learned was] the interrelatedness of the individual, family, and community in terms of how it can impact resilience and applying this concept to military families. [This was significant because] from a military family readiness perspective, it is vitally important to think of resilience in a way where the effects of individual, family, and community are all considerations. [I intend to apply what I learned] as we develop our programming further, we will consider the main points discussed today.”

