

## **Episode 20 Shownotes**

**Guests:** Sarah Steward and Dr. Cozza

**Title:** Supporting Teens During COVID19 with Dr. Stephen Cozza and Sarah Steward

### **((INTRO))**

Hello, and thank you for joining us for our Anchored podcast today! I'm Kalin Goble, Programming Coordinator for the Military Families Learning Network Family Development team. MFLN is a DoD grant-funded initiative. Our Network consists of teams across the country focusing on topics important to military families, including family development, early intervention, family transitions, military caregiving, personal finance, network literacy, and community capacity building. Our goal is to provide programming and resources to support and strengthen the professional growth of those working with military families. We created this podcast as a space to discuss current topics and trends impacting military families.

Anchors, throughout history, have been a symbol of stability and groundedness. We hope this episode provides you with a bit of respite to help lay some groundwork for your professional development and your daily work with individuals, families, and communities. Each episode, we have conversations especially relevant to service providers working daily with our military communities. Through discussions with social matter experts, military service members, and service professionals, we hope to do a small part in helping those serving our service members.

We invite you to sit back, relax, and get anchored with us today as we learn about The Uniformed Services University and USU's curate resources focusing on teen health and wellness during the COVID19 pandemic and beyond.

### **((TODAY'S EPISODE))**

The Centers of the Uniformed Services University serves as a leadership academy focusing on enhancing the health, wellness, and performance of military service members and their families. Each of their Centers endeavors to provide a vast array of research, training, and education that delivers knowledge and resources supporting the work of the Military Health System and the DoD.

Working with youth and adults in their lives can be challenging on a regular day. But in today's climate, we are all learning and adapting like never before. HPRC, the Consortium for Health and Military Performance center at USU, and the Center for the Study of Traumatic Stress, or CSTS, have collaborated to produce resources focusing on promoting teen health and wellness during the current COVID19 pandemic. Our discussion will help guide you to the best ways to use these resources to inform your work with adults and teens in supporting teen health and wellness during COVID and beyond.

### **((TODAY'S GUESTS))**

Today, we are joined by Dr. Stephen Cozza and Sarah Steward from USU.

Dr. Stephen Cozza is a Professor of Psychiatry at the Uniformed Services University where he serves as Associate Director for the Center for the Study of Traumatic Stress. Dr. Cozza's professional interests have been in the areas of clinical and community response to trauma and the impact of deployment and combat injury, illness, and death on military service members, their families, and their children. Dr. Cozza serves as a scientific advisor to several national organizations that focus on the needs of military children and families.

Sarah Steward is a Social Health Scientist at the Henry M. Jackson Foundation for the Advancement of Military Medicine in support of the Consortium for Health and Military Performance (CHAMP). She is a subject matter expert in Social Fitness and Family Relationships and has been hard at work producing resources for military families, which can be found on CHAMP's website: [HPRC\(DASH\)online.org](http://HPRC(DASH)online.org). Her past experience includes working in a clinical setting providing therapeutic services to individuals, couples, and families.

We are glad to have Dr. Cozza and Sarah join us and bring their expertise on military family health, well-being, and readiness. Today, Dr. Cozza and Sarah Steward will join us for a conversation on working with military-connected families during COVID19.

#### **((INTERVIEW WITH SARAH STEWARD AND DR. COZZA))**

**Kalin:** We are glad to have Dr. Cozza and Sarah join us and bring their expertise on military family health, well-being, and readiness. Today, Dr. Cozza and Sarah Steward will join us for a conversation on working with military connected families during covid-19. So we thank you both for joining us today. We are excited to share a little bit more about the resources offered and how our audience can utilize those in their work.

**Dr. Cozza:** It's a pleasure to be here today.

**Sarah Steward:** Yes, thank you for having us.

**Kalin:** Thank y'all so much! So, to begin, we would love to share a little bit about the center for the study of traumatic stress and the work y'all are doing.

**Dr. Cozza:** Sure. The Center for the Study of Traumatic Stress sits in the department of Psychiatry at Uniformed Services University in the Bethesda area. It's one of the nation's oldest academic based organizations dedicated to advancing trauma-informed knowledge, leadership, and methodologies and its content area focuses on a wide scope of trauma exposure related to combat operations other than war, terrorism, natural and human-made disasters, and public health threats. All for the purpose of creating and disseminating knowledge through research, teaching, public and professional education, that can inform individuals, the military, the public, leadership about both the experiences and consequences of trauma as well as how best to support individual and community health.

**Kalin:** Perfect. And Sarah, a little bit more about the Consortium for Health and Military Performance and the work that the HPRC team within that is doing as well. If we could get just a little more information on that for our audience.

**Sarah Steward:** Sure! So, the Consortium for Health and Military Performance, or CHAMP for short, is also a center at Uniformed Services University. And our mission is to, in short, optimize military performance and family readiness through leadership, community engagement, education, and conducting and then translating information from the research. So, one of the primary ways that we achieve that mission is through the Human Performance Resources by CHAMP, or HPRC for short or the HPRC Initiative. HPRC is actually a DoD Initiative to provide evidence based information to empower members of the military community to be physically fit, mentally fit, fuel and hydrate properly, maintain social ties, and stay resilient. Which are all pieces of the puzzle that make up what we call Total Force Fitness, which is essentially a holistic approach to health. So, HPRC is a free resource for military service members and their families and we provide lots of helpful information for service members or for your clients, for those who are listening in military families. In case you're interested, the website is [HPRC-online.org](http://HPRC-online.org).

Dr. Cozza and Sarah Steward then go on to highlight the following points:

- They discuss the resources CSTS and CHAMP recently collaborated on to produce about helping teens manage challenges during COVID 19.
  - Which include talking about the challenges teens are currently facing.
  - And discussing the various adults well-situated to help teens cope during this time.
- They then share examples of how adults, in general, can support the health and well being of teens through COVID19 and other challenging times.
- They also discuss the role of military service providers in helping adults and teens support teen health and wellness - during COVID and beyond.
- Dr. Cozza then shares about other resources CSTS provides for military service providers.
- Sarah Steward then shares about other resources CHAMP's HPRC team provides for military service providers.

**((OUTRO))**

Thank you all again from our MFLN Family Development team for tuning in to this episode of Anchored! We would also like to give a special thanks to the Uniformed Services University, CHAMP, CSTS, Dr. Stephen Cozza, Sarah Steward, Sarah Marshall, and Lauren Messina for their work in making today's episode possible.

We encourage you to visit our website at [militaryfamilieslearningnetwork.com](http://militaryfamilieslearningnetwork.com) for more information, including show notes and additional resources from today's conversation. We also love to hear from you, so be sure to rate and review us on iTunes! And subscribe! From all of us at MFLN, thank you again for sitting back and getting anchored with us today!

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