



**Resource List for [Military Youth:](#)  
[Protecting and Promoting Resilience and Well-Being Webinar Series](#)**

**Webinar #1 - May 23, 2023**

**[Preparing Adults to Be the People Military-Connected Youth Deserve in Their Lives](#)**

**Presenter: [Dr. Kenneth Ginsburg](#)**

***Kenneth Ginsburg Publications and Resources***

**Research Articles (select sample)**

- Easterbrooks M. A., Ginsburg, K., & Lerner R. M. (2013). [Resilience among military youth](#). *Future of Children* 23(2), 99-120. doi: 10.1353/foc.2013.0014
- Ginsburg, K. R. (2023). [Addressing the pandemic's developmental toll on adolescents through a strengths-based lens](#). *Pediatrics*, 151 (Supplement 1): e2022057267C. 10.1542/peds.2022-057267C
- Kendall-Taylor, N. & Ginsburg, K.R. (2022). [Framing strategies to shape parent and adolescent understandings of development](#). *Pediatrics*, 148(3). 10.1542/peds.2021-050735

**Books**

- Ginsburg, K. R. & Jablow, M. M. (2011). *Building resilience in childrens and teens: Giving kids roots and wings*. American Academy of Pediatrics. ISBN 13: 978-1-61002-413-6
- Ginsburg, K. R. & McClain, Z. B. R. (Eds.). (2020). *Reaching teens: Strength-based, trauma-sensitive, resilience-building communication strategies rooted in positive youth development*. American Academy of Pediatrics. ISBN 978-1-58110-551-3

**Podcasts (selected examples)**

- Cran, R. (Host). (2022, October 10). Dr. [Ken Ginsburg – Congrats! You're Having A Teen!](#) (No. 36) [Audio podcast episode]. *Family 360 Podcast*.  
<https://www.family360podcast.com/ep-76-dr-ken-ginsburg-congrats-youre-having-a-teen/>
- Cascarino, J. (Host). (2022, June 8). [Lessons with Dr. Ken Ginburg and Dr. Jillian Baker](#) (No. 29) [Audio podcast episode]. *Lessons in Adolescence*.  
<https://podcasts.apple.com/us/podcast/lessons-with-dr-kenneth-ginsburg-and-dr-jillian-baker/id1535500075?i=1000565702145>
- Pressman, A. (Host). (2021, April 23). [Renowned adolescent health expert Dr. Ken Ginsburg on how teenagers thrive](#) (No. 92) [Audio podcast episode]. *Raising Good Humans with Dr. Aliza*.  
<https://draliza.com/podcast/ep-92-renowned-adolescent-health-expert-dr-ken-ginsburg-on-how-teenagers-thrive/>

## Websites

- [Center for Parent and Teen Communication](#) offers practical, science-based strategies for strengthening family connections and building youth prepared to thrive. The center is based within the Division of Adolescent Medicine at the Children's Hospital of Philadelphia. All materials are offered free on the center website.

The content is rooted in decades of research on effective parenting and strengths-based communication techniques. The website offers a range of topics geared towards promoting teens to become their best selves. These areas of particular interest to youth mental well-being include:

1. [Supporting Military Families](#) offers service providers who work with families and youth content to support the specific needs of families and youth in a military culture.
  2. [Identity Development for Teens of Color](#) offers research-based identity development information during adolescents.
  3. [Preparing Teens to Seek Professional Help](#) provides strength-based guidance for parents and those who work with youth to help them be open to seeking the support they deserve.
  4. [Helping Teens Learn to Cope](#) prepares teens to manage life's challenges in healthy ways if they are to thrive in an unpredictable world. An interactive stress management plan that is written by young people for young people is provided. The plan is rooted in the latest science of what is known to work in stress management.
  5. [Military Parenting Resources](#) offers resources and strategies deserving of your focused attention as you raise military-affiliated children.
    - a. [Military Parenting Resources PDF](#)
- Professional website for Kenneth Ginsburg, M.D., M.S. Ed, [Fostering Resilience](#).

## General Webinar Series Research and Resources

### Articles/Research

- Blue Star Families. (2021). 2021 [Military Family Lifestyle Survey Comprehensive Report: Military children's mental health](#).  
[https://bluestarfam.org/wp-content/uploads/2022/03/BSF\\_MFLS\\_Results2021\\_Military-Childrens-Mental-Health\\_03\\_10.pdf](https://bluestarfam.org/wp-content/uploads/2022/03/BSF_MFLS_Results2021_Military-Childrens-Mental-Health_03_10.pdf).
- Booz Allen Hamilton. (2020). [Pain Points Poll Deep Dive: Understanding the Impact on COVID-19 of Mental Health](#).  
[https://bluestarfam.org/wp-content/uploads/2020/08/BSF-COVID-PPP-DeepDive-MentalHealth\\_ver2.pdf](https://bluestarfam.org/wp-content/uploads/2020/08/BSF-COVID-PPP-DeepDive-MentalHealth_ver2.pdf)
- Briggs, E.C., Fairbank, J.A., Tunno, A.M. et al. [Military life stressors, family communication and satisfaction: Associations with children's psychosocial outcomes](#). *Journal of Children and Adolescent Trauma* 13, 75–87 (2020).  
<https://doi.org/10.1007/s40653-019-00259-z>

- Lawson, M. L., Bowsher, B., & Hansen, S. (2022). [The effect of COVID-19 on the mental health of military connected children and adolescents](#). *Pediatric Annals*, 51(4), e138-e143. <https://doi.org/10.3928/19382359-20220321-02>
- National Military Family Association. (2023). [Research and insights](#). <https://www.militaryfamily.org/about-us/research-insights/> Research reports on youth mental well-being and youth in military-connected families:
  - National Military Family Association. (2022). [Military teen food insecurity](#). <https://www.militaryfamily.org/wp-content/uploads/FINAL-2022-Military-Teen-Food-Insecurity.pdf>
  - National Military Family Association. (2022) [2022 young adult report](#). <https://www.militaryfamily.org/wp-content/uploads/Military-Teen-Hidden-Helpers-2022.pdf>
  - National Military Family Association (2022). [Military teen hidden helpers](#). <https://www.militaryfamily.org/wp-content/uploads/Military-Teen-Hidden-Helpers-2022.pdf>
  - National Military Family Association (2022). [The field guide to the military teens](#). <https://www.militaryfamily.org/wp-content/uploads/The-Field-Guide-to-the-Military-Teen.pdf>
- National Military Family Association & Bloom. (2022). [The Military Teen Experience Survey 2022 findings and insights: The current state of military teens, America's future force](#). <https://www.militaryfamily.org/wp-content/uploads/The-Military-Teen-Experience-Survey-2022-Findings-and-Insights.pdf>
- Karre, J. K. & Perkins, D. F. (2022). [Military-Connected Students' Educational Success: Literature Review](#). Clearinghouse for Military Family Readiness, Pennsylvania State University. [https://militaryfamilies.psu.edu/wp-content/uploads/2022/08/clearinghouse\\_military-connected-students-educational-success\\_20220721.pdf](https://militaryfamilies.psu.edu/wp-content/uploads/2022/08/clearinghouse_military-connected-students-educational-success_20220721.pdf)
- Thomas, JS, Trimillos, A, Allsbrook-Huisman, S. (2022) [Military adolescent pandemic study 2021: MAPS21](#). *Journal of School Health*. 92 (11), 1051- 1061. <https://onlinelibrary.wiley.com/doi/10.1111/josh.13226>
- Urbietta, D. A., Akin, J. L., Hamilton, W.M., Brock, W. W., & Yablonsky, A. M. (2021). [We're Stronger Together: A collaboration to support military families during the COVID-19 Pandemic](#). *Military Medicine*, 2021, 2 (Suppl 2), pp.23-34. <https://doi.org/10.1093/milmed/usab213>

## Blog Posts

- Beranek, K. (2022, November 5). [Moving from resilience to thriving: Supporting military-connected youth and families](#). OneOp <https://oneop.org/2022/11/05/moving-from-resilience-to-thriving-supporting-military-connected-youth-and-families/>
- Dworkin, J. (2022, January 15). [Teen technology use and how COVID has changed it](#). OneOp. <https://oneop.org/2022/01/15/teen-technology-use-and-how-covid-has-changed-it/>

- Goble, K. (2023, January 23). [Uplifting the mental health of LGBTQ+ youth](https://oneop.org/2023/01/23/advocating-for-the-mental-health-of-lgbtq-children-and-youth/h/). OneOp.  
<https://oneop.org/2023/01/23/advocating-for-the-mental-health-of-lgbtq-children-and-youth/h/>
- Goble, K. (2022, November 28). [Caregivers: The key to successful youth assessment and treatment](https://oneop.org/2022/11/28/caregivers-the-key-to-successful-youth-assessment-and-treatment/). OneOp.  
<https://oneop.org/2022/11/28/caregivers-the-key-to-successful-youth-assessment-and-treatment/>
- Jowers, J. (2023, May 1). [Mental health awareness and support for military families](https://oneop.org/2023/05/01/mental-health-awareness-and-support-for-military-families/). OneOp.  
<https://oneop.org/2023/05/01/mental-health-awareness-and-support-for-military-families/>
- Jowers, J. (2022, July 18). [Mental health matters: Mental health resources for underrepresented populations](https://oneop.org/2022/07/18/mental-health-matters-mental-health-resources-for-underrepresented-populations/). OneOp.  
<https://oneop.org/2022/07/18/mental-health-matters-mental-health-resources-for-underrepresented-populations/>
- Rea, J. (2023, February 4). [Risk and resilient factors of military connected youth](https://oneop.org/2023/02/04/risk-and-resilient-factors-of-military-connected-youth/). OneOp.  
<https://oneop.org/2023/02/04/risk-and-resilient-factors-of-military-connected-youth/>
- Rea, J. (2023, April 8). [The Military Teen Experience 2022: Military teens need well-being support](https://oneop.org/2023/04/08/the-military-teen-experience-2022-military-teens-need-well-being-support/). OneOp.  
<https://oneop.org/2023/04/08/the-military-teen-experience-2022-military-teens-need-well-being-support/>
- Rea, J. (2023, May 6). [Social Determinants of Health for Military Families in Transition](https://oneop.org/2023/05/06/social-determinants-of-health-for-military-families-in-transition/). OneOp.  
<https://oneop.org/2023/05/06/social-determinants-of-health-for-military-families-in-transition/>
- Rea, J. (2019, October 31). [The highly mobile, but very resilient: Identifying and addressing school- and transition-related needs of military youth](https://oneop.org/2019/10/31/the-highly-mobile-but-very-resilient-identifying-and-addressing-school-and-transition-related-needs-of-military-youth/). OneOp.  
<https://oneop.org/2019/10/31/the-highly-mobile-but-very-resilient-identifying-and-addressing-school-and-transition-related-needs-of-military-youth/>
- Shirer, K. (2023, May 13). [Food security matters for adolescent well-being](https://oneop.org/2023/05/13/food-security-matters-for-adolescent-well-being/). OneOp.  
<https://oneop.org/2023/05/13/food-security-matters-for-adolescent-well-being/>

## Books

- Ginsburg, K. R. & McClain, Z. B. R. (Eds.). (2020). *Reaching teens: Strength-based, trauma-sensitive, resilience-building communication strategies rooted in positive youth development*. American Academy of Pediatrics. ISBN-13: 978-1-61002-413-6
- Le Menestrel S, Kizer KW, editors. (2019). [Strengthening the Military Family Readiness System for a changing American society](https://nap.nationalacademies.org/catalog/25380/strengthening-the-military-family-readiness-system-for-a-changing-american-society). Washington (DC): National Academies Press.  
<https://nap.nationalacademies.org/catalog/25380/strengthening-the-military-family-readiness-system-for-a-changing-american-society>

## Podcasts

- Beckendorf, J. & Bertsch. (2023, March 1). [Supporting Military Families with LGBTQ+ Youth with Cathy Marcello](https://oneop.org/podcast/supporting-military-families-with-lgbtq-youth-with-cathy-marcello-s-4-ep-2/) (Ep. 2) [Audio podcast episode]. In *Practicing Connection*. OneOp.  
<https://oneop.org/podcast/supporting-military-families-with-lgbtq-youth-with-cathy-marcello-s-4-ep-2/>

## Videos

- Administration for Children and Families & Substance Abuse and Health Service Administration. (2023, March 22). [Embrace, Encourage, and Engage: Family and Caregiver Access to Child and Youth Mental Health Resources](#) [Video]. U.S. Department of Health and Services. <https://youtu.be/piTV9xkCxuE>
- Military OneSource. (2022, December 12). [The value of youth programs](#) [Video]. <https://www.militaryonesource.mil/parenting/children-youth-teens/> or <https://youtu.be/DatIoUg4ybo>  
Highlights and celebrates military installation youth programs and features the 2022 Military Youth of the Year. Youth Programs professionals share their experiences mentoring the world's future leaders. They also discuss the value of Youth Programs for children and teens for developing their strengths, taking on new challenges and preparing for their future.
- Military OneSource. (2023, January 4). [The Impact of Military Youth Programs Professionals](#). [Video]. <https://www.militaryonesource.mil/education-employment/seco/careers-with-military-kids/> or <https://youtu.be/5GC8f9Cx0bE>  
Recognizes the importance of youth program professionals and the impact of the supportive bond that is shared between Youth Programs professionals and military youth.
- Military OneSource. (2023, January 4). [Boys & Girls Clubs of America National Military Youth of the Year](#). or <https://www.militaryonesource.mil/parenting/children-youth-teens/boys-girls-clubs-military-youth-of-the-year-program> or <https://youtu.be/kjy8irCxAVs>  
Boys & Girls Clubs of America partner with the Defense Department to provide nationally recognized programs and resources for thousands of military youths at BGCA-affiliated youth centers on U.S. military installations around the world.

## Webinars

- Britt, T. (2018, April 19). [Staying strong by seeking help: Barriers and facilitators to mental health treatment-seeking](#) [Webinar]. OneOp. <https://oneop.org/event/21767/>
- Finney, K. (2020, May 15) [Understanding professional boundaries](#) [Webinar]. OneOp. <https://oneop.org/event/30368/>
- Lange, T. (2023, May 4). [Providing gender affirming care to the LGBTQ+ military community](#) [Webinar]. OneOp. <https://oneop.org/event/141493/>
- Lange, T. (2023, May 11). [Care considerations for the transgender and gender-diverse military community](#). One Op. <https://oneop.org/event/141496/>
- Maguen, S. (2020, April 15). [Moral Injury: Suicide risk, survivor's guilt and other clinical manifestations](#) [Webinar]. OneOp. <https://oneop.org/event/61155/>
- Mahadevan, L. (2021, December 15). [Need to refuel? Tools for self-care and resilience](#) [Webinar]. OneOp. <https://oneop.org/event/114588/>
- Masten, A. (2019, August 20). [Nurturing individual resilience from a multisystem developmental perspective](#) [Webinar]. OneOp. <https://oneop.org/event/34447/>
- Otto, M. & Richmond, A. (2021, August 3). [Diversity, equity, and inclusion in youth programs: Developing inclusive program structures](#) [Webinar]. OneOp. <https://oneop.org/event/104324/>

- Otto, M. & Richmond, A. (2021, August 24). [Diversity, equity, and inclusion in youth programs: Fostering supportive adult – youth relationships](https://oneop.org/event/104328/) [Webinar]. OneOp. <https://oneop.org/event/104328/>
- Ruzicka, A. & Assini-Meylin, L. (2022, February 24). [Preventing the onset of youth problem sexual behaviors](https://oneop.org/event/116599/) [Webinar]. OneOp. <https://oneop.org/event/116599/>
- Ungar, M. (2019, August 27). [Nurturing resilience through a strong community](https://oneop.org/event/34453/) [Webinar]. OneOp. <https://oneop.org/event/34453/>
- Walsh, F. (2019, August 22). [Nurturing family resilience through a strengths-based framework](https://oneop.org/event/34450/) [Webinar]. OneOp. <https://oneop.org/event/34450/>

## Websites

- Adolescent and School Health. (2023, May 1). [Mental health: Poor mental health is a problem for adolescents](https://www.cdc.gov/healthyyouth/mental-health/index.htm). Centers for Disease Control. <https://www.cdc.gov/healthyyouth/mental-health/index.htm>
- Bloom. (2022). [Bloom for military teens](https://www.bloommilitaryteens.org/). Website designed by military teens for military teens. <https://www.bloommilitaryteens.org/>
- Military OneSource. (2023, ). [Children, youth and teens](https://www.militaryonesource.mil/parenting/children-youth-teens/). <https://www.militaryonesource.mil/parenting/children-youth-teens/>
- Mental Health First Aid. (2023). [Youth - Mental health first aid](https://www.mentalhealthfirstaid.org/population-focused-modules/youth/). National Council for Mental Well-Being. <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
- Substance Abuse and Health Service Administration. (2023, April 24). [Parent and caregiver resources](https://www.samhsa.gov/families/parent-caregiver-resources). U.S. Department of Health and Human Services. <https://www.samhsa.gov/families/parent-caregiver-resources>
- Substance Abuse and Mental Health Services Administration. (no date). [988 suicide and crisis lifeline hotline](https://988lifeline.org/). US. Department of Health and Human Services. <https://988lifeline.org/>
- U.S. Department of Defense. (2022, December 1). [DOD study to gauge resilience of military-connected youth](https://www.defense.gov/News/Releases/Release/Article/3233300/dod-study-to-gauge-resilience-of-military-connected-youth/) [Press release]. <https://www.defense.gov/News/Releases/Release/Article/3233300/dod-study-to-gauge-resilience-of-military-connected-youth/>

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