

## Resource List: <u>Military Youth:</u> <u>Protecting and Promoting Resilience and Well-Being Webinar Series</u>

Webinar #2 - May 31, 2023

Applying a Positive Youth Development Framework to Increase Resiliency and Thrive Presenters: <u>Dr Katherine Sullivan</u> and <u>Dr. Daniel Perkins</u>

#### Katherine Sullivan Publications and Resources

- Hawkins, S. A., Condon, A., Hawkins, J. N., Liu, K., Melendrez Ramirez, Y., Nihill, M. M., and Tolins, J. (2018). <u>What we know about military family readiness: Evidence from</u> <u>2007–2017</u>. Monterey, CA: Research Facilitation Laboratory. https://apps.dtic.mil/sti/pdfs/AD1050341.pdf
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#### Danny Perkins Publications and Resources

• America's Promise Alliance. (2000). *The five promises*. Minneapolis, MN: Search Institute.

- Arnold, M. E., & Silliman, B. (2017). From theory to practice: A critical review of positive youth development frameworks. Journal of Youth Development, 12(2), 1-20. https://doi.org/10.5195/jyd.2017.17
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- Bullock, A., Williams, L., & Goubanova, E. (2022). <u>Sources of risk and resilience among</u> <u>adolescents from military families</u>. *Military Behavioral Health, 10(2)*, 124-133. <u>https://doi.org/10.1080/21635781.2022.2098883</u>
- Eccles, J., & Gootman, J. A. (Eds.). (2002). <u>Community programs to promote youth</u> <u>development</u>. National Academy Press. https://www.nap.edu/read/10022/chapter/1
- Gambone, M. A., & Arbreton, A. J. A. (1997). <u>Safe havens: The contributions of youth</u> organizations to healthy adolescent development. Philadelphia: Public/Private Ventures. https://www.ojp.gov/ncjrs/virtual-library/abstracts/safe-havens-contributions-youth-organi zations-healthy-adolescent
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# **General Webinar Series Research and Resources**

# Articles/Research

- Blue Star Families. (2021). 2021 <u>Military Family Lifestyle Survey Comprehensive Report:</u> <u>Military children's mental health.</u> https://bluestarfam.org/wp-content/uploads/2022/03/BSF\_MFLS\_Results2021\_Military-C hildrens-Mental-Health\_03\_10.pdf.
- Booz Allen Hamilton. (2020). <u>Pain Points Poll Deep Dive: Understanding the Impact on</u> <u>COVID-19 of Mental Health.</u> https://bluestarfam.org/wp-content/uploads/2020/08/BSF-COVID-PPP-DeepDive-Mental Health ver2.pdf
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- National Military Family Association. (2023). <u>Research and insights</u>. https://www.militaryfamily.org/about-us/research-insights/ Research reports on youth mental well-being and youth in military-connected families:
  - National Mllitary Family Association. (2022). <u>Mllitary teen food insecurity</u>. https://www.militaryfamily.org/wp-content/uploads/FINAL-2022-Military-Teen-Foo d-Insecurity.pdf
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- National Military Family Association & Bloom. (2022). <u>The Military Teen Experience</u> <u>Survey 2022 findings and insights: The current state of military teens, America's future</u> <u>force</u>.

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 Karre, J. K. & Perkins, D. F. (2022). <u>Military-Connected Students' Educational Success:</u> <u>Literature Review</u>. Clearinghouse for Military Family Readiness, Pennsyvania State University.

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 Urbieta, 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 <u>COVID-19 Pandemic</u>. *Military Medicine, 2021, 2 (Suppl 2)*, pp.23-34. https://doi.org/10.1093/milmed/usab213

### **Blog Posts**

- Beranek, K. (2022, November 5). <u>Moving from resilience to thriving: Supporting</u> <u>military-connected youth and families</u>. OneOp https://oneop.org/2022/11/05/moving-from-resilience-to-thriving-supporting-military-conn ected-youth-and-families/
- Dworkin, J. (2022, January 15). <u>Teen technology use and how COVID has changed it</u>. OneOp.
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- Jowers, J. (2022, July 18). <u>Mental health matters: Mental health resources for</u> <u>underrepresented populations</u>. OneOp. https://oneop.org/2022/07/18/mental-health-matters-mental-health-resources-for-underre presented-populations/
- Rea, J. (2023, February 4). *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). <u>The Military Teen Experience 2022: Military teens need</u> <u>well-being support</u>. OneOp.
- Rea, J. (2023, May 6). <u>Social Determinants of Health for Military Families in Transition</u>. OneOp. https://oneop.org/2023/05/06/social-determinants-of-health-for-military-families-in-transiti on/
- Rea, J. (2019, October 31). <u>The highly mobile, but very resilient: Identifying and</u> <u>addressing school- and transition-related needs of military youth.</u> OneOp. https://oneop.org/2019/10/31/the-highly-mobile-but-very-resilient-identifying-and-address ing-school-and-transition-related-needs-of-military-youth/
- Shirer, K. (2023, May 13). *Food security matters for adolescent well-being*. OneOp. https://oneop.org/2023/05/13/food-security-matters-for-adolescent-wellbeing/

#### 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). <u>Strengthening the Military Family Readiness</u> <u>System for a changing American society</u>. Washington (DC): National Academies Press. https://nap.nationalacademies.org/catalog/25380/strengthening-the-military-family-readin ess-system-for-a-changing-american-society

#### Podcasts

 Beckendorf, J. & Bertsch. (2023, March 1). <u>Supporting Military Families with LGBTQ+</u> <u>Youth with Cathy Marcello</u> (Ep. 2) [Audio podcast episode]. In *Practicing Connection*. OneOp.

Inhttps://oneop.org/podcast/supporting-military-families-with-lgbtq-youth-with-cathy-marc ello-s-4-ep-2/

## Videos

- Administration for Children and Families & Substance Abuse and Health Service Administration. (2023, March 22). <u>Embrace. Encourage. and Engage: Family and</u> <u>Caregiver Access to Child and Youth Mental Health Resources</u> [Video]. U.S. Department of Health and Services. https://youtu.be/piTV9xkCxuE
- Military OneSource. (2022, December 12). <u>The value of youth programs</u> [Video]. https://www.militaryonesource.mil/parenting/children-youth-teens/ or https://youtu.be/DatloUg4ybo
   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). <u>The Impact of Military Youth Programs</u> <u>Professionals</u>. [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). <u>Boys & Girls Clubs of America National Military</u> <u>Youth of the Year</u>. 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). <u>Staying strong by seeking help: Barriers and facilitators to</u> <u>mental health treatment-seeking</u> [Webinar]. OneOp. https://oneop.org/event/21767/
- Finney, K. (2020, May 15) <u>Understanding professional boundaries</u> [Webinar]. OneOp. https://oneop.org/event/30368/
- Lange, T. (2023, May 4). *Providing gender affirming care to the LGBTQ+ military* <u>community</u> [Webinar]. OneOp. https://oneop.org/event/141493/
- Lange, T. (2023, May 11). <u>Care considerations for the transgender and gender-diverse</u> <u>military community</u>. One Op. https://oneop.org/event/141496/
- Maguen, S. (2020, April 15). <u>Moral Injury: Suicide risk, survivor's guilt and other clinical</u> <u>manifestations</u> [Webinar]. OneOp. https://oneop.org/event/61155/
- Mahadevan, L. (2021, December 15). <u>Need to refuel? Tools for self-care and resilience</u> [Webinar]. OneOp. https://oneop.org/event/114588/
- Masten, A. (2019, August 20). <u>Nurturing individual resilience from a multisystem</u> <u>developmental perspective</u> [Webinar]. OneOp. https://oneop.org/event/34447/
- Otto, M. & Richmond, A. (2021. August 3). <u>Diversity, equity, and inclusion in youth</u> programs: <u>Developing inclusive program structures</u> [Webinar]. OneOp. https://oneop.org/event/104324/
- Otto, M. & Richmond, A. (2021, August 24). <u>Diversity. equity. and inclusion in youth</u> <u>programs: Fostering supportive adult – youth relationships</u> [Webinar]. OneOp. https://oneop.org/event/104328/
- Ruzicka, A. & Assini-Meylin, L. (2022, February 24). <u>Preventing the onset of youth</u> <u>problem sexual behaviors</u> [Webinar]. OneOp. https://oneop.org/event/116599/
- Ungar, M. (2019, August 27). <u>Nurturing resilience through a strong community</u> [Webinar]. OneOp. https://oneop.org/event/34453/
- Walsh, F. (2019, August 22). *Nurturing family resilience through a strengths-based framework* [Webinar]. OneOp. https://oneop.org/event/34450/

# Websites

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- Bloom. (2022). <u>Bloom for military teens</u>. Website designed by military teens for military teens. https://www.bloommilitaryteens.org/
- Military OneSource. (2023, ). <u>Children, youth and teens</u>. https://www.militaryonesource.mil/parenting/children-youth-teens/
- Mental Health First Aid. (2023). <u>Youth Mental health first aid</u>. National Council for Mental Well-Being. https://www.mentalhealthfirstaid.org/population-focused-modules/youth/
- Substance Abuse and Health Service Administration. (2023, April 24). <u>Parent and caregiver resources</u>. 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). <u>988 suicide</u> <u>and crisis lifeline hotlin</u>e. US. Department of Health and Human Services. https://988lifeline.org/

 U.S. Department of Defense. (2022, December 1). <u>DOD study to gauge resilience of</u> <u>military-connected youth</u> [Press release]. <u>https://www.defense.gov/News/Releases/Release/Article/3233300/dod-study-to-gauge-r</u> <u>esilience-of-military-connected-youth/</u>

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