



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

Webinar #2 - May 31, 2023

[Applying a Positive Youth Development Framework to Increase Resiliency and Thrive](#)

Presenters: [Dr Katherine Sullivan](#) and [Dr. Daniel Perkins](#)

***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). [What we know about military family readiness: Evidence from 2007–2017](#). Monterey, CA: Research Facilitation Laboratory.  
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***Danny Perkins Publications and Resources***

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## **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](https://bluestarfam.org/wp-content/uploads/2022/03/BSF_MFLS_Results2021_Military-Childrens-Mental-Health_03_10.pdf).
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- 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>
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- 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.  
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### 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](https://oneop.org/2022/01/15/teen-technology-use-and-how-covid-has-changed-it/). OneOp.  
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https://oneop.org/2023/05/01/mental-health-awareness-and-support-for-military-families/
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- 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.
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## Books

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- 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.  
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## Podcasts

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## 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](https://oneop.org/event/61155/) [Webinar]. OneOp. <https://oneop.org/event/61155/>
- Mahadevan, L. (2021, December 15). [Need to refuel? Tools for self-care and resilience](https://oneop.org/event/114588/) [Webinar]. OneOp. <https://oneop.org/event/114588/>
- Masten, A. (2019, August 20). [Nurturing individual resilience from a multisystem developmental perspective](https://oneop.org/event/34447/) [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](https://oneop.org/event/104324/) [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/>
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- Ungar, M. (2019, August 27). [Nurturing resilience through a strong community](https://oneop.org/event/34453/) [Webinar]. OneOp. <https://oneop.org/event/34453/>
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## Websites

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- 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/>
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- 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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