



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

Webinar #3 - July 26, 2023

[Promoting Youth Mental Well-being by Building Social Emotional Learning Skills](#)

Presenters: [Dr. Katherine Walker](#) and [Dr. Dale Blyth](#)

<https://oneop.org/learn/142473/>

Webinar References and Resources

Articles, Research and Books from the Webinar

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<https://doi.org/10.3928/19382359-20220321-02>

Nagaoka, J., Farrington, C. A., Ehrlich, S.B., & Heath, R.D., Johnson, D.W., Dickson, S., ... & Hayes, K. (2015). [*Foundations for young adult success: A developmental framework.*](#) The University of Chicago Consortium on Chicago School Research.
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Noam, G. G., & Triggs, B. (2018). [*The clover model: A developmental process theory of social-emotional development.*](#) Belmont, MA: The PEAR Institute: Partnerships in Education and Resilience. <https://www.pearinc.org/clover-model>

Walker, K., Olson, B., & Herman, M. (2019). [*Social and Emotional Learning in practice: A toolkit of practical strategies and resources.*](#) (2nd ed.). University of Minnesota Extension. <https://extension.umn.edu/program-design-and-evaluation/sel-toolkit>

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Additional Research on Social-Emotional Learning

- Akiva, T., Hecht, M., & Blyth, D. A. (2022). Using a learning and development ecosystem framework to advance the youth fields. *It takes an ecosystem: Understanding the people, places, and possibilities of learning and development across settings*, 13-36.
- Newman, J. Z. (2020). [*Supporting the out-of-school time workforce in fostering intentional social and emotional learning.*](#) *Journal of Youth Development*, 15(1), 239-265.
<https://doi.org/10.5195/jyd.2020.807>

Websites containing research on social-emotional learning

- [Afterschool Alliance](#)
 - [Main Website: http://afterschoolalliance.org/](http://afterschoolalliance.org/)
 - [Evidence-Based Strategies and Examples Helping Students Recover](http://www.afterschoolalliance.org/covid/databank.cfm#strategies)
(<http://www.afterschoolalliance.org/covid/databank.cfm#strategies>)
 - [Other Covid-related resources](http://www.afterschoolalliance.org/covid/) - <http://www.afterschoolalliance.org/covid/>
 - [Well-Being Page: http://www.afterschoolalliance.org/health-wellness.cfm](http://www.afterschoolalliance.org/health-wellness.cfm)
 - [SEL Web Page: http://www.afterschoolalliance.org/sel-toolkit.cfm](http://www.afterschoolalliance.org/sel-toolkit.cfm)

- [CASEL - Collaborative for Social and Emotional Learning](#)
 - [Main Website: https://casel.org](https://casel.org)
 - [Search on Mental Health: https://casel.org/?s=mental+health](https://casel.org/?s=mental+health)

- [Search Institute](#)
 - [Main Website: https://www.search-institute.org](https://www.search-institute.org)
 - [Developmental Relationships model and resources:](https://www.search-institute.org/wp-content/uploads/2018/05/Developmental-Relationships-Framework_English.pdf)
https://www.search-institute.org/wp-content/uploads/2018/05/Developmental-Relationships-Framework_English.pdf
 - [Developmental Relations Web Page:](https://www.search-institute.org/developmental-relationships/developmental-relationships-framework/)
<https://www.search-institute.org/developmental-relationships/developmental-relationships-framework/>
 - [Research on Developmental Relationships:](https://www.search-institute.org/developmental-relationships/learning-developmental-relationships/)
<https://www.search-institute.org/developmental-relationships/learning-developmental-relationships/>

- [The Partnership for Education and Resilience \(PEAR\) Institute](#)
 - [Main Website: https://www.pearinc.org/](https://www.pearinc.org/)
 - Founded by Dr. Gil Noam, Harvard University. Email: Gil_Noam@hms.harvard.edu
 - [Information on **Holistic Student Assessment** measurement tool that is very useful:](https://www.pearinc.org/holistic-student-assessment) <https://www.pearinc.org/holistic-student-assessment>
 - [Information on **Clover Development Model:**](https://www.pearinc.org/clover-model)
<https://www.pearinc.org/clover-model>

Other resources and websites on Social-Emotional Learning

- [National Afterschool Association](#)
 - Main Website: <https://naaweb.org/>
 - [15 Resources to support MH in Afterschool:](https://naaweb.org/professional-development/item/1659-15-resources-to-support-mental-health-in-afterschool?highlight=WyJtZW50YWwiLCJoZWZsdGgiLCJoZWZsdGgncylsIm1lbnRhbCBoZWZsdGgiXQ==)
<https://naaweb.org/professional-development/item/1659-15-resources-to-support-mental-health-in-afterschool?highlight=WyJtZW50YWwiLCJoZWZsdGgiLCJoZWZsdGgncylsIm1lbnRhbCBoZWZsdGgiXQ==>

- [Mental health articles](https://naaweb.org/search?q=mental+health): <https://naaweb.org/search?q=mental+health> *Messy webpage but useful resources.*
- **[Foundations for Young Adult Success: A Developmental Framework](#)**
 - University of Chicago and Wallace Foundation
 - Nagaoka, J., Farrington, C. A., Ehrlich, S. B., Heath, & Ryan D. (2015). [Foundations for Young Adult Success: A Developmental Framework](#). ISBN: 978-0-99095634-1 Retrieved from: <https://consortium.uchicago.edu/publications/foundations-young-adult-success-developmental-framework>
<https://eric.ed.gov/?id=ED559970>

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.
- 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
- 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>
- Bullock, A., Williams, L., & Goubanova, E. (2022). [Sources of risk and resilience among adolescents from military families](#). *Military Behavioral Health*. 10(2), 124-133. <https://doi.org/10.1080/21635781.2022.2098883>
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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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- <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). <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). <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](https://militaryfamilies.psu.edu/wp-content/uploads/2022/08/clearinghouse_military-connected-students-educational-success_20220721.pdf). 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
 - 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 COVID-19 Pandemic](https://doi.org/10.1093/milmed/usab213). *Military Medicine*, 2021, 2 (Suppl 2), pp.23-34. <https://doi.org/10.1093/milmed/usab213>

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- Beranek, K. (2022, November 5). [Moving from resilience to thriving: Supporting military-connected youth and families](https://oneop.org/2022/11/05/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. <https://oneop.org/2022/01/15/teen-technology-use-and-how-covid-has-changed-it/>
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- 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/>
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- 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.
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- Rea, J. (2023, April 8). [The Military Teen Experience 2022: Military teens need well-being support](#). OneOp.
- Rea, J. (2023, May 6). [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](#). 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](#). 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). [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](#) (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](https://www.militaryonesource.mil/education-employment/seco/careers-with-military-kids/). [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](https://www.militaryonesource.mil/parenting/children-youth-teens/boys-girls-clubs-military-youth-of-the-year-program). 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](https://oneop.org/event/21767/) [Webinar]. OneOp. <https://oneop.org/event/21767/>
- Finney, K. (2020, May 15) [Understanding professional boundaries](https://oneop.org/event/30368/) [Webinar]. OneOp. <https://oneop.org/event/30368/>
- Lange, T. (2023, May 4). [Providing gender affirming care to the LGBTQ+ military community](https://oneop.org/event/141493/) [Webinar]. OneOp. <https://oneop.org/event/141493/>
- Lange, T. (2023, May 11). [Care considerations for the transgender and gender-diverse military community](https://oneop.org/event/141496/). 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/>
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- 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/>
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- 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/healthyouth/mental-health/index.htm). Centers for Disease Control.
<https://www.cdc.gov/healthyouth/mental-health/index.htm>
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- 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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<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.
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