



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

Webinar #4 - August 10, 2023

[What Can Families \(and Other Adults\) Do to Maximize Youth Well-Being](#)

Presenters: Shelley Macdermid Wadsworth, Ph.D. and Patricia Lester

<https://oneop.org/learn/150438/>

Webinar References and Resources

Research article and books related to the webinar

Cozza, S. J., & Lester, P. (2019). [Promoting well-being in children facing adversity: What can U.S. military children teach us?](#) *Journal of the American Academy of Child & Adolescent Psychiatry*, 58(10), S347-S348.

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<https://www.ncbi.nlm.nih.gov/books/NBK547607>. doi: 10.17226/25380

Walsh, F. (2015). *Strengthening family resilience*. Guilford Publishing. ISBN: 9781462522873

Websites and other online resources highlighted in the webinar

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Families Facing Tough Times. (n.d.). *Home* [Facebook page]. Retrieved August 3, 2023 from <https://www.facebook.com/groups/HHSFamiliesTogether>

Families OverComing Under Stress (FOCUS). (2017). [FOCUS: Resilience Training for Military Families](https://focusproject.org). <https://focusproject.org>

Saltzman, W. R., Lester, P., Pynoos, R. et al. (2009). FOCUS for military families: Individual family resilience training [Unpublished manual].

OneOp Related Resources

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- Macdermid Wadsworth, S. (n.d.). [A New Initiative: Families Tackling Tough Times Together](https://oneop.org/learn/families-tackling-tough-times-together/) [Podcast]. OneOp. <https://oneop.org/learn/families-tackling-tough-times-together/>
- Whiteman, S. & Macdermid Wadsworth, S. (2022, April 12). [Military Children's Family Relationships](https://oneop.org/learn/111946/) [On-demand webinar]. OneOp. <https://oneop.org/learn/111946/>

General Webinar Series Research and Resources

Articles/Research

- 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.
- 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.
- Blyth, D., Olson, B., & Walker, K. (2017). [Ways of being: A model for social & emotional learning](https://conservancy.umn.edu/bitstream/handle/11299/195186/issue-brief-ways-of-being-model.pdf?sequence=1). <https://conservancy.umn.edu/bitstream/handle/11299/195186/issue-brief-ways-of-being-model.pdf?sequence=1>
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- Harvard University Graduate School of Education. Ecological Approaches to Social Emotional Learning (EASEL) Laboratory. (n.d.). [Navigate the complex field of social and emotional learning.](#) <http://exploresel.gse.harvard.edu/>
- Jones, S. M., Brush, K., Ramirez, T., Mao, Z. X., Marenus, M., Wettje, S., ... & Bailey, R. (2021). [Navigating SEL from the inside out: Looking inside and across 33 leading SEL programs \(Revised and expanded second edition, preschool and elementary focus\).](#) Harvard Graduate School of Education: Cambridge, MA, USA.
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- Karre, J. K. & Perkins, D. F. (2022). [Military-Connected Students' Educational Success: Literature Review.](#) Clearinghouse for Military Family Readiness, Pennsylvania State University.
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Blog Posts

- 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
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- 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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- 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/). OneOp.
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Books

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Podcasts

- Beckendorf, J. & Bertsch. (2023, March 1). [Supporting Military Families with LGBTQ+ Youth with Cathy Marcella](#) (Ep. 2) [Audio podcast episode]. In *Practicing Connection*. OneOp.
In <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>
- CASEL. (2021, June 23). [SEL 101: What are the core competencies and key settings?](#) [Video]. YouTube. https://www.youtube.com/watch?v=ouXhi_CfBVg
- Military OneSource. (2022, December 12). [The value of youth programs](#) [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). [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/>

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- 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/>
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- 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/>
- 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/healthyyouth/mental-health/index.htm). Centers for Disease Control. <https://www.cdc.gov/healthyyouth/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/>
- 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>
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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/>

Websites 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-](https://naaweb.org/professional-development/item/1659-15-resources-to-support-)

mental-health-in-afterschool?highlight=WyJtZW50YWwiLCJoZWFSdGgiLCJoZWFSdGgncylsm1lbnRhbCBoZWFSdGgiXQ==

- [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>

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