



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

Families play a critical role in ensuring the mental well-being of military-connected youth. This webinar focuses on what adults inside and outside adolescents' families can do to protect and promote their well-being, especially during transitions. Strategies for prevention and intervention for promoting youth well-being are examined.

Topics include an in-depth look at:

- The role of the family system in adolescent social and mental well-being, resilience, and positive youth development
- Military family factors that promote and challenge youth well-being during military transitions (PCS, deployment, and reintegration)
- Prevention and intervention examples from the presenters' work that strengthen military families and adolescent well-being

This webinar is part of the **Military Youth: Protecting and Promoting Resilience and Well-Being** series.

### Webinar Page:

[OneOp.org/event/118700/](https://OneOp.org/event/118700/)

### Continuing Education:

- Board Certified Patient Advocates (BCAP)
- Case Manager (CCMC)
- Certified Family Life Educators (CFLE)
- Certified in Family and Consumer Sciences (CFCS)
- Certified Nutrition and Wellness Educator (CNWE)
- Social Work, LPC LMFT
- Certificate of Attendance

### Presenters:

**Dr. Shelley MacDermid Wadsworth** is a Distinguished Professor in the Department of Human Development and Family Studies at Purdue University.

**Dr. Patricia Lester** is the Nathanson Family Professor of Psychiatry, Director of the Division of Population Behavioral Health and the Nathanson Family Resilience Center at the UCLA David Geffen School of Medicine.



**MILITARY YOUTH**  
Protecting and Promoting  
Resilience and Well-Being