

Embracing Identity: Fostering Positive Adolescent Emotional Growth

The following resources may include both free and fee-based resources and inclusion in this list does not constitute endorsement by DoD or USDA.

Books & Articles:

- Defense Centers of Excellence (DCoE). (2010). [A handbook for family & friends of service members before, during and after deployment](#). Alexandria, VA: Public Broadcasting Service and Vulcan Productions
- Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., & Marks, J. S. (1998). [Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences \(ACE\) Study](#). *American journal of preventive medicine*, 14(4), 245-258.
- Ginsburg, K. R., Jablow, M. M., & American Academy of Pediatrics. (2011). Building resilience in children and teens: Giving kids roots and wings. (No Title).
- Hoffman, K., Cooper, G., & Powell, B. (2017). *Raising a secure child: How circle of security parenting can help you nurture your child's attachment, emotional resilience, and freedom to explore*. Guilford Publications.
- Mahdiani, H., & Ungar, M. (2021). [The dark side of resilience](#). *Adversity and Resilience Science*, 2(3), 147-155.
- Phelan, T. W. (2010). *1-2-3 Magic: Effective Discipline for Children 2-12*. ParentMagic, Inc..
- Schwartz, S. J., Zamboanga, B. L., Weisskirch, R. S., & Rodriguez, L. (2009). [The relationships of personal and ethnic identity exploration to indices of adaptive and maladaptive psychosocial functioning](#). *International Journal of Behavioral Development*, 33(2), 131-144.
- Webster-Stratton, C. (1992). *The incredible years*. Toronto, Ontario.
- ZERO TO THREE. (2009). [Honoring our babies and toddlers: Supporting young children affected by a military parent's deployment, injury, or death](#). Washington, DC: Dombro, A.

Military Family Specific Resources:

- [Adapt: Adaptive Parenting Tools](#)
- [Dept. of Defense Child Collaboration Study](#)
- [Focus Project](#)
- [Military OneSource](#)
- [Military OneSource: Military Family Life Counseling Program](#)
- [Military OneSource: New Parent Support Program](#)
- [Thrive](#)
- [U.S. Dept. of Defense Spotlights: Taking Care of Our People](#)

Other Resources:

- [AACAP.org](#)
- [AAP.org](#)
- [ACEs Infographic](#)
- American Academy of Child & Adolescent Psychiatry – [Your Adolescent - Anxiety and Avoidant Disorders](#)
- Boys & Girls Clubs of America
 - [Youth Mental Health](#)
 - [Trauma-Informed Boys & Girls Clubs Standards of Practice](#)
 - [Understanding Childhood Trauma: Ways to Support Young People](#)

- [CDC – Adverse Childhood Experiences](#)
- [Center for Parent & Teen Communication](#)
- [Childmind.org](#)
- [National Child Traumatic Stress Network](#)
- [Small Moments, Big Impact](#)
- [Understood.org](#)
- [“Who Am I?” – Identity Formation in Adolescence](#), Rachel Sumner, Ph.D.
- [Zerotothree.org](#)

Videos:

- NCTSN: [Parenting Challenges for Military and Veterans](#)

Resiliency Resources:

- [7 Cs of Resilience](#) (video)
- [7 Cs of Resiliency](#) (podcast and resources)
- [Building Resilience in Teens](#)
- [Fostering Resilience](#)
- [How Do You Prevent Maladaptive Resilience?](#)

Podcasts:

- [Destigmatize](#)
- [Mental](#)
- [Re:Frame of Mind](#)