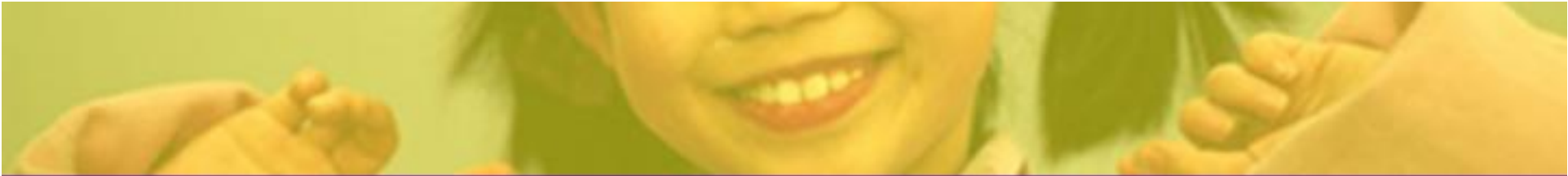


A young child with light-colored hair is shown in profile, blowing bubbles. The background is a soft, greenish-yellow color with many bubbles floating around. The child is wearing a blue shirt and a red bow tie.

Supporting Children in Military Families

25 March 2009

Iowa National Guard Services Branch



Who We Are...

Tanja Duffey

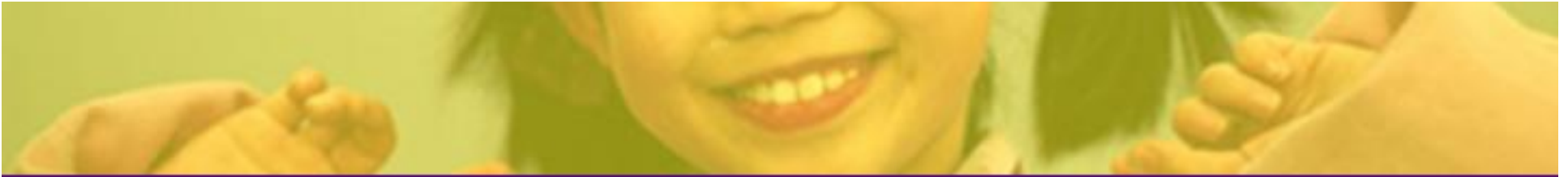
Military Family Life Consultant

Sondra VanDerPol

Family Assistance Center Coordinator, IANG

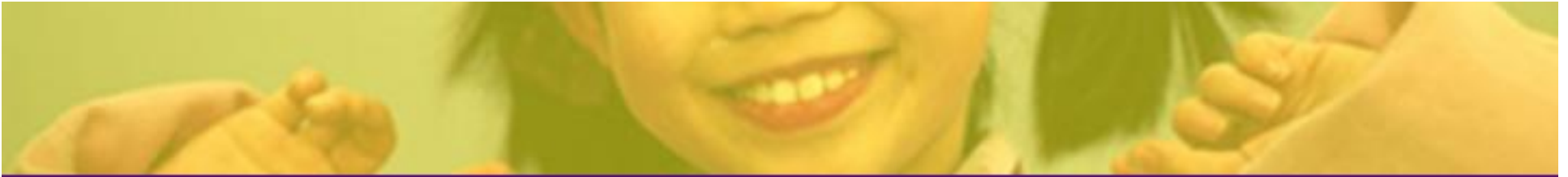
Jeremy Van Wyk

State Youth and Teen Coordinator, IANG



“A good teacher is like a candle - it consumes itself to light the way for others.” ~Author Unknown

[GUARD video](#)



Welcome

How many have military youth/teens in their classroom? In their school?

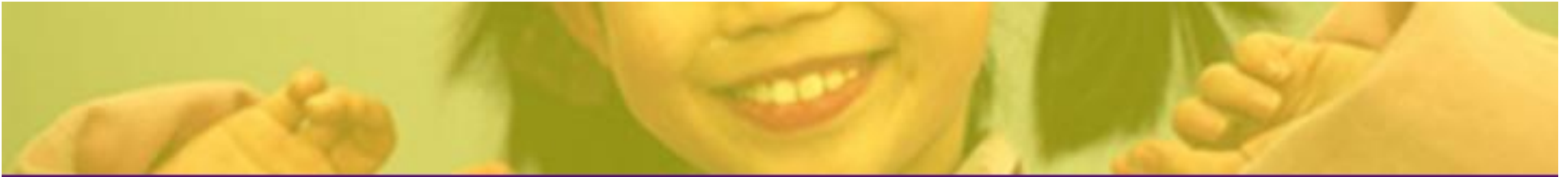
How many have worked with military youth/teens?



Objectives

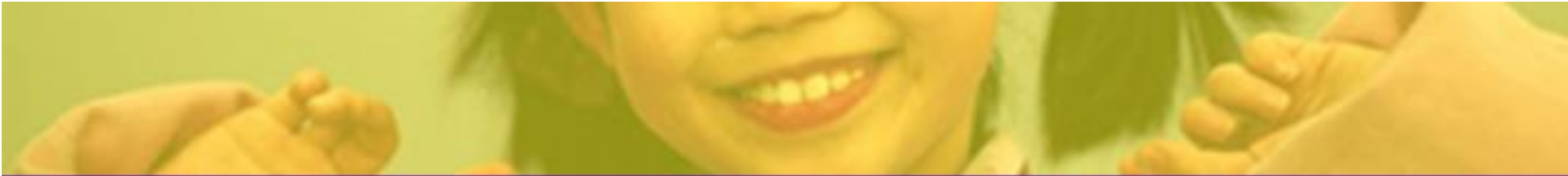
Upon completion of this session, attendees will be able to:

- Identify the stages of deployment
- Describe the impact of deployment on youth and teens
- Identify strategies to help foster resiliency in youth and teens
- Identify resources available for those working with military youth and teens

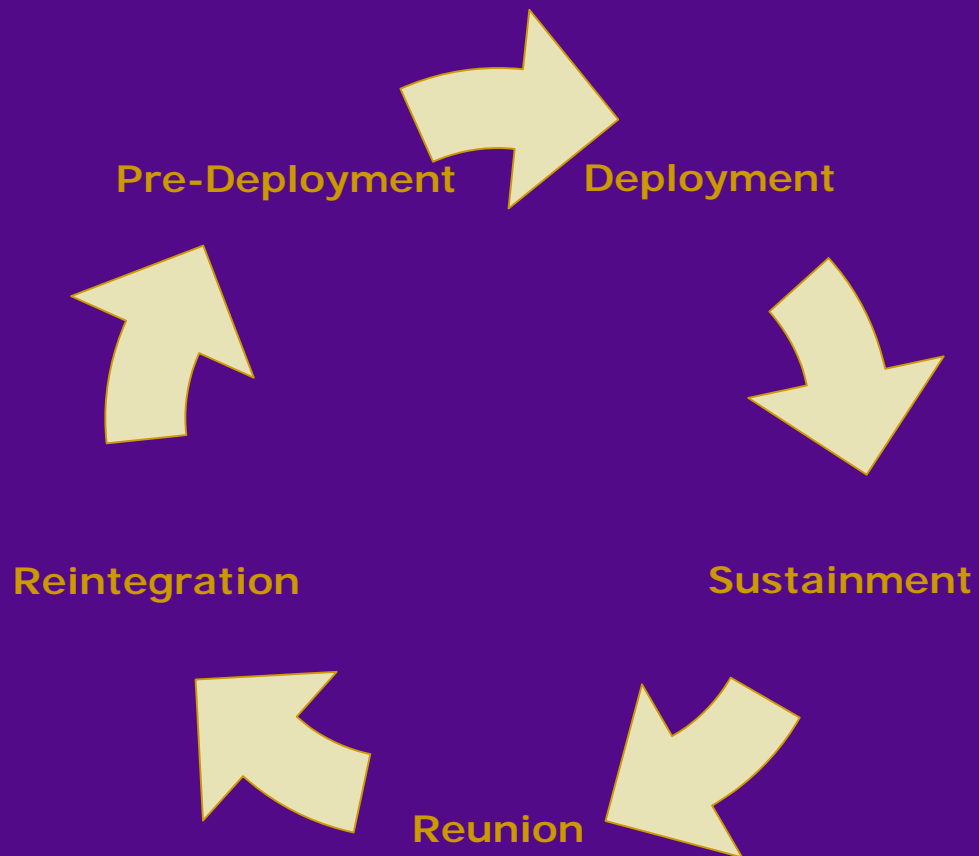


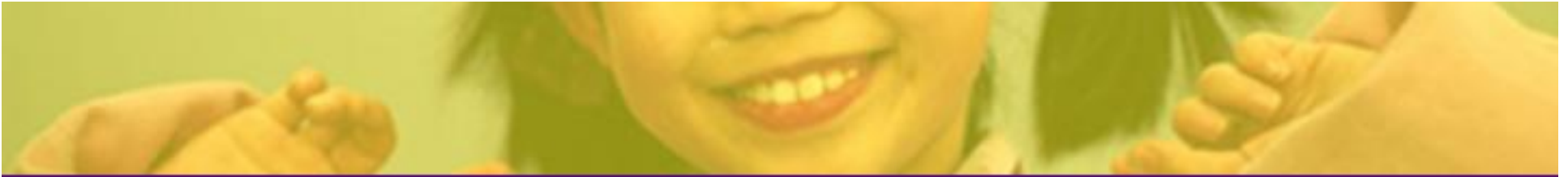
Military Life and Statistics

- Approximately 3 million Service Members in Armed Forces
- Nearly 1.8 million military dependents
- Over 1 million military dependents attend public schools
- Approximately 10,620 military dependents in Iowa
- Deployment is not a possibility but a reality



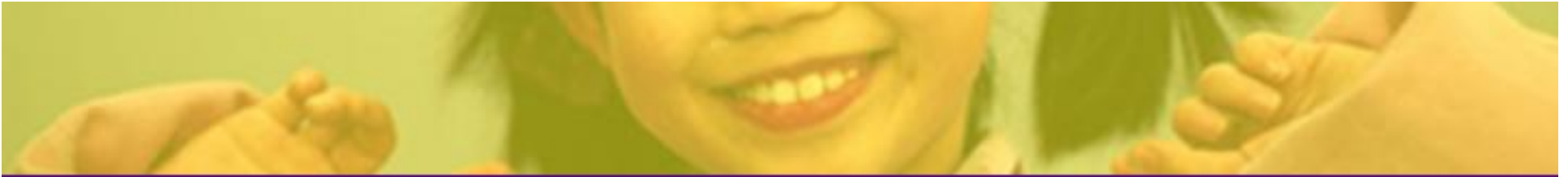
Understanding Deployment





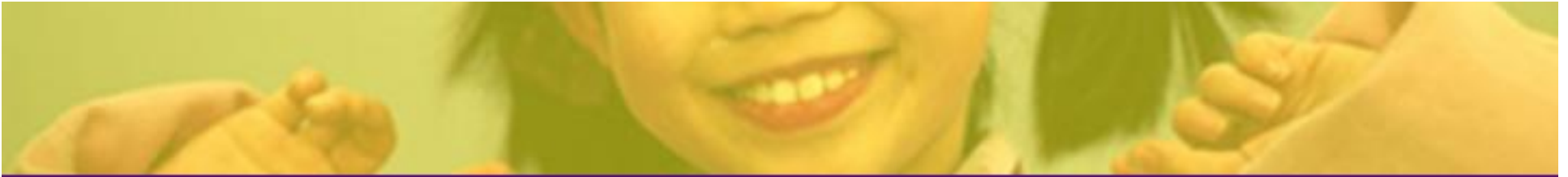
Pre-Deployment

- Duty to military intensifies, distancing from Family begins
- Trying to make this “the best of Family times” by solving issues often creates more stress
- Collaborative effort to prepare youth and teens
- Time to be knowledgeable and pro-active in addressing needs of youth and teens
- Secure relationships, effective communication, critical thinking and thorough preparation build resilience in youth and teens



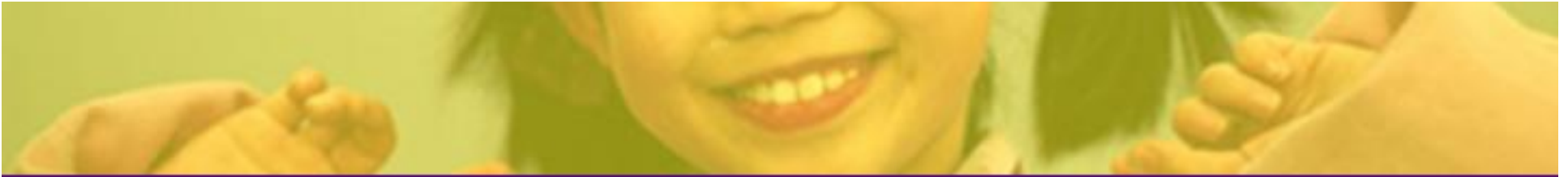
Deployment

- Anticipation of separation and loss become 'real'
- Experience a flood of emotions – sadness, fear, frustration, anger, loss and grief
- A time to grow stronger as individuals and within the Family by practicing effective coping skills



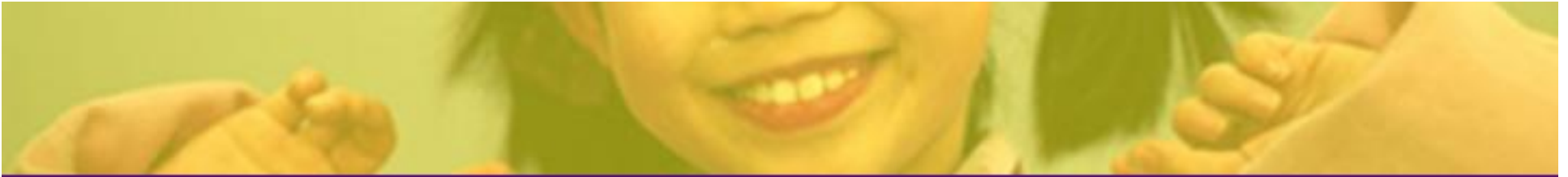
Sustainment

- Family adjusts to new routines, roles and responsibilities
- Over time, confidence increases
- A time to remain connected with the deployed parent
- Media and public become a necessary evil



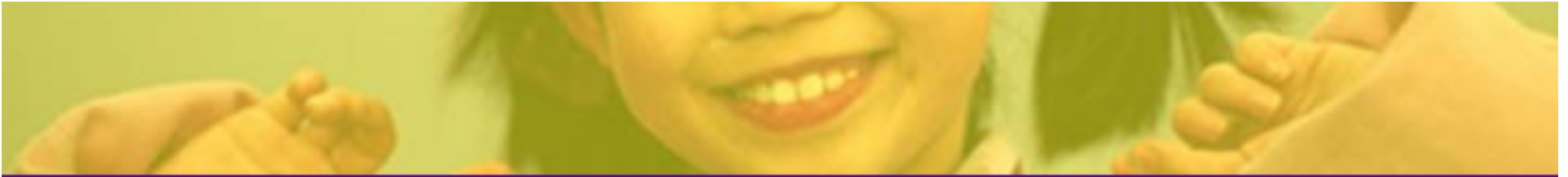
Reunion

- Time of transition and preparation
- Important to recognize changes to individuals and Family
- Changes in Service Member may be excessive
- Expectations are high
- Mix of emotions – excitement, anticipation, apprehension, anxiousness and feelings of having missed out



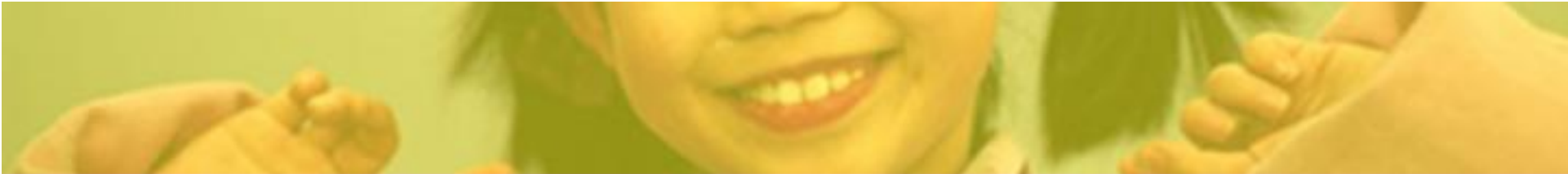
Reintegration

- Roles and responsibilities are renegotiated
- Young children – need time to re-know Service Member
- School age children – need attention, appear infatuated
- Teens – may feel mature, moody, or resentful
- A time to encourage effective communication



Impact of Deployment

- Absent/separated from loved one
- Fears, worry about safety
- Changes in Family roles
- Possible relocation
- Intense emotions throughout cycle
- Financial changes
- Changes in relationships and behaviors
- Academic performance



Foster Resilience

Recognize feelings

Express support

Self care

Interact with Families

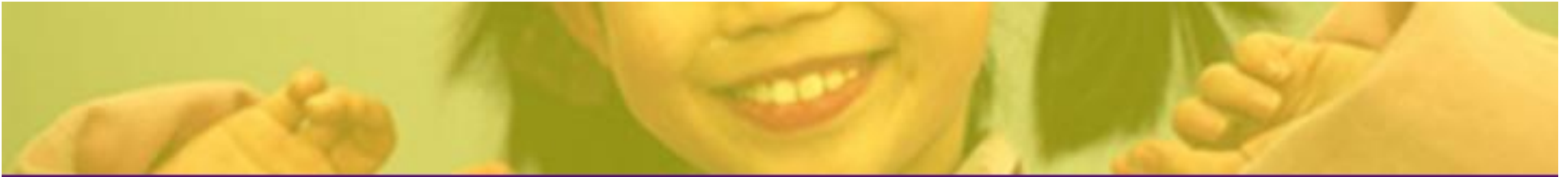
Listen actively

Information

Enlist their help

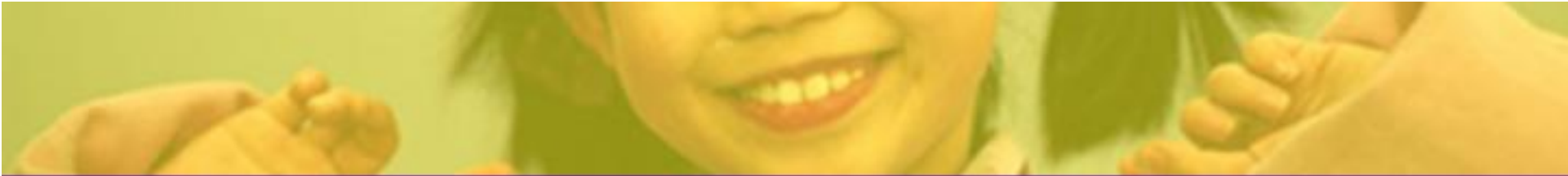
Noble Cause

Talk openly and supportively



Building Relationships

- Encourage active listening
- Open communication
- Keep personal opinions to self
- Maintain safe, consistent environment



Support Programs

School-Based:

Building/District Initiative

Peer/Small Groups

Community-Based:

American Legion

Veteran Organizations

County Extension Services

Faith Community



Resources

Iowa National Guard

www.iowanationalguard.com

Military OneSource

www.militaryonesource.com

Imogene Wilkinson - 800-294-6607 ext. 2794

National Guard Bureau Family Programs

www.guardfamily.org

National Military Family Association

www.nmfa.org

Military Child Education Coalition

www.militarychild.org



Resources

Military Homefront

www.militaryhomefront.dod.mil

Operation Military Kids

www.operationmilitarykids.org

Deployment Kids

www.deploymentkids.com

Surviving Deployments

www.survivingdeployment.com

I'm Already Home

www.imalreadyhome.com



Resources

Military K-12 Partners

<http://militaryk12partners.dodea.edu>

SOAR Program

www.soarathome.org

Johns Hopkins School

www.jhsph.edu/mci/training_course

Army Child, Youth and School Services

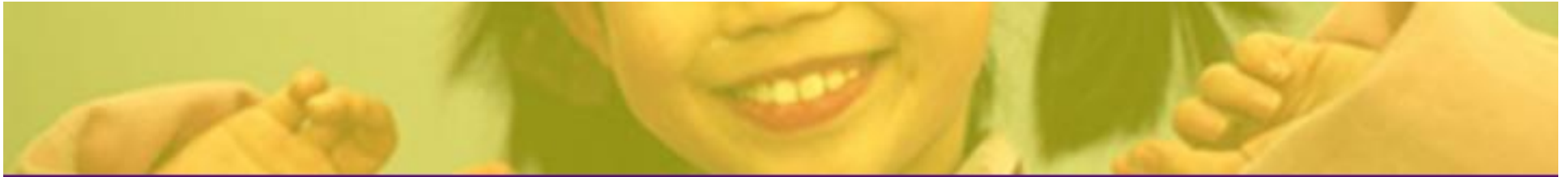
www.myarmylifetoo.com

County Extension Offices – Iowa

<http://www.extension.iastate.edu/ouroffices.htm>

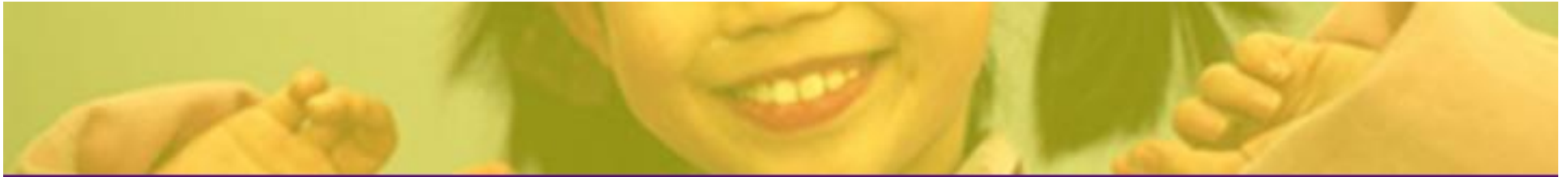
Department of Veteran Affairs - Iowa

<https://www.iowava.org/counties/index.html>



Questions...

What questions do you have at this time?



“Remember Me”

Created by Lizzie Palmer

[“Remember Me” video](#)



Closing Remarks

The focus of this session has been to:

- Identify the stages of deployment
- Describe the impact deployment has on youth and teens
- Identify strategies for fostering resiliency in youth and teens
- Identify resources available for those working with military youth and teens



Thank You

Tanja Duffey – MFLC

Tanja.L.Duffey@healthnet.com

Sondra VanDerPol – FAC Coordinator

sondra.lee.vanderpol@us.army.mil

Jeremy Van Wyk – SYC

jeremy.vanwyk@us.army.mil