Strategies to Support Families Experiencing Difficult Circumstances

**Resources Discussed During Webinar:**

**Articles:**


**Websites:**
The American Psychological Association’s Resilience Guide  

- **Deployment Resources:**
  - The American Academy of Child and Adolescent Psychiatry Military Family Resource Center  
  - Center for Parent Information and Resources  
    [http://www.parentcenterhub.org/repository/military/](http://www.parentcenterhub.org/repository/military/)
  - Defense Centers of Excellence  
  - Military One Source  
  - Military.com Deployment Guides and Resources by Branch of Service  
  - MilitaryOneClick Family Support and Deployment Resources  
    [http://militaryoneclick.com/family/#deployment](http://militaryoneclick.com/family/#deployment)
  - National Military Family Association  
  - ZeroToThree Young Children on the Homefront: Family Stories, Family Strengths  
  - ZeroToThree Military and Veteran Families Support  

- **Substance Abuse Resources:**
  - Military Substance Abuse Programs  
  - Substance Abuse and Mental Health Services Administration  
    [http://www.samhsa.gov/veterans-military-families](http://www.samhsa.gov/veterans-military-families)
  - Substance Abuse Policy and Treatment  
• **Infant or Child Death and Loss Resources:**
  Five Resources for Military Families Dealing with Infant Loss
  Five Things I Learned About Child Loss In The Military
  Military Family Life Counselors (MFLC)/Military Family Support Coordinators (MFSC)
  Tricare Mental Health Care Services
  [http://www.tricare.mil/CoveredServices/Mental/GettingMHCare](http://www.tricare.mil/CoveredServices/Mental/GettingMHCare)

• **Family Violence Resources:**
  Domestic Abuse: Military Reporting Options
  Family Advocacy Program
  Transitional Compensation Program

**Videos:**
Serve and Return from Harvard University Center on the Developing Child
TVOParents.com: Nurturing Your Child’s Early Brain Development
[https://youtu.be/t4ZomIKxRNE](https://youtu.be/t4ZomIKxRNE)
Advice From a Former Law Enforcement Professional
[https://youtu.be/o349VapEnLc](https://youtu.be/o349VapEnLc)

**Reflective Tool:**
Zinger Activity for RBI and Intervention by N. Younggren and D. Kreager
[http://create.extension.org/sites/default/files/Zinger%20Activity.png](http://create.extension.org/sites/default/files/Zinger%20Activity.png)

**Additional Useful Resources**

**Videos:**
TED Talk: How Childhood Trauma Affects Health Across the Lifespan by Dr. Nadine Burke Harris
[https://youtu.be/95ovIj3dsNk](https://youtu.be/95ovIj3dsNk)
TED Talk: Why Domestic Violence Victims Don’t Leave by Leslie Morgan Steiner
[https://youtu.be/V1yW5I snSjo](https://youtu.be/V1yW5I snSjo)

**Websites:**
CDC Injury Prevention & Control: Division of Violence Prevention, Adverse Childhood Experiences (ACEs)
[https://www.cdc.gov/violenceprevention/acestudy/](https://www.cdc.gov/violenceprevention/acestudy/)
Sesame Street for Military Families
How to Report Child Abuse As a Member of the Military
Family Advocacy Program (FAP): A comprehensive and in-depth look at the FAP