

Opportunities on the Horizon

APR 2 [PCS Series: Research and Tools for Supporting Military Transitions](#)
11:00 am - 12:30 pm ET

APR 19 [Home is Where Your Heart Is | Kids Serve Too](#)
11:00 am - 12:30 pm ET

MAY 15 [Understanding Professional Boundaries](#)
11:00 am - 12:00 pm ET

JUN 5 [Professional Boundaries in Action: Lessons from Practice](#)
11:00 am - 12:00 pm ET

JUL 10 [At Our Best: Caregiving Today | Kids Serve Too!](#)
11:00 am - 12:30 pm ET

Permanent Change of Station Information and Resources

By Vickie LaFollette, Department of Defense Program Analyst

This is the time of year where military families are moving to their next duty station. As military service providers, we are aware this can be a challenging, stressful and yet exciting time for our military families.

It can be stressful as they leave familiar homes, neighbors, support systems, schools, churches and the like. It can be a challenge as they receive orders, schedule movers to transport belongings; and schedule flights for overseas destinations or drive cross country to their next duty station.

Sometimes we focus on the challenges versus the exciting times which may lay ahead such as: exploring new countries or states, meeting new neighbors and work colleagues as well as building/enhancing personal or professional skills. [Learn more...](#)

People are Talking About

Military REACH at Auburn University has reviewed recent research related to PCSing & provides a summary of key findings as well as implications for families, programs & policies. Check out these reports:

- [Examining Associations Between Relocation, Continuity of Care, and Patient Satisfaction in Military Spouses](#)
- [Exploring the Role of Social Connectedness Among Military Youth: Perceptions from Youth, Parents, and School Personnel](#)
- [School Transitions among Adolescent Children of Military Personnel: A Strengths Perspective](#)

Transition Tips

Relocation Campaign Products:

- <https://www.militaryonesource.mil/web/mos/products#!/detail/633>
- <https://www.militaryonesource.mil/web/mos/products#!/detail/649>
- <https://www.militaryonesource.mil/web/mos/products#!/detail/650>

Check out these great relocation blogs from MFLN:

- [Financial Tips for a Stress-Free Relocation](#)
- [Military Family Challenges During Relocation: Children with Autism](#)
- [New Kid on the Block... Again: Helping Military Kids Cope with Relocation and Bullying](#)



Social Support Eases Transitions

by Bob Bertsch, Web Technology Specialist, North Dakota State University



Relocating can cause all kinds of stress for military families as they cope with the disruption of lives, and adapting to the challenges of learning new jobs, school and community.

During and after a move, social support systems are needed more than ever. While building social connections in a new location is important, it is recommended that military families not neglect the strong bonds they have already built with friends and family. Reaching out to close friends that have been left behind can be painful, but the support they provide can help military families cope with the stress they are experiencing.

As Military Family Service Providers, encourage Service members, spouses and military children to be purposeful in maintaining current strong connections. Suggest they take time to write and send notes or letters or schedule a regular video chat. If they are struggling to find time, suggest quick texts with friends and family when thinking of them. Keeping existing social support system strong will help military families get ready to find the support they need as they transition to their new location.

We Remember

APRIL

- Month of the Military Child
- 14 Air Force Reserve Birthday
- 23 Army Reserve Birthday

MAY

- National Military Appreciation Month
- 9 Military Spouse Appreciation Day
- 18 Armed Forces Day
- 27 Memorial Day

JUNE

- National PTSD Awareness Month
- 14 Flag Day and Army Birthday

Quick Facts

According to a recent report from RAND, [Enhancing Family Stability During a Permanent Change of Station: A Review of Disruptions and Policies](#):

- Approximately 1/3 of military service members experience a PCS move every year
- Moves are a stressor for families
- There are a multitude of existing programs, policies, and services provided by DoD
- The results imply that there is room to improve the PCS move process

A Message From Our Team



Anita Harris Hering joined the University of Minnesota Extension as a Regional Extension Educator for the Center for Youth Development

in May of 2005. In March of 2015 she joined the Center for Family Development - Family Resiliency as Extension Educator Military Families, and Military Families Learning Network-Family Transitions Social Media Specialist. Her expertise is in the area of youth, families, volunteer and partnership development, curriculum development, program quality, working with the military, Veterans, and Operation Military Kids. Anita is extensively involved in the Beyond the Yellow Ribbon efforts in MN and serves as Co-Chair for a nine-city Yellow Ribbon community. In her volunteer role, she connects businesses, educational institutions, childcare, faith-based institutions, etc, with the needs of Service members, Veterans and their families.

Participants are saying...

Did you get a chance to participate in the [Military REACH: Utilizing Family Research to Inform Practice webinar](#) on January 23, 2019? Participants shared these comments on the end of webinar evaluation:

- "... there is alot of research out there on many military topics" [and it] "Helps us apply it to our jobs which makes us better with helping families."
- "The research takes learning and strategies to a different level."
- "This is a way to sort through all the research out there and focus on topics of interest to me and my work specifically-it will save me time."

