ANCHORED | EPISODE 11
BOOKS OVER BOOTS: EXPERIENCES OF COLLEGE STUDENTS IN MILITARY FAMILIES
As a response to Dr. Jill Biden’s address at the 2016 AERA annual meeting to study and serve military families, Valdosta State University Professor Dr. Meagan Arrastia-Chisholm was inspired to start a research initiative looking at dependents in military families who are currently attending college.

ANCHORED | EPISODE 14
DOUBLE DUTIES: EXPLORING SINGLE PARENTHOOD IN THE MILITARY
In this episode, we spoke with people who are intimately familiar with the perspective of single parenting in the military. Our guests discuss their personal experiences as single parents and active duty military personnel.

ANCHORED | EPISODE 12
READY, SET, THRIVE! A SUPPORTIVE APPROACH TO PARENTING
Penn State’s Clearinghouse for Military Family Readiness and the Department of Defense’s (DoD) Office of Military Community and Family Policy have joined forces to develop the THRIVE initiative. This podcast highlights the goals of the initiative, its structure and development, and innovative approaches that distinguish THRIVE from existing programs.

ANCHORED | EPISODE 15
BRIDGING THE GAPS: HELPING WOUNDED WARRIORS HEAL AT HOME
Wounded Warrior Project’s Independence Program helps warriors live life to the fullest, on their own terms. In this episode, we talked with both the regional director for the Independence Program and a contracted provider for this program to explore this resource in detail.

ANCHORED | EPISODE 13
HANDLE WITH CARE: HELPING CHILDREN COPE WITH PARENTAL LOSS
Dr. Irene McClatchey discusses the effects of grief on children and how to effectively intervene in order to help them process the loss of a parent through illness, injury, or death.

ANCHORED | EPISODE 16
WALKING THE PATHH: EXPLORING THE JOURNEY OF POSTTRAUMATIC GROWTH
Josh Goldberg, Executive Director of Boulder Crest Institute for Posttraumatic Growth, discusses the phenomenon known as posttraumatic growth and the impact that trauma can have that offers opportunities for growth from struggle.

PODCAST EPISODES:

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