
Caring for Children and Teens in Military Caregiving Families:
A Three-Part Professional Development Training for
Healthcare Providers and Care Teams

Supplemental Training Resources



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Introduction

The resources within this document are a supplement to “*Caring for Children and Teens in Military Caregiving Families: A Three-Part Professional Development Training for Healthcare Providers and Care Teams.*” These modules were produced through collaboration between [Nemours Children’s Health](#) and the [Elizabeth Dole Foundation](#), as part of the [Hidden Helpers Coalition](#).

Intended Audience: This three-part training is designed for primary, specialty, and behavioral health care providers and other care team members with limited awareness of how being part of a military family, or military caregiving family, might impact a child’s physical or emotional health.

Goal: The training is intended to increase participants’ ability to understand and support the needs of children and teens from military and Veteran caregiving families, specifically, and military and Veteran families in general.

Eligibility: The training is available nationally to any interested members of the intended audience.

Location: The training is located on the [Nemours Children’s Health Continuing Education](#) website.

Cost: There is no cost to take the training or to create an account on the Continuing Education website.

For More Information: For more information, please contact nationaloffice@nemours.org

Research and Reports

- [Hidden Helpers at the Frontlines of Caregiving: Supporting the Healthy Development of Children from Military and Veteran Caregiving Homes](#)

Source: Mathematica

Type: Research

Description: Research study examining the impact of caregiving on children growing up in military caregiving homes to help address the national challenge of providing effective support to caregivers of all ages and backgrounds.

Intended Audience: All audiences

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

- [Health and Mental Health Needs of Children in US Military](#)

Source: American Academy of Pediatrics

Type: Research

Description: Children in US military families share common experiences and unique challenges, including parental deployment and frequent relocation. This clinical report provides a background on military culture and offers practical guidance to assist civilian and military pediatricians caring for military children.

Intended Audience: All audiences

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

- [I Serve 2: Identifying and caring for military-connected children in civilian primary care settings](#)

Source: Journal of the American Association of Nurse Practitioners

Type: Research

Description: Military children make tremendous sacrifices in support of a parent's military service. More than two million children have a parent who is serving or has served in the Armed Forces. Research shows that military-connected children are at higher risk of physical, psychological, and behavioral health issues. While "resilient" is the word used to describe most military children, it is important to recognize the stresses/stressors of military life— that military children serve too—to support and care for them.

Intended Audience: Primary care providers

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

- [Military Life Stressors, Family Communication and Satisfaction: Associations with Children's Psychosocial Outcomes](#)

Source: Journal of Child & Adolescent Trauma

Type: Research

Description: The purpose of this study was to examine facets of military life and family factors that may impact child psychosocial and mental health functioning.

Intended Audience: Behavioral health providers

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

- [Study on Children of Seriously Wounded Service Members](#)

Source: University of San Diego

Type: Research

Description: This study was conducted to better understand the needs of children of service members who have been seriously wounded in combat, as well as the programs and services that support these children and families.

Intended Audience: Nonprofits and philanthropic organizations

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

Screening and Assessment Tools

- [Children's Hope Scale](#)

Source: RAND

Type: Assessment Tool

Description: This is a six-item self-report index of children's perceptions that their goals can be met. It is validated for use with children ages 8-16.

Intended Audience: Schools

Audience within Healthcare: Primary care providers, behavioral health care providers

- [Find Screening and Assessment Tools](#)

Source: Healthcare Toolbox

Type: Webpage

Description: This webpage offers tools for assessing and addressing Pediatric Medical Traumatic Stress in children. It includes screening tools for trauma symptoms, psychosocial support needs, and pain assessment. These tools can be used by healthcare professionals and some can be self-administered by children or teens.

Intended Audience: Healthcare professionals who work with pediatric patients, as well as individuals involved in the care of children, such as parents and nurses

Audience within Healthcare: Primary and specialty care providers working with children

Webpages

- [Military Child Wellbeing Toolkit](#)

Source: Military Child Education Coalition (MCEC)

Type: Webpage

Description: This toolkit aims to provide accessible social-emotional supports and resources directly to parents, educators, school counselors, administrators, and other youth-serving professionals working with military-connected youth.

Intended Audience: Parents, educators, school counselors, administrators, and other youth-serving professionals working with military-connected youth

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

- [The National Child Traumatic Stress Network](#)

Source: The National Child Traumatic Stress Network (NCTSN)

Type: Webpage

Description: NCTSN is a unique network of frontline providers, family members, researchers, and national partners committed to changing the course of children's lives by improving their care and moving scientific gains quickly into practice across the U.S.

Intended Audience: Health Care Providers, families, partners

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

- [Sesame Workshop - Supporting Caregiving Families](#)

Source: Sesame Workshop

Type: Webpage, PDF guides, online videos

Description: Sesame Workshop offers guides and online courses for providers supporting caregiving families. They also offer military caregiving resources for young children and their families such as books and audiobooks.

Intended Audience: Providers, parents, families with young children

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

- [Providing Trauma Informed Care for Children](#)

Source: Healthcare Toolbox

Type: Webpage

Description: This webpage outlines the basics on how providers can provide trauma-informed care to their pediatric patients.

Intended Audience: Pediatric health care providers

Audience within Healthcare: Primary and secondary care providers working with children

- [The SHARE Approach](#)

Source: Agency for Healthcare Research and Quality

Type: Webpage

Description: This webpage goes through the five-step SHARE approach for shared decision making between a health care provider and their patient.

Intended Audience: Health care professionals and their patients

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

- [Purple Star Schools](#)

Source: Military Child Education Coalition (MCEC)

Type: Webpage

Description: The Purple Star School program is designed to help schools respond to the educational and social-emotional challenges military-connected children face during their transition to a new school and keep them on track to be college, workforce, and life-ready. To find the names and locations of schools, Google “Purple Star Schools in (name of state)” for a list, normally available through the state’s Department of Education.

Intended Audience: All Audiences

Audience within Healthcare: Social workers and clinicians

- [Rocking the Cradle: Ensuring the Rights of Parents with Disabilities and Their Children](#)

Source: National Council on Disability

Type: Report and Toolkit

Description: This webpage provides a toolkit and report that helps to advance understanding and promote the rights of parents with disabilities and their children.

Intended Audience: Congress (report), parents/guardians (toolkit)

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

- [Arizona Coalition for Military Families](#)

Source: Arizona Coalition for Military Families

Type: Webpage

Description: A public/private partnership and statewide collective impact initiative focused on building Arizona's capacity to care for, serve, support and employ service members, veterans and their families.

Intended Audience: Arizona residents

Audience within Healthcare: Primary and specialty care providers, allied health professionals looking for training opportunities in Arizona

- [Caregiving Resources via Military OneSource](#)

Source: Military OneSource, funded by DoD

Type: Direct Support, Blogs/Articles, Webinars/Video Courses (MilLife Learning)

Description: Military OneSource is a 24/7 connection to information, answers and support to help military service members and their families reach their goals, overcome challenges, and thrive. As a member of the military family, one is eligible to use this Department of Defense-funded program anytime, anywhere. Turn to Military OneSource for tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more.

Intended Audience: Service members, immediate family, caregivers, survivors, recently retired service members and families, honorably discharged service members, cadets

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

Guides

- [FAMILIES AND ALS: A Guide for Talking with and Supporting Children and Youths](#)

Source: ALS Association

Type: PDF

Description: This manual was created primarily for families living with ALS, including parents, grandparents, siblings, and other family members. Moreover, it was also created to support the many school-based and health care professionals who work with families affected by ALS. The goal of this manual is to help families start answering many of their questions, as well as to offer support and suggestions for professionals assisting with families affected by ALS. A key theme throughout this manual is communication—how to do it, maintain it, and include it in everyday life.

Intended Audience: Parents and families, school professionals, health care professionals who work with families affected by ALS

Audience within Healthcare: Health care providers looking to better their communication with youth caregivers or better support parents in communicating with youth caregivers

- [Identifying stress in children](#)

Source: Camp Corral

Type: PDF

Description: This webpage helps to identify the signs of stress and anxiety in children. It mentions physical symptoms like stomachaches and bedwetting, changes in their interaction with peers, and negative behavior changes. It also lists other stress indicators such as appetite changes, difficulty concentrating, nervous habits, new fears, school problems, and nightmares.

Intended Audience: Parents/Guardians

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

- [“Leaving Your Footprints” Behavioral Health Guides for ADHD, Anxiety, and Depression in Military-Connected Children](#)

Source: Military Child Education Coalition (MCEC)

Type: PDF

Description: This collection of three interactive guides provides useful information about behavioral health issues. Each guide gives an overview, understanding, key points, and resources for parents to take away from, communicate and learn when facing ADHD, anxiety, or depression with their military-connected child.

Intended Audience: Parents

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

- [Specialized Practice Curricular Guide for Military Social Work](#)

Source: Council on Social Work Education

Type: PDF

Description: Since 2010, when the first set of guidelines for advanced military social work came from CSWE, there has been improvement in understanding the injuries, issues, and strengths of service members, veterans, and military families. These guidelines describe core competencies central to specialized social work service to the nation's military, veterans, and their families.

Intended Audience: Social Workers

Audience within Healthcare: Social workers who work with military and veteran families

Courses

- [MilLife Learning](#)

Source: Military OneSource

Type: Video Modules and Documents

Description: MilLife Learning offers resources designed to assist service members, their families, survivors and those who support them.

Intended Audience: Service members, their families, survivors and those who support them

Audience within Healthcare: Primary and specialty care providers and allied health professionals, or anyone in a position to recommend resources

- [PsychArmor Course Library](#)

Source: PsychArmor

Type: Video Modules

Description: PsychArmor is a national nonprofit organization that provides education and training to improve the health and life outcomes of military-connected individuals. They create data-driven and evidence-based virtual training courses that help to enhance the level of connection between civilians and military-connected people. PsychArmor offers more than 250 military culture educational products for healthcare providers, Veterans, employers, military family members, and more.

Intended Audience: Health care providers, veterans, military and veteran families, caregivers, educators, employers, nonprofits

Audience within Healthcare: Primary and specialty care providers and allied health professionals

- [Trauma ScreenTIME](#)

Source: Child Health and Development Institute

Type: Online Video Modules

Description: The ScreenTIME courses provide staff in child-serving systems with best practices for trauma screening. The goal is to help child-serving staff identify and support children suffering from traumatic stress as early as possible and connect those in need with effective services.

Intended Audience: Staff in child-serving systems

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in child-serving systems

- [YCare](#)

Source: University of Wisconsin, Madison

Type: In-person training course, resources for families

Description: YCare offers modular training to learn skills alongside health care professionals, trained in the YCare protocol and with expertise in care tasks associated with disease/injury/illness. Healthcare professionals work one on one with youth testing out care devices and assistive technologies.

Intended Audience: Youth caregivers, families

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

- [Self-Paced eLearning](#)

Source: Center for Deployment Psychology (CDP)

Type: Modules

Description: CDP has developed a variety of self-paced modules to help behavioral health providers care for Service members, veterans, and their families. These courses are available for free or for CEs for a fee.

Intended Audience: Behavioral Health Care Providers

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

- [Online Trainings](#)

Source: Center for Deployment Psychology

Type: Online Trainings

Description: CDP regularly presents online versions of their EBP training events on a variety of platforms. These online courses contain the same content as the face-to-face sessions and provide the same Continuing Education (CE) credits.

Intended Audience: Health Care Providers

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

Books

- [Keeping it All Together Handbook](#)

Source: Military OneSource

Type: Handbook

Description: This handbook is designed to help wounded, ill, or injured service members and their families as they navigate the treatment and recovery process. By organizing important information and documenting milestones, this tool can help families “keep it all together.”

Intended Audience: Wounded, ill, or injured service members and their families

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

- [Raising An Emotionally Healthy Child When A Parent Is Sick](#)

Source: Harvard Medical School

Type: Book

Description: This book covers how to address children's concerns when a parent is seriously ill, how to determine how children with different temperaments are really feeling and how to draw them out, ways to ensure the child's financial and emotional security and reassure the child that he or she will be taken care of.

Intended Audience: Parents

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

Podcasts

- [Caring for Children in Military Families: What Pediatricians Need to Know](#)

Source: Pediatric Meltdown

Type: Podcast

Description: Dr. Lia Gaggino welcomes Dr. Lee Beers and Dr. Binny Chokshi, to discuss the often-overlooked topic of military families and the unique challenges they face.

Intended Audience: Pediatricians

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

- [Long-Term Caregiving: When We Face the Future Together It Makes a Family Stronger](#)

Source: Military Child Education Coalition (MCEC)

Type: Podcast

Description: When a military family member needs extra support, it can mean big adjustments for everyone in the family. Rosita and her friend, Rocío, from Sesame Street discuss how to embrace this unique situation with a sense of family togetherness.

Intended Audience: All Audiences

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

- [Sacrifice, Strength, Selflessness, and Love](#)

Source: Military Child Education Coalition (MCEC)

Type: Podcast

Description: The Stephens family shares how being a military caregiver is a family endeavor and the importance of recognizing that military-connected children and youth are often part of this support.

Intended Audience: All Audiences

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

- [The Real Life of a Hidden Helper](#)

Source: Military Child Education Coalition (MCEC)

Type: Podcast

Description: This podcast tells the story of Kris's life as a Hidden Helper. It's not a typical podcast- MCEC just hit the record button and talked. Kris's raw honesty is powerful.

Intended Audience: All Audiences

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff

Resources for Parents and Families

- [Finding Respite Care](#)

Source: Nemours KidsHealth

Type: Webpage

Description: Provides an overview of respite care for parents. Additionally, this resource provides insight into military childcare benefits.

Intended Audience: Parents

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [Posttraumatic Stress Disorder \(PTSD\)](#)

Source: Nemours KidsHealth

Type: Webpage

Description: This resource provides an overview of PTSD and trauma as it relates to supporting children and teens. There is a focus on how parents can explain to their children or teens what PTSD and trauma are along with how parents can help their children through a trauma.

Intended Audience: Parents

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [Posttraumatic Stress Disorder \(PTSD\)](#)

Source: Nemours KidsHealth

Type: Webpage

Description: This resource provides an overview of PTSD and a trauma with background on signs and symptoms and treatment options. There is a focus on how children and teens can help themselves through experiencing PTSD and a trauma, whether that be confiding in a trusted adult, finding treatment, and practicing relaxation.

Intended Audience: Teens

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [About Teen Suicide](#)

Source: Nemours KidsHealth

Type: Webpage

Description: This resource discusses suicide among teenagers, highlighting its devastating impact and the complex factors that contribute to it, such as mental health issues, bullying, and access to firearms. It emphasizes the importance of recognizing warning signs, taking them seriously, and seeking help when needed. The text also offers resources for immediate assistance and guides coping with the loss of a loved one to suicide.

Intended Audience: Parents

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [15 Things Military and Veteran Kids Want You to Know](#)

Source: PsychArmor

Type: Video

Description: This short, on-demand video brings the voices of military-connected youth to life and allows viewers to take important steps toward cultural humility when interacting with military and veteran children and teens.

Intended Audience: Individuals who interact with military-connected youth

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [Supporting Youth Who Support Veterans](#)

Source: PsychArmor

Type: Video

Description: Caregiving youth often make sacrifices to provide care for family members who are ill, injured, elderly, or disabled. This course acknowledges the contributions of these youth caregivers, goes into the scope of the problem, and offers some solutions.

Intended Audience: Caregiving parents with children

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [Supporting Children Who Support Veterans](#)

Source: PsychArmor

Type: Video

Description: This course provides parents of young children building blocks to address parenting challenges they may encounter as their children mature.

Intended Audience: Caregiving parents with young children

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [Essentials of Injury Communication with Children](#)

Source: PsychArmor

Type: Course

Description: This course is to help parents understand where their family is on the recovery journey and how knowing this information can help them better communicate with their children.

Intended Audience: Caregiving parents with children

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [Discussing Family Roles and Differences with Kids](#)

Source: PsychArmor

Type: Video

Description: As a parent of young children with a wounded Veteran in the family, it can be difficult to navigate daily routines. This course offers some guidelines for including children on the injury-recovery journey.

Intended Audience: Caregiving parents with children

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [Hero at Home](#)

Source: PsychArmor

Type: Video

Description: In a relatable way, Verardo uses her picture book by the same name to instruct other caregiving parents on how they can use this and other resources to communicate effectively and compassionately with their children.

Intended Audience: Caregiving parents with children

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

- [Hidden Helpers Facilitator's Guide](#)

Source: PsychArmor

Type: Facilitator guide and interactive journal

Description: This resource was designed to increase peer support programs among military-connected caregiving youth and reduce social isolation.

Intended Audience: Group facilitators, Hidden Helpers, parents and families

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources or offer group support

- [Mental Behavioral Health Challenges for Military Children and Adolescents: Building Your Personal and Community-Based Toolbox of Resources](#)

Source: Military Child Education Coalition (MCEC) Parent Support Webinar

Type: Webinar

Description: Webinar to support parents, guardians, and families in creating a toolbox of resources for their family. MCEC resources can be found at this [link](#).

Intended Audience: Parents

Audience within Healthcare: Primary and specialty care providers, allied health professionals in a position to recommend resources

Other

- [Child-Parent Relationship Therapy](#)

Source: University of North Texas: College of Education

Description: Child-parent relationship therapy is a play-based treatment program for young children presenting with behavioral, emotional, social, and attachment concerns. Must contact the Center for Play Therapy to find or join a group.

Intended Audience: Young children and parents of young children in Texas

Type: Therapy

Audience within Healthcare: Mental and behavioral health care providers or other health professionals in a position to recommend resources

- [Child and Youth Behavioral Military and Family Life Counselors](#)

Source: Military OneSource

Type: Non-medical Counseling

Description: Resource on how to find a child and youth behavioral military and family life counselor to provide support to military children for a variety of issues, including low self-esteem, behavioral problems and changes at home.

Intended Audience: Parents

Audience within Healthcare: Primary and specialty care providers, allied health professionals, and staff in a position to recommend resources

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