

Military Kids Connect®

An Online Resource for Your Patients



**TOGETHER,
EVERYWHERE.**

Military Kids Connect is an online (website and social) community where U.S. military youth can de-stress and connect with their peers. With a family readiness goal of fostering the psychological health and resilience of this young community, the program includes peer videos, self-expression tools and engaging activities that teach coping skills and stress management. Compliant with the Children's Online Privacy Protection Act (COPPA), the website is divided into three age categories and includes a separate section for military parents.

Most military-connected youth handle the unique stressors of military life just fine. For some, a variety of physical and emotional problems may present. No matter what, Military Kids Connect is there to help.

IF YOU SEE...

Common stress reactions

(persistent headaches, stomachaches, moodiness, etc.)

Significant changes in sleeping and eating patterns

Difficulty concentrating on or coping with common daily problems and routine issues

Considerable and prolonged drop in grades

Uncharacteristic incidents of acting out or aggressive behavior

High levels of anxiety, worry or depression

...YOU MIGHT ASK?

HAS YOUR FAMILY MOVED RECENTLY?

Military youth move an average of 6-9 times between kindergarten and 12th grade.

DO YOU HAVE A PARENT WHO IS DEPLOYED OR PREPARING TO DEPLOY?

Depending on the current world situation, military youth often deal with frequent and lengthy periods without one of their parents.

DO YOU HAVE A PARENT WHO RECENTLY RETURNED FROM DEPLOYMENT?

Despite being happy about their loved one's return, many military families describe reintegration as the most difficult transition they face.

DO YOU HAVE A PARENT WHO IS DEALING WITH A MILITARY-RELATED INJURY OR ILLNESS?

Reintegration is doubly hard when the family must adjust and tend to an injured parent.

Along with whatever referrals you may make, prescriptions you write or routine exams you provide, please consider recommending Military Kids Connect to all your young, military-connected patients and their parents.

For providers interested in learning more about the unique clinical needs of the military community, the Center for Deployment Psychology offers a comprehensive military culture continuing education course at deploymentpsych.org/military-culture-course-modules



MilitaryKidsConnect.dcoe.mil

The award-winning Military Kids Connect® website was created by psychologists and technology specialists at the Department of Defense's National Center for Telehealth and Technology (T2).



[Facebook.com/MilitaryKidsConnect](https://www.facebook.com/MilitaryKidsConnect)



[Twitter.com/MilKidsConnect](https://twitter.com/MilKidsConnect)



[YouTube.com/MilitaryKidsConnect](https://www.youtube.com/MilitaryKidsConnect)



Prescription: Military Kids Connect[®]

Primary care providers play a vital role in screening military children for deployment or service related emotional issues. A child or adolescent's responses to changes in their military family member or their deployment experience may not manifest immediately upon reunion of a family following stressful times or combat exposure. It is important that health care providers identify military families in their practice and maintain a high index of suspicion for these issues even in the years following the stress.

—LTC Keith Lemmon, MD, FAAP
 Chief, Division of Adolescent Medicine, Madigan Army Medical Center

Resilience Strategy

Tools, Activities and Resources @ Military Kids Connect

<p>Coping Skills</p>	<p>Tough Topics and 4Real videos — Short clips featuring military youth relating their experiences and offering advice; topics include deployment, PTSD, TBI, injury and death</p> <p>Animated graphic novels — Full-length stories that depict kids and teens experiencing a military-related dilemma and finding healthy ways to deal with the situation</p> <p>Deployment Daily articles — Articles and tips for dealing with each stage of deployment (before, during and after)</p>
<p>Stress Management</p>	<p>Stress Management Plan — Interactive tool that teaches what stress is and how to manage it</p> <p>Where Are You Going — Virtual map activity that reduces fear of the unknown around common deployment locations</p> <p>Projects — Both quiet and active suggestions for staying busy when stressed; includes recipes, arts & crafts instructions, puzzles and more</p> <p>Operation Care Package, Stress Blaster & At Ease — Fun, military-themed activities that provide a distraction from daily stressors</p>
<p>Self-Expression</p>	<p>Tell Your Story — Tools that provide creative ways to keep in touch with a deployed parent</p> <p>MKC Moves — A Google+ microblog that focuses on military moving and invites teens to be guest bloggers</p>
<p>Peer Support</p>	<p>Discussion board — A safe place on the website where military tweens and teens can post a topic to see what advice their peers will offer</p> <p>Social media communities — For teens, Military Kids Connect is also on Facebook, Twitter and YouTube</p>

*All tools, activities and resources can be found under the main navigation bar in each age track of the website. Some age-restricted content is omitted from the youngest age track.

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