



Contributions & Acknowledgment

Contributors:

- E. Wendy O'Sullivan, BA, B.Ed. & Jamie Albers, MS - School Liaison Officers, U.S. Army Garrison Fort Belvoir
- Dede Bailor, PhD, Coordinator, School Psychology Services - Fairfax County Public Schools, Fairfax, VA
- Melissa A. Louvar Reeves, Ph.D., NCSP – President, National Association of School Psychologists (2016-17)
- ❖ This ppt can be used in graduate training programs and to conduct staff development trainings for educators as well as mental health providers.
- ❖ Permission is given to modify content to align with local needs; if referenced please acknowledge appropriately: “From [or “Adapted from”] Pisano, M. et. al. (2016). *School Psychology Best Practices With Military Families*. National

Objectives

- List three ways military deployment impacts children and families at home
- List three ways military deployment impacts children at school
- List three strategies to assist children and families at home during deployment
- List three strategies to assist children in school during deployment

Introductory Thoughts

- Military families serve, too.
 - Close to 2 million kids have a parent in military.
 - About half are National Guard and Reserve families.
 - Many service members have mental health struggles upon returning.
 - Marital discord during reintegration has led to a battle for kids.
 - Suicides (more than those killed in action-KIA)
 - Multiple deployments/family moves (PCS-Permanent Change of Station)
 - Reintegration difficulties

NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS

Model for Services by School Psychologists

PRACTICES THAT PERMEATE ALL ASPECTS OF SERVICE DELIVERY

Data-Based Decision Making and Accountability

Consultation and Collaboration



DIRECT AND INDIRECT SERVICES FOR CHILDREN, FAMILIES, AND SCHOOLS

Student-Level Services

Interventions and Instructional Support to Develop Academic Skills

Interventions and Mental Health Services to Develop Social and Life Skills

Systems-Level Services

School-Wide Practices to Promote Learning

Preventive and Responsive Services

Family-School Collaboration Services

FOUNDATIONS OF SERVICE DELIVERY

Diversity in Development and Learning

Research and Program Evaluation

Legal, Ethical, and Professional Practice

HELPING STUDENTS AND SCHOOLS ACHIEVE THEIR BEST



Deployment Stages

- Physical Stages

- Predeployment
- Deployment (Sustainment)
- R & R (Rest and Relaxation)
- Reunion (Homecoming)
- Reintegration

- Emotional Stages

- Anticipate departure
- Detachment
- Disorganization
- Recovery and Stable
- Anticipate return
- Renegotiation
- Reintegration

Deployment Cycle

Active Duty vs. Guard/Reserve

• Active Duty

- Units are based at major military installations.
- Full-time soldiers who expect to be deployed
- Families are left at their post where a variety of support is in place both on-post & in communities.
- Live on-post or nearby; other family support
- Access to a variety of health, welfare, & educational services
- Support groups in place through soldier's unit.

• Guard/Reserve

- Units are small & based in local communities.
- Part-time citizen soldiers, often working with local police, fire, EMS.
- Families may be left in a town with little or no support services.
- Likely to work within local communities
- Can't relocate easily when activated
- Lack of military related health services
- Need to make use of family or local supports (church, etc.) though Family Readiness Groups (FRG) are very helpful

Military Personnel

- 1,341,665 military family personnel
- Men = 84%
- Women = 16%
- Married = 52%
 - with children = 36%
 - without children = 16%
- Single = 47%
 - with children = 6%
 - without children = 42%

Did you know....

- More than 50% of military spouses report stress; up 20% from 4 years ago.
- Children of service members are 2.5 times more likely to develop psychological problems.
- 44% of military children have moderate-to-difficult emotional or behavioral difficulties.

Predeployment

- Positive aspects of deployment for children and families
 - Gain independence
 - Strengthen relationships
 - Increases abilities to face new challenges
 - Can enhance maturity
 - Can foster flexibility

Predeployment

- Time frame is variable.
 - Special Operation units (Special Ops) sometimes only have a few hours notice
 - NG/R (National Guard/Reserve) orders may be a phone call and letter giving advanced notice (sometimes 10 months)
- It doesn't get easier with more deployments.
- Anticipate departure (emotional cycle 1)
- Detachment and Withdrawal (emotional cycle 2)

During Deployment(s)

- Stateside, families may relocate by choice when service member is away.
 - while they may have emotional support from their families, they could lose their housing allowance
- This resettlement can impact local economies and remove active duty families from bases and unit resources into civilian localities.
- Deployment time periods may be fixed or open ended or start as fixed and become extended.
- Emotional disorganization (emotional cycle 3)₄

During Deployment(s)

- Expect stress-related reactions.
- Maintaining established routine is helpful.
- Help families help their children cope.
- Pay attention to school related issues
 - ADHD diagnosis rises?
- Communication may be inconsistent based on technology where soldier is located.
- Deployments impact people differently.
 - Children, deployed parent, nondeployed parent

Rest and Relaxation (R&R)

- Midway through the deployment cycle – in rare cases, this stage does not occur.
- Heightened expectations are not always met.
- Extremely emotional time
- Needs and expectations **MUST** be discussed prior to soldier returning; everyone in the family may be needing something different
- Anticipation of return (emotional cycle 5)

Homecoming/Reunion

- A new balance in the family structure
- Returns (sometimes only 12 months)
- Renegotiation (emotional cycle 6)
- Combat stress
- Family emergencies
 - Medical
 - Death

Post-Deployment/Reintegration

- Everyone needs to readjust their lives as different people.
- The incidence of divorce, domestic violence, child abuse, and other adjustment disorders can be high.
- Support and help is available; medical, psychological, social.
- Community agencies and veteran support groups can also be strong resources.
- Reintegration (emotional cycle 7)

- Preparing for the soldier parent's departure



Reassure Kids

- This is mom and/or dad's job and that it is not your fault.
- Service members engaging in more pre-deployment preparation activities reported higher satisfaction with parenting post-deployment.
- Reassure child that the deployed person will stay in touch as often as possible.
- They (child) will be missed.
- Provide pictures/videos of where parent will be.
- Prepare for family events (keep routine).
- Allow separate time for each child with soldier (exchange gifts).

Prepare Kids for Change

- Talk about and practice the new routine.
- Help them make a list and organized plans.
- Re-examine chores and responsibilities.
- Maintain consistency regarding rules.
- Develop timeline to show children finite nature of a deployment.
- Stress affects children the same as adults:
 - headaches, stomach distress, sleep disturbance, moodiness.
- Three child outcomes showed significant changes over the deployment cycle: total difficulties, emotional problems, depression screener scores. Spouses reported elevated symptoms in their children during deployment

Prep Teachers for Student Reactions

- Conduct a workshop on Deployment Cycle.
- Provide ways to support military children in the building:
 - bulletin boards, Wall of Heroes, deployment support groups (conducted by counselor or psych)
- Provide parent deployment support groups.
- Review typical behavioral responses in children:
 - Inattentive, distractible, mood shifts, emotional

Families Need to Prepare and Communicate

- Families who prepare for deployment and future communications during deployment do better when the service member returns.
 - Increased communication, and satisfaction with communication, led to higher marital satisfaction (Rand, 2016).
- Yet, too much communication has been reported by some spouses as being upsetting; less is more in this case.
- Be sensitive to individual preferences.

- It doesn't get easier with repeated deployments



Interventions for Kids

- Journal writing
- Wall of heroes in school
- Flat Daddies
- Focus on THEIR job; doing well in school, helping at home
- Keep track of soldier parent's travels
- Photos/email to parent
- Write a story with deployed parent. Take turns adding sentences back and forth between child and parent.

Being a Military Kid

Mayrae Harp
4/13/16

My name is Mayrae Harp and I am 9 years old almost to be 10. I've been a Military child since I was about 6 or 7 years old. My only dad passed away in the Military. I have 4 brothers, 2 sisters and 3 dogs. I first started in Texas, Missouri, and now moved to Cameron, North Carolina, and we've only been for another year and a half. Like a Military kid, we never bring school, being upset, and

I'm excited for any step that because he's happy to see his every day. I'm also sad because I miss my family and I love to see him and his friends. I'm excited for him because he loves the Military.

Even though it is hard sometimes, and sometimes something I am happy that I can be in the Military. I'm happy that I can be in the Military. I'm happy that I can be in the Military. I'm happy that I can be in the Military.



A Life Different

By: Caroline Robinson April 04, 2016

My name is Caroline and I'm 9 years old. I am a military kid. I have been in the military for 7 years. I am in the military for 7 years. I am in the military for 7 years. I am in the military for 7 years.

Being a military kid is interesting because it is hard when you get to school. It is hard when you get to school. It is hard when you get to school. It is hard when you get to school.

My name is Caroline and I'm 9 years old. I am a military kid. I have been in the military for 7 years. I am in the military for 7 years. I am in the military for 7 years.



Military Kid

My name is Jaylen Chase Jackson. I like being a military kid because I have been a military kid for a while. It can be sad, happy, and I love it.

It is sad because you can't see your parents and friends. Sometimes it gets sad when I miss my parents. I am happy when I have school.

I have fun when I go to school because I want to learn different languages. I have fun when I go to school because I want to learn different languages.

My name is Jaylen Chase Jackson. I like being a military kid because I have been a military kid for a while. It can be sad, happy, and I love it.

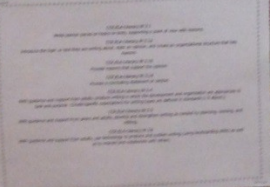
Military Kid

By: Austin Conception

My name is Austin Conception and I'm 12 years old and I've been in the military for 10 years. I'm a military kid. I'm a military kid. I'm a military kid.

Being a military kid is hard. The only reason you get to go to school is because you have to go to school. I am a military kid. I am a military kid.

My name is Austin Conception and I'm 12 years old and I've been in the military for 10 years. I'm a military kid. I'm a military kid.



My name is Caroline and I'm 9 years old. I am a military kid. I have been in the military for 7 years. I am in the military for 7 years. I am in the military for 7 years.



My name is Jaylen Chase Jackson. I like being a military kid because I have been a military kid for a while. It can be sad, happy, and I love it.



My name is Jaylen Chase Jackson. I like being a military kid because I have been a military kid for a while. It can be sad, happy, and I love it.



In Our Own Words

I can travel to many places around the world. Age: 11

because my dad protects us. Age: 11

I can go anywhere and be proud of me. Age: 11

My dad is a hero. Age: 11

I can travel the world. Age: 11

I get lots of money from the military. Age: 11

This is where I got all my friends. They

Because I met my best friend! Age: 11

My dad protects the citizens of the USA. Age: 11

Because I like being the new kid. Age: 11

my dad protects people. Age: 11

I am proud to be a military kid because

My life is fun and easy

I get cool stuff

My Dad saves and protects

My dad keeps safe and has fun too.

my dad saves

my dad saves

We are going to be heroes.

my dad

Because I get protected and loved by my mom. Age: 11

My family gets protected by my mom and dad.

to be a hero.

My dad stays for a long time!

I get to see my dad. I am a hero.

I love having my dad protect me. -Tristan

I am a military kid.

my dad protects me.

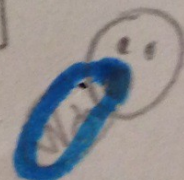
my dad works hard when I am at school. Joshua.

my dad joins the military.

I like to see my dad. SUPERMAN SOLDIER ALEX

I am proud to be
a military child
because my
dad saves the

WORLD!



Maintain Routines

- Be consistent with discipline.
- Give the child a sense of stability.
- Keep open communication with children.
- Don't threaten child with 'wait until your father/mother gets home'.

Help Your Kids Cope

- Plan special outings or activities.
- Update scrap book/journal (special record of events).
- Plan events with other families coping with deployment.
- Help kids understand they have not done anything wrong.
- No news is worse than bad news.

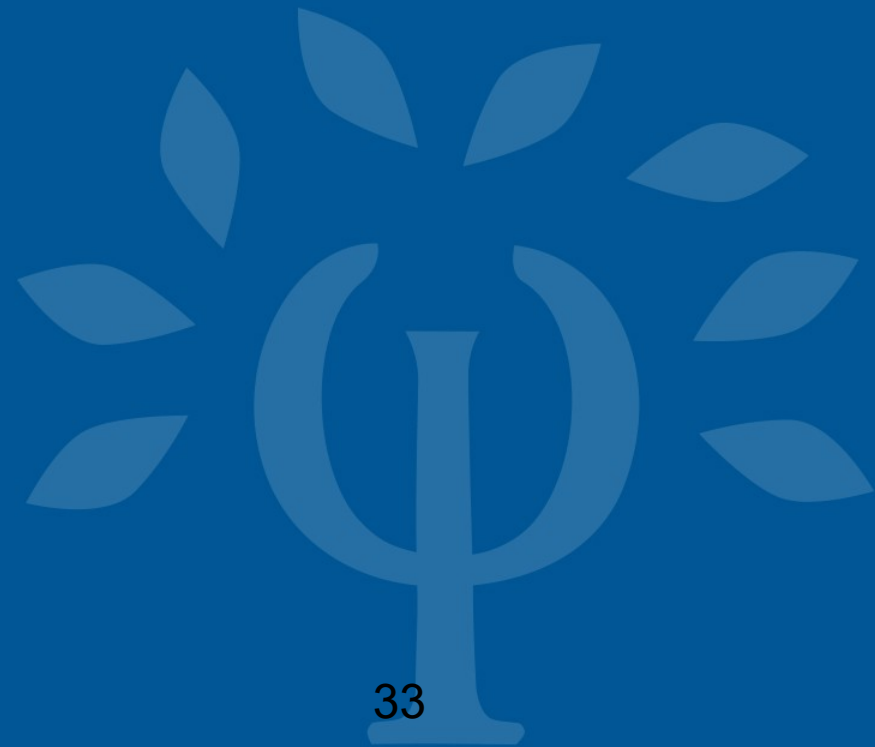
What the Spouse Can Do at Home

- Don't over-schedule.
- Talk with each other
 - Spouses who reported more preparation activities and greater satisfaction with the frequency of communication with the service member during deployment reported higher parenting satisfaction post-deployment.
- Children will probably test the rules.
- Watch budgeting and spending.
- Don't give up enjoyable activities.
- Enhance social and community connections. 31

Children Will Want to Know...

- Will everything still be the same?
- Will Mom/Dad welcome me with open arms?
- Do they still need me?
- Will I be able to continue going out with my friends?
- Will Dad/Mom be angry at me?
- Why does this have to happen?
- Will Dad/Mom look the same?
- Will they remember me?

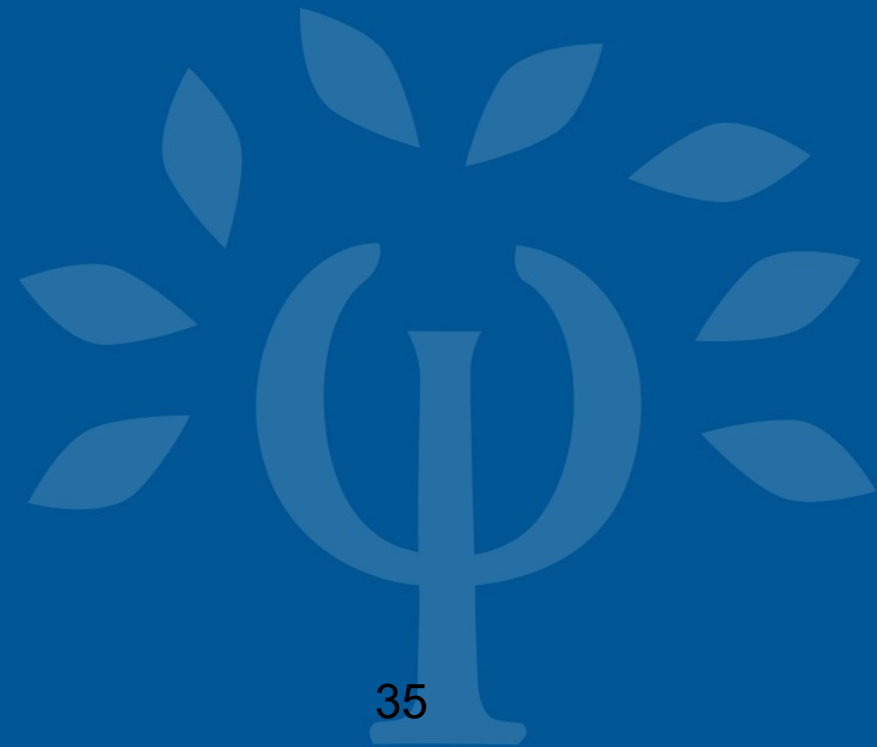
- What are everyone's needs and expectations?



Rest and Relaxation

- Often.....NOT very relaxing
 - Dad wants rest
 - Kids want Dad
 - Mom wants a break
 - Dad wants to stay home
 - Kids want to take Dad to movies
 - Mom wants Dad to take kids for a while

- It takes much effort from everyone to make it happy



Become a Family Again

- Reunion is a process...not an event (7 months).
- RAND report found family relationships generally returned to previous levels once the service member came home.
- Communicate openly.
- Renegotiate roles...become a family again.
- Get to know each other again.
- Often the arrival is delayed.
- Sometimes the soldier returns a different person.
- Advise nondeployed spouse NOT to tap returning soldier on shoulder and say... “Your turn!!!” (with kids).

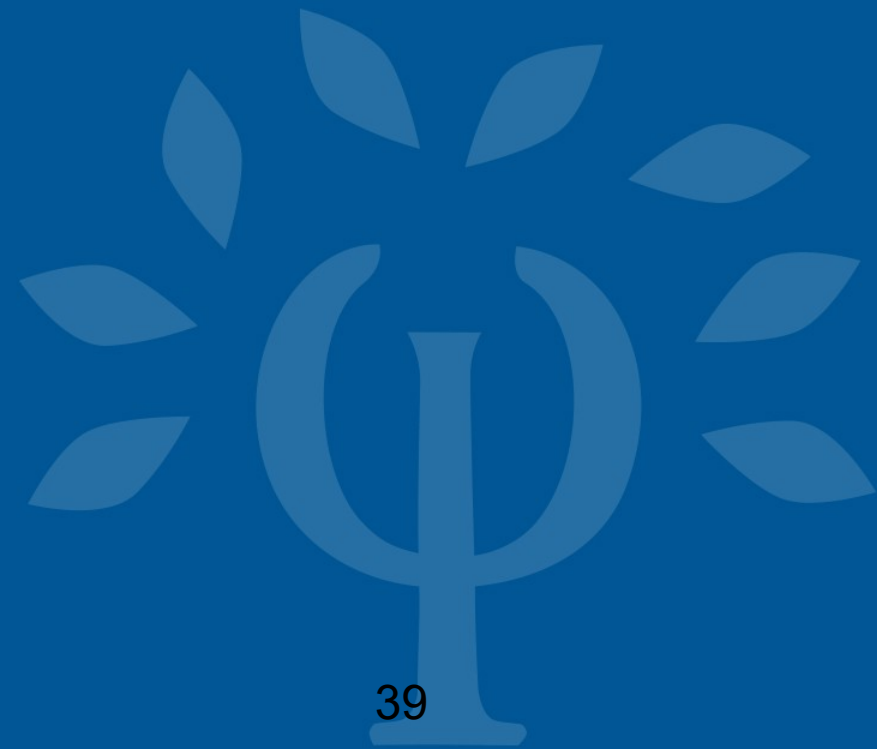
Reunions and Children

- Be sure the teacher is aware of the return.
- Child has changed and so has the returning parent.
- Previous relationship impacts future relationship.
- Teens report significantly lower quality relationships with deployed parent when the parent came home.
- Variety of feelings
 - happy
 - afraid
 - excited

MILITARY



KIDS ROCK!



Additional Resources

- www.militarykidsconnect.org
- Military One Source: www.militaryonesource.com
- Military Child Coalition: www.militarychild.org
- Operation Military Kid: www.operationmilitarykids.org
- Podcast deployment:
www.nasponline.org/resources/podcasts/deployment.aspx
- Podcast reintegration:
<http://www.nasponline.org/resources/podcasts/reintegration.aspx>
- Podcast Military Family Life; a mother's perspective
www.nasponline.org/resources/podcasts/podcast.aspx?id=122

References

Demographics and Statistics

- <http://download.militaryonesource.mil/12038/MOS/Reports/2014-Demographics-Report.pdf>
- <http://download.militaryonesource.mil/12038/MOS/Reports/2014-Demographics-Report.pdf>
- http://www.nbcnews.com/id/32406781/ns/health-childrens_health/t/stress-war-takes-mental-toll-
- <http://www.dodlive.mil/index.php/2012/04/month-of-the-military-child-saluting-our-military-children>
- http://www.pbs.org/newshour/bb/military-jan-june13-suicides_01-15/

Marital impact

- <https://www.apa.org/about/policy/military-deployment-services.pdf>
- <http://militaryspouse.com/military-life/deployment/do-we-communicate-too-much-during>

Emotional stages

- <http://www.experienceproject.com/stories/Am-A-United-States-Army-Girlfriend/846721>

References Cont.

Reintegration

- <https://www.ncfr.org/ncfr-report/focus/military-families/returning-home>

Supports for guard and reserve

- <http://www.military.com/spouse/military-life/military-resources/family-support-services.html>

Effects of Deployment on Kids

- Flake, E.M., Davis. B.E., Johnson. P.L. & Middleton. L.S. (2009). The Psychosocial Effects of Deployment on Military Children. *Journal of Developmental and Behavioral Pediatric*, 30(4), 271-278.

http://journals.lww.com/jrnldb/Abstract/2009/08000/The_Psychosocial_Effects_of_Deployment

- http://www.ptsd.va.gov/professional/treatment/family/pro_deployment_stress_children.asp

The Deployment Life Study(DLS), RAND Study (2016)

- http://www.rand.org/pubs/research_reports/RR1388.html

910-907-0323

mark.pisano@am.dodea.edu