



## **Military-Connected**

### **Educational and Behavioral Health Resources**

Military kids face unique stresses and challenges—from frequent moves to parent deployments—that can place them at greater risk for academic struggles. Studies show that educators who understand these issues can create a welcoming environment for these students. Below is a list of resources for you to assist your military-connected students and their families.

#### **FOR EDUCATORS**

**[Department of Defense Education Activity](#)** - The Department of Defense Educational Partnership Directorate has launched a new website focused on providing information that directly relates to the work of educators and administrators in military connected school systems. [www.militaryk12partners.dodea.edu/](http://www.militaryk12partners.dodea.edu/) 703-588-3272

**[DoDEA Partnership: Students At The Center](#)** - Interactive educational resource for military families, military leaders and school leaders. The resource, "Students at the Center," provides information on important policies, procedures, and best practices that are critical to supporting the needs of military families' education. <http://www.militaryk12partners.dodea.edu/studentsAtTheCenter/>

**[Growing the Military Child Brochure](#)** – is a Fort Meade-based resource guide for teachers to assist service members and their families in finding the guidance and support they need to connect with their new school and community. Fort Meade's Military School Liaison serves as the primary contact for school-related matters and would welcome the opportunity to forge partnerships between the military and schools supporting families with a service member stationed at Fort Meade. <http://ofgbtob.com/digital/FMA/growing-the-military-child/mobile/index.html#p=1>

**[The Military Child Education Coalition](#)** - This organization provides training and resources to aid in developing support systems for military children and youth within the public school system. They have a wide variety of outstanding resources that view military children issues from the Guard and Reserve perspective as well as that of the active duty families. <http://www.militarychild.org/>

MCEC has developed a series of [8 TedEd interactive lessons](#) designed to support youth-serving professionals, parents, and highly mobile military and civilian students to become college and career ready. Each lesson includes a short video, an in-depth content area, discussion forum and brief assessment of understanding.

**[Military Child Initiative](http://www.jhsph.edu/research/centers-and-institutes/military-child-initiative/training_course/index.html)** - Johns Hopkins Web Course, "Building Resilient Kids", is a course for school administrators, support staff and teachers to help all students meet life's challenges with resilience, focusing primarily on students from military families. [http://www.jhsph.edu/research/centers-and-institutes/military-child-initiative/training\\_course/index.html](http://www.jhsph.edu/research/centers-and-institutes/military-child-initiative/training_course/index.html)

**[Military Impacted Schools Association](http://militaryimpactedschoolsassociation.org/)** - Military Impacted Schools Association (MISA) is a national organization representing school districts that serve high concentrations of military children. The organization works to provide a continuum of quality education for all military children. MISA works on funding (Impact Aid) legislation, partnerships, and programs for military families. <http://militaryimpactedschoolsassociation.org/>

**[Military Interstate Children's Compact Commission – \(MIC3\)](#)** website is designed to better inform the public about the Interstate Compact for Educational Opportunities for Military Children and serve the needs of the families of our service men and women. The Compact seeks to make transition easier for the children of military families so that they are afforded the same opportunities for educational success as other children and are not penalized or delayed in achieving their educational goals.

The Compact provides for the uniform treatment of military children transferring between school districts and states. It was developed by The Council of State Governments' National Center for Interstate Compacts, the Department of Defense, national associations, federal and state officials, the Department of Education of each state, school administrators and military families. [www.mic3.net](http://www.mic3.net)

## **EXCEPTIONAL STUDENTS**

**[The Council for Exceptional Children \(CEC\)](http://www.cec.sped.org)** is the largest international professional organization dedicated to improving the educational success of individuals with disabilities and/or gifts and talents. CEC advocates for appropriate governmental policies, sets professional standards, provides professional development, advocates for individuals with exceptionalities, and helps professionals obtain conditions and resources necessary for effective professional practice. [www.cec.sped.org](http://www.cec.sped.org)

**[Exceptional Family Member Program \(Ft. Meade\)](https://meade.armymwr.com/programs/army-community-service)** - EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to Families with special needs. <https://meade.armymwr.com/programs/army-community-service>

**[Learning Disabilities Online](http://www.ldonline.org)** - LD Online is the leading website on learning disabilities and ADHD. Parents and teachers of learning disabled children will find helpful articles, multimedia, expert articles, a comprehensive resource guide, and a referral directory for professionals and schools. [www.ldonline.org](http://www.ldonline.org)

**NECTAC** is the national early childhood technical assistance center supported by the U.S. Department of Education's Office of Special Education Programs. NECTAC serves all 50 states and 10 jurisdictions with an array of services and supports to improve service systems and outcomes for infants, toddlers, and preschool aged children with special needs and their families. [www.nectac.org](http://www.nectac.org)

## **FOR PARENTS**

**Childcare** – Get help finding and paying for childcare. Army fee assistance is available through Childcare Aware.

<http://usa.childcareaware.org/fee-assistancerespite/military-families/army/>

**Free Homework Help for Military Children** - Tutor.com for U.S. Military Families provides free, personalized 24/7 online academic support to military-connected children. This Department of Defense-funded program is provided at no cost to grades K-12 children in National Guard, Reserve and Active Duty military families, regardless of the service member's deployment status. [www.tutor.com/military](http://www.tutor.com/military) 800-411-1970

**Free Spirit Books** - kid-friendly information that addresses the real-life issues students face. <https://www.freespirit.com/>

**Khan Academy** - A personalized learning resource for all ages. It offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. It includes math, science, computer programming, history, art history, economics, and more. Our math missions guide learners from kindergarten to calculus using state-of-the-art, adaptive technology that identifies strengths and learning gaps. <https://www.khanacademy.org>

**The National Military Family Association** - NMFA, "The Voice for Military Families," is dedicated to providing information to and representing the interests of family members of the uniformed services. In addition to information on deployment, education, family life and health care, NMFA provides valuable links to other useful sites designed to give you the latest information available. They have a "Back to School" section which includes many links to valuable information on education for students and parents. [www.nmfa.org](http://www.nmfa.org) 703-931-6632

**Sesame Street for Military Families: Transitions** - When parents transition, so do kids. It's a new adventure and all adventure stories have a hero. They also have ups and downs. But with the help of caring adults, your little hero can find the strength to "go with the flow" -- and have fun along the way. Sign up for the Adventure Campaign for fun activities, multimedia materials, and strategies to help you engage with your child as you navigate change together. [www.sesamestreet.org/toolkits/veterans](http://www.sesamestreet.org/toolkits/veterans)

**Student Online Achievement Resources** - SOAR is an innovative program that makes it easy for parents to play an active role in their children's education. SOAR is designed for military families, and is easily accessible worldwide. Students take an

assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. [www.soarathome.org](http://www.soarathome.org)

**United Through Reading** – helps ease the stress of separation for military families by having service members who are separated from the children they love read children’s books aloud on video for the child to watch at home.

[www.unitedthroughreading.org/military-program](http://www.unitedthroughreading.org/military-program)

**YMCA Art and Essay Contest** - Launched in November, the annual Armed Services YMCA Art & Essay Contest allows children to express their love, appreciation and admiration for their military heroes and for our country. Entries for the art contest depict the theme, “My Military Family,” while the essay’s theme is “My Military Hero.”

<https://www.asymca.org/art-and-essay-contest>

## **HEALTH and WELLNESS SUPPORT**

**AfterDeployment.org** - Behavioral health resource supporting service members, their families and veterans with common post-deployment challenges. Provide selfcare solutions targeting post-traumatic stress, depression, and other behavioral health challenges. Chat online with consultants.

<http://afterdeployment.dcoe.mil/> 1-866-966-1020

**American Red Cross Service to Armed Forces** - offers support to Military Members, Veterans, DOD, and their families in times of emergency and times of need. This includes our 24/7/365 emergency call service, our casework and referral services, resiliency training, and volunteers in Medical Treatment Facilities on bases worldwide.

<https://www.redcross.org/about-us/our-work/military-families.html>

**Coaching Into Care** - provides assistance to family members and friends trying to encourage their veteran to seek health care for possible readjustment and mental health issues. [www.mirecc.va.gov/coaching/](http://www.mirecc.va.gov/coaching/) 1-888-823-7458

**FOCUS World** - is an interactive, online educational tool that helps military families become stronger in the face of challenges by providing both parents and kids a fun place to learn and practice important skills, such as emotional regulation – understanding and managing feelings; goal setting – working together as a family to achieve something important to you; communication - listening and responding to each other’s concerns, including those related to deployment and reintegration.

[www.focusworld.org](http://www.focusworld.org)

**Give An Hour** - Provides free mental health services for individuals who served in Iraq and Afghanistan, and their families. [www.giveanhour.org](http://www.giveanhour.org)

**Maryland’s Commitment to Veterans** - MCV is a Department of Health and Mental Hygiene (DHMH) program devoted to total wellness for veterans and their families. Regional resource coordinators provide assistance to veterans and their families to support a healthy transition to civilian life. With support from the DHMH’s Behavioral Health Administration, MCV provides a solid connection to wellness services, with an

emphasis on mental health and substance use disorder services.  
melissa.barber@maryland.gov or 877-770-4801  
[www.veterans.maryland.gov/marylands-commitment-to-veterans](http://www.veterans.maryland.gov/marylands-commitment-to-veterans)

**Military Kids Connect** – Ready to go lesson plans to use in the classroom on core curriculum subjects, character education and world cultures and is broken down into 3 age groups. Learn about military culture, helping students cope, etc. and hear experienced educators talk about their work with military students. An online community for military kids, **Military Kids Speak Out**, allows kids to de-stress and connect with other military kids their age. <http://militarykidsconnect.dcoe.mil/>

**Military One Source** - Designed to help with life's issues, this is a 24/7 site that is rich with resources on almost any topic. They can locate counseling services that will provide 6 free sessions per issue and will also provide a one hour session assisting with applications for your college bound student. They provide a tremendous variety of free written and audio visual material. <http://www.militaryonesource.mil/>

**Military Teens on the Move** - is a site designed with military youth in mind and covers topics sorted by age level to include deployment and moving to a new location.  
[www.defenselink.mil/mtom](http://www.defenselink.mil/mtom)

**Mind Yeti** - Guided mindfulness sessions to help kids calm down, focus their attention, and get ready for whatever's next. <https://www.mindyeti.com/>

**National Center for Telehealth & Technology (t2health)** – a leader mobile health and telehealth solutions that delivers psychological health and traumatic brain injury care and support to our nation's warriors, veterans and their families  
<http://www.t2health.dcoe.mil/> Download the **Military Culture Educator Training Kit**

**Pro Bono Counseling** - Offers counseling services to service members and their families. Clinicians are trained on the unique needs of military culture.  
[www.probonocounseling.org](http://www.probonocounseling.org) 410-825-1001 877-323-5800

**Substance Abuse and Mental Health Services Administration (SAMHSA) – Find Treatment**

**Serving Together Project** - Affiliated with AmericaServes is a coordinated network of public, private and nonprofit organizations serving veterans, service members and their families in the Washington DC area. ServingTogether uses technology and its partner network to guide veterans, service members and their families to the most appropriate services and resources available. <https://servingtogetherproject.org/veteran-services/>  
855-738-7176

**The Steven A. Cohen Military Family Clinic at Easterseals** - provides high-quality, accessible, and integrated behavioral health care to veterans and their families or caregivers. No or low-cost services are available to any person who has served in the U.S. Armed Forces, including the National Guard and Reserves, regardless of role or

discharge status. They will also help connect veteran families to community resources and services, as necessary.

The Cohen Clinic uses evidence-based practices with a holistic approach to improve the quality of life for veterans and their families. Services are provided by trained and credentialed staff. Veterans and their family members are able to receive services individually and as a family unit at the same place with the same treatment team.  
Silver Spring, MD    [info.mfc@eseal.org](mailto:info.mfc@eseal.org)    240- 847-7500

**[STOMP – Specialized Training of Military Parents](http://wapave.org/programs/specialized-training-military-parents-stomp/)** - is the only National Parent Training and Information Center for military families providing support and advice to military families with individuals with disabilities without regard of the type of medical condition their child has.

<http://wapave.org/programs/specialized-training-military-parents-stomp/>

**[Teen Central](http://www.teencentral.com/)** - is a website powered by KidsPeace as a free and safe prevention and intervention resource specifically for youth seeking information on a variety of topics. Teens can also submit a story or post about any crisis, problem or situation they are struggling with and receive a therapeutic support response within 24 hours, safely, anonymously, and free of charge. <http://www.teencentral.com/>

**[Tragedy Assistance Program for Survivors \(TAPS\)](https://www.taps.org/)** – provides a number of resources and programs for survivors, to include seminars, youth programs, retreats, expeditions, Inner Warrior, peer mentors, suicide loss survivor program, teams4taps, online community and care groups. <https://www.taps.org/>

**[Yellow Ribbon Reintegration Program](http://www.yellowribbon.mil/yrrp/)** - is a veteran's reintegration program to provide National Guard and Reserve members and their families with sufficient information, services, referral, and proactive outreach opportunities throughout the entire deployment cycle. Members and their families should contact the person within their unit responsible for the program.

<http://www.yellowribbon.mil/yrrp/> 866-504-7092

## **Other Behavioral Health Resources**

**[American Foundation for Suicide Prevention](#)** (Maryland Chapter) - AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide. Annual Out of the Darkness Walk in September.

**[The Maryland Association of Behavioral Health Authorities](#)** – promotes and supports the development of accessible, high quality community based comprehensive behavioral health services throughout the state; represent members to external groups including Department of Health and Mental Hygiene, Behavioral Health Administration (BHA), the General Assembly and Governor, statewide advocacy organizations, and the public; promotes the professional development of member agency staff; provide a system of communication and a structure for collaboration among members and with BHA and other partners, and identifies system needs and promote resolution to ensure effective quality behavioral health services.

[\*\*Maryland Coalition of Families\*\*](#) - Maryland Coalition of Families (MCF) helps families who care for someone with behavioral health needs. Using personal experience as parents, caregivers, youth and other loved ones, we connect, support and empower Maryland's families. Our staff provide one-to-one support to parents and caregivers of young people with mental health issues and to any loved one who cares for someone with a substance use or gambling issue.

[\*\*National Alliance for Mental Illness Howard County\*\*](#) (NAMI) – a grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI offers educational and support programs for family, friends, parents and caregivers who care about and/or care for someone with mental health issues and for individuals living with serious mental illness, as well as social gatherings and referrals. All programs are free.

[\*\*National Family Resiliency Center\*\*](#) – provides counseling and educational programs to help children and adults cope, heal and navigate through divorces and other family transitions.

[\*\*On Our Own\*\*](#) - is a statewide behavioral health consumer education and advocacy group that promotes equality in all aspects of society for people who receive behavioral health services and develops alternative, recovery-based behavioral health initiatives. Located in Elkridge, MD.

[\*\*Wellness Recovery Action Plan\*\*](#) (WRAP) -is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues.

### [\*\*Howard County Behavioral Health Resources and Directory\*\*](#)

[\*\*Veteran National Resource Directory\*\*](#) - is a free service that links more than 14,000 resources to service members, Veterans and their families. The NRD was designed to specifically help those that are “wounded, ill and injured” find services that support recovery, rehabilitation, and community reintegration. The site was created through a partnership between the Department of Veterans Affairs, Department of Defense and the Department of Labor. The NRD provides centralized access to resource information from the government (ranging from the federal to the local level). It also includes resources from non-profit, professional, educational and military-service/Veteran organizations. All organizations are also vetted to ensure each resource is valid and accurate.

[\*\*Howard County Health Department Behavior Health Resources\*\*](#) – information and referral resources

**Trauma and PTSD Support Groups in Howard County** – private provider list

**Chronic Disease Self-Management Resources**

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Resources and Services*

*[veterans@howardcountymd.gov](mailto:veterans@howardcountymd.gov) 410-313-0821 [www.howardcountymd.gov/veterans](http://www.howardcountymd.gov/veterans)*