



Military-Connected Teacher/Counselor/Parent 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

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.

The Military Child Education Coalition (MCEC) - 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. **Wellness Toolkit**

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 Impacted Schools Association - 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.

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.

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.

EXCEPTIONAL STUDENTS

The Council for Exceptional Children (CEC) 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.

Exceptional Family Member Program (Ft. Meade) - 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.

Learning Disabilities Online - LD Online is the leading website on learning disabilities and ADHD. Parents and teachers of children with learning disabilities will

find helpful articles, multimedia, expert articles, a comprehensive resource guide, and a referral directory for professionals and schools.

FOR PARENTS

Blue Star Families Baltimore & Chesapeake Region Chapter - Blue Star Families groundbreaking research is raising the nation's awareness of the unique challenges of military family life. With the help of neighbors across the country, Blue Star Families is overcoming the isolation and alienation of frequent moves, deployments, and reduced support from the government. Our innovative programs are solving specific challenges for military families, including fighting economic insecurity with resources that foster spouse career development, creating family strength with rich programming, and providing critical peer support for caregivers, whose numbers are increasing. Through its research and program partnerships, Blue Star Families ensures that wherever American military families go, they can always feel connected, supported and empowered to thrive in every community, across the nation, and around the globe. Free museum memberships, books, outdoor activities and more.

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

Fort Meade Resiliency Resources – Employment, education, financial, legal, behavioral health, spiritual, housing resources and more.

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. 800-411-1970

TeacherCreatedMaterials - kid-friendly information that addresses the real-life issues students face including military books and [free learn-at-home resources](#).

HEALTH and WELLNESS SUPPORT

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. Mind-body workshops include modules that teach Breathing, Mindfulness Techniques, Stretching and Movement, Body Awareness and Functioning, Guided Imagery, Drawing, Journaling, Meditation and Mindfulness, Body Awareness through Body Scan, Progressive Muscle Relaxation and Mirroring; and Self-directed Imagery.

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. 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.

Give An Hour - Provides free mental health services for individuals who served in Iraq and Afghanistan, and their families.

HeadSpace - is a meditation and mindfulness app that helps you live a healthier, happier, more well-rested life. Blue Star Family members may receive for free.

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. 24/7 support

Military Kids Connect – We at Military Kids Connect want to provide you with information to help you care for our military youth. Our goal is to enhance military kids' quality of life and help them prepare and cope with significant transitions such as relocations, parental deployment, and family adjustment after injuries. We designed our videos, activities, resources, and an online message board to normalize the experience for military youth, with an emphasis on education and peer support. An online community for military kids, [Military Kids Speak Out](#), allows kids to de-stress and connect with other military kids their age. - 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.

Military One Source -is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard, and reserve members and their families. **Free Wellness Apps**

Pro Bono Counseling - Offers counseling services to service members and their families. Clinicians are trained on the unique needs of military culture. 410-825-1001 or 877-323-5800

Serving Together Project - works in collaboration with public and non-profit partners to streamline efforts connecting veterans, active duty, guard, reserve, caregivers, and military spouses with a coordinated network of care for all of life's needs. From employment to benefits navigation, education to mental health and wellbeing supports, our strategic partnerships are vital to serving our extraordinary military-connected community and their families, before, during, and after service.

Sesame Street Workshop for Military Families - As many as 700,000 children under the age of five have a parent in the military. Recognizing the need for first-rate media-based resources to support military families, in fall 2006, Sesame Workshop launched the bilingual (English/Spanish), multimedia outreach initiative Talk, Listen, Connect: Helping Families During Military Deployment (TLC). This critical outreach tool helped military families and their young children cope with the challenges of deployment and build resilience in times of separation and change. The overwhelming response to this program revealed a need for additional resources and in 2008 and 2010, respectively, Sesame Workshop followed up with Talk, Listen, Connect: Deployments, Homecomings, Changes (TLC 2) and Talk, Listen, Connect: When Families Grieve (TLC 3).

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 240- 847-7500 or info.mfc@eseal.org

STOMP - Specialized Training of Military Parents - 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.

Teen Central - 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.

Tragedy Assistance Program for Survivors (TAPS) – 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.

Yellow Ribbon Reintegration Program - The Yellow Ribbon Reintegration Program (YRRP) is a Department of Defense-wide effort to promote the well-being of National Guard and Reserve members, their families and communities, by connecting them with resources throughout the deployment cycle. Through Yellow Ribbon events, Service members and loved ones connect with local resources before, during, and after deployments. Reintegration during post-deployment is a critical time for members of the National Guard and Reserve, as they often live far from military installations and other members of their units.