



Along with challenges that teens face, military-connected teens bear the burden of additional struggles, which often exacerbate mental health diagnoses. Some of these challenges include:

- Relocation and subsequent changing of schools
- Separation, to include deployments
- Adaptation to dangerous situation by parent
- Lack of understanding of the military lifestyle by community members or peers
- Socioeconomic and financial stressors

Military Kids Now 2020 Survey Summary Report: For more information about military-connected families, check out the Military Child Education Coalition's Military Kids Now 2020 Survey Summary Report. This report summarizes the initial analysis of the survey results, highlighting trends, challenges, and areas where support is most needed.

[https://www.militarychild.org/upload/files/MCEC\\_2020EdSurvey\\_digital.pdf](https://www.militarychild.org/upload/files/MCEC_2020EdSurvey_digital.pdf)

National Military Family Association: The Military Teen Experience Report:

<https://www.militaryfamily.org/>

Ode to the Military Teenager. Poem by Kathleen Palmer: [https://armywifenet.com/ode-to-the-military-teenager/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=ode-to-the-military-teenager](https://armywifenet.com/ode-to-the-military-teenager/?utm_source=rss&utm_medium=rss&utm_campaign=ode-to-the-military-teenager)

## Resources for Military-Connected Adolescents

Bloom Military Teens features stories written by military kids, articles about military life, and spotlights on military kids throughout the world doing extraordinary things. The site notes that it is a place where military-connected teens can “find comfort and advice about everything military-kid related.” The site has respective content on Facebook, Instagram, YouTube, Twitter, and Pinterest. <https://www.bloommilitaryteens.org/>

Psych-to-go: A YouTube channel offering short cartoon-based videos talking about different emotions and daily teenage struggles. New videos are uploaded every week.

<https://psych2go.net/>

MCEC<sup>®</sup> Parent Support empowers military-connected parents with resources to be their child's first and best advocate. Learn more about ways to get involved and stay informed about upcoming webinars, workshops, and additional resources by emailing [Parents@MilitaryChild.org](mailto:Parents@MilitaryChild.org).



Military Kids Connect: A website providing an online community for military children ages 6 through 17. Resources are available to help children with a variety of issues from how to work through feelings of worry and loneliness, and virtual tours of local military bases hosted by other military teens. Other topics covered include military life, health and wellness, caring for our youth, and a blog and message board to keep kids connected to each other.

<https://militarykidsconnect.health.mil/>

Teen Mental Health.org: Resources for parents on how to parent your teen, as well as a resource for teens on how to “teen” your parent. Links for additional resources and information are also provided:

<https://teenmentalhealth.org/parents/>

Apps to try: [MilTeenChat](#), [Virtual Hope Box](#), or [Copeify](#) which is a subscription-based anonymous app that supports mental health, fitness and personal development.

### **Books About Teenage Mental and Behavioral Health**

“Building Resilience in Children and Teens: Giving Kids Roots and Wings” by Dr. Kenneth Ginsburg

“The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals and Build Connection” by Dr. Louise L. Hayes and Dr. Joseph V. Ciarrochi

“Zero to 60: A Teen’s Guide to Manage Frustration, Anger, and Everyday Irritations” by Dr. Michael A. Tompkins and Chloe Douglass

“My Story: Blogs by Four Military Teens” by Dr. Michelle D. Sherman and DeAnne M. Sherman

“The Teenage Brain: A Neuroscientist’s Survival Guide to Raising Adolescents and Youth Adults.” By Dr. Frances E. Jensen and Amy Ellis Nutt

“Start Here: A Parent’s Guide to Helping Children and Teens through Mental Health Challenges” by Dr. Pier Bryden

“Raising Troubled Kids: Help for Parents of Children with Mental Illness or Emotional Disorders” by Margaret Puckette.

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### Helpful Links to Build Your Toolbox

The Barry Robinson Center. A Behavioral Health System for Youth:  
<https://www.barryrobinson.org/>

Code of Support Foundation: <https://www.codeofsupport.org/>

The Camaraderie Foundation: <https://camaraderiefoundation.org/>

Child Mind Institute: <https://www.childmind.org>

Cohen Veterans Network has clinics nationwide, located close to military installations and provides varying therapies for veterans, family therapy and individual child therapy.  
<https://www.cohenveteransnetwork.org/>

DoDEA Psychological Services: <https://www.dodea.edu/StudentServices/Psychology/index.cfm>

Mental Health.gov. Help for Service Members and their Families:  
<https://www.mentalhealth.gov/get-help/veterans>

Military Crisis Line: <https://www.veteranscrisisline.net/get-help/military-crisis-line>

Military & Family Life Counseling (MFLC): <https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/>

Military OneSource: A 24/7 gateway to information, resources and confidential help:  
<https://www.militaryonesource.mil/>

The Military Teen Experience: Today's Teens. National Military Family Association, May 2021 Report:  
<https://www.militaryfamily.org/the-military-teen-experience/>

National Institute of Mental Health:  
<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/> 1-800-273-8255

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Society for Adolescent Health and Medicine: Mental Health resources for parents:

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>

VA's Veteran Training portal: Help with everyday challenges, apps for veterans and a telemental health program. <https://www.va.gov/health-care/health-needs-conditions/mental-health/>

Tricare Mental Health Care: <https://www.tricare.mil/mentalhealth>

VA's Veteran Training portal: Help with everyday challenges, apps for veterans and a telemental health program. <https://www.va.gov/health-care/health-needs-conditions/mental-health/>

## Videos

- Talking with Your Teen About Mental Health  
<https://www.youtube.com/watch?v=SIMtfTFzcC8>
- You Matter to Your Teen's Healthy Development: Don't Believe Anything That Suggests You Don't  
<https://www.youtube.com/watch?v=uIWwhDiGoxs>
- I'm Fine: Teen Depression PSA: [https://www.youtube.com/watch?v=8g\\_kA2soW0o](https://www.youtube.com/watch?v=8g_kA2soW0o)
- Mental Health in Adolescence from World Health Organization (WHO):  
<https://youtu.be/HMRaun9yRWk>
- Teens and Risk Taking from The National Academies of Sciences, Engineering, and Medicine: <https://youtu.be/kh4-R9xFAys>
- Stress Management and Coping Plan: Managing Emotions from Center for Parent & Teen Communication: <https://youtu.be/jKnpHRI-vOg>

## MCEC<sup>®</sup> Resources

- *SchoolQuest*<sup>™</sup> is an interactive tool, specially designed to support highly mobile military-connected parents & students: <https://schoolquest.militarychild.org>
- Military Student Consultants: This program is the portal for all questions student and parent related. You can submit your specific questions concerning transition barriers and receive specialized support. To contact a Military Student Consultant, email [msc@militarychild.org](mailto:msc@militarychild.org)
- The MCEC<sup>®</sup> podcast series covers an array of informative and important topics with guests from all walks of life. Visit [Podbean](#), [Google Playstore](#), or [iTunes](#)

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**MCEC**<sup>®</sup>  
Parent Support

Mental and Behavioral Health: Personal Toolbox

### MCEC<sup>®</sup> Parent Support Resources

- Find other MCEC<sup>®</sup> Parent Support [webinars](#) related to this topic on our official website [MilitaryChild.org](https://www.militarychild.org)
- Contact your local Parent Support team for workshops offered in your community: <https://www.militarychild.org/programs/parent-to-parent>
- If you have any questions, please don't hesitate to reach out to: [Parents@MilitaryChild.org](mailto:Parents@MilitaryChild.org)

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