Resiliency Promotion Programs for School-Aged Children of Military Members
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Purpose
Evaluate resiliency promotion programs available to school-aged children of military members prior to parental deployment

Method
Declerq et al. population-based assessment, modified by Morgan and Bibb (2011)

Formulate question and define problem
Review literature
Existing resources defined
Question refined
Data synthesis to identify gaps
Present results

What is Resiliency?
Resiliency is an outcome after experiencing stress and having the ability to cope

Key Components of Resiliency:
Believing in oneself
Belief in own ability to succeed
Overcoming trauma
Coping with challenges

Resiliency Promotion Programs Reviewed

Project FOCUS
Program Summary
In 8 sessions, parents and children individually construct narratives, develop skills, and practice communication
Program Aims
To reduce negative impact of deployment on children and parents
Program Efficacy
Evaluation shows increase in prosocial behaviors and coping strategies

School Behavioral Health
Program Summary
Mental health professionals embedded in military-connected schools
Program Aims
Engagement, collaboration, support, and empowerment of children and families connected to the Army
Program Efficacy
No evaluation in literature

Operation Purple Camp
Program Summary
One week free camp for military-connected children
Program Aims
Increase children’s feelings of pride and positive self image related to parent’s serving in military
Program Efficacy
Pilot study shows improvement in children’s global self-worth

Child Parent Relationship Therapy
Program Summary
In 10 sessions, parents learn skills that positively impact how they interact with their children
Program Aims
Empower parents to be therapeutic with their children and have positive long-term relationships
Program Efficacy
Pilot study found marked improvement in parent child relationships and a reduction in behavioral problems

Challenges Experienced by Children of Military Members
• Military life: Frequent relocation, parental changing roles, parental deployment
• With parental deployment: increased distress, chronic stress, lacking a supportive adult, increased behavioral and emotional problems

Conclusions
• Resiliency promotion programs exist, but do not target children prior to deployment
• Intervention prior to deployment results in better outcomes for children and families
• Existing programs have poor evaluation methods in place for determining efficacy
• Project FOCUS shows promise for targeting school aged children of military members prior to deployment
• Only Project FOCUS was psychometrically tested and validated

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