

Military Youth Coping with Separation: When Family Members Deploy

Thank you for taking the time to view the enclosed video program designed specifically for older children and adolescents as they face military deployment in their family. This product was developed by military pediatricians and adolescent medicine specialists to help military youth understand that they are not alone as they experience family separation. It also provides tools for young people to use to begin to understand and cope in healthy ways with their feelings and emotions related to a military deployment. The video program utilizes the cutting edge concepts of psycho education and youth centeredness in order to emphasize prevention and resilience whenever possible.

The American Academy of Pediatrics provided initial funding to develop this collaborative program and remains concerned about the emotional health of all children and the short and long-term effects of military deployment on children. The United States Army Medical Command provided funding to enhance, reproduce, and distribute the program and continues to proactively address the important needs of military Families. Military children are strong and resilient. Most will do just fine with their family deployment experience, but many will be emotionally affected in some way and will need little more than genuine community understanding and support of their unique situation.

The video is narrated by Cameron, a teen who experienced family deployment and takes the audience through multiple interviews with older children and teens who have also experienced separation during deployment. The interviews are candid and capture the true feelings and coping strategies of military youth. The video accentuates the inherent resiliency of military children and thanks them for their personal service and sacrifice to the Nation.

Also included on the DVD are a facilitator's guide and a military youth stress management plan. Special bonus sections feature candid interviews with parents and youth serving professionals as they discuss their challenges and successes parenting and caring for military children. For further information about this product's development and more resources, visit the AAP Military Youth Deployment Support Website at <http://www.aap.org/sections/unifserv/deployment/index.html> and the Army Behavioral Health Website at <http://www.behavioralhealth.army.mil/families/index.html>