

Magellan
FEDERAL



Webinar Series Presents:

CONNECTING WITH MILITARY CHILDREN:
COUNSELING TECHNIQUES
FOR SUCCESS



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Magellan FEDERAL

We inspire healthier, more productive communities by delivering innovative, total well-being solutions to the Federal Government, military personnel, government employees, and their families.



Meet Our Speakers



PAUL TARABORELLI

*Child and Youth
Behavioral Director*



KEIONNA BAKER

*Clinical Project
Manager*



SUSAN TROTMAN

Regional Supervisor



Agenda

- ✓ PERMANENT CHANGE OF STATION
- ✓ DEPLOYMENT
- ✓ MILITARY CULTURE
- ✓ Q&A



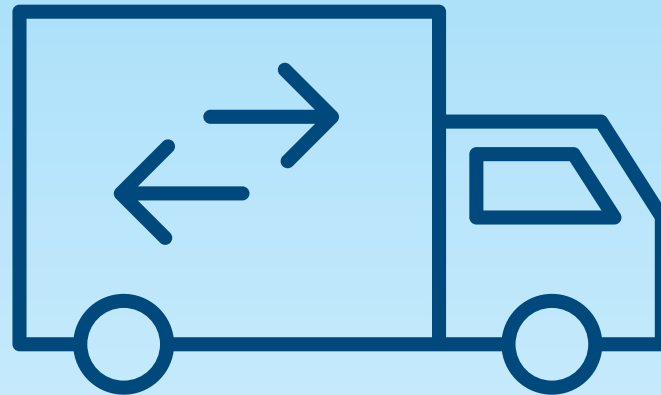
Permanent Change of Station

SUSAN TROTMAN, REGIONAL SUPERVISOR



PCS Moves...

Notification – You have
received “official” orders
(timeframes vary)



Plan Your Move...



Where are you going?



Moving Process



Schedule an appointment – Family center



Make a check List



Keep out important items, documents, IEPs



Talk with Family/Geo – Bachelor?



Live on base or off base?

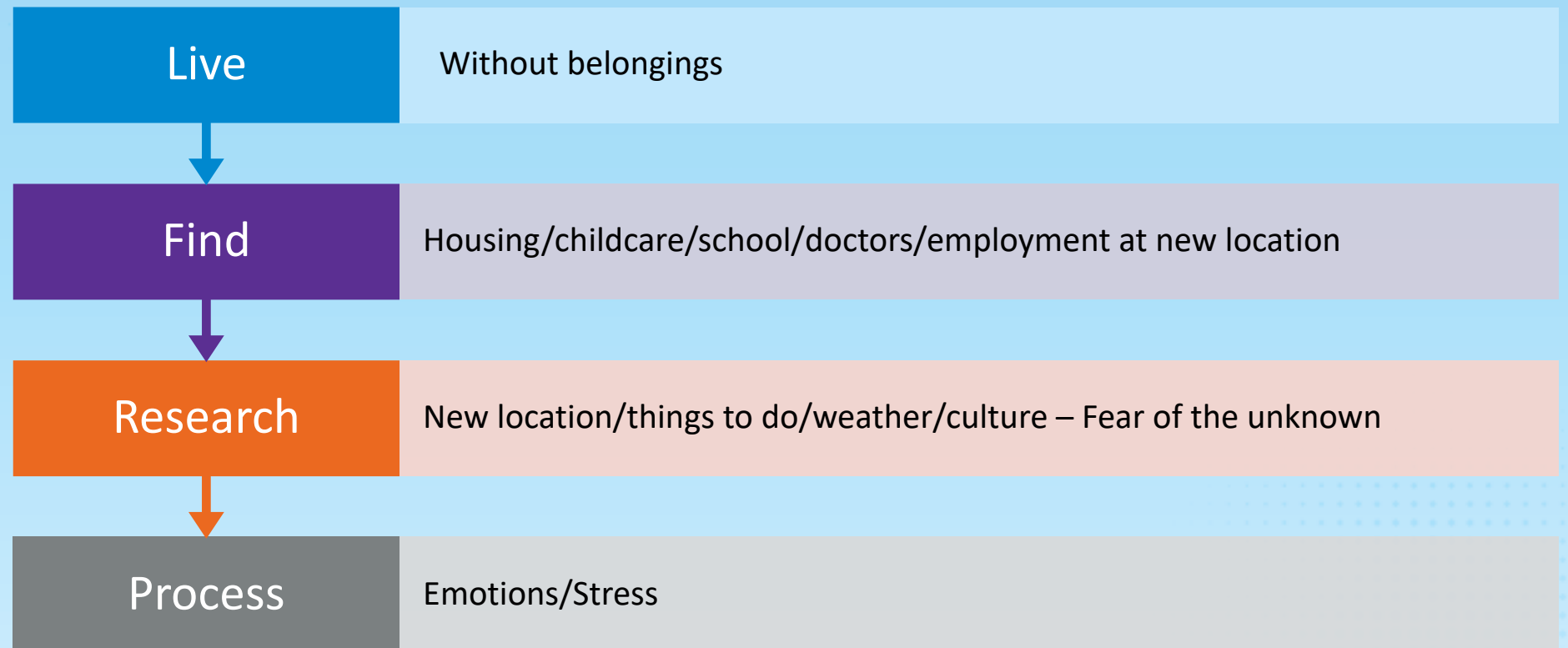


Pets?



Special needs, accommodations

During the Move...



NEW LOCATION CHALLENGES

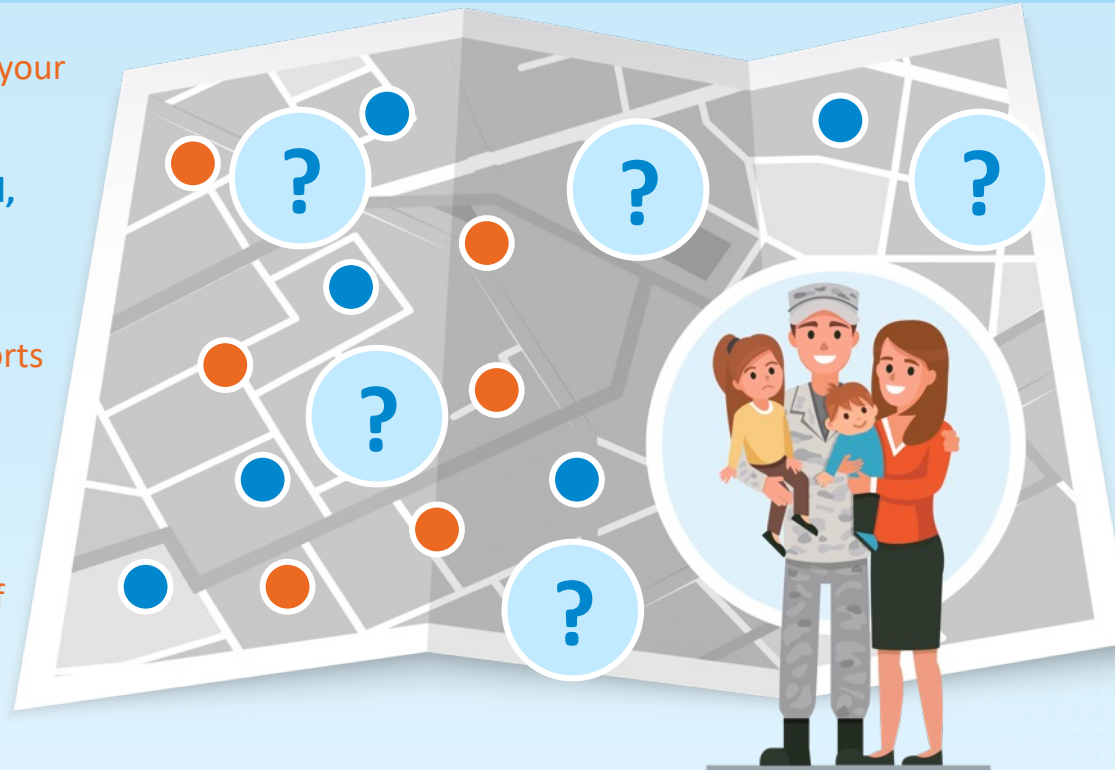
Hotel: Living without your home goods

Begin at a new school, middle of the year, different curriculum

Finding new club, sports teams

Limited to no family support

Emotions – Packets of information



Service member working and/or gone

Finding **employment**

Unpacking: What's broken/what's lost?

Trying to **fit in**

Finding supports (churches/family groups)

Navigating unfamiliar areas

Social Media

STRESSES OF GETTING SETTLED

Establishing a home

Making friends, support system

Making the school sports team

Feeling comfortable

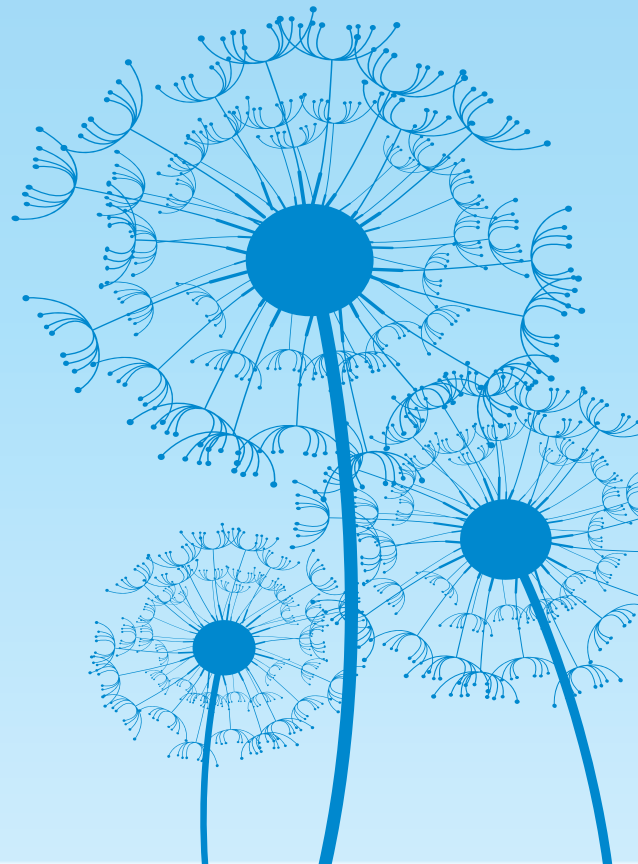
Finding doctors and resources

Becoming familiar with the
area, favorite spots

Time to PCS again....



Process starts over....



Deployment

KEIONNA BAKER, CLINICAL PROJECT MANAGER



Preparation

Pre-Deployment Preparation



- Employ age-appropriate strategies for separation
- Equip children with coping strategies and resources
- Create milestones for understanding duration

Involving Teenagers



- Engage adolescents in discussions and planning
- Facilitate understanding of deployment location
- Exchange keepsakes to maintain connection

Communication Strategies



- Establish well-defined communication plans.
- Ensure family affairs are in order.
- Create bonding rituals for connection

Impact On:

Young Children



- Behavioral problems like tantrums and aggression
- Problematic attachment behaviors and internalizing symptoms
- Increased medical visits during deployment

School-Aged Children



- Anxiety symptoms and social adjustment struggles
- Internalizing symptoms like loneliness and stress
- Externalizing symptoms: Including hyperactivity and aggressiveness

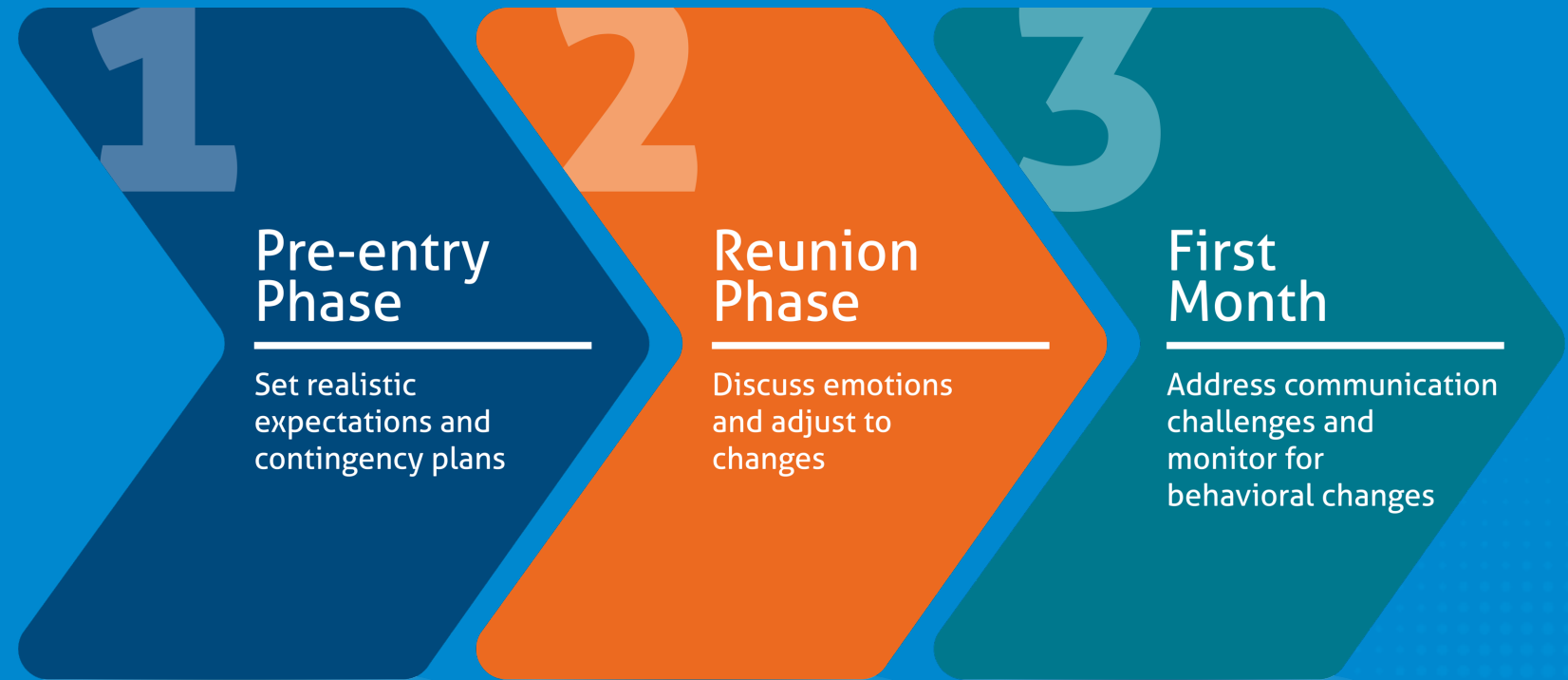
Teens



- Emotional difficulties and academic declines
- Higher risk of depression and suicidal thoughts

Reintegration

PLANNING FOR REINTEGRATION PHASES



Reintegration

SUPPORT STRATEGIES

- Plan reunion activities and provide opportunities for expression
- Understand and adapt to changes in schedule and personality
- Prioritize these strategies to facilitate successful reintegration



Military Culture

PAUL TARABORELLI, CHILD AND YOUTH BEHAVIORAL DIRECTOR



Overview of trends and supportive counseling interventions regarding military culture



Military Family
Culture



Military School
Culture



Military Community
Cultures



Military Culture of
Opportunities

Key Takeaways

COUNSELING TIPS

Activities

- Use transition objects
- Visual cues (calendars, maps)
- Prerecorded messages
- Child-focused projects (pictures, journals)
- Media (music, movies)
- Create peer connections

Environment

- Create a safe space
- Explore emotions
- Acknowledge feelings
- Use a military lens
- Emphasize the importance of communications

Resources

- Military One Source: <https://www.militaryonesource.mil>
- Military Child Education Coalition: <https://www.militarychild.org>
- Zero to three: <https://www.zerotothree.org/our-work/military-families>
- Sesame Street/military: <https://sesameworkshop.org/topics/caregiving>
- Academy of Pediatrics: <https://www.aap.org/en/patient-care/military-families-and-deployment>
- Strong Families String Forces: <https://www.nctsn.org/resources/strong-families-strong-forces-program-support-military-families-young-children>
- Yellow Ribbon/Strong Bonds: <https://www.yellowribbon.mil>
- Installation Family Resource Center: <https://www.militaryonesource.mil/parenting/family-life/military-family-readiness-system>
- Deployed Love: <https://www.deployedlove.org>

**Resource list available in PDF format to be sent after webinar*

Q&A





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