



# thrive

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## Resources to THRIVE

### Online Family Support



## A THRIVE Parenting Resource

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## Thrive Initiative Overview

The Thrive Initiative is designed to empower parents from the birth of their children until their children are 18 years old. Thrive includes four age-specific programs: Take Root (0 to 3 years), Sprout (3 to 5 years), Grow (5 to 10 years), and Branch Out (10 to 18 years).

Thrive Initiative Program Areas			
Universal Parenting Programs			
Take Root	Sprout	Grow	Branch Out
Infants (0 to 6 months)	Preschool (3 to 5 years)	Grades K – 5 (5 to 10 years)	Grades 6 – 12 (10 to 18 years)
Infants (6 to 12 months)			
Infants & Toddlers (1 to 3 years)			

Each Thrive program guides parents as they learn and use parenting skills that are based on science, so they can encourage positive youth development and resiliency across their child's lifespan. The Initiative focuses on three topic areas: 1) positive parenting practices, 2) parent and child stress management, and 3) strategies for promoting child physical health.



For more information, contact:  
[thrive@psu.edu](mailto:thrive@psu.edu) or 1-877-382-9185  
[thrive.psu.edu](http://thrive.psu.edu)

## General Parenting Resources

### Center for Effective Parenting:

This Center presents parents with information about parenting and helpful tips and skills. It provides training, service, and research to facilitate the healthy growth and development of children.

Website: <http://parenting-ed.org/for-parents/>

### Center for Parent Information and Resources (CPIR):

The CPIR provides contact information and resources for the federally funded Parent Training and Information Centers (PTIs) and Community Parent Resource Centers (CPSCs) that serve families of children with disabilities in the community. Centers provide families with an array of information, including information on their child's disability, early intervention, school services, therapy, local policies, and transportation.

Website: [www.parentcenterhub.org](http://www.parentcenterhub.org)

### Early Head Start:

The Office of Head Start (OHS) centers on young children from low-income families and promotes school readiness through local programs. Head Start and Early Head Start programs support the mental, social, and emotional development of children from birth to age 5.

Website: <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc>

### Penn State Extension:

This site is presented by the Better Kid Care program at The Pennsylvania State University. It provides publications, newsletters, a childcare guide, school success strategies, and resources for healthy nutrition and feeding practices.

Website: <http://extension.psu.edu/youth/betterkidcare/parents-families>

## Advocacy and Prevention Resources

### American Professional Society on the Abuse of Children:

The American Professional Society on the Abuse of Children (APSAC) is a nonprofit national organization dedicated to the education and dissemination of evidence-based practices and principles that meet the needs of professionals engaged in all aspects of services for maltreated children and their families.

Website: <http://www.apsac.org/>

### Child Welfare Information Gateway:

Child Welfare Information Gateway provides comprehensive information and resources to help protect children and strengthen families by connecting child welfare professionals, related professionals, and the public to information, resources, and tools on a variety of topics, such as child abuse and neglect, prevention, foster care, adoption, and prevention.

Websites: <https://www.childwelfare.gov/can/> and  
<https://www.childwelfare.gov/preventing>

Phone: 1-800-394-3366

### National Center for Missing & Exploited Children:

The National Center for Missing & Exploited Children (NCMEC) serves as the nation's clearinghouse on issues related to missing and sexually exploited children. They are the leading non-profit organization in the United States that provides assistance to law enforcement and families in finding missing children, reducing child sexual exploitation, and preventing child victimization.

Website: <http://www.missingkids.com/home>

Phone: 1-800-THE-LOST (1-800-843-5678) (24/7)

### National Children's Advocacy Center (NCAC):

The NCAC is based in Huntsville, Alabama, and serves individuals throughout the United States and internationally through their online trainings. Trainings cover a variety of topics that teach professionals and non-professionals how to recognize and support endangered children.

Website: <http://www.nationalcac.org/>

Phone: (256)-533-5437 (8:30am-5:00pm)

### Advocacy and Prevention Resources

#### National Sexual Violence Resource Center (NSVRC):

The NSVRC provides resources and information on the prevention, intervention and response to sexual violence through collaborating with professionals, sharing resources, and promoting research.

Website: <http://www.nsvrc.org/>

#### Prevent Child Abuse America:

Prevent Child Abuse America works to ensure the healthy development of children nationwide. The organization has a network of chapters in all 50 states and nearly 600 Healthy Families America home visiting sites across 39 states, the District of Columbia, American Samoa, Guam, the Northern Commonwealth of Marianas, Puerto Rico, U.S. Virgin Islands, and Canada. The organization focuses on promoting evidence-based practices that prevent abuse and neglect and advocates for a national policy framework and strategy for children and families.

Website: <http://www.preventchildabuse.org/index.php>

## Call Centers, Hotlines, and Websites

### Child Abuse

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#### Child Help: Prevention and Treatment of Child Abuse:

Website: <http://www.childhelp.org/>

Phone: 1-800-4-A-CHILD (24/7) or (1-800-422-4453)

### Dating & Domestic Violence

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#### National Domestic Violence Hotline:

Website: <http://www.thehotline.org/>

Phone: 1-800-799-7233 (24/7)

#### RAINN: Rape, Abuse and Incest National Network:

Website: <https://rainn.org/>

Phone: 1-800-656-4673 (24/7)

Live Chat: <https://ohl.rainn.org/online/> (24/7)

### Food Banks

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#### Feeding America:

Website: <http://www.feedingamerica.org/find-your-local-foodbank/>

#### Why Hunger: Find Food:

Website: <http://www.whyhunger.org/findfood>

### Heating Assistance

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#### Home Energy Assistance (LIHEAP):

Website: <http://www.acf.hhs.gov/programs/ocs/programs/liheap>

## Call Centers, Hotlines, and Websites

### Reproductive Health

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#### Women's Health.gov:

Website: <http://www.womenshealth.gov/mental-health/hotlines/>

#### CDC — Reproductive Health:

Website: <http://www.cdc.gov/reproductivehealth/>

### Suicide Prevention

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#### National Suicide Prevention Lifeline:

Website: <http://www.suicidepreventionlifeline.org/>

Phone: 1-800-273-TALK (8255) (24/7)

Live Chat: <http://www.suicidepreventionlifeline.org/>

Facebook: <https://www.facebook.com/800273TALK>

Twitter: <https://twitter.com/800273TALK>

### Other Hotline Resources

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#### Do Something:

Website: <https://www.dosomething.org/tipsandtools/hotlines>

#### Disaster Distress Helpline:

Website: <http://disasterdistress.samhsa.gov/>

Phone: 1-800-985-5990 (24/7)

Text: "TalkWithUs" to 66746

TTY for Deaf/Hearing Impaired: 1-800-846-8517

Facebook: <https://www.facebook.com/distresshelpline>

Twitter: <https://twitter.com/distressline>



## Community-Based Resources and Services

### Children and Youth Support

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#### Big Brothers Big Sisters of America: Enroll a Little:

Find your local Big Brothers Big Sisters agency.

Website: [http://www.bbbs.org/site/c.9iILl3NGKhK6F/b.5962347/k.9063/Enroll\\_a\\_Little.htm](http://www.bbbs.org/site/c.9iILl3NGKhK6F/b.5962347/k.9063/Enroll_a_Little.htm)

#### Boys & Girls Clubs of America: Find a Club Near You:

Find your local club and view the program offerings and daily activities for children.

Website: <http://www.bgca.org/whoweare/Pages/FindaClub.aspx>

#### National Farm to School Network:

Learn about and get involved in state efforts to bring locally grown foods to schools.

Website: <http://www.farmtoschool.org/our-network>

### Parenting Support

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#### ChildCare Aware: State by State Resources for Families:

Find resources to assist in identifying quality child-care in your state.

Website: <http://www.childcareaware.org/node/1405>

#### Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD):

Find local Attention-Deficit Hyperactivity Disorder programs and services.

Website: <http://www.chadd.org/>

### Community-Based Resources and Services

#### The Maternal & Child Health Library (MCH Library):

Provides links to several different search tools that connect families with local, state, and national resources to address various child and family needs.

Website: [http://www.mchlibrary.info/KnowledgePaths/kp\\_community.html](http://www.mchlibrary.info/KnowledgePaths/kp_community.html)

#### National Parent Helpline—State Resources:

Browse by state for various agencies that support parents.

Website: <http://www.nationalparenthelpline.org/find-support/state-resources>

#### Support for Parenting Children with Disabilities or Special Needs

#### Easter Seals:

Find a local Easter Seals affiliate (support for children with autism and other disabilities and/or special needs).

Website: <http://www.easterseals.com/connect-locally/>

#### National Down Syndrome Society (NDSS) - Local Support:

Find a local NDSS affiliate.

Website: <http://www.ndss.org/Resources/Local-Support/>

#### Support for Families of Children with Disabilities:

Provides links to different search tools that connect families of children with disabilities with relevant state-based resources.

Website: <http://www.supportforfamilies.org/>

#### Technical Assistance Alliance for Parent Centers:

Search the list of federally funded Parent Centers, which provide support and technical assistance to parents of children with disabilities.

Website: <http://www.taalliance.org/ptidirectory.html>

### Community-Based Resources and Services

#### Parent and Family Well-Being Support

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##### Alzheimer's Association: Caregiver Support Groups:

Search for your local Alzheimer's Association Chapter, which provides support groups for caregivers of individuals with Alzheimer's or Dementia and other services.

Website: <https://alz.org/care/alzheimers-dementia-support-groups.asp>

##### The Compassionate Friends (TCF): Chapter Locator:

TCF serves families who have suffered the death of a child. This site includes a search for local TCF chapters and the national TCF line, which parents can call for support and resources.

Website: [http://www.compassionatefriends.org/Find\\_Support/Chapters/Chapter\\_Locator.aspx](http://www.compassionatefriends.org/Find_Support/Chapters/Chapter_Locator.aspx)

##### Homelessness Resource Center:

Search for state-based resources for support when faced with homelessness for any reason, including as the result of a natural disaster.

Website: <http://homeless.samhsa.gov/resource/localresources.aspx>

##### Postpartum Support International (PSI):

Find the PSI Coordinator for your state and other area resources, such as support groups, telephone support, local events, trainings, and volunteer opportunities.

Website: <http://www.postpartum.net/Get-Help/Support-Resources-Map-Area-Co-ordinators.aspx>

## Education Resources

### U.S. Department of Education, Parents Page:

This is the official site of the U.S. Department of Education. It provides several resources for parents, including information on early childhood education, special education, helping one's child read and learn, and paying for college. Parents can navigate to the homepage for the U.S. Department of Education to find more information on the agency's mission, federal education laws and policies, and student loans.

Website: <http://www2.ed.gov/parents/landing.jhtml>

### Family Education:

Family Education provides parents with grade-specific information about their children's school experience, strategies to get involved with their children's learning, free email newsletters, and fun and entertaining family activities.

Website: <http://www.familyeducation.com/>

### Get Ready to Read! (GRTR):

GRTR is one of the National Center for Learning Disabilities' family of websites. It provides support to educators, parents, and young children in the development of early literacy skills and offers ways to address concerns.

Website: <http://www.getreadytoread.org/>

### NAEYC for Families:

The National Association for the Education of Young Children (NAEYC) is the world's largest organization that works on behalf of young children. Their website provides information for parents, including tips for selecting quality child care or preschool programs for their children.

Website: <http://families.naeyc.org/>

### Reading is Fundamental (RIF):

RIF is the largest children's literacy organization in the United States. The site contains several resources to help parents engage their children in reading, including activities, booklists, and articles. Resources are also available in Spanish.

Website: <http://www.rif.org/>

## Education Resources

### Reading Rockets:

Reading Rockets is a national multimedia literacy initiative that offers information and resources on how young children learn to read; why so many struggle; and how caring adults, including parents, can help.

Website: <http://www.readingrockets.org/>

### YourChild—Getting Involved in Your Child's Education:

YourChild, a project of the University of Michigan, is a clearinghouse for comprehensive, evidence-based information on children's development and behavior. The Getting Involved in Your Child's Education page discusses the importance of parents' involvement and how to be involved and links to additional resources to guide parents in supporting their child's education.

Website: <http://www.med.umich.edu/yourchild/topics/educate.htm>

## Health Resources

### Centers for Disease Control and Prevention (CDC):

The CDC website provides information applicable to all members of the family on topics, including healthy living, diseases and conditions, travelers' health, and emergency preparedness.

Website: <http://www.cdc.gov/>

### HealthyChildren.org:

HealthyChildren.org is a website for parents sponsored by the American Academy of Pediatrics. It provides information and resources to support children's physical, mental, and social health and well-being. Topics include child development, healthy living, safety, family life, and health issues.

Website: <http://www.healthychildren.org/English/Pages/default.aspx>

### Healthfinder.gov:

Healthfinder.gov is administered by the U.S. Department of Health and Human Services. It provides information on a wide range of health topics that are selected from approximately 1,400 government and non-profit organizations. The "myhealthfinder" tool allows the user to conduct a targeted search for information for himself or herself, someone else, or a child.

Website: <http://www.healthfinder.gov/>

### KidsHealth:

KidsHealth provides families with information on physical, emotional, and behavioral issues that affect children and teens. It features separate portals tailored specifically towards parents, children, teens, and educators. Information presented throughout the site can also be viewed in Spanish.

Website: <http://kidshealth.org/>

### Mayo Clinic—Patient Care and Health Information:

The Patient Care and Health Information page of the Mayo Clinic's website provides information for all family members on living a healthy lifestyle, diseases and conditions, symptoms, tests and procedures, medical drugs, and supplements. Information on children's health is tailored towards specific developmental stages.

Website: <http://www.mayoclinic.org/patient-care-and-health-information>

## Family Fun Resources

### All For Good:

Search by keyword or browse by interest area to find volunteer opportunities in your local community for you and your family to participate in together.

Website: <http://www.allforgood.org/search/>

### Disney Family:

Disney Family features many different types of activities for families to enjoy doing together. These include printable activities and games, recipes and food art, and craft ideas.

Website: <http://family.disney.com/>

### FamilyFun—The Parents Network

This website is an extension of Family Fun Magazine. It provides suggestions for activities, crafts, vacations, entertainment, and holidays.

Website: <http://www.parents.com/familyfun-magazine/>

### Funology:

Funology provides parents with ideas to inspire and entertain their children offline. The site includes activity ideas for arts and crafts, science experiments, magic tricks, games, jokes and riddles, trivia, and recipes children can make.

Website: <http://www.funology.com/>

### Funbrain:

Funbrain provides educational games, online books, and comics geared towards children in preschool through 8th grade. The Playground section of the site is designed to help parents introduce young children to the use of a computer mouse and keyboard.

Website: <http://www.funbrain.com/>

### Great Websites for Kids:

Great Websites for Kids lists many different fun and educational websites geared toward children through age 14, and it has been deemed exemplary by the Association for Library Service to Children.

Website: <http://gws.ala.org/>

## Family Fun Resources

### The Mint:

The Mint provides tips and activities to help parents and educators teach children to manage money wisely and develop good financial habits. Parts of the site are designed for children and parents to work together to learn valuable lessons about money; older children and teens can navigate these sections independently, if desired.

Website: <http://www.themint.org/index.html>

### PBS Parents:

Explore the Fun & Games page for many different types of fun games and activities for children. The activities are designed to foster early learning and child development. The broader site also includes birthday party planning tips; recipe ideas; and information for parents on child development, education, and healthy living.

Website: <http://www.pbs.org/parents/>

### Seussville:

Seussville is the official website for the works of Dr. Seuss. The site features many different games and interactive activities centered around classic Dr. Seuss works. Children can explore the site alone or with their parents.

Website: <http://www.seussville.com/>

### UpToTen:

UpToTen hosts over 1000 online games for children through age 10. The site aims to promote early-learning and develop children's internet literacy and computer use skills. A version with no advertisements is available for a fee.

Website: <http://uptoten.com/>

### VolunteerMatch.org:

Search by keyword or browse by interest area to find volunteer opportunities in your local community for you and your family to participate in together.

Website: <http://www.volunteermatch.org/>



### Military-Based Youth, Family, and Community Programs and Services

\*To see which programs are available at your specific installation or to view installations nearest to your location, please visit <http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0>

#### Service-Wide

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##### The Exceptional Family Member Program:

EFMP is a mandatory enrollment program that works with military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to families with special needs.

Websites for Service-wide: <http://www.militaryonesource.mil/web/mos/exceptional-family-member>

##### The Family Advocacy Program (FAP):

FAP works to prevent domestic abuse and child abuse and neglect through education and awareness programs for all members of the military community.

Website: [http://www.militaryonesource.mil/phases-military-leadership?content\\_id=266712](http://www.militaryonesource.mil/phases-military-leadership?content_id=266712)

##### New Parent Support Program (NPSP):

Active duty Service members and their spouses who have or are expecting a baby may participate in NPSP. The program offers a variety of services including home visitation, parenting education, and other services to help young families provide a safe and nurturing environment for their children.

Website: <http://www.militaryonesource.mil/web/mos/-/the-new-parent-support-program>

### **Military-Based Youth, Family, and Community Programs and Services**

#### **Yellow Ribbon Reintegration Program (YRRP):**

The YRRP is a Department of Defense-wide effort to promote the well-being of National Guard and Reserve families and communities by connecting them with resources throughout the deployment cycle. Through YRRP events, Service members and loved ones connect with local resources before, during, and after deployments. Service members and their families attend YRRP events where they can access information on health care, education/training opportunities, and financial and legal benefits.

**Website:** <http://www.yellowribbon.mil/index.php?Itemid=0>

**Phone:** 1-866-504-7092

#### **Army-Wide**

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#### **ACS Army Family Team Building (AFTB):**

AFTB is a series of training modules taught through Army Community Service (ACS) or Family Program's office that cover a variety of topics to promote and enhance personal growth and leadership skills for the purpose of improving individual and family preparedness and adaptation. For specific information, visit the website or contact your local ACS center.

**Website:** <https://www.myarmyonesource.com/familyprogramsandservices/familyprograms/armyfamilyteambuilding/default.aspx>

#### **ACS Soldier Family Assistance Center (SFAC):**

SFACs aim to facilitate physical, spiritual, and mental healing for warriors in transition and their families. SFACs are comprehensive, centralized coordinating offices that are located near most Warrior Transition Units (WTUs). These centers assist wounded, ill, and injured Soldiers and their families with administrative and personal needs during their stay at the WTU. See below for the Warrior Transition Command contact information. For specific information, visit the website or contact your local ACS center.

**Website:** <http://wct.army.mil/modules/family%20and%20caregivers/f6-assistance.html>

**Phone:** (703) 428-7118

### **Military-Based Youth, Family, and Community Programs and Services**

#### **Child, Youth and School Services (CYSS):**

CYSS offers quality programs for children, youth, and students to support the Army Family Covenant by reducing the conflict between mission readiness and parental responsibility. CYSS offers a range of programs to meet family and parental needs, such as daycare programs (on Garrisons and in your local community), school-age services, online tutoring, teen programs, in-home childcare, and youth sports. CYSS also works in partnership with other Army Community Service (ACS) programs to provide youth sponsorship, youth employment services, youth leadership, and child and youth camp programs. For specific information, visit the website or contact your local ACS center.

**Websites:** <https://www.armymwr.com/programs-and-services/family-assist> and <http://www.myarmyonesource.com/chilyouthandschoolservices/default.aspx>

#### **Family Readiness Groups (FRGs):**

FRG's are an official command-sponsored organization of family members, volunteers, and Soldiers belonging to a unit. FRG's collaborate and provide an avenue of mutual support and assistance and a network of communication among family members, leadership, and community resources. For specific information, visit the website or contact your local Army Community Service center.

**Website:** <https://www.armyfrg.org/skins/frg/home.aspx>

#### **Strong Bonds (Family, Couples, and Singles):**

Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army family. The program aims to increase readiness through relationship education and skills training. For specific information on Strong Bonds programs in your area, contact your Office of the Chief of Chaplains.

**Website:** <http://www.strongbonds.org/skins/strongbonds/home.aspx>

### **Military-Based Youth, Family, and Community Programs and Services**

#### **Survivor Outreach Services (SOS):**

The SOS program is executed as a one Army centralized program delivered through Active Component, National Guard, and Army Reserve Capabilities. The program and services are provided to survivors of the fallen regardless of the fallen member's duty status or component. Services are provided to survivors for as long as they desire. These services provide access to support and information (e.g., benefits and financial) and connect families to resources nearest to their homes. While the program does not actively outreach to Services outside the Army, they will provide services to survivors of fallen members of all military branches if contacted.

**Websites:** <http://www.sos.army.mil/> and <https://www.myarmyonesource.com/familyprogramsandservices/familyprograms/survivoroutreachservices/default.aspx>

**Phone:** 1-855-707-2769

#### **Victim Advocacy Program:**

The Victim Advocacy Program provides comprehensive assistance and support to victims of domestic abuse and sexual assault. Services are provided 24 hours a day 7 days a week and include the following: crisis intervention, safety planning, assistance in securing medical treatment, legal assistance, and safe shelters.

**Website:** <https://www.armymwr.com/programs-and-services/personal-assistance/family-advocacy>

### **Specific to Army National Guard and/or Army Reserve**

#### **Family Program Training:**

The Army Reserve Family Program Training (ARFP) provides relevant and responsive quality-of-life training programs and services to Command Teams, Soldiers, families and volunteers, and new Family Programs staff in support of the readiness of Army Reserve Soldiers and the resilience of their families.

**Website:** <http://www.arfp.org/>

### **Military-Based Youth, Family, and Community Programs and Services**

#### **Army Strong Community Centers (ASCC)**

The ASCCs are a service delivery model designed to provide continuity of support to Army Reserve (AR) Soldiers and families and to fill gaps in services in the geographically separated communities where they live. ASCCs operate in partnership with federal, state, and local agencies; the Veterans Affairs; and developed employer and community partnerships.

**Website:** <http://www.arfp.org/>

### Government and Non-Government Military Resources

#### Family Support and Parenting Resources (Military-Specific)

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##### American Academy of Child and Adolescent Psychiatry—Military Families Resource Center

The Military Families Resource Center provides an array of resources to promote the health and well-being of military families. Information is concise and up-to-date on issues that affect children, teenagers, and their families to support their resiliency throughout the deployment cycle.

Website: [http://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Military\\_Families\\_Resource\\_Center/Home.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Military_Families_Resource_Center/Home.aspx)

##### American Red Cross

American Red Cross offers a variety of services for military families online and within the community: Emergency Communication Services, Financial Assistance, Information and Referral Services, Deployment Services, and Services for Veterans.

Website: [www.redcross.org/find-help/military-families](http://www.redcross.org/find-help/military-families)

*\*Special opportunities to provide support and enhance resiliency.*

##### Armed Services YMCA

The Armed Services YMCA aims to make the military life easier by providing many different types of free or low-cost programs, including childcare, hospital assistance, spouse support services, food services, deployment support, emergency support, computer training classes, counseling, and youth development. There is a particular focus on junior enlisted military Service members and their families.

Website: [www.asymca.org](http://www.asymca.org)

##### Blue Star Families

Blue Star Families connects military families to resources, programs, and special opportunities to provide support and enhance resiliency.

Website: <http://bluestarfam.org/>

### Government and Non-Government Military Resources

#### Boys & Girls Clubs of America Military Partnership

The Boys & Girls Clubs of America and the U.S. Armed Forces have partnered to help children of military families face the unique challenges of military life by providing children of Service members with youth development programs and activities.

Website: <http://bgca.org/meetourpartners/Pages/MilitaryPartnership.aspx>

#### Career OneStop - Pathways to Career Success

Career Onestop provides help with Service members' transitions from military to civilian employment. Services include transition resources; career matching; educational assistance; and information about employment, wages, skills, and careers.

Website: <http://www.careeronestop.org/MilitaryTransition>

#### Childcare Aware of America – Military Programs

Childcare Aware of America is the nation's leading voice for child care, and it includes over 600 state and local child care resources and referral agencies nationwide. The agencies strive to ensure that 99 percent of all populated ZIP codes in the United States have access to high-quality, affordable child care.

Website: <http://www.naccrra.org/node/3090>

Phone: 1-800-424-2246

Text: "childcare" to 25827

#### Defense Suicide Prevention Office (DSPO)

As part of the Department of Defense's Office of the Under Secretary of Defense for Personnel and Readiness, the DSPO oversees all strategic development, implementation, centralization, standardization, communication, and evaluation of Department of Defense suicide and risk reduction programs, policies, and surveillance activities.

Website: <http://www.dspo.mil/>

### Government and Non-Government Military Resources

#### U.S. Department of Health and Human Services (Supporting Military Families)

The Department of Health and Human Services (HHS) is the U.S. government's agency to protect the health of all Americans and provide essential human services. HHS and its operating divisions offer a variety of resources and programs specifically designed to support military families.

Website: <http://www.hhs.gov/supportmilitaryfamilies.html>

#### eXtension- Interactive Learning Environment (Military Families Learning Network Webinars)

Military Families Learning Network Webinars are free and require no registration. They are flexible to allow participation on and off military installations. A variety of topics and resources are discussed that support military families and Service members. In addition, 4-H Programs and Operation: Military Kids are components of the eXtension's 4-H/Army Youth Development Project.

eXtension Website: <https://militaryfamilies.extension.org/webinars/>

4-H Military Partnerships Website: <http://4-hmilitarypartnerships.org/Operation>

Military Kids Website: <http://www.operationmilitarykids.org/public/home.aspx>

#### Military OneSource

Military OneSource is an all-in-one source of information and includes resources and services that are designed to empower and support military communities. Military OneSource is for Service members, family members, service providers, and Commands.

Website: [www.militaryonesource.mil/](http://www.militaryonesource.mil/)

Phone: 24/7 at (800) 342-9647



### Government and Non-Government Military Resources

#### National Military Family Association

The National Military Family Association is a non-profit organization dedicated to supporting the needs of military families through programs, resources, and benefit assistance. Topics for services include the following: comprehensive child care, accessible health care, spouse employment options, school/education, caring communities, secure retirement, and support for widows and widowers.

Website: <http://www.militaryfamily.org/>

#### Our Military Kids

Our Military Kids is a non-profit organization created to provide support and recognition to military children who are 5 years old through individuals in 12th grade of deployed National Guard and Reserve Service members and children of Wounded and Fallen Warriors from all branches of services. The organization provides grants to support programs for military children, educational grants, and resource referral and assistance.

Website: <http://www.ourmilitarykids.org/>

#### Parenting for Service Members and Veterans

This free online course is part of a coordinated public health initiative to help Veterans and Service members who are having difficulties. The course provides military and Veteran parents with information and strategies to improve their parenting skills. Built by the Department of Veterans Affairs (VA) Mental Health Services in partnership with the Department of Defense National Center for Tele health and Technology (T2), the program provides training and resources for military families.

Website: <https://www.veterantraining.va.gov/parenting/index.asp>

#### Sesame Street—Military Families

Talk, Listen, Connect: Sesame Street supports military families by offering strategies and resources to help children through the difficult periods of transition and separation, which accompany military service.

Website: <http://www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc/Military>

### **Government and Non-Government Military Resources**

#### **Families Near and Far**

Families Near and Far is a website where families can create, communicate, and stay connected.

Website: <https://www.familiesnearandfar.org/login/>

#### **The National Child Traumatic Stress Network (NCTSN) (Military and Veteran Families and Children)**

NCTSN provides military and Veteran families and children with training, education, research and resources that support their health and well-being.

Website: <http://nctsn.org/resources/topics/military-children-and-families>

#### **TRICARE**

TRICARE is the health care program for uniformed Service members (Active, Guard/ Reserve, Retired) and their families around the world.

Website: <http://www.tricare.mil/>

#### **United Service Organization (USO)**

The USO is a non-profit, private, non-governmental organization that recognizes troops and their families' service. USO offers a variety of programs and services designed to lift and strengthen resiliency in Service members and their families.

Website: [www.uso.org](http://www.uso.org)

#### **Zero to Three (Military Families Projects)**

Zero to Three supports military and Veteran families by increasing awareness and collaboration throughout military and civilian communities. Resources include the following: E-Learning Courses, informational sheets (downloadable), games, articles, books, and DVDs.

Website: <http://www.zerotothree.org/about-us/funded-projects/military-families/>

### Government and Non-Government Military Resources

#### Call Centers, Hotlines and Help Centers

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##### Fort Family Outreach and Support Center

The Army Reserve Fort Family Outreach Center serves as a gateway to Family Crisis Assistance. It connects geographically dispersed Service members and their families with targeted local community resources in times of crisis or need. Support is available 24 hours a day, 7 days a week, 365 days a year.

Website: <http://www.arfp.org/>

Phone: 1-866-345-8248

##### National Call Center for Homeless Veterans

The National Call Center for Homeless Veterans is a component service of the VA Caregiver Support from the U.S. Department of Veterans Affairs.

Website: <http://www.va.gov/homeless/nationalcallcenter.asp>

Phone: 1-877-4AID-VET (424-3838) (24/7)

##### National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline that is available to anyone in suicidal crisis or emotional distress.

Website: <http://www.suicidepreventionlifeline.org/>

Phone: 1-800-273-8255 (24/7) Press 1 for Military line

##### VA Caregiver Support

This organization intends to serve and honor the men and women who are America's Veterans through a variety of informational and support services for Veterans and their family members and includes the National Call Center for Homeless Veterans.

Website: <http://www.caregiver.va.gov/>

Phone: 1-855-260-3274

### Government and Non-Government Military Resources

#### Veteran, Active Duty/Reserve and Guard, and Family/Friend Crisis Line

The Military Crisis Line, online chat, and text-messaging service are offered free to all Service members, including the National Guard and Reserve and Veterans, even if you are not registered with the U.S. Department of Veterans Affairs (VA) or enrolled in VA health care. Confidential support is available 24 hours a day, 7 days a week, 365 days a year.

Website: <http://www.veteranscrisisline.net/resources/>

Phone: 1-800-273-TALK (8255) and Press 1 (24/7)

Text: 838255

#### Wounded Warrior Resource Center

Wounded Warrior Project is dedicated to honoring and empowering wounded Service members through interactive and high-quality engagement and programs for Service members and their families.

Website: <http://www.woundedwarriorproject.org/>

Phone: 1-888-WWP-ALUM (997-2586) or 1-904-405-1213 (M-F 9am-8pm EST)

Email: [resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org)

## Additional Resources

### Afterdeployment.org

This site provides information and resources on a variety of wellness topics that are relevant to the post-deployment period. Includes a tool to locate area providers.

Website: <http://afterdeployment.dcoe.mil/>

### United States Department of Defense

This is the official website for the U.S. Department of Defense.

Website: <http://www.defense.gov/>

### DoDLive

DoDLive is the blog maintained by the Department of Defense's official social media team, and it provides information about their missions and activities. The link below is directed to the blog page that focus on military families.

Website: <http://www.dodlive.mil/index.php/tag/families/>

### FOCUS: Family Resiliency Training for Military Families

FOCUS provides training to military couples, children, and families in core resilience skills. An online version and in-person version (in certain areas) of the program are available.

Website: <http://www.focusproject.org/>

### 4-H Military Partnerships

This partnership creates fun opportunities (e.g., camps) and provides support to military connected youth. From the main site, parents can link to their state Extension office and find Youth and Family camp schedules.

Website: <http://4-hmilitarypartnerships.org/>

### Home Base Program

The Red Sox Foundation and Massachusetts General Hospital have partnered to provide clinical and support services to Iraq and Afghanistan Service members, Veterans, and families throughout New England. A variety of educational materials are available for families and for professionals who serve military families.

Website: <http://www.homebaseprogram.org/general-information/about.aspx>

## Additional Resources

### Military Child Education Coalition (MCEC)

MCEC is a nonprofit that focuses on ensuring quality educational opportunities for military children. MCEC conducts research; offers conferences; and develops and publishes resources, including resources and programs for parents.

Website: [www.militarychild.org](http://www.militarychild.org)

Facebook: <https://www.facebook.com/MilitaryChild/>

### Military Community Youth Ministries (MCYM)

MCYM is a volunteer organization that provides faith-based programming in over 45 military communities CONUS and OCONUS.

Website: <http://www.mcym.org/>

### The Military Family Network

The website of the Military Family Network provides links to resources, programs, and other local supports for military families.

Website: <http://www.emilitary.org/>

### The Military Family Research Institute (MFRI) at Purdue University

The MFRI is an institute that conducts research and engages in outreach to support military families. The following links lead directly to several resources for military families hosted on the MFRI's website.

Website: <https://www.mfri.purdue.edu/publications/recommended.aspx>  
and <https://www.mfri.purdue.edu/publications/reports.aspx>

### Military Kids Connect (MKC)

MKC is an online community for military children, ages 6 - 17, that includes separate portals for children, tweens, and teens. The site features fun, interactive games; projects; and ways for children to share their experiences, learn about deployment and military life, and learn skills for coping with stress. A separate part of the site is devoted to parents and features resources and information on how to help children cope with difficult topics and how to talk with children about tough subjects.

Website: <http://militarykidsconnect.dcoe.mil/>

## Additional Resources

### Military Spouse Employment Program (MSEP)

Sponsored by the Department of Defense, the MSEP is a web-based, targeted recruitment and employment solution that connects military spouses seeking career opportunities with employers who are actively recruiting.

Website: <https://msejobs.militaryonesource.mil/>

### My Next Move for Veterans

This site provides interactive tools to help Veterans learn about their career options and explore their next move after completing their military service.

Website: <http://www.mynextmove.org/vets/>

### STOMP – Specialized Training of Military Parents (Family Members With Special Medical or Educational Needs)

STOMP is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special educational or health needs.

Website: <http://stompproject.blogspot.com/>

Facebook: <https://www.facebook.com/pages/STOMP-Specialized-Training-of-Military-Parents/374774324825>

### Substance Abuse and Mental Health Services Administration (SAMHSA) - Military Family Programs

This page provides information on SAMSHA's current efforts to support Veterans and military families; information on critical issues facing Veterans and military families; resources to support reintegration into civilian life; and grants, publications, and resources on Veterans and military families.

Website: <https://www.samhsa.gov/technical-assistance/smvf>

### Warrior Gateway

Connects Service members, Veterans, and their families with resources in their local community (military-specific and general resources for all families).

Website: <http://www.warriorgateway.org/>







**For more information, contact:**

**[thrive@psu.edu](mailto:thrive@psu.edu) or**

**1-877-382-9185**

**Access additional resources online:**

**[thrive.psu.edu](http://thrive.psu.edu)**

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FOR MILITARY FAMILY READINESS