



Children of Military Parents

For your convenience in finding behavioral health resources, the Missouri Department of Mental Health (DMH), in partnership with the Missouri Behavioral Health Alliance (MO BHA), has compiled this list. These links will take you out of the DMH website. DMH and MO BHA do not endorse or take responsibility for the content of other organization's websites.

For information on child sexual abuse, effects of community violence on youth, PTSD in youth, young trauma survivors and more visit the Department of Veterans Affairs *Family and Friends* site at <http://www.ptsd.va.gov/public/family/index.asp>

An online resource supporting common post-deployment concerns. The site provides an assessment on your parenting confidence, along with videos and workshops on helping kids dealing with deployment. <http://www.afterdeployment.org/topics-families-kids#overview>

Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. MKC offers informative activities, fun games, helpful videos, and interesting user surveys that can build and reinforce understanding, resilience, and coping skills in military children and their peers. <https://www.militarykidsconnect.org/>

Children respond differently to a parent's deployment depending on their age and maturity level. Negotiate the stages of deployment with tips on helping children cope while Mom or Dad is deployed. Organize pre-deployment family meetings and review age-leveled activities, books and videos. <http://realwarriors.net/family/children/>

Whether you are a parent looking for information on child care or child development, or a preteen or teen looking for tips on saving money or getting involved in your community, Military One Source several resources available. <http://www.militaryonesource.mil/cyt>

Our Military Kids, Inc. is a 501(c)(3) nonprofit organization created to provide support and recognition to military children. This may include children ages 3 years through the 12th grade of deployed National Guard and Reserve service members, along with children of Wounded and Fallen Warriors from all branches of service. Many Guard and Reserve families are financially stretched and cannot afford the fees for sports, fine arts, or tutoring programs so crucial to a child's sense of well-being. Additionally, because these families are Guard and Reserve, they are geographically dispersed throughout the country and often live too far from military bases and installations to access the available support services. Our Military Kids fills these gaps to eligible families with a simple grant program that pays for children's activities. <http://www.ourmilitarykids.org/>