

## I CARE Support Strategy for Military Children

- **Identify:**
  - Military children in your practice/community
  - Risk factors, mitigating aspects and patterns of coping
  - If the parent is Active Duty, Reservist, or National Guard in order to gauge services available
- **Correlate:**
  - Developmental stage, healthcare concerns in context of the individual child
  - Family and teacher concerns about child
- **Ask**
  - How the child is coping
  - Assess risks for physical, psychological, behavioral, social, and academic concerns
  - Conduct a vulnerability and safety assessment
  - How will the family ensure a smooth deployment and reintegration
  - What you can do to reduce unnecessary visits during deployment (e.g. medication refills, referrals, etc.)
- **Ready Resources**
  - Engage partnerships within the school system
  - Ready a list of local and national resources for military families
  - Encourage families to engage resources well in advance of deployment
  - Determine accessibility to military installation services
- **Encourage and educate**
  - Prevention strategies
  - Strong families and healthy problem solving
  - Early engagement with resources
  - Healthy expectations during and after deployment

## Questions that can be asked of parents and military children at well child/acute care visits:

### Correlate/Ask

- Has anyone expressed any concerns about you (or your child?)
- Have you noticed any of the following?
  1. Increased stress
  2. Anxiety, sadness
  3. Emotional or physical outbursts
  4. Crying/ overly emotional
  5. Difficulty sleeping, nightmares
  6. Difficulty concentrating
  7. Change in academic performance or appetite
  8. Clingy or distant
  9. Increase in behavioral issues at home, school, with peers
  10. Increase in complaints of stomach aches, headaches, or other physical symptoms

### Ready Resources

- Who do you turn to for support? Where is this person located?
- What resources are available to you in the:
  1. Military
  2. Community
  3. School/day care
  4. Religious affiliations
  5. Sports/ service organizations

### Vulnerability/ risk assessments

- Where do you live? On or off a military installation?
- Do you feel safe in your home?
- Are you concerned about your child?
- Tell me about the relationship with your parents.
- Tell me about a typical day at home/school
- How do you feel about your parent's job in the military?
- How have things been since your parent returned from deployment?

I CARE created by Dr. Heather Johnson and Dr. Catherine G. Ling and adapted by Dr. Alicia Gill Rossiter DOI: 10.1111/1745-7599.12003

For additional information on I Serve 2 refer to: I Serve 2: Meeting the needs of military children in civilian practice—Dr. Alicia Gill Rossiter (arossite@health.usf.edu), Dr. Margaret C. Wilmoth, Dr. Patricia A. Patrician, and Dr. Mary Anne Dumas. DOI: 10.1016/j.outlook.2016.05.011

## I SERVE 2: A POCKETCARD FOR HEALTHCARE PROVIDERS CARING FOR MILITARY CHILDREN©

***Military children make tremendous sacrifices in support of a parent(s) military service. Over 2 million children have a parent who is serving or has served in the Armed Forces. While “resilient” is the word used to describe most military children, it is important that we recognize the stresses/stressors of military life—that military children serve too—in order to support and care for them.***



**I SERVE 2**



**Ask your patients & their parents:**

“Do you have a parent who has ever served in the military?”

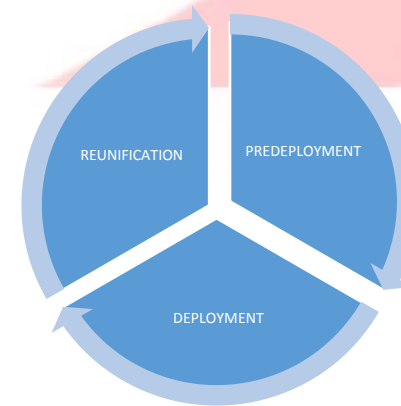
If the patient answers ‘yes’ ask:

- Is the military member:
  - Active duty?
  - Reservist?
  - National Guard?
  - Veteran?
- Has your parent deployed? Where? When?
- Where are you in the deployment cycle?
- What is your time for relocation (PCS)?

**PREDEPLOYMENT (3 MONTHS BEFORE DEPARTURE):** DENIAL, ANGER, SADNESS, FRUSTRATION

**DEPLOYMENT (4 MONTHS TO 12 MONTHS):** LONELINESS, FEAR, SLEEPLESSNESS, ANXIETY, ADJUSTING TO BEING ALONE, DETACHMENT, HIGH RISK FOR NEGLECT

**REUNIFICATION (9 TO 12 MONTHS):** APPREHENSION, ANTICIPATION, EXCITEMENT, EMOTIONAL READJUSTMENT, HIGH RISK FOR ABUSE



### RESOURCES

**BLUE STAR FAMILIES:**

[WWW.BLUESTARFAM.ORG/RESOURCES/DEPLOYMENTS/DEPLOYMENT-RESOURCES/](http://WWW.BLUESTARFAM.ORG/RESOURCES/DEPLOYMENTS/DEPLOYMENT-RESOURCES/)

**CHILD MIND INSTITUTE:** [WWW.CHILDMIND.ORG/TOPICS/CONCERNS/MILITARY-FAMILIES/](http://WWW.CHILDMIND.ORG/TOPICS/CONCERNS/MILITARY-FAMILIES/)

**MILITARY.COM:** [HTTP://WWW.MILITARY.COM/SPOUSE/MILITARY-LIFE/MILITARY-RESOURCES/FAMILY-SUPPORT-SERVICES.HTML](http://WWW.MILITARY.COM/SPOUSE/MILITARY-LIFE/MILITARY-RESOURCES/FAMILY-SUPPORT-SERVICES.HTML)

**MILITARY ONE SOURCE:** [WWW.MILITARYONESOURCE.MIL](http://WWW.MILITARYONESOURCE.MIL)

**MILITARY CHILD EDUCATION COALITION:** [WWW.MILITARYCHILD.ORG](http://WWW.MILITARYCHILD.ORG)

**NATIONAL MILITARY FAMILY ASSOCIATION:** [WWW.MILITARYFAMILY.ORG](http://WWW.MILITARYFAMILY.ORG)

**U.S DEPARTMENT OF EDUCATION:** [WWW.ED.GOV/VETERANS-AND-MILITARY-FAMILIES](http://WWW.ED.GOV/VETERANS-AND-MILITARY-FAMILIES)