Fundamentals for Understanding and Supporting Military Youth

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There may not be many...

Any is Enough

Why it matters:

It's complex...

What they carry in to the classroom...

Margaux’s Story
Margaux’s Story: Reflecting

- Would having knowledge of the deployment make a difference in an interaction?
- Were there any missed opportunities?
- Lessons learned and a story of resilience!

Emotional Cycle of Deployment

1. Anticipation of Departure
   - Timeframe: Once notified
   - Increased stress & emotions
   - Denial & anticipation of loss

2. Detachment & Withdrawal
   - Timeframe: Near deployment
   - Distancing in preparation for separation
   - Difficulty communicating

3. Emotional Disorganization
   - Timeframe: Early deployment
   - Changes in responsibilities and routines set in
   - May be surprised by mixed feelings

4. Recovery & Stabilization
   - Timeframe: Mid-deployment
   - New “normal” established
   - Can be positive, negative or a mix
   - Mid-deployment lull

5. Anticipation of Return
   - Timeframe: Late deployment
   - Excited & anxious
   - Boost of energy
   - Leave = homecoming

6. Adjustment & Renegotiation
   - Timeframe: After Return
   - Honeymoon phase
   - Readjustment to each other

7. Reintegration & Stabilization
   - Timeframe: As long as it takes
   - Another new normal
   - Readjustment challenges can lead to need for support/resilience being long term
   - Cycle begins again?

Active Duty vs. Reserve or National Guard

What is the difference between someone who is active duty military and someone who is in the Reserve or National Guard?

A person who is active duty is in the military full time. They work for the military full time, may live on a military base, and are required to be deployed after notification. Persons in the Reserve or National Guard are not always full-time active duty military personnel, although they can be deployed at any time should the need arise.

Reserve

The Reserve component of each branch of the military is under the command of their respective military branch. The Reserve is used to provide and maintain trained units and qualified personnel that can be called to active duty when needed. Members of the Reserve are required to participate in training drills one weekend per month and two weeks per year.

National Guard

The National Guard consists of the Army National Guard and the Air Force’s Air National Guard. While federally funded, the National Guard is organized and controlled by the state. In times of war, the National Guard can become federalized and deployed. The National Guard has several additional missions depending on the state. The National Guard requires training drills one weekend per month and two weeks per year.

There may not be many...

Creating a Safety Net

Resources:
- Legal: Power of Attorney, Wills, representation, etc.
- Financial: Counseling, budget classes, military pay info
- TriCare: basic coverage, assistance w/signing up
- Un/Underemployment: Job fairs, job listing distribution lists, resume writing
- ID Cards: documentation, locations
- Crisis Intervention: refer to counseling, suicide hotline, suicide prevention, immediate needs.
- Housing: Utility assistance, finding housing, homeless shelters

New Hampshire National Guard Child and Youth Program

Mission

Working with Military-Connected Youth Educators Toolkit

Toolbox

1. Process
2. Plan
3. Build
4. Evaluate
5. Act

New Hampshire National Guard Family Program

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Thank you!

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