



*CHILDREN'S CAUSE*  
*ORANGE COUNTY*

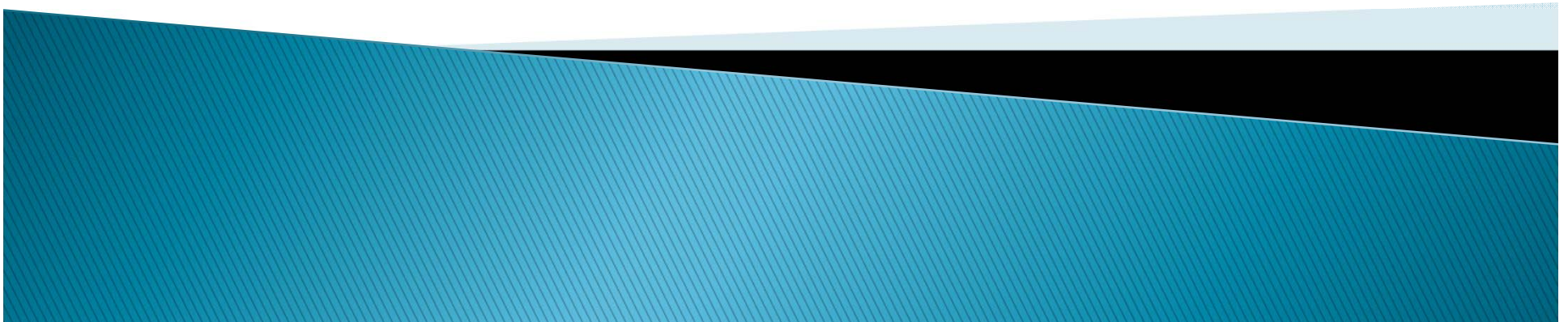
Accelerating Nonprofit Success



# Children of Veterans & Active Service Members

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# Military Life Stressors

- ▶ Military life can be a source of psychological stress for children; this stress can be further exacerbated when a parent is deployed for service
- ▶ Factors contributing to this stress may include:
  - Frequent moves/relocation
  - Frequency/length of deployments
  - Financial strain/single parenthood
  - Family role/structure disruption
  - Worry about parent safety while deployed
    - Exposure to media coverage of war heightens this worry
  - Parental mental health challenges/physical injury/death



# Child & Family Impact

- ▶ Children in military families experience high rates of mental health, trauma and related problems. Such issues include, but are not limited to:
  - Changes in school and academic performance
  - Excessive worrying
  - Acting out and anger
  - Feeling a sense of loss
  - Coping challenges
  - Hiding emotions
  - High levels of sadness
  - Depression
  - Secondary traumatization
- ▶ Lack of appropriate mental health support puts these children at significant disadvantages as compared with their peers from non-military families

# Existing Support

- ▶ Orange County Community Foundation
  - Orange County Veterans Initiative
    - Child Guidance Center
    - 211 Orange County
    - Easter Seals Southern California
    - Irvine Valley College Foundation
    - Medtech & Biotech Veterans Program
    - Goodwill Industries of Orange County
    - Volunteers of America LA

# Additional Existing Support

- ▶ The Orange County Veteran & Military Families Collaborative
- ▶ Veterans First
- ▶ BREATH Wellness Foundation
- ▶ Children and Family Futures
- ▶ Community Resource Center of San Clemente
- ▶ Families Forward
- ▶ Mariner's Church Veterans Ministry
- ▶ Saddleback Church Veterans Ministry
- ▶ MVP Vets
- ▶ Goodwill Tierney Center for Veterans
- ▶ Legal Aid Society of Orange County Veterans Services
- ▶ OMID Multicultural Institute for Development
- ▶ Strength in Support

# MHSA Community Opportunities Fund

- ▶ Capacity-building of community-based providers to work effectively with children and youth from military families, including improving access to support by creating an effective referral pipeline, such as to Child Guidance Center
- ▶ Increase training in, and reduce implementation barriers for, evidence-based or empirically supported practices (FOCUS Project, PCIT, TF-CBT, Coming Together Around Military Families, etc.) such as within OMID Multicultural Institute for Development.



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