

Supporting Youth Who Support Veterans

School for Military Veteran Caregivers and Families

Tips: Important Strategies

- Communicate with school officials, coaches, religious leaders, and other community members for additional youth support in academics, extra-curricular activities, and mental health care.
- Encourage youth to practice self-care and practice with them.
- Connect youth caregivers with each other, in-person and virtually.
- Remember, in-home, weekly respite care provides relief for the youth caregiver and other family members who share responsibilities for the needs of their Veteran.

Related PsychArmor Courses

- Working with the Community
- Supporting Children Who Support Veterans
- ABC's of Respite: What is Respite Care?

Personal Reflection

- Be on the lookout. What do you notice in your child? If you observe these behaviors over time, consider getting your child and family some professional help:
 - Changes in your work or your child's school performance
 - Sudden mood changes
 - Withdrawal from family and friends
 - Bullying behavior or being bullied
 - Physical symptoms such as headaches or digestion irregularities
 - Lack of attention to appearance
 - Inability to focus

Resources

- [American Association of Caregiving Youth](#)
- [Military Child Education Coalition](#)
- [Military Kids Connect](#)
- [Sesame Street in Communities-Caregiving](#)
- [Hope for the Warriors](#)
- [YouthLine](#): Free, confidential teen-to-teen crisis and help line, call 877-968-8491 or text 'teen2teen' to 839863

Stay Informed

The Elizabeth Dole Foundation and the National Military Family Association are working with the University of Texas Health Science Center at Houston to study the impact of caregiving on military children. The Foundation will be supporting continued research on military-affiliated children and youth. They hope to have recommendations and best practices to advocate for this underserved population. To stay informed of their progress, visit <http://reach.uthscsa.edu/node/180>.