Guard En Of Youth

To Support the Social, Emotional, and Academic Needs of National Guard Children and Youth

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2012 NY National Guard Volunteer & Youth Workshop

SARATOGA SPRINGS, NY -- Nearly 100 volunteers learned how to help families "stay in focus" as the demands on New York National Guard families change.

With the end of military actions in Iraq in 2011 and the drawdown of troops in Afghanistan, it's expected the New York National Guard will see fewer deployments," said Andrew DePalo, the director of the New York National Guard Family Programs, April 14.

"Just because there is a drawdown in troops, doesn't mean we can draw down on taking care of our service members and their families," DePalo said. "The stresses of combat and reintegration affect the family as well, and we need to stay focused on providing tools to facilitate ongoing communication and resources to help families work through these issues."

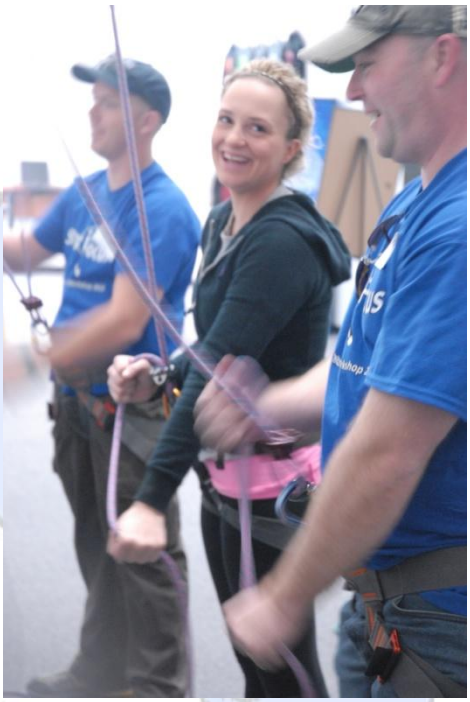
The 2012 workshop highlighted the vast network of agencies; employers, veteran and volunteer service organizations, and private businesses available to support New York military service members and their families and provided a venue to share knowledge and experience volunteers have developed over the years.

"We continually emphasize education, training and using outreach services and partnerships to leverage resources to help service members and their families," DePalo added.

In addition to the day long training, several regional workshops will be held around the state throughout the year. These sessions include information briefings and discussions on family program and readiness group roles and

responsibilities, communication techniques, fundraising, event planning and identifying and using available resources.

While the adult leaders focused on volunteer efforts, more than 50 children, ages 6-18, experienced their own 'stay on focus' activities while sharing a full day of leadership, team and confidence building at The Edge -- Halfmoon, a nearby climbing gym.



The Edge offers activities to enhance the physical, mental, social and spiritual lives of children. Through physical activity, youth learn teambuilding skills and achieve personal rewards that include acquiring self worth, competence, judgment and effective decision making and communication skills.

"This was a great opportunity for our kids to challenge themselves and become positive role models for other youth," said Keri O'Neil, a New York National Guard Child & Youth Coordinator. "They learn to work together, develop relationships and communicate with each other in an environment that encourages them to motivate and inspire each other."

"The timing for this workshop was perfect, since April is the Month of the Military Child and was established to underscore the important role children play in the Armed Forces community, said Colleen Casey, a New York National Guard Child & Youth Coordinator. "It's vital that we recognize and applaud Families and their children for the daily sacrifices they make in supporting their service member.

Local Life Scout Matt Murray from Troop 537 in Brunswick volunteered as a youth mentor.

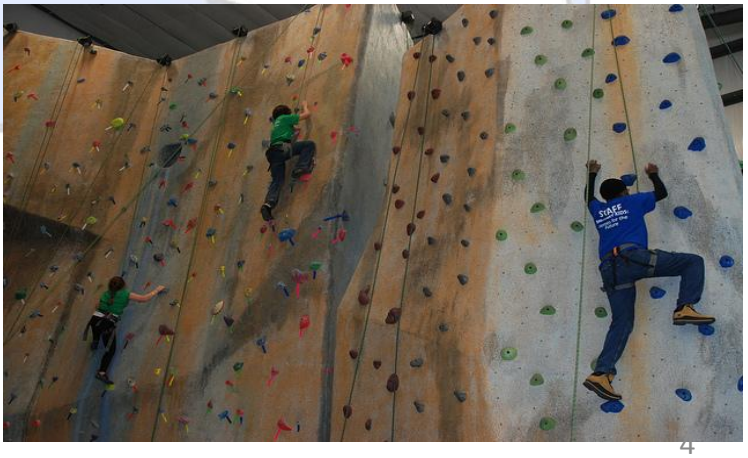
"I believe it's our responsibility to take care of those who put their personal lives

aside and go overseas to fight for our freedom, this is my way of saying thank you," Murray said.

Murray also talked to teens about his Eagle Scout project, Operation P.A.T.H. which stands for Parents and Teens Hanging. The event will bring over 50 veterans and their teenage children to Lake Placid, N.Y. to spend a day enjoying Olympic venues on July 25, 2012. The day includes bobsled and gondola rides, shooting on the biathlon range, a "Wet and Wild" show and passes to the top of the Olympic Jumping Complex and museum as well as meals.

Murray has raised over $4,000 through raffles, pancake breakfasts, a local bowl-a-thon and donations to cover all expenses for participants.

"I want to give returning veterans an opportunity for a positive experience with their kids where they can get away and simply have fun," Murray said.



2012–2013

MILITARY TEEN Adventure Camps

Thanks to the Department of Defense and Purdue! For widest dissemination.

Military Teen Adventure Camps 2012-2013 Nearly 1600 military teens (14-18 years old) will have an opportunity to participate (at little to no cost) in adventure camps scheduled April 2012 through March 2013. These high energy, high adventure, and high experience camps are planned across the United States from Alaska to Maine and from Colorado to Georgia as well as states in between.

Each camp offers a unique outdoor experience that will allow a teen to build leadership, self-confidence, and teamwork skills while participating in activities like backpacking, river rafting, canoeing, wilderness survival, rocketry, rock climbing, GPS use, mountain biking, first aid, winter camping, dog sledding, ropes courses, camp cooking, archery, and other camp activities. Camps for youth with special needs (mental, physical, and emotional) are also planned in California, Ohio, and New Hampshire. For military youth already in the Pacific Rim, two camp dates are available in Hawaii.

https://www.extension.purdue.edu/Adventure_camps/

Operation Military Kids

4-H Family Day Camp

FREE day camp for youth and their families for all branches of the military. Lunch and dinner will be provided.

Saturday, October 27th

9:00a.m.-6:00p.m

4-H Training Center

Ballston Spa

- Cooking
- Archery & Air Riffle
- Fishing
- GPS Scavenger Hunt
- Nature Walks
- Photography
- Games

For more information or to register please call the 4-H office at (518) 885-8995

Sponsored by Saratoga County 4-H

PROJECT PEN PAL

Connecting Military Children around the Globe

With Project Pen Pal you will meet other military children around the state. You can make friends, learn about their family, friends, how they feel about their schools and their hobbies.

In addition, Project Pen Pal encourages you to write about the challenges you face being a Military Youth, and share those feelings with children from different backgrounds who are dealing with similar issues like, military life, deployments and relocation, just to name a few.

All AGES WELCOME TO PARTICIPATE!!

UNITY IS STRENGTH!!

If you are interested in becoming a Pen Pal, please fill out a Permission Slip

For more information contact:

NY National Guard Youth Program Coordinators

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UNITED THROUGH READING®

FACT SHEET

OUR ORGANIZATION

United Through Reading®, the nation's first nonprofit to promote the read aloud experience for separated military families, offers deployed parents the opportunity to be video-recorded reading storybooks to their children which creates positive emotional connections and cultivates a love of reading.

OUR SERVICE TO MILITARY FAMILIES

- Helps ease the stress of separation
- Helps build family resiliency
- Helps make homecomings easier
- Helps cultivate a love of reading

This powerful program is available to deployed military units DoD-wide, hosted at select USO locations, and has served over one million beneficiaries since 1989.

HOW TO PARTICIPATE

1. The deployed service member reads a book aloud while being recorded and sends the video home to the child.
2. The child at home watches the video and follows along with the book, if available.
3. While the child watches the video, the caregiver captures the child's reaction and relates it back to the service member.
4. The service member receives the feedback and is encouraged to record again.

HOW TO GET STARTED

Once Command Leadership agrees to offer United Through Reading, a National Program Manager will provide ongoing training and support throughout the deployment.

UNITED THROUGH READING PROVIDES:

- **Command Brief**
- **Active Duty Coordinator Training**
- **Homefront Coordinator Training**
- **Free Starter Kit:**
  - 25 children's books for your permanent onsite library
  - 100 DVDs in vinyl sleeves
  - 100 DVD mailers
- **Recognition for Command volunteers**

COMMAND PROVIDES:

- **Identification of:** Command Liaison, Active Duty Coordinator and Homefront Coordinator
- **Participation updates to National Program Manager**
- **Video Equipment:** DVD camcorder/tripod, lavaliere microphone
- **Commands may provide or make available for purchase:** Additional DVDs, padded mailers, DVD jewel cases
- **Additional children's books** for onsite library (through donations)

CONTACT US

COMBINED FEDERAL CAMPAIGN #11393

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military@unitedthroughreading.org www.unitedthroughreading.org

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American Red Cross Babysitter's Training—Developed for Youth like You!

For Youth Ages 11 - 15

Babysitter's Training has been newly revised by the American Red Cross with input from youth just like you. The course is fun and fast-paced with hands-on activities, exciting video, role-plays and lively discussions.

You'll learn to be the best babysitter on the block. Plus, you'll gain the confidence to make smart decisions and stay safe in any babysitting situation.

You'll learn how to—

- Supervise children and infants.
- Perform basic child-care skills such as diapering and feeding.
- Choose safe, age-appropriate games and toys.
- Handle bedtime and discipline issues.
- Identify safety hazards and prevent injuries.
- Care for common injuries and emergencies such as choking, burns, cuts and bee stings.
- Communicate effectively with parents.
- Find and interview for babysitting jobs

Impress parents by earning your Babysitter's Training certificate from the American Red Cross.

Cool Take-Home Training Materials Help You Get the Job Done Right

At your Babysitter's Training class, you'll receive excellent materials to help you be prepared and professional, including:

- ***Babysitter's Training Handbook***—full-color handbook filled with great information and resources to use in class and on the job.
- ***Babysitter's Training Emergency Reference Guide***—this easy-to-carry, compact booklet provides step-by-step instructions to handle common emergencies.
- ***Babysitter's Training CD-ROM***—provides tools to run your babysitting business, including a babysitting organizer; a printable activity booklet with games, crafts, songs and recipes; a resume template; and more.

Enroll for Babysitter's Training Today

For more information, contact your local American Red Cross chapter or 1800-REDCROSS.

American Red Cross

Back-to-School Time is Here!

The Department of Defense pays your Sittercity membership to help you find care when you need it most!

To activate your paid-membership go to:
sittercity.com/dod

Sittercity helps you find:

- Before/After school care
- Homework help
- Last minute care
- Special needs care
- School holiday care

sittercity
MILITARY PROGRAM

The Department of Defense funds memberships for
Army, Marine, Navy, and Air Force families including active duty, Reserve, and Guard.

PAY IT FORWARD
PARENTING PROGRAM

Free Online Training
for military families

Inspired by Joining Forces, Positive Parenting Solutions is proud to sponsor **Pay It Forward Parenting**, a program designed to support military families with concrete tools and strategies to help reduce parenting stress and bring out the best in their kids.

Every time someone purchases a copy of our book or enrolls in our online course, Positive Parenting Solutions donates a course scholarship to a deserving military family. It's our way of saying "thanks" for your service and sacrifices on our behalf.

- Complimentary 1-year access to the award-winning Positive Parenting Solutions Online course ($199 value)
- Step-by-step solutions to put an end to frustrating misbehaviors and bring out the best your kids.
- Available to all eligible military service members. Including Active, Veteran, Reserve or Guard service members of the Army, Marines, Navy and Air Force.
- Access the program 24/7 for a full year with on-demand training. Learn at your own pace, when it's convenient for you.

To apply visit:
www.positiveparentingsolutions.com/giving-back

Positive Parenting solutions

Parenting expert Amy McCready is the Founder of **Positive Parenting Solutions** and the author of *If I Have to Tell You One More Time…The Revolutionary Program That Gets Your Kids to Listen Without Nagging, Reminding or Yelling* (Tarcher/Penguin, 2011). Amy reaches a worldwide audience with her Positive Parenting Solutions Online course, live webinars, and media appearances. She is a frequent guest on the TODAY Show and has also appeared on Rachael Ray, CNN, Fox & Friends, MSNBC, and elsewhere. In her most important role, she plays mom to two teenage boys. Amy has been married to her husband and business partner, Dave, for over 20 years and lives in Raleigh, North Carolina

MilitaryKidsConnect.org

Deployment Support Website

The National Center for Telehealth & Technology designs, develops, and deploys state-of-the-art tools to aid in addressing the psychological health of service members, veterans, and their families.

T2 is dedicated to establishing best practices, promoting quality standards, and combating the stigma often associated with seeking psychological health services. The core team of psychologists, engineers, web designers, database developers, and project managers build applications for web and mobile platforms, and specialized domains such as clinical telehealth and virtual worlds. Mindful of the importance of demonstrating outcomes, T2 projects are subject to rigorous program evaluation protocols.

NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY

National Center for Telehealth & Technology
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Joint Base Lewis-McChord, WA 98431
253-968-1914
www.t2health.org | AskUs@t2health.org

NATIONAL CENTER FOR
TELEHEALTH & TECHNOLOGY

MilitaryKidsConnect.org
Deployment Support Website

Since 2001, an estimated two million children have experienced a parent's deployment to Iraq or Afghanistan. An often overlooked consequence of deployment is the anxiety kids feel before, during, and after the parent's absence. MilitaryKidsConnect.org is a website specifically designed to enhance the resilience of military children of all ages throughout the deployment cycle.

Military families: A national priority.

On January 24, 2011, President Obama released the final report of Presidential Study Directive-9 (PSD-9), *Strengthening Our Military Families: Meeting America's Commitment*, which enlisted the support of his Cabinet Secretaries and other agency heads to define new ways to improve support for military families.

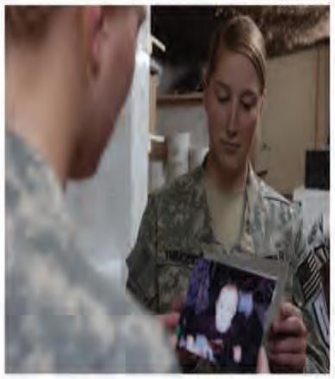
The report detailed key strategic priorities to be addressed, the first one being: Enhance the well-being and psychological health of the military family.

As the Defense Department's primary agency for applying innovative technology to issues of psychological health and traumatic brain injury, the National Center for Telehealth & technology (T2) developed MilitaryKidsConnect.org to directly address that priority by providing empirically-based content developed by psychologists to improve child and family readiness.

Support that speaks their language.

MilitaryKidsConnect.org features customized content for three age groups: children, tweens, and teens. Users visit an age-appropriate homepage where they find interactive maps; a personal scrapbook application; age-appropriate games; videos of military kids describing how they cope with deployment; instructional vignettes; a virtual personal space where kids navigate using a customizable avatar; and a moderated social networking message board (parent approval required for registration).

Together, these features create a safe, secure, and comfortable place for young people to play, gather, share, and learn how to handle the pressures of being a military kid.



While MilitaryKidsConnect.org is a place for kids to connect online, we don't kid around when it comes to online safety and privacy. MilitaryKidsConnect.org strictly adheres to COPPA, the Children's Online Privacy Protection Act, regarding parental consent and the use and disclosure of personally identifiable information.

Helping parents, caregivers, and teachers to help kids.

MilitaryKidsConnect.org also provides content for parents and educators of military kids. Adults can find information about the site's safeguards and parental controls, site content, and ways adults can use its content to encourage positive conversations about deployment. The parent section also includes information on common, age-specific behavioral responses to deployment, as well as methods of coping with them.

The Kids Korner Waiting Room

VA Health Care
Upstate New York
Team Up With Us

VA HEALTH CARE | Defining EXCELLENCE in the 21st Century

A safe, fun, FREE place where your children can wait while you're at VA appointments

Room 424A in Buffalo VA Medical Center
Call at least 8 hours ahead: 716-862-8802

The Soldiers Project

Free, Confidential Psychological Counseling For
Military Service Members And Their Loved Ones

Long Island Military Youth

Someone you know may need help!

THE SOLDIERS PROJECT offers private psychological counseling to active military, veterans and their families (mothers, fathers, brothers, sisters, parents, grandparents or children) who have served in any branch of the military since 2001, including the National Guard and Reserves.

ALL OF OUR SERVICES ARE FREE AND CONFIDENTIAL!

CONTACT US BY CALLING (516) 284-7531

Or email us at longisland@thesoldiersproject.org

www.thesoldiersproject.org

Follow us on Facebook

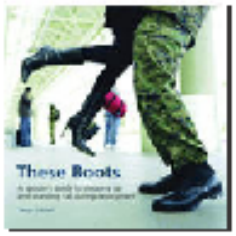
DEPLOYMENT RESOURCES

Our resources provide strategies and support to help ease the way for children, teenagers, and the non-deployed parent. Go to www.MilitaryOneSource.com and click on "deployment" for our entire range of deployment-related materials, including articles, booklets, and CDs.

Ages 2 to 5

Talk, Listen, Connect: Deployments, Homecomings, Changes

A 2-DVD Sesame Street kit designed to support families with young children as they manage the feelings and challenges of all phases of deployment. In English and Spanish.



These Boots

A spouse's guide to stepping up and standing tall during deployment

When your spouse deploys, the challenges -- emotional and practical -- can seem overwhelming. On this recording, Jacey Eckhart, a military wife for 18 years and columnist for the Virginian-Pilot, offers suggestions and strategies to help you prepare for deployment, survive (and even thrive) while you're "married but single," and get ready for homecoming.

Over There

Stories and insights from mothers who have deployed

Being "over there" when the rest of your family is back home can be hard for any military parent, but mothers may find it especially challenging. On this new 60 -minute audio CD, you'll hear mothers of children ranging in age from toddler to teenager.

Double Duty

Staying connected with your kids when you're a deployed dad

In the *Double Duty* CD, fatherhood expert and former Marine Armin Brott talks about ways to stay close with your child from before you deploy to after you return. Service members from all branches with children of all ages from newborn to teenager share their experiences as deployed dads.

volunteers needed!

reach out and HELP!

There is a job to be done,
could be lots of fun.
Just give us a call,
and we'll have a ball.
You must have a big heart.
It's always a help to be sorta smart.
The money is rare,
but the rewards are BIG in compare.

For More information or to sign up
Please Contact:

Keri O'Neil
Keri.j.oneil.ctr@us.army.mil
518-786-4904

or

Colleen Casey
colleen.e.casey@us.army.mil
518-786-4614

Looking Ahead

- Holiday Mail
- Santa's Vision
- Trees for Troops
- Holiday Adoptions
- Operation Homefront
- ARMS (Project Little Soldier)

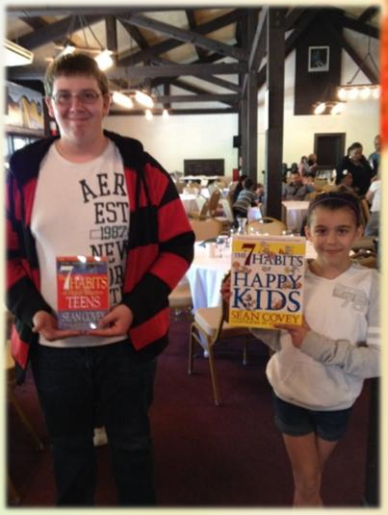
For more information and details in your area, please contact you local Family Assistance Specialist (FAS) or Family Readiness Support Assistant (FRSA) or call toll free 1-877-715-7817

Guard En Notes

Operation Purple Camp
Camp Pioneer
Angola, NY
July 8th- 13th, 2012

Guard En Notes

Operation P.A.T.H
Lake Placid, NY
July 25th, 2012



Strong Bonds
May
18-20th

Raffle Winners:
Alex Brennan - Teen
and
Samantha Dawson-Marzan -Youth

Guard En Notes

Operation: Military Kids Summer Discovery Camp

July 22nd – 27th

Guard En Notes

Yellow Ribbon Events Summer 2012

101st ESB Pre Deployment
&
107th MP's 30 and 60 Day Events

Guard En Notes

From Heather's Desk:

New Feature

Our newest feature for the Guard En of Youth – "From Heather's Desk." Heather, Family Programs Intern and Volunteer for the past 3 years, wants to share some fun NYS facts with everyone for each issue. We Hope You Enjoy!

NYS Fact #1 – In 1980, Lake Placid became the first site to host two Winter Olympic Games (the village's first hosting was in 1932 for the 3rd Winter Olympics

NYS Fact #2 – The Adirondack Park is larger than any of the seven smallest states in the United States: Hawaii, Connecticut, New Hampshire, Massachusetts, Delaware, Rhode Island, and New Jersey. And it would take these five National parks, Yellowstone, Grand Canyon, Yosemite, Everglades and Great Smoky National Park, added together to equal the size of the Adirondack Park.

Guard En Notes

Volunteer & Military Child of the Quarter

Brian Deiter is reliable and committed to volunteering with the NYNG Youth Programs. He volunteers his weekends anytime support is needed. Brian has traveled all over NY to support the Youth Program in the last year, and since Jan of 2011 Brian has accumulated over 50 volunteer hours.

Brian lives in Perry, NY and has worked for a masonry contracting company for over 20 Years in Batavia, New York. In his free time Brian enjoys spending time with his wife riding snowmobiles, motorcycles and spending time with their four grand-children. Brian and his wife Bonnie (a Family Readiness Support Assistant) have two grown daughters. The youngest daughter is a NYARNG Soldier.

Christopher D. Johnson 13, born in Biloxi, Mississippi, enjoys reading, dancing, bowling, writing poetry, playing handball, basketball, soccer and challenging anyone in board games. Christopher defends children that are being bullied and are defenseless. He enjoys working with and mentoring other children. He has a kind and gentle heart. Christopher enjoys making people smile and feels like he needs to bring joy to everyone he encounters. He's always up for new challenges. If he is assigned a task, he always makes sure he accomplishes that task to perfection.

Christopher loves to volunteer with the National Guard Youth Program. He can easily relate to the children because he has been a military child since the day he was born. He has volunteered an amazing 62 hours in the past 15 months with the Youth Program.

Resources

- Quarterly Newsletter
- Jr. Counselor Training
- Teen Council
- Military Youth Pen Pals

Operation: Military Kids (OMK) builds partnerships to increase capacity for youth, families and communities to support youth of Military Families.

Providing high-quality, affordable military-sponsored child care subsidies for qualifying Service Members.

24/7 program offering information, referrals, and support to Service Members and their Families.

Grants available to pay the fees for children of deployed Service Members to participate in youth sports, fine arts, and tutor programs.

A national, nonprofit organization that informs, trains, and supports professionals, policymakers, and parents in their efforts to improve the lives of infants and toddlers.

Military Child Education Coalition (MCEC)'s work is focused on ensuring quality educational opportunities for all military children affected by mobility, family separation, and transition.

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