



## Interactive Focus Sessions

Breakout Session One: Tuesday, 10:15 – 11:30 a.m.

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### Panel Discussion with Reserve Component Family Support Program Leaders



Addams, West Tower, Silver Level

**Col. Cory Lyman**

U.S. Air Force, Director, Individual and Family Support Policy, Office of the Assistant Secretary of Defense (Reserve Affairs)

This panel will help clarify the unique challenges facing families in the Reserve component (RC). Key family support programs in each RC will be described and panel members will focus on the importance of forging community links and building community capacity. In addition, this presentation will address the role of communication and collaboration with the Active component and with the other Reserve components. Panel members will be Reserve Component Family Support Program Leaders.

### Practical Skills for Restoring, Renewing, and Revitalizing Relationships



Skyway 272, East Tower, Blue Level

**Seth D. Eisenberg**

Executive Director, PAIRS Foundation

**Ron Craddock**

Chief of Chaplain Services, Charlie Norwood VA Medical Center

For over a quarter century, PAIRS has delivered research-validated skills to increase and enhance empathy, communication, self-awareness, attachment, and bonding. Participants will learn the Relationship Road Map, Stress Styles of Communication, Daily Temperature Reading, and Emptying the Emotional Jug, all of which are powerful, practical tools that have helped tens of thousands create, sustain, renew, and revitalize healthy relationships that are an ongoing source of love, pleasure, and happiness. Participants will also learn how PAIRS Retreats for returning Operation Enduring Freedom and Operation Iraqi Freedom military service members, veterans, and their families with visible and invisible wounds are being successfully implemented at Department of Veterans Affairs (VA) Medical Centers and elsewhere.

## Reaching and Supporting Public Schools Serving Military Students



*Wright, West Tower, Silver Level*

**Kathleen Facon**

Chief, Educational Partnership, Department of Defense Education Activity (DoDEA)

Congress expanded DoDEA's authority to the ninety-two percent of military-connected students who attend local education agencies (LEAs). With this expanded authority, the Educational Partnership Branch within DoDEA, in collaboration with the U.S. Department of Education and the military Services, is working to ease the transition of children from military families and is providing resources to LEAs. This highly interactive session will explore ways in which DoDEA can partner with LEAs to support and improve the educational options for military families and students. Additionally, the audience will have the opportunity to ask questions and provide its own expertise on how DoDEA can best meet the educational needs of children from Guard and Reserve families.

### Breakout Session Two: **Tuesday, 1:30 – 3:00 p.m.**

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## Promoting Youth and Family Readiness Through Resilience: Focus on Healthy Use of Leisure Time



*Addams, West Tower, Silver Level*

**Linda Caldwell**

Professor, Recreation, Park and Tourism Management and Human Development and Family Studies,  
Pennsylvania State University

This interactive session will focus on the unique needs of military families regarding the healthy use of free or leisure time. During free time, military family members may experience stress, loneliness, despair, and hopelessness more often than during “busy” times during the day such as during work or school. Thus, free time may become a period when military family members engage in risky behavior (e.g., substance use). On the other hand, if used in positive ways, free time can lead to mental, social, and physical health; the ability to cope; stress reduction; happiness and enjoyment; personal meaning; fulfillment; and family bonding. Participants will learn about research findings on the importance of leisure in regards to family bonding and personal health in the civilian population. Participants will also engage in a discussion to gain a better understanding of the issues surrounding military family members’ use of leisure time. The Penn State team’s goal is to develop an effective intervention to promote resilience and readiness through individual and family leisure time. The information gained will be used to develop a conceptual model for the development of the intervention, as well as to better understand the best delivery mechanism.

## Impact of Deployment on Spouses and Service Members: What Do We Need to Know?



Skyway 272, East Tower, Blue Level

**Angela Huebner, Ph.D.**

Associate Professor, Department of Human Development, Virginia Tech

This interactive session will briefly present what is known about the impact of deployment on spouses and then conduct a focus group exploring participants' own experience with the process, particularly as it relates to family adjustment. Focus group questions will center on stability and change within the spousal relationship, as well as within the parent-child relationship and overall adjustment and family functioning.

## Completing the Puzzle: Supporting the Military Child through Masterful Connecting



Wright, West Tower, Silver Level

**Jennifer McKee**

Regional School Liaison Officer, Navy Region Northwest

**Mona Johnson, MA, CPP, CDP**

Director, Learning and Teaching Support, Washington State Office of Superintendent of Public Instruction

**Todd Goldsmith**

Community Operations Officer, McChord Air Force Base

Powerful partnerships are key to providing awareness and support to best address the strengths and needs of military children and their families. This interactive presentation will demonstrate how a unique, cross-functional collaboration in Washington State has made a positive difference for military children. Participation in this session will provide a better understanding of partner-building strategies used by the Washington State Military Kids and Families Partnership. Showcased during this session will be the exceptional, annual joint venture event focused on serving military children and families, hosted by the Washington State Military Kids and Families Partnership, as well as the outcomes and long-term strategies of the partnership. Do not miss this opportunity to jump-start or enhance partnership efforts in your state.

## Breakout Session Three: Tuesday, 3:30 – 5:00 p.m.

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### Addressing Family Diversity in the Military



ALL  
AUDIENCES

Skyway 272, East Tower, Blue Level

#### **Shelley MacDermid Wadsworth**

Professor and Director, Military Family Research Institute, Purdue University

#### **Haslyn E. R. Hunte, PhD, MPH**

Assistant Professor, Public Health Program, Purdue University

#### **Douglas Sprengle**

Professor and Director, Marriage and Family Therapy Program, Purdue University

This interactive session will focus on the insights of military practitioners regarding how best to meet the needs of military families who are diverse in terms of structure (e.g., single parents, dual-service, step-families), ethnicity, needs (e.g., exceptional family members), or other characteristics. Participants will discuss the challenges and opportunities related to providing good support for diverse families and the special needs of these families as they seek services in military and civilian communities. This discussion will generate insights that will be shared with conference organizers.

### Reserve Component Family Program Needs



RESERVE  
/ GUARD

GEOGRAPHICALLY  
DISPERSED

Wright, West Tower, Silver Level

#### **Col. Cory Lyman**

U.S. Air Force, Director, Individual Family Support Policy, Office of the Assistant Secretary of Defense (Reserve Affairs)

#### **Alex Baird**

Chief, Family Programs, National Guard Bureau

Come work on a focus group to explore Reserve component Family Support Program services and identify unmet needs. Participants will use an interactive approach to answer the following questions: What is working in your component to best meet the needs of your families? According to families you hear from, what needs are not being addressed? How can we better get the word out about basic sources of Family Support such as Military OneSource, Department of Veterans Affairs (VA) eligibility, etc.?

## Breakout Session Four: Wednesday, 10:15 – 11:30 a.m.

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### Heroes to Hometowns: American Legion's National Flagship Reintegration Program



ALL  
AUDIENCES

*Addams, West Tower, Silver Level*

#### **Andrew Tramontana**

Assistant Director, DoD Outreach; Program Coordinator, Heroes to Hometowns

Congress chartered the American Legion in 1919 as a patriotic, wartime, veterans' organization devoted to mutual helpfulness. It is a not-for-profit community service organization that now numbers nearly three million members, men and women, in nearly 15,000 American Legion posts worldwide. The American Legion exists for veterans and their families. It honors and supports all veterans who have served our country. Heroes to Hometowns is the American Legion's flagship national reintegration and transition program for wounded, ill, and injured service members returning home from Operation Enduring Freedom and Operation Iraqi Freedom. Heroes to Hometowns establishes a support network and coordinates resources on the national, state, and local levels for wounded, ill, and injured service members returning home.

### Preparing the Next Generation of Military Family Support



ALL  
AUDIENCES

*Skyway 272, East Tower, Blue Level*

#### **Shelley MacDermid Wadsworth**

Professor and Director, Military Family Research Institute, Purdue University

#### **Karen Blaisure, Ph.D.**

Professor, Family Studies, Western Michigan University

This interactive session will use the insights of military practitioners and the lessons learned during both Operation Iraqi Freedom and Operation Enduring Freedom to learn how to better support military families in the future. Participants will develop recommendations for training the next generation of professionals who will help military families. These recommendations will be used to inform the training of student helping professionals in universities and will be shared with conference organizers.

### Navy Region Southwest School-Based Programming



ACTIVE  
DUTY

*Wright, West Tower, Silver Level*

#### **Kirsten Webb**

School Liaison, Navy Region Southwest

#### **Pamela Hosmer**

Transition Program Manager, Unified Children in Transition, San Diego

Navy Region Southwest has entered into a Memorandum of Understanding with the San Diego Unified School District to provide ongoing and direct services to students and families of active duty and Reserve U.S. military

personnel. The distinguished panel will provide a presentation describing their ground-breaking school and installation partnerships, as well as delivery methods that include a Fleet and Family Readiness Center on wheels and other school-based programming that take services directly to military associated kids and educators and provide another venue for access to parents. This will be followed by a discussion group.

## Breakout Session Five: Wednesday, 1:30 – 3:00 p.m.

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### Do OIF and OEF Deployment Cycles Have an Effect on the Impact of Relocations on Military Families?



ALL  
AUDIENCES

*Addams, West Tower, Silver Level*

**Keith R. Aronson, Ph.D.**

Associate Director, Social Science Research Institute, Pennsylvania State University

**Linda Caldwell, Ph.D.**

Professor, Recreation, Park, and Tourism Management and Human Development and Family Studies, Pennsylvania State University

Research on the impact of relocation on military families is dated and difficult to apply to the modern military that experiences both multiple and long deployments. Moreover, existing studies have yielded inconsistent findings. Given the state of our knowledge, the time is ripe to consider research strategies that can provide a more complete understanding from multiple perspectives (e.g. military families, service providers, military officials, researchers) of how Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) deployments may worsen or improve the impact of relocations on military families. In this session, participants will receive a brief overview of several studies on the impact of relocations on military families and be provided with possible explanations for the inconsistent research findings. Participants should be ready to share their understanding of the impact of relocations on military families, describe how deployment cycles influence the impact of relocations, and identify links between relocations and family readiness.

### Reaching and Supporting Public Schools Serving Military Students



*Skyway 272, East Tower, Blue Level*

**Kathleen Facon**

Chief, Educational Partnership, Department of Defense Education Activity (DoDEA)

Congress expanded DoDEA's authority to the ninety-two percent of military-connected students that attend local education agencies (LEAs). With this expanded authority, the Educational Partnership Branch within DoDEA, in collaboration with the U.S. Department of Education and the military Services, is working to ease the transition of children from military families and is providing resources to LEAs. This highly interactive session will explore ways in which DoDEA can partner with LEAs to support and improve the educational options for military families and students. Additionally, the audience will have the opportunity to ask questions and provide its own expertise on how DoDEA can best meet the educational needs of children from Guard and Reserve families.

## Debt and Credit Management For Those That Serve



*Wright, West Tower, Silver Level*

### **Brian Kadlec**

Manager, Financial Services, Military OneSource

### **Opal Moore-Harris**

Relationship Manager, Military OneSource

Knowing how to secure financial wellbeing is extremely important. To do this, you need to know a few basics, form a plan, and be ready to stick to it. No matter how much or little money you have, the important thing is to educate yourself about your opportunities. This session will highlight and expand on the vast range of services Military OneSource has available specific to debt and credit management including telephonic and in-person financial counseling. This session will also highlight the search-and-decision tools available through Military OneSource, such as financial calculators, that can help you with many aspects of financial decision-making, including determining how much your mortgage payment will be, how long it will take you to pay off your debts, or how much you need to save to pay for college.

## Breakout Session Six: Thursday, 8:00 – 9:30 a.m.

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### **The Current Foreclosure and Housing Crisis: What All Military Members and Their Families Need to Know!**



*Addams, West Tower, Silver Level*

### **Charles R. Lowery, Jr.**

Acting Director, Military Saves

The foreclosure and housing crisis continues to grow. According to experts, nine million foreclosures are expected by 2012, and thirteen million foreclosures are expected on all types of loans by 2014. Added to these projections is the prediction that there will be a continuing decline in home prices for the majority of housing markets for at least the next two years. Military members and their families have unique housing concerns and need to have the most up-to-date information to assist them in facing these issues. Come learn more about the current state of foreclosures across the country and the federal, state, and local responses to the crisis including the Obama administration's Making Home Affordable program, the HOPE NOW Alliance program, and other initiatives.

## Focus on You: Career Guidance for Military Spouses



*Wright, West Tower, Silver Level*

**Sue Hoppin**

Deputy Director, Spouse Outreach, Benefits Information Department, Military Officers Association of America

Military spouses are probably one of the most over-educated, under-employed workforces today. In response to employers who are reluctant to hire military spouses, this session will demonstrate how to help spouses turn perceived “weaknesses” into employment strengths. In addition, this session will introduce participants to key networking tips and show them how to harness new employment trends.