War and Military Families: Translating Family Prevention Science into Practice
A National Public Health Response

**Resources of Interest\***

***Mechanisms of Risk and Resilience in Military Families: Theoretical and Empirical Basis of a Family Focused Resilience Enhancement Program* (**[**http://www.springerlink.com/content/bq074126133m2j64/**](http://www.springerlink.com/content/bq074126133m2j64/)**)**[William R. Saltzman](http://www.springerlink.com/content/?Author=William+R.+Saltzman), [Patricia Lester](http://www.springerlink.com/content/?Author=Patricia+Lester), [William R. Beardslee](http://www.springerlink.com/content/?Author=William+R.+Beardslee), [Christopher M. Layne](http://www.springerlink.com/content/?Author=Christopher+M.+Layne), [Kirsten Woodward](http://www.springerlink.com/content/?Author=Kirsten+Woodward) and [William P. Nash](http://www.springerlink.com/content/?Author=William+P.+Nash)

Recent studies have confirmed that repeated wartime deployment of a parent exacts a toll on military children and families and that the quality and functionality of familial relations is linked to force preservation and readiness. As a result, family-centered care has increasingly become a priority across the military health system. FOCUS (Families OverComing Under Stress), a family-centered, resilience-enhancing program developed by a team at UCLA and Harvard Schools of Medicine, is a primary initiative in this movement. In a large-scale implementation project initiated by the Bureau of Navy Medicine, FOCUS has been delivered to thousands of Navy, Marine, Navy Special Warfare, Army, and Air Force families since 2008. This article describes the theoretical and empirical foundation and rationale for FOCUS, which is rooted in a broad conception of family resilience. We review the literature on family resilience, noting that an important next step in building a clinically useful theory of family resilience is to move beyond developing broad “shopping lists” of risk indicators by proposing specific mechanisms of risk and resilience. Based on the literature, we propose five primary risk mechanisms for military families and common negative “chain reaction” pathways through which they undermine the resilience of families contending with wartime deployments and parental injury. In addition, we propose specific mechanisms that mobilize and enhance resilience in military families and that comprise central features of the FOCUS Program. We describe these resilience-enhancing mechanisms in detail, followed by a discussion of the ways in which evaluation data from the program’s first 2 years of operation supports the proposed model and the specified mechanisms of action.

***Family-Centered Preventive Intervention for Military Families: Implications for Implementation Science* (**[**http://www.springerlink.com/content/8265h1k18u4x77nr/**](http://www.springerlink.com/content/8265h1k18u4x77nr/) **)**[William Beardslee](http://www.springerlink.com/content/?Author=William+Beardslee), [Patricia Lester](http://www.springerlink.com/content/?Author=Patricia+Lester), [Lee Klosinski](http://www.springerlink.com/content/?Author=Lee+Klosinski), [William Saltzman](http://www.springerlink.com/content/?Author=William+Saltzman), [Kirsten Woodward](http://www.springerlink.com/content/?Author=Kirsten+Woodward), [William Nash](http://www.springerlink.com/content/?Author=William+Nash), [Catherine Mogil](http://www.springerlink.com/content/?Author=Catherine+Mogil), [Robert Koffman](http://www.springerlink.com/content/?Author=Robert+Koffman) and [Gregory Leskin](http://www.springerlink.com/content/?Author=Gregory+Leskin)

In this paper, we report on the development and dissemination of a preventive intervention, Families OverComing Under Stress (FOCUS), an eight-session family-centered intervention for families facing the impact of wartime deployments. Specific attention is given to the challenges of rapidly deploying a prevention program across diverse sites, as well as to key elements of implementation success. FOCUS, developed by a UCLA-Harvard team, was disseminated through a large-scale demonstration project funded by the United States Bureau of Navy Medicine and Surgery (BUMED) beginning in 2008 at 7 installations and expanding to 14 installations by 2010. Data are presented to describe the range of services offered, as well as initial intervention outcomes. It proved possible to develop the intervention rapidly and to deploy it consistently and effectively.

***The Long War and Parental Combat Deployment: Effects on Military Children and At-Home Spouses. (***[***http://www.ncbi.nlm.nih.gov/pubmed/20410724***](http://www.ncbi.nlm.nih.gov/pubmed/20410724)***)***[Lester P](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Lester%20P%22%5BAuthor%5D), [Peterson K](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Peterson%20K%22%5BAuthor%5D), [Reeves J](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Reeves%20J%22%5BAuthor%5D), [Knauss L](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Knauss%20L%22%5BAuthor%5D), [Glover D](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Glover%20D%22%5BAuthor%5D), [Mogil C](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Mogil%20C%22%5BAuthor%5D), [Duan N](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Duan%20N%22%5BAuthor%5D), [Saltzman W](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Saltzman%20W%22%5BAuthor%5D), [Pynoos R](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Pynoos%20R%22%5BAuthor%5D), [Wilt K](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Wilt%20K%22%5BAuthor%5D), [Beardslee W](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Beardslee%20W%22%5BAuthor%5D).

OBJECTIVE: Given the growing number of military service members with families and the multiple combat deployments characterizing current war time duties, the impact of deployments on military children requires clarification. Behavioral and emotional adjustment problems were examined in children (aged 6 through 12) of an active duty Army or Marine Corps parent currently deployed (CD) or recently returned (RR) from Afghanistan or Iraq.

METHOD: Children (N = 272) and their at-home civilian (AHC) (N = 163) and/or recently returned active duty (AD) parent (N = 65) were interviewed. Child adjustment outcomes were examined in relation to parental psychological distress and months of combat deployment (of the AD) using mixed effects linear models.

RESULTS: Parental distress (AHC and AD) and cumulative length of parental combat-related deployments during the child's lifetime independently predicted increased child depression and externalizing symptoms. Although behavioral adjustment and depression levels were comparable to community norms, anxiety was significantly elevated in children in both deployment groups. In contrast, AHC parental distress was greater in those with a CD (vs. RR) spouse.

CONCLUSIONS: Findings indicate that parental combat deployment has a cumulative effect on children that remains even after the deployed parent returns home, and that is predicted by psychological distress of both the AD and AHC parent. Such data may be informative for screening, prevention, and intervention strategies.