

# HELPING MILITARY YOUTH REACH THEIR FULL POTENTIAL

*Army National Guard*

**CHILD & YOUTH  
SERVICES**

FY21 Annual Report



# MISSION

The mission of Army National Guard (ARNG) Child & Youth Services (CYS) is to promote and sustain the quality of life and resilience of Army National Guard dependent children and youth by providing secure, timely, flexible, high-quality support services and enrichment programs.

# GOALS

**Education:** Provide developmentally-appropriate life skills education to National Guard youth

**Access:** Provide information on access to Federal and State/Territory benefits that support National Guard children and Families, including: counseling, education, child care, and other resources needed to foster a healthy, stable and secure family environment

**Opportunity:** Create partnerships for opportunities to participate in programs, events, and activities geared toward the behavioral and physical health and welfare of children and youth that are available across the spectrum of Government, community, and private sector

**Communication:** Build a sense of belonging to the Army National Guard Community by creating secure opportunities to network with other youth, parents/legal guardians, and youth program coordinators in one's community, state/territory, and across the nation

**Resilience:** Infuse resiliency and leadership skills and techniques into all Army National Guard child and youth programming

**Outreach:** Build and sustain contact with parents/legal guardians, and children of the National Guard in order to create awareness of available support services and program

*This has been a tough deployment and I was hesitant to send her to Camp Runnamucka, but boy was I wrong! It was the best thing for her! She still talks about it to this day, absolutely can't wait until next year, and has honestly been doing better ever since she went. I just didn't realize the power of camp and being around other Military Kids would have on her. Thank You! She even wants to be a part of the Teen Council when she's old enough*

- Mrs. Hall, MTARNG Spouse



# FY21 AT A GLANCE

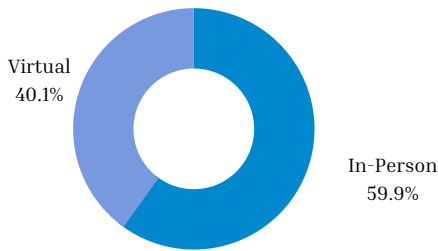


**53,840**

ARMY NATIONAL GUARD  
6 - 12 YEAR OLDS

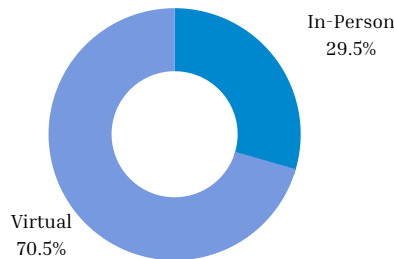
**25,454**

ARMY NATIONAL GUARD  
13 - 18 YEAR OLDS



**TRAINING HOURS**

In-Person - 8,110  
Virtual - 5,431

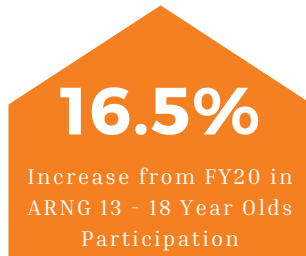
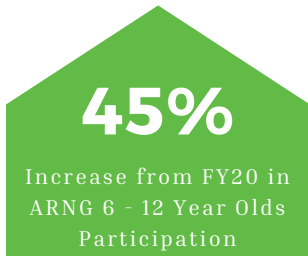


**NUMBER OF EVENTS**

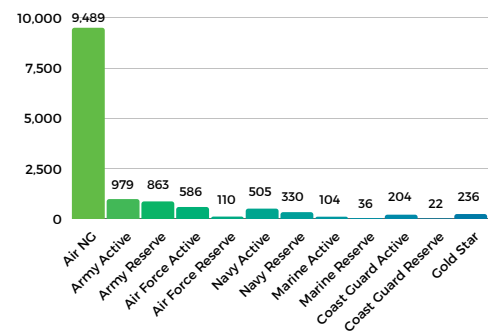
In-Person - 1,262  
Virtual - 3,021

**98,204**

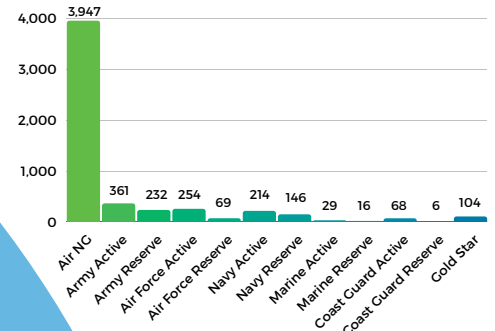
TOTAL MILITARY  
CHILDREN & YOUTH  
SERVED



**OTHER MILITARY CHILDREN  
6-12 YEAR OLDS**



**OTHER MILITARY CHILDREN  
13-18 YEAR OLDS**



*For our family, life at home improved, especially during quarantine, by being able to socially connect with others online via the C&Y activities. Through these programs our boys have gained new skills, knowledge, and most importantly made connections with other military families, which provided great support for them while dad has been activated.*

- Mrs. Rodriguez, AZARNG Spouse

# TEEN ENGAGEMENT & TEEN VOICE

## GUARD TEEN PANEL (GTP)

The National Guard Teen Panel is a youth-directed and adult facilitated joint program representing the Army and Air National Guard. The GTP is composed of ten regional delegates that represent the NG youth in their respective regions and two members-at-large who liaison to the Army Teen Panel. The GTP aims to **provide a voice for the National Guard youth across the 54 states and territories**, as well as provide insight to National Guard leadership from the perspective of the youth.

In FY21, the GTP was invited to join the steering committee for the 2021 Boys & Girls Club of America Military Teen Summit. This immersive virtual summit aimed to reach military youth and Child and Youth professionals from all branches of the military around the world. **The GTP members worked with the Boys and Girls Club leadership to develop a script, a power point presentation, and record a video that was shown as part of the opening day keynote presentation. Further, the GTP had three members selected to lead a breakout session on the resilience module of goal setting.**

In addition to these fantastic representations for ARNG Youth, **a former New Mexico State Teen Panel member, and 2020-2021 Boys and Girls Club Youth of the Year finalist serve as an emcee for the conference.** We are incredibly proud of the GTP members and their commitment to bringing awareness to the issues facing military-connected youth.



## TEEN RESILIENCE TRAINING

Since 2014, ARNG CY5 has incorporated the Army's Master Resilience Training (MRT) into various aspects of youth programming and support. **This strength-based curriculum is a adaptation of the program taught to ARNG Soldiers and spouses.** CY5 staff **provided 62 trainings** using either the introductory 2-hour workshop or the full curriculum.

The in-person delivery model upon which MRT was developed proved challenging at the onset of FY21, given many restrictions related to COVID-19 and large gatherings. **Recognizing the value and relevance MRT programming has on overall youth resilience – and ultimately family readiness, the ARNG CY5 Program implemented two new initiatives: Virtual MRT and programming packets.** Training materials for the virtual MRT course were developed by CY5 personnel and made accessible via the ARNG CY5 Website. **Individual CY5 programs could then incorporate MRT into upcoming events – whether in-person or virtual, using platforms like Microsoft Teams, Zoom or Google Classroom to host trainings.** The second initiative implemented was a combination of monthly and quarterly virtual programming packets. **While developed packets contained a variety of activities for youth, the primary focus was inclusion of the individual MRT skills.** Participating youth then completed the packets with their family, **increasing family connections and communication.** Both of these initiatives ensured youth received support and training throughout FY21, despite challenges posed.

## STATE OR TERRITORY TEEN PANEL

In FY21, **469 National Guard youth served on their State or Territory Teen Panel.** Each state or territory maintains a program that meets on a monthly or quarterly basis. Throughout FY21 Teen Panels completed **444 trainings and meetings both virtually and in-person.** Teen Panel priorities include: participation in Regional Symposiums, leading community service projects, and **advocating for military youth and families** to state legislators, senior military officials and community partners.

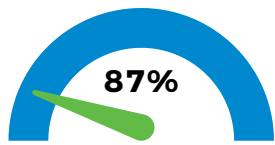
*I love attending CYP events! I'm able to connect with peers, experience new things and have fun. Deployment can affect everyone differently but having a support group of teens who have also experienced what I was experiencing is helpful. The CYP feels like a second family.*

- Ashley G. DEARNG Teen Panel

# WHAT MILITARY TEENS EXPERIENCE

NMFA and Bloom surveyed over 2,000 military teens in May 2021 using the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS).

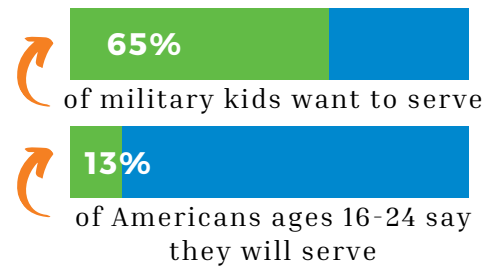
National Military Family Association. (2021, October 7). The military teen experience. Retrieved October 27, 2021, from <https://www.militaryfamily.org/the-military-teen-experience/>.



report their happiness as low or moderate



have been made fun of because they are a military kid



## HOW THE CHILD & YOUTH PROGRAM HELPS

### POSITIVE PEER & ADULT RELATIONSHIPS

Youth with stronger friendships are three times more likely to report high levels of goal-setting, self-efficacy, communication skills, leadership, self-awareness and belonging.

3X

Sullivan, T. (2020, April 23). Activate the power of peer relationships; Search institute. Activate the Power of Peer Relationships. Retrieved October 27, 2021, from <https://blog.searchinstitute.org/power-of-peer-relationships>.

### OPPORTUNITIES TO TRY NEW THINGS

This gives youth a starting point for building up their sense of self, undoing negative internalizations, viewing challenges as less threatening, and planning for the future.



Center on the Developing Child. (n.d.). Building the core skills youth need for life. Building the Core Skills Youth Need for Life. Retrieved October 27, 2021, from [https://46y5ehllfhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2018/02/HDCD\\_BuildingAdolescentCoreLifeSkills.pdf](https://46y5ehllfhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2018/02/HDCD_BuildingAdolescentCoreLifeSkills.pdf)

### LEADERSHIP DEVELOPMENT

A focus on own strengths and weaknesses, how to set personal and vocational goals and have the self-esteem to carry them out, the ability to guide others on a course of action and show the way by going in advance.

Edelman, A., Gill, P., Comerford, K., Larson, M., & Hare, R. (2004, June). Youth development & youth leadership. Youth Development & Youth Leadership. Retrieved October 27, 2021, from <http://www.ncwd-youth.info/wp-content/uploads/2016/11/Youth-Development-Leadership-2004.pdf>.

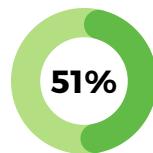


*My children have formed POSITIVE relationships with peers of similar life experiences, and have bonded in ways that helped their personal growth as an individual. Membership on the teen council has increased self-confidence in them and provided much opportunity to develop leadership experience.*

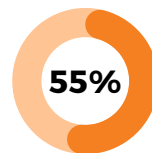
# WE MEET YOUTH WHERE THEY ARE



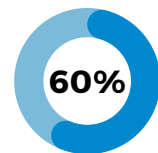
Increase  
in-person  
training hours



Increase  
virtual  
training  
hours



Increase  
virtual  
programming  
participants



The increase in total number of youth served, throughout the entirety of FY21, was a direct result of local CYS Teams **demonstrating great adaptability and diversity in their approach to programming; providing youth and families multiple avenues for accessing resources and support.** Rather than operating strictly from an in-person, events-based methodology, CYS Teams leveraged the power of social media and technology to simultaneously provide virtual programming opportunities for youth throughout FY21. By **adding a virtual event component to already existing programming, CYS Teams better ensured a continuity of services provided to military youth, in an era of continuing COVID-19 restrictions on in-person gatherings.** With more platforms and access points for engagement, **a larger population of youth received timely and relevant support from CYS Teams, despite geographic dispersion or possible restrictions.** This approach also aligned with feedback received directly from Soldiers and their families, via the Soldier-Parent Satisfaction Survey, requesting more programming opportunities for youth. In total, **this hybrid method of programming, and reaching youth where they live, resulted in 25,870 more Army & Air Guard youth being served in FY21, than in previous fiscal years.**



### **381 - PARTNERED EVENTS**

FY21 brought many opportunities to partner with our community contacts in the development and implementation of a variety of programs to serve military families. Specifically, organizations such as 4-H Extension Services, Boys and Girls Clubs, USO, YMCA, Red Cross, QDMA and MANY more helped coordinate and collaborate with Child and Youth Services.

### **764 - RESIDENTIAL & DAY CAMPS**

Experiential education opportunities are offered in many of the state/territories. In FY21, 74 residential camps, 141 in-person day camps and 549 virtual day opportunities were provided. These programs are designed to build leadership, self-confidence, and teamwork skills in our military youth, while promoting camaraderie and connections with each other and caring adults.

### **34 - REGIONAL & STATE OR TERRITORY YOUTH SYMPOSIUMS**

These trainings promote leadership, resilience, and personal development. Events like this allow youth leaders to share experiences about coping with deployment issues, provide input on Child & Youth Services and develop actions plans to advocate for military youth across a variety of platforms.

### **256 - YELLOW RIBBON PROGRAM**

Child and Youth Coordinators work closely with the Yellow Ribbon Reintegration Program in each of their states or territories to ensure that Soldiers and their families are being provided strategies to remain resilient throughout a deployment. Each state or territory offers a variety of research and evidence-based curriculum during trainings and briefings to foster overall positive youth and family well-being.

### **125 - FAMILY DAYS & MILITARY APPRECIATION EVENTS**

Military Appreciation events span a variety of arenas and can include programs at: sporting events, zoos, state parks, children's museums, and many other local venues. CYS staff are frequently requested to support annual Family Days programs with educational activities. All of the events allow for networking and connection with other military families.

### **222 - MONTH OF THE MILITARY CHILD (MOMC)**

MOMC was created to honor the important role children play in the Military community. Coordinators plan numerous events, all to recognize ARNG children and youth for the daily sacrifices they make in supporting their Service Member.

### **10 - SURVIVOR SUPPORT & STRONG BONDS**

Support provided to other military programs by Child and Youth Coordinators serves to further strengthen the overall ARNG force. These collaborative efforts result in opportunities for families to engage with each other and develop greater awareness of resources and services available, all while being in a safe and supportive environment with other military families.

# DEVELOPING NETWORKS OF SUPPORT

79,175

Army National Guard  
Soldiers and Spouses  
Supported

9,189

Other Military Adults  
Supported

24,775

Civilian Adults  
Trained

The ARNG is unique in that Soldiers and families do not often reside on, or close to, military facilities. Therefore, it is important to work with community leaders, educators and administrators to create networks of support for those geo-dispersed members of the ARNG Community. Over the course of FY21, CYS Personnel conducted 140 education outreach and school support events, as well as attended and participated in 681 community partnership trainings and meetings. As a result of these efforts, more families have access to various resources and services – whether they be provided by the military or on the civilian side. These ‘networks of support’ serve as force multipliers, better ensuring families feel safe and connected at all times.

## 140 - EDUCATION OUTREACH

ARNG CYS staff **provided outreach trainings, meetings and briefings for 2,250 school administrators, educators and support staff**, providing information and resources for supporting military families, whether their Soldier is deployed or working stateside with his or her unit. Many states or territories have partnered with local colleges and universities to offer college and career planning courses for teens and parents as well as ACT/SAT prep courses.

## 681 - COMMUNITY OUTREACH


CYS staff **worked with 9,878 military and civilian organizations and individuals to maximize the impact of community resources on Military members and their Families**. Building these networks of support is vital to ensure opportunities are created for military youth and education is provided to the community on challenges military families face, particularly, our geographically-separated children and youth.

## 197 - COMMANDER, UNIT, OR FRG BRIEFINGS

Coordinators are routinely requested to brief services provided, outreach efforts and outcomes of Child and Youth Services to Family Readiness Groups, Soldiers at the Unit level and Senior Military Personnel. In FY21, CYS staff **briefed to 11,706 military-connected individuals** to ensure all levels of Command, and associated support groups, are equipped with **youth-related information as a means of supporting Soldier and Family military readiness and resilience**.

# VOLUNTEERS

4,202 adults and teens volunteered for 3,443 different programs. Independent Sector estimates the average value of a volunteer hour as \$28.54 per hour. In FY21 **volunteers provided 73,628 hours of service, totaling \$2,101,343 in value added**. ARNG CYS staff provided 138 trainings to prepare volunteers in areas of risk management, programming and effective behavior management, identifying and reporting suspected abuse and neglect, and requirements for confidentiality.



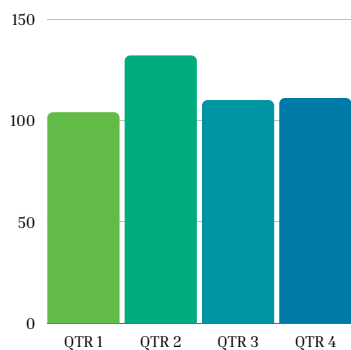
*I have been a part of this program for 15 years and I have really treasured the time I've spent as an adult volunteer. I am so proud to be a part of this community and to see, first hand, the impact we have on Military Youth.*

- Chloe Muthiora, NGB Youth Volunteer of the Year

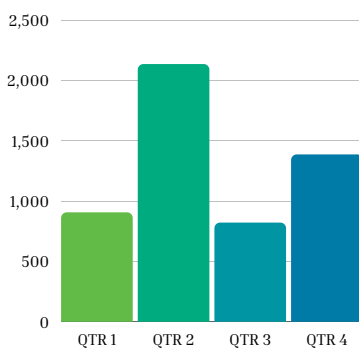


# MARKETING PLATFORMS

The ARNG CY5 Website and Mobile App continue to serve as valuable platforms for connecting with ARNG Families and Soldiers. **These innovative platforms, along with local ARNG CY5 Program social media pages, facilitate the regular delivery of both in-person and virtual programming and support to those within the military community.** At the national level, the ARNG CY5 Website also serves as a conduit for disseminating Program information to all CY5 Personnel and ensures the same personnel have access to required training information and modules. **Another great benefit and return on investment is that the ARNG CY5 Website also provides a platform for gathering subscriber information and sending out email campaigns as necessary.** Utilization of these platforms affords those working within the ARNG CY5 Program increased access to youth and families, thus facilitating a stronger, more resilient military family and force.



**MOBILE APP**  
FY21 Downloads



**WEBSITE**  
FY21 Monthly Users

**63%** Increase in new website users throughout FY21

**4%** Increase in new mobile app downloads for FY21

**97%** Overall InSight™ performance rating compared to other youth service organizations

# PROGRAM MANAGEMENT TEAM

Throughout FY21, the ARNG CY5 Program Management (PM) Team continued expanding and refining support and materials developed for use within the CY5 Program. **To foster a program-wide sense of connectedness, the Program Management Team utilized social media posts to introduce new Leads and Coordinators working within CY5 to their colleagues, created engaging online challenges for CY5 Personnel, and facilitated calls and virtual meetings to encourage collaboration and professional engagement throughout the program.** Outside of initiatives developed for CY5 Personnel, the PM team increased visibility and utilization of the ARNG CY5 Website via the addition of a subscriber feature, youth writing challenges and monthly ARNG CY5 newsletters. **Finally, the Program Management Team began developing weekly ‘In the Know’ social media posts for use on local CY5 programs’ social media pages, each containing fun facts, observances, resources and activities families can complete together.**

# VIRTUAL PROFESSIONAL DEVELOPMENT

Operating under extended and expanded restrictions at the onset of FY21, the Program Management Team researched, planned and implemented the very first Virtual Professional Development training for CY5 Personnel. With a training theme of “Together We’re Stronger,” the virtual training was conducted over the course of three days in March 2021. **CY5 Personnel received training focused on building meaningful connections with youth and families, increasing empathy and resilience in programming, and creating welcoming and affirming programs.** While the virtual approach, which was innovative in nature, afforded an exchange of knowledge and information, it did not provide the same collaborative opportunities seen during an in-person training. Ultimately, though, the virtual approach did ensure CY5 Personnel received timely and relevant training and resources to further expand professional practice.

As an Active National Guard Soldier and a father of two school age children I can tell you that my kids' participation in Child and Youth Programs is crucial to my readiness and confidence that they can handle the stress and responsibility of being a Military Child. They are forever connected to other children that know what it is like to be in their same position. They have built a strong support system and skills to be able to handle their own life stressors, along with the ones that Military Kids have to deal with. This past year has especially been taxing on the National Guard and myself. With their participation in family events, camps, and other youth programming, they have done really well handling it all.

- SFC Osborne, NHARNG



## FOR MORE INFORMATION:

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