

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

NEWS LETTER

MILITARY FAMILY APPRECIATION MONTH

JOIN US IN CELEBRATION

#MilitaryFamilyMonth



Your Local ARNG CYs Teams serve as invaluable resources for inspiring ideas to honor and celebrate military families not only in November but all year round! Access our **My Local CYs Program contact page** through this link: <https://arngcys.com/my-local-cys-program>. Don't forget to sign up on our website to begin receiving the ARNG CYs Monthly Newsletter while you're there!

At the core of the military community are military families, the often unsung yet integral support network. Family members, though not in uniform, stand in solidarity with their service members through every phase of deployment or mobilization. November has been dedicated as **National Military Family Appreciation Month** to express gratitude for their unwavering contributions.

Since its inception in 1993, National Military Family Appreciation Month serves as a time for communities both nationwide and worldwide to acknowledge and honor military families for their dedicated service to the nation. According to a 2019 report from Military OneSource and the Department of Defense (DoD), an estimated 2.6 million family members are part of the U.S. military across all branches. This report also highlighted that nearly 63% of these family members are children, under the age of eighteen.

Given this extensive presence, it's highly probable that numerous communities across the country are home to military families or those associated with the military. The question arises: what steps can a community take to appreciate and bolster its support for these military families?

Here are some valuable resources to explore and a link to the Proclamation on the 2023 National Veterans and Military Families Month signed by the U.S. President:

- > **Military.com:**
<https://www.military.com/military-family-appreciation-month/>
- > **Militaryfamily.org:**
<https://www.militaryfamily.org/military-family-appreciation-month-2023/>
- > **The National Child Traumatic Stress Network (NCTSN):**
<https://www.nctsn.org/resources/public-awareness/military-family-month>
- > **Military One Source**
<https://www.militaryonesource.mil/media/toolkits/service-provider/national-veterans-military-families-month/>
<https://www.militaryonesource.mil/parenting/family-life/military-family-appreciation/>
- > **A Proclamation on National Veterans and Military Families Month - 2023**
<https://www.whitehouse.gov/briefing-room/presidential-actions/2023/10/31/a-proclamation-on-national-veterans-and-military-families-month-2023/>

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Region 8 - Service Project



ALNG CYs Youth
Region 4 - Youth Symposium



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Submitted by: Savanna Sill, Lead CYPC
Montana Army National Guard

This year's **Region 8 Youth Leadership Summit** was hosted by the beautiful state of Montana, with 33 teen delegates from **Montana, North Dakota, South Dakota, Colorado, Wyoming, & Utah** in attendance. The theme for this year's Summit was **"Come Together"** as Region 8 truly came together to share wonderful ideas with one another!

Our trainings and activities focused on how we can come together to develop new tools and skills to foster leadership, build a stronger teen council, share our best practices, get new ideas from one another and bring them back to our own states! States shared purposeful Ice Breakers, Team Builders, Camp Songs, New Initiatives, Brain Break Games/Energizers, Best Practices, Successes, Struggles, and what we can do as a Teen Council to better serve our Military Youth.

We learned about the 4-Lenses in Leadership and Teamwork, along with the powerful role each Teen Council Member brings to the table, given their leadership style. We also learned how to better communicate with our opposite lense and appreciate the meaningful strengths other lenses have on our team We also took the time to learn about the importance of "How Can I" from Joe Fingerhut. We learned that we maybe "Can't ___ ,YET" or don't "Know How To ___ ,YET! BUT, we can ask "How Can I!?", in order to get us to where we want to go! Along with how ATC plays a role!

Last, but certainly not least, we got to see the 4-Lenses & "How Can I" in action. We spent time as a team conquering a high ropes course, a giant maze, learning how to juggle, and also spending time with our new friends from across Region 8!

BASIC BREAKDOWN:

Trainings:

- 1.How Can I- Perseverance, Goal Setting/Achieving
- 2.4-Lenses in Leadership and Teamwork
- 3.MRT- ATC (Actions Thoughts Consequences) - How that impacts a team and leadership.
- 4.AFAP-Process & Review

State Shares:

- 1.Initiatives/Best Practices
2. Team Builders/Icebreakers/Brainbreaks
- 3.Camp Songs

Service Project:

Letter's of Appreciation for "Their Service Too"-
Letters to elementary aged youth experiencing deployment.



Region 8



Zoe, Scotlen and Mason -
Teen Council- Region 8



Team Builder



4 Lenses Activity



Region 8 Sasquatch



Seniors



Region 8 - Celebrates the Message of "How Can I?" from Joe Fingerhut

WEEKDAY CELEBRATIONS EXPLAINED

MAKE A CONNECTION MONDAY: Research has shown that positive relationships and connections with others play an important role in resilience and well-being. On these days, youth are encouraged to introduce themselves to those they may not know and make a new connection in their lives. This could include meeting a new classmate, someone new in their school, or someone new in their community.

TERRIFIC TUESDAY: The Army's Master Resilience Program includes a skill referred to as Hunt the Good Stuff or HTGS. HTGS encourages intentional reflection by causing youth to pause and think about positive things which have happened to them -whether that be during a class, throughout the day, or within the week. After identifying their HTGS moments, youth are encouraged to share their HTGS items with others...further building positive connections.

WE CARE WEDNESDAY: Empathy plays an important role in life, impacting how we establish relationships and connections with others. On these days, youth are encouraged to do Random Acts of Kindness for people in their lives. When youth do kind things for others, they often experience increased well-being, resilience, a sense of safety and overall happiness.

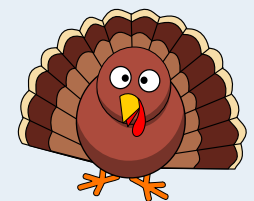
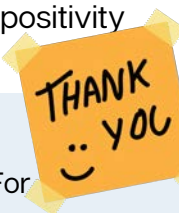
THANKFUL THURSDAY: Being thankful, or showing gratitude, has been shown to increase general positivity and combat negative thinking patterns or negative thinking traps.

Negative thinking has a direct connection to reduced resilience and well-being. It is important for youth to understand there are many things to be thankful in life, and those things need not be big or elaborate - even the smallest things in life are worth identifying and celebrating.

R.E.D. FRIDAY: Believed to have originated in April 2015, Remember Everyone Deployed (R.E.D.) is a way for everyone to honor the U.S service members currently deployed or on active duty. This includes those deployed overseas, as well as those completing mission within the U.S. On Fridays individuals are encouraged to wear red to show their support for all troops and members of the military community.

A MONTH OF CELEBRATIONS

- 1st - We Care Wednesday - Do Random Acts of Kindness
- 2nd - Thankful Thursday - Identify Something or Someone You Are Thankful For
- 3rd - R.E.D FRIDAY Remember Everyone Deployed by Wearing Red
- 4th - It's the weekend
- 5th - It's the weekend
- 6th - Make a Connection Monday - Take Time to Meet and Get to Know Someone New
- 7th - Terrific Tuesday - Hunt the Good Stuff **#HTGS** and List 3 Positive Things in Your Life
- 8th - We Care Wednesday - Do Random Acts of Kindness
- 9th - Thankful Thursday - Identify Something or Someone You Are Thankful For
- 10th - R.E.D FRIDAY Remember Everyone Deployed by Wearing Red
- 11th - **Veteran's Day - Honor Those Who Have Served in the Military**
- 12th - It's the weekend
- 13th - Make a Connection Monday - Take Time to Meet and Get to Know Someone New
- 14th - Terrific Tuesday - Hunt the Good Stuff **#HTGS** and List 3 Positive Things in Your Life
- 15th - We Care Wednesday - Do Random Acts of Kindness
- 16th - Thankful Thursday - Identify Something or Someone You Are Thankful For
- 17th - R.E.D FRIDAY Remember Everyone Deployed by Wearing Red
- 18th - It's the weekend
- 19th - It's the weekend
- 20th - Make a Connection Monday - Take Time to Meet and Get to Know Someone New
- 21st - Terrific Tuesday - Hunt the Good Stuff **#HTGS** and List 3 Positive Things in Your Life
- 22nd - We Care Wednesday - Do Random Acts of Kindness
- 23rd - Thanksgiving (What Are You Thankful for?)
- 24th - R.E.D FRIDAY Remember Everyone Deployed by Wearing Red
- 25th - It's the weekend
- 26th - It's the weekend
- 27th - Make a Connection Monday - Take Time to Meet and Get to Know Someone New
- 28th - Terrific Tuesday - Hunt the Good Stuff **#HTGS** and List 3 Positive Things in Your Life
- 29th - We Care Wednesday - Do Random Acts of Kindness
- 30th - Thankful Thursday - Identify Something or Someone You Are Thankful For



TRAINING OPPORTUNITIES

Military Child Education Coalition (MCEC) Parent workshops are available via webinar to support parents who are remote or not located near a major military installation. Webinars are presented live on Tuesdays at Noon EST. Participants must register in advance for the live webinar presentation or to watch webinars on-demand.

- NOV 7 - Homework Motivation and Strategies for Military Families
- NOV 8 - Selecting a College that Fits
- NOV 14 - Supporting Middle and High School Children of Veterans
- NOV 15 - College Application Process
- NOV 28 - Helping Military-Connected Teens Develop Independency Skills
- NOV 29 - Encouraging Your Middle and High School Reader



MCEC has webinars in a wide range of topics, including Resilience and Facing Challenges, Children with Exceptional Needs, School and Academic Success, School Transitions, and more. To see their full library of webinars, please visit their [YouTube](https://www.youtube.com/channel/UC...) channel.

<https://www.militarychild.org/webinars>

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.

HAPPENINGS



This year, the Army National Guard (ARNG) Child & Youth Services (CYS) Program invites educators and classes across the country to join us in recognizing our military families, and especially our military and military-connected youth. To get everyone started, we developed a classroom activity packet, which includes information, activities and initiatives all connected to Military Family Appreciation Month.

Educators play an important role in providing support to our military families, and we thank you for all that you do!

[CONNECT with your local CYS team](#) to learn how you can get a copy of the **“Classroom Activity Packet For Educators With Military Connections”** for your classrooms.

VOLUNTEER



CONNECT
with your local
CYS team to
learn how
you can
VOLUNTEER!
<https://arngcys.com/my-local-cys-program>

NOVEMBER 2023

ARNG CYS Program Needs Assessment



We need your feedback to continue improving the programming and services made available through the Child and Youth Program. Please take a few minutes to complete the following survey: <https://www.surveymonkey.com/r/N-Assess-24> your feedback helps us identify what is currently going well in the Program, what needs to be improved, and how Child and Youth Services can better support the readiness and resilience of you, your family and other military-connected families.

