Essential Life Skills for Military Families (ELSMF)*

**TARGET AUDIENCE**

* This program is no longer available.

This program was for Military Reserve and National Guard members and their families.

**SUMMARY**

Essential Life Skills for Military Families (ELSMF), a community- and family-based program, was designed to help support and improve marriages, family interactions, and couple relationships.

**EVIDENCE**

Although results from several pilot studies suggested that participants enjoyed the ELSMF program and reported gaining skills, no quantitative evaluations with comparison groups have been published in peer-reviewed journals.

**COMPONENTS**

ELSMF intended to help participants gain practical skills and knowledge in building healthy interpersonal relationships, managing financial resources, handling legal matters, and coping with unanticipated obstacles. The curriculum included four core modules and one optional session that was administered independently or within a single full-day session. The material was presented using active-learning strategies, such as role-plays, hands-on activities, videos, and active discussions.

Specific modules included the following:

- Preparing Together for the Unexpected: Develop an awareness of the relational and life-skills challenges that emerge within and between individuals, couples, and families during separation. There is a special emphasis on the deployment cycle;
- Making Ends Meet Together: Learn about financial planning strategies;
- Facing Legal Challenges Together: Discuss how to plan for Service members' estates and their children's futures;
- Fostering Personal and Family Resilience and Strength: Obtain techniques to strengthen marriage or couple relationships and form a strong support network;
- Guiding Children Together: Examine effective parenting strategies and consider how to be consistent in parenting methods even during times of separation. This is an optional module.

**PREVIOUS USE**

ELSMF was created in 2006 and was administered to members of all branches of the Military Reserve and the National Guard. The program was a collaboration between East Carolina University, North Carolina University, and University of North Carolina-Chapel Hill and was available to service members in North Carolina.
Essential Life Skills for Military Families (ELSMF)*

TRAINING

Training to become an Essential Life Skills workshop leader was provided through the North Carolina Cooperative Extension Service.

CONSIDERATIONS

Although this program is no longer available, considerations for implementing a similar program could include finding space for meetings, recruiting and retaining participants, obtaining facilitators and ensuring they receive training, and gaining buy-in from military leaders.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing a program similar to ELSMF, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The ELSMF curriculum was designed to be implemented as an 8-hour workshop comprised of four 2-hour modules.

No information on implementation costs was available.

EVALUATION PLAN

To move ELSMF to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185  Email: Clearinghouse@psu.edu

This program is no longer available.

SOURCE