



Chapter Eleven: OMK Support Tools

I. Lesson Plan

- A. Purpose: Review the tools that are available to assist OMK teams in serving youth and promoting OMK to partners, stakeholders, military families and the public.
- B. Objectives:
 - 1. Review OMK Resources
 - 2. Generate/share ideas of how to use these tools
 - 3. Define ways for teams to access these materials
- C. Time: 30 minutes
- D. Preparation/Materials Needed:
 - ✦ Flip chart paper and markers
 - ✦ Sample of each resource

II. Training Session Content

- A. PowerPoint Slides
 - Operation: Military Kids Overview**
 - Slide 11-1: Core OMK Programs
 - Slide 11-2: Ready, Set, Go! Training Content
 - Slide 11-3: Ready, Set, Go! Chapter Framework
 - Slide 11-4: Speak Out for Military Kids (SOMK)
 - Slide 11-5: Speak Out for Military Kids: Outcomes
 - Slide 11-6: Speak Out for Military Kids: Resources
 - Slide 11-7: Hero Pack Initiative
 - Slide 11-8: What is in a Hero Pack?
 - Slide 11-9: Hero Pack Implementation
 - Slide 11-10: Mobile Technology Labs
 - Slide 11-11: Mobile Technology Labs Hardware/Software
 - Slide 11-12: Mobile Technology Labs OMK State Team Oversight
 - Slide 11-13: Operation: Boots On
 - Slide 11-14: Operation: Boots Off
 - Slide 11-15: Experience, Operation: Military Kids
 - Slide 11-16: Up for the Challenge

Slide 11-17: Enhance Your Program with Service Learning
Slide 11-18: Character Education
Slide 11-19: Babysitting
Slide 11-20: 3, 2, 1 Action! Videography Handbook
Slide 11-21: 4-H 101
Slide 11-22: Preparing the Youth Development Professional
Slide 11-23: Discover the Fun
Slide 11-24: OMK Marketing Materials

B. Activity & Directions

1. Review the OMK Resource Tools items
2. Give teams opportunity to share how they have used the various resources in their state/community.

III. Evaluation

A. Reflection Questions

1. What are some ways you can use these resources to promote OMK to your organization?

B. Application Questions

1. How can you use these resources to promote OMK?
2. What other resources can you and your organization contribute to the OMK "Toolbox"?

Operation: Military Kids Core Program Elements

- Ready, Set, Go! Training Manual
- Speak Out for Military Kids
- Hero Pack Project
- Mobile Technology Labs

Ready, Set, Go!



Slide 11-1: Operation: Military Kids Core Program Components

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review slide.

Say: *To help OMK states get started and to provide some consistency, each OMK state will receive resources to support four core program components or initiatives.*

Ready, Set, Go! Training Contents

- Chapter 1: Introduction to Ready, Set, Go!
- Chapter 2: Military Culture
- Chapter 3: OMK Framework
- Chapter 4: OMK Partners
- Chapter 5: Emotional Cycle of Deployment
- Chapter 6: Stress and Coping Strategies
- Chapter 7: Impact of Grief and Loss
- Chapter 8: Fostering Resilience
- Chapter 9: Understanding the Influence of Media
- Chapter 10: Step Up to Action
- Chapter 11: OMK Support Tools

Ready, Set, Go!



Slide 11-2: Ready, Set, Go! Training Contents

Content of this slide adapted from: N/A

Materials Needed: RSG! Training Manual

Trainer Tips: Thoroughly familiarize yourself with the chapter titles and content of the manual before training this section.

What to Do, What to Say:

Do: • Review slide.

Say: *The RSG! Training Manual is the tool that State Teams will use to train and build Local Community Support Networks throughout your state.*

The content is designed to give participants an understanding and appreciation of unique stressors that suddenly military families may face during a deployment. This training will give you the tools and skills to support military children and youth, and a framework to create comprehensive action plans to make OMK an effective statewide support network for military families.

Do: • Ask participants if they have any questions about the content of the manual.

Ready, Set, Go! Chapter Framework

- **Lesson Plan**—includes purpose, training objectives, timeframe, and preparation/materials and activities
- **Training PowerPoint Content**—includes slides, materials needed, trainer tips, and “What to Do/What to Say” sections for trainers. Discussion and hands-on activities will help participants understand the topics presented.
- **Resource Material**—to increase knowledge of trainers regarding topics presented on flash drive/CD
- **Evaluation**—suggested reflection and application questions to measure impact and application of group understanding

Ready, Set, Go!



Slide 11-3: Ready, Set, Go! Chapter Framework

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review slide.

Say: *The RSG! Chapter Framework is designed to enable State Team members to be able to go back to their organizations and train any section of the RSG! Manual. Hopefully, State Team members will find and plan for ways to team teach diverse audiences across the state.*

Speak Out for Military Kids (SOMK)

The Program:

- Common program initiative for all OMK States
- Program raises community awareness of issues faced by geographically dispersed military children and youth
- SOMK is a youth-led program facilitated and supported by adults
- Youth participants are both civilian and military connected youth
- SOMK is a community service project that builds awareness and fosters community support

Ready, Set, Go!



Slide 11-4: Speak Out for Military Kids (SOMK)

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review slide.

Say: *Speak Out for Military Kids is the one common program component of all OMK states. One of the biggest issues confronting families is the lack of awareness that communities have regarding the stressors facing many military families.*

Speak Out for Military Kids should be a youth-led, adult-facilitated program.

This is an on-going community service project whose focus is to raise awareness and foster community support.

Speak Out for Military Kids

Outcomes:

- Participants create a Speakers Bureau and presentations, then deliver informative briefings to a variety of audiences throughout the state.
- Youth gain knowledge and skills in developing creative and informative presentations in a variety of different media.
- Youth learn about the military lifestyle and culture, and gain empathy for issues that confront military families.

Ready, Set, Go!



Slide 11-5: Speak Out for Military Kids: Outcomes

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review slide.

Say: *The primary outcome of SOMK is the creation of a Youth Speakers Bureau. The Speakers Bureau creates informative and dynamic presentations of issues that children and youth of military families may face during the deployment of a parent.*

Speak Out For Military Kids

Resources:

- OMK Ready, Set, Go! Training Manual
- Speak Out For Military Kids Manual
- OMK Core Partners
- Military CYS Points of Contact

Ready, Set, Go!



Slide 11-6: Speak Out for Military Kids: Resources

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review slide.

Say: *There is a copy of the SOMK manual on the RSG! Flashdrive in your manual that you can use as a resource.*

The RSG! Training manual can also be used as a resource to teach youth about military culture, action planning, or other topics covered in the RSG! Manual. The manual gives outlines for baseline training in many areas of public speaking and presentation delivery.

Like all programs, activities, and support developed by your OMK initiative, it should include all your core partners and other resources within your state.

Hero Pack Project

- Outreach effort of Operation: Military Kids (OMK)
- Salute to military children for their strength and sacrifices made while a parent is deployed
- Combined effort of all National OMK Partners
- Community Service Project that builds awareness and fosters community support for geographically isolated military families
- Connect military youth with non-military youth and local support programs (BGCA program, 4-H clubs, etc.)
- Young Hero Packs for preschool and primary age children; regular Hero Packs for elementary and middle school youth
- Stateside support for units in Europe

Ready, Set, Go!



Slide 11-7: Hero Pack Initiative

Content of this slide adapted from: N/A

Materials Needed: Assembled Hero Pack

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review slide.

Say: *The Hero Pack initiative was the first outreach effort of Operation: Military Kids. The main purpose of the Hero Packs is to say "Thank You" and to recognize Military Children for their strength and also for their sacrifices during a parent's deployment.*

Do: • Have a Hero Pack to show to all the participants.

Say: *Again, the core partners should be involved in the Hero Pack initiative in your state.*

The key to the Hero Pack Initiative is the connection between the military and non-military youth.

What is in a Hero Pack?

- A Hero Pack is a backpack that contains age-appropriate fun and educational material for the youth and informational material for parents.
- Each National OMK partner provides a variety of program items.
- Our goal is to provide material and activities to keep youth and deployed parent connected.

Ready, Set, Go!



Slide 11-8: What is in a Hero Pack?

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review slide.

Say: *Items in the Hero Pack, like stationery, envelopes, and a patriotic camera, are selected to help keep the child connected to the parent during the deployment.*

State Teams should seek out local contributions to include in the Hero Pack, such as movie passes, free video game rentals, and other local attractions.

Hero Pack Implementation

- Non-military youth assemble Hero Packs and write letters of support to the families to include in the backpack.
- OMK State Teams find local donations to supplement Hero Pack items provided by National OMK Partners.
- Hero Packs are distributed by non-military youth to Military Children impacted by deployment.

Ready, Set, Go!



Slide 11-9: Hero Pack Implementation

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

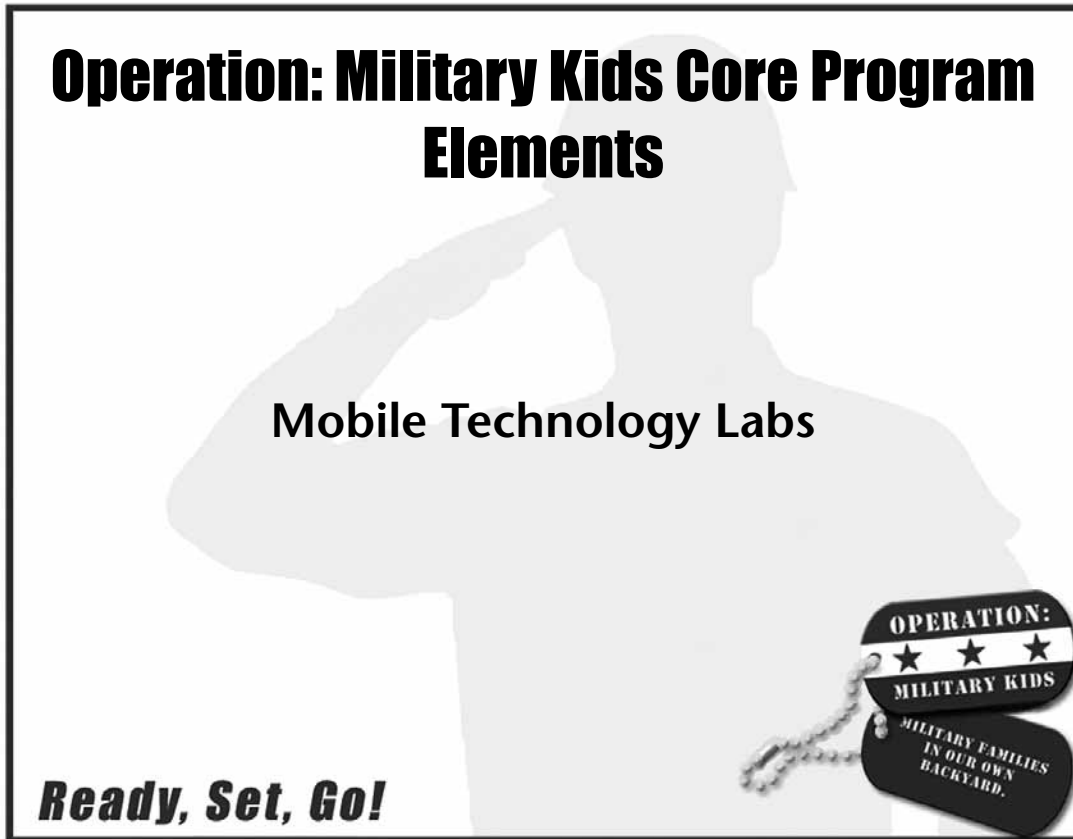
Do: • Review slide.

Say: *Hero Packs should be assembled by a variety of youth groups: 4-H clubs, Boys & Girls Clubs of America, school homerooms, Boy Scout and Girl Scout troops, home school groups, etc.*

Youth assemble the packs and write a letter of thanks to the youth receiving the Hero Pack. The letter should have a positive tone, be politically neutral, and contain no personal identification.

Youth groups need to work with their State Teams' Points of Contact with the National Guard and Reserve to help find others to help with the project.

On the RSG! Resource Flashdrive in your manual, there is a Hero Pack Guide that will give you all you need to know about Hero Packs and more. It is a fantastic tool to help you put together a Hero Pack program in your state.



Slide 11-10: Mobile Technology Labs

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review slide.

Say: *Each OMK State will receive a Mobile Technology Lab, contingent on available funding. The labs provide access to technology to communicate with deployed loved ones, learn about technology, and make videos or photos to send to a deployed parent.*

Mobile Technology Labs

HARDWARE

- 10 Dell Latitude D620
 - Intel Core Duo processor
 - 1 GB RAM
 - Windows XP Professional w/ sp2
 - WXGA+ (1440x900 resolution)
 - 80 GB HDD
 - Gigabit Ethernet adapter
 - Dell Wireless 1490 802.11a/g Dual-Band Mini-Cards
 - 8X DVD+/-RW
 - Floppy Disk Drive
- 2 Canon ZR600 miniDV camcorder
- 2 Dell Photo All-in-One Printer 926
- 2 Canon PowerShot SD600 (still photo) camera
- 2 Linksys 54g Wifi router
- 4 Plantronics USB headset w/ boom mic
- 2 5-6 outlet AC power strip w/ surge protection
- 2 25-pack blank CD-RW disks
- 2 25-pack blank DVD-R disks
- 2 25-ft spooled AC extension cable w/
 - 2 or 3 plug end

Ready, Set, Go!

SOFTWARE

- 10 Microsoft Office 2003 Professional
- 10 Adobe (Macromedia) Flash 8
- 10 Adobe Premiere Elements 3.0
- 10 Adobe Photoshop Elements 5.0
- 10 Riverdeep KidPix Deluxe 4
- 10 Hallmark Card Studio 2006

There are additional open source (free), free-to-download and system titles that will be installed during the imaging process:

- Audacity—audio editing software
- Quicktime—video/audio playback
- AVG AntiVirus (free version)



Slide 11-11: Mobile Technology Labs Hardware/Software

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review slide.

Say: *The Mobile Technology Labs have wireless network capabilities. The hardware and software packages in the labs were chosen to give a variety of different program options, with communication being a major theme.*

The specs are for the third and fourth version of the Mobile Technology Lab. This version is smaller and hopefully more mobile. These MTL will have only 10 laptops and be broken into 2 pods of 3 cases each, hopefully to allow OMK states additional programming flexibility.

The MTL configurations have been changed over time to improve mobility and make it more user friendly.

Mobile Technology Labs OMK State Team Oversight

OMK Role and Responsibilities:

- Develop process and procedure for how MTL will be requested, delivered, operated, and returned
- Coordinate Partner use of the MTL
- Train Partner on facilitating and supervising a MTL
- Deliver MTL programs through Partner Organizations
- Ensure all Partners and the public are informed and knowledgeable about the MTL
- Document MTL program options developed to share with other OMK State Teams
- Document facilitation and supervision of the MTL
- Document MTL use in OMK Progress Reports to OMK Management Team

Ready, Set, Go!



Slide 11-12: Mobile Technology Labs OMK State Team Oversight

Content of this slide adapted from: N/A

Materials Needed: N/A

Trainer Tips: N/A

What to Do, What to Say:

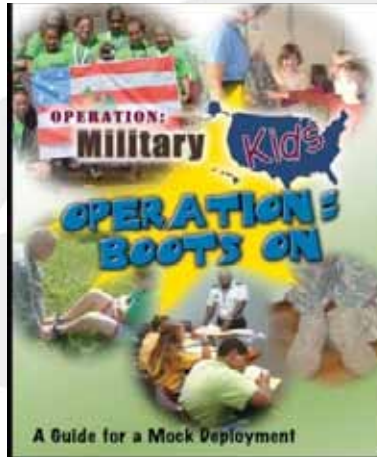
Do: • Review slide.

Say: *The Mobile Technology Labs are available for all Partners to use. The MTL components can be divided so multiple partners can use it simultaneously.*

Each State Team needs to have solid standard operating procedures in terms of check out, setup/teardown, and return of the lab.

All use of the Lab must be documented and included in year-end reports.

Operation: Boots On



Ready, Set, Go!

Slide 11-13: Operation: Boots On

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

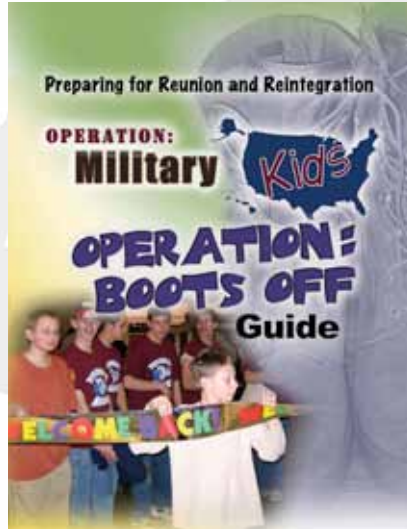
Trainer Tips: N/A

What to Do, What to Say:

Do: • Review curriculum.

Say: *The objective of the Operation: Boots On experience is to introduce Military Families to the Military deployment cycle. While the deployment cycle is a stressful time for any Military Family, quite often Military children and youth do not understand the events that are taking place. With this in mind, Operation: Boots On introduces Military and non-Military youth to the deployment cycle. From the initial orders to deploy, to immunizations, to the mission work, to the homecoming, youth can experience the deployment cycle in a meaningful and educational way. Operation: Boots On is designed to reduce the stress experienced by young people during their parent's deployment.*

Operation: Boots Off



Ready, Set, Go!



Slide 11-14: Operation: Boots Off

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

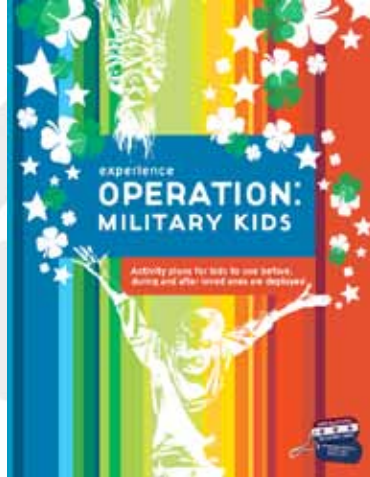
Trainer Tips: N/A

What to Do, What to Say:

Do: • Review curriculum.

Say: *The objective of the Operation: Boots Off curriculum is to prepare kids for the return of their Service Member — a stressful time for any Military Family. Operation: Boots Off helps young people map out and implement individualized plans that will assist them in navigating the Reunion and Reintegration process in a meaningful and educational way.*

Experience, Operation: Military Kids



Ready, Set, Go!



Slide 11-15: Experience, Operation: Military Kids

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

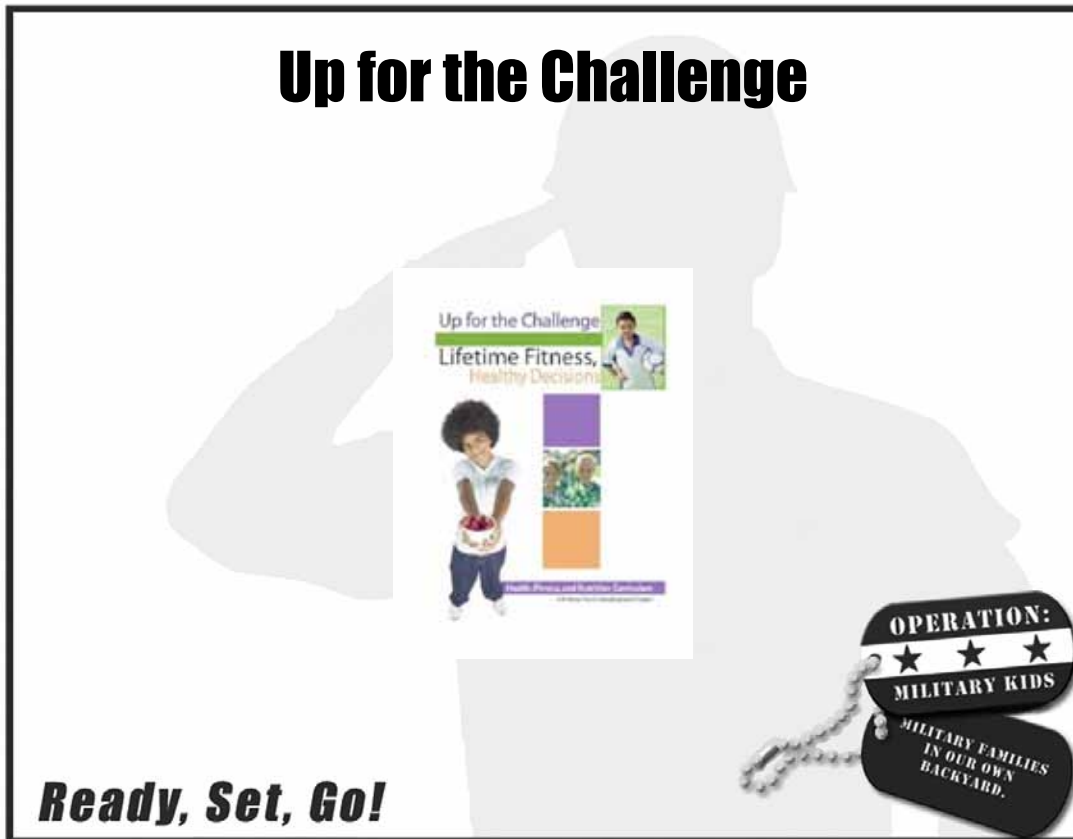
Trainer Tips: N/A

What to Do, What to Say:

Do: • Review curriculum.

Say: *"Experience, Operation: Military Kids, Activity Plans for Kids to use Before, During, and After Loved Ones are Deployed" was created by the University of Minnesota Extension service under the guidance of Jim Deidrick, 4-H Extension Educator from the University of Minnesota.*

"Experience, Operation: Military Kids" contains a number of activity plans that can be quickly and easily implemented in a variety of settings for youth ages kindergarten through twelfth grade.



Slide 11-16: Up for the Challenge

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

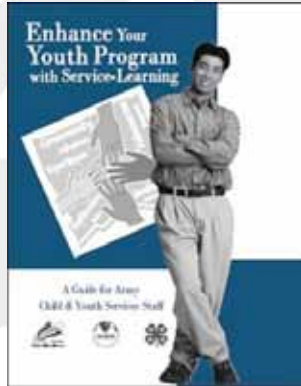
Trainer Tips: N/A

What to Do, What to Say:

Do: • Review curriculum.

Say: *“Up for the Challenge” is a fitness, nutrition, and health curriculum for school-aged, middle school, and teen youth. It was written for military afterschool programs but is easily adaptable to any afterschool or 4-H club setting. The 290-page curriculum is divided into five chapters with each chapter containing multiple lessons in physical activity, nutrition, and healthy decision making. Lessons range in scope and length from 30–60 minute nutrition and/or physical activities to a multi-week wellness event. Each lesson provides expected youth outcomes, instructor essential information, preparation instructions, supplies, lesson time, handouts, and opportunities for reflection.*

Enhance Your Program with Service Learning



Ready, Set, Go!

Slide 11-17: Enhance Your Program with Service Learning

Content of this slide adapted from: N/A

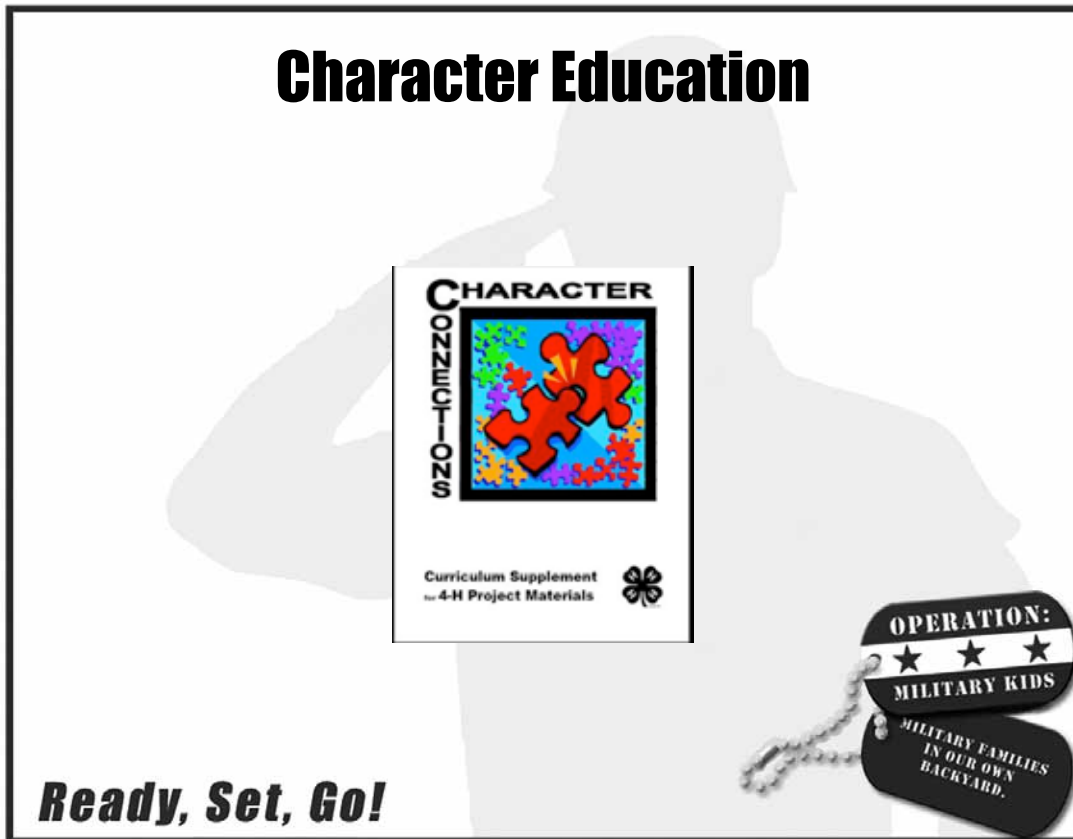
Materials Needed: None, though a copy of the curriculum would be nice

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review curriculum.

Say: *This guide is designed for use by youth development professionals working with middle and high school students in the realm of Service-Learning. The manual is full of ideas to help enhance Service-Learning projects. These ideas can be adapted and made to fit the unique needs of each CYS program. The ideas and activities can also be adapted for use by all 4-H programs.*



Slide 11-18: Character Education

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

Trainer Tips: N/A

What to Do, What to Say:

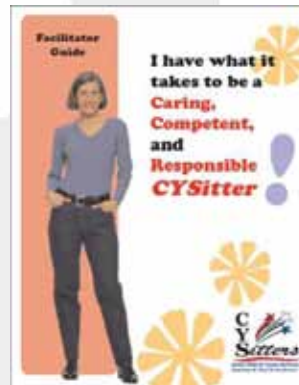
Do: • Review curriculum.

Say: *As a 4-H volunteer project leader you now have the opportunity to help young people not only learn and develop new skills, but also learn what it means to be a person of good character. Good character is not hereditary or automatic. It must be developed by example and practice. One way or another, young people pick up the values that constitute their character. Character education is primarily a parent's responsibility, but everybody interacting with youth has an important supporting role.*

Both 4-H and Army Child, Youth & School Services are members of the CHARACTER COUNTS! Coalition. The CHARACTER COUNTS! framework is

built upon the Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. Integrating the CHARACTER COUNTS! framework helps enrich 4-H programming. Through adult role modeling and deliberate discussions of how projects relate to character 4-H'ers consciously learn to be caring, responsible citizens, skills that will serve them well throughout their lives.

Babysitting



Ready, Set, Go!

Slide 11-19: Babysitting

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

Trainer Tips: N/A

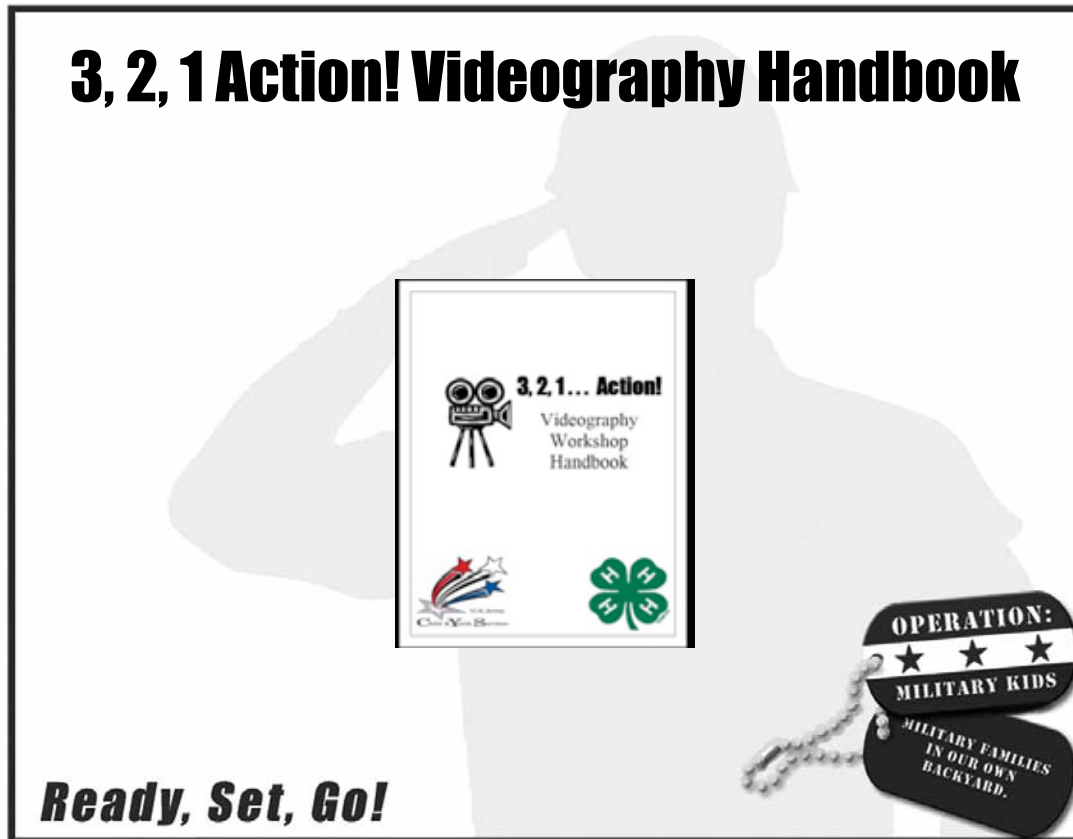
What to Do, What to Say:

Do: • Review curriculum.

Say: *The 4-H/Army Youth, Child & School Services Teen Babysitter curriculum, “Do I Have What it Takes to be Your Teen Babysitter” is comprised of a facilitator guide, a student guide with supplementing CD-ROM, a set of student worksheets, and an information card designed for qualified 4-H and military Child & Youth program staff to train teens, ages 13–18 in babysitting skills. The curriculum is divided into 8 chapters. Teens learn about ages and stages of child growth and development, safety, food and nutrition, how to handle emergencies, appropriate activities to implement with children, and the business of babysitting. Successful completion of the course includes 8 hours of First Aid and CPR. Graduates receive a certificate and wallet card.*

The 4-H/Army Child, Youth & School Services Adult Babysitter Training Curriculum "I Have What it Takes to be a Caring, Competent, Responsible Babysitter" is comprised of a facilitator guide, a set of participant handouts, and an information card designed for qualified 4-H and military Child and Youth program staff to train adults to babysit. The curriculum is divided into 9 chapters. Adults learn about the ages and stages of child growth and development, safety, food and nutrition, how to handle emergencies, implementing appropriate activities with children, and the business of babysitting. Successful completion of the course includes 8 hours of First Aid and CPR, 2 hours of Child Abuse Awareness training, and a local background check.

There is also an Adult Babysitting Curriculum.



Slide 11-20: 3, 2, 1 Action! Videography Handbook

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

Trainer Tips: N/A

What to Do, What to Say:

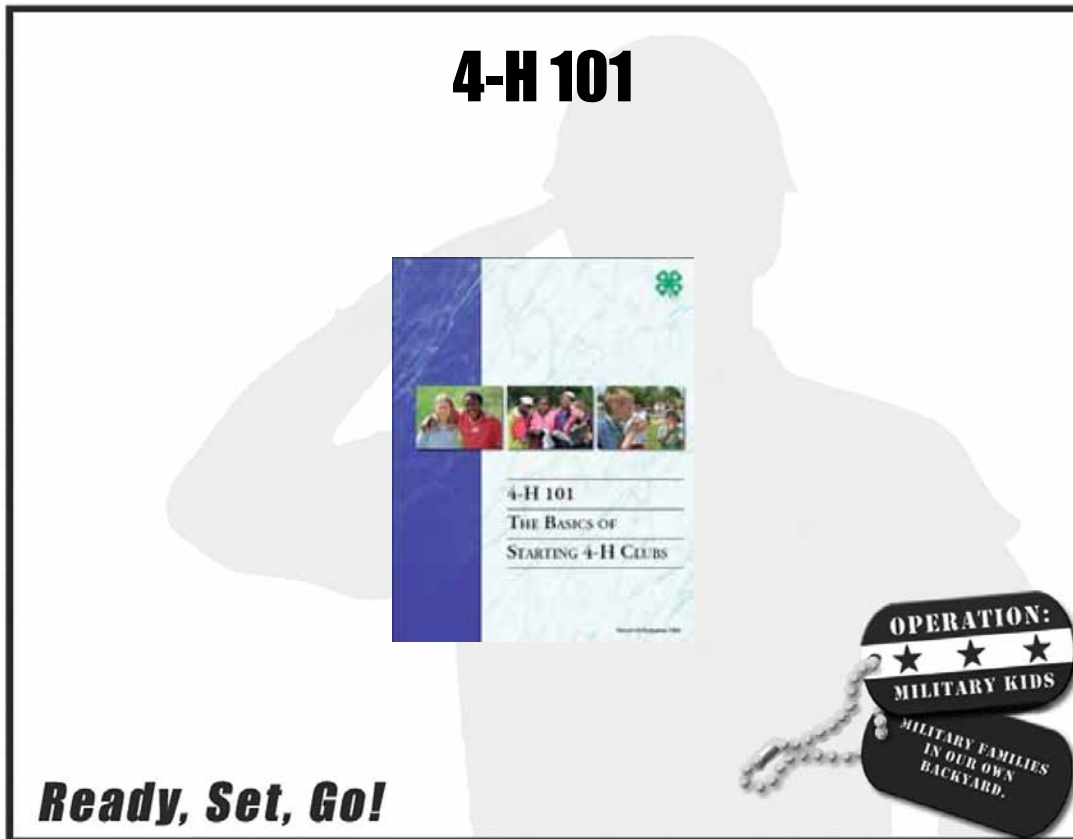
Do: • Review curriculum.

Say: *The overall objective of this workshop is to give participants an overall understanding of videography by learning the skills and techniques necessary to create great movies.*

Participants will be involved with interactive activities that will teach them the techniques of scripting, storyboarding, and filming. Editing, final cut, and rendering the video will be covered, but interactive participation will be in the computer lab. Focus will be writing a script, talking techniques, creating a storyboard and why, camera basics, filming techniques, basics of film and audio editing, final cut, and rendering. Participants will also learn about the various

roles or jobs that are part of most video productions and how they interact with each other.

The handbook consists of an instructor's guide, skills guide, lesson plans, activities, ice-breakers, and several sample forms. Even though this handbook was written for a one-week workshop, the lesson plans can be easily presented separately.



Slide 11-21: 4-H 101

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

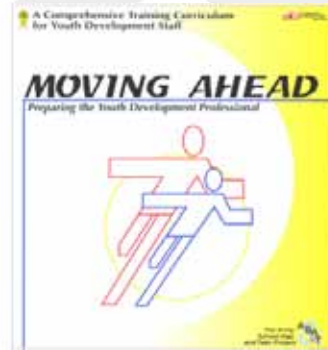
Trainer Tips: N/A

What to Do, What to Say:

Do: • Review curriculum.

Say: *The newly revised 4-H 101 is designed to be a general overview and resource guide for youth development staff or volunteers who are starting new 4-H clubs or working with existing clubs. 4-H 101 merges the basic concepts and principles of effective youth development delivered in a non-formal (out of school) setting with the “nuts and bolts” information needed to manage a 4-H program.*

Preparing the Youth Development Professional



Ready, Set, Go!



Slide 11-22: Preparing the Youth Development Professional

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

Trainer Tips: N/A

What to Do, What to Say:

Do: • Review curriculum.

Say: *This newly revised curriculum (formerly Moving Ahead) is a comprehensive staff development training that provides an overview of the competencies needed for those choosing to work with young people out-of-school settings. These include understanding critical needs and competencies, methods of non-formal education, addressing risk and building protective factors, dealing with differences, conflict resolution, programming for developmental needs, understanding negative and self-destructive behaviors, and forging youth and adult partnerships.*



Slide 11-23: Discover the Fun

Content of this slide adapted from: N/A

Materials Needed: None, though a copy of the curriculum would be nice

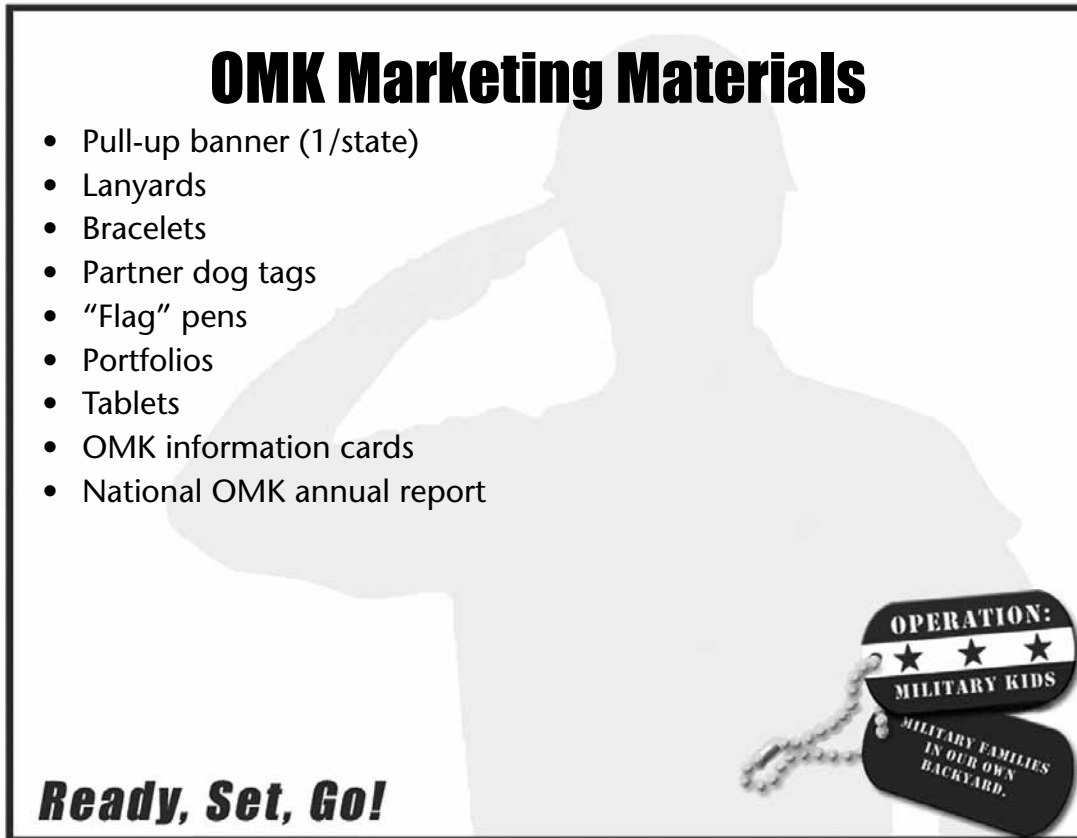
Trainer Tips: N/A

What to Do, What to Say:

Do: • Review curriculum.

Say: *Missouri's OMK Team developed a curriculum manual for use with Hero Day Camps for military youth from 8–13 years of age. The curriculum is focused on two of the National 4-H mission mandates and emphasizes deployment and reintegration. The manual is divided into two sections.*

The first section includes general information about conducting day camps along with an overview for creating a positive and safe youth development program. The second includes specific activities, marketing materials, sample agendas, and evaluations for Discover the Fun Hero Day Camps conducted for Missouri's military youth.



Slide 11-24: OMK Marketing Materials

Content of this slide adapted from: N/A

Materials Needed: One of each item

Trainer Tips: Be sure team members understand that materials are ordered by the OMK Coordinator for the team, not individuals.

What to Do, What to Say:

Do: • Review slide, show items.

Say: *To help promote OMK in your state and local communities, OMK has developed a number of materials to be used by state teams to promote OMK. You can see the banner. Each state has received a banner.*

Some materials are promotional such as lanyards, bracelets, dog tags and information cards. Other items may be used as part of training or a briefing such as the tablets, portfolios and National Annual Reports. Each state receives a finite number of National Annual Reports. These should be used judiciously. Each state also produces an annual report. These are more effective in telling

the story for your state. Be sure all of your partners receive a supply of these to promote OMK in your state.

These materials are ordered through Darrin and Eddy by the OMK Coordinator in your state.

How have your states used these materials in the past?