

Exhibit C, SMVF Curricula

SMVF Curriculum #1	
Name of Program	Strong Families Strong Forces (SFSF)
Publisher	Boston University of Social Work
Description	<p>Strong Families Strong Forces (SFSF), a community-based parenting program, is designed to help soldiers who have returned from Operation Enduring Freedom/Operation Iraqi Freedom and have young children, reintegrate into their families and strengthen their parenting skills. Program modules include the following:</p> <ul style="list-style-type: none"> A. Your Child and You. B. Military Family Identity. C. Your Deployment Experience. D. Your Child's Experience of Deployment. E. Catching Up With Your Child. F. Catching Up With Your Self/Partner. G. Parenting and Co-Parenting; and H. Looking Back and Moving Forward.
Target Population	This program is for military families with children who are birth to 5 years old.
Length	SFSF consists of eight 60- to 75-minute sessions that are completed over 8 to 12 weeks.
Settings	Community group
Website	http://www.bu.edu/sfsf

SMVF Curriculum #2	
Name of Program	PREP 8.0
Publisher	PREP
Description	<p>PREP 8.0 is a community-based program that is designed to help couples strengthen their relationships and prevent or minimize marital concerns that could or could not be unique to military families.</p> <ul style="list-style-type: none"> A. Use communication skills, which includes respectful talking and listening. B. Work as a team, which discusses nurturing and being supportive. C. Learn stress management. D. Manage expectations and plan. E. Consider and assess the effect of past experiences on the future. F. Strengthen commitment to enhance long-term satisfaction. G. Address issues of deployment and re-integration as a team; and H. Establish guidelines for holding productive, respectful conversations.
Target Population	This program is for military couples.
Length	Implementation time is approximately 15 hours. Each unit requires 40 to 80 minutes; however, materials and formats used are flexible
Settings	Community group
Website	https://prepinc.com

SMVF Curriculum #3

Name of Program	Big Brothers Big Sisters Military Mentoring Program
Publisher	MMAC
Description	The Big Brothers Big Sisters Military Mentoring Program (BBBS MMP) is designed to support military families by providing children of military personnel with a long-term, one-to-one friendship with an adult volunteer mentor. BBBS also provides community-based and school-based mentoring programs.
Target Population	This program is for children who have at least one parent in the military.
Length	BBBS mentors are typically expected to meet with youth three to five hours per week for at least 12 months.
Settings	Community group
Website	https://www.bigmentor.org

SMVF Curriculum #4	
Name of Program	Adaptive Parenting Tools (ADAPT)
Publisher	Adapt Research Publications
Description	Adaptive Parenting Tools (ADAPT), a community-based parent-coaching program, is designed to provide parents with tools and resources to help them build resilience, strengthen emotion regulation, and improve family well-being. ADAPT is a parent-support program that seeks to enhance family functioning; increase positive parenting practices; strengthen parental adjustment; and prevent negative parent and child outcomes, such as anxiety, depression, mental health disturbances, and substance use. ADAPT covers basic parenting- and couple-related topics and also focuses on the more complex dynamics of parenting and enhancing emotional-regulation capabilities.
Target Population	This program is delivered to parents, with children who are 5 to 12 years old, who experience high levels of stress or trauma or who work in settings with continued risk and is intended to impact parents and children.
Length	Length of training ranges from two to eight days. In addition, ongoing coaching is required and includes weekly or bi-weekly one-hour video conference calls.
Settings	Group
Website	info@adaptiveparenting.org

SMVF Curriculum #5	
Name of Program	Nurturing Parenting: Community Based Education for Military Families
Publisher	Stephen J. Bavolek PhD
Description	Nurturing Parenting®: Community Based Education for Military Families is designed to address topics such as parenting, co-parenting, and marital relationships with a focus on exploring these issues during the deployment cycle. <ul style="list-style-type: none"> A. Reuniting: Post Deployment. B. Keeping a Relationship Together. C. The Uniqueness of Military Family Life. D. Dealing with Deployment and Separation. E. Helping Children Cope with Deployment. F. Staying Connected during Deployment; and G. Post-Traumatic Stress Disorder (PTSD).
Target Population	This program is for military parents.

Length	There are seven weekly meetings that last 60 to 90 minutes each.
Settings	Community group
Website	https://www.nurturingparenting.com

SMVF Curriculum #6	
Name of Program	Nurturing Parenting Nurturing America's Military Families
Publisher	Stephen J. Bavolek PhD
Description	Nurturing Parenting®: Nurturing America's Military Families, a family- and community-based parenting program, is designed to help parents learn new nurturing skills and parenting patterns, improve general parenting skills, and develop non-abusive discipline strategies.
Target Population	This program is for parents in the military with children who are 0 to 5 years old.
Length	The Nurturing Parenting: Nurturing America's Military Families program consists of 55 lessons on parenting and seven lessons that center on military family life. Four to six lessons are implemented per week, and program length varies per installation.
Settings	Community group
Website	https://www.nurturingparenting.com

SMVF Curriculum #7	
Name of Program	After Deployment Adaptive Parenting Tools (ADAPT)
Publisher	National Institute of Health
Description	This is a behavioral parent-training program designed specifically for military families with school-aged children. The program is rated No Effects. ADAPT children reported fewer school problems and ADAPT parents demonstrated more positive involvement and problem-solving skills, compared with the control group. However, there were no statistically significant differences in measures of child loneliness and adaptive skills, parental discipline, skill encouragement, or monitoring.
Target Population	Military Personnel, Families
Length	14 weeks
Settings	A. Community group B. Home
Website	https://crimesolutions.ojp.gov/ratedprograms/664