



AMES IN ACTION

JUNE 2023



KENNESAW STATE UNIVERSITY
CENTER FOR THE ADVANCEMENT OF MILITARY AND EMERGENCY SERVICES RESEARCH

CURATING STORIES OF RESILIENCE AMONG FAMILIES



WHAT DID AMES DO?
Over the past year, the AMES Research Center has been interviewing military, veteran, or first responder families who have faced and overcome adversity. AMES Intern Kimberly Gomes and Clinical Case Manager Katherine Moore have collected data from 12 families. Participants shared how they cultivated resilience and overcame challenges, with many reporting social support and spirituality as important strategies.

HOW DOES THIS APPLY TO MILITARY, VETERANS, AND EMERGENCY SERVICES?

Military service members, veterans, and emergency services professionals are exposed to traumatic stressors at higher rates than the general public and the after-effects of stressors can impact marriages and families. Resilience is defined as the ability to withstand and overcome difficulties or adverse events. It is important to help military service members, veterans, and emergency services professionals and their families identify and strengthen resilience to help them address stress and overcome challenges.

HOW CAN YOU APPLY THIS INFORMATION?



SHARE STORIES



BUILD RESOURCES & NETWORKS



OFFER TRAINING

Create space for individuals and families to share their stories of adversity and resilience. This helps them narratively process their history and cultivates hope among others who may be currently facing similar stressors.

Aid individuals and families in building relationships and networks that can provide social support. Help foster awareness of resources so that individuals and families can access them when needed.

Workplaces and communities can consider offering evidence-based resilience training programs that are tailored to military, veteran, or emergency services populations and their families to develop resilience.