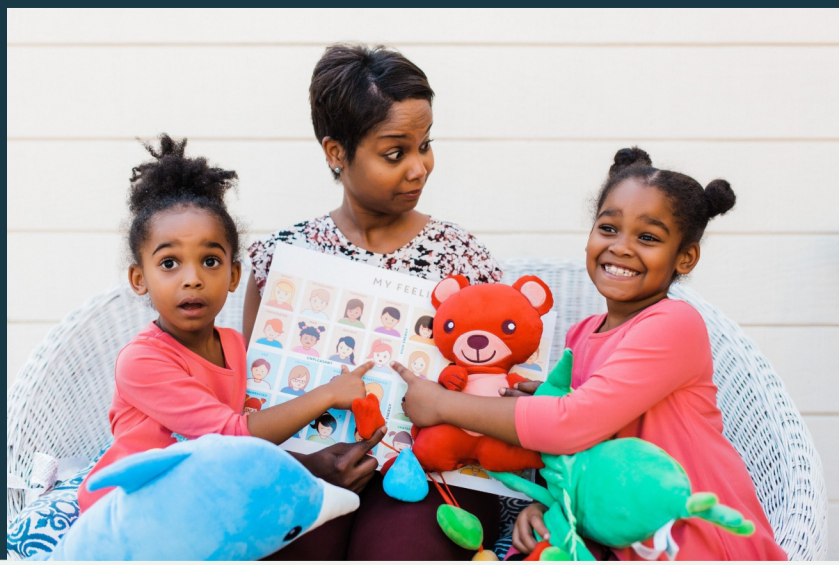
GENERATION MINDFUL

STRENGTHENING MILITARY FAMILIES

Supporting family readiness through emotional learning and connection.



EXPERIENCE WITH MILITARY FAMILIES

Through USASOC Family Programs at Fort Bragg, Generation Mindful supported 270 military families (2022–2025) partnering with their service provider admistration to deliver the HomeFront Resilience Program and Mission EQ.

FAMILIES REPORTED THE FOLLOWING OUTCOMES

100%
REPORTED POSITIVE CHANGES IN THEIR CHILDREN

96%
REPORTED POSITIVE CHANGES IN THEMSELVES

88%
REPORTED POSITIVE CHANGES IN FAMILY RELATIONSHIPS

HomeFront Resilience Program Phase I Survey Outcome Data. See the following page for Phase I & II findings.



EASY TO USE IN EVERYDAY LIFE



EMOTIONAL LITERACY IN ACTION



CONNECTION-CENTERED SPACES

The Time-In ToolKit® gives caregivers and young children simple, repeatable tools to name feelings, practice calming strategies, and strengthen connection. Woven into everyday routines, these tools help families build emotional skills they can draw on during hard moments, filled with big feelings. Being an emotionally literate family helps caregivers and children regulate emotions with resilience.

FAMILY READINESS IS MISSION READINESS

Generation Mindful is committed to strengthen life preserving protective factors in military children and families.

USASOC Family Support Program Overview

Generation Mindful | 16 October 2026

Executive Summary

From 2022–2025, Generation Mindful partnered with USASOC Family Programs at Fort Bragg to support 270 military families across two initiatives from 2022 to 2025..

HomeFront Resilience served 150 families with eighty (80) post-use surveys collected.

Mission EQ served 120 families, with no USASOC post-use survey distributed or collected.

Program Phase	Families Served	Completed Survey
HomeFront Resilience Phase 1 (2022–23)	50	25
HomeFront Resilience Phase II (2024–25)	100	55
Mission EQ (2025)	120	None Given
TOTAL	**270**	**80**

What Each Program Provided

HomeFront Resilience: (150 families)

- SnuggleBuddies® Emotions Plush/book
- Time-In ToolKit®
- Online Course + App support
- 3, 6, & 12 month Surveys



Mission EQ: (120 families)

- Make Social Emotional Learning Stick
- Book & Card Decks
- Pre-survey; no followup survey



HomeFront Resilience Program Outcomes

	Phase 1 (2022-23) n=25	Phase II (2024-25) n=55
CHILDREN		
	100%	**69.1%**
	Caregivers reporting positive changes in their children	
CAREGIVERS		
	96%	**98.2%**
	Caregivers reporting positive changes in themselves and their parenting	
FAMILY RELATIONSHIPS		
	88%	**87.3%**
	Caregivers reporting positive changes in family relationships	

> **"This helped me work through outbursts that I wasn't sure how to handle before. Now I feel confident helping my kids move through them."**
>
> - HomeFront Resilience Program survey comment

Program Observations and Future Opportunities

Military family life can involve deployment, separation, reunion, moving homes, new schools, changes in routine, and elevated demands on caregivers when a spouse deploys. This program's home-based approach offered caregivers and children a shared language for feelings, as well as practical strategies and new skills for regulating emotions in real time moments of stress. The program complements existing services to nurture family mental health and wellbeing.

Building on these outcomes, Generation Mindful welcomes the opportunity to study the impact of providing resources to **both military families and the pre-schools and daycare centers these children attend to evaluate the potential for even greater positive impact on military families and the protective factors that come with emotional literacy.** **LEARN MORE**