

Education

- 2017 Ph.D., Family Social Science, University of Minnesota
- 2014 M.S., Youth, Family, and Community Sciences, North Carolina State University
- 2012 B.S., Family Life and Child Development, Minnesota State University

Professional Experience

- 2026 - Present Principal Investigator, Military Spouse Employment Collaboration Team, OneOp
- 2022 - Present Assistant Professor of Practice, College of Applied Science & Technology, Human Services
- 2019 - 2026 Independent Consultant, OneOp (prev. Military Families Learning Network, MFLN)
- 2022 Independent Consultant, Military REACH, Auburn University
- 2017 - 2018 Independent Researcher, National Endowment for Financial Education (NEFE)
- 2015 - 2017 Research Assistant, Military REACH, University of Minnesota
- 2014 - 2016 Teaching Assistant, Family Social Science, University of Minnesota
- 2014 - 2016 Research Assistant, Family Social Science, University of Minnesota
- 2012 - 2014 Program Assistant, Expanded Food and Nutrition Education Program (EFNEP), North Carolina State University

Publications and Research

Works in Progress

Jowers, K., Huff, N., Mathis, K. G., & Rea, J. (In Progress). Preparing youth-serving professionals to support military-connected youth: A multi-state virtual professional development resource. *Journal of Youth Development*.

Peer-Reviewed Publications

- 2020 Rea, J. K., Serido, J., Borden, L. M., Danes, S. M., Ahn, S. Y., & Shim, S. (2020). "Who says "I do"?: Financial resources and values on relationship choices of emerging adults. *Journal of Financial Counseling and Planning*, 31(1), 1-14. doi: 10.1891/JFCP-19-00016
- 2019 Rea, J. K., Danes, S. M., Serido, J., Borden, L. M., & Shim, S. (2019). "Being able to support yourself": Young adults' meaning of financial well-being through family financial socialization. *Journal of Family and Economic Issues*, 40(2), 250-268. doi:10.1007/s10834-018-9602-7
- 2016 Rea, J., Zuiker, V. S., & Mendenhall, T. J., (2016). Money and emerging adults: A glimpse into the lives of college couples' financial management practices. *Journal of Financial Therapy*, 7(2), 16-40. doi: 10.4148/1944-9771.1110
- 2015 Rea, J., Behnke, A., Huff, N., & Allen, K. (2015). The role of online communication in the lives of military spouses. *Journal of Contemporary Family Therapy*, 3(3), 329-339. doi: 10.1007/s10591-015-9346-6

Book Chapter

- 2025 Rea, J., Huff, N., & Reed-Fitzke, K. (2025). Considerations for family life education with military families. In W. M. Fleming & M. J. Walcheski (Eds.), *Family life education: The practice of family science* (2nd ed., pp. 245–259). National Council on Family Relations.

Other Publications and Scholarly/Applied Works

- 2025 Rea, J. (2025, June 24). [Launching into adulthood](#): Equipping military teens with protective factors for success. [Blog post]. OneOp.
- 2023 Rea, J., & Wallace, M. L. Human Services Handbook. [Handbook, updated starting 2023]. Retrieved from <https://azcast.arizona.edu/academics/human-services/internship-sites/internships>
- 2023 Rea, J., & Wallace, M. L. Human Services Internship Manual. [Manual, updated starting 2023]. Retrieved from <https://azcast.arizona.edu/academics/human-services/internship-sites/internships>
- 2023 Rea, J., & Wallace, M. L. Human Services Orientation. [PowerPoint, updated starting 2023].
- 2021 Rea, J. (2021, Dec 14). [Financial readiness for military families](#). [Research in Action].
- 2017 Borden, L. M., Sherman, M. D., Richmond, A., Otto, M., & Rea, J. (2017). Putting research to work: 35 short research briefs developed for the Department of Defense. Washington, D. C. Retrieved from <http://reachmilitaryfamilies.umn.edu>
- 2016 Kuhl, M. W., Richmond, A., Jordan, A. C., Casper, D. M., Pinna, K. L. M., Sherman, M. D., Borden, L. M., Brown, S., Cheatom, O., Hawkey, K. R., Hawkins, S., Hoang, T.N., Lu, Z., Majerle, A., Otto, M., Rea, J., Shortreed, T., Steinman, D., Westerhof, L., & Williams, R. (2016). Supporting the Healthy Development of Strong Families. Report submitted to the U.S. Department of Defense.
- 2015 Rea, J. (2015, August). Once a marine, always a marine: Transition reflections from a military spouse. [\[Blog post\]](#).
- 2015 Rudi, J., Sherman, M., Kuhl, M. W., Rea, J., Bommarito, R., Bloomfield, C., Borden, L. M. (2015). Public awareness campaigns. Report submitted to the U.S. Department of Defense.
- 2015 Sherman, M. D., Mikal, J., Bommarito, R., Rudi, J. H., Hess, S., Otto, M., Borden, L. M., Hawkey, K., Rea, J., Shortreed, T., Wilcox, S., Otto, A., Chen, S., Brown, S., Braughton, J., & Bartyzal, A. (2015). Prevention of child neglect. Report submitted to the U.S. Department of Defense.
- 2015 Rea, J. K., & Zuiker, V. S. (February 2015). [Poverty and Family Finances](#). *The Standard*, Q1: 1(33), 1, 9-10, &15.

Conference Activity

Presentations

Rivera, C., Zuo, N., & Rea, J. (2026, March 23). Poster presentation for the 2026 Teaching Exchange Symposium, University of Arizona.

Rea, J. (2025, November 7). Strengthening military families: Financial readiness as a foundation for well-being. Proposal accepted; unable to attend. Empowering Change Through Compassionate Action Conference, Charlotte, NC.

Huff, N., Jowers, K., Smith, A., & Rea, J. (2025, November 19). Empowering financial professionals through the Military Family Readiness Academy. Conference presentation.

Gonzalez, Y. A., & Rea, J. (2023). An innovative authentic leadership approach to better serve Gen Z. Poster presentation at the National Organization for Human Services Annual Conference. Arlington, VA.

Rea, J., Wallace, M., & Allen, M. (2023, Nov 9-13). The future of human services: Recruiting students for a trained workforce. Presentation accepted for a 1-hour long workshop at the National Organization for Human Services Annual Conference. Arlington, VA.

Rea, J. (2023, Nov 9-13). Fostering communities of support to respond to the needs of military and veteran families. Presentation accepted for a 1-hour long workshop at the National Organization for Human Services Annual Conference. Arlington, VA.

Rea, J., Serido, J., & Shim, S. (2017, April 23). Financial correlates in young adults' choice to marry, cohabit or live apart. Paper accepted for presentation to American Council on Consumer Interests Annual Conference. Albuquerque, NM.

Rea, J., Serido, J., & Catalpa, J. (2016, March). Factors underlying financial well-being: A young adult perspective. College of Education and Human Development Research Day. Minneapolis, MN.

Serido, J., Ballard, J., Deenanath, V., & Rea, J. (2015, March). Financial parenting during young adulthood: Waning power, staying power, or changing power? College of Education and Human Development Research Day. Minneapolis, MN.

Rea, J., Serido, J., & Catalpa, J. (2016, November 5). A young adult perspective on family influences and financial well-being. Paper presentation. 78th National Council on Family Relations Annual Conference. Minneapolis, MN.

Majerle, A., Rea, J., & Blankman, A., & Serido, J. (2016, November 4). Social support and psychological distress among student service members/veterans and civilian college students. Poster presentation at 78th National Council on Family Relations Annual Conference. Minneapolis, MN.

Rea, J. (2015, November 19). Financial well-being in junior enlisted military families: A proposal of an integrated model. Poster presentation at 2015 Association of Financial Counseling and Planning Education Annual Research and Training Conference. Jacksonville, FL.

Rea, J. (2015, May 1). Testing an interview protocol for a phenomenological study about military families' use of financial resources. Minnesota Council on Family Relations 2015 Spring Conference. New Brighton, MN.

Teaching Experience and Courses Developed

University of Arizona

Undergraduate Courses

- HUSV 420: Introduction to Crisis Intervention
- HUSV 425: Introduction to Coordination of Care in Behavioral Health
- HUSV 310: Identity, Positionality, and Cultural Humility
- HUSV 301: Introduction to Human Services
- HUSV 357: Managing Death and Loss in Human Services
- HUSV 347: Interpersonal Relationships in Human Services
- HUSV 326: Research Methods in Social Sciences
- HUSV 493: Internship in Human Services
- HUSV 498: Senior Capstone
- HUSV 375: The Impact of Early Adversity on Child Development
- HUSV 460: Trauma Informed Care
- AEDV 310: Transitional Resiliency
- HUSV 411: Introduction to the Modern U.S. Military Family

Graduate

- HUSV 560: Trauma Informed Care
- HUSV 511: Introduction to the Modern U.S. Military Family
- HUSV 593: Internship in Application of Leadership Practices
- AED 520: Leadership, Mentoring and Advocacy: Principles and Practices

Selected Listing of Methodological and Pedagogical Experience

Course Delivery Methods: Enhanced, Hybrid, Flipped, and Online.

Learning Management Systems: Canvas, D2L/Brightspace, Google Classroom, Google Sites, and Moodle.

Content Creation Methods: Podcasting and Lecturecasting.

Selected Skills: Accessibility and Copyright Compliance, Quality Matters (Improved One Course Workshop), Adobe Applications (Acrobat, Photoshop), Basic Web Design (HTML), and Statistical Software (SPSS).

Related Professional Experience

Professional Development & Trainings

2025 – Present UCATT Digital Learning Fellow, University of Arizona

2025 Independent Applying the QM Rubric (APPQMR) Certification, Quality Matters

2023 [Improving Your Online Course workshop](#) University Center for Assessment, Teaching and Technology, Quality Matters

Guest Lecture Experience

- 2016 Military Families and Transitions - A Life Course Perspective: FSoS 4104: Family Psychology, University of Minnesota, Twin Cities - Family Social Science
- 2014 The Expanded Food and Nutrition Education Program: Professions in Parenting Education, Minnesota State University, Mankato, Minnesota - Family Consumer Science
- 2013 Infant Nutrition: Nutrition 101, East Carolina University, Greenville, North Carolina -Health and Nutrition

Guest Presentations & Webinars

- 2026 Rea, J. (2026, February 12). Supporting military couples through employment and financial transitions. [Webinar]. OneOp.
- 2025 Rea, J., & Baker, K. (2025, September 24). Launching leaders: Preparing military-connected teens for adulthood. [Webinar]. OneOp.
- 2015 Rea, J., & O'Neill, B. (2015, October). Military family financial transitions: Handling changes in income, benefits, & money management. Webinar presentation for the Military Family Learning Network.
- 2013 Child Care Conference – Healthy and Creative Snacks for Kids, North Carolina. Cooperative Extension, Jacksonville, North Carolina
- 2012 Child Care Conference – Fun Food Activities for Kids, North Carolina Cooperative Extension, Jacksonville, North Carolina

Leadership and Engagement

Service to Department, College, and University

- 2023 - Present Member, National Organization for Human Services (NOHS); Served on conference committee, reviewed conference proposals, and notified accepted proposals.
- 2025 - 2026 Director of Organizational Strategy & Member, Executive Committee, National Organization for Human Services (NOHS); attended bi-weekly meetings, made recommendations and decisions on behalf of the organization; and began the development of an Introduction to Human Services certification
- 2024 - 2025 Member, University of Arizona, Basic Needs Council Sub-Committee, Responsibilities: Assist in projects as part of the Basic Needs Infrastructure grant, such as online working groups with faculty, staff and students and spreading the word of basic needs resources.
- 2023 - 2025 Internship Coordinator, University of Arizona, CAST, Human Services, Responsibilities: Network with state and nationwide organizations and nonprofits as well as CAST's Career and Engagement Specialist, Liz Marsala, to connect Human Services students with internship opportunities.
- 2022 - 2025 Faculty Representative, Human Services, Responsibilities: Designed and restructured courses within the Human Services program. Collaborated with the Program Director, adjunct faculty, and the Department Head to make decisions regarding students and the program as a whole.
- 2022 - 2025 Member, Faculty Forum

- 2022 - 2025 Wellness Ambassador, Responsibilities: Promoted workplace wellness and strengthening a culture of well-being at the University of Arizona through wellness initiatives with CAST faculty and staff.
- 2022 - 2025 Internship Council, Student Engagement and Career Development, Responsibilities: Engage in quarterly meetings to share best practices, and support University-wide goals related to internship engagement and future internship policy changes.
- 2023 - 2024 Secretary, Faculty Forum, Responsibilities: Record, organize, and share meeting minutes and document, plus coordinate with leadership (President and Co-President).
- 2023 (Spring) Chair, Career Track Assistant/Associate Professor and Program Director of Human Services Hiring Committee (1 successful hire)
- 2023 (Fall) Member, Undergraduate Research Showcase Working Group, Responsibilities: Assisted in efforts to share an opportunity for CAST students, especially Human Services students, to get involved in showcasing their research.
- 2023 (Fall) Faculty Representative, Popcorn with a Program at Pima Community College: Delivered information about the Human Services program to recruit future potential students.
- 2023 (Fall) Faculty Representative, Human Services Student Orientation, Responsibilities: Deliver orientation and create an online presentation to present to all newly admitted students
- 2023 (Fall) Appointed Member, Student Case Committee, Responsibilities: Discussed a student's case and made a decision on a student grade appeal.
- 2023 (Fall) Appointed Member, Adjunct Faculty of Human Services Hiring Committee (1 successful hire).
- 2022 - 2023 Director, Military Families Graduate Certificate, University of Arizona (certificate deactivated) Responsibilities: Led the Graduate Certificate in Military Families, housed under the Human Services program of CAST. Taught courses specific to the military and veteran population (HUSV 460/560, HUSV 411/511, HUSV 593A, & AEDV 420/520). Met with organizations, such as the Arizona Coalition for Military Families, to bridge collaboration and networking in terms of recruitment.
- 2015 - 2017 Co-President and member of the Students Helping Advocate Relationships and Knowledge (SHARK) graduate student group
- 2014 - 2017 Member of the Graduate and Professional Student Association
- 2016 Member of the Mixed Methods Interdisciplinary Graduate Group

Mentorship

Graduate Students

- 2022 - 2023 Liza Quinones, Military Families Certificate, Human Services, University of Arizona
- 2022 - 2023 Neva Shaffer, Military Families Certificate, Human Services, University of Arizona
- 2015 - 2016 Sarah Burcher, MA/Ph.D. Student, Family Social Science, University of Minnesota
- 2015 - 2016 Samantha Brown, MS, Family Social Science, University of Minnesota
- 2014 - 2016 Jacqueline Braughton, MA/Ph.D. Student, Family Social Science, University of Minnesota

Undergraduate Students

- 2024 - 2026 BAS Students, Human Services & Early Childhood Education: Allison Alaniz, Rosemary Evans, Adriana Ferguson, Myracle Harris, Karsyn Hellman, Alex Santiago, Kasama Slaton, Kayla Sanders, Liliana Repp, Ingrid Garner, and Yadhira Venegas

- 2023 - 2025 BAS Students, Human Services, University of Arizona: Alysia Frenz, Bug Ciudad, Angela Cross, Elisa Felix, Ryan Irrgang, Sara Miller, Sofia Miranda, Jamie Noll, and Jessica Zuniga
- 2022 - 2023 BAS Students, Human Services, University of Arizona: Joel Zumido, Yassmin Gonzalez, Vanessa Atcitty, Yolanda Reyes, Elsa Lujan, Monserratt Lamadrid, and Jill Clark
- 2014 - 2015 Audrey Blankenheim, BS Student, Family Social Science, University of Minnesota

Grants and Subawards

- 2026 Subawarded: \$150,000 with OneOp, *Military Spouse Employment Collaboration Team*, Principal Investigator. In partnership with the DoW, USDA-NIFA, and Auburn University. Award Number: 2023-48770-41333

Honors, Awards, and Fellowships

- 2026 University Center for Assessment, Teaching, Technology (UCATT) Digital Learning Fellowship, University of Arizona
- 2023 National Extension Association of Family & Consumer Sciences (NEAFCS) Mary W. Wells Memorial Diversity Award for the OneOp 2022 Military Family Readiness Academy (MFRA) Family Well-Being: Navigating the Social Justice Landscape. Received 1st Place National; 1st Place Central Region; and 1st Place MN Affiliate Awards.
- 2023 National Extension Association of Family & Consumer Sciences (NEAFCS) Human Development/Family Relationships Award for the OneOp Family Transitions webinar series “A Close Look at Relationships: Supporting Military Couples”. Received 2nd Place National; 1st Place Central Region; and 1st Place MN Affiliate Awards
- 2020 AFCPE Strategic Impact Fund Symposium Scholarship \$300
- 2020 FINRA Foundation Military Spouse Fellowship (AFC) \$1,000
- 2016 M. Janice Hogan Fellowship \$7,500
- 2015 Shirley L. and Peter D. Zimmerman Fellowship for Family Policy \$1,000
- 2015 Waller Summer Fellowship \$500
- 2015 Ruth E. Hall Travel Fund \$400
- 2015 Student Scholarship 2015 AFCPE Symposium \$1,000

Service and Public Outreach

Manuscript Reviewer

- 2021 - 2025 Family & Consumer Sciences Research Journal
- 2019 - 2024 Journal of Family and Economic Issues
- 2019 - 2024 Journal of Financial Counseling and Planning

Professional Memberships

- 2022 - *Present* National Organization of Human Services (NOHS)
- 2015 - 2016 Association for Financial Counseling and Planning Education (AFCPE)
- 2014 - 2015 National Council on Family Relations (NCFR)

Certifications

2025 Independent Applying the QM Rubric (APPQMR) Certification, Quality Matters
2013 Certified Family Life Educator (CFLE)

Media: Blogs, Podcasts, and Public Scholarship

Rea, J. (2023, September 9). Deployments and school success among military-connected students. [Blog Post]. Retrieved from <https://oneop.org/?p=156595&preview=true>

Rea, J. (2023, August 12). Strategies to enhance positive school outcomes for military-connected students in transition. [Blog Post]. Retrieved from <https://oneop.org/2023/08/12/strategies-to-enhance-positive-school-outcomes-for-military-connected-students-in-transition/>

Rea, J. (2023, July 22). Strategies to reduce the mental load of a military spouse: Part 2. [Blog Post]. Retrieved from <https://oneop.org/2023/07/22/strategies-to-reduce-the-mental-load-of-a-military-spouse-part-2/>

Rea, J. (2023, July 15). The mental load of a military spouse: Part 1. [Blog Post]. Retrieved from <https://oneop.org/2023/07/15/the-mental-load-of-a-military-spouse-part-1/>

Rea, J. (2023, June 3). Supporting military fathers throughout the deployment cycle. [Blog Post]. Retrieved from <https://oneop.org/2023/06/03/supporting-military-fathers-throughout-the-deployment-cycle/>

Rea, J. (2023, May 6). Social determinants of health for military families in transition. [Blog Post]. Retrieved from <https://oneop.org/2023/05/06/social-determinants-of-health-for-military-families-in-transition/>

Military OneSource Series, & Rea, J. (2023, May 1). Tips and tools for PCS success. [Podcast]. Retrieved from <https://www.militaryonesource.mil/resources/podcasts/military-onesource/tips-for-military-pcs-success/>

Rea, J. (2023, April 8). The military teen experience 2022: “Military Teens Need Well-Being Support.” [Blog Post]. Retrieved from <https://oneop.org/2023/04/08/the-military-teen-experience-2022-military-teens-need-well-being-support/>

Rea, J. (2023, March 4). The spectrum of prevention: A framework to tackle food insecurity in military families. [Blog Post]. Retrieved from <https://oneop.org/?p=145515&preview=true>

Rea, J. (2023, February 4). Risk and resilient factors of military-connected youth. [Blog Post]. Retrieved from <https://oneop.org/2023/02/04/risk-and-resilient-factors-of-military-connected-youth/>

Rea, J. (2022, December 17). The d-word- Part 3: Supporting military families after deployment. [Blog Post]. Retrieved from <https://oneop.org/2022/12/17/the-d-word-part-3-supporting-military-families-after-deployment/>

Rea, J. (2022, December 10). The d-word- Part 2: Assisting military families through deployment. [Blog Post]. Retrieved from <https://oneop.org/2022/12/10/the-d-word-part-2-assisting-military-families-through-deployment/>

Rea, J. (2022, December 3). The d-word- Part 1: Preparing military families for deployment. [Blog Post]. Retrieved from <https://oneop.org/2022/12/03/the-d-word-part-1-preparing-military-families-for-deployment/>

Rea, J. (2022, November 26). The impact of deployment on the parents of service members. [Blog Post]. Retrieved from <https://oneop.org/2022/11/26/the-impact-of-deployment-on-the-parents-of-service-members/>

Rea, J. (2022, October 15). The military family as a cultural identity- Supporting families during transition. [Blog Post]. Retrieved from <https://oneop.org/2022/10/15/the-military-family-as-a-cultural-identity-supporting-families-in-transition/>

Rea, J. (2022, September 28). Pillars of successful transition - Models to help Service members and their families prepare for the military to civilian transition. [Blog Post]. Retrieved from <https://oneop.org/2022/05/21/pillars-of-successful-transition-models-to-help-service-members-and-their-families-prepare-for-the-military-to-civilian-transition/>

Rea, J. (2022, September 3). What are your rocks, and how will you prioritize them today? [Blog Post]. Retrieved from <https://oneop.org/2022/09/03/what-are-your-rocks-and-how-will-you-prioritize-them-today/>

Rea, J. (2022, August 16). Pillars of successful transition - Models to help Service members and their families prepare for the military to civilian. [Blog Post]. Retrieved from <https://connect.extension.org/blog/pillars-of-successful-transition-models-to-help-service-members-and-their-families-prepare-for-the-military-to-civilian-transition>

Rea, J. (2022, July 13). Shifting your mindset from a deficit ideology. [Blog Post]. Retrieved from <https://connect.extension.org/blog/shifting-your-mindset-from-a-deficit-ideology>

Rea, J. (2022, May 23). Supporting the well-being of diverse military families through a social justice lens. [Blog Post]. Retrieved from <https://oneop.org/2022/05/21/pillars-of-successful-transition-models-to-help-service-members-and-their-families-prepare-for-the-military-to-civilian-transition/>

Rea, J. (2022, May 21). Pillars of successful transition - Models to help service members and their families prepare for the military to civilian transition. [Blog Post]. Retrieved from <https://oneop.org/2022/05/21/pillars-of-successful-transition-models-to-help-service-members-and-their-families-prepare-for-the-military-to-civilian-transition/>

Rea, J. (2022, April 13). What are your rocks, and how will you prioritize them today? [Blog Post]. Retrieved from <https://connect.extension.org/blog/what-are-your-rocks-and-how-will-you-prioritize-them-today>

Rea, J. (2022, March 26). Preparing military families for deployment. [Blog Post]. Retrieved from <https://oneop.org/2022/03/26/preparing-military-families-for-deployment/>

Rea, J. (2022, March 12). Highlights from the DoD demographics report. [Blog Post]. Retrieved from <https://oneop.org/2022/03/12/highlights-from-the-2020-dod-demographics-report/>

Rea, J. (2021, December 11). Work-family conflict and the military family. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2021/12/11/work-family-conflict-and-the-military-family/>

Rea, J. (2021, December 4). Building healthy relationships in military families. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2021/12/04/building-healthy-relationships-in-military-families>

Rea, J., Southwell, K., & Ludiker, K. (2021, November 23). A closer look at the Focus Forward Fellowship: Meeting women student service members and veterans where they are (Part 1). [Podcast]. Retrieved from <https://militaryfamilieslearningnetwork.org/podcast/a-closer-look-at-the-focus-forward-fellowship-meeting-women-student-service-members- and-veterans-where-they-are-part-1/>

Rea, J. (2021, October 23). Military families & domestic violence: What we know & how we can help. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2021/10/23/military-families-domestic-violence-what-we-know-how-we-can-help/>

Rea, J. (2021, August 28). Easing the back-to-school transition for military kids + COVID-19: Part 2. Retrieved from <https://militaryfamilieslearningnetwork.org/2021/08/28/easing-the-back-to-school-transition-for-military-kids-covid-19-part-2/>

Rea, J. (2021, August 28). Easing the back-to-school transition for military kids: Part 1. [Blog]. Retrieved from <https://militaryfamilieslearningnetwork.org/2021/08/28/easing-the-back-to-school-transition-for-military-kids-part-1/>

Rea, J. (2021, June 5). Building racial literacy among military caregivers and children. [Blog]. Retrieved from <https://militaryfamilieslearningnetwork.org/2021/06/05/building-racial-literacy-among-military-caregivers-and-children/>

Rea, J. (2021, February 13). Maintaining healthy military couple relationships despite transitions. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2021/02/13/maintaining-healthy-military-couple-relationships-despite-transitions/>

Rea, J. (2021, February 1). Women in the military: The military to civilian life transition. [Infographic]. Retrieved from https://militaryfamilieslearningnetwork.org/wp-content/uploads/2021/02/Women-in-the-Military_Infographic_2021.02.01-FINAL.pdf

Rea, J. (2020, December 19). Ensuring a successful transition from military to civilian life for women veterans. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2020/12/19/ensuring-a-successful-transition-from-military-to-civilian-life-for-women-veterans/>

Rea, J. (2020, November 29). Lending a hand to women veterans as they transition from military to civilian life. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/podcast/lending-a-hand-to-women-veterans-as-they-transition-from-military-to-civilian-life/>

- Rea, J., & Mueller, A. (2020, October 31). Empowering individuals and families through disaster education. [Audio podcast]. Retrieved from <https://militaryfamilieslearningnetwork.org/podcast/empowering-individuals-and-families-through-disaster-education/>
- Rea, J. (2020, September 28). Preparing military families for natural disasters by utilizing resiliency skills. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2020/09/28/preparing-military-families-for-natural-disasters-by-utilizing-resiliency-skills/>
- Rea, J., & Field, T. (2020, July 17). Transition GPS: Helping to make military members and their families' lives better. [Audio podcast]. Retrieved from <https://militaryfamilieslearningnetwork.org/podcast/transition-gps-helping-to-make-military-members-and-their-families-lives-better/>
- Rea, J. (2020, July 5). Supporting the unique mental health needs of military women. [Blog]. Retrieved from <https://militaryfamilieslearningnetwork.org/2020/07/05/supporting-the-unique-mental-health-needs-of-military-women/>
- Rea, J., Hernandez, L., & Belding, J. (2020, May 18). Today's military spouses: Persevering amidst challenges and barriers to thrive in various educational and career contexts. [Audio podcast]. <https://militaryfamilieslearningnetwork.org/podcast/todays-military-spouses-persevering-amidst-challenges-and-barriers-to-thrive-in-various-educational-and-career-contexts/>
- Rea, J. (2020, May 16). Assisting military families as they successfully navigate the military- to-civilian transition. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2020/05/16/assisting-military-families-as-they-successfully-navigate-the-military-to-civilian-transition/>
- Rea, J. (2020, May 10). Helping military families become more resilient through various transitions. [Audio podcast]. <https://militaryfamilieslearningnetwork.org/podcast/helping-military-families-become-more-resilient-through-various-transitions/>
- Rea, J. (2020, May 9). Supporting military spouses in pursuing their education and career goals. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2020/05/09/supporting-military-spouses-in-pursuing-their-education-and-career-goals/>
- Rea, J. (2020, April 30). Collaboration: Breaking down silos and building networks to support military families. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/podcast/collaboration-breaking-down-silos-and-building-networks-to-support-military-families/>
- Rea, J. (2020, April 10). New ways of serving military families through COVID-19. [Blog]. Retrieved from <https://militaryfamilieslearningnetwork.org/2020/04/10/new-ways-of-serving-military-families-through-covid-19/>

Rea, J. & Neidel-Greenlee. (2020, March 18). Fighting for their right to fight: Women in the U.S. military [Audio podcast].

<https://militaryfamilieslearningnetwork.org/podcast/fighting-for-their-right-to-fight-women-in-the-u-s-military/>

Rea, J. (2020, March 23). The battles they fought: A brief history of women in the U.S. military. [Blog Post].

Retrieved from <https://militaryfamilieslearningnetwork.org/2020/03/23/the-battles-they-fought-a-brief-history-of-women-in-the-u-s-military/>

Rea, J. (2020, March 14). Unique Challenges Faced by the Powerful Women Who Serve in the United States Military [Blog Post]. Retrieved from

<https://militaryfamilieslearningnetwork.org/2020/03/14/women-in-the-military/>

Rea, J. & Moore, E. (2020, February 24). A grateful transition: Assisting student veterans in their transition to higher education [Audio podcast].

<https://militaryfamilieslearningnetwork.org/podcast/a-grateful-transition-assisting-student-veterans-in-their-transition-to-higher-education/>

Rea, J. (2020, February 13). Managing the transition to higher education for service members. [Blog Post].

Retrieved from

<https://militaryfamilieslearningnetwork.org/2020/02/13/managing-the-transition-to-higher-education-for-service-members/>

Rea, J., Gerde, H., & Luze, G. (2020, January 30). Fostering healthy transitions for military families with young children [Audio podcast]. Retrieved from

<https://militaryfamilieslearningnetwork.org/podcast/fostering-healthy-transitions-for-military-families-with-young-children/>

Rea, J. & Lester, P. (Producers). (2020, January 1). FOCUSing on strengthening military families from a family systems perspective [Audio podcast]. Retrieved from

<https://militaryfamilieslearningnetwork.org/podcast/focusing-on-strengthening-military-families-from-a-family-systems-perspective/>

Rea, J. & Becher, E. (Producers). (2019, December 29). Coparenting during separation or divorce: A military family perspective [Audio podcast]. Retrieved from

<https://militaryfamilieslearningnetwork.org/podcast/coparenting-during-separation-or-divorce-a-military-family-perspective/>

Rea, J. (2019, December 29). The new kids on the block: Military families' shift in family structure and change in family demands. [Blog Post]. Retrieved from

<https://militaryfamilieslearningnetwork.org/2019/12/29/the-new-kids-on-the-block-military-families-shift-in-family-structure-and-change-in-family-demands/>

Rea, J. (2019, October 31). Highly mobile, but very resilient: Military youth [Infographic]. Retrieved from <https://militaryfamilieslearningnetwork.org/wp-content/uploads/2019/09/High-Mob-Infographic-April-2020-pages-1-and-2-FINAL.pdf>

Rea, J. (2019, October 31). The highly mobile, but very resilient: Identifying and addressing school- and transition-related needs of military youth. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2019/10/31/the-highly-mobile-but-very-resilient-identifying-and-addressing-school-and-transition-related-needs-of-military-youth/>

Rea, J. & Mancini, J. (2019, September 16). A refocus on the interaction of vulnerabilities and resilient factors of the heterogeneous military family [Audio podcast]. Retrieved from <https://militaryfamilieslearningnetwork.org/podcast/a-refocus-on-the-intersection-of-vulnerabilities-resilient-factors-of-the-heterogenous-military-family/>

Rea, J. (2019, September 5). Collaboration: Breaking down silos and building networks to support military families. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2019/09/05/collaboration-breaking-down-siloes-and-building-networks-to-support-military-families/>

Rea, J. (2019, July 18). Helping military families become more resilient through various transitions. [Blog Post]. Retrieved from <https://militaryfamilieslearningnetwork.org/2019/07/18/helping-military-families-become-more-resilient-through-various-transitions/>