In 2012, six camps were held in Delaware for youth whose parents were active duty and reserve military. These camps were evaluated by the Virginia Tech Community and Family Research Lab. One of the camps was a family camp in which adult family members, particularly a military parent participated. One hundred ninety-one campers (191) ages 6 to 17 participated and completed a survey developed by the American camping Association at the end of the camp.

The survey for younger campers measured improvements across six domains: Friendship, Family Citizenship, Teamwork, Perceived Competence, Interest in Exploration and Responsibility. The survey for older campers measured improvements across five domains. The six camps were:

1. Teen Camp - The camp was designed so that teens can process their feelings and fears, develop resiliency and coping skills, and make new friends with other teens who are also dealing with parent deployment.
2. Home Front Heroes - Was designed so that adolescents can process their feelings and fears, develop resiliency and coping skills, and make new friends in other adolescents who are also dealing with parent deployment.
3. Where in the World Camp - Campers enjoyed exploring activities focused around a particular place (country or state) in which their parent might be deployed or stationed. Military and community partners led hands-on activities including computer science, food and nutrition, health and fitness, leadership, citizenship, etc. in order to build youth’s awareness, confidence, and competence which will enable them to better handle the deployment stress.
4. Life Skills Camp - Youth learned basic life skills so that they can be supportive of the parent left behind during times of deployment. Participants worked together to enjoy fun, hands on activities in order to learn how to better communicate with their parents, learn how to perform various tasks around the house—such laundry/ironing, and healthy meal preparation. Youth developed important resiliency skills such as self-esteem, problem solving, stress management, and preparedness for the future.
5. Camo Camp Deployment Camp – Youth experienced a mock deployment exercise and developed relationships with peers also experiencing deployment. The youth also enjoyed using the Mobile Technology Lab to create projects that will help them better handle the deployment and remain in communication with their loved one.
6. Family Restoration Camp - These camp supported families who had a member recently return from deployment as they experience the homecoming and reintegration stages. For those who were awaiting deployment this camp allowed them to spend quality time together as they experienced the pre-deployment stage.

The Results of the 4-H Operation Military Kids Camping Program were impressive:

Younger Campers (ages 6-11)
- 71 participated (average age 8.6 years)
- 26% indicated they were a dual military family
- 71% had a father only in the military and 3% a mother only
- 93% reported that their military parent had been deployed at least once.
- 99% indicated they would return to 4-H camp
- 100% said they would suggest camp to their friends.

Older Campers (12-17)
- 120 campers completed the surveys (average age 12.5)
- 35% were from a dual military family.
- 61% had a father only in the military and 4% a mother only
- 96% reported that their military parent had been deployed at least once.