



## Who is the Military?



## Active Duty vs. Reserve Component

### Active Duty

- Always on Active Duty
- Always Federal
- Lives on or near military base
- Most medical care through military
- Deploy as a unit
- Family deeply entrenched in the military culture

### Reserve Component

- Sometimes on Active Duty
- Sometimes federalized
- Lives in home community
- Most medical care through the community
- May deploy individually
- Family not necessarily entrenched in military culture

## Snapshot –

### FY2016 Year End Manning per Defense Authorization Act

	Active Duty	Reserve	Guard	Total
<b>Army</b>	481,000	199,500	343,500	1,024,000
<b>Navy</b>	327,900	59,000		386,900
<b>Marine Corps</b>	186,000	38,500		224,500
<b>Air Force</b>	325,100	69,800	106,600	501,500
<b>Coast Guard</b>		7,000		7,000
<b>Total</b>	1,320,000	373,800	450,100	2,143,900

NOTE: Active Duty End Strength:

1954 – 3,302,104	1992 – 1,807,177
1967 – 3,547,902	2002 – 1,411,634
1975 – 2,128,120	2007 – 1,379,551
1980 – 2,082,560	2014 – 1,354,054

## Military Structure

- **Military Rank/Chain of Command:** Officer, Warrant Officer, Enlisted/NCO



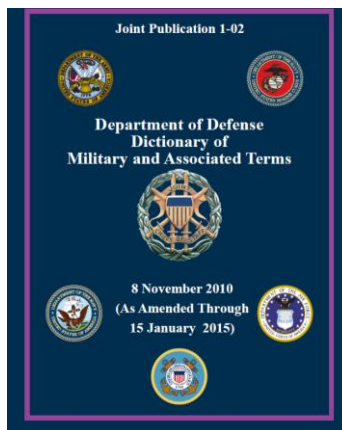
- **Specialty:** MOS, AFSC, Navy Ratings
- **Unique Identifiers:** All Insignia, Dog Tags, Customs and Courtesies



## Military Terms

The military has its own special language.

Brass  
Bulkhead  
Porthole  
Deck  
Head  
Chow  
Leave  
Cover  
Wingman/Battle Buddy  
Bullet Launcher  
SITREP  
AAR/Hotwash  
Snuffy  
Policing



Mandatory Fun  
Hooah  
Got your 6  
Zero Dark Thirty  
Dark Ugly  
Roger  
John Wayne  
Top/Shirt  
Louie  
Weekend Warrior  
SNAFU  
Stand-by  
Down Range

## Common Acronyms & Terms

- OIF – Operation Iraqi Freedom
- OEF – Operation Enduring Freedom
- OND – Operation New Dawn
- GWOT – Global War on Terrorism
- UCMJ – United Code of Military Justice
- IED – Improvised Explosive Device
- ROE – Rules of Engagement
- DD214 – Discharge document from AD
- RC – Reserve Component
- AD – Active Duty
- Blue Star Mom
- Gold Star Family



## THE AIRMAN'S CREED

I AM AN AMERICAN AIRMAN  
 I AM A WARRIOR  
 I HAVE ANSWERED MY NATION'S CALL  
 I AM AN AMERICAN AIRMAN  
 MY MISSION IS TO FLY, FIGHT AND WIN  
 I AM FAITHFUL TO A PROUD HERITAGE,  
 A TRADITION OF HONOR,  
 AND A LEGACY OF VALOR  
 I AM AN AMERICAN AIRMAN  
 GUARDIAN OF FREEDOM AND JUSTICE,  
 MY NATION'S SWORD AND SHIELD,  
 ITS SENTRY AND AVENGER  
 I DEFEND MY COUNTRY WITH MY LIFE  
 I AM AN AMERICAN AIRMAN  
 WINGMAN, LEADER, WARRIOR  
 I WILL NEVER LEAVE AN AIRMAN BEHIND  
 I WILL NEVER FALTER  
 AND I WILL NOT FAIL



### The Soldiers Creed

I am an American Soldier.  
 I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.  
 I will always place the mission first.  
 I will never accept defeat.  
 I will never quit.  
 I will never leave a fallen comrade.  
 I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself.  
 I am an expert and I am a professional.  
 I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.  
 I am a guardian of freedom and the American way of life.  
 I am an American Soldier.

## Core Values, Beliefs & Norms

### • Core Values

- **Army:** Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, Personal Courage
- **Navy and Marine Corps:** Honor, Courage, Commitment
- **Air Force:** Integrity, Service before Self, Excellence
- **Coast Guard:** Honor, Respect, Devotion to Duty

### • Common Beliefs & Norms:

- We are the Defenders of Democracy
- Self is replaced by Team
- The *team* is a family system
- Responsibilities are clearly understood
- We *ARE* Resilient
- We rely on each other & have each others backs
- We don't want to disappoint or let the team down



## Who has deployed

- 35% - Non-white
- 10%+ - are Women
- 25% - 40 or older
- 50% North – 50% Southerners
- 1/3 have a college degree
- 60% live in non-urban area
- Iraq
  - >80% - at least one tour in Iraq or in support of that war.
  - 47% of those had multiple deployment
  - 29% - two years in Iraq
- Afghanistan
  - 29% - 2 or more tours.
  - 16% - 2+ years there
- Not Iraq or Afghanistan
  - Hundreds of thousands did not serve in Iraq or Afghanistan but worked in support of operations in those nations from bases and ships in the Middle East and South Asia.
  - Those deployments often were arduous and risky and involved separation from families.

2.7 million  
Post-9/11 Veterans

## Deployment Cycle

Methodology for organizing, training, equipping, and sustaining rapidly responsive forces to meet the defense strategy requirements



Predictability

Warfighter Support

***I left the military....***

***But the military never left me***



## A Strength in the Military can be a Challenge at Home

Military / Combat	Home / Civilian Life
No one except your buddies understand	Prefer to be with your buddies
Maintain control of weapon and gear	Someone moves or messes with MY stuff
Controlling your emotions, critical for mission success	Failing to display emotions around family and friends hurts your relationships. Seen as uncaring and detached
Discipline and obeying orders – survival depends on it.	There is no clear chain of command with family and friends
Split second decisions that are lethal – kill or be killed. Anger / aggression pumps you up.	May display hostility towards others. Overreact to minor insults.

## Transition is difficult: many feel like they don't belong



- Every Warrior will transition in their own way
- No two deployments are the same
- Aggregate Effect
- Not All Veterans are in crisis
- Not All Veterans have served in combat
- You don't have to be in combat to have PTSD
- Veterans are NOT always angry
- Veterans are NOT just men

**We spend a lot of time taking the civilian out of the soldier.  
We don't spend a lot of time putting the civilian back in.**

"Our work is appreciated, of that I am certain, There isn't a town or a city I visit where people do not convey to me their great pride in what we do."

"But I fear they do not know us. I fear they do not comprehend the full weight of the burden we carry or the price we pay when we return from battle"

*Admiral Mike Mullen, CJCS, 2007-2011*

## Nebraska's Military & Veteran Footprint

- 133,003 Veterans – 9.5% of Adult Population
  - 11,823 Women / 121,180 Men
  - 47% – 65+; 37% - 40-64; 16% - under 40
  - 11% - Retired Military
- Military Presence in 23 Communities
  - Army National Guard - 25 Readiness Centers
  - Air National Guard – 2 Communities
  - US Army Reserve – 11 Communities
  - Air Force Reserve, US Marine Corp Reserve, Navy Reserve – 1 Community
  - Offutt Air Force Base & USSTRATCOM

Current Military – 11,895



**Do you ask your  
student/client/patient/employee  
if they, or someone close to  
them serve or have served in  
the military?**

## Truths....

- Most deployed veterans will *not* develop a mental illness or suffer a brain injury but all who deploy and their families face important readjustment challenges.
- Veterans and families need to retain/regain a healthy balance despite the stress of deployment.
- Most Americans are isolated from deployments.
- Families are often invisible.
- Reality: everybody makes changes; the trick is to reconnect again..

## Cultural Awareness Pitfalls

### What you say and how you say it makes a difference

- I don't care if you're worried about passing your fitness test. You have to keep off your foot.
- Can't you just ask your supervisor to limit your duty time?
- What difference does it make if you don't deploy with your company?
- Did you kill anyone?
- No, we have to put you on non-deployment status. Look I don't see what the problem is. It's more important to take care of yourself than it is to deploy.
- But wouldn't you rather be discharged than have to go back over there?

***Readying Nebraska communities to  
serve the needs of our Veterans,  
Service Members and their families.***



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