



From the Front Porch

**Helping Families deal with
Deployment and Reunion**

Military Life, Deployments & Reunion

**Deployments
are stressful!!**



**Military Life is
stressful!!**



ACTIVE DUTY FAMILIES

More than half (54.7%) of all active duty members have a spouse and/or dependents, and the nearly 1.7 million active duty family members are an important part of our military community.



1.7 Million Family Members



623,981 Spouses



1,036,472 Children



9,448 Adult Dependents

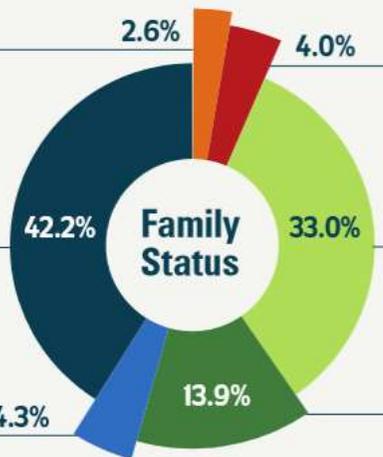


1.3 Million Active Duty Members

dual-military marriage, with children: 33,484

single, no children: 544,178

single, with children: 55,362



dual-military marriage, no children: 51,069

married to civilian, with children: 425,177

married to civilian, no children: 179,328

Source: 2016 Demographics Profile of the Military Community (Department of Defense) <http://download.militaryonesource.mil/12038/MOS/Reports/2016-Demographics-Report.pdf>



Active Duty Spouses



53.5%

Active duty members married

6.6% Dual-military marriage



31.5

YEARS OLD

Average age of spouses



8.1% MEN



91.9% WOMEN



Active Duty Children



39.9%

Active duty members with children

Children in each age group

0 to 5 years 42.2%

6 to 11 years 31.8%

12 to 18 years 21.7%

19 to 22 years 4.3%



2016 DEMOGRAPHICS PROFILE SELECTED RESERVE FAMILIES

More than half (53.4%) of all Selected Reserve members have a spouse and/or dependents, and the more than 1 million Selected Reserve family members are an important part of our military community.



1 Million Family Members



371,628
Spouses



685,344
Children



2,248
Other Dependents

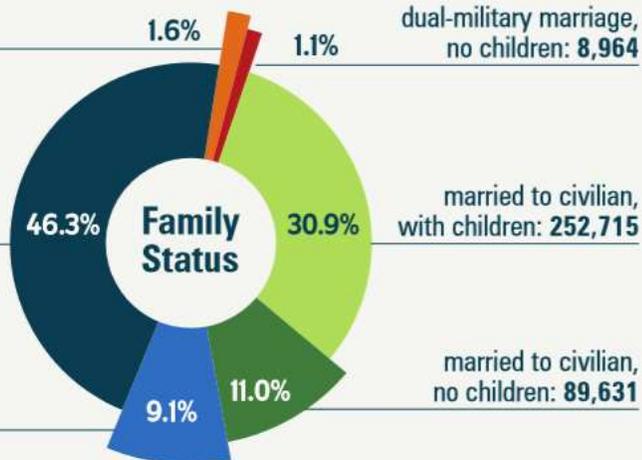


818 Thousand Selected Reserve Members

dual-military marriage,
with children: **13,227**

single,
no children: **379,185**

single,
with children: **74,583**



Note: Data presented here are based on Selected Reserve members who train throughout the year and participate annually in active duty training exercises.

Source: 2016 Demographics Profile of the Military Community (Department of Defense)
<http://download.militaryonesource.mil/12038/MOS/Reports/2016-Demographics-Report.pdf>



Selected Reserve Spouses



44.5%

Selected Reserve members married

2.7% Dual-military marriage



36.3
YEARS
OLD

Average age of spouses

13.1%
MEN

86.9%
WOMEN



Selected Reserve Children



41.6%

Selected Reserve members
with children

Children in each age group

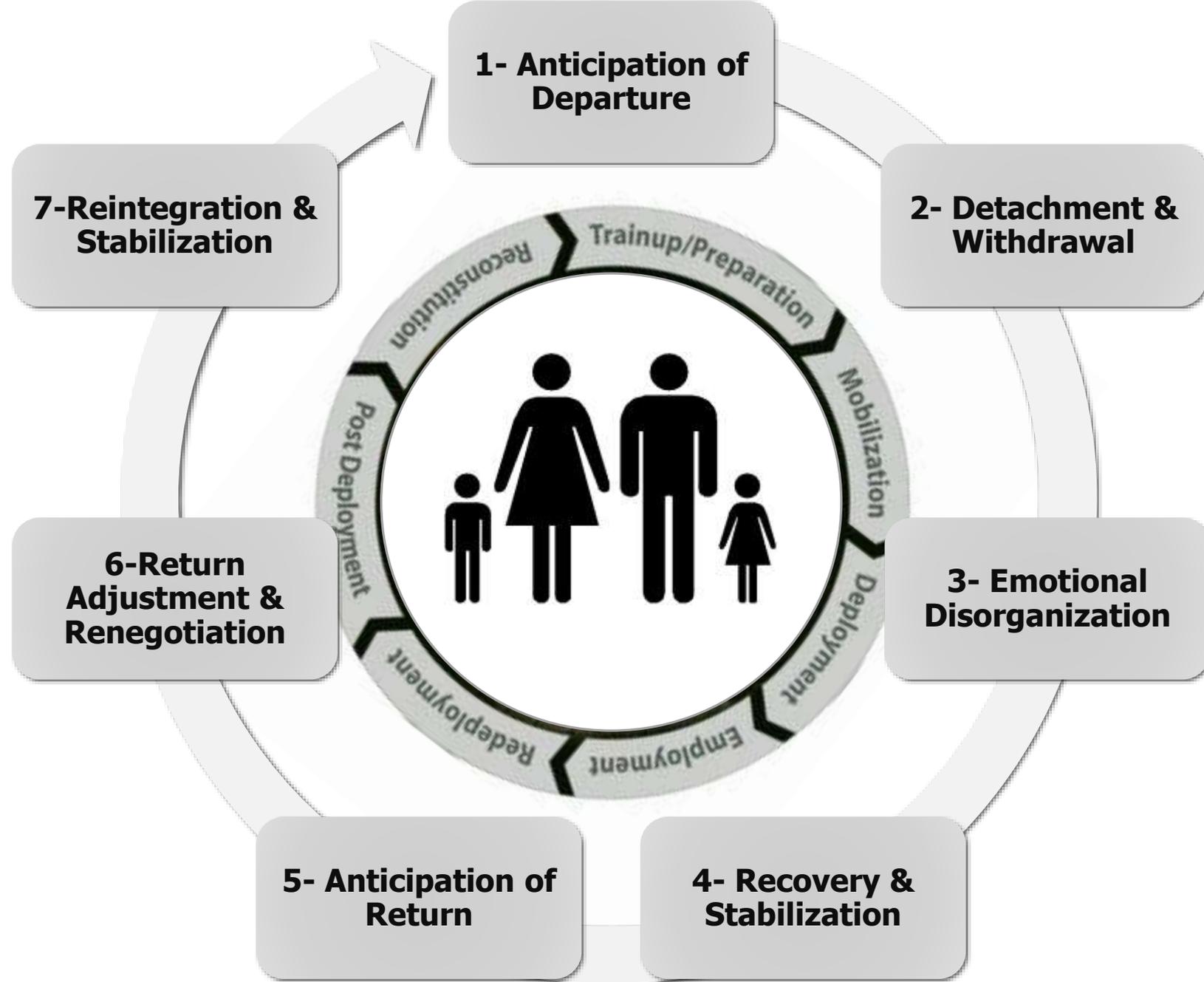
0 to 5 years **31.2%**

6 to 11 years **31.2%**

12 to 18 years **27.0%**

19 to 22 years **10.6%**

Emotional Cycle of Deployments



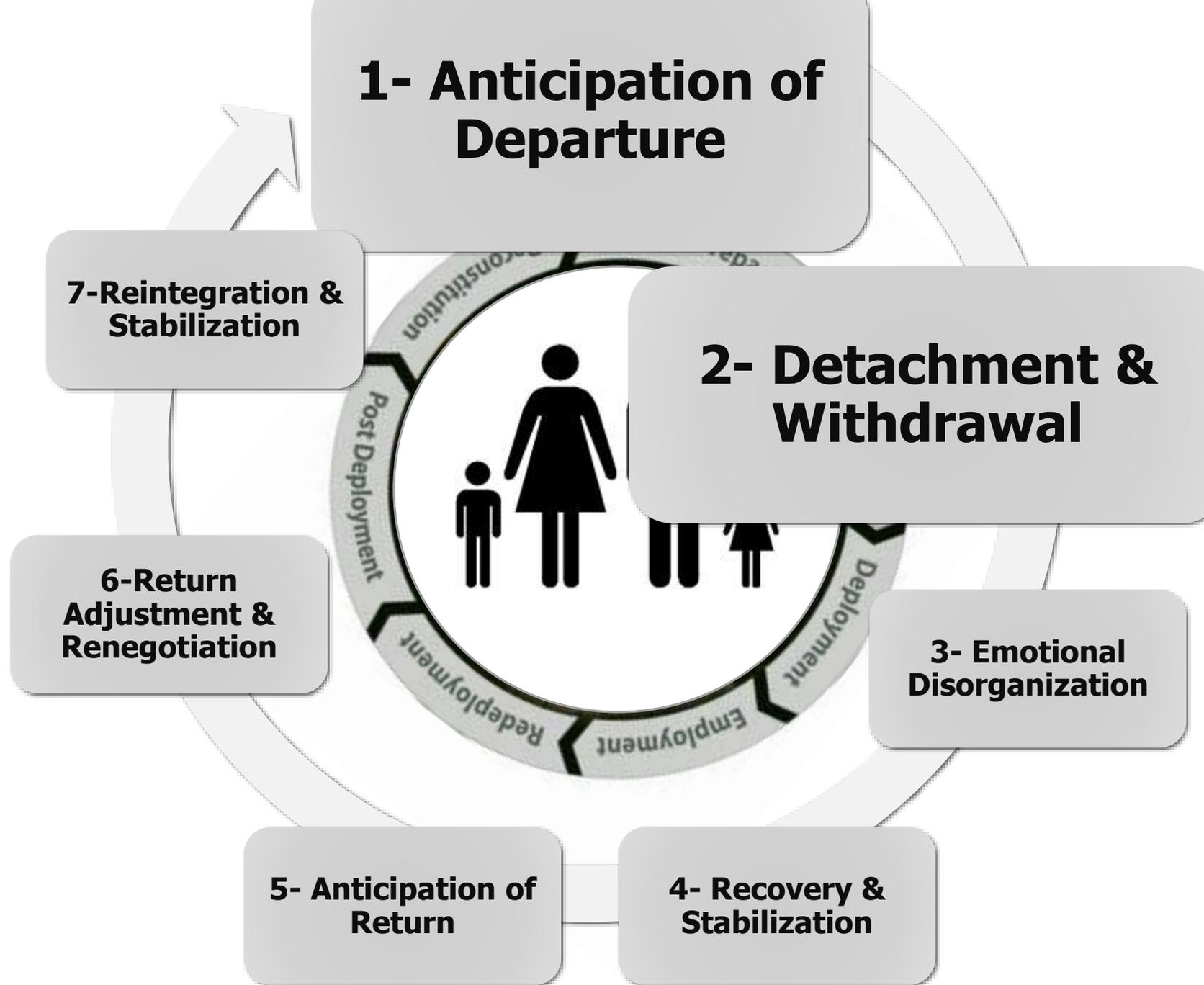
Phases of Deployment

Pre-Deployment

Deployment

Post-Deployment

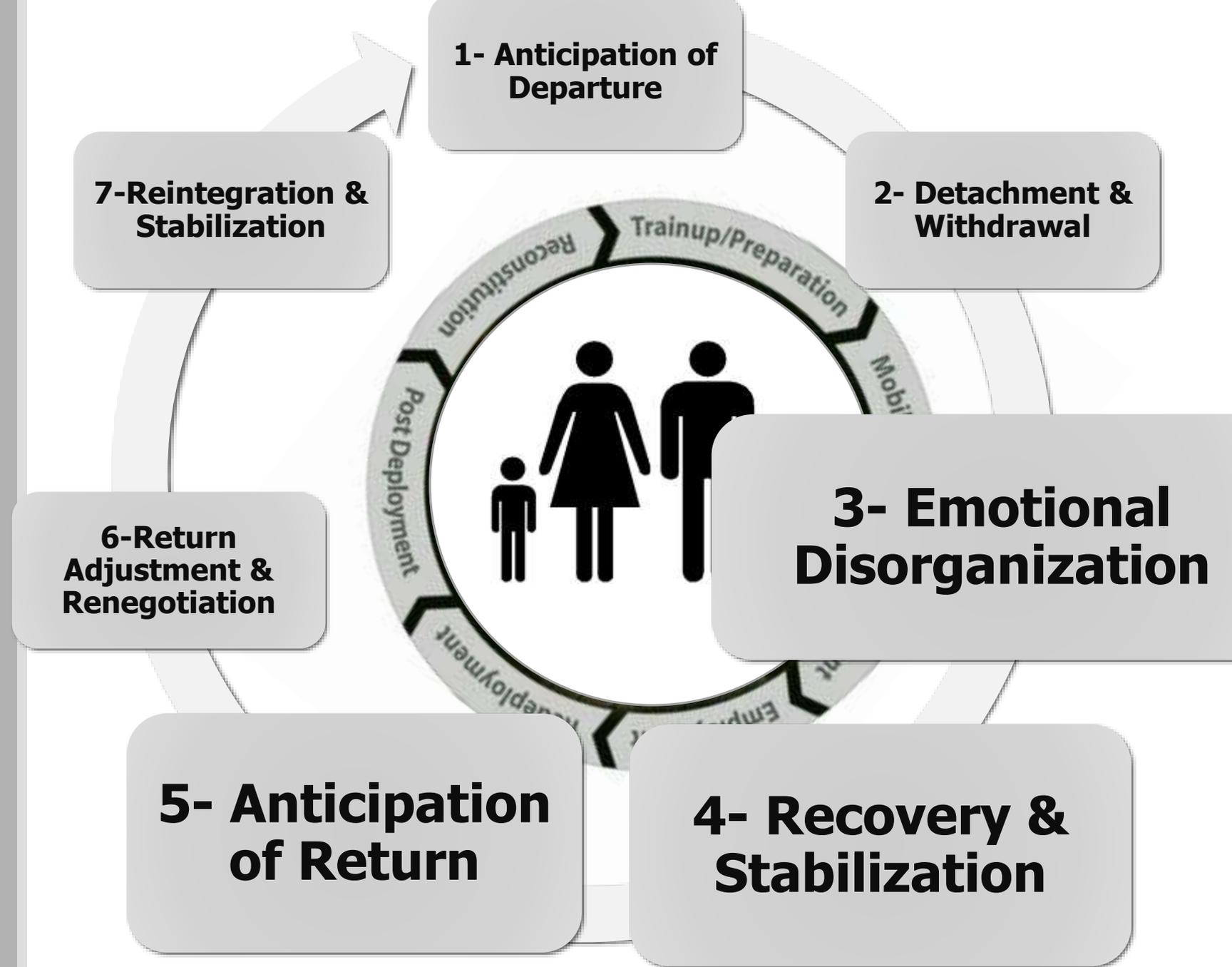
Pre-Deployment



Pre-Deployment



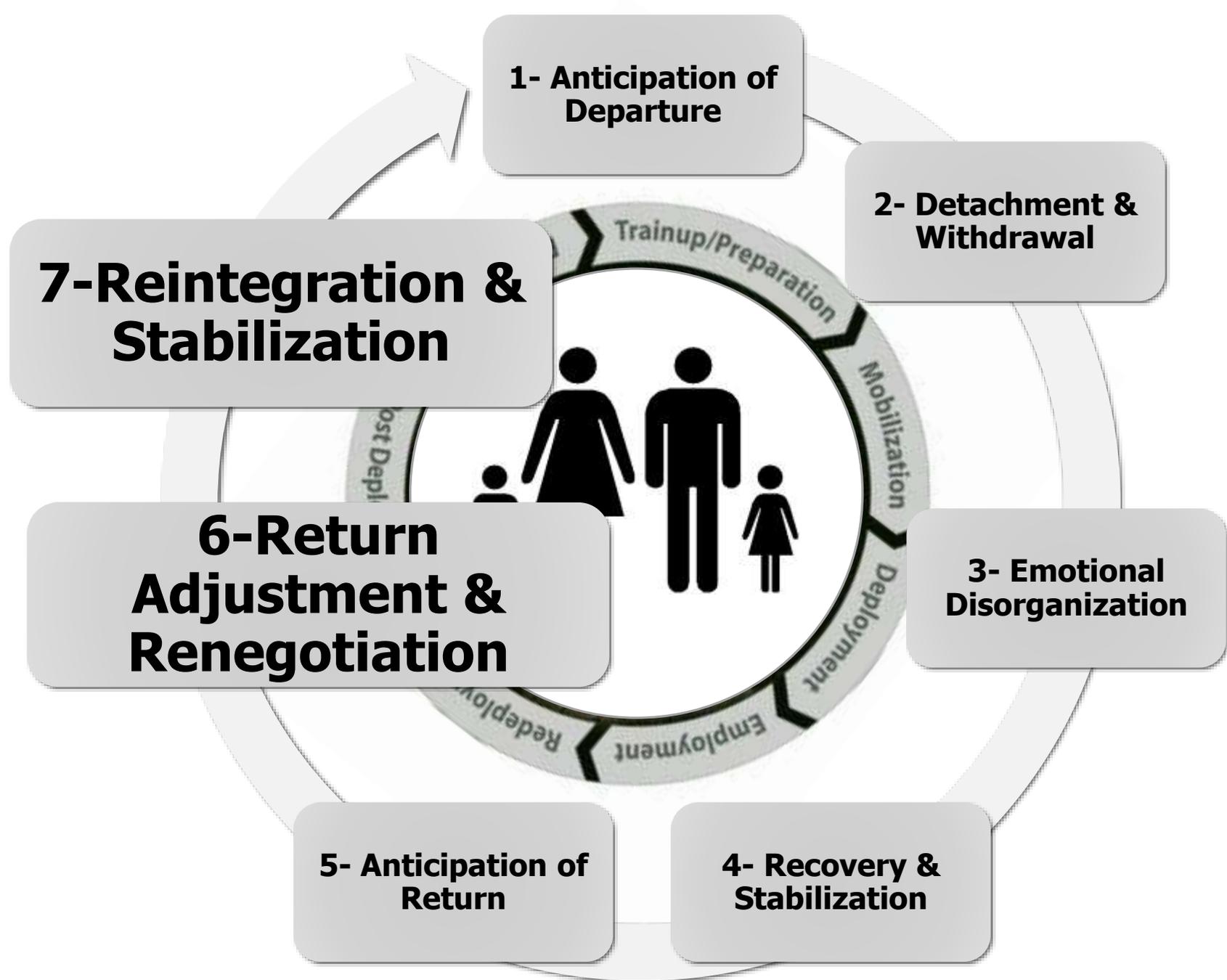
Deployment



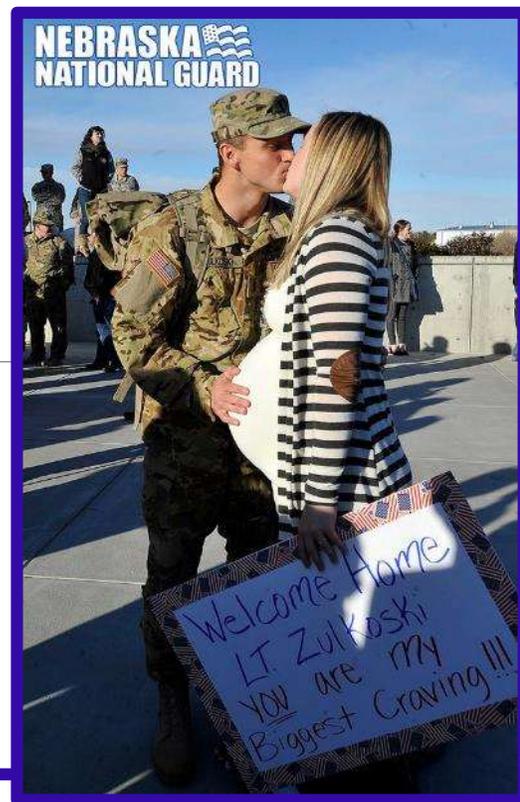
Deployment



Post Deployment



Post-Deployment (Reunion)



Risk & Resilience in Military Families





Use of Counseling

66% of active duty spouses are **comfortable using military counseling.**

35% of active duty spouses **have seen a counselor** during their husband's or wife's active duty career.

78% of active duty spouses who have seen a counselor **felt it was beneficial.**

Top Cited Issues Discussed in Counseling

Marital Issues

21%

Mental Health Concerns

21%

Coping with Stress

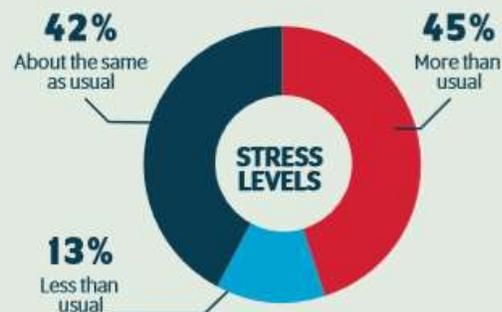
11%

The more than 680,000 active duty spouses play an important part in our military community. They face unique challenges due to their spouses' military service.

WELL-BEING OF ACTIVE DUTY SPOUSES



Current Level of Personal Stress



Mental Well-being

Within the last two weeks, active duty spouses reported feeling...



SUPPORT FOR ACTIVE DUTY SPOUSES



Community Support

52% of active duty spouses agree that if they had an emergency, even people they did not know would be willing to help.

50% of active duty spouses agree that people know they can get help from the community if they are in trouble.



Family Support

89% of active duty spouses agree that generally speaking, they would describe their family as a strong, happy family.

88% of active duty spouses agree that the members of their family make an effort to show they have love and affection for them.



Resources for Spouses

The Department of Defense is dedicated to helping military spouses manage stress. Military spouses can receive support at no cost, including non-medical counseling at:

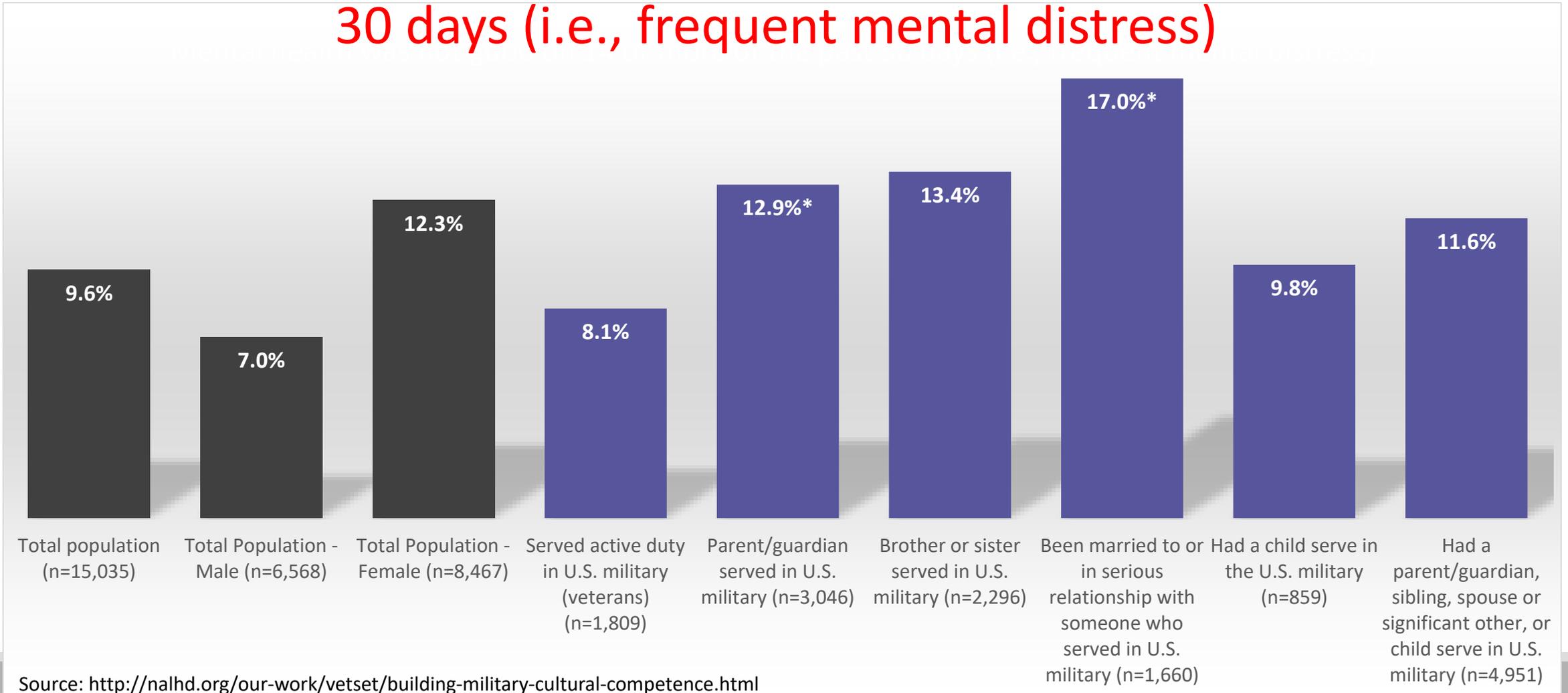
MILITARY ONESOURCE

800-342-9647

www.militaryonesource.mil

Veteran & Family At Risk

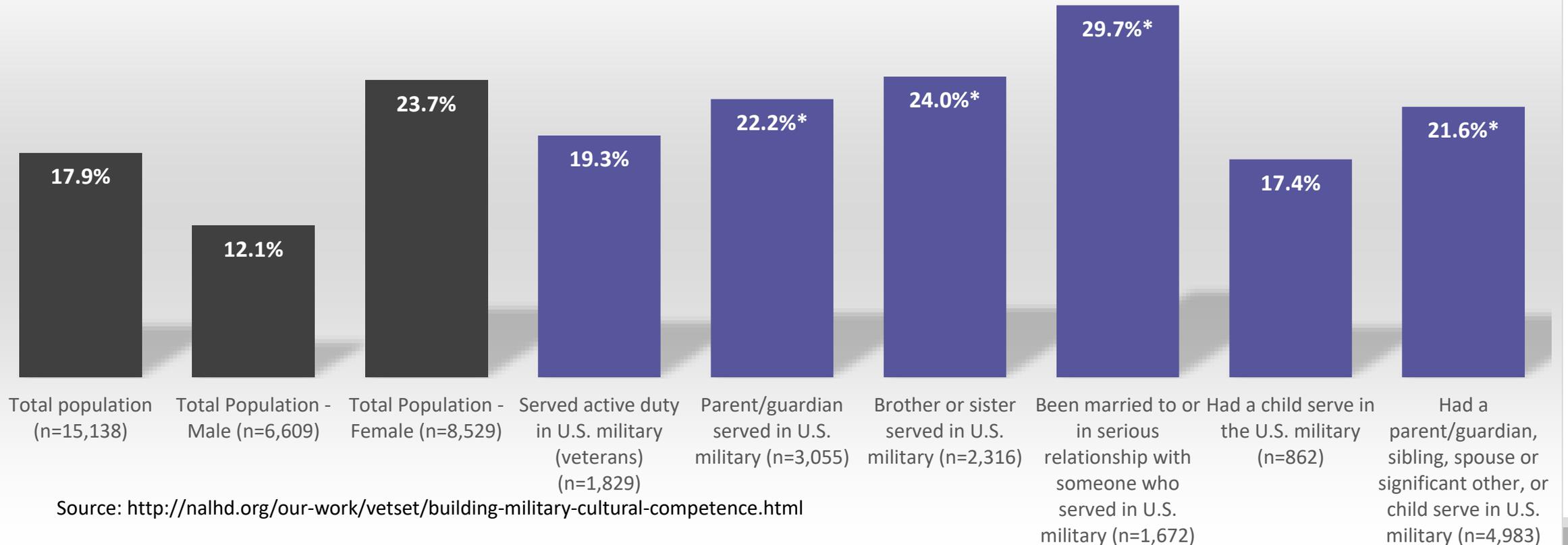
Mental health was not good on 14 or more of the past 30 days (i.e., frequent mental distress)



Source: <http://nalhd.org/our-work/vetset/building-military-cultural-competence.html>

Veteran & Family At Risk

Ever told they have depression



Source: <http://nalhd.org/our-work/vetset/building-military-cultural-competence.html>

I'M EXHAUSTED
FROM TRYING TO
BE STRONGER
THAN I FEEL



A photograph of a wooden swing set on a porch. The swing set has two wooden seats hanging from a horizontal beam by metal chains. The porch has a white railing with vertical balusters. In the background, there is a green lawn and several trees. The text "From the Front Porch" is overlaid in the center of the image.

From the Front Porch

DISCUSSION & QUESTIONS?