



# **From the Front Porch**

**Helping Families deal with  
Deployment and Reunion**

# Military Life, Deployments & Reunion

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**Deployments  
are stressful!!**



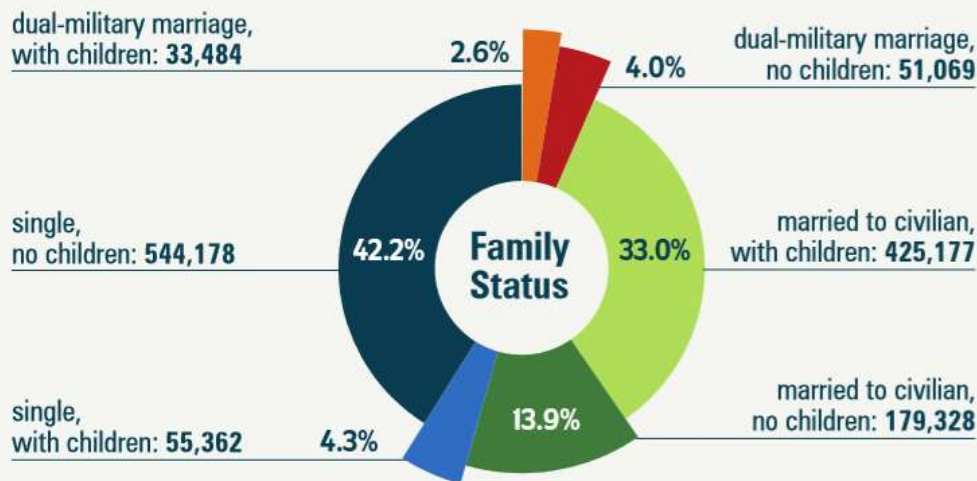
**Military Life is  
stressful!!**





## 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.



**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



Active duty members married

**6.6% Dual-military marriage**



Average age of spouses

 **8.1%**  
**MEN**

**91.9% WOMEN**

## Active Duty Children



Active duty members  
with children

### Children in each age group





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

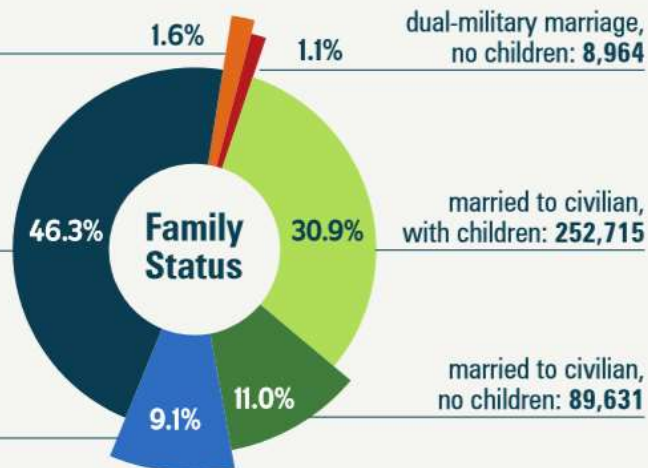


**818 Thousand** Selected Reserve Members

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%**

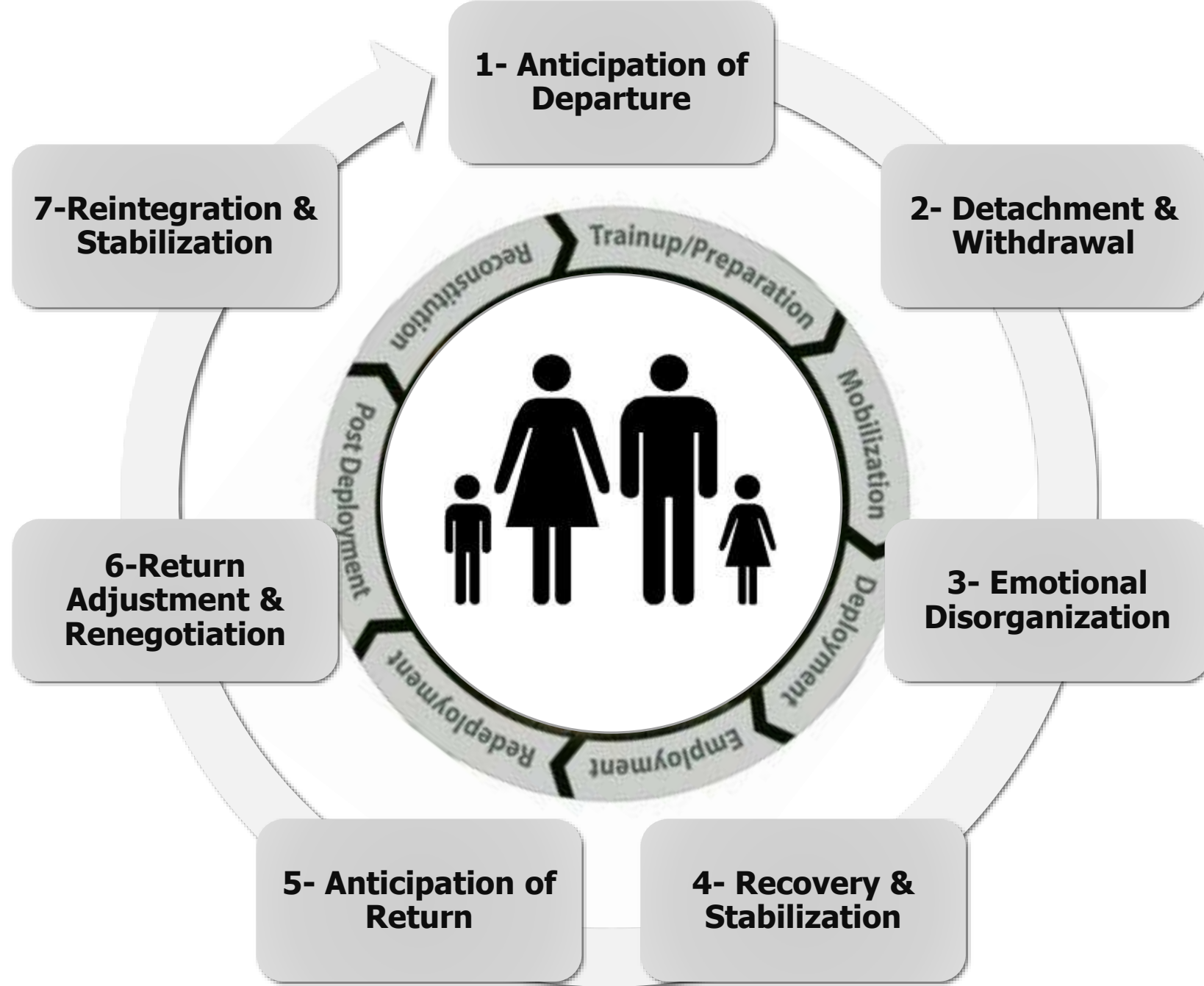
6 to 11 years **31.2%**

12 to 18 years **27.0%**

19 to 22 years **10.6%**



# Emotional Cycle of Deployments

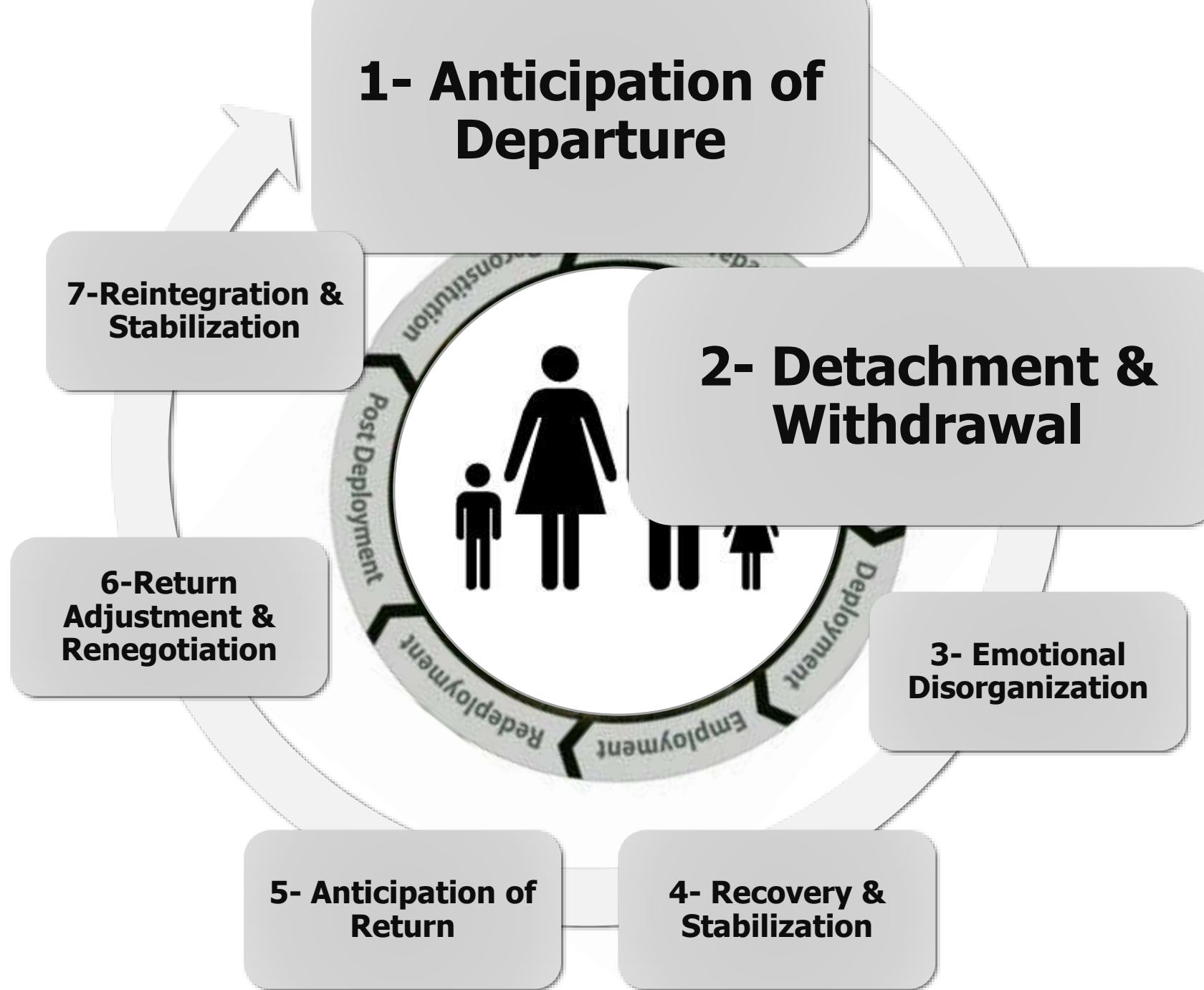


# Phases of Deployment

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Pre-Deployment  
Deployment  
Post-Deployment

# Pre- Deployment

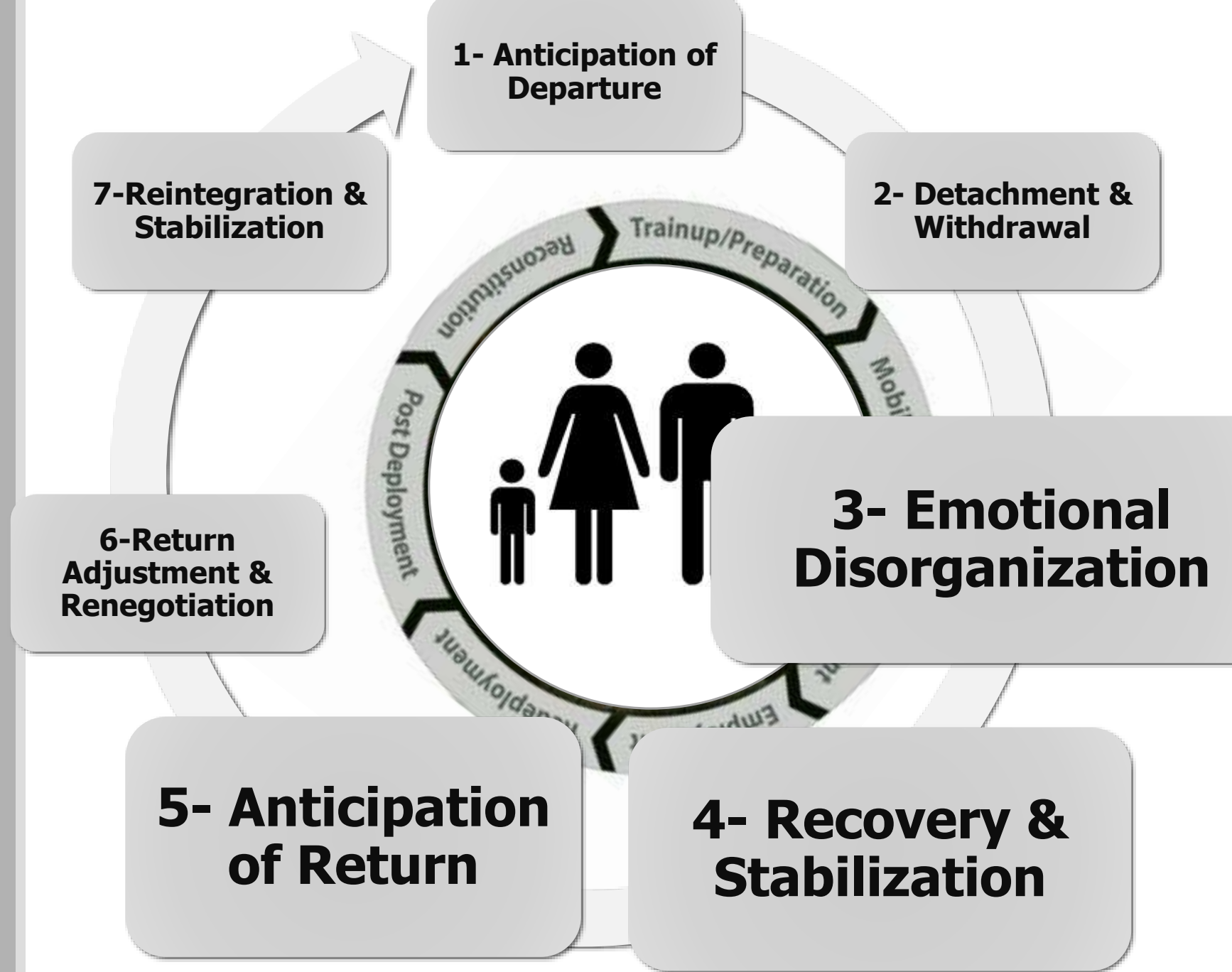


# Pre-Deployment





# Deployment

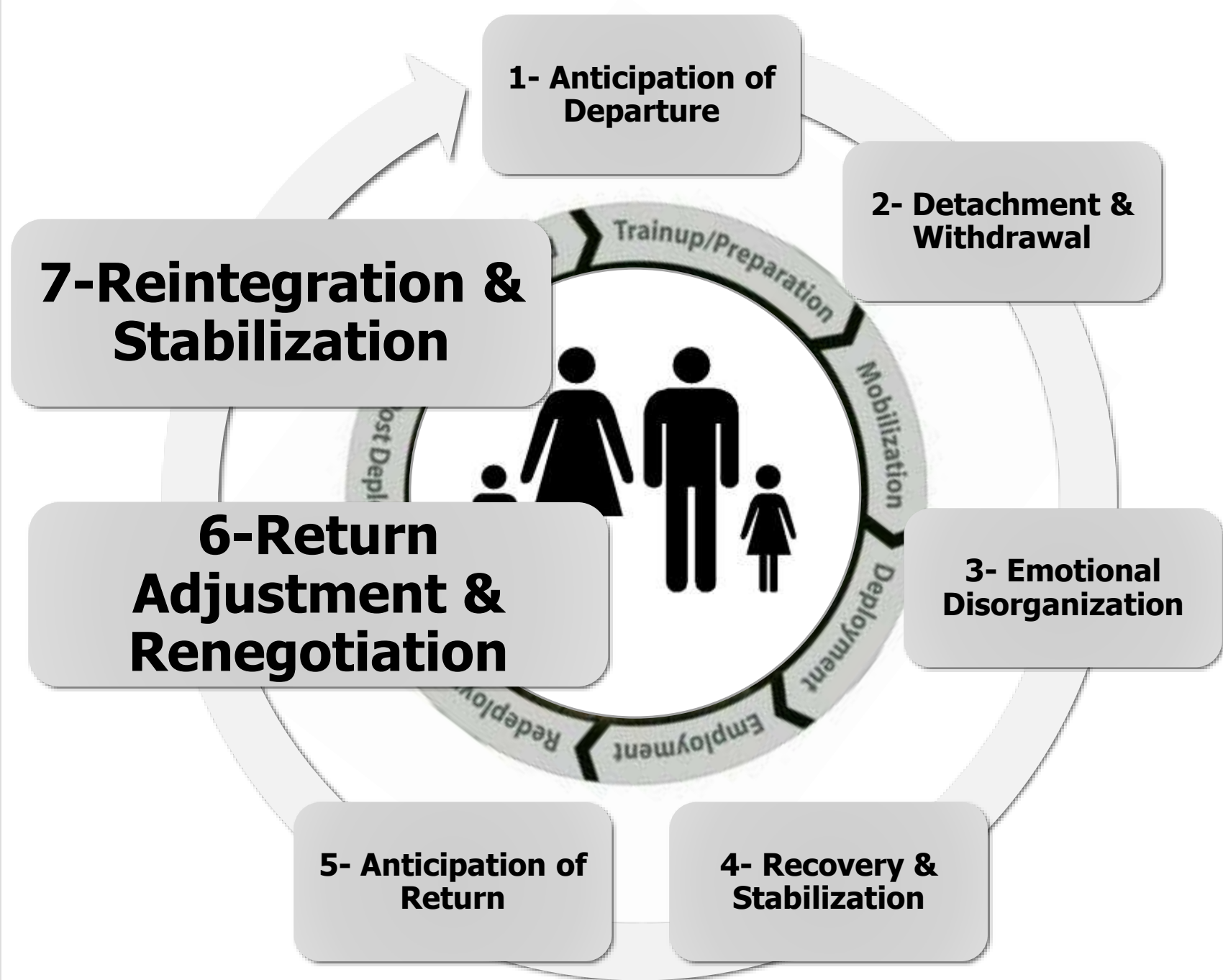


# Deployment



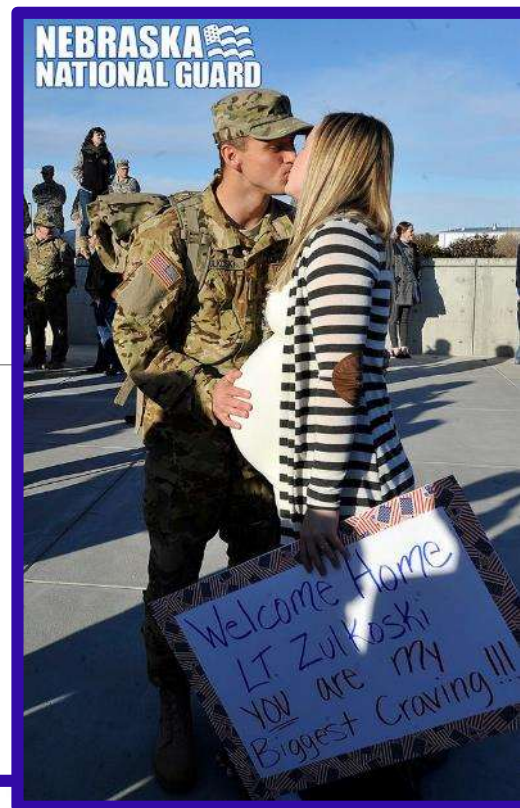


# Post Deployment





# Post-Deployment (Reunion)





# Risk & Resilience in Military Families





# MILITARY FAMILIES SPOUSE WELL-BEING

[www.militaryonesource.mil/reports-surveys](http://www.militaryonesource.mil/reports-surveys)



## 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...

Nervous, anxious, or on edge

**47%**




Down, depressed, or hopeless

**32%**

### 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**

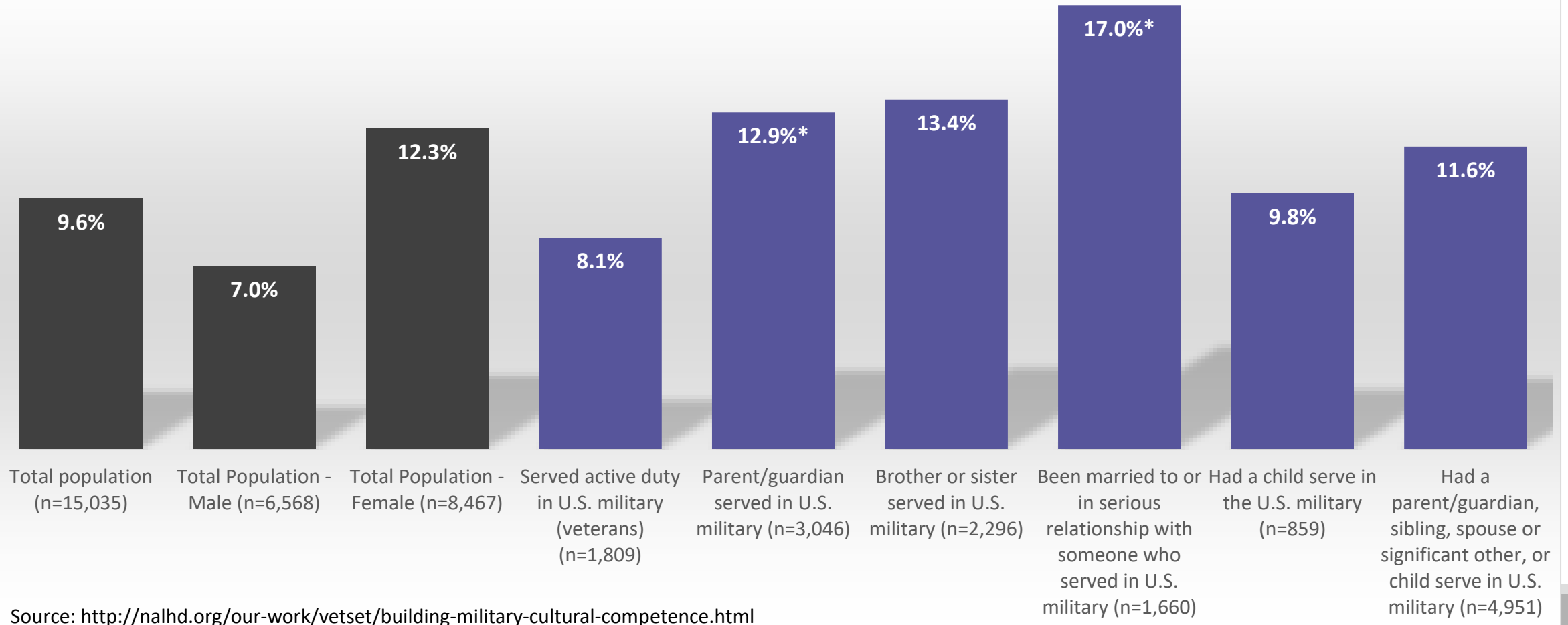
**800-342-9647**

[www.militaryonesource.mil](http://www.militaryonesource.mil)



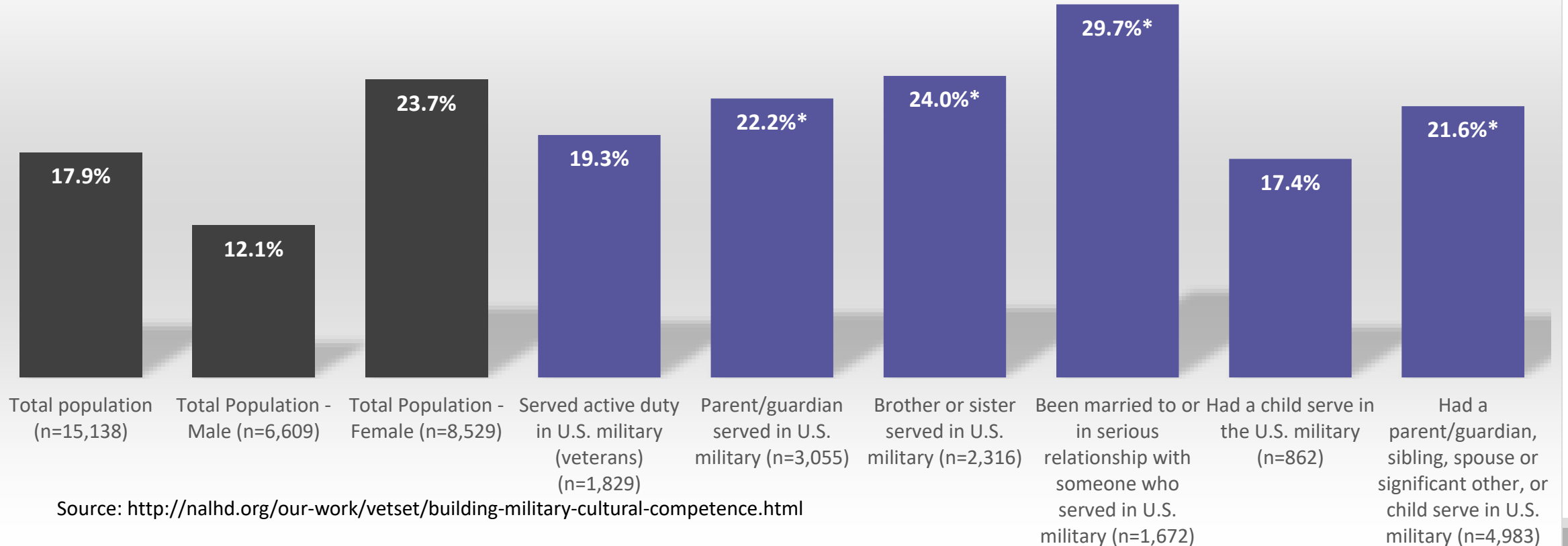
# Veteran & Family At Risk

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



# Veteran & Family At Risk

## Ever told they have depression



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 swings hanging from a wooden frame. The porch has a white railing. In the background, there is a green lawn and some trees. The text "From the Front Porch" is overlaid on the image in a large, black, sans-serif font.

# From the Front Porch

DISCUSSION & QUESTIONS?