



Veteran 101a: Understanding Veterans and their Families



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Who is a veteran?

Any person who has served in the United States Uniformed Services.

- US Army
- US Navy
- US Marine Corps
- US Air Force
- US Coast Guard

Military Life

- Command and Control
- Unit Cohesion
- Unit Expectations
- Unit Discipline
- Unit Deployment
- Family Support Programs

The Military Silo

The military has been a silo that provides everything a military family needs:

- Human resources
- Medical services and health insurance
- Military family policy
- Social services
- Recreation and socialization

- The military after many years of providing all services within itself has come to know that there are civilian community services their members need that the military can not always provide but are available just off post in the community they live.

The Military Family



The military family is not very different than many families in the United States however there are some special things you need to know to serve them successfully

- Women in the military
- Civilian military spouses
- Dual military couples
- Military children

Why People Leave the military?

- Voluntary departure, end of enlistment contract / resign commission.
- **R**eduction **I**n **F**orce
- Medical Discharge
- Retirement
- Administrative Discharge
- Judicial Discharge

What Problems do People have on leaving service?

- Transitioning from “a little island of socialism” to a less inclusive civilian and supportive world
- Little time is provided in transitioning the military service member back to civilian status
- Education
- Employment
- Where to live?

Psycho-social factors associated with Veterans

Interpersonal Issues in dealing with Veterans

- Veteran concept of the military culture
- Expectations regarding leadership and initiative
- Are military folks rigid, or is it something else?



Bio-Psycho-Social Issues

What is Post Traumatic Stress Disorder (PTSD)?

Posttraumatic Stress Disorder (PTSD) is an anxiety disorder that can occur following the experience or witnessing of a traumatic life-threatening event such as military combat. Thousands of soldiers returning from the wars in Iraq and Afghanistan struggle with PTSD – often called “the invisible wounds of war.”

According to a report published by Rand Corporation in 2008, PTSD has affected approximately one in five Iraq and Afghanistan Veterans.



What is Traumatic Brain Injury (TBI)?



- Traumatic Brain Injury (TBI), often called the signature wound of the Iraq and Afghanistan wars, occurs when a sudden trauma or head injury disrupts the function of the brain.
- Most reported TBI among Operation Enduring Freedom and Operation Iraqi Freedom service members and veterans has been traced back to Improvised Explosive Devices, or IEDs, used extensively against Coalition Forces. This can come on suddenly or even after months or years after the initial injury.

The Needs and Expectations of Specific Types of Veterans



Active Duty Military, Reserves, National Guard



Active Duty Military Needs and Expectations



- Military will provide for the needs of myself and my family through the benefits and services available on the military base
 - Training/Career Progression
 - Medical/Mental Health/Dental Services
 - Social services/family programs
 - Child Care programs
 - Shopping
 - Transportation
 - Housing
 - Retirement/job placement

Reservists and National Guard

- National Guard and Reserve programs provide flexibility and rewards as the guard/reservist receives part-time service credit toward military retirement, pay and benefits when on active duty or training.
- Very attractive to many students due to the education and VA benefits that are available to them when they meet criteria.



Reservist /National Guard Benefits

Not Deployed I expect that contractual agreements will be followed that the Reserves will provide the following as part of my service:

- Education
- regular paychecks for monthly unit training and annual field training exercises.
- opportunity to earn Nationally recognized professional and trade certifications.
- cash bonuses
- discounted health care
- A chance to build retirement

On Deployment I expect that my needs will be covered by the military and my family needs at home will be provided jointly by military programs and the civilian community I live in.

- Tricare Health Insurance
- Housing allowance
- Automatic Federal Tax Filing Extension
- Family Assistance Center will my family with ID cards and Defense Enrollment Eligibility Reporting System (DEERS) enrollment, TRICARE and military medical benefits education, emergency financial services, legal information & referral, crisis intervention and referral, and community information and referral.

Newly Transitioning Veterans



- Nearly two-thirds of new veterans say they faced a difficult transition to civilian life, partly because of the bleak economic environment but also because they seem to be speaking a different language than the business leaders who might hire them.
- Expectations of people leaving the military are higher than reality.
- miscalculating how their experience translates to nonmilitary jobs
- The civilian business community does not understand military service skills and how to translate them into civilian tasks.

Stars and Stripes

Power point continued on Veterans 101b