

THE MILITARY REACH REVIEW

Auburn University | November 2021

PROMOTING MILITARY FAMILY READINESS

The Military REACH Review provides monthly updates on the happenings of Military REACH and connects readers to the latest products that are available on www.MilitaryREACH.org.

Family Focus Articles are quick reads that connect research to real-life:



Helping School Personnel Prevent and De-escalate Peer Aggression: An Overview of Existing Research and Insights into Programming

Featured News provides updates on the happenings of the Military REACH team:



Student Highlight: Maddie Marsh, Military REACH Intern



Dr. Nick Frye, Post-Doctoral Research Fellow, Awarded the New Professional Poster Award Given by NCFR

Did you know?

Service members in the National Guard and Reserve are sometimes referred to as “citizen soldiers” because they have part-time military responsibilities in combination with their civilian (non-military) employment.

THIS MONTH:

- ★ **NOVEMBER FEATURED FUNCTION: REACH DICTIONARY (P. 1)**
- ★ **1 NEW FAMILY FOCUS ARTICLE (P. 1)**
- ★ **2 NEW FEATURED NEWS ARTICLES (P. 1)**
- ★ **12 NEW TRIP REPORTS FOCUSED ON TRAUMA, MENTAL HEALTH, AND MORE (P. 2)**
- ★ **LAURA GOSS, A GEORGIA 4-H MILITARY LIAISON, DISCUSSES HOW SHE LINKS RESEARCH TO PRACTICE WHEN SUPPORTING MILITARY FAMILIES (P. 3)**

KEEP UP WITH US ON:



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November Featured Function: REACH Dictionary

REACH DICTIONARY

Search for Dictionary Terms

ABCDEFGHIJKLMNOPQRSTUVWXYZ

DEFINITION FOCUS TERM

(1) Military (M)

(2) Programs, Therapies, and Resources (P)

(3) Research (R)

(4) Technology (T)

(5) Work and Values (W)

(6) Programs and Therapies (P)

(7) Work and Values (W)

1. Implicit Biases

"An implicit expectation in the military an implicit norm is a strong respect for veterans, while in a family an implicit norm is how affection is shown."

Citation: Blawie, K. R., Sachtloff, D., T. Penne, A., MacCormick, W. (2019). Military families: Research, research and application. *Triple P*. Retrieved from <https://www.militaryfamilyreaches.org/implicit-biases>

Category: Programs, Therapies, and Resources

2. Improvised Explosive Devices (IED)

An IED is a "homemade" bomb which can be made in a wide variety of sizes and forms.

Citation: Henson, D. (2018, August 30). Improvised explosive devices. Retrieved from <https://www.militaryfamilyreaches.org/improvised-explosive-devices>

Category: Military

The REACH Dictionary is a collection of terms and definitions used in family science.

Users can...

- type and search for terms,
- filter terms based on focus term category and first letter, and
- select related terms for each definition when available

When these terms are used in our TRIP reports, red links are provided to visit the term's dictionary page.

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RESEARCH AND OUTREACH SM

TRANSLATING RESEARCH INTO PRACTICE

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TRIP Report: ★

Link to Source: ★

Translating Research into Practice (TRIP) Reports

Translating Research into Practice Reports evaluate and summarize military family research, while also providing practical implications. This month our team created 12 TRIP reports focused on studies that examine trauma, mental health, and more.

TRAUMA

Risk and protective factors associated with mental health among female military veterans: Results from the veterans' health study



Adams et al. (2021)



VETERANS

Mental health treatment utilization and relationship functioning among male and female OEF/OIF veterans



Harper et al. (2021)



PARENTS

Military-related stress and family well-being among active duty Army families



O'Neal & Lavner (2021)



TRAUMA

Parameters of aggressive behavior in a treatment-seeking sample of military personnel: A secondary analysis of three randomized controlled trials of evidence-based PTSD treatments



Berke et al. (2021)



VETERANS

Finding our new normal: A 10-year follow-up study with U.S. Army veterans and their spouses



Mullet et al. (2021)



COUPLES

Pornography use and intimate partner violence among a sample of U.S. Army soldiers in 2018: A cross-sectional study



Beymer et al. (2021)



MENTAL HEALTH

A double bind for ties that bind: A pilot study of mental health challenges among female U.S. Army officers and impact on family life



Roche et al. (2020)



PROGRAMMING

Effect of an in-home, family-inclusive rehabilitation programme on depressive symptoms in veterans with traumatic brain injury and its mediation by activity engagement



Winter et al. (2020)



CHILDREN

"I've seen what evil men do": Military mothering and children's outdoor risky play



Bauer et al. (2021)



MENTAL HEALTH

The COVID-19 telepsychology revolution: A national study of pandemic-based changes in U.S. mental health care delivery



Pierce et al. (2021)



PHYSICAL HEALTH

The impact of social relationships on initiation in adapted physical activity for individuals with acquired disabilities



Javorina et al. (2020)



YOUTH

The role of interparental conflict in adolescent siblings' distress: A multi-informant study of military families



Quichocho & Lucier-Greer (2021)



SUPPORT IS MORE THAN JUST A WORD

Laura Goss

Georgia 4-H Military Liaison

November 2021

Research, like [The Significance of Military Contexts and Culture for Understanding Family Well-Being: Parent Life Satisfaction and Adolescent Outcomes](#), highlights the importance of formal and informal supports (DeGraff et al., 2016) for military families. Many are familiar with the major stressors in military life such as deployments and permanent change of station (PCS). However, military members, spouses, and children also experience the everyday stressors that their civilian counterparts experience (like a school bully, job loss, parenting stress, juggling the family schedule, and learning their boss's leadership style). The unique factor military members and dependents experience are that everyday stressors *are in addition to* the unique military stressors. Military leaders and youth professionals should care about these challenges.

Why should they care about these challenges? Because *understanding the why behind the stressors helps professionals and leaders accurately support military-connected individuals*. The research conducted by DeGraff, O'Neal, and Mancini demonstrates there is a positive relationship and higher life satisfaction when the military member and civilian spouse use available resources or feel supported by the military (DeGraff et al., 2016). Further, when a spouse is satisfied with their military life, it directly impacts their Service member's life satisfaction (DeGraff et al., 2016).

The good news is there are resources and supports in place to help families through times of stress and to overcome challenges. In the Air Force, Squadron leadership (e.g., commander, flight chief, First Sergeant) plays a vital role in the satisfaction of its members and their dependents. A squadron is often the airman's first introduction to the installation, and they are charged with promoting organizations that support their members. The squadron is also charged with developing a volunteer spouse program. In the Air Force, this is known as [Key Spouses](#). Key Spouses are volunteers who support new Airman families with transitioning to military life, sharing resources, and supporting them in times of need. The support provided to the civilian partner is important because their perceived support directly influences the satisfaction of married active-duty Service members. The same research also shows that spouses who feel supported have a positive influence over their children's academic performance and their Service member's preparedness for work (DeGraff et al., 2016).

Let's put this into context. I am a Key Spouse for the Air Force. A member in a squadron I served in lost their child during a visit to their home state. This was heartbreaking news. How did the squadron step up to support this family? As a team they worked with the military cemetery for burial rights, Key Spouses created a meal train for when the family returned, leaders spoke to the family and directed them to support agencies and provided additional time off, and their flight leadership went grocery shopping for them. You see, when this family came back to their installation, *the squadron was their only support*. The military plays a major role in how they support their people. If the military needs their people ready at a moment's notice, they must put the effort into supporting every level including rank, enlisted, officer, civilian employee, spouses, and children. Supporting agencies, squadron leadership, and volunteers like Key Spouses play a part in how the military supports their families.

Overall, I believe the military is working to support their families at all levels. Resources like Military One Source, partnerships with 4-H and the Boys and Girls Club of America, its chaplains, Family Readiness, Sexual Assault Response Coordinators, Key Spouses, and other support groups all play a role. The report "[Spouse Psychological Well-Being: A Keystone to Military Family Health](#)" found that female spouses need a broad range of supportive programs for their families, including stress-related resources; they likewise need the distribution of information about resources related to psychological issues (Green et al., 2013).

And, as military spouses, *we must accept support*. A study on [National guard families after combat: Mental health, use of mental health services, and perceived treatment barriers](#) report that "over a third of participants indicated having at least one mental health problem" (Gorman et al., 2011). In the former study, the Service members indicated embarrassment related to services while spouses noted pragmatic reasons (Gorman et al., 2011). Spouses who feel alone, unsupported, or overwhelmed by a military spouses' service need to identify or seek solutions and create a realistic plan to support their personal and family needs.

Asking for help is hard. Once we've done so, though – and once we've accepted an offer of help – a sense of relief washes over us. That relief is the feeling that *military spouses are not alone*. That was the case for a spouse who called me one night. She reached out to me as a Key Spouse when she was overtaken with worry about her husband for a few months and gained the courage to call. I listened to her concerns and reassured her that there were programs to support her and her husband; I provided support.

Support is a 7-letter word, but a word that brings so much meaning. How we support our families in the military matters. As a youth professional, active-duty member, unit leader, civilian contractor, or DOD employee, let us support every level of the military with the utmost care they deserve. We now know that when spouses are supported, life satisfaction for the whole family unit improves. For me personally, I understand the why from the research and personal experience. In the song by Matthew West (2020) titled [Truth be Told](#), he shares that we tell lies with ourselves and others. One lie is that we have it all together and the other is that everybody's life is better than ours. These lies keep us from reaching out for help. We need to speak the truth, we need to share our brokenness, and most importantly support each other.



Laura Goss, Georgia 4-H Military Liaison



The purpose of Military REACH, a project of the DoD-USDA Partnership for Military Families, is to bridge the gap between military family research and practice. Our team critically evaluates and synthesizes research in order to make it practical and accessible to military families, helping professionals, and military leadership. USDA/NIFA Award No. 2017-48710-27339