Military Families: The Aftermath of Ten Years of War

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Where We Are & How Did We Get Here

- 2,000,000 Service Members Deployed

- 800,000 Experienced Multiple Deployments

- 300,000 Suffer PTSD or Major Depression

- 44,000 Severely Injured - amputations, burns, gun shot and shrapnel wounds

- TBI – signature wound – estimates range from 10-20% of returning Service Members

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Negative Outcomes Associated with TBI and PTSD

TBI is associated with:

- poorer performance on cognitive tests measuring decision-making and planning skills,

- lack of self-control,

- mood changes,

- problems sleeping and

- memory loss

PTSD is associated with:

- increased risk for depression,

- substance abuse,

- severe anxiety,

- obsessive-compulsive disorders,

- Alzheimer's and

- suicide

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The Challenge for Family Programs

Individual with TBI/PTSD

- anxiety
- mood changes
- increased risk for depression
- difficulty processing information
- difficulty making decisions
- decreased ability to plan

Secondary Trauma for Family Members

- increased stress
- disrupted family relationships
- increased conflict
- less stability (separation and divorce)
- increased spouse/partner abuse and child abuse

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Other Considerations for the Future

- Difficulty Engaging Soldiers and Families
- Adverse Personal Backgrounds
- Increasing Numbers of Single Parents
- Increasing Numbers of Female Soldiers Who Are Parenting
- Increasing Resource Constraints
- Staff Turnover

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