For the first time in history, the number of military dependents (spouses and children) outweighs the military force. (Active Duty and Reserve)
Demographics of Military Families

• Over one-third (38%) of Active Duty members are married with children.

• Almost two-thirds (58%) of Active Duty members have family responsibilities.
Deployment’s Impact

- The Global War on Terror (2001) has resulted in ~1 million US parents to deploy.

- 2 million US children are directly impacted by these recent deployments.

Deployments are a way of life in the military.

How do you make it a stepping stone and not a stumbling block?

Active Duty Air Force

<table>
<thead>
<tr>
<th></th>
<th>Army</th>
<th>Navy</th>
<th>Marine Corps</th>
<th>Air Force</th>
</tr>
</thead>
<tbody>
<tr>
<td>Troops</td>
<td>317,782</td>
<td>332,169</td>
<td>196,435</td>
<td>329,094</td>
</tr>
</tbody>
</table>

DMDC Active Duty Master File (September 2007)
The First Mission of the Air Force is to Fly the Plane.

The AF is Older and More are Married

Two AF Special Groups of Interest

- Service Women
  - High percentage of officer and enlisted women in the AF than the other services = 20% vs < 15%.

- Dual Military Families = 13%
Military Family Separation

- Traditionally military families cope well with temporary separations.

- Family often relocate during a deployment.

Military Family Separation

- Wartime deployment adds new dimension to family separation stress.

- Families of activated Reservists and the National Guard may have different needs.

Emotional Stages of the Deployment Cycle
Historically who is more vulnerable to the effects of deployment?

- Boys and younger children
- Children affected by maternal depression.
- Young parents
- Lower socioeconomic status

Deployment and Family Stress

- 1 in 3 families with a deployed service member identify a school-aged child at risk for psychosocial morbidity.
  - Frequency is twice national normative levels.
- High parenting stress levels are double established normative data during deployment.

Air Force Deployments

- Over 200,000 Airman deployed since 2001.
- 2% of those KIA or injured during Operation Iraqi Freedom and Operation Enduring Freedom are Air Force Airmen.
- Deployments often are shorter in duration and redeployment not as frequent.
Resilient Air Force Families

- Air Force Wide Survey continues to report high levels of cohesion and resilience in military families despite stressors. 
  (Air Force Community Assessment, 2006)
- 71% of Military Families with children plan to stay in the military until retirement. 
  (Active Duty Spouse Survey, 2006)

Air Force Family Research

- Roberts KA – 2007 Self-efficacy, self-concept, and social competence as resources supporting resilience and psychological well-being in young adults reared within the military community:
  - Results indicated no significant differences in psychological well-being between military and civilian reared individuals.

Air Force Family Research

- Roper LL – 2007 Air force single parent mothers and maternal separation anxiety.
  - Results indicated there was no significant difference in deploying and non-deploying Air Force single parent mothers for:
    - Level of separation anxiety
    - Separation effects
    - Employment-related concerns
No Change in AF Divorce Rates


This graph presents the estimated percent of married Active Duty who divorced during Fiscal Years: 1996-2007.

[Graph showing divorce rates over years]

Note: These figures include widowed rates. However, the number of people who were widowed last year is expected to be small and should not affect the percent.

Air Force Supports its Families

- Key Spouses
- Free or Low Cost in Home Child Care Programs
- Youth Outreach Programs
- Military School Liaison Officers
- Base Integrated Resource Team
- Military Family Life Consultants

Attention Health Care Providers

- Screen:
  - Ask about deployment related stress.

- Support
  - All families should be offered resources.

- Refer
  - Local and National supports are available.
One Source for Support

• www.militaryonesource.com

Thank you for Supporting Military Families!

Acknowledgments:
Brave military children and spouses who support their service member during deployment