



NATIONAL
MILITARY FAMILY
ASSOCIATION

Together we're stronger

Today's Military Children

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Military Families By the Numbers: Who are Our Service Members?

- 1.29 million active duty service members; 815,000 National Guard & Reserve (2017)
- 16.2% AD service members are women; 19.6% National Guard & Reserve
- 45% age 25 or younger

Military Families By the Numbers: Who are They?

- 53% AD service members are married; 44% National Guard & Reserve
- 7% of service members married to another service member
- 40% have children
- 4% of AD service members are single parents; 9% National Guard & Reserve
- 2.7 million military family members

Military Children By the Numbers



- 38% of military kids are between birth & 5 years
- 32% of military kids are between ages 6 – 11
- 2/3 (70%) of all military kids are 11 or younger

Military Families by the Numbers: Where Are They

- More than 70% of military families live off an installation
- 2.9 years—frequency of military moves
- Approximately 10% of military kids go to DoD schools—rest are in civilian public or private schools or are home-schooled
- States with highest number of military families: California, Texas, Virginia, North Carolina, Georgia, Florida

Children of Military Caregivers Impact Forum



July 2018

Outcome: Report on the Impact of Caregiving on Military Children and funding for additional research

Finding: Mental & Physical Health Challenges



“You can’t live in a household with somebody suffering and not have it affect everybody in the household.”

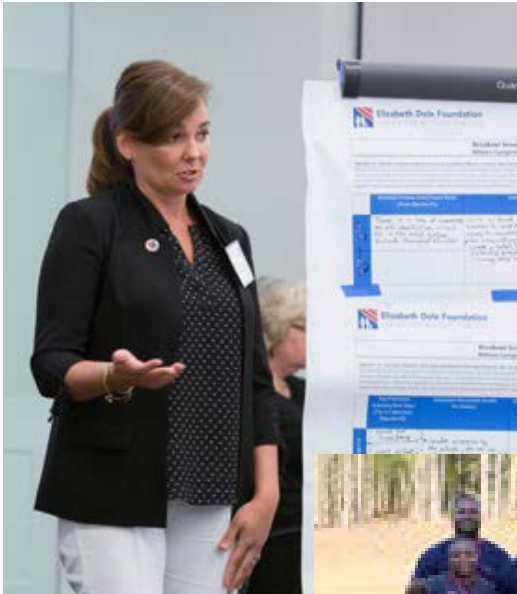
Finding: Risk of Social Isolation

“Our daughter was three at the time (of her father’s combat injury) and now she has an anxiety disorder...so she can’t go to a regular school. She has to do school online at home.”



“I try to explain to the school everything that my son deals with. He’s not late to school because he’s oversleeping. He’s late to school because he’s having a severe panic attack in the bathroom and he won’t come out. And the school...we just had difficulty explaining why these things are happening. They can’t understand it.”

Finding: Communication



“We made it very clear to them what daddy’s injuries are, what he needs. I think it’s very important to make sure we speak to our children openly and honestly and engage them and involve them. They need to know because they are not oblivious to what’s happening.”



June, an Army spouse and caregiver, attended our Buddy camp to allow one of her children to experience camp away from home and away from the caregiving duties of their everyday life. June not only takes care of her husband who suffered a traumatic brain injury in Iraq eight years ago, but cares for one of her daughters who has special needs and is in a wheelchair. June is a dual-caregiver.



Over dinner she remarked this was her first real “break” that she can remember, she is also a mother of 4 children under the age of 16 years old. Not only does June fill this dual caregiver role, but so does her daughter Ashlyn (Age 10). She takes care of her sister along with her dad.

How You Can Help

- Ask about military connections: Did they serve? Did a family member serve? When?
- Get all your community partners to ask these questions.



Who's in Your Network?

- Families are still learning about your community and resources available—you can help them learn
- Understand veterans' families may not know the questions to ask—help them find the answers by connecting with family-serving organizations: social service agencies, schools, child and youth-serving organizations
- Direct them to programs for which they might qualify: Medicaid, social services, VA programs, local organizations

Remember...

- There's a lot we don't know yet about long-term effects of caregiving on children and families
- Veteran family concerns are in some ways just like every families' concerns, but complicated by the military experience
- Some veteran families shared the veterans' active service journey, but others only experience the after-effects

Resources for you to Support Veteran Families

- Military Family Research Institute How to Help Series:
<https://www.mfri.purdue.edu/publications/how-to-help.aspx>
- Center for Deployment Psychology:
www.deploymentpsych.org
- Institute for Veterans and Military Families:
<https://ivmf.syracuse.edu>

Resources for You to Support Veteran Families

- Star Behavioral Health Providers training:
<http://www.starproviders.org>
- SAMHSA: <http://www.samhsa.gov/veterans-military-families>
- Home Base Program:
<http://www.homebaseprogram.org/community-education/educating-clinicians-and-community.aspx>
- Hidden Heroes Cities (Alachua County, Gainesville, Jacksonville):
<https://hiddenheroes.org/hidden-heroes-cities/>

What About the Children?

- Zero to Three: <http://www.zerotothree.org/military-families/docs/veteran-families-resources.html>
- Sesame Street Resources for Veteran Families: <https://www.sesamestreet.org/toolkits/veterans>
- Military Child Education Coalition (MCEC): <https://www.militarychild.org/resources/transition>
- Medicaid and Children's Health Insurance Program (CHIP): <https://www.insurekidsnow.gov/coverage/fl/index.html>

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