

## The Culture of Military Children and Families

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## What You Should Know About Military Families



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## Did You Know

There are over 2 million Active Duty and Reserve Component Service Members

**Active Duty Members - 1,385,571**  
Army-517,783  
Navy-332,289  
Air Force-329,094  
Marine Corps-188,425  
DHS's Active Duty Coast Guard members- 40,650

**National Guard, Reserve, and DHS Coast Guard Reserve members**

**Active Duty Members - 1,088,587**  
The Army National Guard-354,992  
Army Reserve-266,430  
Navy Reserve-128,421  
Marine Corps Reserve-100,767  
Air National Guard-108,254  
Air Force Reserve-120,552  
DHS's Coast Guard Reserve-1,1151



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## It's A Young Family Force



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## Just How Young?

**46.3% of active duty members are 25 years of age or younger**  
The average age of Active Duty enlisted members is 27.1, while the average age of Active Duty officers is 34.6.

**33.6 % of National Guard and Reserve are 25 yrs of age or younger**  
The average age of enlisted members is 31.2, while the average age of officers is 40.6.

**Over 50% of military personnel report themselves as married**  
65.2% Active  
49% Reserve  
5.7% in dual military marriages - active  
2.8% in dual military marriages - reserve

**Number of family members: 1,884,427 - active 1,114,900 - reserve**  
Number of spouses 681,878 - active 402,732 - reserve  
% with children 43.2% - active 41.8% - reserve  
Average age at birth of 1st child 24.7 - active 27.1 - reserve  
% of children age 0 to 9 41.0% - active 24.7% - reserve  
% single parents 5.2% - active 8.4% - reserve

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## States with the Highest Population of Active Duty Military Personnel

California  
Virginia  
Texas  
North Carolina  
Georgia  
Florida  
Washington  
Hawaii  
Kentucky  
South Carolina



\*\* All states have National Guard units. Reserve units are spread throughout the United States.

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## Military Families Share:

### Many Values

- Patriotic
- Ready to sacrifice
- Supportive of their service member
- Believe in something bigger than themselves

Also share many of the same concerns as civilian counterparts

- Education
- Employment
- Home Ownership



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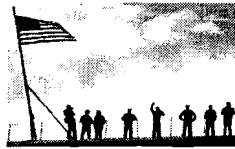
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## Military Families – But One Size Does Not Fit All!



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## Active Duty

Installation based – post, base, fort, station

Many live on base but a good number live in the community

Usually look to installation for services but may seek to community services outside of.

- Distance from installation
- Proximity
- Distraction to active military

### Typical Services

- Healthcare – TRICARE
- Housing
- Schools for military children (local or DOD)
- Childcare, Child and Youth programs, Recreation
- Legal Assistance
- Counseling
- Family Service Centers
- Expanded Family Member Program
- Family Readiness and Support Groups



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## Military Children: Guard and Reserve Snapshot

Many are new to the "military" association

Many live in rural areas where getting together with other military families is difficult  
Their challenges and concerns are not always understood by civilian friends  
Teachers and adults who come in contact with these kids also have little understanding of what their student may be going through

*"Our parents are serving our country  
and we have a hero in our family..."*



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## Operation Purple A program of the National Military Family Association



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## Mission

The mission of the *Operation Purple*® program is to empower military children and their families to develop and maintain healthy and connected relationships, in spite of the current military environment, through a variety of means, including the healing and holistic aspect of the natural world.



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## Operation Purple at a Glance

**Operation Purple camp close to 10,000 campers**  
**Operation Purple Leadership Camp 100 campers**  
**Operation Purple Healing Adventures**  
**Operation Purple Pilot Family Retreats**  
Headlands Institute  
Olympic Park Institute  
Poconos Environmental Education Center  
Silver Bay YMCA  
Camp Erdmann YMCA  
Tetons Science School



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## Wounded Warriors

**May be cared for at:**  
Military Treatment Facilities (MTFs),  
VA Hospitals and Poly Trauma Centers  
Community based care

**Families living at:**  
Fisher Houses  
Military Hotels  
Designated caregiver may be reimbursed for  
Hotel expenses



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## Families Have Questions

**How can I access a counselor?**

**I just need to talk to someone about my feelings during my spouse's deployment... who can I call?**

Military OneSource - 6 counseling sessions

TRICARE: Up to 8 behavioral health appointments w/o a referral.  
The toll-free numbers are:  
West Region: 1-855-651-1870  
North Region: 1-877-747-9279  
South Region the number is 1-877-293-3514

Military Family Life Consultants - available through the unit

Give an Hour - free group counseling

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## Families Have Questions

How can we improve our budgeting skills to have money to last the month and still put something away for savings?

**Military Money:** [www.militarymoney.org](http://www.militarymoney.org)  
**MilitarySaves:** [www.militarysaves.org](http://www.militarysaves.org)  
**Moneywise in the Military:** [www.moneywiseinmilitary.com](http://www.moneywiseinmilitary.com)  
**Military Sentinel:** [www.militarysentinel.com](http://www.militarysentinel.com)

**Booklet: "Money and Mobility"**  
Available at [www.militarymoney.org](http://www.militarymoney.org)



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## Families Have Questions

Our family doesn't live near an installation. How can we get help?

**Military OneSource** [www.militaryonesource.com](http://www.militaryonesource.com)  
**Joint Family Support Assistance Centers**  
[www.guardfamily.org](http://www.guardfamily.org)

**Red Cross**  
**VFW MAPP program**  
**American Legion**  
**The National Military Family Association**



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## Families Have Questions

Where can I find resources for myself and my family?

<b>Military OneSource</b> <a href="http://www.militaryonesource.com">www.militaryonesource.com</a>	
<b>The National Military Family Association</b> <a href="http://www.nmfa.org">www.nmfa.org</a>	<b>Zero to Three</b> <a href="http://www.zerotothree.org">www.zerotothree.org</a>
<b>The National Child Traumatic Stress Network</b> <a href="http://www.nctsn.org">www.nctsn.org</a>	<b>The National Resource Directory</b> <a href="http://www.nrd.org">www.nrd.org</a>
<b>The Military Family Research Institute</b> <a href="http://www.mfri.org">www.mfri.org</a>	<b>Sesame Workshop</b> <a href="http://www.sesameworkshop.org">www.sesameworkshop.org</a>
<b>Courage to Care Campaign - Uniformed Services University</b> <a href="http://www.courageincare.org">www.courageincare.org</a>	<b>FOCUS Project</b> <a href="http://www.focusproject.org">www.focusproject.org</a>
<b>Navy LIFELines</b> <a href="http://www.navylifelines.org">www.navylifelines.org</a>	<b>Air Force Crossroads</b> <a href="http://www.airforcexroads.org">www.airforcexroads.org</a>
<b>Marine Corps Community Services</b> <a href="http://www.marinecorpssc.com">www.marinecorpssc.com</a>	<b>National Guard</b> <a href="http://www.nationalguard.org">www.nationalguard.org</a>

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