



Military Family Appreciation Month

November is Military Family Appreciation Month, a special time when America can honor and recognize the unique sacrifices and challenges military family members make in order to support of their loved ones.

It is stated wonderfully in an article on Military Family Appreciation Month, "Military families know what it means to serve. Every day, you get up and support your service member, standing by during long trainings and deployments. You know the risks, but you accept this life of service anyway. You know service is an honor. You are the backbone of our military. You are the quiet, but steady fuel at home that keeps the fire burning. You keep track of military pay, benefits and news, because you know they make a daily difference in your life. And when your time as an actively serving family comes to an end, you support your veteran. Serving is just what you do. Traditionally, the president signs a proclamation recognizing that service and declaring November as Military Family Month. Over the month, families just like yours are honored and recognized for their commitment and contributions in support of our military and nation."

Military Family Appreciation Month, <https://www.military.com/military-family-appreciation-month>

Did You Know?

- Military families relocate 10 times more often than civilian families -- on average, every 2 or 3 years.
- Multiple and prolonged deployment also has an effect on spouses, with 36.6% of women having at least one mental health diagnosis compared to 30% of women whose husbands were not deployed.
- Children in military families experience high rates of mental health, trauma, and related problems. About 30% reported feeling sad or hopeless almost every day for 2 weeks during the past 12 months.

<https://www.dosomething.org/us/facts/11-facts-about-military-families>

FACTS ABOUT MENTAL HEALTH HELP WITHIN MILITARY

Family members DO NOT require a referral for behavioral health services.

Active Duty Servicemembers DO require a referral from their PCM to seek behavioral health services using Tricare.

Military One Source is free for Soldiers and Family Members. Military One Source will provide 12 free counseling sessions for individuals and couples.

Company Highlights

Serenity Counseling Group's Military Spouse Staff Members

We are a unique small business with a staff that is comprised mostly of Military Spouses. We polled our staff about their time and duty station favorites! Do you have a duty station favorite?

Amanda Lee-Degner, Ed.D., LPCC-S Owner/Therapist
Years as Military Spouse: 8
Branch: Army
Favorite Duty Station: Fort Jackson, SC



Rachel Padalino, Ph.D., LPCC-S, Lead Clinician
Years as Military Spouse: 11
Branch: Army (Field Artillery)
Favorite Duty Station: Fort Carson, CO



Angie Luttrell, LPCA/Associate Therapist
Years as Military Spouse: 22
Branch: Air Force
Favorite Duty Station: Keesler AFB, MS



Amanda Blair, Intern Therapist
Years as Military Spouse: 15
Branch: Air Force
Favorite Duty Station: Aviano AB, Italy



Amanda Moss, Practice Manager
& Army Veteran
Years as Military Spouse: 12
Branch: Army
Favorite Duty Station: Columbus, Ohio



Cosima Flumerfelt, LCSW, Therapist
Years as Military Spouse: 24
Branch: US Navy



Mindful Minutes

1. Keep up a routine of regular meals, sleep and exercise.
2. Watch your health. Drink plenty of water. Eat nutritious meals. Exercise and get enough sleep.
3. Give yourself a break. Rest after stressful events. Learn about stress management essentials.
4. Download the free Chill Drills app. This collection of audio mindfulness exercises was developed for the military community to help manage stress. You can use the app without internet connection.
5. Talk to others who've been there. You'll see you're not alone.

Find more tips at:

<https://www.militaryonesource.mil/military-life-cycle/deployment/during-deployment/stress-management-during-deployment/>