



Military

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A report issued in 2007 from the American Psychological Association said barriers to the proper mental health of the military are "availability, acceptability and accessibility" of care. The report, issued by the association's Presidential Task Force on Military Deployment Services for Youth, Families and Service Members, said 700,000 children have at least one military parent now deployed overseas. Many of these children have lived with multiple and continuous deployments.

Research from the Department of Army and Army Medical Department suggests that 10 to 15 percent of post-deployed soldiers are at risk for post-traumatic stress disorder. The most common diagnosis for the recently deployed and their families include adjustment disorders, depression, anxiety disorders and alcohol- and substance-related problems. Many of these issues are short term and can be properly managed with effective care. But if left untreated, these issues can destroy families.

Sometimes soldiers are reluctant to seek care for mental health out of fear of appearing weak and being forced out of the military. This reality makes it essential for communities to partner with the military in providing care for soldiers and their families.