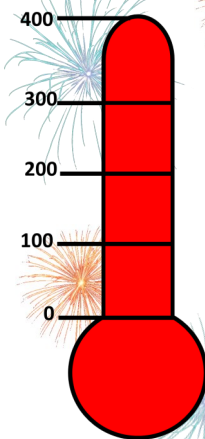


# Spring 2016 Participant Newsletter



## You did it!



After an exciting year of recruitment, we have achieved our enrollment goal of 400 couples! All of the staff at Operation: SAFETY would like to thank you, your partners, and your Military units for your support. Our goal is to examine the health and wellness of Military Soldiers and their partners in order to improve prevention, intervention, and treatment options for Soldiers and their families. It has been an honor to hear your opinions and experiences. This important work could not be completed without you.

Currently, participants are at various stages of the Year 1 survey. Many participants have completed it already, others are working on it, and some are awaiting for their survey to become due. Year 2 surveys will begin in August of 2016. As a reminder, you and your partner will each receive a \$70 check after completing both Year 1 & Year 2 surveys.

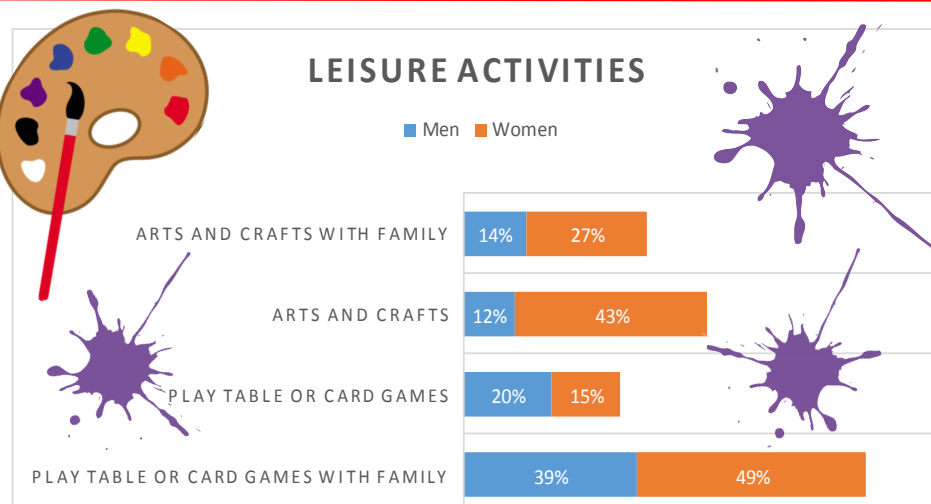
## Where has this research been going?

We attended the American Public Health Association's (APHA) annual meeting this past fall; the event hosted over 12,000 public health practitioners, policy-makers, and health care providers. At APHA, we examined the relationship between potential pre-deployment resilience factors (i.e., deployment preparation, unit support, and marital functioning) on post-deployment mental health. In all of our analyses, perceived unit support and marital satisfaction were related to better health outcomes. Our presentations were well attended and our preliminary findings were well received.

We also presented to researchers, clinicians, and students attending the Society of Behavioral Medicine's annual meeting, which was held March 30th - April 2nd, 2016, in Washington, DC. We discussed childhood maltreatment and the need for future work to consider the interaction of previous child maltreatment and military combat exposure in Soldiers as these individuals may be at greater risk for poorer mental and physical health outcomes.

## Fun Fact!

Card games and arts and crafts are really popular! Many men and women enjoy playing table or card games with their families; and, some of you play on your own. Arts and crafts are also popular, both among families and individually.





# Newsletter Spring 2016



Soldiers And Families Excelling Through the Years



Create your own trail mix for a fun snack on the go. Mix and match the ingredients.



- Nuts
- Dried fruit
- Pretzels
- Pepitas
- Coconut flakes
- Chocolate
- Sesame sticks
- Sunflower seeds
- Popcorn
- Cereal
- Cinnamon
- Cayenne pepper
- Dried ginger

It has been an honor to be guests at your drills and meet with you. We are very excited to be conducting this important work. We look forward to learning more through your opinions and experiences in order to bring to light the health and wellness of our Reserve Soldiers and their partners!

Thank You!

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