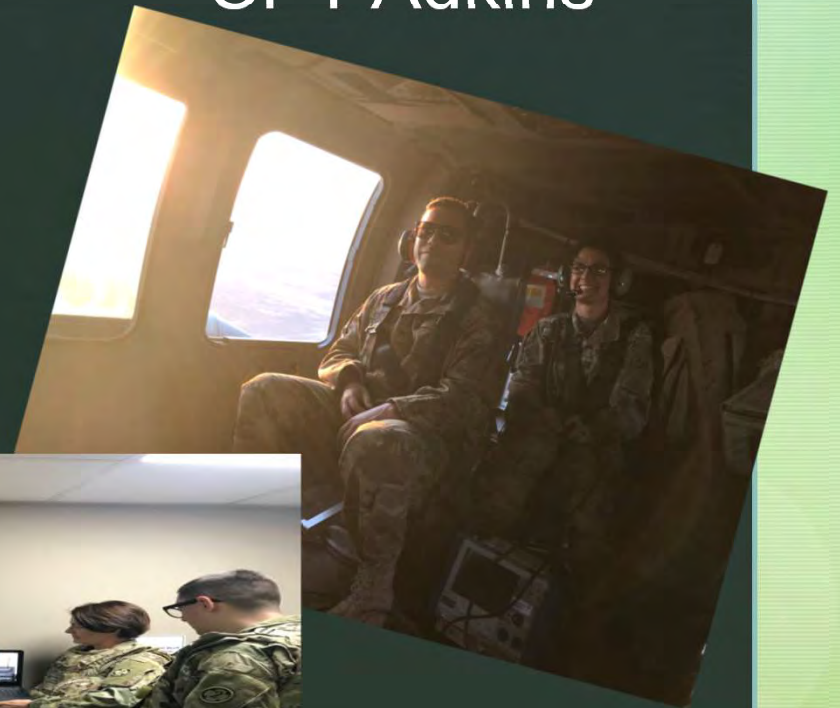


# ▸ Mental Health Women Military and Veterans

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## Women in the Military

### by Service Branch and Gender

Overall for Active Duty, there are 4.8 male enlisted personnel for every male officer and 4.2 female enlisted personnel for every female officer. The Marine Corps has the highest ratio of both male enlisted personnel to male officers (7.6 to 1) and female enlisted personnel to female officers (8.4 to 1), while the Air Force has the lowest ratio of male enlisted personnel to male officers (4.2 to 1) and the Army has the lowest ratio of female enlisted personnel to female officers (3.4 to 1).

Service Branch	Enlisted		Officers		Total		Ratio of Enlisted to Officers	
	Male	Female	Male	Female	Male	Female	Male	Female
Army	330,290	56,785	76,130	16,580	406,420	73,365	4.3 to 1	3.4 to 1
Navy	221,471	55,924	44,420	10,713	265,891	66,637	5.0 to 1	5.2 to 1
Marine Corps	149,708	14,857	19,680	1,764	169,388	16,621	7.6 to 1	8.4 to 1
Air Force	209,771	54,205	49,970	13,932	259,741	68,137	4.2 to 1	3.9 to 1

# Women's Roles in the Military

- Revolutionary War
- With each war increased numbers and increased responsibility
- Promotion and retirement rules not equalized until 1967
- 1977 Army integration in basic training
- Marine Corps just recently integrated

# Combat Integration

- 2013 ground combat exclusion rule lifted
- 2014-15 additional rules lifted and jobs opened
- 2016 full integration of women into all military occupational specialties
- 2016 first women graduates of Infantry Officer Basic Course and Armor Officer Basic Course
- First female green berets



# Impact on Mental Health

- Same job
- Not same recognition
- Fight to “prove” self
- Gender discrimination
- Harassment/bullying
- Struggle to balance family/career
  - Promotion rates
  - Advancing to schools



# Mothering in the Military

**Table 3. Family Status of Active-Duty and Guard and Reserve Personnel by Race/Ethnicity and Sex, FY2010**

Family Status	Race/Ethnicity							
	White, Non-Hispanic		Black, Non-Hispanic		All other races, Non-Hispanic		Hispanic, all races	
	Men	Women	Men	Women	Men	Women	Men	Women
<b>Active Duty</b>	<b>823,763</b>	<b>102,546</b>	<b>177,711</b>	<b>56,510</b>	<b>114,341</b>	<b>25,698</b>	<b>133,660</b>	<b>24,468</b>
<i>With Children</i>	43.7%	30.4%	54.2%	47.3%	41.9%	32.3%	48.4%	37.4%
Single	3.4%	7.7%	8.3%	20.5%	3.1%	9.0%	4.6%	12.1%
Married to civilian	38.8%	13.8%	42.2%	16.5%	37.2%	14.2%	42.2%	14.3%
Married, dual service	1.4%	8.9%	3.7%	10.3%	1.5%	9.1%	1.6%	10.9%
<i>Without Children</i>	56.3%	69.6%	45.8%	52.7%	58.1%	67.7%	51.6%	62.6%
Single	38.5%	44.1%	32.3%	37.5%	41.8%	45.0%	35.0%	39.9%
Married to civilian	15.7%	10.0%	10.2%	7.5%	14.4%	9.8%	14.6%	9.6%
Married, dual service	2.1%	15.5%	3.3%	7.6%	2.0%	12.9%	2.1%	13.2%
<b>Guard and Reserve</b>	<b>286,569</b>	<b>56,101</b>	<b>45,419</b>	<b>21,123</b>	<b>26,419</b>	<b>7,420</b>	<b>34,177</b>	<b>9,330</b>
<i>With Children</i>	43.5%	35.1%	47.1%	45.9%	41.4%	38.2%	47.9%	40.2%
Single	6.7%	12.7%	12.6%	26.2%	6.3%	18.6%	9.2%	17.8%
Married to civilian	36.1%	17.4%	33.4%	16.6%	34.3%	14.5%	38.0%	17.7%
Married, dual service	0.7%	5.0%	1.0%	3.1%	0.7%	5.0%	0.7%	4.7%
<i>Without Children</i>	56.5%	64.9%	52.9%	54.1%	58.6%	61.8%	52.1%	59.8%
Single	41.9%	46.9%	41.6%	44.2%	44.8%	44.8%	39.2%	44.3%
Married to civilian	14.1%	13.1%	10.7%	7.9%	13.2%	11.7%	12.4%	10.7%
Married, dual service	0.5%	4.9%	0.6%	2.1%	0.6%	5.3%	0.5%	4.9%

Source: Defense Manpower Data Center.

# General Mental Health Statistics

1. Women w/ MST have higher rate of developing PTSD than men with MST

2. MST was associated with higher pre- and postnatal symptoms of depression and SI in women veterans

3. Women Veterans have higher rates of MH difficulties compared to civilian women of veteran men



# General Mental Health Statistics

4. From 2005 through 2015, the age-adjusted suicide rate among women Veterans increased by 45.2 percent, compared to an increase of 35.3 percent for male Veterans.

5. Veteran women are 2x more likely to die by suicide than civilian counterparts

6. A study in a Veterans PC clinic, showed that 20% of women Veterans endorsed depression and 12% of male veteran endorsed depression

# Military Sexual Trauma Prevalence

- Meta-analysis of 69 studies in 2016:
  - 15.7% of “military personnel and veterans” report MST (harassment and assault)
    - 3.9% of men
    - 38.4% of women
  - 13.9% report MST (assault)
    - 1.9% of men
    - 23.6% of women
  - 31.2% report MST (harrassment)
    - 8.9% of men
    - 52.5% of women

# Graduate school of professional psychology – military psychology specialty

- Our mission:
  - Academic Training
  - Research
  - Treatment – The Sturm Center
  - Consulting, Outreach & Community Education

# The Sturm Center

- Providing care to veterans (no matter discharge or combat status), service members (including guards and reserves) and their families.
- Individual, couple/family, group, child and adolescent therapy services.
- High percentage of female veterans are seen at the center.

# Therapeutic concerns in women veterans

- Depression
- Anxiety
- PTSD
- Military Sexual Assault (MST)
- Reproductive Trauma

## Resources for women veterans

Facebook groups for female service members or veterans offering support in reintegration and provide community.

Women Veteran  
Program Managers for  
VA Health Care in  
Colorado



# QUESTIONS?

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