



AMES IN ACTION

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INCREASING SUPPORT AMONG MILITARY SPOUSES



WHAT DID AMES DO?

Katherine Moore, a licensed master social worker (LMSW) at the AMES Center, recently shared her experiences as a military spouse on the podcast "Inside the Bubble" by Harli Gawronski. Katherine Moore has been married to a military service member for 11 years. The episode focused on how military spouses can support their significant other while also being independent. [Click here](#) to listen to the podcast!

HOW DOES THIS APPLY TO MILITARY, VETERANS, AND EMERGENCY SERVICES?

Military personnel and their families face a host of stressors including: employment instability, relocation stressors, new school placements, and navigating new environments or lifestyles on a regular basis. Although service members are often assigned a sponsor at a new base, there is often no specific person or resource to assist spouses and children. This same support

is imperative for healthy transitions not only for service members but also their spouse, and their family.

HOW CAN YOU APPLY THIS INFORMATION?

1

TAKE A FAMILY PERSPECTIVE

Organizations in high-stress contexts should support the entire family, not just the service member, veteran, or first responder themselves. Viewing families as a whole entity is an important aspect of occupational health.

2

PROVIDE RESOURCES

Provide family members with education about stressors, teach about how to adapt family dynamics through transitions, and include the perspective of family members when developing programs and resources.