



# **THE MILITARY SPOUSE: COMMANDER AND CHIEF ON THE HOME FRONT**

**Presented by Military & Family Life Counselors**

# OBJECTIVES

## Participants will learn:

- The positive aspects of being a military spouse
- The challenges faced and sacrifices given
- Where to seek support





# AGENDA

- Introduction
- Positive Aspects of Being a Military Spouse
- Responsibilities on the Home Front
- Accomplishments
- Challenges and Sacrifices
- Finding Support



# INTRODUCTION

- The women and men left behind on the home front also serve their country
- They are “Commander and Chief” on the home front as they face many challenges and hold the family and household together
- These spouses perform their duties with grace and make major contributions to the well-being of their service members



# POSITIVE ASPECTS OF BEING A MILITARY SPOUSE

- A sense of pride for serving your country
- Gaining a sense of independence and accomplishment
- Experiencing increased personal growth
- A sense of pride for supporting their spouse and keeping the home front together



# RESPONSIBILITIES ON THE HOME FRONT

- Single parent
- Financial manager
- Mechanic
- Grounds keeper
- Decision maker



# ACCOMPLISHMENTS

- The strength you've shown
- The family you've held together
- Allowing your service member to focus on the mission knowing you have things handled on the home front
- Remaining steadfast in the face of adversity
- The pride and patriotism you've displayed



# CHALLENGES AND SACRIFICES

## Your job often requires:

- Moving to different parts of the country and the world away from primary support group
- Being left alone for months at a time
- Having to be creative with career choices and education
- Sometimes having a child or facing home emergencies and other crises without the added support of having your spouse at home
- Holding down a full time job and raising a family without at home support from your spouse





# CHALLENGES AND SACRIFICES

## Your job often requires:

- Career and education sometimes put on hold due to moves and multiple deployments
- Financial sacrifices if your spouse had a higher paying job prior to deployment
- Facing their spouse's multiple deployments



# FINDING SUPPORT

- Don't be afraid to ask for support
- Reach out to family and friends
- If you are in a location away from family and friends, remember there are support services and resources available through military community services
- Seek support from a military chaplain or local clergy
- If in the Guard or Reserve, seek services through the Family Assistance Centers (FAC)
- There are resources available through the internet specifically designed for military spouses and family members



# YOU ARE A HERO, TOO!

- You have demonstrated strength and courage
- You have supported your spouse so that he or she could focus on their mission

**You have served your country well!**



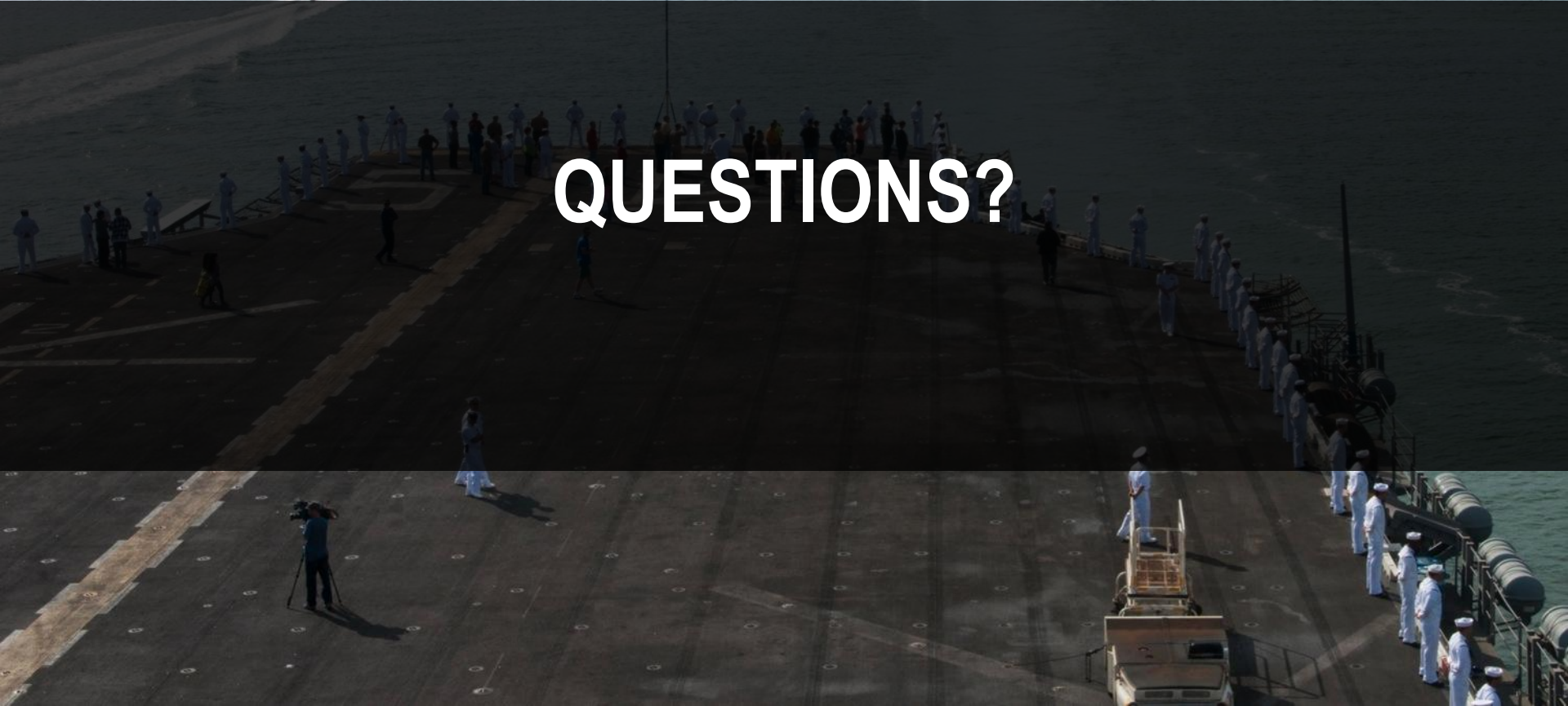
# SUMMARY

- Military spouses serve their country by taking care of the home front so their spouse can focus on their mission
- Positive aspects of being a military spouse include gaining a sense of independence and having a sense of pride that they are serving their country
- Responsibilities on the home front can include being a single parent, a mechanic, grounds keeper and financial manager
- Challenges can include frequent relocation and handling family emergencies without the at home support of their spouse
- Support is very important for the military spouse and seeking support is a sign of strength





**QUESTIONS?**





# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services





**THANK YOU**