

# IMPLICATIONS FOR MILITARY-CIVILIAN TRANSITION: FINDINGS FROM THE MILLENNIUM COHORT PROGRAM



## ECONOMIC DIFFICULTIES



**Findings:** Combat experience, problematic anger, and mental health conditions were associated with subsequent homeless, financial problems, involuntary job loss, and post-service unemployment.<sup>1-4</sup>

**Implication:** Proactively addressing problematic anger and behavioral health issues may help support the adjustment and financial well-being.

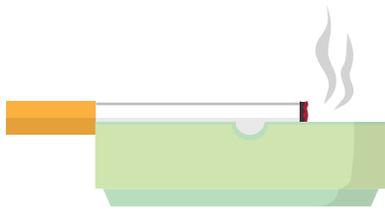
## PHYSICAL ACTIVITY



**Findings:** Physical activity declined during the military-civilian transition; physical activity levels were equivalent to those observed among the general population 3 years later.<sup>5</sup>

**Implication:** Strategies to maintain physical activity during this transition period may reduce poor health outcomes.

## TOBACCO SMOKING



**Findings:** Separation from military service was not associated with an increased risk of current smoking, however previous smoking was. Other factors associated with current smoking included alcohol consumption, multiple life stressors, and mental health conditions.<sup>6</sup>

**Implication:** Smoking prevention and cessation efforts should be supported and strengthened across the continuum of military service.

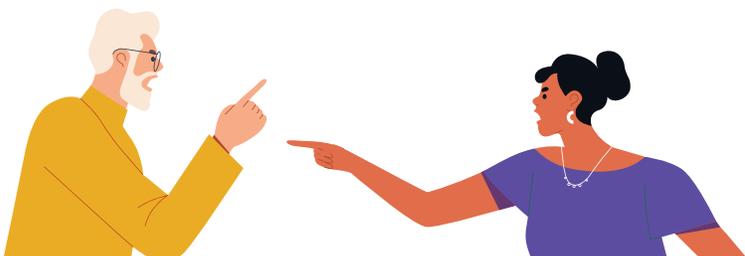
## MENTAL HEALTH



**Findings:** Veterans with general or other than honorable discharges had more posttraumatic stress and depression symptoms within 1 year of separation than those with honorable discharges.<sup>7</sup>

**Implication:** Identification of service members with mental health conditions, particularly those with general or other than honorable discharges, is needed for facilitation of mental health services after separation.

## PROBLEMATIC ANGER



**Findings:** Problematic anger is intense anger associated with elevated generalized distress that interferes with functioning. The prevalence of problematic anger 2 years after separation (31%) nearly doubled from 2 years before separation (16%).<sup>8</sup>

**Implication:** Interventions focusing on increased emotional regulation and positive coping strategies prior to and after military separation may help improve the military-civilian transition experience.

## MILITARY SPOUSE WELL-BEING



**Findings:** Military spouses had poorer mental health following their service member's separation from the military.<sup>9</sup>

**Implication:** Availability of resources for mental health, social support, and coping skills may help promote psychological well-being in military spouses during the transition.