

Spring 2018 Participant Newsletter



How are we doing?

Thanks to your participation and ongoing support, Year 1 follow-up is officially completed, and we hope to wrap up Year 2 follow-up surveys soon! From all of the staff here at Operation: SAFETY, we would like to extend a huge thank you to all of you for your time and thoughtful responses. Our goal was to examine the health and wellness of military soldiers and their partners in order to improve prevention, intervention, and treatment; and, because of you, we've been successful. As a reminder, you and your partner will each receive a \$70 check after completing each survey. If you have yet to complete your survey give us a call at (716) 829-4731.



Your experiences are incredibly valuable regardless of any changes in military or relationship status. Therefore, we want you to complete your survey regardless of these changes.

Where has this research been going?

The American Public Health Association (APHA) holds an annual meeting where over 12,000 public health researchers and practitioners share important research findings. This year's meeting was held November 4th—8th in Atlanta, GA. The Staff at Operation: SAFETY shared four presentations this year. Our presentations were well attended and experts in the field continue to be interested in our exciting work. Next, we will travel to New Orleans, LA for the Society of Behavioral Medicine annual meeting, which will be April 11—14th. We have four presentations planned here as well!

What are we finding?

Your survey responses have allowed us to investigate what is most important for improving the health of Army Reserve and National Guard soldiers and their families. One prominent theme has been the importance of resiliency. Our researchers published an article titled "Marital Satisfaction, Family Support, and Pre-Deployment Factors Related to Mental Health Outcomes for Reserve and National Guard Soldiers." The article describes the connection between factors of resiliency and mental health outcomes. We examined four resiliency factors that may be related to positive mental health outcomes. These were: pre-deployment preparation, support from the soldier's unit, family support, and relationship satisfaction. Pre-deployment preparation, support from the soldier's unit, and relationship satisfaction each played a role in promoting positive outcomes. The publication information for this article is listed below if you would like to check it out! Our work has also been featured on a military resource website, <https://reachmilitaryfamilies.umn.edu/>. This website publishes summaries of research that highlight the implications for military families.



Bonnie M. Vest, Sarah Cercone Heavey, D. Lynn Homish & Gregory G. Homish. (2017) "Marital Satisfaction, Family Support, and Pre-Deployment Factors Related to Mental Health Outcomes for Reserve and National Guard Soldiers." *Military Behavioral Health*. 5(4): 313-323.



Newsletter



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Soldiers And Families Excelling Through the Years



Smoothies are fresh, healthy, and delicious!
Try one as the weather starts to warm up!

Blend together any combo of these ingredients:

- Bananas
- Frozen berries
- Pineapple
- Fruit juice
- Yogurt

Try adding dried ginger, cinnamon, or spinach!

The Staff at Operation: SAFETY would like to thank you once again and remind you of the following:

Help us keep your contact information up to date by contacting us if your address or email has changed.

It is important that you keep your contact information up to date even if you have completed your 3rd survey as we are working towards future funding to continue this important research.

The Operation: SAFETY Team

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