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Basic Training: A Primer on Military Life and Culture for Health Care Providers

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Introduction

Goals and Objectives

The goal of this tutorial is to enhance health care providers' and trainees' knowledge of military life and culture in order that they may be better able to provide culturally competent care to service members, veterans and their families.

At the completion of the tutorial, learners will be able to:

1. Describe at least 3 reasons why obtaining a patient's military history is an important task for health care providers.
2. Name the branches of service and identify a distinguishing feature of each.
3. List 5 commonly cited reasons for enlistment in the Armed Forces.
4. Describe the difference between officers and enlisted personnel.
5. Describe 2 key differences between the active duty and guard/reserve components.
6. Name at least 5 distinct military careers.
7. Identify 3 benefits of military service.
8. Identify 3 challenges commonly faced by military families.
9. List 2 differences between the military and VA health systems.
10. List 2 distinct ways a service member can separate from the military.

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Purpose

There are over 2.5 million Americans currently serving on either active or reserve duty in the United States military, and another 20 million living veterans of military service. For many of those who have served or are currently serving, their military affiliation is an important part of their identity.

A patient's history of military service may have imbued him/her with certain job skills or attributes such as discipline. A patient's military status may shed light on his/her social situation including both resources and challenges. One's experience in the armed forces may increase his/her risk for certain health conditions (e.g., tropical infections, chemical exposures, psychological problems).

Current and former service members and their families seek health care in a variety of settings—military, veteran and civilian—over the course of their lifetimes. Some health care providers may be quite familiar with the military, having served themselves, or may have close family or friends in the service. For other providers, the military may be less familiar, an organization with its own language, rules and customs.

With an enhanced knowledge of the military, providers will be better equipped to understand and relate to service members, veterans and their families and, ultimately, to address the needs of those who serve or have served their country.

This resource will highlight various aspects of life in the military and provide a context for understanding the perspectives and experiences of service members and their families. While these perspectives and experiences can vary widely, this resource is meant to provide a broad overview of what service members may commonly experience during their careers, from enlistment to retirement.

Knowledge Check

Knowledge Check for Chapter. Please answer test questions. Detailed answers are on the next page.

1. Why is obtaining a patient's military history beneficial?

A. Military service is often a valued part of a patient's life

B. Military members and veterans are a sizable subset of the nation's population

C. Veterans may have had exposures that put them at risk for certain health conditions

D. Military members and veterans may seek health care from civilian providers

E. All of the above

Answers are on the next page with feedback:

Answers to Knowledge Checks:

1. Why is obtaining a patient's military history beneficial?

Answer: (E) All Of The Above

Obtaining a patient's military history is beneficial. Patients often take pride in their service and serves as an important portion of their identity. Additionally, military members and veterans are a sizable subset of the nation's population, who may have had exposures that put them at risk for certain health conditions. Service member and veterans, although having access to medical care as service benefits, may seek health care from civilian providers.

CHAPTER 1

Military Structure

The President of the United States serves as Commander-in Chief of the U.S. military and appoints a civilian as Secretary of Defense to direct the efforts of the Department of Defense (DoD). The DoD consists of three service departments—Army, Navy (which includes the Marine Corps) and Air Force, each of which has its own secretary who is also appointed by the President.

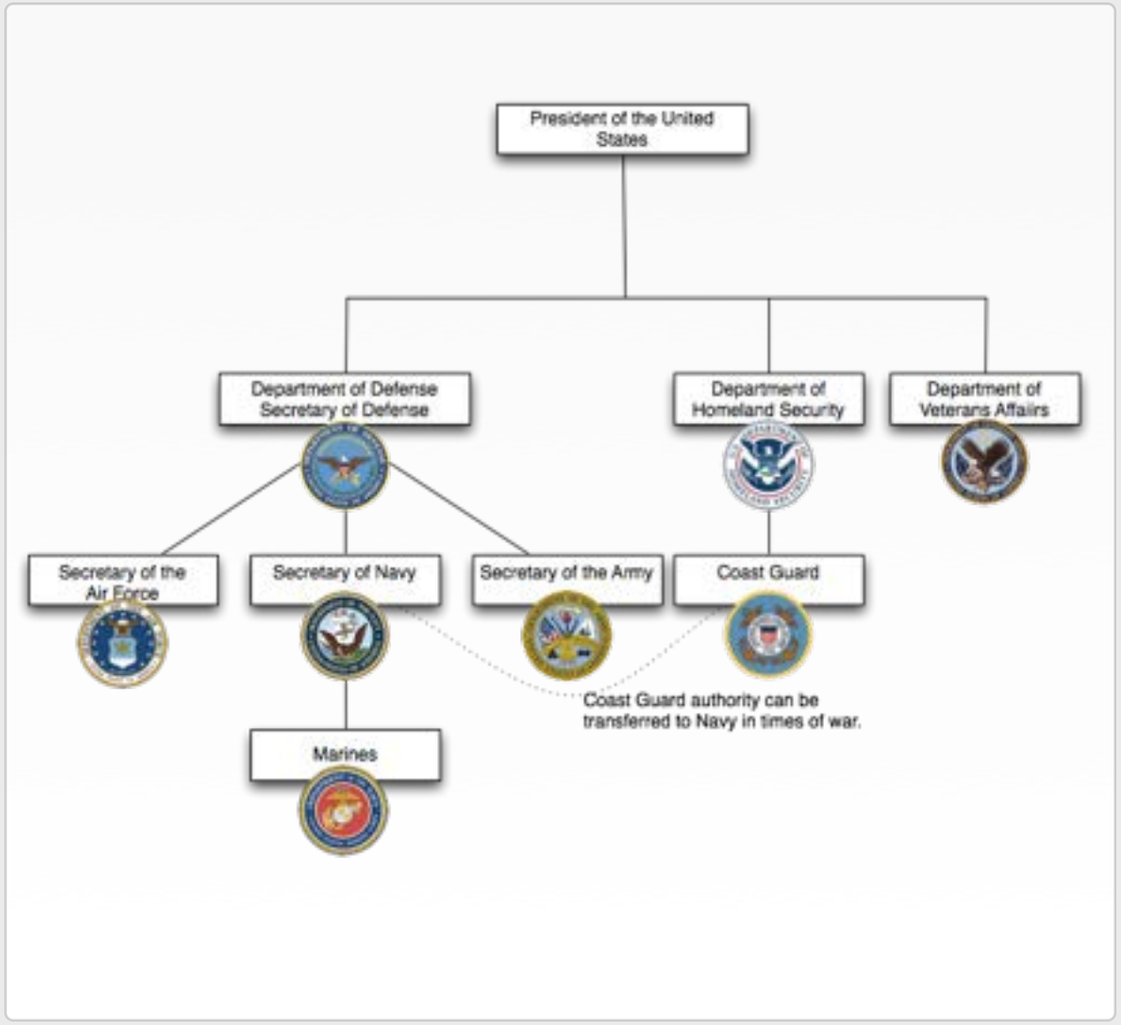
The Coast Guard operates under the auspices of the Department of Homeland Security, though its authority can be transferred during wartime to the Navy.

The civilian service secretaries and their staffs set broad policies for the military services; the uniformed military personnel execute these policies.

Uniformed military members may serve on either active duty (full-time) or as members of the National Guard or reserves (part-time, see more below).

After separating or retiring from the military, veterans are no longer DoD employees. If they so choose, they may continue to participate in programs or receive benefits through a different cabinet-level agency: the Department of the Veterans Affairs (VA).

FIGURE 1.1 Structure of Military and Related Agencies

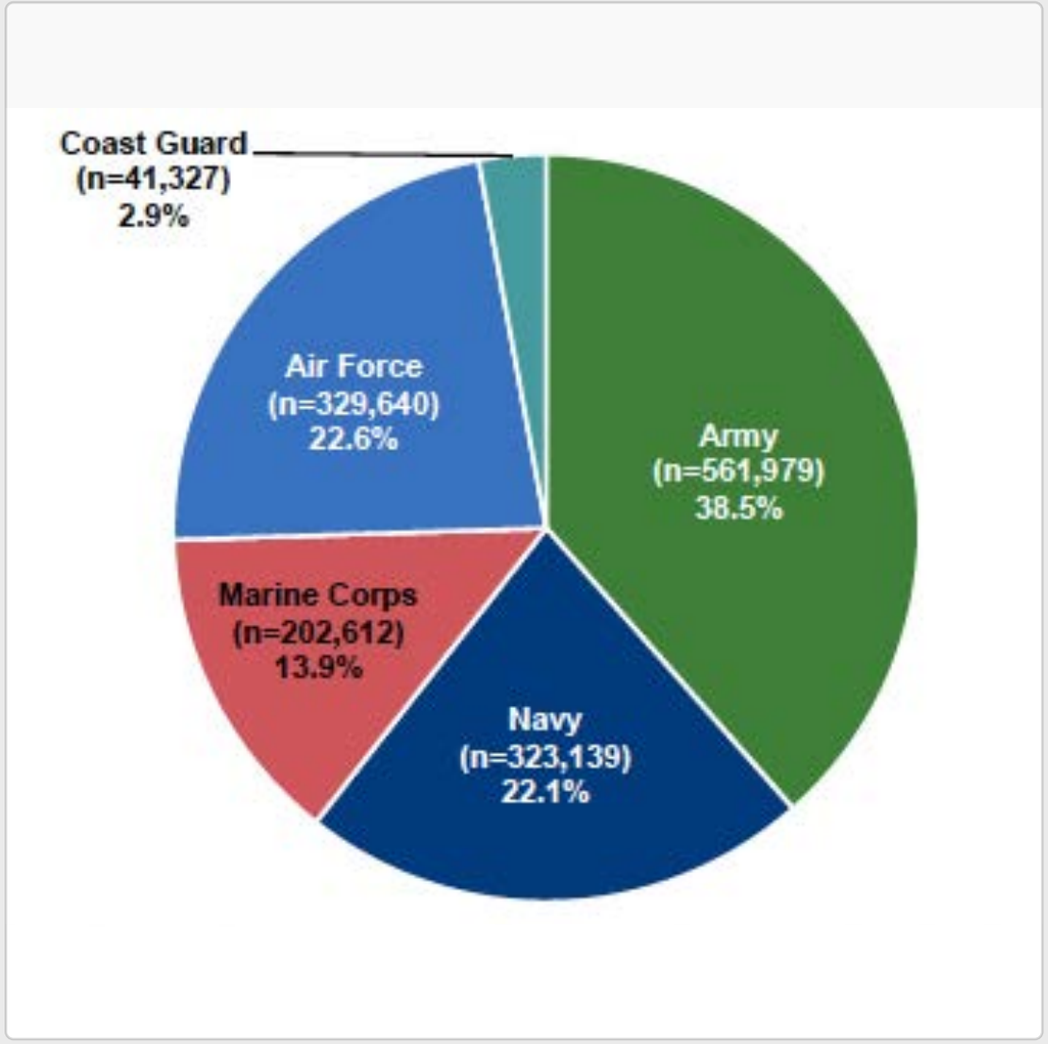


Military members work as part of the Department of Defense. After they separate or retire from the military, they are eligible for benefits through the VA.

Branches of the Military

As of July 2011, the total number of military personnel on active duty is about 1.5 million.

FIGURE 1.2 Size of the the Active Duty Service Branches



There are over 1.5 million on active duty. The Army makes up the largest portion of this force.

Army

The Department of the Army, with a force of about 550,000 active duty members, is the largest component of the military. It is also the oldest service branch, founded in 1775. Historically, the Army was the service responsible for land-based operations, though soldiers now serve on ground, air and sea.

Members of the Army are known as soldiers. While the popularly held image of a soldier is that of an infantryman, Army personnel serve in a wide range of jobs. Elite groups within the Army, such as the Army Rangers and Special Forces, receive advanced training to carry out specialized missions.

Air Force

The Air Force was initially started as part of the Army but gained official recognition as its own branch in 1947. Today's Air Force operates with the following mission: "To fly, fight and win…in air, space, and cyberspace."

Members of the Air Force are referred to as airmen. Only a very small percentage of the Air Force's 325,000 members pilot aircraft, with the majority of the force working in support of these fliers and the mission.

Navy

The Department of the Navy consists of the U.S. Navy and the U.S. Marine Corps. Founded in 1775, suspended and then re-established in 1797, the Navy has historically been the branch of service responsible for sea-based operations. The Navy's mission: "To maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas."

The branch's 330,000 active duty members--known as sailors-- may serve on or under the sea, on land or in the air. As with other branches, the scope of the Navy is broad and includes not only submarines and aircraft carriers but also elite units such as the Navy SEALs (acronym for Sea, Air and Land) and Navy Divers.

Marine Corps

The Marine Corps, founded in 1775, is a highly deployable and combat-oriented force that has played a role in all of the nation's armed conflicts. Often "first to fight" among the service branches, Marines are specialized in amphibious assaults and expeditionary warfare. Every Marine is trained as a rifleman, regardless of their primary job.

Discipline, honor and respect for tradition are guiding principles of the Corps. The Corps' motto is Semper Fidelis ("Always Faithful").

While the Marine Corps is a separate branch with its own military hierarchy, the Navy provides many of support services (logistics, transportation, medical care) to Marines.

Coast Guard

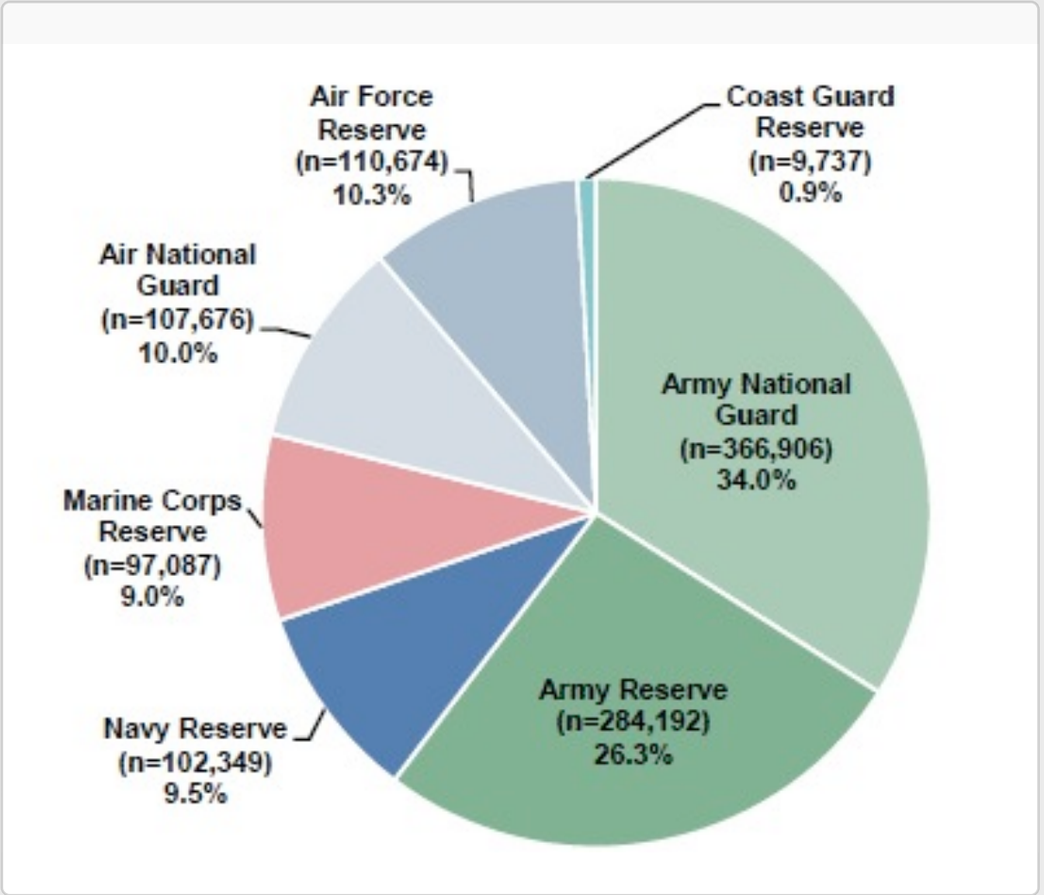
The Coast Guard is a combination of several formerly distinct services: the Lighthouse Service, the Revenue Cutter Service, the Steamboat Inspection Service, and U.S. Lifesaving Service.

The relatively small service of just over 42,000 members engages in a wide range of domestic maritime responsibilities including search and rescue operations, law enforcement, and environmental cleanup activities. When required, the Coast Guard can be utilized for military operations.

Guard & Reserve

In addition to the active duty components, the United States military also consists of intermittently activated components —the Reserves and National Guard. About 1.4 million Americans serve in these components, comprising just under half of the military's ready force.

FIGURE 1.3 Ready Reserve Population by Component



The Army and the Air Force have both Reserve and National Guard forces; the Navy, Coast Guard, and Marine Corps have Reserve forces, but no National Guard.

Federal authority controls the Reserves; the National Guards are accountable to their particular state of origin but can be activated by the President for service during a national emergency including war.

Unlike their active duty counterparts, members of these organizations often have other non-military occupations and work for the military only at designated times, classically a weekend per month and a few other weeks per year.

TABLE 1.1. COMPARISON OF ACTIVE DUTY AND GUARD /RESERVE

ACTIVE	GUARD/RESERVE
Full-time military work	Part-time military work; often civilian job
Live near/on installation	May live substantial distance from unit
Usually seek health care in military treatment facility (MTF)	Often seek health care in community/civilian facility
Subject to mobilization/ deployment	Can be activated to mobilize/ deploy

However, during emergencies or wartime, these components may be called upon to serve for more extended periods of

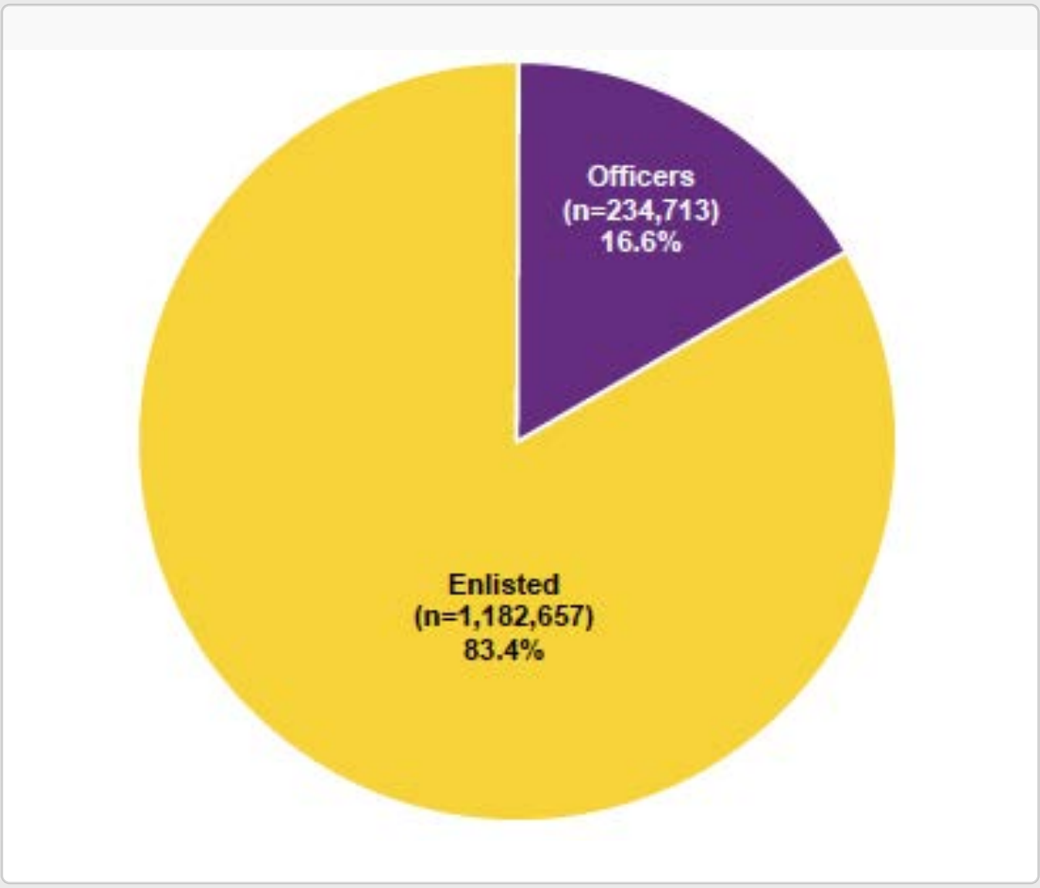
time. Over the last decade, reservists and guard members have been frequently called upon to deploy to operational theaters including Iraq and Afghanistan.

During their non-duty time, reservists and guardsmen typically work in civilian jobs and live in communities that may be remote from established military installations. They therefore can be more isolated from military resources or support structures and frequently seek medical care in their home communities.

Military Rank Structure

The military is a hierarchically structured organization. Each service member has a rank (or rate, in the Navy) and a grade that indicate the member's position in the overall service structure. In general, a service members rank and grade depend on length of time in service and achievement.

FIGURE 1.4 Officers and Enlisted on Active Duty.



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There are essentially two distinct populations in the military—officers (O) and enlisted (E) personnel—each with its own rank structure. All officers, by definition, outrank all enlisted service members.

Rank can be thought of as a form of address (such as "Private," "Airman," "Sergeant", "Captain", "General") and the basis for the insignia worn on the uniform.

Rank can be somewhat confusing because ranks and forms of address are often idiosyncratic to a given service and may mean entirely different things despite the same name (e.g., Army Captain (grade of O3) is lower ranking than a Navy Captain (grade of O6)).

Enlisted personnel are usually addressed by their rank, such as "Private" or "Sergeant." All officers are addressed by their rank and/or "Sir" or "Ma'am" by subordinates.

Grade (or pay grade) is a designation made for pay purposes and is standard across services. Pay grades for enlisted personnel are E1 (the lowest grade) through E9 (the highest grade of non-commissioned officer) and commissioned officers are O1 (second lieutenant in the Army, Air Force and Marines; ensign in the Coast Guard and Navy) through O10 (general in the Army, Air Force and Marines; admiral in the Coast Guard and Navy).

Officers

Officers are the leaders of the military organization and responsibility for their units rests with them. Officers almost always have a 4-year college degree, and many have one or more advanced degrees.

Officers can receive commissions through a number of routes: by graduating from one of the service academies (United States Military Academy in West Point, NY; United States Naval Academy in Annapolis, MD; United States Air Force Academy in Colorado Springs, CO), by completing a the college-based Reserve Officer Training Program (ROTC), by attending post-college Officer Candidate School (OCS), or via battlefield commissions and direct commissions for special skills such as medical, chaplaincy, and others.

Officers issue orders, enforce policies and supervise the executions of orders that are handed to them from their superiors. The officers are ultimately responsible for all aspects of the military unit. This responsibility not only relates to work, but also to service members' personal lives (e.g., financial issues, marital problems, legal troubles).

Initial promotions (O1 through O3) are nearly automatic, as long as the officer is competent. Promotion to grades O4 and above is a more competitive process. Along with having the requisite time in service and time in grade, the officer must be recommended for promotion. His/her record is reviewed by a board comprised of higher-ranking officers, and this board selects the candidate(s) with the most promising records (to include completed schooling/training, work evaluation reports, and leadership experience) to "pin on" the higher rank.

Enlisted

The enlisted ranks comprise 83 percent of the total active duty force. Enlisted personnel often join the armed forces out of high school or in the few years thereafter. Once in the military, they are trained in an area of specialty and, under the direction of officers, they help execute all of the vital functions of the military including combat, administration, engineering, healthcare and many other fields.

The entry grade for most enlisted personnel is E1. The time to attain greater rank varies somewhat, although in most cases promotion to E3 is automatic based on good behavior and continued achievement. Further promotion to E4 and above is based on a combination of job performance, demonstrated leadership promise and standardized testing. At the grade of E4 or E5, the service member becomes an NCO.

NCOs are responsible for the supervision, mentoring, and training of junior enlisted members. All NCOs are expected to provide updates on their troops and other advice to their commanding officer. Often, NCOs are older and have more

experience in the military than the officer under whose leadership they serve.

Warrant Officers

The Army, Navy, Coast Guard and Marines also designate a separate category known as Warrant Officers. Warrant officers normally fulfill a highly specialized duty such as aviation or criminal investigation. They make up a small percentage of the military and rank in the Army, Navy and Marines and rank above all enlisted personnel but below officers. Warrant officers are addressed as "Chief Warrant Officer" or by "Mr." or "Ms.".

FIGURE 1.5 Enlisted Ranks

Grade	Air Force	Army	Marines	Navy/Coast Guard
E-1	Airman Basic	Private	Private	Seaman Recruit
E-2	Airman	Private E2	Private First Class	Seaman Apprentice
E-3	Airman First Class	Private First Class	Lance Corporal	Seaman
E-4	Senior Airman	Specialist, Corporal	Corporal	Petty Officer Third Class
E-5	Staff Sergeant	Sergeant	Sergeant	Petty Officer Second Class
E-6	Technical Sergeant	Staff Sergeant	Staff Sergeant	Petty Officer First Class
E-7	Master Sergeant, First Sergeant	Sergeant First Class	Gunnery Sergeant	Chief Petty Officer
E-8	Senior Master Sergeant, First Sergeant	Master Sergeant	Master Sergeant, First Sergeant	Senior Chief Petty Officer
E-9	Chief Master Sergeant, First Sergeant, Command Chief Master Sergeant	Sergeant Major, Command Sergeant Major	Sergeant Major, Master Gunnery Sergeant	Master Chief Petty Officer, Fleet/Command Master Chief Petty Officer

FIGURE 1.6 Officer Ranks

Grade	Air Force	Army	Marines	Navy/Coast Guard
O-1	Second Lieutenant	Second Lieutenant	Second Lieutenant	Ensign
O-2	First Lieutenant	First Lieutenant	First Lieutenant	Lieutenant Junior Grade
O-3	Captain	Captain	Captain	Lieutenant
O-4	Major	Major	Major	Lieutenant Commander
O-5	Lieutenant Colonel	Lieutenant Colonel	Lieutenant Colonel	Commander
O-6	Colonel	Colonel	Colonel	Captain
O-7	Brigadier General	Brigadier General	Brigadier General	Rear Admiral LowerHalf
O-8	Major General	Major General	Major General	Rear Admiral Upper Half
O-9	Lieutenant General	Lieutenant General	Lieutenant General	Vice Admiral
O-10	General	General	General	Admiral

Knowledge Check

Knowledge Check for Chapter. Please answer test questions. Detailed answers are on the next page.

1. Which of the following is a true statement about military rank structure?

A. Military rank is determined exclusively by length of time in service.

B. Promotion from enlisted ranks to commissioned officer ranks is common.

C. Enlisted personnel comprise over 4/5 of the military population.

D. Most enlisted personnel join the military after receiving a college degree.

E. Noncommissioned officers (NCOs) make up a small percentage of the military and normally perform specialized and highly technical duties.

2. Which of the following is a true statement about the various components—Active Duty and Guard and Reserve—of the U.S. military?

A. Active Duty members can be deployed, while Guard and Reserve members cannot.

B. Active Duty members are paid, while Guard and Reserve members are not.

C. Reservists are under the authority of the states, while Guardsmen are federally controlled.

D. Active Duty members are full-time military employees, while Guardsmen and Reservists serve part-time.

E. Members of all three components are required to live within easy commuting distance from the nearest military installation.

3. Most of the Air Force personnel pilot aircraft.

A. True

B. False

4. Which of the following uniformed service trains all of its members as riflemen?

A. Air Force

B. Army

C. Coast Guard

D. Navy

E. Marines

5. Which of the following is the largest branch in the Armed Forces?

A. Air Force

B. Army

C. Coast Guard

D. Navy

E. Marines

Answers to Knowledge Checks:

1. Which of the following is a true statement about military rank structure?

Answer: C

Enlisted personnel comprise over 4/5 of the military population. Length of time in service is only one determinant for promotion; achievement (performance) is another factor. Enlisted are not normally promoted to officers. To become an officer, one must receive a commission. Most enlisted join after receiving a high school diploma or equivalent. Non-commission officers make up a substantial portion of the military and are responsible for the supervision, mentoring, and training of junior enlisted members. Warrant officers make up a small percentage of the military and normally perform specialized and highly technical duties.

2. Which of the following is a true statement about the various components—Active Duty and Guard and Reserve—of the U.S. military?

Answer: D

Active Duty members are full-time military employees, while Guardsmen and Reservists serve part-time. Active Duty, Guard, and Reserve members are all subject to deployment and all are voluntary and paid while they are in active service. Reservists are under federal control; guard is under state control. While it may be desirable to live near a duty station, there is not a requirement to live within easy commuting distance to the nearest military installation. Reservists often live a significant distance from the nearest military installation.

3. Most of the Air Force personnel pilot aircraft.

Answer: B (False)

Only a very small percentage of the Air Force personnel pilot aircraft. The vast majority of the force supports this important function.

4. Which of the following uniformed service trains all of its members as riflemen?

Answer: (E) Marines

Marines train all of its members as riflemen, regardless of primary speciality. This serves an important function as they are often the "first to fight" among the service branches

5. Which of the following is the largest branch in the Armed Forces?

Answer: (B) Army

The Army has the largest force (550,000). The next largest forces, Air Force and Navy, have about 330,000. See Size of the Active Duty Forces figure for more information

CHAPTER 2

Life in the Military

The military is unlike any other job. A certain degree of freedom is lost by wearing the uniform—service members become part of an organization in which they must follow specific rules and must obey and execute the lawful orders of their superiors. Every activity- from basic and specialty training to administrative tasks to maintaining physical fitness- is intended to further personal and unit readiness in order to serve and protect the country.

During a service member's time in the armed forces, he/she can be expected to have a diverse set of experiences. Though service members' experiences can be diverse and varied, there are many common elements that all or at least most service members will experience.

Joining the Military

For nearly the last four decades, the United States military has been an all-volunteer force. Every service member who has served in uniform over that period has made the decision to join and serve.

The decision to join the military is often multifactorial. Military service offers opportunities to those who join and serve. Commonly cited reasons for enlistment are included in Table 2.1.

Table 2.1. COMMON REASONS FOR ENLISTMENT Source: http://www.goarmy.com/benefits/total-compensation.thml
Patriotism
Adventure/travel
Do something to be proud of
Learn to work as a part of a team
Develop self-discipline
Learn a skill/trade
Earn a steady income
Obtain medical benefits for themselves and their family members
Obtain educational benefits
Earn retirement benefits
Family tradition of military service
Escape from difficult family or personal circumstances
Avoid legal troubles

An enlistee must choose which branch of service to join at the time of enlistment. The decision of which service to join is often multifactorial. Military recruiters, by highlighting the opportunities and benefits of their particular service branch, often play a significant role in an applicant's choice. Some enlistees are heavily influenced by a family history of service in a particular branch. The opportunity to serve in certain environments and specialties—such as wanting to work at sea or learn a particular trade or train with a particular elite unit—may sway the applicant toward a particular service.

Regardless of the branch they choose, individuals who join the military must meet a set of standards that are roughly equivalent across services.

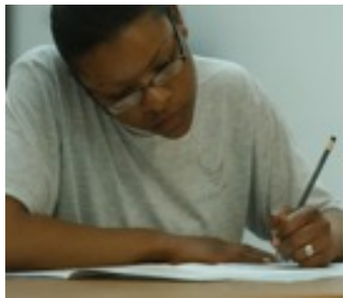
Age is the one of the first requirements; individuals must be at least 18 years of age (or at least 17 years of age, with parental consent). Upper age limits also apply to all. Congress has set the maximum age for enlistment at 42 years, though some services set the maximum age for enlistment in the upper 20s. These limits can occasionally be waived for entry depending on the service's needs as well as an applicant's skills.

Enlistees must either be **citizens of the United States or legal, permanent residents** who are physically living in the country.

Applicants may be excluded for a history of "questionable moral character," including a history of criminal behavior.

Applicants must meet certain **height and weight standards** that vary somewhat between services.

Each applicant must also undergo **medical screening** including a physical examination to determine the presence of or history of a medical or mental health condition that would prohibit entry. For example, a prior diagnosis of schizophrenia or bipolar disorder is prohibitive.



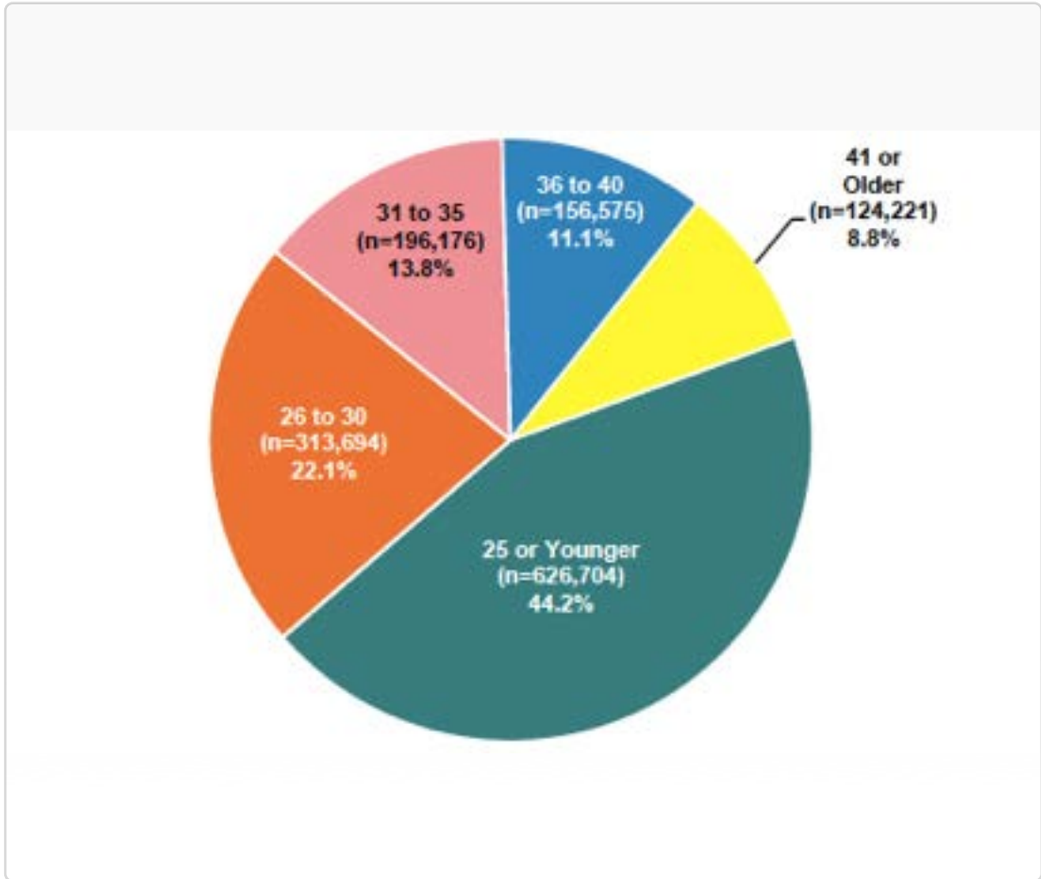
Applicants must also meet certain **academic requirements**. A high school diploma or its equivalent is generally required for enlistment. Prospective military enlistees take the Armed Forces Vocational Aptitude Battery (ASVAB), a multiple choice test that examines several domains including verbal and mathematics skills. The test is offered regularly at many high schools and at other locations in communities throughout the country. A subset of the ASVAB known as the Armed Forces Qualifying Test (AFQT) determines whether an applicant qualifies for enlistment. Those applicants scoring in the bottom tenth percentile are legally barred from military service, and most services only accept applicants who have scored above at least the 30th percentile.

Demographics

Service members hail from nearly every geographic region of the United States and its territories and represent a large swath of the nation's population. Service members' families comprise a large part of the military community. The following figures illustrate the demographic diversity of the Armed Forces.

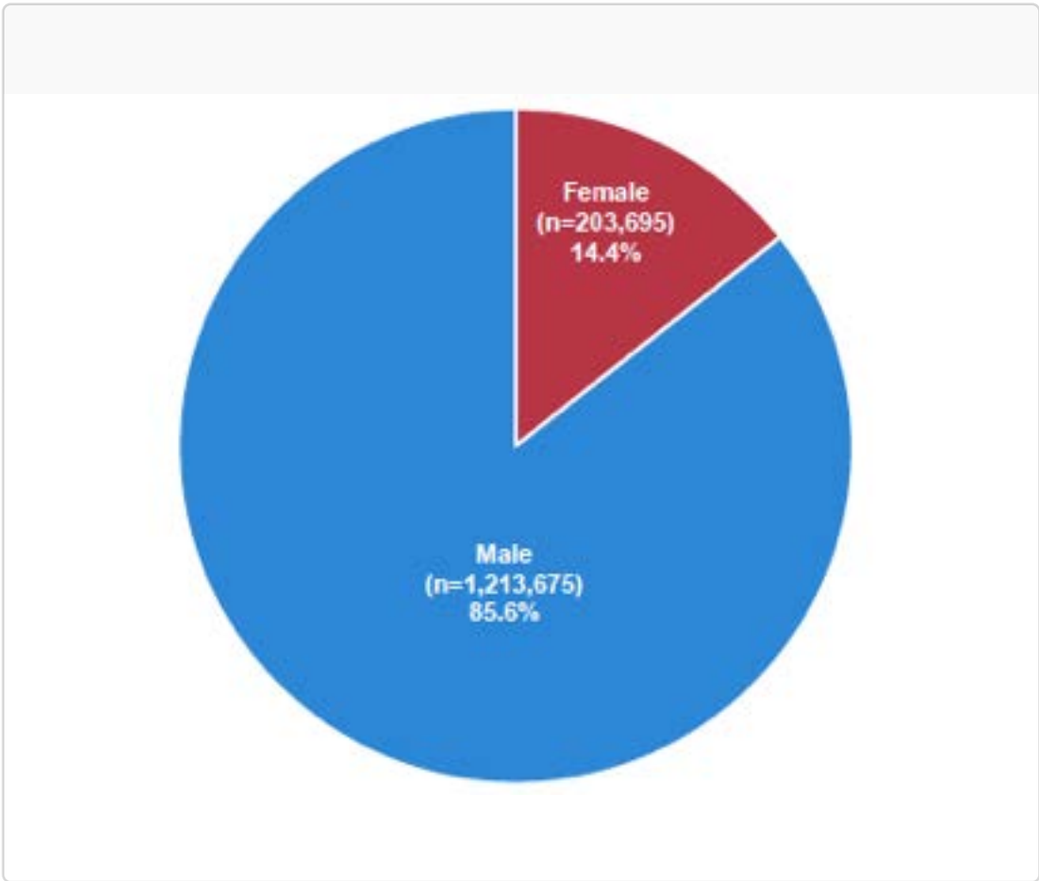
Graphs in this section are reprinted from Demographics 2010: Profile of The Military Community by MilitaryHOMEFRONT - U.S. Department of Defense, 2010, Washington, DC: Office of the Deputy Under Secretary of Defense (MilitaryCommunity and Family Policy).

FIGURE 2.1 Age of Active Duty Force



The active duty military is a relatively young cohort with over 65% of members 30 years old or younger. Less than 10% of active duty force is older than 40.

FIGURE 2.2 Gender of Active Duty Force



The military is an overwhelmingly male workforce, though there are over 200,000 women currently serving on active duty. Women serve the military in a variety of capacities but are currently barred from certain combat roles.

FIGURE 2.3 Race and Active Duty Force

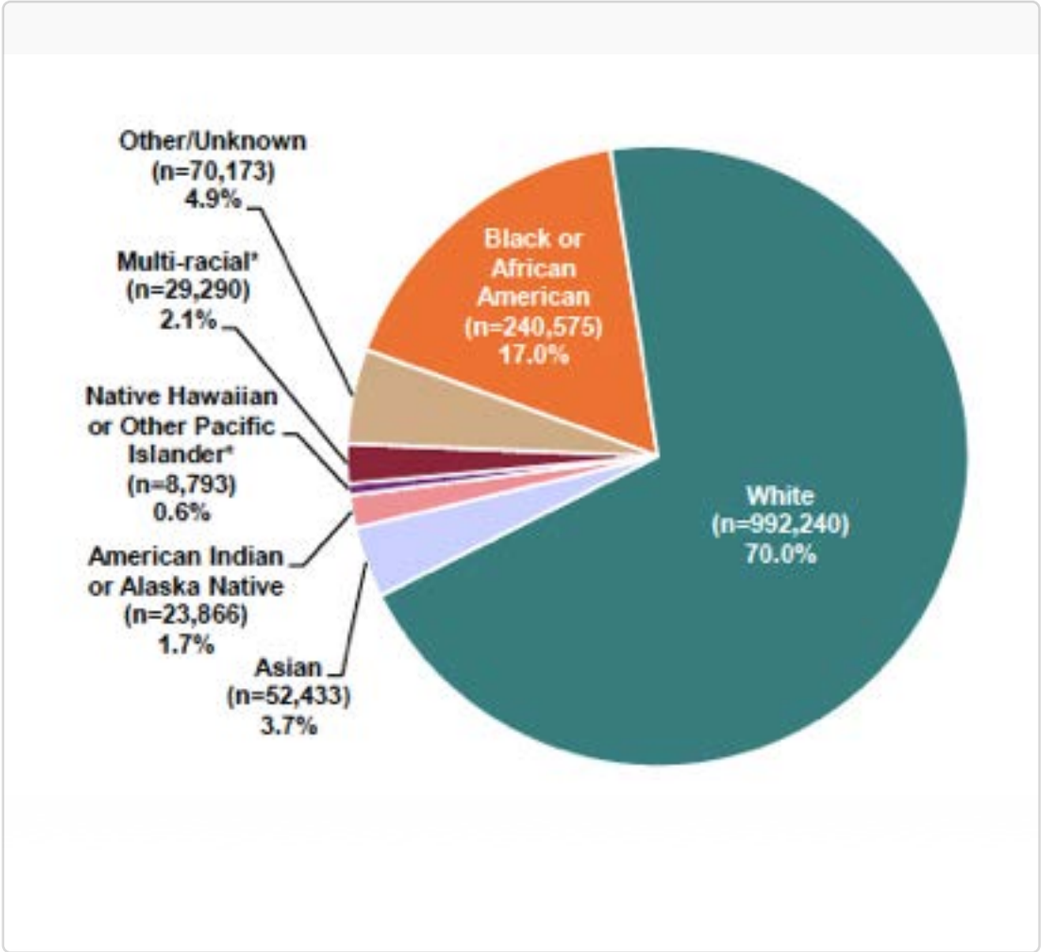
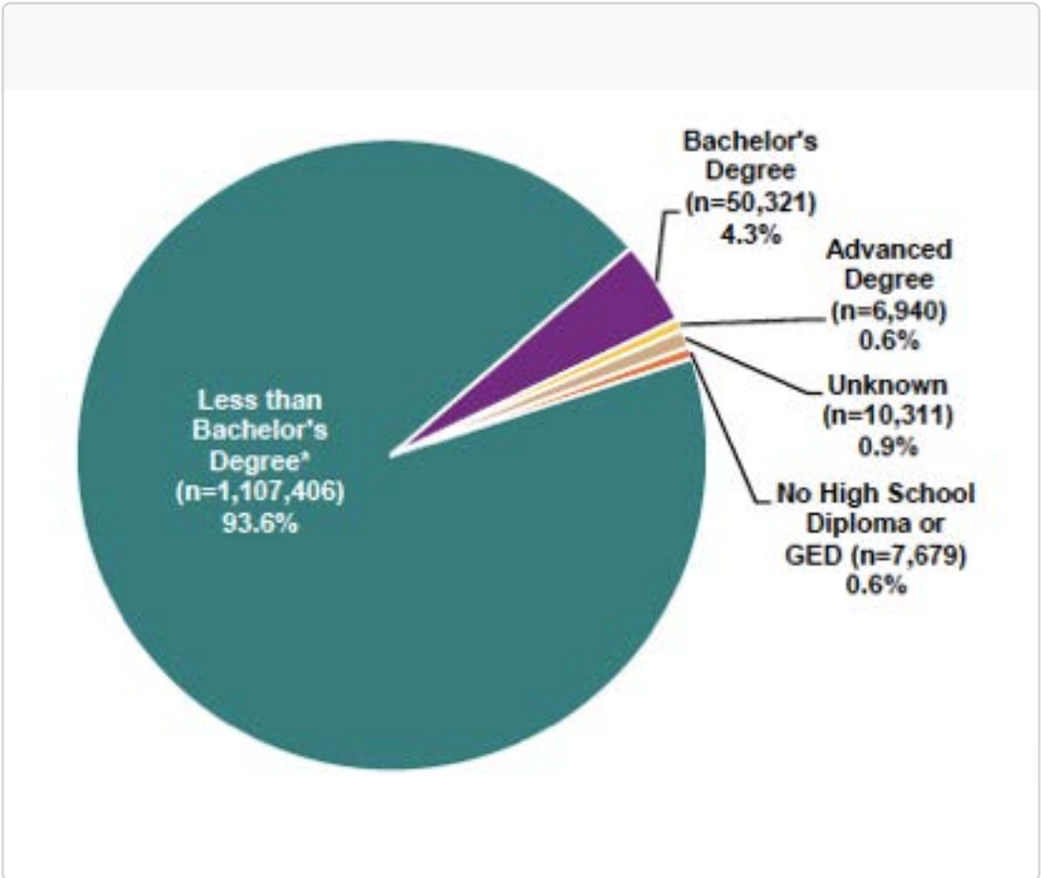
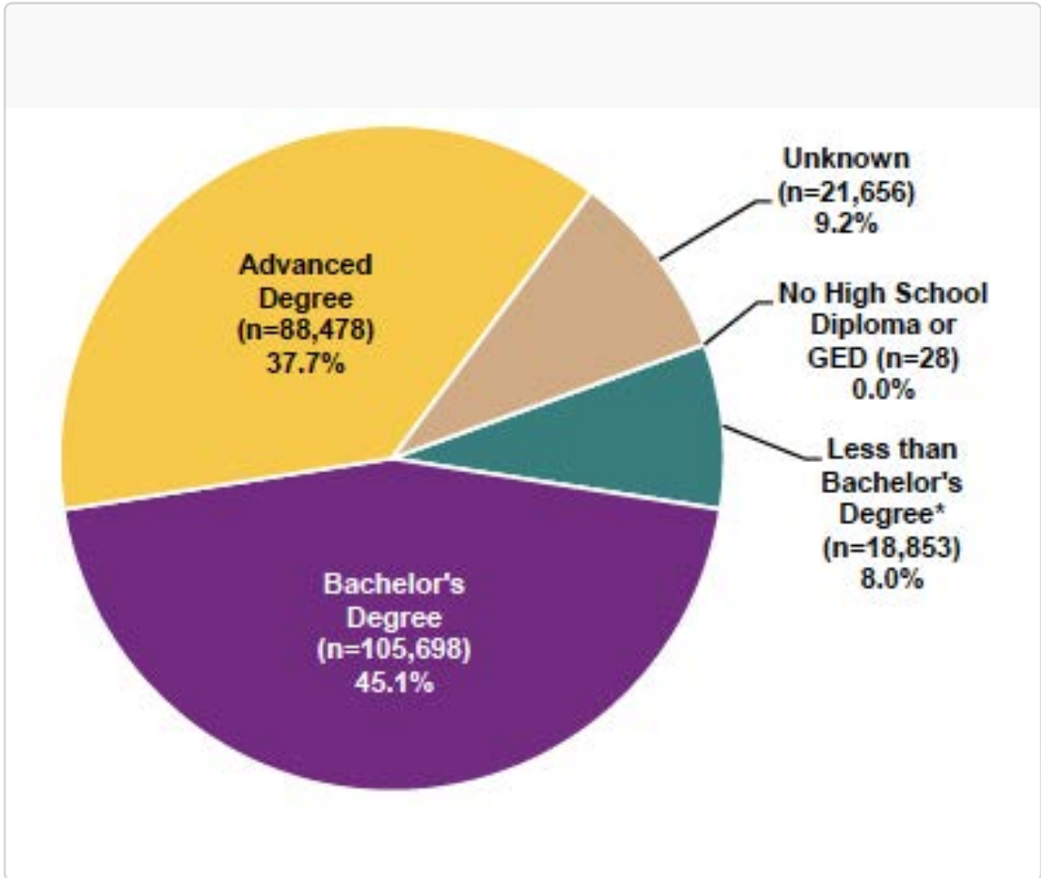


FIGURE 2.4 Education of Enlisted Active Duty Force



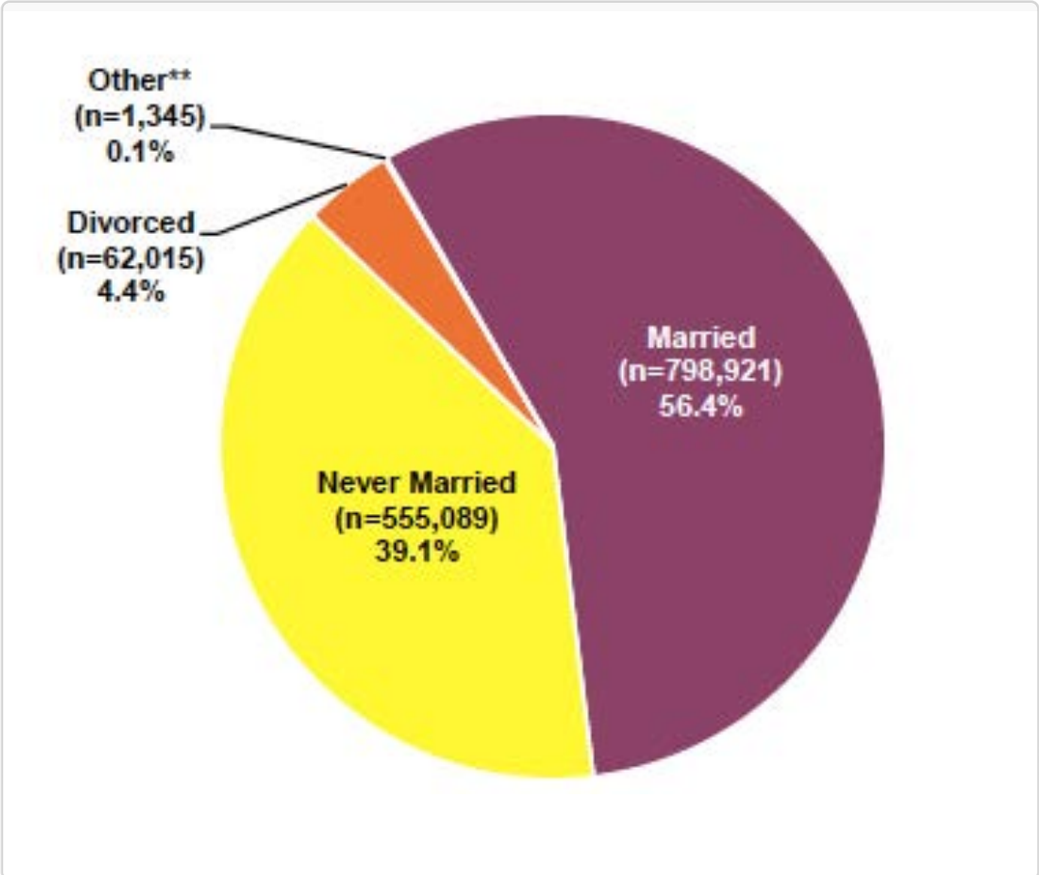
Almost all members of the military have at least a high school diploma or equivalent. In general, officers have at least a bachelor's degree and often an advanced degree.

FIGURE 2.5 Education of Officer Active Duty Force



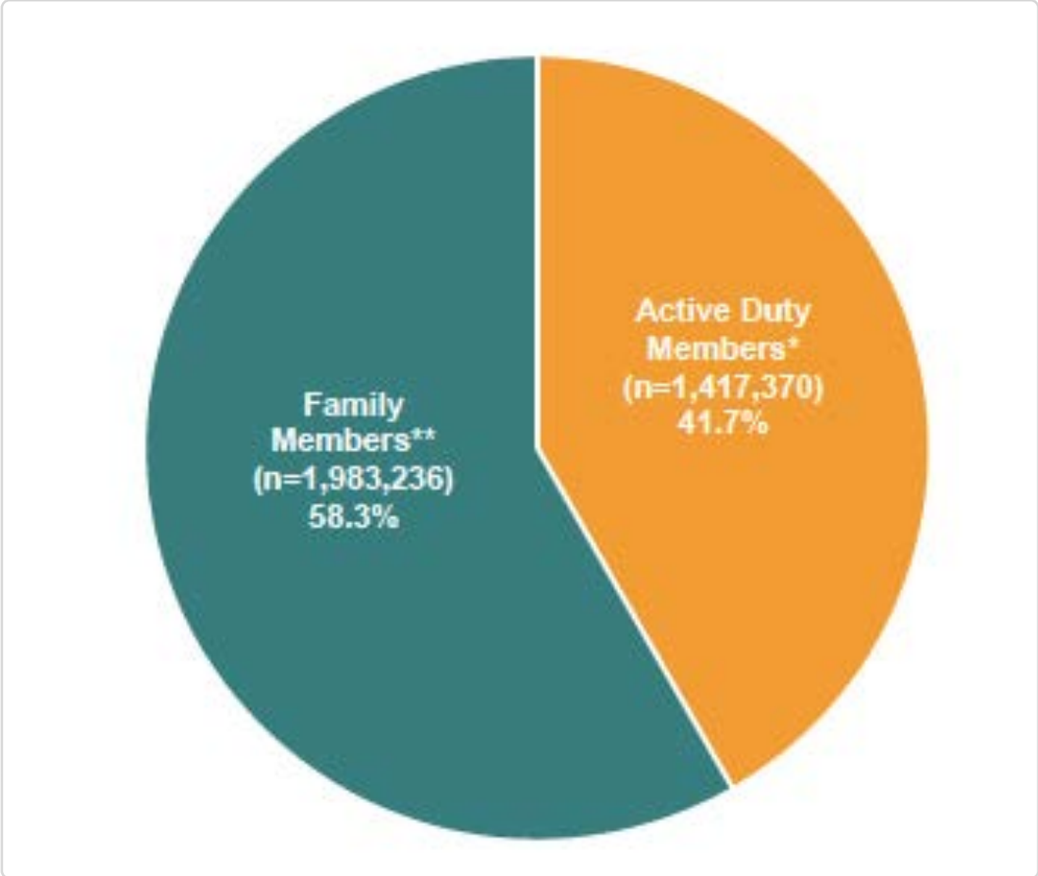
Almost all members of the military have at least a high school diploma or equivalent. In general, officers have at least a bachelor's degree and often an advanced degree.

FIGURE 2.6 Marital Status of Active Duty Force



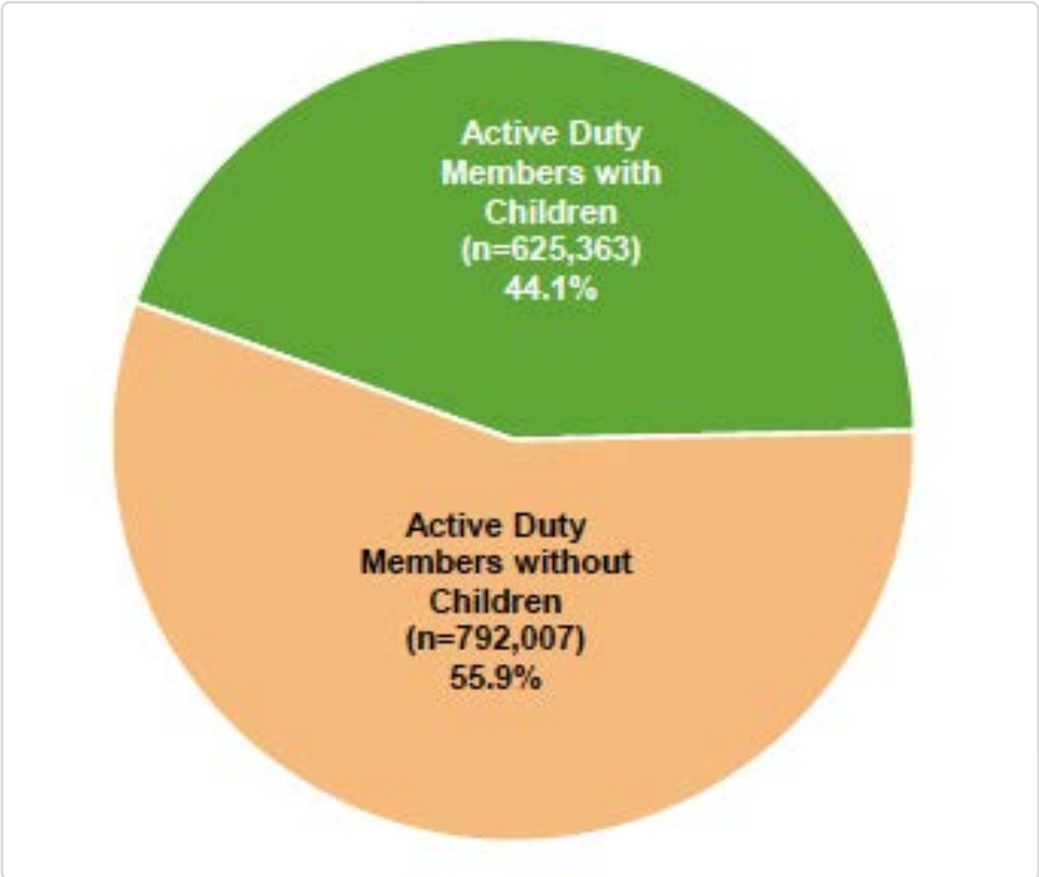
Despite being a relatively young population, a majority of military members are married.

FIGURE 2.7 Family Members and Active Duty Members



The military community consists not just of service members but also includes their family members. In fact, the population of spouses and children of service members outnumbers active duty members themselves.

FIGURE 2.8 Parental Status of Active Duty Force

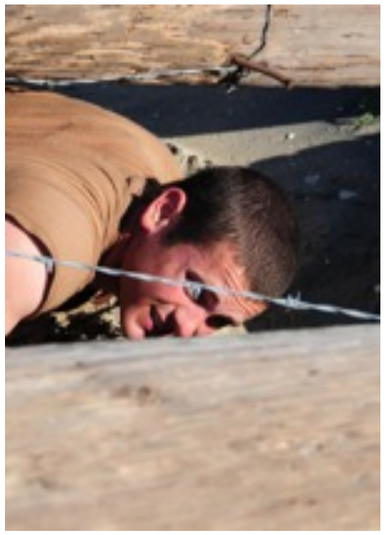


Just less than half of active duty service members have children.

Military Work

Basic Training

After a recruit meets enlistment requirements and is sworn into the military, he/she goes to basic training for a period of eight to twelve weeks, depending on the service branch. Basic training is an intense period of indoctrination and instruction in military skills, rules and customs, including saluting, proper wearing of the uniform, physical fitness, marksmanship, and some combat procedures.



Recruits also learn to work together for the success of the group. Emphasis is placed on obeying the operational hierarchy, following the direction of drill sergeants and other superiors and executing orders efficiently and without question.

The training period can be physically and emotionally demanding and is designed to imbue new service members with the physical stamina, discipline and respect for authority necessary to succeed in the military. Basic training is a rite of passage for the enlisted corps, and many will credit their experience at basic training for instilling their military identity.

Specialty Training

Following the successful completion of basic training, the enlistee enters a second phase of training in order to develop skills in a designated specialty.

Each branch uses the results of the ASVAB, the member's preference and the service's needs to determine in what specialty an enlistee will train. Certain specialties also require particularly stringent physical and/or psychological qualifications. Women are currently not allowed to serve in combat specialities.

This specialty training is given different names, depending on the service: Technical Training for the Air Force, Advance Individual Training (AIT) for the Army, and "A" school for the the Navy). The length of these schools can range from several weeks to several months depending on the specialty requirements

Duty Station

With basic and specialty training complete, service members are assigned to and must move to their first duty stations (usually military installations) where they will begin work in their specialty. This move is referred to as a permanent change of station (PCS). A PCS refers to any permanent

change of duty location and is distinguished from deployments and temporary duty (TDY) assignments (see below).

Depending on the length of the enlistment and the needs of the service, this may be the first of many moves, as typical stays at permanent duty stations can range from one to three years, though some tours may be longer.

Military Jobs

There are a wide variety of job types in the military. While the classic image of a military member may be of an Army infantryman or an Air Force pilot, service members in fact serve in a broad array of roles to support the military's overall mission.

A service member's military job can have a tremendous impact on his/her life both while in the service and beyond. One's job not only determines what he/she does on a daily basis, but also can impact where he/she lives, what skills he/she develops and what experiences he/she may have.

For example, while service members in most jobs are subject to deployment, an infantryman or medic may be directly engaged in dangerous combat operations daily, while an aircraft mechanic or intelligence specialist may live and work on a more secure base in theater or even in an area remote from the combat zone.

All of the service branches have a diverse set of job opportunities in varied fields. Though there are many parallels between jobs in the different branches, the terminology differs somewhat.

In the Army enlisted ranks and in the Marines, one's job is referred to as a **military occupational specialty (MOS)**. Related MOSs are grouped together in a career management field (CMF). In the Navy, an enlisted sailor's job is defined by his/her rate and Navy Enlistment Code (NEC). The Air Force designates an airman's job as his/her Air Force Specialty Code (AFSC).

We will use the Army as an example to illustrate the various career fields one might pursue in the military. There are nearly 200 designated MOSs in the Army. An individual can obtain more than one job specialty, but one's MOS refers to his/her current role. A partial list of the various career fields can be found in Table 2.2.

Commissioned officers are classified by their area of concentration (AOC) which are similar to the CMFs in the enlisted ranks. Officer ranks include not only combat leaders but also physicians, lawyers, engineers, chaplains, intelligence analysts and human resource managers.

TABLE 2.2. CATEGORIES OF MILITARY JOBS
Infantry (combat arms)
Field Artillery (cannon, rocket, missile)
Aviation
Special Forces
Engineering/Construction
Communications/Signaling
Chemical Operations
Legal
Law Enforcement
Intelligence
Finance
Psychological Operations
Civil Affairs
Administrative
Public Affairs
Religious Services
Medical
Recruiting
Transportation
Explosives/Ammunition
Maintenance
Supply/Logistics
Band Members

Benefits and Opportunites

Pay and Bonuses

Table 2.3. 2010 Pay Chart for U.S. Military

	Pay Grade	Cumulative Years of Service											
		2 or Less	>2	>3	>4	>6	>8	>10	>12	>14	>16	>18	>20
COMMISSIONED OFFICERS*	O1	$2,746	$2,858	$3,454	$3,454	$3,454	$3,454	$3,454	$3,454	$3,454	$3,454	$3,454	$3,454
	O2	$3,163	$3,602	$4,149	$4,289	$4,377	$4,377	$4,377	$4,377	$4,377	$4,377	$4,377	$4,377
	O3	$3,661	$4,150	$4,479	$4,883	$5,117	$5,374	$5,540	$5,813	$5,956	$5,956	$5,956	$5,956
	O4	$4,164	$4,820	$5,141	$5,213	$5,512	$5,832	$6,230	$6,541	$6,757	$6,880	$6,952	$6,952
	O5	$4,826	$5,436	$5,813	$5,883	$6,118	$6,259	$6,568	$6,794	$7,087	$7,535	$7,748	$7,959
	O6	$5,789	$6,359	$6,777	$6,777	$6,803	$7,094	$7,133	$7,133	$7,538	$8,255	$8,675	$9,096
	O7	$7,810	$8,173	$8,341	$8,474	$8,716	$8,954	$9,230	$9,506	$9,782	$10,649	$11,381	$11,138
	O8	$9,399	$9,707	$9,911	$9,968	$10,223	$10,649	$10,748	$11,153	$11,269	$11,617	$12,121	$12,586
	O9	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	$13,284
	O10**	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	$15,188
	O1E***	N/A	N/A	N/A	$3,454	$3,689	$3,825	$3,965	$4,102	$4,289	$4,289	$4,289	$4,289
	O2E***	N/A	N/A	N/A	$4,289	$4,377	$4,517	$4,752	$4,934	$5,069	$5,069	$5,069	$5,069
	O3E***	N/A	N/A	N/A	$4,883	$5,117	$5,374	$5,540	$5,813	$6,044	$6,176	$6,356	$6,356
WARRANT OFFICERS	W1	$2,684	$2,972	$3,050	$3,214	$3,408	$3,694	$3,828	$4,014	$4,198	$4,342	$4,475	$4,637
	W2	$3,057	$3,346	$3,435	$3,497	$3,695	$4,003	$4,155	$4,306	$4,490	$4,633	$4,763	$4,919
	W3	$3,455	$3,599	$3,746	$3,795	$3,950	$4,254	$4,571	$4,720	$4,893	$5,071	$5,390	$5,607
	W4	$3,783	$4,070	$4,187	$4,301	$4,499	$4,695	$4,893	$5,192	$5,453	$5,702	$5,906	$6,104
	W5	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	$6,727
ENLISTED MEMBERS	E1****	$1,447	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	E2	$1,622	$1,622	$1,622	$1,622	$1,622	$1,622	$1,622	$1,622	$1,622	$1,622	$1,622	$1,622
	E3	$1,706	$1,813	$1,923	$1,923	$1,923	$1,923	$1,923	$1,923	$1,923	$1,923	$1,923	$1,923
	E4	$1,890	$1,966	$2,094	$2,200	$2,294	$2,294	$2,294	$2,294	$2,294	$2,294	$2,294	$2,294
	E5	$2,061	$2,199	$2,306	$2,414	$2,584	$2,762	$2,907	$2,925	$2,925	$2,925	$2,925	$2,925
	E6	$2,250	$2,475	$2,585	$2,691	$2,801	$3,051	$3,148	$3,336	$3,394	$3,436	$3,485	$3,485
	E7	$2,601	$2,839	$2,948	$3,092	$3,204	$3,397	$3,506	$3,699	$3,860	$3,969	$4,086	$4,131
	E8	N/A	N/A	N/A	N/A	N/A	$3,742	$3,907	$4,010	$4,133	$4,265	$4,505	$4,627
	E9*****	N/A	N/A	N/A	N/A	N/A	N/A	$4,571	$4,674	$4,805	$4,958	$5,113	$5,362

* Basic pay for an O7 to O10 is limited by Level II of the Executive Schedule which is $14,975.10. Basic pay for O6 and below is limited by Level V of the Executive Schedule which is $12,141.60.

** While serving as Chairman, Joint Chief of Staff/Vice Chairman, Joint Chief of Staff, Chief of Navy Operations, Commandant of the Marine Corps, Army/Air Force Chief of Staff, Commander of a unified or specified combatant command, basic pay is $19,983.60.

*** Applicable to O1 to O3 with at least 4 years & 1 day of Active Duty service or more than 1460 points as a warrant and/or enlisted member.

**** Applicable to E-1 with 4 months or more of Active Duty service. Basic pay for an E-1 with less than 4 months of Active Duty service is $1,338.60.

***** For the Master Chief Petty Officer of the Navy, Chief Master Sergeant of the Air Force, Sergeant Major of the Army or Marine Corps or Senior Enlisted Advisor of the Joint Chief of Staff, basic pay is $7,386.30. Combat Zone Tax Exclusion for O-1 and above is based on this basic pay rate plus Hostile Fire Pay/Imminent Danger Pay which is $225.00.

Note: Basic pay rate for Academy Cadets/Midshipmen and ROTC members/applicants is $960.90.

Pay above is monthly base pay and does not include housing allowance and other bonuses.

Military service members are employees of the federal government and receive pay and benefits for their work. There are many forms of pay and bonuses that service members can earn.

Upon entry into the military, members begin to receive a salary, known as base pay. The amount of base pay varies depending on the member's military grade (e.g., E1 or O4), and time in the service. Pay is equal for equivalent ranks across the services.

Service members with particular skills or duties (e.g. pilots and physicians) or who are serving serve in certain locations (e.g. those serving in combat theater) are eligible for additional pay.

Service members also earn 30 days of vacation days (or "military leave") each year.

At times, the services offer bonuses for re-enlisting. Bonuses are often given to personnel in special skill areas in which there is personnel shortage or high demand. The size of the bonus depends on the specialty type, the projected need for the specialty and the number of years the service member agrees to re-enlist.

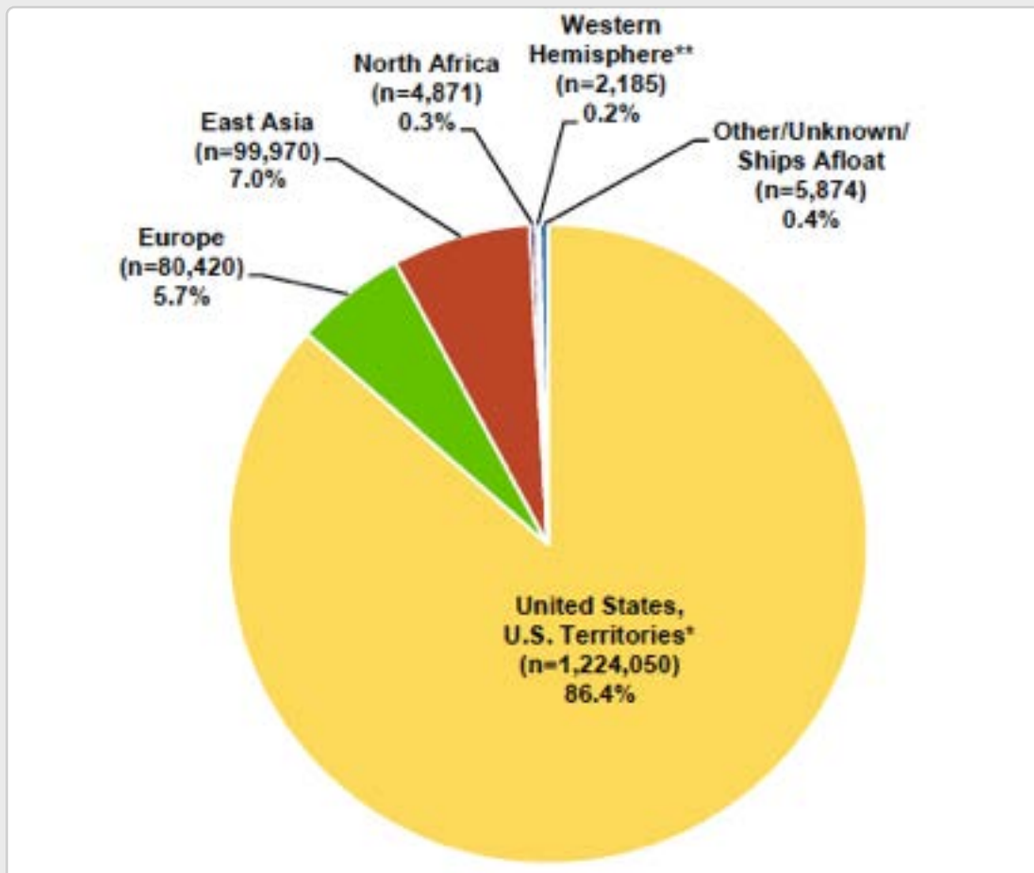
Allowances

Members also receive "allowances" which differ from pay in that they are considered reimbursements and are neither

taxable nor garnishable. Officers and enlisted personnel receive a basic allowance for housing (BAH) with the amount dependent on pay grade, location (due to cost-of-living considerations) and whether the service member has dependents.

Unmarried enlisted service members arriving to their first station are assigned to the barracks or dormitories. Meals are provided in military dining facilities. Married service members who are accompanied by family (e.g., spouse, children) can elect to live in on-base housing, if available. If on-base housing is not available, they are required to find housing in the community with their BAH.

FIGURE 2.9 Geographic Location of Active Duty Members



Enlisted soldiers also receive a basic allowance for subsistence (BAS) to offset the cost of meals as well as a clothing allowance to offset the cost of military uniforms.

These entitlements are regular, dependable, and continue throughout the enlisted member's career.

Life on Base

Members of the military live and work in a variety of locales around the globe, though many live and work on or near military installations. Installations are referred to by different names including base (e.g., Andrews Air Force Base), fort (e.g.Fort Hood), camp (e.g. Camp Pendleton), shipyard (e.g. Portsmouth Naval Shipyard), post or station. These installations vary in size with the largest ones the size of small American cities.

Installations frequently include not only workspace and training facilities for service members and civilian employees, but also housing options (from barracks to single-family homes), schools

for service member's children, health care facilities, recreational facilities, shopping and dining options including cafeterias and restaurants.

Military members, retirees and their families have access to the military commissaries (military grocery stores) and base exchanges (department stores) that offer a large selection of brand name foods, household goods and clothing at or slightly above cost without associated sales tax.

Support for Members and Families

Military life, with its frequent moves, deployments, separations from extended family and friends can be difficult for service members and their families. Service members, their partners and children are often young, and some may be particularly vulnerable to the challenges inherent in military life.

Each branch of the military has established a large number of support services that are provided free of charge to members and their families: Army Community Services (ACS), Navy's Fleet and Family Support Centers, and the Air Force Family Support Centers. These programs offer similar resources to address the needs of families.

Assistance can be provided for almost any phase of military life, including relocation assistance services, programs to identify and coordinate the care of family members with special needs, home visits for expectant mothers, parenting classes, safety courses, stress management classes, and relationship enhancement classes. There are also special programs for spouses of newly enlisted service members to help them learn about the culture and customs of the particular service.

Education

On-the-job training and more formalized instruction through hands-on, simulation, classroom and field modalities occur in all specialties. For most members of the military, their job training is short-term, specialty-specific and conducted within the military. Some skills are highly military-specific, though skills in fields such as truck maintenance or engineering are easily applicable in the civilian world.

Certain career fields require long-term, highly specialized education, and the military supports such education both at military sites and through civilian routes. For example, the military operates a health sciences graduate school (Uniformed Services University of the Health Sciences) where it trains physicians, nurses, public health officers and scientists. The military also provides scholarships to students to train at civilian institutions, after which students complete their service obligation at military sites.

Other training is specifically aimed at career development. Following the successful completion of their initial training, enlisted personnel and officers embark on a series of military schools that develop leadership and additional skills. Such schools are intended to prepare the individual for higher rank and higher responsibility.

In addition to training specific to their day-to-day military work, service members are encouraged to further their education. The Post 9/11 GI Bill provides educational benefits military members can use either during or after their time in the service. The amount of benefit varies somewhat depending on one's length of active duty service, but the full benefit covers four-year tuition and fees (at in-state rates), a book and supply allowance of up to $1000 per year, and a living stipend (equivalent to that of an E-5).

Because of work schedules and frequent moves, many current service members enroll in online correspondence courses.

Enlisted service members may also have pre-existing education loans paid through the Loan Repayment Program.

Health Care

Active duty members and their dependent family members receive largely free medical benefits, although they may incur an annual deductible and small enrollment fee. DoD operates a health care system to serve the needs of active duty military personnel and, on a space available basis, their dependents. Retired military personnel and their dependents are also able to receive care through the system if resources are available.

The military health system employs over 130,000 people and operates military treatment facilities (MTFs) including 65 hospitals, over 400 medical and over 400 dental clinics around the nation and the world. The system also provides medical care in combat theaters and at other military operations around the globe.

Active duty military members and their dependents (as well as some reservists and retirees) are also eligible for civilian health benefits through a program known as TRICARE. Many civilian hospitals and clinics accept TRICARE, allowing military personnel and their families to access care outside the military system if they so choose. Reasons why someone may use civilian providers rather than the military health system include convenience (nearest MTF is far away), privacy concerns and access to health services not readily available in the military system.

The military health care system is distinct from the VA health care system operated by the Department of Veterans Affairs (described in section on Life after the Military).

Other Benefits

Through Service Group Life Insurance (SGLI) service members are eligible for up to $400,000 of life insurance that is provided for a small monthly payment (less than $30 month).

The military also offers a Thrift Savings Program (or TSP) into which pre-tax dollars can be deposited into several different funds similar to a 401(k) that are not taxed until withdrawal.

Service members are eligible for retirement benefits after 20 years of service. (see below in "Retirement" section)

Awards and Decorations

The military recognizes the service and achievements of its members by giving various awards and decorations. Some awards are given to outstanding military units, though most awards indicate individual achievement or service. Service members can earn such recognition for a variety of accomplishments including heroism or bravery in combat and meritorious service to the military. For such awards, members must be nominated through a written recommendation that then must be reviewed and approved by a higher authority.

The "rack of ribbons," is worn with the dress uniform with each ribbon representing a particular award. Some awards can be pinned on civilian clothing if the individual desires. Often worn with great pride, these medals and ribbons each tell a particular story.

Examples of individual awards include: the Medal of Honor (the highest military honor awarded for "Gallantry and intrepidity at risk of life above and beyond the call of duty"), the Distinguished Service Medal (the highest non-combat medal), the Silver and Bronze Stars (for valor), the Purple Heart (given to those who have been wounded or killed in action), Commendation Medals, Achievement Medals and Action Ribbons.

Members can receive other performance awards in recognition of their participation in particular campaigns including, for example, the Vietnam Service Medal, the Iraq Campaign Medal or the Humanitarian Service Medal. Special skills badges and tabs are awarded based on proficiency and training, such as marksmanship or diving.

Challenges

Moves

Moves are a way of life for military service and family members. Service members can receive orders at any time to relocate, may have a short time to move, re-establish and adjust to a new location, and then could receive orders to move again after a short period of time. A move is officially referred to as Permanent Change of Station (PCS), though in reality few moves are permanent. Recent estimates find that about 33% of military families move each year.

Although the military attempts to afford some stability and often assigns members to a single location for 2-3 years, such consistency is not guaranteed. Members may have some say in where they would like to move (either for career progression, new experiences, schooling); however, they will not necessarily receive the assignment they desire.

Moves can introduce a host of challenges and opportunities for service members and their families. Families are removed from established support systems and must secure affordable housing. Children must be enrolled in new schools. Families need to change health care providers, and spouses often have to find new jobs.

Some service members and their families relocate to places (e.g., OCONUS- places other than the Continental United States) with significantly different cultures, and acculturation to life in a new land provides both opportunities and challenges.

Deployments

A deployment is an extended work assignment to an area away from home base, and may include various responsibilities: routine support to another installation or unit, military training, humanitarian crisis/ peacekeeping or work in an operational or combat area. Deployments differ from PCS moves in that service members travel on a time-limited basis (several weeks to over one year) without their their family or many of their belongings.

Deployments can vary in length, though most recent combat deployments have lasted between 6 and 12 months, though

some have been as long as 15 months, depending upon branch of service. Some deployments are expected and predictable; others are short-notice and less anticipated. A train-up and preparation period usually precedes the deployment and often means additional time away from family/home.

Deployment experiences vary considerably. Some service members are directly involved in combat; many are exposed to harsh conditions; some see frequent injury and death. Some service members may themselves experience injuries--physical or psychological or both--during their deployment. Some members spend their deployments in less immediately threatening environs such as a large military base or aircraft carrier.

Deployments to certain areas may involve exposures to chemical toxins and/or biological hazards rare in the United States but common elsewhere. For example, service members who are deployed to tropical settings with endemic malaria may be at risk for developing that disease.

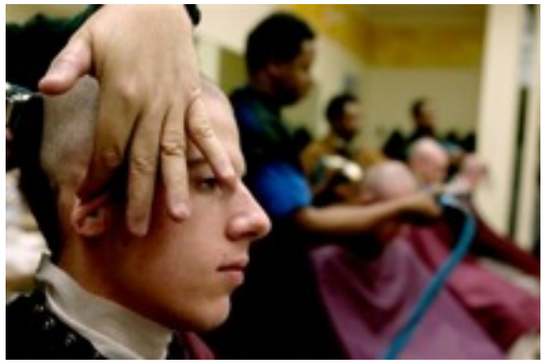
Deployment can be a positive, negative or, in many cases, mixed experience for the service member. Some feel their deployment is rich and rewarding, an opportunity to utilize the skills obtained in all of their training, a chance to serve their country meaningfully, a chance to be heroic. Others find the quality and pace of the work and/or the separation from family and friends more challenging.

Deployments can place a particular burden on the families of service members and strain the relationship between service members and their families. Modern technology allows for frequent communication between a deployed service member and his/her family. However, spouses and children of deployed service members must continue with their daily activities and responsibilities without the immediate help of the deployed member.

Though redeployment (returning from deployment) is generally a welcomed event, some service members have a difficult time readjusting to life at home. Such difficulties may result from physical or psychological injuries suffered during deployment. Other challenges include reintegration into relationships with family and friends.

Because the experience is so variable, inquiring about a service member's particular deployment—what he/she did or witnessed, where he/she was stationed, how he/she felt about the experience—can be an important part of a clinical evaluation.

Behavioral expectations



The military sets behavioral expectations that service members must meet. While many credit the military with providing them important structure and valuable discipline, there is no doubt that being in the military restricts one's personal freedoms.

Service members must follow the lawful orders of higher ranking leaders. They must live in areas and work in fields as authorized by the military. They must meet standards of personal appearance including restrictions on hair length and requirements for the proper wearing of their uniform while on duty.

They must meet physical fitness standards to include both physical traits (weight, height) and functions (running, pushups). They must meet standards for appropriate conduct at all times, even when off duty. The use of illicit drugs is strictly forbidden. Certain physical injuries, medical or psychiatric illnesses are incompatible with continued military service.

Guard and Reserve Challenges

Reservists and National Guardsmen are activated when they deploy, and their service can be marked by unique challenges. Many reservists and guard members leave their regular civilian jobs when activated; some take substantial pay cuts. Their families may not have ready access to a military installation for medical care, shopping, and support, as their active duty counterparts do. Returning may also present challenges, as deactivated reservists and guard members go immediately back to living and working in the civilian sector, and some may find it difficult to adjust.

Knowledge Check

Knowledge Check for Chapter. Please answer test questions. Detailed answers are on the next page.

1. Which of the following is a common reason for joining the military?

A. Learn a skill/trade

B. Learning to work as part of a team

C. Earn a steady income

D. Earn educational benefits

E. All of the above

2. Which of the following is a military job category?

A. Medical

B. Infantry

C. Logistics

D. Administrative

E. All of the above

Answers to Knowledge Checks:

1. Which of the following is a common reason for joining the military?

Answer: E (All of the Above)

All of the reasons listed are reasons for joining the military. For a more complete list, please see Table 2.1. Common Reasons for Enlistment.

2. Which of the following is a military job category?

Answer: E (All of the Above)

The provided choices are military job categories. Reference to other job categories can be found in Table 2.2. Categories of Military Jobs.

CHAPTER 3

Leaving the Military

The length of service members' military service varies widely. Some serve for just a few years, while others spend most of their adult lives in the Armed Forces before retiring. Like the decision to enlist, the decision to leave the military is often multifactorial.

Most members leave the service voluntarily, often to pursue educational or work opportunities in the civilian world, sometimes because they desire a change from the military lifestyle. Some must separate due to medical illnesses or injuries that leave them unable to continue their service. A few members are forcibly discharged due to disciplinary and/or legal problems.

After separating, service members may choose to stay affiliated with the military through veterans' groups and by utilizing veterans' benefits.

After the Military

Re-enlistment vs. Separation

At some juncture through the first enlistment, the service member must decide whether to stay in the military or be discharged through a process called separation. In the same way, those at the mid-level (usually between 8 to 12 years in the service) must decide whether to make the military a career or to separate. Reasons for separation are included in Table 3.1.

Re-Enlistment

Enlisted members have to be given permission to re-enlist, often based on performance and character. Each re-enlistment marks an important milestone in the career of the enlisted member and is often accompanied with a ceremony/celebration that includes the reaffirmation of their oath. Similarly, officers may choose to continue to service once their obligation is complete or they may resign their commission.

Separation

If a service member leaves the military prior to retirement (see below), he/she is considered to be separated. Just as there are reasons for a service member to voluntarily join, there are reasons why some might voluntarily leave. These may include having never intended to serve for longer than initial commitment, wanting to use skills learned in the military to find work in the civilian sector, taking advantage of educational or other veterans' benefits, having more

Table 3.1. Reasons for Separation

Type of Separation	Army		Navy		Marine Corps		Air Force		Total DoD	
	Officers	Enlisted	Officers	Enlisted	Officers	Enlisted	Officers	Enlisted	Officers	Enlisted
ETS/Voluntary/ Early Release	2,321	23,825	1,297	13,421	556	18,236	1,384	11,255	5,558	66,737
Personal/Family	2	3,377	24	664	1	421	30	874	57	5,336
Medical/Disability	255	7,521	63	1,076	26	1,421	136	1,813	480	11,831
Military Requirement/ Behavior/Performance	175	14,446	99	4,950	39	4,553	51	4,755	364	28,704
Death	20	685	20	116	17	244	19	91	76	1,136
Other Military Service	N/A*	4,154	N/A*	1,040	N/A*	835	N/A*	731	N/A*	6,760
Legal Issues/Standards of Conduct	3	9,347	11	3,614	7	3,452	38	1,430	59	17,843
Non-Selection for Promotion	52	N/A*	88	N/A*	47	N/A*	71	N/A*	258	N/A*
Non-Disability Retirement	2,542	5,915	1,765	5,906	605	1,382	2,154	7,135	7,066	20,338
Other	15	446	165	1,457	32	593	40	897	252	3,393
Subtotal	**5,385**	**69,716**	**3,532**	**32,244**	**1,330**	**31,137**	**3,923**	**28,981**	**14,170**	**162,078**
Total	**75,101**		**35,776**		**32,467**		**32,904**		**176,248**	

* Other Military Service separations are not applicable for officers and Non-Selection for Promotion separations are not applicable for enlisted.

Note: Excludes immediate reenlistments for enlisted, status changes for officers and record corrections for enlisted and officers.

autonomy to choose a career path, family reasons and geographic considerations. Some may not want to continue with service life, particularly in times of frequent, prolonged deployments to dangerous environments.

Involuntary separations can occur when the military determines that there are too many individuals in a given field reduces the force by laying off service members.

Provided that a service member has met or exceeded duty standards while in the service, his/her separation will be considered an honorable discharge. General discharges are given to members who have had some significant behavioral problems in their service such as substance abuse or personality disorders.

Other than honorable discharges are usually reserved for members who have had significant misconduct. Dishonorable or bad conduct discharges are punitive measures taken against members who have been convicted by court-martial of significantly bad acts. Such discharges cause members to lose eligibility to veterans' benefits or re-enlistment opportunities.

Medical Separation/Retirement

When health conditions are deemed incompatible with military service, members may be separated or retired. A Medical Evaluation Board (MEB) makes a determination of a service member's fitness for duty and can recommend a medical separation or retirement.

Disability compensation may be paid to those whose medical condition developed while on active duty. In addition to any military connected medical retirement benefits, the disability determination is also rated by the VA resulting in monthly tax-free compensation based on the degree of disability.

Retirement

A service member is eligible for retirement after 20 years and must retire after 30 years, although waivers can be granted to extend beyond this limit. A pension amounting to 50% of the service member's base salary is paid for the remainder of the retiree's life upon 20 years of service and increases to 75% if the length of service reaches 30 years (BHA and subsistence pay are not included in calculating retirement pay).

Reservists can also receive retirement benefits, though the amount is based on other factors, such as their years of active and inactive service and their age.

Retirees often enjoy continued access to shopping on military installations and, to some degree, access to health care.

Unlike individuals who have separated from the military, retirees remain part of the retired reserve and and are subject to recall into the military should the need arise.

Post-separation/Retirement

Individuals who separate or retire may or may not continue affiliation with the military. There is no obligation to do so. However, association with current and other former military personnel is often attractive, as many service members share many of the same experiences. Most military installations have a large retiree population in the surrounding community.

Given the relatively young age of separated or retired service members, many work after retirement. Often the skills developed while in military service are useful in securing a post-military job, though this is not always the case.

Many veterans will work or volunteer in some capacity on a nearby installation. They may be involved in civic and veterans' organizations such as the American Legion, Veterans of Foreign Wars, Disabled American Veterans, Iraq and Afghanistan Veterans of America, Vietnam Veterans of America and Wounded Warriors Project.

If they so choose, those who have separate or retired from the military may continue to participate in programs or receive benefits through a different cabinet-level agency: the Department of the Veterans Affairs (VA). Such benefits range from disability payments to pensions to funds for education to home loan guarantees to burial services.

The VA also operates a medical care system that includes nursing homes, clinics and hospitals. The VA medical system is administratively distinct and largely serves a different population from the military health care system. Whereas the military health system (operated by the DoD) provides care for active duty service members and their dependents, the VA health system primarily serves those persons who are no longer in the service. (The lines between the two systems is occasionally blurred, as some VA hospitals/clinics serve active duty personnel and some military treatment facilities will offer certain services to some veterans).

The distinct populations served by the different health systems has implications for the types of services each system must provide. For example, because chronic mental illness and/or severe substance dependence is incompatible with military service, the military health system largely does not provide long-term care for patients with such conditions, whereas the VA health system has robust clinical services to treat such patients.

Knowledge Check

Knowledge Check for Chapter. Please answer test questions. Detailed answers are on the next page.

1. Which of the following is an accurate statement about the military and Veterans Administration (VA) health systems?

(A) Retirees must always utilize the VA for their health care.

(B) Active duty members must obtain all care within the military health system.

(C) They are essentially integrated systems but named differently depending on the military status of the patient seeking care.

(D) Because they have different target populations, the systems often differ in the clinical services offered.

(E) The VA serves Vietnam era veterans while the military health system serves OEF (Operation Enduring Freedom)/OIF (Operating Iraqi Freedom) era veterans.

2. Specialist Jones has served 6 years in the U.S. Army. He received an honorable discharge. While he continues to meet physical and mental fitness for duty standards, he elected to pursue a college education. Which of the following is the best describes how he left the service?

(A) Voluntary separation

(B) Retirement

(C) Medical discharge

(D) Involuntary separation

Answers to Knowledge Checks:

1. Which of the following is an accurate statement about the military and VA health systems?

Answer: D

Because they have different target populations, the systems often differ in the clinical services offered. While veterans (from any era) can receive healthcare through the VA system, they are not required to do so. Although most health care for active duty is accomplished within the military health system, there are times occasions when this is impractical (e.g,. when a particular speciality is not available at the nearby military treatment facility). The VA and military healthcare systems are distinct entities.

2. Specialist Jones has served 6 years in the U.S. Army. He received an honorable discharge. While he continues to meet physical and mental fitness for duty standards, he elected to pursue a college education. Which of the following is the best describes how he left the service?

Answer: A

Specialist Jones' leaving the service is best characterized by a voluntary separation, which occurs prior to retirement eligibility (20 years of service). His discharge is not medical, as he continues to meet both mental and physical standards. When involuntary separations occur, it is not by the service member's choice, but rather because of disciplinary problems or need to reduce the size of the force.

CHAPTER 4

Conclusion

This resource has sought to provide a general overview of the military career of a service member, be it long or short. The provider caring for the active duty member, reservist or veteran should be mindful that, as with any patient, there are a wide-range of contributing factors that affect individual health and function. The patient's experiences in the armed forces—good and bad—are just some of those, but can be particularly important. Learning about these experiences and appreciating the influences a service career has had on a service member's or veteran's life can be crucial to developing an understanding of the patient and providing optimal care.

Please revisit the Learning Objectives that were provided at the beginning of the module to verify your attainment of knowledge.

At the completion of the tutorial, learners will be able to:

- ☑ Describe at least 3 reasons why obtaining a patient's military history is an important task for health care providers.
- ☑ Name the branches of service and identify a distinguishing feature of each.
- ☑ List 5 commonly cited reasons for enlistment in the Armed Forces.
- ☑ Describe the difference between officers and enlisted personnel.
- ☑ Describe 2 key differences between the active duty and guard/reserve components.
- ☑ Name at least 5 distinct military careers.
- ☑ Identify 3 benefits of military service.
- ☑ Identify 3 challenges commonly faced by military families.
- ☑ List 2 differences between the military and VA health systems.
- ☑ List 2 distinct ways a service member can separate from the military.

CHAPTER 5

References

CHARTS

All charts, pay and separation tables, and demographics, unless otherwise noted, are reprinted from Demographics 2010: Profile of The Military Community by MilitaryHOMEFRONT - U.S. Department of Defense, 2010, Washington, DC: Office of the Deputy Under Secretary of Defense (MilitaryCommunity and Family Policy).

Rank charts and DoD charts are created by Derrick Hamaoka.

Respective service emblems are from defense.gov.

RESOURCES

Websites

Today's Military: This website has information about the military service branches: their benefits, career opportunities, compensation and post military career and a look at what daily life in the military is like. You can choose a theme: Joining, Training, Living or Working; then select a Service Branch followed by selecting either Officer or Enlisted to learn more out about the variety of experiences service members have every day.

Army: Quality training and quality of life go hand-in-hand with mission readiness and success on the battlefield. In this section, learn more about the Army's training requirements and standards, quality of life programs and benefits for both Soldiers and veterans.

Air Force: For additional information on the Air Force, including mission, vision, and career opportunities.

Navy: Learn more about the Navy's mission to maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas.

Coast Guard: Learn more about the Coast Guard's mission and history.

Marines: Resource for those wanting to know more about the history of the Marines and requirements for enlistment.

Books

Baker, A. (2007). Life in the U.S. Armed Forces: (Not) Just Another Job Westport, Praeger Security International.

Anni Baker offers a description of life in the military from recruitment to retirement. Starting with the enlistment process, she discusses the military lifecycle to include: military career decisions, promotions, raising families, and retirement; the author also reviews the impact of war on military society and the place of the military services in the United States.

Hall, L. K. (2008). Counseling military families: What mental health professionals need to know. New York, NY, Routledge/Taylor & Francis Group.

The author presents an overview of military life, including demographic information, military family challenges, and issues unique to reservists, full time military Service Members, spouses, and children. The final section of the book presents treatment models and interventions for use with military families.

Freeman, A., S. M. Freeman, et al., Eds. (2009). Living and Surviving in Harm's Way: A Psychological Treatment Handbook for Pre- and Post Deployment of Military Personnel, Routledge.

The authors describe how Service Members live and survive during combat duty including the psychological impact of being in harm's way. Also addressed are the preparation and training for combat, the emotions and stress of combat, psychological interventions for pre and post deployment treatment of Service Members, deployment impact on families and re-integration of veteran into civilian society.

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