



U.S. DEPARTMENT  
OF DEFENSE



## Warrior Wellness: Mental health and Women in the U.S. Military June 30, 2020

<https://militaryfamilieslearningnetwork.org/event/69337/>

### Additional Resources

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### Articles/Reports

- Acosta, J. D., Becker, A., Cerully, J.L., Fisher, M.P., Martin, L.T., Vardavas, R., Slaughter, M.E., & Schell, T.L. (2014). [Mental Health Stigma in the Military](#). Santa Monica, CA: RAND Corporation,
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- Dye, J. L. (2018). [Factors That Contribute to Mental Health in Combat Injured Military Women](#).
- Fadum, E. A., Strand, L. Å., Martinussen, M., Breidvik, L., Isaksen, N., & Borud, E. (2019). [Fit for fight—self-reported health in military women: a cross-sectional study](#). *BMC women's health*, 19(1), 119.
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- Patten, E. & Parker, K. (2019) [Women in the U.S. Military: Growing Share, Distinctive Profile](#). [Pew Research Center](#).
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- Runnals, J. J., Garovoy, N., McCutcheon, S. J., Robbins, A. T., Mann-Wrobel, M. C., Elliott, A., & Strauss, J. L. (2014). Systematic review of women veterans' mental health. *Women's Health Issues*, 24(5), 485-502.
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- VA/DoD Integrated Mental Health Strategy Strategic Action 28 Task Group. (2013). Summary Report of a Systematic Literature Review: Female Mental Health Needs and Military Sexual Trauma, Assault, and Harassment among Military Service Members and Veterans of Both Genders.

## Blogs

- Battley, P. (2016, August 5). [Called to Serve: A Military Women's Wellness Series](#). [Blog Post]. Military Families Learning Network Community Capacity Building.
- Bjornestad, A. & Letcher, A. (2016, August 5). [Called To Serve: A Military Women's Wellness Series](#). [Blog Post]. Military Families Learning Network Community Capacity Building.
- Boss, P. (2020 March 28). [COVID-19 - Family Social Science offers coping resources](#). [Blog Post]. Military Families Learning Network Family Transitions.
- Croymans, S. (2020, March 21). [Are You Prepared to Provide Mental Health First Aid?](#) [Blog Post]. Military Families Learning Network Family Transitions.
- Goble, K. & Jowers, J. (2020 May 11). [The Importance of Self Care for Military Caregivers and Families](#). [Blog Post]. Military Families Learning Network Family Development.
- McGraw, K. (2018, May 15). [Female Service Members and Their Mental Health](#). [Blog Post]. Psychological Health Center of Excellence.
- Michaels, C. (2020, April 4). [Taking care of yourself in the time of COVID-19](#). [Blog Post]. Military Families Learning Network Family Transitions.

- Pinones-Haltenhoff, K. (2020, March 27). [Using Nature-Based Therapy for Veteran Suicide Prevention](#). [Blog Post]. Military Families Learning Network Community Capacity Building.
- Rea, J. (2019, December 29). [The New Kids on the Block: Military Families' Shift in Family Structure and Change in Family Demands](#). [Blog Post]. Military Families Learning Network Family Transitions.
- Rea, J. (2020, March 14). [Unique Challenges Faced by the Powerful Women Who Serve in the United States Military](#). [Blog Post]. Military Families Learning Network Family Transitions.
- Rea, J. (2020, March 23). [The Battles They Fought: A Brief History of Women in the U.S. Military](#). [Blog Post]. Military Families Learning Network Family Transitions.
- Royer, L. (2020 June 9). [How Military Families Can Manage Stress During a Financial Setback](#). [Blog Post]. Military Families Learning Network Personal Finance.
- Shirer, K. (2020, April 13). [Supporting Women Who Serve](#). [Blog Post]. Military Families Learning Network Family Transitions.

### **Books and Book Chapters**

- Amara, J., & KRENGEL, M. (2016). [Roles and challenges of women in the military](#). Handbook of Psychosocial Interventions for Veterans and Service Members: A Guide for the Non-military Mental Health Clinician, 36.
- Crowley, D., Bender, T., Chatigny, A., Trudel, T., & Ritchie, E. C. [Women, Mental Health, and the Military](#).
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- Williams, K. M. (2019). Health Issues Facing Women Veterans. Invisible Veterans: What Happens When Military Women Become Civilians Again, 27.

### **Infographics**

- National Alliance on Mental Illness (NAMI).
  - [Mental Health By the Numbers](#).
  - [Infographics & Fact Sheets](#).
- Service Women's Action Network. [The Mental Wellness Needs of Military women: Community Driven Solutions](#). [Infographic].
- Syracuse University - Institute for Veterans and Military Families. (2018, March). [Women in the Military: From Service to Civilian Life](#). [Infographic].
- U.S. Department of Health & Human Services. Office on Women's Health. [Pay Attention to Your Mental Health](#). [Infographic].

### **Online Resources / Websites**

- American Psychological Association. [The Mental Health Needs of Veterans, Service Members and Their Families](#). [Publication]
- [American Women Veterans](#). [Website].

- Anthony, J. (2019, September 27). [Women Veterans Have Unique Transition Problems, But We Don't See Them](#). Military.com.
- Blake, J. (2017, July 17). [Military Service Can Affect Women's Mental Health](#). Psychiatry Online.
- Centers for Disease Control and Prevention (CDC). [Mental Health](#). [Website].
- Cimon, M. (2019, October 19). [Studies underway to find out why women more than twice as likely as men to suffer from PTSD](#). Stars and Stripes.
- [Defense Advisory Committee on Women in the Services \(DACOWITS\)](#). [Website].
- Health.mil. The official website of the Military Health System.
  - [Women's Health](#). [Website].
  - [Women and Depression](#). [Website].
- Mental Health America. [Military Mental Health](#). [Website].
- Military One Source. [Mental Health](#). [Website].
- National Alliance on Mental Illness (NAMI). [Veterans & Active Duty](#). [Website].
- [National Women Veterans of America](#). [Website].
- Psychological health Center of Excellence
  - [Current State of Women's Mental Health Research](#). [Website].
  - [Research on Women's Mental Health in the U.S. Military](#). [Website].
  - [Women's Mental Health](#). [Website].
- [Service Women's Action Network \(SWAN\)](#). [Website].
- Thomas, K.H. & Hunter, K. (2019). [Why women veterans are more likely to commit suicide than civilian women](#). Military Times.
- U.S. Department of Health & Human Services.
  - Office on Women's Health. [Active Duty and Veteran Women's Health](#). [Website].
  - [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- U.S. Department of Veteran Affairs. [Website].
  - Center for Women Veterans (CWV): [Women Veterans' Mental Health](#).
  - Health Care - Veteran Training: [Moving Forward: Overcoming Life's Challenges](#)
  - Health Care: [Women Veterans Health Care](#).
  - [Locations](#).
  - Mental Health: [Woman Veteran](#).
  - Office of Research & Development: [Mental Health](#).
  - PTSD: National Center for PTSD: [Women's Health Sciences Division and Staff](#).

## Podcasts

- Herndon, M. (Host) & O'Neill B. (Guest). (2019, June 6). [Money Talk with MFLN Personal Finance: Gender and Finance](#). [Podcast]. Military Families Learning Network Personal Finance.
- Rea, J. (Host) & MacDermid Wadsworth, S. (Guest). (2020 June 1). [A New Initiative: Families Tackling Tough Times Together](#). [Podcast]. Military Families Learning Network Family Transitions.
- Rea, J. (Host) & Neidel Greenlee, R. (Guest). (2020, March 18). [Fighting for their Right to Right: Women in the U.S. Military](#). [Podcast]. Military Families Learning Network Family Transitions.

## Videos

- U.S. Department of Affairs. (2018, November 10). ["I Am Not Invisible" Honors Women Veterans](#). [Video].

## Webinars

- Knobloch, L.K., MacDermid Wadsworth, S.M. & Southwell, K. (2020, March 26). [Women in the Military: Special Contributions and Unique Challenges](#). [Webinar]. Military Families Learning Network Family Transitions.
- Mental Health Professionals Network (MHPN). (August 2016 - December 2017). Webinar Series: [Mental Health and the Military Experience](#).
- Military Families Learning Network. (2020 August). [Resilience Webinar Series](#).
  - Masten, A. (2019, August 20). [Nurturing Individual Resilience from a Multisystem Developmental Perspective](#). [Webinar]. Military Families Learning Network Family Transitions.
  - Ungar, M. (2019, August 27). [Nurturing Resilience Through a Strong Community](#). [Webinar]. Military Families Learning Network - Network Literacy.
  - Walsh, F. (2019, August 22). [Nurturing Family Resilience Through a Strengths-Based Framework](#). [Webinar]. Military Families Learning Network Family Development.
- Parson, N. & Domotorffy, E. (2015, October 7). [Military Health System: Women's Health Emphasis](#). [Webinar]. Tricare & Military OneSource.
- U.S. Department of Labor - Veterans Employment and Training Service. (2019, March 14). [2018 Gender and Veteran Demographics: Findings from 2018 Annual Averages, Current Population Survey](#). [Webinar].
- Mobbs, M.C. & Miller, L. (2019, May 7). [SMVF Key Transitions: Supporting the Behavioral Health of Women Veterans](#). [Webinar]. U.S. Department of Health & Human Services. SAMSHA (Substance Abuse and Mental Health Services Administration) Service Members, Veterans, and their Families Technical Assistance Center.