

JOINING FORCES AMERICA

COMMUNITY SUPPORT FOR RETURNING SERVICEMEMBERS



Results report

To find out how servicemembers, families, and mental health professionals are responding to mental health challenges, Capella University sponsored the Joining Forces America report. This effort—a follow-up to Capella’s original 2008 survey—reveals fresh insights on this important issue.

WHO WE SURVEYED

- Servicemembers and veterans.
- Families of servicemembers and veterans
- Mental health professionals

WHAT WE ASKED THEM

A range of questions focusing on two core issues:

1. What mental health and day-to-day challenges to returning servicemembers face?
2. How prepared are families, mental health professionals, and communities to help?

WHAT WE LEARNED

There were some modest gains since 2008:

- Among servicemembers, there is a slight increase in perceptions of both the quality of and access to mental health services. Among mental health providers, this increase is more pronounced.
- Servicemembers are slightly more likely to seek mental health assistance than they were in 2008.
- Mental health professionals believe that care is more accessible and of higher quality.

But in the aggregate, the results of our 2010 survey were not significantly different from our 2008 study. And this, in itself, is telling.

Dig into the report below for even more information.

Building awareness: *The Next Mission*

To help build awareness and understanding of the challenges servicemembers face, Capella produced *The Next Mission*, a documentary on the invisible wounds of combat duty. The film aired nationally on PBS, and earned a Regional Emmy Award—an honor that brought still more attention to veterans, servicemembers, and families who need our support.

The Next Mission was part of a national wave of interest in this issue. Media outlets around the country focused their attention on the plight of returning servicemembers and the challenges they must overcome. Both the Department of Defense and the Department of Veterans Affairs recognized the need for their departments to work together to address mental health issues. They are now in the process of building the systems needed to streamline the transition and ensure that information is shared.

In addition, both the VA and DOD have created new resources to educate servicemembers and veterans on the issues and to encourage them to get the help they need.

Visit the [Joining Forces America](#) website for links to these and other resources

SERVICEMEMBERS RETURNING WITH PHYSICAL INJURIES OR MENTAL HEALTH ISSUES

INJURIES

Servicemembers reporting on themselves

Serious injuries requiring sustained treatment	8%
Some injuries requiring treatment, but not long term	16%
Minor injuries requiring little treatment	21%
No injuries	53%
Don't know	2%

MENTAL HEALTH ISSUES

Servicemembers reporting on themselves

Serious injuries requiring sustained treatment	9%
Issues requiring treatment, but not long term	13%
Minor issues requiring little treatment	26%
No issues	50%
Don't know	3%

Family members reporting on their servicemember

Serious injuries requiring sustained treatment	7%
Some injuries requiring treatment, but not long term	16%
Minor injuries requiring little treatment	20%
No injuries	54%
Don't know	3%

Family members reporting on their servicemember

Serious injuries requiring sustained treatment	8%
Issues requiring treatment, but not long term	15%
Minor issues requiring little treatment	36%
No issues	38%
Don't know	4%

INSIDE THE NUMBERS

Servicemembers were more likely to report physical injuries or mental health issues when they served:

- More than one deployment
- More than 12 total months in a combat zone
- In active combat or combat-support units (rather than a support role “behind” the combat zone)

THE IMPACT OF COMBAT SERVICE ON THE LIVES OF SERVICEMEMBERS

AS A WHOLE

Servicemembers reporting on themselves

My most life-changing experience so far	20%
Among my top 3 life-changing experiences	40%
Had an impact, but not life-changing	30%
Had little or no impact on my life	9%

RETURNED WITH A PHYSICAL INJURY

Servicemembers reporting on themselves

My most life-changing experience so far	42%
Among my top 3 life-changing experiences	46%
Had an impact, but not life-changing	11%
Had little or no impact on my life	0%

RETURNED WITH A MENTAL HEALTH ISSUE

Servicemembers reporting on themselves

My most life-changing experience so far	49%
Among my top 3 life-changing experiences	45%
Had an impact, but not life-changing	5%
Had little or no impact on my life	0%

INSIDE THE NUMBERS

Those who returned with some or serious mental health problems are more likely than those with minor/no mental health problems to rank their combat experience as life-changing.

TRANSITIONING TO POST-COMBAT LIFE

ISSUES THAT WERE “SOMEWHAT DIFFICULT” OR “VERY DIFFICULT TO DEAL WITH

SERVICEMEMBERS

Marital issues	35%
Family issues	33%
Outlook on job/career	31%
Personal mental health	29%
Clarity on future life choices	28%
Finances	25%
Outlook on life	23%
Personal health/injury	20%

FAMILY MEMBERS (REPORTING ON THEIR SERVICEMEMBER)

Marital issues	36%
Family issues	34%
Outlook on job/career	30%
Personal mental health	29%
Clarity on future life choices	30%
Finances	30%
Outlook on life	25%
Personal health/injury	21%

INSIDE THE NUMBERS

- Readjusting to life at home is stressful for returning servicemembers and their families. When injuries or mental health concerns are involved, it becomes even more difficult.
- Family of returning servicemembers score the ease of transition for the servicemember similarly, which suggests that there is an accurate awareness of issues.

FAMILY MEMBERS (REPORTING ON THEMSELVES)

Marital issues	36%
Family issues	32%
Outlook on job/career	26%
Personal mental health	27%
Clarity on future life choices	28%
Finances	28%
Outlook on life	20%
Personal health/injury	11%

TRANSITIONING TO POST-COMBAT LIFE AFTER SUSTAINING INJURIES OR MENTAL HEALTH ISSUES

ISSUES THAT WERE “SOMEWHAT DIFFICULT” OR “VERY DIFFICULT TO DEAL WITH

SERVICEMEMBERS WITH PHYSICAL INJURIES

Personal mental health	57%
Clarity on future life choices	54%
Family issues	44%
Outlook on life	44%
Outlook on job/career	52%
Marital issues	38%
Personal health/injury	55%
Finances	32%

SERVICEMEMBERS WITH MENTAL HEALTH ISSUES

Personal mental health	80%
Clarity on future life choices	59%
Family issues	56%
Outlook on life	55%
Outlook on job/career	52%
Marital issues	51%
Personal health/injury	49%
Finances	36%

THOSE DEALING WITH MENTAL HEALTH ISSUES: LIKELIHOOD OF SEEKING ASSISTANCE

SERVICEMEMBERS

Very likely	4%
Somewhat likely	16%
Somewhat unlikely	35%
Very unlikely	27%
Varies too much by individual/Don't know	18%

FAMILY MEMBERS (REPORTING ON THEIR SERVICEMEMBER)

Very likely	4%
Somewhat likely	17%
Somewhat unlikely	31%
Very unlikely	32%
Varies too much by individual/Don't know	17%

THOSE WHO DID GET HELP: WHEN THEY SOUGHT MENTAL HEALTH ASSISTANCE

SERVICEMEMBERS

While I was in the combat zone	16%
Within 3 months of returning	41%
Within the first year after returning	31%
A year or more after returning	25%

FAMILY MEMBERS (REPORTING ON THEMSELVES)

While my servicemember was in the combat zone	36%
Within 3 months of returning	39%
Within the first year after returning	28%
A year or more after returning	14%

INSIDE THE NUMBERS

Overall, 25% of service members reported that they received mental health assistance. They were more likely to seek help if they:

- Served in active combat or directly supporting combat units (rather than a support role "behind" the combat zone)
- Returned from combat duty with some or serious physical injuries or mental health problems
- About 16% sought mental health assistance more than once

Sixteen percent of family members received mental health assistance to help them deal with their family member's combat service or readjustment issues.

WHERE SERVICEMEMBERS AND FAMILIES OBTAIN MENTAL HEALTH ASSISTANCE

SERVICEMEMBERS

Military mental health provider (psychologist, counselor, social worker)	58%
VA medical center	45%
Military physician	30%
Military chaplain	35%
Mental health provider not affiliated with the military	25%
Physician not affiliated with military	21%
Pastor, priest, or other religious advisor not affiliated with the military	21%
Other (family, friends, etc.)	28%

FAMILY MEMBERS (REPORTING ON THEMSELVES)

Military mental health provider (psychologist, counselor, social worker)	69%
VA medical center	39%
Military physician	31%
Military chaplain	22%
Mental health provider not affiliated with the military	47%
Physician not affiliated with military	31%
Pastor, priest, or other religious advisor not affiliated with the military	33%
Other (family, friends, etc.)	32%

SERVICEMEMBERS WHO DIDN'T SEEK HELP: REASONS FOR NOT SEEKING HELP

SOME OR SERIOUS MENTAL HEALTH ISSUES

Didn't think I needed help	12%
Concerned that seeking mental health treatment would have a negative effect on my career	46%
No help was offered to me	32%
Felt my friends, family, military colleagues would give me the help and support I needed	7%
Concerned that others would lose respect for me	14%
No one available who could understand what I had gone through	11%
Could not get in to see someone/too few mental health providers in my community	14%
Could not afford it	18%
Other	11%

MINOR OR NO MENTAL HEALTH ISSUES

Didn't think I needed help	77%
Concerned that seeking mental health treatment would have a negative effect on my career	13%
No help was offered to me	11%
Felt my friends, family, military colleagues would give me the help and support I needed	12%
Concerned that others would lose respect for me	3%
No one available who could understand what I had gone through	2%
Could not get in to see someone/too few mental health providers in my community	1%
Could not afford it	1%
Other	5%

INSIDE THE NUMBERS

Nearly half of all servicemembers returned with some or serious mental health issues. Most of them didn't seek help.

SERVICEMEMBERS REPORT ON PREPAREDNESS OF KEY GROUPS TO SUPPORT THE POST-COMBAT TRANSITION

HOW PREPARED ARE MILITARY FAMILIES?

Very Prepared	6%
Somewhat prepared	47%
Not very prepared	45%
Dont' know	3%

HOW PREPARED ARE FRIENDS, NEIGHBORS, AND OTHERS?

Very Prepared	1%
Somewhat prepared	18%
Not very prepared	77%
Dont' know	5%

HOW PREPARED ARE MENTAL HEALTH PROFESSIONALS?

Very Prepared	15%
Somewhat prepared	47%
Not very prepared	22%
Dont' know	15%

INSIDE THE NUMBERS

- Most servicemembers don't believe that their support networks are well-prepared to help them transition from combat duty.
- Compared to servicemembers with minor or no mental health issues, servicemembers who report some or serious mental health conditions believe that their family and the mental health community are less prepared to help them adjust to post-combat life.
- Servicemembers believe that mental health practitioners are more prepared than family and friends to assist, but many said this group is only somewhat prepared for the task.

PERCEPTIONS OF ACCESS TO MENTAL HEALTH SERVICES

SERVICEMEMBERS

Excellent	13%
Good	28%
Fair	20%
Poor	13%
Very Poor	6%
Don't know	20%

FAMILY MEMBERS

Excellent	8%
Good	27%
Fair	32%
Poor	12%
Very Poor	7%
Don't know	15%

INSIDE THE NUMBERS

Perceptions of access have risen slightly—just a few percentage points—since 2008.

PERCEPTIONS OF QUALITY OF MENTAL HEALTH SERVICES

SERVICEMEMBERS

Excellent	6%
Good	28%
Fair	23%
Poor	12%
Very Poor	7%
Don't know	25%

FAMILY MEMBERS

Excellent	3%
Good	26%
Fair	32%
Poor	11%
Very Poor	6%
Don't know	22%

INSIDE THE NUMBERS

Perceptions of quality have risen slightly—just a few percentage points—since 2008.

ADJUSTING TO POST-COMBAT LIFE: SERVICEMEMBERS RATE COPING STRATEGIES

SERVICEMEMBERS

Percentage of those who rated each idea "very" or "somewhat" helpful.

Keeping in touch with fellow servicemembers	89%
Keeping busy with activities	88%
Continuing education	78%
Finding opportunities to use leadership skills, such as volunteering	74%
Focusing on a new career	69%
Talking with friends and family about combat experiences	60%
Respecting their personal privacy and the amount of information they want to share	89%
Being available to listen or talk	85%
Extending invitations to help the servicemember and the family re-connect with each other, extended family, neighbors, friends, etc.	80%
Offering household assistance so servicemembers can focus on themselves	76%
Verbally recognizing the service he/she provided to their country	76%

ADJUSTING TO POST-COMBAT LIFE: SERVICEMEMBERS RATE IDEAS FOR FAMILY, FRIENDS, AND COMMUNITY TO HELP IN THE READJUSTMENT

SERVICEMEMBERS

Percentage of those who rated each idea "very" or "somewhat" helpful.

Respecting servicemembers' personal privacy and the amount of information they want to share	89%
Being available to listen or talk	85%
Extending invitations to help the servicemember and the family re-connect with each other, extended family, neighbors, friends, etc.	80%
Offering household assistance so servicemembers can focus on themselves	76%
Verbally recognizing the service he/she provided to their country	76%

SUMMARY OF RESULTS: MENTAL HEALTH PROVIDERS

HOW PREPARED IS THE MENTAL HEALTH COMMUNITY TO HELP SERVICEMEMBERS IN THEIR POST-COMBAT TRANSITION?

MENTAL HEALTH PROFESSIONALS

Very prepared	5%
Somewhat prepared	45%
Not very prepared	47%
Don't know	4%

INSIDE THE NUMBERS

While this still indicates a low level of preparedness, the number who responded very or somewhat prepared has grown 17% since 2008.

RATING THE QUALITY OF MENTAL HEALTH SERVICES FOR RETURNING SERVICEMEMBERS

MENTAL HEALTH PROFESSIONALS

Excellent/Good	28%
Fair	33%
Poor/Very poor	24%
Don't know	15%

INSIDE THE NUMBERS

The majority of respondents said that quality of care is fair or excellent/good. This represents a 13% gain from 2008.

RATING THE ACCESSIBILITY OF MENTAL HEALTH SERVICES FOR RETURNING SERVICEMEMBERS

MENTAL HEALTH PROFESSIONALS

Excellent/Good	26%
Fair	33%
Poor/Very poor	28%
Don't know	14%

INSIDE THE NUMBERS

The majority of respondents said that access to care is fair or excellent/good. This represents a 12% gain from 2008.

CHALLENGES THAT MENTAL HEALTH PROFESSIONALS FACE IN TREATING RETURNING SERVICEMEMBERS

MENTAL HEALTH PROFESSIONALS

Percentage who reported being “very concerned” about an issue.

The reluctance of some service members to seek mental health treatment	72%
A perceived stigma about mental health treatment within the military	62%
Not enough mental health professionals with evidence-based training in post-combat issues	60%
Payor limitations on duration and type of treatment	58%
Not enough trained mental health professionals to meet the need	58%

INSIDE THE NUMBERS

Overall, over 90% of mental health professionals are at least somewhat concerned about these issues.

PERSONAL PREPAREDNESS OR EXPERIENCE IN ASSISTING POST-COMBAT SERVICEMEMBERS

MENTAL HEALTH PROFESSIONALS

Very prepared	11%
Somewhat prepared	48%
Not very prepared	38%
Don't know	3%

INSIDE THE NUMBERS

- The number of respondents who feel “very prepared” actually dropped by 7% since 2008.
- Mental health professionals who have worked with more than 20 servicemembers feel more prepared than others—40% said they feel very prepared. But another 49% feel only somewhat prepared.

KNOWLEDGE OF ISSUES THAT IMPACT RETURNING SERVICEMEMBERS

MENTAL HEALTH PROFESSIONALS

1= no knowledge 5=completely knowledgeable

Nature of psychological conditions	3.1
Best practices to address psychological conditions	2.8
Sites and locations to acquire training	2.5
Pre-and post-deployment assessments	2.0
Military procedures for providing services	2.0

INSIDE THE NUMBERS

On average, mental health professionals report little to some knowledge on specific aspects of treating servicemembers with combat experience. This has not changed over time.

LIKELIHOOD OF SERVICEMEMBERS TO SEEK PROFESSIONAL HELP TO DEAL WITH ISSUES LIKE DEPRESSION, POST-COMBAT STRESS, OR FAMILY ADJUSTMENT

MENTAL HEALTH PROFESSIONALS

Very likely	6%
Somewhat likely	15%
Somewhat unlikely	45%
Very unlikely	21%
Varies too much by individual/Don't know	10%

EXPERIENCE COUNSELING POST-COMBAT SERVICEMEMBERS WITHIN THE PAST FIVE YEARS

MENTAL HEALTH PROFESSIONALS

No experience	62%
Counseled 1-5 servicemembers	20%
Counseled 6-20 servicemembers	10%
Counseled 21+ servicemembers	8%

MENTAL HEALTH NEEDS OF SERVICEMEMBERS COMPARED TO THOSE OF OTHER GROUPS

MENTAL HEALTH PROFESSIONALS

Not at all different	3%
Somewhat different	58%
Very different	39%

INSIDE THE NUMBERS

Professionals who have worked with 21 or more post-combat servicemembers hold a stronger belief that this group's mental health needs are different than those of other clients.

CHALLENGES THAT RETURNING SERVICEMEMBERS FACE

MENTAL HEALTH PROFESSIONALS

Percentage of servicemember clients who struggle with specific issues

Depression	71%
Post traumatic stress disorder	66%
Marital problems	59%
Substance abuse	56%
Financial concerns	56%
Other anxiety disorders	51%
Traumatic brain injury	32%

INSIDE THE NUMBERS

Depression and post traumatic stress disorder have been the main concerns over time, but other issues—financial concerns and traumatic brain injury, for example—are becoming more prevalent.

MENTAL HEALTH PROFESSIONALS RATE COPING STRATEGIES FOR SERVICEMEMBERS

PERCENTAGE OF THOSE WHO RATED EACH IDEA "VERY" OR "SOMEWHAT" HELPFUL

Keeping in touch with fellow servicemembers who shared similar combat experiences	94%
Keeping busy with activities	87%
Continuing their education by enrolling in a degree program	86%
Finding opportunities to use leadership skills, such as volunteering in the community	79%
Focusing on a new career	78%
Talking with friends and family about combat experiences, even if the friends or family members do not have combat experience	70%

PERSONAL PREPAREDNESS OR EXPERIENCE IN ASSISTING THE FAMILIES OF POST-COMBAT SERVICEMEMBERS

MENTAL HEALTH PROFESSIONALS

Very prepared	12%
Somewhat prepared	48%
Not very prepared	37%
Don't know	3%

INSIDE THE NUMBERS

Consistent with our 2008 study, mental health professionals report being slightly more prepared to help families of servicemembers than they are to help combat-experienced servicemembers themselves.

EXPERIENCE COUNSELING THE FAMILIES OF POST-COMBAT SERVICEMEMBERS WITHIN THE PAST FIVE YEARS

MENTAL HEALTH PROFESSIONALS

No experience	65%
Counseled 1-5	17%
Counseled 6-20	7%
Counseled 21+	10%

HOW PREPARED ARE FAMILIES TO SUPPORT RETURNING SERVICEMEMBERS?

ACCORDING TO MENTAL HEALTH PROFESSIONALS WHO HAVE WORKED WITH SERVICEMEMBERS

Very prepared	3%
Somewhat prepared	35%
Not very prepared	60%

INSIDE THE NUMBERS

The “somewhat prepared” category grew by 8% since 2008. But mental health professionals say that nearly two out of three families are not well prepared.

MENTAL HEALTH NEEDS OF FAMILIES OF SERVICEMEMBERS COMPARED TO THOSE OF OTHER GROUPS

MENTAL HEALTH PROFESSIONALS

Not at all different	6%
Somewhat different	62%
Very different	30%
Don't know	2%

CHALLENGES THAT FAMILIES FACE ACCORDING TO MENTAL HEALTH PROFESSIONALS WHO HAVE WORKED WITH SERVICEMEMBERS

ISSUES THAT MENTAL HEALTH PROFESSIONALS RATED AS “VERY IMPORTANT”

How to reintegrate the service member into the household	89%
Re-starting the spousal relationship	73%
Re-starting the parent-child relationship	65%
Not knowing what questions to ask	61%

INSIDE THE NUMBERS

Though the majority identified restarting the spousal relationship and restarting the parent-child relationship as important issues, the number of mental health professionals who noted these issues actually went down 10% since 2008. Reintegrating the servicemember into the household held steady over time, however.

THE SINGLE ISSUE THAT CAUSES THE MOST STRAIN IN FAMILIES OF RETURNING SERVICEMEMBERS

MENTAL HEALTH PROFESSIONALS

Reintegrating the service member into the household	56%
Re-starting the spousal relationship	24%
Re-starting the parent-child relationship	4%
Not knowing what questions to ask	13%

HOW PREPARED ARE NON-FAMILY MEMBERS (FRIENDS, NEIGHBORS, OTHERS IN THE COMMUNITY) TO SUPPORT RETURNING SERVICEMEMBERS?

ACCORDING TO MENTAL HEALTH PROFESSIONALS WHO HAVE WORKED WITH SERVICEMEMBERS

Very prepared	2%
Somewhat prepared	15%
Not very prepared	78%

STRATEGIES FOR NON-FAMILY MEMBERS TO SUPPORT RETURNING SERVICEMEMBERS

MENTAL HEALTH PROFESSIONALS

Percentage of mental health providers rating each idea "very" or "somewhat" helpful

Being available to listen or talk	97%
Respecting their personal privacy and how much servicemembers are willing to share	96%
Verbally recognizing the service he/she provided	91%
Extending invitations to help the servicemember and family re-connect with each other, extended family, neighbors, friends, etc.	95%
Offering household assistance so servicemembers can focus on themselves	84%

ABOUT THE JOINING FORCES AMERICA II SURVEY

RESEARCH METHOD: SERVICEMEMBERS AND FAMILIES

The Joining Forces America II study was conducted via confidential online survey among four audiences:

- Capella learners who are serving in the armed forces or are veterans.
- An online panel of military service members
- Capella learners who are family members of military personnel
- An online panel of family members of service members

Capella service members	140
Online panel of service members	203
Capella family of service members	26
Online panel of family members of service members	201

RESPONDENT BACKGROUND

- The plurality (58%) of military-affiliated respondents who participated in this survey are veterans. However, approximately one-in-four are currently serving.
- Majority of survey respondents (82%) have served over 5 years.
- While all survey respondents have served in a combat zone, approximately one-third have been active and engaged in combat.
- Slightly more than half of the servicemembers participating in this survey have been deployed to a combat zone more than once.
- The majority likely served in the Iraq or Afghanistan conflicts based on the fact that they returned from their last combat deployment within the last 81 months (since October 2001). Slightly more than one in three served in earlier combat situations, such as Kuwait or Vietnam.

RESEARCH METHOD: MENTAL HEALTH PROFESSIONALS

The research was conducted via confidential online survey among three groups of mental health professionals:

- An online panel of mental health professionals. To participate, respondents must have indicated that they are employed as a mental health professional. Respondents were not told the survey sponsor.
- Capella University learners and alumni from the Harold Abel School of Social and Behavioral Sciences. To participate, respondents must have indicated that they are employed as a mental health professional.
- Capella University Harold Abel School of Social and Behavioral Sciences faculty members.

Online panel of mental health professionals	200
Capella mental health learners and alumni employed in the mental health field	232
Capella faculty from Harold Abel School of Social and Behavioral Sciences	28

RESPONDENT BACKGROUND

- The professional make-up of the online mental health panel and that of Capella working mental health learners is fairly different. The largest groups within the panel are licensed social workers, licensed mental health counselors, family practitioners, and psychologists. Capella learners and alumni working in the mental health field listed "other mental health profession" most often, followed by being a student and a licensed mental health counselor.
- Online panelists have been working in the mental health field for significantly more time than those in the Capella learner/alumni sample.
- Among both the online panel and Capella learner/alumni sample, professionals in private/group practice and non-profit agencies are well represented.

THE JOINING FORCES AMERICA PROJECT

In 2008, Capella University sponsored an exhaustive study of mental health issues impacting our returning troops. We learned that there are many simple things that families, friends and neighbors can do to ease the transition of returning servicemembers. Unfortunately, we also learned that everyone—families, mental health providers, the military—had a long way to go in making sure servicemembers get the help they need.

BUILDING AWARENESS

To help build awareness and understanding, Capella produced *The Next Mission*, a documentary on the invisible wounds of combat duty. The film aired nationally on PBS, and earned a Regional Emmy Award—an honor that brought still more attention to veterans, servicemembers, and families who need our support.

The Next Mission was part of a national wave of interest in this issue. Media outlets around the country focused their attention on the plight of returning servicemembers and the challenges they face. Both the Department of Defense (DOD) and the Department of Veterans Affairs (VA) recognized the need for their departments to work together to address mental health issues. They are now in the process of building the systems needed to streamline the transition and ensure that information is shared.

In addition, both the VA and DOD have created new resources to educate servicemembers and veterans on the issues and to encourage them to get the help they need. Visit the [Joining Forces America](#) website for links to these and other resources.

HOW HAS OUR NATIONAL EFFORT IMPACTED THESE ISSUES?

In the fall of 2010, Capella conducted a follow up survey to reexamine this important topic. Dig in to the results to find out what has changed, what's stayed the same, and what still needs to be done.

2010 SURVEY RESPONDENTS

This study was conducted via confidential online survey of military and mental health audiences. Military respondents included Capella military-affiliated learners (140), an online panel of military service members (203), Capella learners who are family members of military personnel (26), and an online panel of family members of service members (201). Mental health respondents included Capella mental health learners and alumni employed in the mental health field (232), Capella faculty from the Harold Abel School of Social and Behavioral Sciences (28), and an online panel of mental health professionals (200).

ABOUT CAPELLA UNIVERSITY

An accredited, online university, Capella has built its reputation providing quality education for working adults. Capella offers bachelor's, master's, specialist, and doctoral degree programs in business, information technology, education, human services, nursing, psychology, public administration, public health, and public safety. From all 50 states and 52 other countries, more than 38,000 students are pursuing their education at Capella.

Capella has a long history of educating mental health professionals and military servicemembers. The Joining Forces America survey provided an ideal opportunity to bring attention to the congruent needs of both populations.



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