

# MFS RESEARCH BRIEF

## MEDICAL RELEASE AND TRANSITION

The Needs of Medically Releasing Canadian Armed Forces Personnel and Their Families

### FACTORS FOR TRANSITION SUCCESS

#### FACTOR 1



##### SATISFYING EMPLOYMENT

Veterans attributed satisfying employment post-release as the most important factor for their successful transition.

#### FACTOR 2



##### MENTAL HEALTH

Positive mental health and well-being contributes to successful transition, while mental health challenges make transitions difficult.

#### FACTOR 3

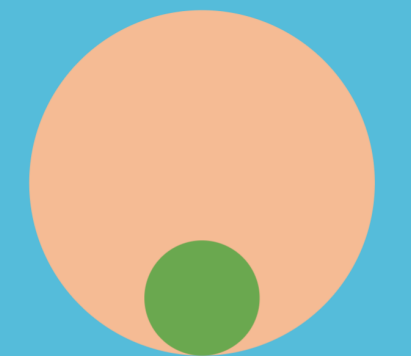


##### FAMILY AND SOCIAL SUPPORT NETWORKS

Relationships with family and other significant others support veteran transition to civilian life.

**IMPROVING SUCCESS:** Families require support to navigate the transition process, to establish new civilian identities, and to connect to civilian support services.

### MEDICAL RELEASE STATISTICS



Percentage of Transition Process Experiences



Percentage of Releases Due to Physical or Psychological Limitations

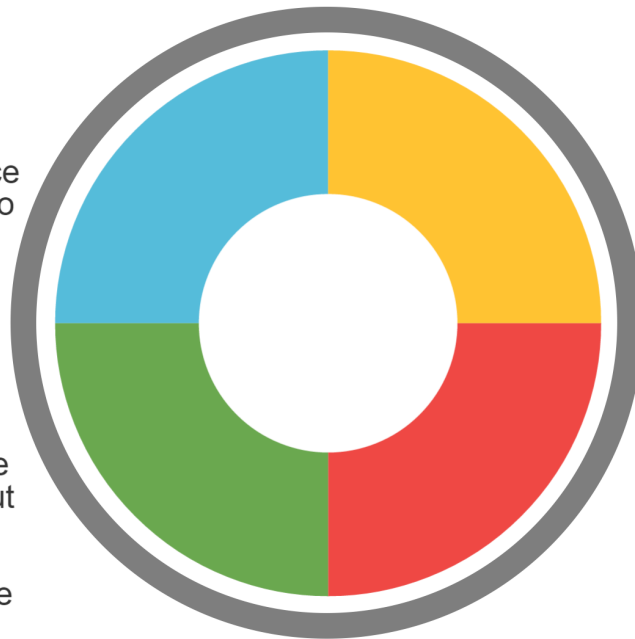
# NEEDS OF FAMILY CAREGIVERS

## ECONOMIC NEEDS

Caregivers may need assistance to maintain or increase labour force engagement in order to support the family.

## SERVICE NEEDS

Caregivers experience levels of distress about availability of support services and require information to increase access.



## HEALTH NEEDS

Caregivers experience high levels of physical and mental health problems and require respite and support.

## SOCIAL NEEDS

Caregiving can interfere with time for socializing, increasing risk of isolation and burnout

### Psycho-Education

Educate adults and children about the impact of the illness/injury and the expected recovery process.

### Family Care Management

Reduce family distress and disorganization through family care management and provision of practical socioeconomic support (e.g. motivational interviewing, linkages to services and referral assistance).

## EVIDENCE-BASED SUPPORT STRATEGIES

### Emotion Regulation

Develop emotion regulation skills necessary for ongoing dialogue and collaboration (e.g. mindfulness-based stress reduction, cognitive behavioural therapy).

### Injury Communication

Promote helpful and ongoing communication about the illness/injury that incorporates developmentally appropriate language (e.g. injury communication).

### Optimism Shared Goals

Encourage optimism through development of successful problem-solving and shared future goals (e.g. medical family therapy, ambiguous loss, individual placement and support).



CAF Personnel
  Spouses
  Children

## NUMBERS AFFECTED EACH YEAR

Approximately 1000 CAF personnel are medically released every year.

With those 1000 releasing personnel, 700 spouses and 900 children are affected.

### SOURCE:

Manser, L. (2015). The Needs of Medically Releasing Canadian Armed Forces Personnel and Their Families - A Literature Review. Ottawa, ON: Military Family Services.

