

Topics to Discuss When Mentoring Military Couples

Marriages in which one or both partners are in the military or other professions that involve extended times apart, face unique challenges. Special focus areas that mentors may need to focus on with their mentees include those listed below.

NOTE: Some of these areas are best handled by professional counselors (e.g. PTSD)

1. Impact of frequent moves

- Disruptions of friendships and changes in schools for their children

2. Long and lonely separations during deployments

- Fears about their safety
- Limited communications
- Handling finances and the responsibilities of the missing parent or spouse

3. Fears and Potential Issues

- Risk of injury or death of parent/spouse while away
- PTSD
- Substance and/or alcohol abuse
- Sexual misconduct or use of pornographic materials
- Greater potential for domestic violence
- Parenting alone while separated
- Depression for both partners

4. Legal Matters

- Power of Attorney
- Wills
- Guardianship
- Insurance

5. Upon Return from Deployment

- Need for downtime to reassimilate back to “civilian life”
- Getting reacquainted with each other and reestablishing intimacy
- Dealing with the inevitable changes in each other
- Patience until they are ready to talk about their experiences
- Turning over some areas of control (e.g. household management) to the returning party

6. Resources Available

www.milspouse.com

www.militaryonesource.com

www.tricare.mil