

What are the Reserve Components?

- The reserve components encompass the Army National Guard, Army Reserve, Naval Reserve, Marine Corps Reserve, Air National Guard, Air Force Reserve, and the Coast Guard according to the DoD. The reserve components are a strong partner, and perform key missions with the total force.

How does Give an Hour work with the Reserve Components?

- Give an Hour Reserve Component Programming works directly with local organizations to address the complex barriers to success; going beyond traditional therapeutic services to engage the community in a comprehensive system of care for local military and families in all 50 states.

What branch has the largest number of DoD Personnel?

- According to the August 2015 DoD Personnel, Workforce Reports & Publications report, the Army National Guard (349,695) and Army Reserve (198,834) have the largest number of Selected Reserve members.

How big is the Army Reserve?

- The Army Reserve constitutes some 20 percent of the Total Army force. Its 205,000 soldiers and 12,600 civilians provide 75 percent of key support units and capabilities such as logistics, medical, engineering, military information support, and civil affairs. It also includes structures such as voluntary public-private partnerships that amplify the total force's capabilities, as well as certain unique capabilities not found elsewhere in the military such as chemical companies able to detect biological weapons.

How big is the National Guard?

- According to the National Guard Adjutants General Association, the National Guard represents the world's 11th largest army, fifth largest air force, and 38 percent of the total U.S. military force structure "and has over 458,000 personnel serving in 3,600 communities throughout the country." There are 354,200 members of the Army National Guard and 105,400 Air National Guard Members.

Do Reserve Components Deploy?

- **YES.** Since Sept 11 2011, the Army Guard has completed over 525,000 individual soldier mobilizations in support of worldwide combat, humanitarian and security cooperation operations
- The U.S. Army has relied heavily on the Army National Guard to meet its requirements in Iraq, Afghanistan, and elsewhere. Since Sept 11, 2001, the Army National Guard has mobilized over 500,000 soldiers for federal missions. At one point in 2005, over half of the combat brigades deployed in Iraq came **from the Army National Guard.**
- The Air National Guard performs 30 percent of the worldwide Air Force missions each day, including the majority of continental air defense. Under the North American Aerospace Defense Command (NORAD), "the Continental U.S. NORAD Region (CONR) provides airspace surveillance and control and directs air sovereignty activities for the continental United States (CONUS)." This organization leads Operation Noble Eagle, which provides around-the-clock defense from airborne threats over U.S. territory.
- Since Sept. 11, 2001, more than 300,000 Army Reserve soldiers have mobilized, some serving multiple tours, seamlessly integrating into the active Army and the Joint Force. The Army Reserve's 2015 posture statement reports approximately 16,058 Army Reserve members on active duty, including nearly 2,600 in Afghanistan.

What types of care do Reserve Component Soldiers need?

- In addition to reporting higher rates of mental health issues, homelessness, joblessness and low financial fitness; the lack of accessibility to military counseling exacerbates problems as reserve members return to geographically disbursed communities rather than to military bases after deployment or training.
- Spouses and parents who support from military services sometimes need incorrectly assume that receiving assistance will hurt their spouse's/child's military career so they remain silent. Beyond that, the majority of reserve families do not live on military installations and aren't traditional 'Army Families' leaving them feeling geographically and culturally isolated.
- Although many men and women who return from a war zone successfully adjust to their lives out of theater, others have difficulty in readjusting or transitioning to family life, to their jobs, and to living in their communities after deployment. Some of the challenges are transitioning in and out of the civilian workforce, readjusting to partners who have assumed new roles during the separation period, readjusting to children who have matured and may resent additional oversight, re-establishing bonds with spouses and children, and managing the long-term health problems that are prevalent after deployment, such as posttraumatic stress disorder (PTSD), depression, and the sequelae of traumatic brain injury (TBI).
- "For those in the National Guard, it's more difficult than if you're a veteran to get hired — veterans don't have to ask for the time off active guardsmen do, and employers earn federal tax credits by hiring them, unlike members of the National Guard who have not been deployed. And deployments for two-week trainings or state emergencies typically addressed by the guard — such as a wildfire — don't count. Also, guard members who have been on active duty for less than three years only get partial post-Sept. 11 benefits. Some states, including California, will provide some extra educational benefits to guardsmen."
- In 2013, the suicide rate among reservists was 23.4 per 100,000, and among National Guardsmen, 28.9 per 100,000. These rates reflect all members of the Guard and Reserve, regardless of whether the deaths occurred while the service members were activated or in drilling status. According to the 2014 Defense Department 4th Quarter Suicide Information Report, the reserve components saw the total suicide number drop from 220 in 2013 to 166 in 2014. While each number represents a tragic death, the raw data say little about whether the problem is growing in scope or subsiding as deployments decrease and the military services have placed more emphasis on suicide awareness and mental health counseling.

How can I get help for someone when they don't think they have a problem?

- Be direct but sensitive. Say things like, "Hey, I'm worried about you." This makes it clear you are speaking out of concern and caring.
- It's also good to be able to offer a specific recommendation, such as Give an Hour.
- Even if you do everything right, the person in need of help may not respond, at least not right away. Keep trying.
- If you're still not able to get your loved one in for counseling, come by yourself.

What are some symptoms that I should be looking out for?

- Recurrent nightmares
- Loss of interest in favorite activities
- Feeling distant from others
- Increased heart rate or sweating
- Difficulty concentrating
- Feeling constantly "on guard"
- Being easily startled
- Withdrawal from family and friends
- Talk of suicide or killing others

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