



Because Families Serve Too



Millennium Cohort Family Study

Dear <Name>,

We have tried to contact you many times over the past several months about completing your Family Study follow-up survey, and we are reaching out again because your opportunity to participate will be ending in a few short weeks.

This study was specifically designed to understand the impact of military experiences on the short- and long-term health and well-being of military families. As such, it is essential that we continue to receive responses from all spouses who initially joined the study in order to determine how families, relationships and health change over time.

Even if your spouse is no longer in the service, or if your relationship status has changed, your participation is critical to form a complete picture of the impact of military life. Whatever your circumstances and feelings, we would like to encourage you to take a few minutes and provide your unique thoughts and experiences for this valuable study.

We appreciate your help and want to make it as easy to respond as possible. Simply go to www.familycohort.org, click Start Survey, and enter your **Subject ID: XXXXXXXX**. Once your 45 minute survey is completed, you will be able to select a \$10 gift card to your choice of Starbucks, Subway, Walmart, or Amazon.

Thank you so much for considering this final opportunity to respond.

Very Respectfully,

Valerie Stander

The Millennium Cohort Family Study is an authorized Department of Defense project. Note Report Control Symbol # DD-NAVY(AR) 2678, Office of Management and Budget Approval # 0703-0064, and Primary Institutional Review Board Protocol # NHRC.2015.0019

Deployment Health Research Department PO Box 503310 San Diego, CA 92150 www.familycohort.org 800-571-9248

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Millennium Cohort
Family Study

BECAUSE FAMILIES SERVE TOO

The Family Study is designed to work in partnership with the Millennium Cohort Study of service members to help understand the impact of military service on family members and is a critical step in developing interventions that can build resilience and reduce stress in service members and their family members.

As our way of saying thank you for completing your survey, we offer all of our participants the opportunity to select a \$10 gift card to the vendor of their choice upon survey completion, and an additional \$10 gift card when both spouses complete their surveys!

TAKE ACTION

If you haven't already, complete your survey today! By sharing your personal experiences, you can make a real difference. Log in at www.familycohort.org



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Subject ID

The Millennium Cohort Family Study
Because Families Serve Too
Celebrating 10 years!

Through our experience and dedication, we are committed to understanding the impact of military life on spouses and families.



WELCOME!

Never in history has such a large group of military spouses and families been included in a program of research of this magnitude. Whether you have been a member of this study for the past 10 years, or if you have just been invited to participate, the time you spend completing your survey and the information you provide is extremely valuable for improving the quality of life for current and future military families. By participating in a study designed to last over 20 years, you are contributing to a very powerful forum. Since the Millennium Cohort Family Study began, the study team has been incredibly productive with providing the DoD, Office Military Community and Family Policy, and scientific community with information from over 19 publications and 13 presentations.

We hope you take pride in being a part of this important research study which will provide military leadership with a comprehensive picture of current and future military families.

Very sincerely,

Valerie Stander, PhD
Principal Investigator
Millennium Cohort Family Study

YOUR PARTICIPATION MATTERS

Nearly 10,000 spouses enrolled in the Millennium Cohort Family Study in 2011, and the vast majority have continued to participate over the past ten years! By sharing your perspective and experiences, you are helping define the impact of military life on service members and their families. Your participation is a critical step in understanding the need for programs and interventions that may enhance the well-being of current and future military families!

If you have not already done so, we hope you will choose to spend 45 minutes completing your Family Study survey by visiting www.familycohort.org.



A DECADE OF RESEARCH:

- Strong social connections promote healthy behaviors among military spouses
- The majority of military spouses met most of the Healthy People 2020 national health goals
- 80% of spouses reported high marital quality
- The majority of military spouses report good mental health
- Strong family relationships can protect children during the stresses of military life
- Personal beliefs, family communication skills and social support have been shown to help military families through difficult times

PLEASE KEEP US UPDATED

Have you recently moved or changed your email address?

- Please visit our website and log in to update your information
- Use your Subject ID located below the barcode on the address side of this newsletter to log in and update your personal information.

GETTING TO KNOW THE STUDY AND OUR TEAM

The Study: The Millennium Cohort Family Study is a DoD sponsored and endorsed study with key stakeholders from all branches and components of the military, policy makers, several government agencies, and numerous family researchers.

The Staff: The staff is based at the DoD Center for Deployment Health Research, Naval Health Research Center, in San Diego, California. Our research staff is comprised of psychologists, epidemiologists, data analysts and research professionals. Several of our team members are current or former military spouses.

The Strategic Board: Study methods, progress, and priorities are reviewed and guided by the Millennium Cohort Strategic Board. This group includes world renowned researchers, and representatives from the DoD, Veterans Affairs, and Military Community Family and Policy.

The Collaborators: We work with collaborators from leading academic institutions, research groups and highly skilled subject matter experts who provide their guidance and direction to make this study successful.





**CELEBRATING MILITARY
SPOUSE APPRECIATION DAY**



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Dear NAME,

On Military Spouse Appreciation Day, we would like to thank you for your perseverance, strength and dedication. Our study team recognizes the sacrifices you have made, and continue to make in order to support your spouses and your families.

We would like to take this opportunity to thank you for your continued support of this historical research study. By remaining engaged in the Millennium Cohort Family Study, you are helping to improve the lives of current and future military families.

Thank you for your service and continued participation!

Very respectfully,

Dr. Valerie Stander

Principal Investigator of the Millennium Cohort Family Study

The Millennium Cohort Family Study is an authorized Department of Defense project. OMB Control # 0703-0064, RCS: DD-NAVY(AR)2678, and and Primary Institutional Review Board Protocol # NHRC.2015.0019.

JULY



4th

AMERICA the beautiful

With Liberty and Justice for All

Home of the Free and the Brave

From SEA to shining SEA

OH SAY DOES THAT STAR SPANGLED BANNER YET WAVE

★ INDEPENDENCE ★ PATRIOTISM

For the People, By the People ★ USA ★



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The Millennium Cohort Family Study team joins the nation in celebrating our Independence Day! As proud Americans, we honor the brave souls who made this day possible, and all those who have, and continue to serve our country.

Remaining engaged in the Millennium Cohort Family Study has been a commitment on your part, and we are incredibly grateful for the time and effort you have given us thus far.

We hope you will consider completing your survey today by visiting www.familycohort.org, clicking "Start Survey" and entering your Subject ID: XXXXXXX.

Once your 45 minute survey is complete, you will have the opportunity to select a \$10 gift card to either Starbucks, Subway, Walmart or Amazon.

Thank you again for your continued support; we are honored to have you as a member of the Cohort.

Very respectfully,

Dr. Valerie Stander
Principal Investigator of the Millennium Cohort Family Study



Month of the Military Family



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Dear NAME,

As we join the country in celebration of National Military Family Month, the Millennium Cohort Family Study recognizes the sacrifices of our military families, past and present. Thank you for your dedication, perseverance, resilience and strength!

We are grateful for your continued participation in the Family Study. Only through the sustained involvement of participants like you are we able to make a meaningful impact!

Very respectfully,

Dr. Valerie Stander
Principal Investigator of the Millennium Cohort Family Study

The Millennium Cohort Family Study is a Department of Defense project at the Deployment Health Research Department, located at the Naval Health Research Center, in San Diego, California. OMB Control #: 0703-0064, RCS: DD-NAVY(AR)2678, and Institutional Review Board Protocol #: NHRC.2015.019

Month of the

MILITARY CHILD



The Millennium Cohort Family Study



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Dear NAME,

The Millennium Cohort Family Study team joins the nation in celebrating April as the Month of the Military Child. We recognize the resilience and strength of our military children, and honor all of our military families.

We hope you choose to spend part of your day completing your Family Study survey. By participating in this study, you will help inform policy makers, guide military leadership decisions and improve resources for military families around the globe!

To complete your survey today, visit www.familycohort.org, click "Start Survey" and enter your Subject ID: XXXXXXXX. Once your 45 minute survey is complete, you will have the opportunity to select a \$10 gift card to either Starbucks, Subway, Walmart or Amazon.

We hope to hear from you soon!

Very respectfully,

Dr. Valerie Stander
Principal Investigator of the Millennium Cohort Family Study

The Millennium Cohort Family Study is an authorized Department of Defense project. Note Report Control Symbol # DD-HA(AR)2106, Office of Management and Budget Approval # 0720-0029, and Primary Institutional Review Board Protocol # NHRC.2015.0019.