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Autore Krull Heather

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Altri autori (Persone) OguzMustafa

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Acknowledgments; Abbreviations; Chapter One: Introduction and Background; Chapter Two: Survey Methodology; Chapter Three: Analysis and Results; Methodology; Ensure That Wounded Warriors Are Well-Adjusted in Mind and Spirit; Strategic Objective 1a: Increase the Percentage of Alumni Visiting Health Care Professionals to Get Help with Such Issues as Stress, Emotional, Alcohol, Drug, or Family

**Problems** 

Strategic Objective 1b: Increase the Percentage of Alumni Who Talk with Operation Enduring Freedom or Operation Iraqi Freedom Veterans as a Resource or Tool to Help Cope with Feelings of Stress or Emotional or Mental Health ConcernsStrategic Objective 1d: Decrease the Percentage of Alumni Whose Emotional Problems Interfere with Work or Regular Activities; Strategic Objective 1e: Decrease the Percentage of Alumni Whose Military Experiences Were So Frightening, Horrible, or Upsetting That They Have Not Been Able to Escape from Memories or Effects of Them

Strategic Objective 1g: Increase the Percentage of Alumni Who Can Adapt When Change Occurs or Bounce Back After Illness, Injury, or HardshipDepression Risk Questionnaire; Summary; Ensure That Wounded Warriors Are Well-Adjusted in Body; Strategic Objective 2b:

Decrease the Percentage of Alumni Whose Physical Health Problems Interfere with Work or Regular Activities; Strategic Objective 2e: Decrease the Percentage of Alumni Who Are Overweight or Obese: Summary; Ensure That Wounded Warriors Are Economically Empowered Strategic Objective 3a: Increase the Percentage of Alumni Who Complete Associate's Degrees, Bachelor's Degrees, or HigherStrategic Objective 3b: Increase the Percentage of Alumni Who Complete Business, Technical, or Vocational School (Certificate or Diploma); Strategic Objective 3c: Increase the Percentage of Alumni Who Are Employed Full Time or Part Time or Self-Employed; Strategic Objective 3e: Increase the Percentage of Alumni Who Own Homes; Strategic Objective 3f: Reduce Alumni's Total Amount of Outstanding Debt, Excluding Mortgage, That Is Greater Than 20,000; Summary Chapter Four: Comparisons with Related StudiesWounded Warrior Project Alumnus Characteristics: Strategic Objective 1a: Increase the Percentage of Alumni Visiting Health Care Professionals to Get Help with Such Issues as Stress, Emotional, Alcohol, Drug, or Family Problems; Strategic Objective 1e: Decrease the Percentage of Alumni Whose Military Experiences Were So Frightening, Horrible, or Upsetting That They Are Not Able to Escape from Memories or Effects of Them; Patient Health Questionnaire: Major Depressive Disorder Strategic Objective 2b: Decrease the Percentage of Alumni Whose Physical Problems Interfere with Work or Regular Activities

## Sommario/riassunto

The Wounded Warrior Project has developed programs to help care for injured service members and veterans. This report describes how project alumnus respondents are faring in domains related to mental health and resiliency, physical health, and employment and finances.