

# Putting Research to Work for Military Families



**Focus:**  
Multiple  
Branches

## Multi-Site Programming Offered to Promote Resilience in Military Veterans: A Process Evaluation of the Just Roll With It Bootcamp

Hendricks Thomas, K., Plummer Taylor, S., Hamner, K., Glazer, J., & Kaufman, E. (2015). Multi-site programming offered to promote resilience in military veterans: A process evaluation of the just roll with it bootcamp. *Californian Journal of Health Promotion*, 13(2), 15-24.

**SUMMARY:** Veterans often experience a lot of physical and mental health problems. The purpose of the study was to evaluate the effectiveness of a peer-led resilience program offered to Veterans of Iraq and Afghanistan "Just Roll With It Bootcamp". After the program, participants completed an online survey, and results indicated that all respondents regarded the content of the intervention program as valuable and useful.

### KEY FINDINGS:

- Participants rated the Just Roll With It Bootcamp content as "very useful" (82.1%) or "somewhat helpful" (17.9%).
- The following three themes were regarded as most helpful: health practices, social support, and quality of life or satisfaction.
- Participants requested more support in the physical environment because of their disability, pain, or injury.

### IMPLICATIONS FOR PROGRAMS:

Programs could:

- Collaborate with civilian programs so that Service members would have more opportunities to access services not available on base
- Continue to offer recreational activities to Services members such as yoga and meditation
- Provide additional support to Service members and their families to increase their resilience by offering family activities and workshops

### IMPLICATIONS FOR POLICIES:

Policies could:

- Encourage awareness campaigns regarding the importance of social support and physical environment for military families
- Continue to support programs for Service members that promote resilience
- Recommend that all Veterans be offered an individual consultation with a health professional during the transition to civilian life

This product is the result of a partnership funded by the Department of Defense between the Office of Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with The University of Minnesota.



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## METHODS

- Participants were recruited from the non-profit organization Team Red, White, and Blue.
- Online surveys were used to evaluate the effectiveness of the Just Roll With It Bootcamp.
- Participants' feedback was assessed with four close-ended questions (e.g., rate the usefulness of the material covered) and four open-ended questions (e.g., their favorite content).

## PARTICIPANTS

- The participants included 108 Veterans from three different cities.
- Of all the Veterans that participated in the intervention, 52 completed the survey (response rate = 48%).
- Participants' information about their age, gender, and race was absent from the article.

## LIMITATIONS

- The survey used in the study was short, therefore only a limited amount of information was collected.
- The results were solely based on self-report; no objective measure of participants' well-being was used.
- No demographic data were available, so it was difficult to generalize the results.
- Response rate was low, therefore the participants who responded may not represent the whole sample, and the results may be subject to self-selection bias.

## AVENUES FOR FUTURE RESEARCH

Future research could:

- Include both objective and subjective measures of participants' resilience after the intervention program
- Collect the demographic information of the participants in order to examine which types of participants benefit most from the intervention
- Implement retention strategies to increase participants' response rate

## ASSESSING RESEARCH THAT WORKS



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