



42470

Support and Resiliency Inventory

Enter Ticket Code

Please enter your 9-digit ticket code.

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THE UNIVERSITY
OF NORTH CAROLINA
IN CHAPEL HILL

Minimum Requirements:
Internet Explorer 6+ or Firefox 1+
Flash 8+
Screen Resolution 1024 pixels wide





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Support and Resiliency Inventory: August 1, 2009

Opening Video Script

Hello. Welcome to the SRI—the Support and Resiliency Inventory, a self-help assessment tool sponsored by the North Carolina Governor's Focus on Returning Combat Veterans and their Families.

The SRI is designed for civilian spouses of current and former military members living in North Carolina. This includes spouses who are married to members of the National Guard, other Reserve Components, active duty members who may be serving anywhere in the world, and to military veterans no longer serving in the Armed Forces.

The SRI has two simple and easy-to-answer sets of questions. The first set asks about your family and community relationships. The second set asks about your success in meeting personal needs and addressing life demands. The SRI begins and ends with a few questions about you and about your spouse's military service.

After completing the SRI you will be able to view and print your results—a support and resiliency profile. You will also be able to access some helpful strategies and Web-based information to assist you in strengthening your support system and to help you cope more effectively with life challenges.

No identifying information is included on your SRI profile. Only YOU can access this profile and it will disappear forever once you log off. Your anonymous responses will be combined with those from other spouses, like yourself, to inform the planning and implementation of programs and services to benefit military and veteran families.

The entire SRI takes about 15 minutes to complete. Your participation is voluntary. However, I strongly encourage you to participate.

Please attempt to answer every question. If you are unsure about how to respond, just go with your first thought.

Please note that once you advance forward to a new question, you cannot go back or change your previous answer. If your computer shuts off or you lose your Internet connection while completing the Inventory, you will have to start over from the beginning.

I think you are going to find the SRI easy to complete and your personal results very helpful.

Let's get started!





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Demographic Profile I

Instructions: The first set of items asks about your current location, your spouse's military affiliation, and your family status and responsibilities. Please click on the response associated with your answer.

- ★ In what state do you currently reside? (ANSWER REQUIRED)
State [[Select State](#)] ▼ [\[IF NC, ASK NEXT QUESTION\]](#)
- ★ In what county in NC do you currently reside? (ANSWER REQUIRED)
County [[Select County](#)] ▼
- ★ Do you currently live in a large city, a suburb of a large city, a small city, a small town, or in the country?
Please select the choice that best describes the location in which you live.
 - Large city
 - Suburb of a large city
 - Small city
 - Small town
 - In the country (rural area)
- ★ What is your spouse's current affiliation to the military? (ANSWER REQUIRED)
 - National Guard [\[SKIP NEXT TWO QUESTIONS\]](#)
 - Reserves (Army, Air Force, Marine Corps, or Navy) [\[SKIP NEXT TWO QUESTIONS\]](#)
 - Active Duty (Army, Air Force, Marine Corps, or Navy) [\[SKIP NEXT TWO QUESTIONS\]](#)
 - U.S. Coast Guard [\[SKIP NEXT TWO QUESTIONS\]](#)
 - Veteran (no longer serving in the National Guard, Reserve, or Active Component of the Armed Forces or the U.S. Coast Guard) [\[ASK NEXT TWO QUESTIONS\]](#)
 - Other [\[SKIP NEXT TWO QUESTIONS\]](#)
- ★ When did your spouse last serve in the U.S. Armed Forces? (ASK IF MARRIED TO VETERAN)
 - September 2005 or later
 - September 2001 to August 2005
 - August 1990 to August 2001 (including Persian Gulf War)
 - July 1990 or earlier
- ★ Does your spouse have a VA service-connected disability rating? (ASK IF MARRIED TO VETERAN)
 - No, and he/she has not applied for a VA service-connected disability rating
 - No, but he/she has applied for a VA service-connected disability rating
 - Yes, he/she has a VA service-connected disability rating
- ★ How many years have you been married to your current spouse?
 - Less than one year
 - One to five years
 - Six to ten years
 - More than ten years
- ★ How many children currently live in your home? (ANSWER REQUIRED)
 - None [\[SKIP THE NEXT THREE QUESTIONS\]](#)
 - 1 child
 - 2 children
 - 3 children
 - 4 or more children



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- ★ What is the age of the youngest child living in your home? [ASK IF ONE OR MORE CHILDREN]
 - Less than six months
 - Six to eleven months
 - One to five years
 - Six to eleven years
 - 12 years or older
 - ★ Are any of the children living with you from a previous marriage or relationship? [ASK IF ONE OR MORE CHILDREN]
 - No
 - Yes
 - ★ Do you have any special needs children living in your home (children with a physical, mental, emotional, or developmental disability or a serious or chronic medical problem, such as asthma or cancer)? [ASK IF ONE OR MORE CHILDREN]
 - No
 - Yes
 - ★ [Are you] / [Is your spouse] currently pregnant?
 - No
 - Yes, I am pregnant
 - Yes, my spouse is pregnant
 - ★ Do you and/or your spouse provide on-going help or monetary assistance to an extended family member?
 - No
 - Yes, but the family member does not live in my home
 - Yes, and the family member lives in my home
- NOTE: EXTENDED FAMILY REFERS TO RELATIVES, SUCH AS PARENTS, IN-LAWS, GRANDPARENTS, AUNTS, UNCLAS, AND COUSINS.
- ★ Do you have any special needs adults living in your home (adults with a physical, mental, emotional, or developmental disability or a serious or chronic medical problem, such as asthma or cancer)?
 - No
 - Yes
 - ★ Are you currently employed for pay outside of the home?
 - Employed full-time (34 or more hours per week)
 - Employed part-time (less than 34 hours per week)
 - Not employed, but looking for work
 - Not employed, and not looking for work
 - ★ Are you currently receiving pay for working from home?
 - Working from home full-time (34 or more hours per week)
 - Working from home part-time (less than 34 hours per week)
 - Not working from home, but looking for a way to work from home
 - Not working from home, and not looking for a way to work from home
 - ★ Do you currently serve in the National Guard or Reserves?
 - No
 - Yes, I currently serve in the National Guard
 - Yes, I currently serve in the Reserves
 - ★ Are you enrolled in an educational institution as a part-time or full-time student?
 - No
 - Yes, part-time student
 - Yes, full-time student



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Support Profile

Instructions: These sets of items examine your relationships with others in your family and community. Please indicate whether you STRONGLY DISAGREE, DISAGREE, SLIGHTLY DISAGREE, SLIGHTLY AGREE, AGREE, or STRONGLY AGREE with each of the following statements by clicking on the response that best reflects your answer.

	STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE
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Relationship Support

- ★ I feel loved and cared for by my spouse.
- ★ I can communicate openly with my spouse.
- ★ I can depend on my spouse for help or assistance, if I request it.

Couple Problem-Solving Support

- ★ When my spouse and I have to cooperate to accomplish something, we work well together.
- ★ When my spouse and I are going through a difficult time, we keep a positive perspective.
- ★ When my spouse and I face a challenge or difficulty, we confront the problem directly.

Couple Friendship Support

- ★ My spouse and I enjoy spending time with one or more couples in our local community.
- ★ My spouse and I have a supportive relationship with one or more couples in our local community.
- ★ My spouse and I can depend on one or more couples in our local community for help or assistance, if we request it.

NOTE: COUPLES REFER TO OTHER COUPLES WHO ARE MARRIED, ENGAGED, OR SERIOUSLY INVOLVED IN A RELATIONSHIP WITH ONE ANOTHER AND WHO ARE FRIENDS TO BOTH YOU AND YOUR SPOUSE. THESE COUPLES MAY OR MAY NOT BE ASSOCIATED WITH THE MILITARY SERVICES.

Extended Family Support

- ★ I have a warm and caring relationship with my extended family.
- ★ I feel comfortable sharing my concerns and problems with my extended family.
- ★ I can depend on my extended family for help or assistance, if I request it.

NOTE: EXTENDED FAMILY REFERS TO RELATIVES, SUCH AS PARENTS, IN-LAWS, GRANDPARENTS, AUNTS, UNCLAS, AND COUSINS.



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	STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE	NA
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Friend Support

- ★ I trust my friends.
- ★ I can talk with my friends about things that bother me.
- ★ I can depend on my friends for help or assistance, if I request it.

NOTE: FRIENDS REFER TO NON-RELATIVES WITH WHOM YOU FEEL A SENSE OF POSITIVE REGARD AND AFFECTION. THEY MAY OR MAY NOT LIVE IN YOUR LOCAL COMMUNITY.

NOTE: THERE IS A "NOT APPLICABLE" (NA) RESPONSE OPTION FOR THESE ITEMS IF YOU DO NOT HAVE ANY FRIENDS. NA RESPONSES ARE CODED AS "STRONGLY DISAGREE".

Acquaintance Support

- ★ I have frequent and ongoing contact with people in my community that are acquaintances more than personal friends.
- ★ I receive valuable information from others in my community that I consider acquaintances more than personal friends.
- ★ I experience a sense of connection and support from others in my community that I consider acquaintances more than personal friends.

NOTE: ACQUAINTANCES REFER TO NON-RELATIVES AND THOSE WHO ARE NOT PERSONAL FRIENDS PER SE BUT WHOM YOU KNOW AND EXPERIENCE A SENSE OF FAMILIARITY AND CONNECTION WITH. THESE RELATIONSHIPS ARE OFTEN DESCRIBED AS "WEAK TIES."

NOTE: COMMUNITY REFERS TO THE GENERAL AREA IN WHICH YOU LIVE AND WORK.

Social Networking Support

- ★ I have frequent and ongoing contact with people via web-based social networking sites.
- ★ I receive valuable information from others via web-based social networking sites.
- ★ I experience a sense of personal connection and support from others via web-based social networking sites.

NOTE: SOCIAL NETWORKING SITES INCLUDE WEB-BASED CHAT ROOMS AND INTERACTIVE WEBSITES LIKE FACEBOOK, TWITTER, AND MYSPACE, WHICH PROVIDE OPPORTUNITIES FOR PARTICIPANTS TO CONNECT AND COMMUNICATE WITH OTHERS. THIS DOES NOT INCLUDE EMAIL.

NOTE: THERE IS A "NOT APPLICABLE" (NA) RESPONSE OPTION FOR THESE ITEMS IF YOU DO NOT USE WEB-BASED SOCIAL NETWORKING SITES. NA RESPONSES ARE CODED AS "STRONGLY DISAGREE".

Neighbor Support

- ★ I know the names of most of the neighbors who live closest to me.
- ★ I enjoy seeing and visiting with my neighbors, when I have time.
- ★ I can depend on my neighbors for help or assistance, if I request it.

NOTE: NEIGHBORS REFER TO THOSE WHO LIVE IN CLOSE PROXIMITY TO YOU.



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STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE
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Unit Spouse Support (NATIONAL GUARD, RESERVE, ACTIVE DUTY, AND COAST GUARD RESPONDENTS ONLY)

- | | | | | | | |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ★ I get along well with other spouses in my spouse's military unit. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ★ I can share personal concerns and frustrations with other spouses in my spouse's military unit. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ★ I can depend on support from other spouses in my spouse's military unit, if I request it. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

NOTE: UNIT REFERS TO YOUR SPOUSE'S BATTALION OR SQUADRON OR THE EQUIVALENT LEVEL UNIT.

Community Support

- | | | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ★ I have good relationships with others in my community. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ★ I experience a feeling of belonging in my relationships with others in my community. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ★ I can depend on others in my community for help or assistance, if I request it. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

NOTE: COMMUNITY REFERS TO THE GENERAL AREA IN WHICH YOU LIVE AND WORK.

Instructions: These items examine the potential support you receive from religious or faith-based sources in your community. As before, please indicate your level of agreement with each of the following statements by clicking on the response that best reflects your answer.

- | | | | | | | |
|---|------------------------------|-----------------------|------------------------------|---------------------------|-----------------------|---------------------------|
| | STRONGLY
DISAGREE | DISAGREE | SLIGHTLY
DISAGREE | SLIGHTLY
AGREE | AGREE | STRONGLY
AGREE |
| Religious Support | | | | | | |
| ★ I have friends and acquaintances through my participation in a local church, chapel, synagogue, mosque, or other religious or faith-based settings in my community. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ★ I experience a strong sense of community or feeling of belonging from attending my place of worship. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ★ I can depend on the advice or guidance of a chaplain, minister, rabbi, priest, or other spiritual leader, if I request it. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

NOTE: COMMUNITY REFERS TO THE GENERAL AREA IN WHICH YOU LIVE AND WORK.



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Instructions: These items examine your perceptions toward leaders in your spouse's military unit. As before, please indicate your level of agreement with each of the following statements by clicking on the response that best reflects your answer. If you have no basis or experience for providing a response, you may click on DON'T KNOW.

Unit Leader Support	STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE	DON'T KNOW
<p>(NATIONAL GUARD, RESERVE, ACTIVE DUTY, AND COAST GUARD RESPONDENTS ONLY)</p> <p>★ Leaders in my spouse's military unit understand the concerns of civilian spouses of unit members.</p> <p>★ Leaders in my spouse's military unit are responsive to requests for information and support from civilian spouses of military members.</p> <p>★ Leaders in my spouse's military unit are effective at addressing the needs of civilian spouses when unit members are deployed.</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTE: UNIT-LEVEL LEADERS ARE BROADLY DEFINED TO INCLUDE MEMBERS OF YOUR SPOUSE'S CHAIN OF COMMAND.

NOTE: THERE IS A "DON'T KNOW" RESPONSE OPTION FOR THESE ITEMS.

Instructions: These items examine your perceptions about military family readiness organizations that are designed to provide information, on-going education, and assistance to military members and their families. As before, please indicate your level of agreement with each of the following statements by clicking on the response that best reflects your answer. If you have no basis or experience for providing a response, you may click on DON'T KNOW.

Military Family Readiness Organization Support	STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE	DON'T KNOW
<p>(NATIONAL GUARD, RESERVE, ACTIVE DUTY, AND COAST GUARD RESPONDENTS ONLY)</p> <p>★ Staff from military family readiness organizations provide timely information to civilian spouses.</p> <p>★ Staff from military family readiness organizations know and understand the needs of civilian spouses.</p> <p>★ Staff from military family readiness organizations are effective in addressing the needs of civilian spouses.</p>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTE: MILITARY FAMILY READINESS ORGANIZATIONS INCLUDE AGENCIES AND MILITARY SUPPORT NETWORKS THAT ARE DESIGNED TO PROVIDE INFORMATION, ON-GOING EDUCATION, AND ASSISTANCE TO MILITARY FAMILIES.

NOTE: THERE IS A "DON'T KNOW" RESPONSE OPTION FOR THESE ITEMS.



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Instructions: These items examine your use of and perceptions about military-related Internet sites. As before, please indicate your level of agreement with each of the following statements by clicking on the response that best reflects your answer.

Web-Based Resource Support

STRONGLY DISAGREE DISAGREE SLIGHTLY DISAGREE SLIGHTLY AGREE AGREE STRONGLY AGREE

- ★ I use military-related Internet sites to learn about benefits, supports, and resources available for military families.
- ★ I use military-related Internet sites to learn about strategies for coping more effectively with the demands of being a civilian spouse of a current or former military member.
- ★ I consider military-related Internet sites to be a particularly important resource for civilian spouses during the time before, during, and/or after deployment.



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Resiliency Profile

Instructions: These sets of items ask about your daily life. Please indicate whether you **STRONGLY DISAGREE**, **DISAGREE**, **SLIGHTLY DISAGREE**, **SLIGHTLY AGREE**, **AGREE**, or **STRONGLY AGREE** with each of the following statements by clicking on the response that best reflects your answer.

	STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE
Physical Well-Being						
★ I maintain a healthy diet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ I exercise on a regular basis.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ I am in very good or excellent health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emotional Well-Being						
★ I look forward to beginning each day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ I maintain a positive outlook on life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ I enjoy most days.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal Safety						
★ I feel safe in my residence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ I feel safe in my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ I feel safe in my community outside my neighborhood.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<small>NOTE: NEIGHBORHOOD REFERS TO THE LOCAL AREA IN WHICH YOU LIVE.</small>						
<small>NOTE: COMMUNITY REFERS TO THE GENERAL AREA IN WHICH YOU LIVE AND WORK.</small>						
Financial Welfare						
★ I have enough money to pay my bills each month.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ I have incorporated savings into the family budget.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ I have some extra money available in case of an emergency.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coping Success						
★ I keep a positive perspective when I am going through a difficult time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ When I face a challenge or difficulty, I confront the problem directly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
★ I successfully cope with stress in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE	NA
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Support for Others

- ★ I am willing to provide help or assistance to other spouses in my spouse's unit, if they request it.
- ★ I am willing to provide help or assistance to my neighbors, if they request it.
- ★ I am willing to provide help or assistance to others in my local community, if they request it.

NOTE: THERE IS A "NOT APPLICABLE" (NA) RESPONSE OPTION FOR THESE ITEMS.

Help-Seeking Orientation

- ★ I am willing to turn to other people in my local community for help or assistance, if I need it.
- ★ I am willing to turn to leaders in my spouse's unit for help or assistance, if I need it.
- ★ I am willing to turn to family support agencies and organizations for help or assistance, if I need it.

NOTE: UNIT-LEVEL LEADERS ARE BROADLY DEFINED TO INCLUDE MEMBERS OF YOUR SPOUSE'S CHAIN OF COMMAND.

NOTE: THERE IS A "NOT APPLICABLE" (NA) RESPONSE OPTION FOR THESE ITEMS.

STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE
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Spouse Support

(NATIONAL GUARD, RESERVE, ACTIVE DUTY, AND COAST GUARD RESPONDENTS ONLY)

- ★ I understand the demands of my spouse's military job.
- ★ I am supportive of my spouse being in the military.
- ★ I am proud to be the spouse of a person serving in the military.

Relationship Success

- ★ I am very satisfied with my marriage.
- ★ I am happy with my relationship with my spouse.
- ★ I am committed to making my marriage a success.

Parent Management (IF CHILDREN LIVE IN THE HOME ONLY)

- ★ I am confident in my abilities and skills as a parent.
- ★ I take pride in the job that I am doing as a parent.
- ★ I am able to successfully manage the demands of being a parent when my spouse is deployed or away from home.



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STRONGLY DISAGREE	DISAGREE	SLIGHTLY DISAGREE	SLIGHTLY AGREE	AGREE	STRONGLY AGREE
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Family Management

(NATIONAL GUARD, RESERVE,
ACTIVE DUTY, AND COAST GUARD
RESPONDENTS ONLY)

- ★ I successfully manage my family responsibilities and demands.
- ★ I successfully manage the demands of being a military spouse.
- ★ I successfully manage the demands of military family life.

Deployment Readiness

(NATIONAL GUARD, RESERVE,
ACTIVE DUTY, AND COAST
GUARD RESPONDENTS ONLY)

- ★ I am able to handle day-to-day family matters if my spouse is deployed.
- ★ I am able to cope emotionally if my spouse is deployed.
- ★ I know where to turn for assistance or support if my spouse is deployed.

Community Participation

- ★ I regularly participate in community-sponsored events and activities.
- ★ I am actively involved in efforts to improve the community.
- ★ I currently spend time assisting others or doing volunteer work in the community.

NOTE: COMMUNITY REFERS TO THE GENERAL AREA IN WHICH YOU LIVE AND WORK.

Quality of Life

- ★ I am satisfied with my life.
- ★ I feel that my life is as good as the lives of most people I know.
- ★ Overall, my life has a clear sense of purpose and direction.



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Demographic Profile II

Instructions: The last set of items asks about you and about your spouse's military service. Please click on the response associated with your answer.

- ★ Are you a female or male?
 - Female
 - Male

- ★ What is your age category?
 - 16-25
 - 26-35
 - 36-45
 - 46-55
 - 56 +

- ★ Are you of Hispanic or Latino background, such as Mexican, Puerto Rican, Cuban, or other Spanish background?
 - No [\[SKIP NEXT QUESTION\]](#)
 - Yes

- ★ Do you speak mostly English or mostly another language at home?
 - English
 - A language other than English

- ★ What is your race?
 - Black or African American
 - White
 - Asian
 - Native Hawaiian or other Pacific Islander
 - American Indian or Alaskan Native
 - Mixed-race
 - Other

- ★ With what branch of uniformed service is/was your spouse affiliated?
 - Army
 - Navy
 - Air Force
 - Marine Corps
 - Coast Guard
 - Other

- ★ What unit is your spouse attached to? [\(ASK ONLY OF NC RESIDENTS\)](#) [\(NATIONAL GUARD AND RESERVE RESPONDENTS ONLY\)](#)
Unit [[<Select Unit>](#)] ▼

NOTE: IF YOU DON'T KNOW THE UNIT YOUR SPOUSE IS ASSIGNED, DO NOT SEE THE NAME OF THE UNIT LISTED IN THE DROPDOWN BOX, OR WOULD LIKE TO SKIP THIS QUESTION, CLICK [\[NEXT\]](#) BELOW.



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★ What is/was your spouse's pay grade?

- E1-E4
- E5-E6
- E7-E9
- Warrant Officer (W1-W4)
- O1-O3
- O4 or higher
- Other
- Don't know

★ How many months during the past 12 months has your spouse been away from home for activities such as trainings, deployments, or TDYs/TADs? (NATIONAL GUARD, RESERVE, ACTIVE DUTY, AND COAST GUARD RESPONDENTS ONLY)

- Less than one month
- One month but less than three months
- Three months but less than six months
- Six months or more

★ Is your spouse currently deployed? (NATIONAL GUARD, RESERVE, ACTIVE DUTY, AND COAST GUARD RESPONDENTS ONLY)

- No
- Yes

★ Has your spouse been deployed to Iraq and/or Afghanistan in support of the Global War on Terror?

- No
- Yes

★ As of today, how many months has your spouse been assigned to his/her current unit?

(NATIONAL GUARD, RESERVE, ACTIVE DUTY, AND COAST GUARD RESPONDENTS ONLY)

- Less than six month
- Six months but less than 12 months
- 12 months but less than 24 months
- 24 months or more



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Congratulations! You have completed the Support and Resiliency Inventory (SRI). Thank you. Your responses will be combined with those of other spouses to create a summary group profile.

Please feel free to add comments to clarify or further expand on any of your answers to the SRI, and then click [NEXT]. Please do not provide any personal information, such as your name or any type of highly specific situation that pertains only to you and/or your family.

Comments

If you have no comments, just click [NEXT] to continue.



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Support and Resiliency Inventory: August 1, 2009

Closing Video Script

Hello, again. Congratulations, you have now completed the SRI, and a summary profile of your responses is displayed for your viewing only. You may print a copy of this profile.

The SRI assesses twelve sources of social connection (the support profile) and twelve dimensions of adjustment (the resiliency profile). Descriptions of each dimension are included on the profile, and the results are displayed with color codes: Green, Yellow, or Red.

A green code means that your responses indicated that this dimension was a strength or area of positive adjustment in your life. A yellow code means that you expressed some concern about this dimension. A red code means that you reported this dimension as a potential area of difficulty in your life.

Although the most positive profile would include mostly green codes, it is more likely that you have a range of colors. If there is no color next to a dimension, then you did not answer all of the questions for that dimension or that dimension was not relevant for you. Please note that the color codes are based on YOUR responses to the three questions that assessed each of the dimensions.

The Individual Profile is only one of many sources of information about your connections with others and about your success in meeting various life demands, and you may agree or disagree with these results. Please consider these results in the context of other information that you have about yourself.

I encourage you to work to maintain your strengths (as indicated by your green codes) and think about ways you can improve the dimensions with either yellow or red codes. Clicking on a dimension name will allow you to access helpful strategies for maintaining or improving this area of your life. Please remember that these are only suggestions.

You may access NCcareLINK, a Web-based resource, by clicking [Contact NCcareLINK] on the menu bar above for up-to-date information about programs and services offered across North Carolina.

You may email CARE-LINE by clicking [Contact CARE-LINE] on the menu bar above for information about programs and services for military families in your local community. CARE-LINE, the North Carolina Department of Health and Human Services' information and referral help line, is now providing 24/7 service. You may also call CARE-LINE's toll-free number: 1-800-662-7030. Trained staff are available to assist you.

Other Web-based resources for military families can be accessed by clicking [Other Resources] on the menu bar. You will be able to print a copy of these resources for future reference.

When you are finished, please remember to close the window or browser so that your individual profile will disappear.

Thank you. Have a great day!