

The cover features a large, waving American flag at the top. Below it, a dark blue banner contains the title. To the right, a smaller image shows a military medal. The bottom half of the cover is a photograph of a soldier in camouflage being embraced by a woman in a camouflage shirt. In the background, there are balloons, including one that says 'HOME!', and another person holding a sign that says '6 days'.

NORTH DAKOTA MILITARY

data book

2022



ndcares.org

The purpose of the North Dakota Military Data Book is to provide our coalition members, the Legislature, and all stakeholders working on behalf of military and veterans, with the most current data on service members and veterans in North Dakota and nationally. This data provides all entities with a common frame of reference as we work together to maintain North Dakota's strong record as a supportive state for service members, Veterans, families and survivors.





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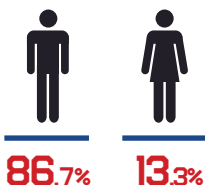
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DEMOGRAPHICS

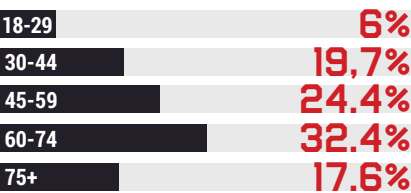


There are an estimated
53,254 VETERANS
in North Dakota

GENDER

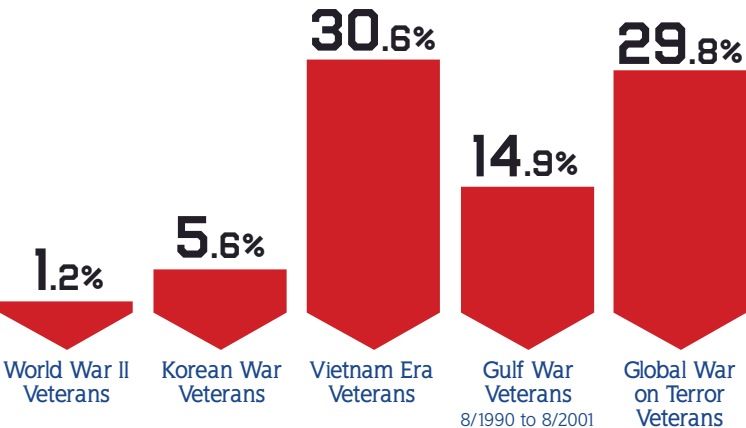


AGE



WARTIME PERIOD OF SERVICE

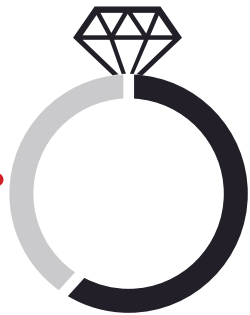
of remaining North Dakota Veterans



NOTE: 21.0% of ND Veterans are from Peacetime periods of service.

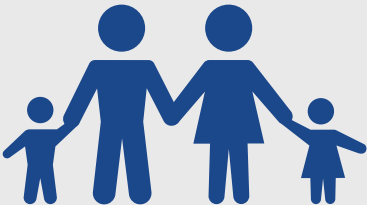
MARRIAGE & CHILDREN

In North Dakota, **58%** of Department of Defense military members are reported as married.



43%

of the total military force in North Dakota has children.



Note: Children include minor dependents age 20 or younger or dependents age 22 and younger enrolled as full-time students.

AGES OF CHILDREN OF ACTIVE DUTY, NATIONAL GUARD, RESERVE, AND RETIREES IN NORTH DAKOTA

TOTAL: 16,300



0-5 years
20%



6-11 years
18%



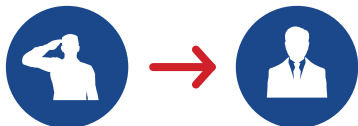
12-17 years
15%



18+ years
48%

Note: Children ages 21 to 22 must be enrolled as full-time students in order to qualify as dependents; percentages may not total to 100 due to rounding.

EMPLOYMENT



North Dakota employment and education legislation greatly contributes to veterans' success in the job market:

2013 - H1104 - Definition of Nonresident and Resident Student

2013 - H1272 - Resident Tuition for Spouses and Dependents of Veterans

2013 - State Board of Higher Education

2015 - H1127 - Resident Students for Tuition Purposes

2015 - H1131 - Employment Preference for Veterans

2019 - H1046 - Higher Education Grants

2019 - H1337 - Emergency Medical Services Personnel Licensure

2019 - S2306 - Military Member Occupational Licensure

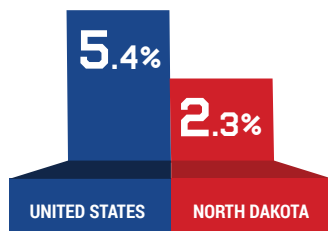
2021 - HB 1107 - Resident Student Tuition Rate Armed Forces, Veterans and Dependents

2021 - SB 2175 - Military Member and Spouse Licensure Portability, Access and Compacts

North Dakota Dept. of Veterans Affairs - nd.gov/veterans/legislation

UNEMPLOYMENT RATE OF VETERANS

(age 18 and older)



5-year annual average

US Census Bureau: 2021 American Community Survey 5-Year Estimates: <https://data.census.gov/table?q=veterans&tid=ACST5Y2021.S210>

ND Job Service Data, received March 23, 2023.

REASONS TO HIRE VETERANS AND MEMBERS OF THE GUARD AND RESERVE

Current and former members of the military possess attributes that make them excellent employees:

LEADERSHIP - Excellent leaders and outstanding followers: loyal, dedicated, and highly motivated.

PROFESSIONALISM - High degree of integrity, an air of self-respect, and a sense of honor.

RESPONSIBILITY - Know how to make decisions and take responsibility for meeting objectives.

UNDERSTAND DIVERSITY - Succeed in a very diverse workplace and have a high level of cultural sensitivity.

PHYSICAL CONDITIONING - In top physical condition, resilient, and drug-free.

"CAN DO" ATTITUDE - Possess critical skills and understand that nothing is impossible.

CALM UNDER PRESSURE - Resilient and know how to handle stress, both on and off the job.

FIRST CLASS IMAGE - A professional appearance is a must.

ON-TIME, ALL THE TIME - Understands that every second counts and manages their time well.

GLOBAL PERSPECTIVE - Have experiences that directly relate to current world events.

SKILLS TRANSFER - Possess skills and problem solving ability transferable to civilian jobs.

ADVANCED TRAINING - Exposed to highly advanced technology at a more accelerated rate than their civilian counterparts.

TEAM-BUILDING SKILLS - Can fit into existing teams, define team goals, organize responsibilities and create action plans.

TRUST - Ability to trust co-workers and superiors, which is a significant predictor of high-performing teams.

Adapted from Employer Support of the Guard and Reserve Fact Sheet 7 and Syracuse University, Institute for Veterans and Military Families - The Business Case for Hiring a Veteran.

HOMELESSNESS

502

**ND VETERANS
SERVICED**

9%

Females

Five year average, ND
Homeless
Management
Information System
(HMIS), 2022

91%
Males



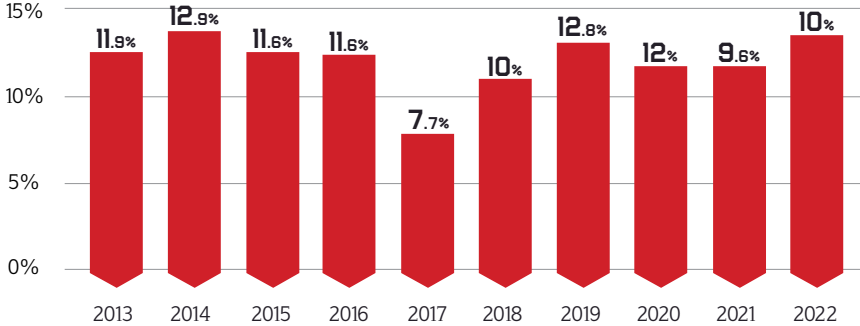
840

**individuals served in the VA
 Fargo VA HCS Homeless
 Program in 2021.**

46% had disabilities and 48%
had chronic health conditions.
This includes Veterans who are
homeless and those at the risk
of being homeless.

VA Fargo Healthcare System
data received December 14, 2022

PERCENTAGE OF HOMELESS INDIVIDUALS RECEIVING SERVICES IN NORTH DAKOTA WHO ARE VETERANS



ND Homeless Management Information System, data prepared on December 21, 2022.

IN NORTH DAKOTA, HOMELESS VETERANS...



30% have disabilities



16% have a chronic health condition



31% have mental illness



68% are age 45 or older



24% have substance abuse issues



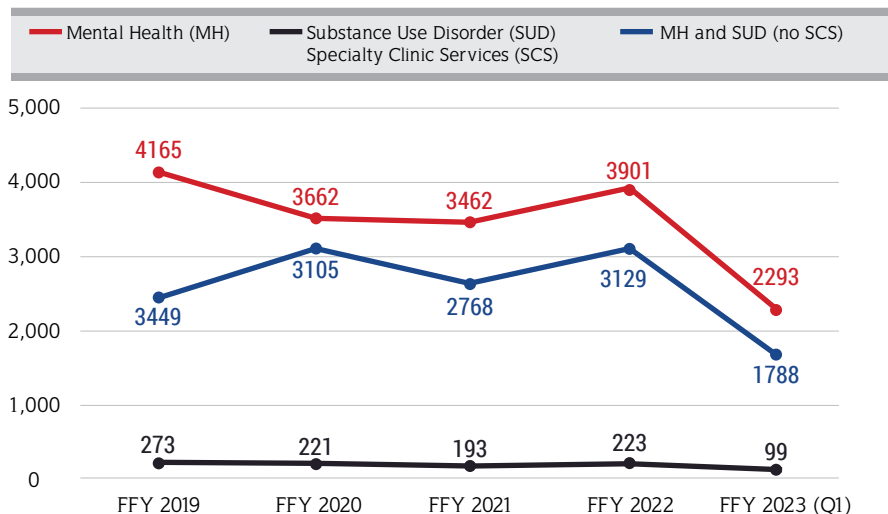
13% have children

Five year average, ND Homeless Management Information System, data prepared on December 21, 2022.

BEHAVIORAL HEALTH

VETERANS ADMINISTRATION (VA) FARGO

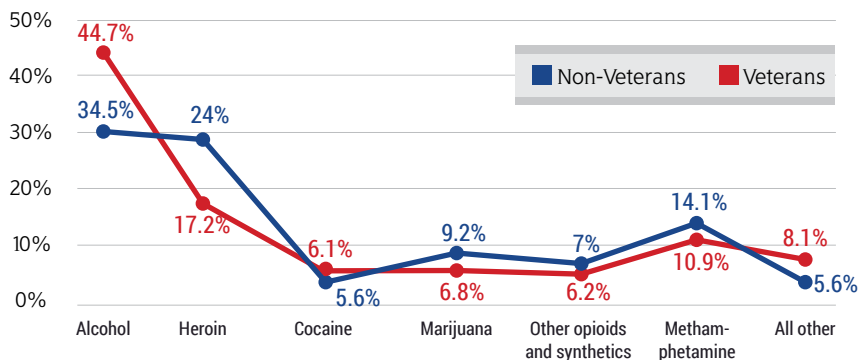
Number of Veterans who received behavioral health services from Veterans health in North Dakota



US Department of Veterans Affairs; Fargo VA Health Care System; Mental Health Services

For the purposes of VA health benefits and services, a person who served in the active military service and who was discharged or released under conditions other than dishonorable is a Veteran.

NATIONAL ADMISSIONS TO SUBSTANCE ABUSE TREATMENT BY VETERANS STATUS AND PRIMARY SUBSTANCE OF ABUSE



Treatment Episode Data Set 2020: Admissions to and Discharges from Publicly Funded Substance Abuse Treatment. Substance Abuse and Mental Health Services Administration 2021.



Between 2021-2022, ND Human Service Centers served 277 clients who were Veterans or individuals who served in the military. Of those, 119 received mental health services, 11 received substance abuse services, and 147 received both.

ND Department of Human Services; Statewide Field Services Administration; 2023

VETERANS JUSTICE OUTREACH (VJO) MISSION

To avoid the unnecessary criminalization of mental illness and extended incarceration among Veterans by ensuring that eligible justice involved Veterans have timely access to VHA services as clinically indicated.



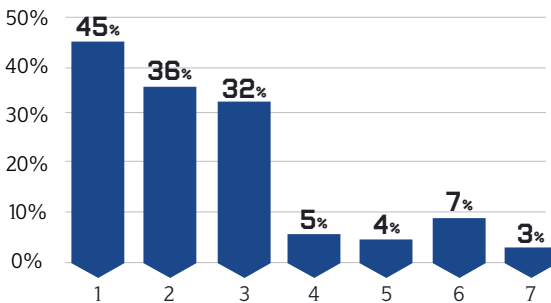
In 2021,
138 VETERANS
received services from the
VJO Office, Fargo VA.

68% report Mental Health issues

49% report Substance Use issues

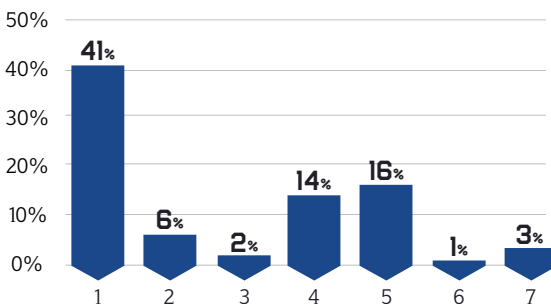
Veterans Justice Program: Connecting Veterans with Veterans Health Administration Mental Health and Substance Abuse Disorder Treatment, Fargo VA Health Care System, received on December 27, 2022

PREVALENCE OF MENTAL HEALTH DISORDER DIAGNOSES



1. Depressive disorders
2. Post-traumatic stress disorder
3. Anxiety disorders
4. Bipolar disorders
5. Schizophrenia
6. Personality disorders
7. Other psychosis

PREVALENCE OF SUBSTANCE USE DISORDER DIAGNOSES



1. Alcohol use disorder
2. Opioid use disorder
3. Cocaine use disorder
4. Amphetamine use disorder
5. Cannabis use disorder
6. Sedative use disorder
7. Other drug use disorders

SUICIDE

There were approximately 141 military related (active duty and Veteran) suicides in North Dakota between 2017 and 2022.

*In 2022, North Dakota Veterans who died by suicide



57.9%
used firearms.



41.1%
hung themselves.

NOTE: 84% male 16% female
January 5, 2023 * Provisional statistics

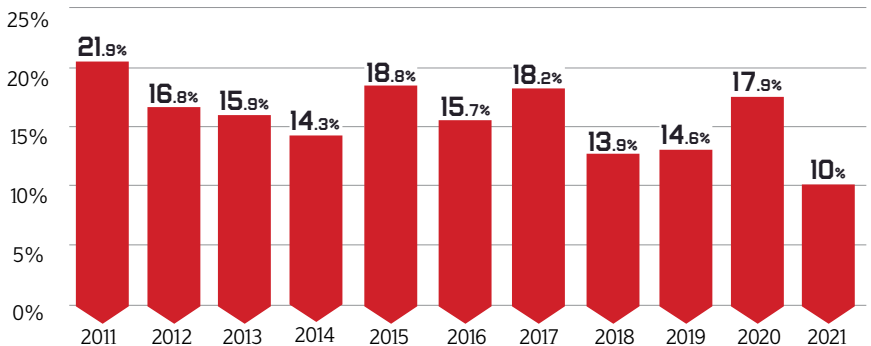


Recent estimates suggest
that nationally
16.8 VETERANS
may die by suicide each day.

VA Suicide Prevention Annual Report 2022,
September 2022.
www.mentalhealth.va.gov/docs/data-sheets/2022/2022-National-Veteran-Suicide-Prevention-Annual-Report-FINAL-508.pdf

The Fargo VA Suicide Prevention Team provides **FREE** gun locks to Veterans, their families, active duty and National Guard service members.

NORTH DAKOTA VETERANS WHO LOST THEIR LIVES BY SUICIDE AS PERCENT OF ALL NORTH DAKOTA SUICIDES



Vital Records, ND Department of Health

The causes of suicide are complex and may be the result of multiple factors, including mental illness, substance abuse, painful losses, exposure to violence, and social isolation.

The most critical risk factors for suicide are prior suicide attempts, mood disorders (such as depression), alcohol and drug use, and access to lethal means.

TBI & PTSD

A Traumatic Brain Injury (TBI) is caused by a

BUMP

BLOW

JOLT

to the head or a penetrating head injury that disrupts the normal function of the brain.



Individuals with TBI are at an increased risk of depression, anxiety, suicide and, involvement in the criminal justice system.

E.J. Shiroma, P.L. Ferguson, E.E. Pickelsimer. Prevalence of traumatic brain injury in an offender population: a meta-analysis. *J Correctional Health Care*, 16 (2) (2010), pp. 147-159
Prevalence of and Risk Factors for Anxiety and Depressive Disorders after Traumatic Brain Injury: A Systematic Review. Annemieke C. Scholten, Juanita A. Haagsma, Maryse C. Cnossen, Miranda Olff, Ed F. van Beeck, and Suzanne Polinder. *Journal of Neurotrauma*. Nov 2016. ahead of print
Caution <http://doi.org/10.1089/neu.2015.4252> Published in Volume: 33 Issue 22: November 15, 2016
Madsen T, Erlangsen A, Orlovskaya S, Mofaddad R, Nordentoft M, Benros ME. Association Between Traumatic Brain Injury and Risk of Suicide. *JAMA*. 2018;320(6):580-588. doi:10.1001/jama.2018.10211

POSTTRAUMATIC STRESS DISORDER (PTSD)

Research suggests that for Veterans with PTSD, the strongest link to both suicide attempts and thinking about suicide is guilt related to combat. Many Veterans have very disturbing thoughts and extreme guilt about actions taken during times of war. These thoughts can often overwhelm the Veteran and make it hard for him or her to deal with the intense feelings.

VA National Center for PTSD 2020 Article - Suicide and PTSD:
ptsd.va.gov/understand/related/suicide_ptsd.asp

SYMPTOMS OF PTSD

- 1** Reliving the event, also called re-experiencing symptoms.
- 2** Avoiding situations that remind you of the event.
- 3** Having more negative beliefs and feelings.
- 4** Feeling keyed up, also called hyperarousal.

Military Health System 2020 Article: Posttraumatic Stress Disorder:
<https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Mental-Health/Post-Traumatic-Stress-Disorder>

ABOUT ND CARES

MISSION: STRENGTHENING AN ACCESSIBLE, SEAMLESS NETWORK OF SUPPORT FOR SERVICE MEMBERS, VETERANS, FAMILIES, AND SURVIVORS.

The purpose of ND Cares is to resolve barriers or gaps in services to ensure those serving and those who have served, their families, and survivors receive the care and assistance they need.

The ND Cares Coalition includes a broad spectrum of military and civilian professionals dedicated to the support of North Dakota Service Members, Veterans, Families, and Survivors (SMVFS).

The coalition uses the broadest definition of Veteran and is working to encompass all individuals who are currently serving or who have served – the “total force.”

ND Cares is not a provider of services; rather, it is dedicated to improving understanding of the needs and services required by our SMVFS.

The background of the entire slide features a blurred image of several American flags. A large, dark grey diagonal banner runs from the top left towards the bottom right, serving as a backdrop for the text.

PRIMARY GOAL

Break down barriers to the
use of Behavioral Health
Services

ND CARES STRATEGIC FOCUS

1.

Partnerships and capacity-building

2.

Training and education

3.

Internal and external
communication

RESOURCES

NORTH DAKOTA

capnd.org

Community Action Partnership of North Dakota

jobsnd.com

Statewide listing of available jobs

legalassist.org

Low-income legal services

myfirstlink.org

24-hour referrals to crisis services - Dial 211

nd.gov/veterans

North Dakota Department of Veterans Affairs

hhs.nd.gov/behavioral-health/prevention/suicide

Behavioral Health Division Suicide Prevention

nd.gov/dhs/services/

Department of Human Services and Help Listing

ndguard.nd.gov/service-member-family-support-0

National Guard Support Programs

prevention.nd.gov

Substance Abuse Prevention Media Center

parentslead.org

Assists parents to promote behavioral health for their children

veterans.nd.gov/military-outreach

North Dakota Military Outreach Program



NATIONAL

fargo.va.gov/services/caregiver

VA caregiver services support resources

maketheconnection.net

Veterans share real stories of recovery, local mental health resources

militaryonesource.mil

Support for military personnel and families

psycharmor.org

Training videos to educate the civilian community about military culture

samhsa.gov

Substance Abuse and Mental Health Services Administration

va.gov

U.S. Department of Veterans Affairs

va.gov/homeless/hudvash.asp

VA Veterans Homeless Housing Programs

TO REQUEST COPIES

ONLINE : prevention.nd.gov

EMAIL : ndprmc@nd.gov

PHONE : 701.328.8919





Strengthening an accessible,
seamless network of support for
Service Members, Veterans,
Families, and Survivors.



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