

Military Family Program teaches resiliency at Well-Being Symposium

By Melanie Levesque, contributing columnist 26 October 2018



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CARLISLE, Pa. (Oct. 2018) – The life of a military spouse can take a toll on one’s mind, body, and spirit, but all who attended the Military Family Programs’ Health and Well-Being Symposium last week had an opportunity to learn how to enlighten, enrich, and engage all three of these elements.

They say you can’t pour from an empty cup, but many military families identify with feelings of being drained and over-extended when they arrive at Carlisle Barracks. The time spent at the Army War College provides military families with what they need most: a chance to exhale, reconnect, and time for self-care. The spouses who attended the two-day Military Family Program symposium acquired an abundance of information and opportunity to make the most of all that’s offered families by the MFP and the Carlisle experience as they attempt to fill their own proverbial cups.

On Monday and Tuesday at the Letort View Community Center, symposium attendees heard from a wide variety of gifted speakers. Day one topics included building resiliency, self-care, relaxation training and over-eating awareness with Dr. Michelle Arbitell, who is the Behavioral Health Chief at Dunham Army Medical Clinic. Kelly Villalobos gave an engaging cyber safety presentation; she is the post's Family Advocate. Day two included keynote speaker, Dr. Christian Kcomt on Integrative Medicine, mindfulness training, eating well on the go with dietitian CPT Kira Brown, and a presentation on raising resilient children. Spouses were encouraged to stay for lunch-and-learn presentations, network with each other, and meet others on similar journeys to improve their health.

Maintaining overall health and well-being is one of the course objectives of the Executive Spouse Leadership and Development Course, offered by the Military Family Program. The MFP position is that time to work on health and wellness is not a luxury. It's essential to the overall health of senior leader spouses and to the resilience of military families. Events like this symposium give war college spouses time and opportunity to "fill their cups to the brim" as they prepare for the next set of communities, assignments and adventures.

As is true with all of its educational events, MFP uniquely offers knowledge, skills, and experience as well as shared laughter among friends, mutual encouragement among US and International spouses, and the camaraderie special to the Carlisle experience.