



Stop cutting cost at service members' expense

National Military Family Association

Last week, the National Military Family Association sent a letter to the Chairmen and Ranking Members of the House and Senate Armed Services Committees showing our support as well as expressing concerns for certain provisions. NMFA discredits the idea that cost cutting should come at the expense of benefits promised to our service members in exchange for their sacrifices. [READ MORE](#)

Report: DoD needs better food assistance data to help troops, families

Military Times

Defense officials still struggle to get accurate data on the number of active-duty service members who are using food assistance programs, such as SNAP and WIC, according to government auditors. And this lack of information could be affecting troops in need. Active-duty service members used more than \$21 million in SNAP benefits from September 2014 through August 2015 in commissaries. [READ MORE](#)

Why military spouses still can't have it all

The Huffington Post

The Institute for Veterans and Military Families (IVMF) published the first in a three-part series regarding military spouse employment, titled *The Force Behind the Force: A Business Case for Leveraging Military Spouse Talent*. According to the report, female military spouses earn significantly less than their civilian female peers, given their educational level, and have a significantly higher unemployment rate, roughly 3 times that of their civilian peers. [READ MORE](#)

Absentee voting assistance for service members, their families and overseas citizens

The Federal Voting Assistance Program

Voting is one of our most fundamental rights as U.S. citizens. The Federal Voting Assistance Program (FVAP) works to ensure Service members, their eligible family members and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so - from anywhere in the world. [READ MORE](#)

Treating PTSD with virtual reality therapy: A way to heal trauma

ABC News

The University of Southern California (USC) Institute for Creative Technologies is using virtual reality to treat veterans with post-traumatic stress disorder. During the therapy, patients repeatedly recount their trauma using a virtual environment to reduce their anxiety response. Nearly 8 million adults suffer from PTSD during a given year, according to the National Center for PTSD. [READ MORE](#)