

Meg O'Grady

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Meg O'Grady is responsible for strategic planning, legislative, program development, and contract oversight for issues related to Military Spouse Well-Being in the Office of the Secretary of Defense. She manages the Spouse Education and Career Opportunities (SECO) program, which includes the Military One Source Spouse Career Center offering spouses comprehensive services such as career exploration, education, training and licensing, employment readiness and career connections. Also, part of the SECO Program, she manages the Military Spouse Employment Partnership (MSEP) program linking Fortune 500 Plus companies committed to hiring military spouses with military spouses seeking employment.

Meg has worked with service members, veterans and military families for more than 20 years in a broad spectrum of quality of life programs in the United States and overseas. Prior to joining the OSD staff, she worked with the Army, federal contractors, non-profits and institutions of higher education. During her overseas tenure, she served on installations in Frankfurt, Babenhausen, Hohenfels and Baumholder, Germany, where she worked with Army Family Advocacy, Army Education and the Army Career and Alumni Program. In Fort Hood, Texas, she piloted the first Active Duty Prenatal Physical Training program and chaired the Fort Hood Health Promotion Council. She served on the team that developed the VA for Vets employment program for the Department of Veterans Affairs and has been the director of the Military One Source Spouse Career Center and Wounded Warrior Resource Center.

Meg holds a Master of Education degree from National Louis University. She has contributed to numerous articles and publications. She lives in Fairfax Station, VA.