

Providing Effective Services to Military Personnel

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1

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U.S. Government.

Disclaimer

2

Providing Effective BH Services

2




& Clinical social worker
 & VA Employee
 & Trauma team
 & Combat Veteran (Iraq)
 & PLEASE ASK QUESTIONS
 & Start an email: dawn.gray3@va.gov

About me...

Saturday, October 27, 2012

3

& Is the military context really so unique that special training is required to practice competently in this area?

 & What does a behavioral health provider need to know to be successful when working with modern military personnel?

Two Questions, Two Parts

4
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4

Part 1 - Is the military context really so unique that special training is required to practice competently in this area?

{ Overview of Military Culture

5
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5

⌘ Develop a functional understanding of U.S. military organization

⌘ Establish that the military comprises a unique culture

⌘ Explore some of the elements of military culture

{ Part 1 Objectives

Overview of Military Culture

6
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6

What is the U.S. Military?

- Seven federally established uniformed services that commission officers and use a military structure under 10 U.S.C.
- The uniformed services are comprised of five armed forces and two noncombatant uniformed services (i.e., NOAA, PHS)


Overview of Military Culture

7
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7

In order of ceremonial precedence, the six armed forces include:

- U.S. Army
- U.S. Marine Corps
- U.S. Navy
- U.S. Air Force
- U.S. Coast Guard
- U.S. Space Force



Overview of Military Culture

8
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8



⌘ **Motto: This We'll Defend.**

⌘ **Army's Mission:** "To deploy, fight, and win our Nation's wars by providing ready, prompt, and sustained land dominance by Army forces across the full spectrum of conflict as part of the Joint Force."

{ U.S. Army

Overview of Military Culture

9
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9



⌘ Responsible for land-based military operations

⌘ Largest and oldest branch

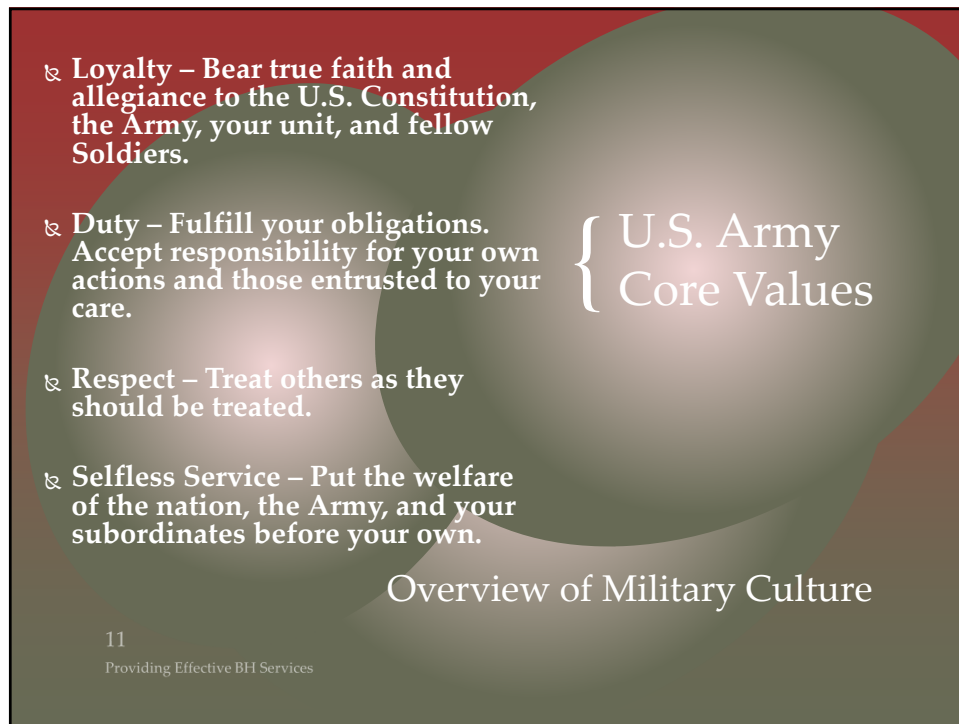
⌘ Active Duty, Army Nat'l Guard & Army Reserves

{ U.S. Army

Overview of Military Culture

10
Providing Effective BH Services

10

The graphic features a dark red background with a large, dark green, irregular shape in the center. Inside this shape, the text "U.S. Army Core Values" is written in a white, serif font, preceded by a large white curly brace. To the left of the green shape, four core values are listed in white text, each preceded by a small white icon of a crossed sword and spear. The values are: Loyalty, Duty, Respect, and Selfless Service. At the bottom right of the green shape, the title "Overview of Military Culture" is written in a white, serif font. In the bottom left corner, the number "11" and the text "Providing Effective BH Services" are written in a small, white, sans-serif font.

⌘ Loyalty – Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and fellow Soldiers.

⌘ Duty – Fulfill your obligations. Accept responsibility for your own actions and those entrusted to your care.

⌘ Respect – Treat others as they should be treated.

⌘ Selfless Service – Put the welfare of the nation, the Army, and your subordinates before your own.

{ U.S. Army
Core Values

Overview of Military Culture

11
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The graphic features a dark red background with a large, dark green, irregular shape in the center. Inside this shape, the text "U.S. Army Core Values" is written in a white, serif font, preceded by a large white curly brace. To the left of the green shape, three core values are listed in white text, each preceded by a small white icon of a crossed sword and spear. The values are: Honor, Integrity, and Personal Courage. At the bottom right of the green shape, the title "Overview of Military Culture" is written in a white, serif font. In the bottom left corner, the number "12" and the text "Providing Effective BH Services" are written in a small, white, sans-serif font.

⌘ Honor – Live the Army Values.

⌘ Integrity – Do what's right, both legally and morally.

⌘ Personal Courage – Face fear, danger, or adversity, both physical and moral.

{ U.S. Army
Core Values

Overview of Military Culture

12
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✂ **Motto: Semper Fidelis, "Always Faithful"**

✂ **Marine Corps Mission:**

- ✂ The seizure or defense of advanced naval bases and other land operations to support naval campaigns.
- ✂ The development of tactics, techniques, and equipment used by amphibious landing forces.
- ✂ Such other duties as the President may direct. (National Security Act of 1947)

Overview of Military Culture

13
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✂ Honor

✂ Courage

✂ Commitment

✂ Note: Marines are called marines, not soldiers

Overview of Military Culture

14
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14



✂ **Motto: Semper Fortis, “Always Courageous”**

✂ **Navy Mission: “To maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas.”**

{ U.S. Navy

Overview of Military Culture

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I am a United States Sailor.
I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.
I represent the fighting spirit of the Navy and all who have gone before me to defend freedom and democracy around the world.
I proudly serve my country’s Navy combat team with Honor, Courage and Commitment.
I am committed to excellence and the fair treatment of all.

{ U.S. Navy
Sailor’s Creed

Overview of Military Culture

16
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16

& Honor
 & Courage
 & Commitment
 & Note: The Navy & Marine Corp share the same core values; the Marine Corp is placed administratively under the Navy

U.S. Navy Core Values

Overview of Military Culture

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17

& Motto: Above All
 & Air Force Mission: "To deliver sovereign options for the defense of the United States of America and its global interests to fly and fight in air, space and cyberspace."
 & AD, AF Reserves, Air Nat'l Guard

U.S. Air Force

Overview of Military Culture

18
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18



U.S. Air Force
Core Values

- Integrity
- Service Before Self
- Excellence in all we do

Overview of Military Culture

19
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19



U.S. Coast
Guard

- Motto: Semper Paratus, "Always Ready"**
- Coast Guard Mission: "To ensure our Nation's maritime safety, security and stewardship. We will serve our Nation through the selfless performance of our missions. We will honor our duty to protect those we serve and those who serve with us?"**

Overview of Military Culture

20
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U.S. Coast Guard Core Values

- ⌘ Honor
- ⌘ Respect
- ⌘ Devotion to duty

Overview of Military Culture

21
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21

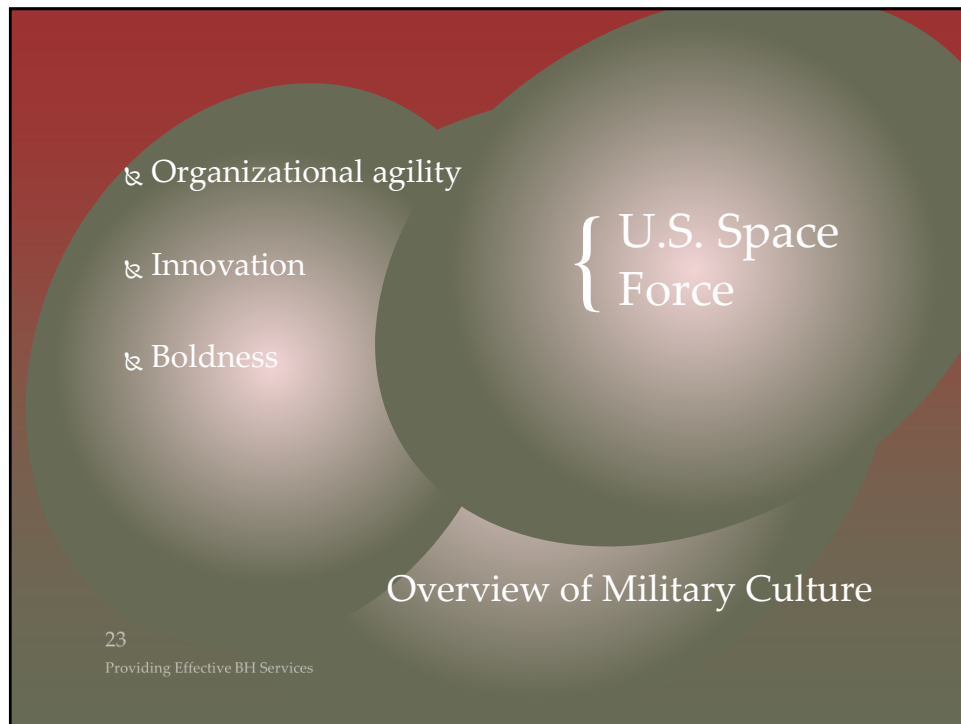
U.S. Space Force

- ⌘ **Motto: Semper Supra**
("Always Above")
- ⌘ **Space Force Mission:** The USSF is responsible for organizing, training, and equipping Guardians to conduct global space operations that enhance the way our joint and coalition forces fight, while also offering decision makers military options to achieve national objectives.

Overview of Military Culture

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22



23



24

- ⌘ The Coast Guard has military and law enforcement duties, but is part of the military at all times
- ⌘ The Coast Guard may be directed by the President or Congress to act as part of the Navy in wartime
- ⌘ (The PHS & NOAA may be militarized by executive order or when detailed to any component of the armed forces)

{ U.S. Military Organization

Overview of Military Culture

25
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25

- ⌘ Full time soldiers, marines, sailors and airmen stationed and deployed throughout the world
- ⌘ Always on call
- ⌘ Force strength is approximately 1.4 million military personnel with nearly 700,000 civilian support personnel; 2nd largest military
- ⌘ Budget over 1.9 trillion

{ Active Duty Armed Forces

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26
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26

- ↳ The Reserve Components of the U.S. armed forces are organizations whose members generally perform a minimum of 39 days of military duty per year
 - ↳ 1.1 million reserve military personnel (11th largest reserve force)
- { U.S. Military Reserve Components

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27

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- ↳ Seven reserve components in the U.S. armed forces: Army, Marine Corps, Navy, Air Force, Coast Guard, Army National Guard, & Air National Guard
 - ↳ The reserve components are often referred to collectively as the "Guard and Reserves" & technically are now called the "Selected Reserves"
 - ↳ Leaders of the Space Force reinforced their idea to depart from the typical military component structure of separately organized Active and reserve forces in favor of a single hybrid component structure they called the "Space Component."
- { U.S. Military Reserve Components

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28

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- ✎ The National Guard of the United States consists of the Army and Air National Guard
- ✎ Present in all 50 states and 4 territories; run by adjutant generals appointed by governors
- ✎ Dual Federal and State mission; mobilized for domestic and foreign operations
- ✎ Approximately 470,000 Army and Air NG members

{ National Guard

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- ✎ Prior to 9/11/2001, the NG was viewed as a strategic reserve; no more than six months deployment for each five year period of inactive drill
- ✎ After 9/11, NG changed to an operational force; deployments CAN last up to 24 months with a 24 month reset before being deployed again.
- ✎ NG deployments have slowed down considerably in the past few years; now smaller elements being deployed for shorter missions.

{ National Guard

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30

☞ Culture is “all those things that people have learned in their history to do, believe, and enjoy. It is the totality of ideals, beliefs, skills, tools, customs, and institutions into which each member of society is born.”

Sue & Sue (2003) *Counseling the culturally different: Theory and practice*.

31
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Culture

Overview of Military Culture

31

☞ An understanding of the culture of those we serve is a core professional competency for ethical practice

American Psychological Association. 2017. *Multicultural Guidelines: An Ecological Approach to Context, Identity, and Intersectionality*. Retrieved from: <http://www.apa.org/about/policy/multicultural-guidelines.pdf>

32
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Culture & Competence

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32

⌘ U.S. military members have been found to have more in common with military members of other countries than with other U.S. civilians.

Matthews et al. (2006) *Character strengths and virtues of developing military leaders: An international comparison.*

Military Culture-identity

Overview of Military Culture

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⌘ The military setting has many of the core elements characterizing distinct cultures

- ⌘ Ceremonies, Rituals, Rites, and Celebrations
- ⌘ Symbols, Artifacts, and Symbolic Actions
- ⌘ Histories, Stories, Legends, & Myths
- ⌘ Beliefs, Values, and Attitudes
- ⌘ Rules, Taboos, Laws, & Ethical Codes
- ⌘ Language
- ⌘ Technology

Military Culture

Overview of Military Culture

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- ⌘ Military Culture is not native for anyone; it is acquired through imitation, conditioning, indoctrination, and formal or informal instruction
- ⌘ There are cultural elements common to all branches (while there are intricacies as well)

Military Culture

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- ⌘ *"Duty, Honor, Country"*
- ⌘ The military emphasizes discipline and hierarchy, prioritizes the group over the individual, and uses specific rituals and symbols to convey important meanings and transitions.
- ⌘ Military law requires commanding officers and those in authority to demonstrate virtue, honor, and patriotism in all that they do.

Basics Commonalities of Military Culture

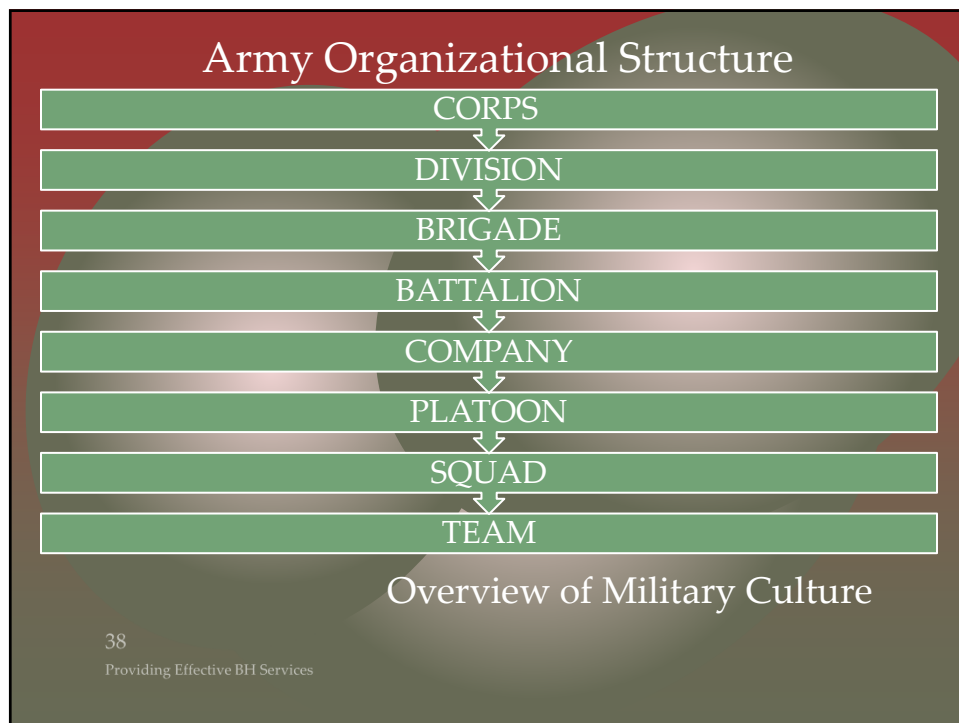
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36
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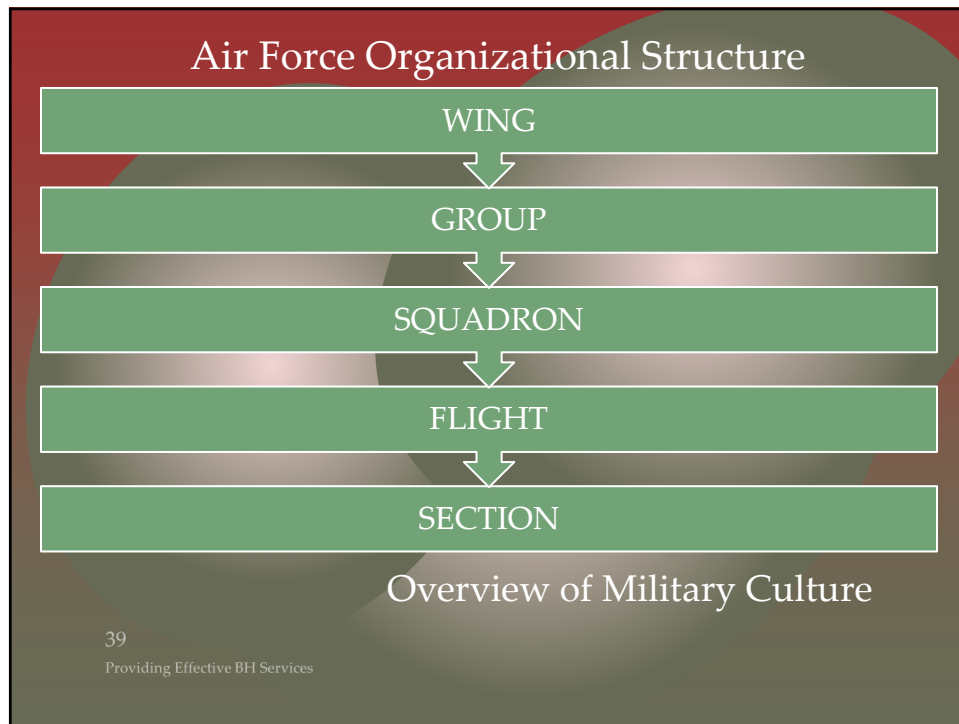
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37



38



39



40

Rank structure dictates roles and responsibilities as well as what risks will be required

Two rank structures: Officer and Enlisted (and Warrant)

There's an app for that!

Rank Structure

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41

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41

Insignia of the United States Armed Forces – Enlisted										
E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	Officer	Warrant
ARMY										
Private (E-1)	Private 2nd Class (E-2)	Private 1st Class (E-3)	Corporal (E-4)	Sergeant (E-5)	Staff Sergeant (E-6)	Sergeant First Class (E-7)	Master Sergeant (E-8)	Command Sergeant Major (E-9)		
MARINES										
Private (E-1)	Private 2nd Class (E-2)	Lance Corporal (E-3)	Corporal (E-4)	Sergeant (E-5)	Staff Sergeant (E-6)	Quartermaster Sergeant (E-7)	Master Sergeant (E-8)	Sergeant Major (E-9)		
NAVY										
Seaman Recruit (E-1)	Seaman Apprentice (E-2)	Seaman (E-3)	Petty Officer Third Class (E-4)	Petty Officer Second Class (E-5)	Petty Officer First Class (E-6)	Chief Petty Officer (E-7)	Senior Chief Petty Officer (E-8)	Master Chief Petty Officer of the Navy (E-9)		
AIR FORCE										
Airman Recruit (E-1)	Airman (E-2)	Airman First Class (E-3)	Senior Airman (E-4)	Staff Sergeant (E-5)	Technical Sergeant (E-6)	Master Sergeant (E-7)	First Sergeant (E-8)	Chief Master Sergeant (E-9)		
COAST GUARD										
Seaman Recruit (E-1)	Seaman Apprentice (E-2)	Seaman (E-3)	Petty Officer Third Class (E-4)	Petty Officer Second Class (E-5)	Petty Officer First Class (E-6)	Chief Petty Officer (E-7)	Senior Chief Petty Officer (E-8)	Master Chief Petty Officer (E-9)		
Warrant										
ARMY										
Warrant Officer (E-7)	Chief Warrant Officer (E-8)	Senior Chief Warrant Officer (E-9)	Chief Warrant Officer (E-10)	Chief Warrant Officer (E-11)	Chief Warrant Officer (E-12)	Chief Warrant Officer (E-13)	Chief Warrant Officer (E-14)	Chief Warrant Officer (E-15)		
NAVY										
Warrant Officer (E-7)	Chief Warrant Officer (E-8)	Senior Chief Warrant Officer (E-9)	Chief Warrant Officer (E-10)	Chief Warrant Officer (E-11)	Chief Warrant Officer (E-12)	Chief Warrant Officer (E-13)	Chief Warrant Officer (E-14)	Chief Warrant Officer (E-15)		
MARINES										
Warrant Officer (E-7)	Chief Warrant Officer (E-8)	Senior Chief Warrant Officer (E-9)	Chief Warrant Officer (E-10)	Chief Warrant Officer (E-11)	Chief Warrant Officer (E-12)	Chief Warrant Officer (E-13)	Chief Warrant Officer (E-14)	Chief Warrant Officer (E-15)		
COAST GUARD										
Warrant Officer (E-7)	Chief Warrant Officer (E-8)	Senior Chief Warrant Officer (E-9)	Chief Warrant Officer (E-10)	Chief Warrant Officer (E-11)	Chief Warrant Officer (E-12)	Chief Warrant Officer (E-13)	Chief Warrant Officer (E-14)	Chief Warrant Officer (E-15)		

Rank Structure

Overview of Military Culture

42

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42

Insignia of the United States Armed Forces – Officers

O-1	O-2	O-3	O-4	O-5	O-6	O-7	O-8	O-9	O-10	SPECIAL
ARMY										
Second Lieutenant (2LT)	First Lieutenant (1LT)	Captain (CPT)	Major (MAJ)	Lieutenant Colonel (LTC)	Colonel (COL)	Brigadier General (BG)	Major General (MG)	Lieutenant General (LTG)	General (GEN)	General of the Army (GA)
MARINES										
Second Lieutenant (2ndLT)	First Lieutenant (1stLT)	Captain (CAPT)	Major (MAJ)	Lieutenant Colonel (LTCOL)	Colonel (COL)	Brigadier General (BGen)	Major General (MGen)	Lieutenant General (LtGen)	General (Gen)	
NAVY										
Ensign (ENS)	Lieutenant Junior Grade (LTJG)	Lieutenant (LT)	Lieutenant Commander (LCDR)	Commander (CDR)	Captain (CAPT)	Rear Admiral Lower Half (RADM/LH)	Rear Admiral Upper Half (RADM/UH)	Vice Admiral (VADM)	Admiral (ADM)	First Admiral (FADM)
AIR FORCE										
Second Lieutenant (2nd LT)	First Lieutenant (1st LT)	Captain (CAPT)	Major (MAJ)	Lieutenant Colonel (LT COL)	Colonel (COL)	Brigadier General (BGen)	Major General (MGen)	Lieutenant General (Lt Gen)	General (Gen)	
COAST GUARD										
Ensign (ENS)	Lieutenant Junior Grade (LTJG)	Lieutenant (LT)	Lieutenant Commander (LCDR)	Commander (CDR)	Captain (CAPT)	Rear Admiral Lower Half (RADM/LH)	Rear Admiral Upper Half (RADM/UH)	Vice Admiral (VADM)	Admiral (ADM)	

Rank Structure

Overview of Military Culture

43
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43

"I, [name] do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice. So help me God."

Enlisted Oath

Overview of Military Culture

44
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44

I, [name], do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter. So help me God.

Officer Oath

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45
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45

Enlisted (84%) – perform specific job functions

Warrant Officers (2%) – highly specialized experts

Commissioned Officers (14%) – management and leadership roles, need bachelors degree or higher

Military Personnel

Overview of Military Culture

46
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46

- ✎ RANK: E-4 (Corporal / Specialist)
- ✎ AGE: 22
- ✎ TIME IN SERVICE: 4 Years
- ✎ BASE PAY: \$1,978.50/month
- ✎ EDUCATION: High School Graduate
- ✎ MARITAL STATUS: Married w/ two Children
- ✎ RACE: 60% Caucasian/40% Ethnic Minority
- ✎ GENDER: 85% Male/15% Female
- ✎ AVERAGE WORK DAY: When the mission is complete

Average Active Duty Soldier

Overview of Military Culture

47
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47

- ✎ The uniform: communicates membership, social status, behavioral expectations, and responsibilities
- ✎ The salute: shows respect and helps maintain boundaries and decorum; it separates leadership from those who accomplish the task

Notable features of military culture

Overview of Military Culture

48
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48

↳ Awards: ribbons, medals, and honors reinforce selected behaviors

↳ Promotions: encourage retention and increases influence for those who are most adept at supporting the cultures norms and values

Notable features of military culture

Overview of Military Culture

49
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49

↳ In the Combat Masculine-Warrior Paradigm (CMW), Dunivin (1997) argues:

⌘ Combat, the preparation for and conduct of war, is the military's core activity, and its chief reason for being

Notable features of military culture

Overview of Military Culture

50
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50

⌘ As an institution, the military has historically and continues to be comprised primarily of men, and soldiering has been viewed as a traditionally male role

⌘ Presently, the CMW paradigm may be shifting with increased diversity and expansion of women's roles and use of the Armed Forces for humanitarian support, disaster relief, and peacekeeping roles

Notable features of military culture

Overview of Military Culture

51
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51

⌘ Still, making war and defending threats with lethal force are crucial elements of the military culture

⌘ And , the military is highly masculine culture leading at times to over adherence to masculine norms and gender role stress (for men and women)

⌘ More on masculinity to come...

Notable features of military culture

Overview of Military Culture

52
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52

- ✎ The capacity to deploy is a requirement for membership in the culture
- ✎ Service men and women voluntarily join the military knowing they will likely be deployed
- ✎ The question is not “if” but “when, where, and for how long” am I going?
- ✎ More on deployment to come...

{ Notable features of military culture

Overview of Military Culture

53
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53

Part II - What do behavioral health providers need to know to be successful working with modern military personnel?

{ Clinical Practice in the Military Context

54
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54

✎ Discuss clinical considerations when working with military personnel
 ✎ Overview a few of the current best practices and resources for treating key concerns
 ✎ Identify ways to develop a “niche” working with military members

Objectives

Clinical Practice in the Military Context

55
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55

Military members commonly have beliefs about mental health services and providers that will keep them from ever coming in the door

Consider the Barriers to Seeking Treatment

Clinical Practice in the Military Context

56
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56

✎ 65% fear the perception of being seen as “weak”
 ✎ 63% fear leadership might treat them differently
 ✎ 59% fear others would have less confidence in them

Consider the Barriers to Seeking Treatment

U.S. Army Surgeon General (2008).
Mental Health Advisory Team (MHAT-V) Report.

Clinical Practice in the Military Context

57
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57

✎ One in five OIF veterans screened positive for depression, anxiety, acute stress, or PTSD.
 ✎ Less than half of those screening positive sought mental health treatment.

Consider the Barriers to Seeking Treatment

U.S. Army Surgeon General (2008).
Mental Health Advisory Team (MHAT-V) Report.

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58
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58

- ✎ The mental health community has traditionally sought to reduce stigma by altering the mindset of the military member to align more closely with the mindset of mental health system.
- ✎ As suicide rates increase and behavioral health conditions go untreated, it seems clear our anti-stigma efforts have had limited success.

Bryan & Morrow (2011). *Circumventing mental health stigma by embracing the warrior culture: Lessons learned from the Defender's Edge Program.*

Consider the Barriers to Seeking Treatment

Clinical Practice in the Military Context

59
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59

- ✎ The implication is that new strategies are needed to reach our military members with mental health care.
- ✎ Paradigms are needed that move psychologists toward military members' culture and belief systems rather than requiring members to operate more like professionals (at least initially).

Bryan & Morrow (2011). *Circumventing mental health stigma by embracing the warrior culture: Lessons learned from the Defender's Edge Program.*

Consider the Barriers to Seeking Treatment

Clinical Practice in the Military Context

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Reaching military men and women with mental health care likely requires providers to get out of the office, go to the service members, get out of their comfort zones, put away old heuristics, change methods, learn a new language, change their way of doing business.

Consider the Barriers to Seeking Treatment

Clinical Practice in the Military Context

61
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61

Masculinity is an important element of military culture. BH providers practicing competently with military members must understand the value and implications of traditional masculine qualities

Consider the implications of masculinity

Novack & Edwards (2014). *A Holistic Approach to Counseling Military Men*

Clinical Practice in the Military Context

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⌘ Masculine Norms

- ⌘ Competition
- ⌘ Risk-Taking
- ⌘ Emotional Stoicism
- ⌘ Physical Toughness
- ⌘ Achievement
- ⌘ Aggression
- ⌘ Dominance
- ⌘ Self-Reliance
- ⌘ Work/Provider Tradition
- ⌘ Brotherhood

Consider the implications of masculinity

Clinical Practice in the Military Context

63
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⌘ Masculine Gender Role Stress

- ⌘ Physical Inadequacy
- ⌘ Emotional Inexpressiveness
- ⌘ Subordination to Women
- ⌘ Intellectual Inferiority
- ⌘ Performance Failure

Consider the implications of masculinity

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64
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64

Traditional masculine qualities can be leveraged in the therapeutic process to reduce resistance, develop readiness for change, and mitigate mental health symptoms.

Consider the implications of masculinity

Novack & Edwards (2014). *A Holistic Approach to Counseling Military Men*

Bryan & Morrow (2011). *Circumventing mental health stigma by embracing the warrior culture: Lessons learned from the Defender's Edge Program.*

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The process of preparing for, enduring, and returning from a military deployment has an impact on military service members and their families.

Consider the impact of deployment

Sheppard et al. (2010). *The impact of deployment on military families.*

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⌘ Not all deployments are created equally: CONUS v. OCONUS; combat v. noncombat zone; land v. sea; line v. support unit; training v. combat v. peacekeeping



Consider the impact of deployment

⌘ But, all deployments present psychosocial challenges to service members and their family members

Clinical Practice in the Military Context

67

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67

⌘ Numerous models conceptualizing the deployment process; key is to understand it is a process.

⌘ Three stage model: pre-deployment, deployment, post-deployment (Faber et al., 2008)

⌘ Five stage model: pre-deployment, deployment, sustainment, re-deployment, post-deployment (Pincus, et al., 2001)



Consider the impact of deployment

Clinical Practice in the Military Context

68

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68



Seven Stages of the
Deployment Cycle
(U.S. Army Deployment
Support Services model)

Clinical Practice in the Military Context

69

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69

⌘ Seek a solid understanding of the deployment cycle to be successful with military members.

⌘ Learn more via the Center for Deployment Psychology @ www.deploymentpsychology.org

- ⌘ Free online training
- ⌘ Links to solid references and resources

Consider the
impact of
deployment

Clinical Practice in the Military Context

70

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70

People in the military train to kill other people. Most do not want to ever be required to kill another human being. Still, combat and killing, injury and death at the hand of an enemy are realities for military members.

Consider the impact of combat

Clinical Practice in the Military Context

71
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71

⌘ Exposure to combat is correlated with the development of psychopathology (Hoge et al., 2004).

⌘ Most service members exposed to combat and operational stress recover normal mental health status but they are changed. (Tanielian, Jacox, Adamson, & Metscher, 2008)

Consider the impact of combat

Clinical Practice in the Military Context

72
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- ✎ Fear is ubiquitous
- ✎ People will be injured and killed
- ✎ Communication will breakdown
- ✎ Leadership will fail
- ✎ Every soldier will be mentally and emotionally impacted

10 Tough Facts about Combat for Leaders,
Walter Reed Army Institute of Research Land Combat Study Team, March, 2006

Military Culture & Deployment Psychology

73
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73

- ✎ Combat has lasting mental health effects
- ✎ Soldiers are afraid to admit that they have a mental health problem
- ✎ Deployments place a tremendous strain upon families
- ✎ Combat environment is harsh and demanding
- ✎ Combat poses moral, ethical, and spiritual challenges

10 Tough Facts about Combat for Leaders,
Walter Reed Army Institute of Research Land Combat Study Team, March, 2006

Military Culture & Deployment Psychology

74
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74

It is commonly believed service members must talk about their combat experiences to overcome any potential psychological impact.

Some things will never be resolved but can be “cordoned” off; some people are better off not speaking of particular events.

Developing a sense of when the things of war should be discussed and illuminated is an essential skill for providers working with military members.

Consider the impact of combat

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75

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75

Behavioral health providers can readily develop the skills and knowledge to assess and treat the predictable problems seen in military members in response to combat and operational stress.

Consider the key clinical problems

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76

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76

⌘ It is tempting to believe we can't make a difference, the problems are too vast, too complex, and beyond our capability to affect.

⌘ Military men and women and our military organizations need what PROPERLY TRAINED behavioral health professionals can bring to the fight.

{ Consider the key clinical problems

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77

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77

⌘ Insomnia

⌘ Sleep disruption is the second most prevalent medical complaint among returning veterans (orthopedic problems are first)

⌘ 50% of IN ARNG Soldiers report problems sleeping following deployments.

⌘ "What we found was that sleep problems are ubiquitous to combat," in Capaldi (2011) *Sleep Disruption Among Returning Combat Veterans from Iraq and Afghanistan*

{ Consider the key clinical problems

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78

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78

↳ Insomnia

- ⌘ Treatment options: psychopharmacological (not effective long term) and psychological (cognitive-behavioral therapy for insomnia)

⌘ Resources:

- ⌘ Center for Deployment Psych has a two-three day workshop on evidenced-based CBTI (<http://deploymentpsych.org/training/workshops/cbti>)
- ⌘ Book: *Cognitive Behavioral Treatment of Insomnia: A Session-by-Session Guide* by Perlis et al. (2008)

{ Consider the key clinical problems

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79

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79

↳ PTSD

- ⌘ Close to 250,000 veterans have been diagnosed with PTSD.
- ⌘ In 2004, the compensation to veterans with PTSD was \$4.28 billion. (Committee on Veteran's Compensation for PTSD, 2007)
- ⌘ Prevalence of PTSD among military members is 15X greater than among civilian populations.

{ Consider the key clinical problems

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80

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80

⌘ PTSD

⌘ Treatment Options

- ⌘ Pharmacological – seen as an important treatment option, but perhaps over utilized (data required)
- ⌘ Psychological –
 - ⌘ Long list of possibilities;
 - ⌘ All have won, but CPT and PE get the funding!

{ Consider the key clinical problems

⌘ Resources:

- ⌘ VA National Center for PTSD (<http://www.ptsd.va.gov/>)
- ⌘ Center for Deployment Psych (again)
- ⌘ Article: Shapeless & Barber (2011). *A clinicians guide to PTSD treatments for returning veterans.*

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81

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81

- ⌘ Unique military stressors—like combat exposure & deployments—contribute to unhealthy coping methods like drugs & alcohol.

- ⌘ Prescription drug abuse is much higher in military personnel than in civilian population

{ Consider Substance Abuse in Military Context

Drug Facts: Substance Abuse in the Military." (March 2013). *National Institute on Drug Abuse.*

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82

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82

- ⌘ Increased prescriptions for combat-related injuries and strain from heavy lifting.
- ⌘ Alcohol abuse much higher in the military population, with nearly half of service members admitting to binge drinking episodes.

Drug Facts: Substance Abuse in the Military."
(March 2013). *National Institute on Drug Abuse*.

Consider Substance Abuse in Military Context

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83
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83

History of Military Drug Addiction

- ⌘ Civil War
 - ⌘ Advent of the syringe in 1853, morphine became the perfect solution to intense pain on the front lines.
 - ⌘ Soldiers were addicted to morphine for decades after the war, the addiction being termed "Soldier's Disease."
- ⌘ World War I (1914-1919)
 - ⌘ Instant coffee and pre-rolled cigarettes ushered in an era of caffeine and nicotine addiction sweeping the military ranks.
- ⌘ World War II (1939-1945)
 - ⌘ Alcohol was handed out with military rations becoming one of the drugs of choice for servicemen.
 - ⌘ Methamphetamine was given to pilots and tank drivers to keep them focused and awake during combat.

Consider Substance Abuse in Military Context

Clinical Practice in the Military Context

84
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84

History of Military Drug Addiction

⌘ Vietnam War (1959-1975)

- ⌘ Drug culture in the U.S. exploded with marijuana, psychedelics and amphetamines.
- ⌘ South Vietnamese officials made heroine readily accessible and inexpensive.
- ⌘ Estimated that half of the military population in Vietnam tried opium or heroin during their tour and one-fifth of them came home addicted.

Davis, D.; Goodwin, D.; Robins, L. (1973). "Drug Use By U.S. Army Enlisted Men in Vietnam: A Follow Up on Their Return Home." *American Journal of Epidemiology*. Accessed July 10, 2014.

Consider
Substance Abuse
in Military
Context

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85

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85

Drug Use in Today's Military

- ⌘ Illicit drug use is a punishable offense in today's military, leading to discharge and sometimes criminal charges. It is thought that because of these harsh consequences and random drug tests, military will stay away from these drugs.
- ⌘ Zero-tolerance policies
 - ⌘ Deter help seeking, but also
 - ⌘ Deter drug use - 2.3% military v. 12% civilian use in past 12 months

Consider
Substance Abuse
in Military
Context

Clinical Practice in the Military Context

86

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86

Drug Use in Today's Military

- ✎ From 2010-11
 - ✎ 56 Soldiers in Afghanistan were investigated for the suspected distribution or use of opiates, including heroin and morphine, and during that same time,
 - ✎ Eight soldiers died from drug overdose.
 - ✎ Afghanistan produces 90 percent of the world's opium, making temptation difficult to overcome in such a stressful environment.
- ✎ 12-15% Soldier deployed to Iraq tested positive for alcohol problems in 2014.
- ✎ 3.8 million service members prescribed pain medication.

Consider Substance Abuse in Military Context

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87
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87

Drug Use in Today's Military

- ✎ Sufferers of PTSD are twice as likely to receive an opioid pain reliever prescription than those not suffering from PTSD.
- ✎ 60 to 80 percent of veterans from the Vietnam War suffering from PTSD also have an alcohol use disorder.

Consider Substance Abuse in Military Context

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88
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88

2012 Institute of Medicine Report on substance use in the military:

- ⌘ Increase use of evidence-based prevention and treatment interventions;
- ⌘ Expand access to care;
- ⌘ Broaden insurance coverage to include effective outpatient treatments;
- ⌘ Better equip healthcare providers to recognize and screen for substance use problems;
- ⌘ Limit access to alcohol on bases;
- ⌘ Increase confidentiality;
- ⌘ Change military climate (stigma, blame)
- ⌘ Limit duration of opioid pain reliever prescriptions & increase monitoring when multiple prescriptions are being used.

Consider
Substance Abuse
in Military
Context

Clinical Practice in the Military Context

89

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89

⌘ Additional areas of concern:

- ⌘ Suicide-Related Ideation & Behaviors (learn how to do a competent risk assessment)
- ⌘ ADHD (most common d/o among Army Soldiers)
- ⌘ Relationships & Marital Functioning
- ⌘ Depression/ Intermittent Explosive D/O

Consider a few
other key clinical
problems

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90

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90

⌘ Concerns for military women:

- ⌘ Military Sexual Trauma & Domestic Violence
- ⌘ Body Dissatisfaction and Eating Disorders
- ⌘ Social Support & Isolation

⌘ Resources:

- ⌘ Center for Women Veterans (1-855-VA-WOMEN)

Consider a few other key clinical problems

Clinical Practice in the Military Context

91
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91

⌘ Screen for military affiliation during the intake process; assess for identification with the military community.

⌘ Become aware of the resources available to military members, vets, and families.

⌘ Adapt your processes to fit for military members

What can behavioral health professionals do?

92

92

☞ Star Behavioral Health Providers
(www.starproviders.org)

☞ Join the Guard

☞ Market yourself to the military/develop a military behavioral health “practice niche”

What can behavioral health professionals do?

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93
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93

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{ Questions

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94
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94