



Military Culture Competency and Transition Awareness

(Working with Veterans and Military Families)

Virginia Veteran and Family Support



Military Culture Competency

This training provides an overview of military culture to include organizational structure, rank, branches of service, core values, and demographics as well as similarities and differences between the Active and Reserve components, National Guard and Military Family awareness.

It also provides awareness of transition and reintegration needs for veterans and members of the National Guard and Armed Forces Reserves and their Families.



Learning Objectives

- Introduce the military organizational structure, rank, branches of service, core values, and demographics
- Teach the differences between the Active and Reserve components and National Guard
- Raise awareness of military transitions from active duty, deployment and reintegration to civilian life and the challenges that arise from these transitions
- Discuss military related behavioral health needs, treatment options and resources for Veterans, Service Members and their families
- Share resources for Veterans, Service Members, their families as well as for caregivers and providers



Military Active Duty Population

- 1,429,995 active duty members
- More than half of these are 25 years old or younger
- Approx. 54% are married
- Approx. 42% have children
- Approx. 7% are single parents
- 7% of active duty are dual military couples
- Approximately 3 million troops have served in support of OIF/OEF/OND





Service Demographics

Strength of Active Duty Force				
Service	Enlisted	Officers	Total	Percentage
Army	452,064	87,610	539,675	37.8%
Navy	275,296	51,388	326,684	22.9%
Marine Corps	178,213	20,202	198,415	13.9%
Air Force	258,095	64,805	322,900	22.6%
Coast Guard	33,228	8,134	41,362	2.9%
Total	1,196,897	232,139	1,429,036	100%

Active Duty Gender Distribution		
Service	Enlisted Percent Female	Officer Percent Female
Army	13.2 %	15.5 %
Navy	15 %	15.1 %
Marine Corps	6.2 %	5.8 %
Air Force	19.9 %	18.3
Coast Guard	11.6 %	14.9 %
Total	14 %	15.3 %



Reserve Components

- 1.5 million in the Reserve Components
- Army, Navy, Air Force, Marine Corps, Coast Guard
- Reserve components are subordinated to the Federal government (four are Dept of Defense and one Dept of Homeland Security)





Armed Forces Reserve

Part-Time

Performing duties one weekend per month, plus two weeks of training per year, members of the Reserves and National Guard are considered part-time.



Individual Ready Reserve

- IRR is a category of the **Ready Reserve** of the Reserve Component of the Armed Forces of the United States.
- Composed of former active duty or **reserve** military personnel
- All members of IRR may be subject to Recall





Virginia National Guard (Army and Air)

Approx. 7500 soldiers, 1200 airmen, and maintains 67 armories in 50 communities.

Units and Formations

- U.S. 20th Infantry Division (Light)
- 116th 'Stonewall' Infantry Brigade Combat Team
- 329 Regional Support Group
- Maneuver Training Center, Fort Pickett
- 91st Troop Command
- 34th Civil Support Team
- 183rd Regiment (RTI)
- 2-224th Aviation Regiment





Activation of National Guard

- **Title 10** – President orders National Guard to active duty – can be voluntary or not, total amount of time can not exceed 365 days



- **Title 32** – Ordered by the Governor with the approval of the President – for various purposes including homeland defense, operational activities (airport security, riot control, natural disasters, etc). Funded by the Federal government
- **State Active Duty** - for emergency response, ordered by the Governor



Federal Veteran Definition

What is a Veteran?

Title 38 of the Code of Federal Regulations defines a veteran as; “a person who served in the active military, naval, or air service and who was discharged or released under conditions other than dishonorable.”



Our Veteran Population

- 19,998,799 million veterans in the U.S.
- 5.1 million are between ages of 25-50
- 5.2 million are between ages of 50-65
- 9.4% of veterans are women
- 7.2 million Gulf War Veterans



Source: National Center for Veterans
Analysis and Statistics
www.va.gov/vetdata



Virginia Veterans

Total Veterans

Virginia has approximately 725,028 veterans

Growing

Virginia is currently the 8th largest veteran population in the nation and is projected to have the 5th largest veteran population by 2023

Young

Virginia ranks fifth in younger veterans (age 17 – 39) 33% of the Virginia veteran population is under the age of 50

Female

Virginia has the largest percentage of women veterans to total veterans, 14% (Nationally, females are 9% of the vet pop)

Source: National Center for Veterans Analysis and Statistics

www.va.gov/vetdata



Military Lingo Quiz

“MOS” Occupation Specialty

“Chow” Food or Meal Time

“Squared Away” Taken Care of or Very Professional/Sharp

“Sandbox” The Middle East

“Cover” Military Hat



Military Language

Similar to other cultures, the military (and each subculture within the military) has its own language and terms.

This “language” serves two important purposes:

1. It has a utilitarian function that makes communicating to other service members easier and more efficient
2. It helps to create an identity and sense of belonging for military members (an “us” and “them” so to speak).





Culture of the Military

- Abides by own set of rules and norms (UCMJ)
- Unique set of traditions – service specific
- Own language/Alphabet
- Organized hierarchy/rank structure
- Defined roles (Occupational Specialties)
- Consistency across units/organizations
- Command and Control Model
- Strong work ethic, accountability, personal responsibility
- Stoic, pride in being able to handle adversity
- Clearly-defined career progression





Core Values

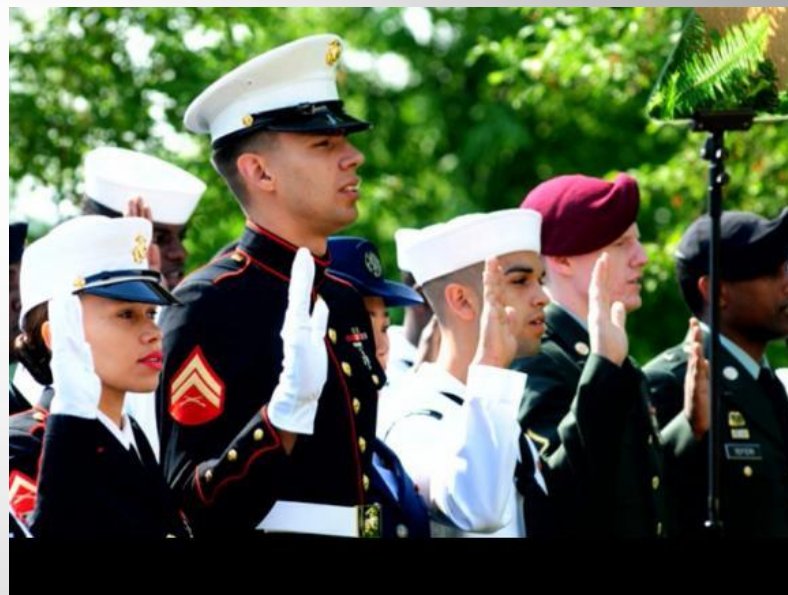
USN: *Honor, Courage, Commitment*

USMC: *Honor, Courage, Commitment*

USAF: *Service Before Self*

USCG: *Honor, Respect, and
Devotion to Duty*


USA: *This We'll Defend*



Duty, Honor, Country



Service Ethos



The Airman's Creed

**I AM AN AMERICAN AIRMAN.
I AM A WARRIOR.
I HAVE ANSWERED MY NATION'S CALL.**

**I AM AN AMERICAN AIRMAN.
MY MISSION IS TO FLY, FIGHT, AND WIN.
I AM FAITHFUL TO A PROUD HERITAGE,
A TRADITION OF HONOR,
AND A LEGACY OF VALOR.**

**I AM AN AMERICAN AIRMAN,
GUARDIAN OF FREEDOM AND JUSTICE,
MY NATION'S SWORD AND SHIELD,
IT'S SENTRY AND AVENGER,
I DEFEND MY COUNTRY WITH MY LIFE.**

**I AM AN AMERICAN AIRMAN:
WINGMAN, LEADER, WARRIOR
I WILL NEVER LEAVE AN AIRMAN BEHIND,
I WILL NEVER FALTER,
AND I WILL NOT FAIL.**

The Soldier's Creed

I am an American Soldier.

I am a Warrior and a member of a team.

I serve the people of the United States and live the Army Values.

WARRIOR ETHOS

- I will always place the mission first.*
- I will never accept defeat.*
- I will never quit.*
- I will never leave a fallen comrade.*

I am disciplined, physically and mentally tough, trained and proficient in my Warrior tasks and drills.

I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.





Service Ethos

Creed of the United States Coast Guardsman

I AM PROUD TO BE A UNITED STATES COAST GUARDSMAN.

I REVERE THAT LONG LINE OF EXPERT SEAMEN WHO BY THEIR DEVOTION TO DUTY AND SACRIFICE OF SELF HAVE MADE IT POSSIBLE FOR ME TO BE A MEMBER OF A SERVICE HONORED AND RESPECTED, IN PEACE AND IN WAR, THROUGHOUT THE WORLD.

I NEVER, BY WORK OR DEED, WILL BRING REPROACH UPON THE FAIR NAME OF MY SERVICE, NOR PERMIT OTHERS TO DO SO UNCHALLENGED.

I WILL CHEERFULLY AND WILLINGLY OBEY ALL LAWFUL ORDERS.

I WILL ALWAYS BE ON TIME TO RELIEVE, AND SHALL ENDEAVOR TO DO MORE, RATHER THAN LESS, THAN MY SHARE.

I WILL ALWAYS BE AT MY STATION, ALERT AND ATTENDING TO MY DUTIES.

I SHALL, SO FAR AS I AM ABLE, BRING TO MY SENIORS SOLUTIONS, NOT PROBLEMS.

I SHALL LIVE JOYOUSLY, BUT ALWAYS WITH DUE REGARD FOR THE RIGHTS AND PRIVILEGES OF OTHERS.

I SHALL ENDEAVOR TO BE A MODEL CITIZEN IN THE COMMUNITY IN WHICH I LIVE.

I SHALL SELL LIFE DEARLY TO AN ENEMY OF MY COUNTRY, BUT GIVE IT FREELY TO RESCUE THOSE IN PERIL.

WITH GOD'S HELP, I SHALL ENDEAVOR TO BE ONE OF HIS NOBLEST WORKS -
A UNITED STATES COAST GUARDSMAN.

THE SAILOR'S CREED

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 those 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.



Service Ethos



This is my rifle. There are many like it, but this one is mine. It is my life. I must master it as I must master my life. Without me my rifle is useless. Without my rifle, I am useless. I must fire my rifle true. I must shoot straighter than the enemy who is trying to kill me. I must shoot him before he shoots me. I will. My rifle and I know that what counts in war is not the rounds we fire, the noise of our burst, or the smoke we make. We know that it is the hits that count. We will hit.

My rifle is human, even as I am human, because it is my life. Thus, I will learn it as a brother. I will learn its weaknesses, its strengths, its parts, its accessories, its sights and its barrel. I will keep my rifle clean and ready, even as I am clean and ready. We will become part of each other.

Before God I swear this creed. My rifle and I are the defenders of my country. We are the masters of our enemy. We are the saviors of my life.

So be it, until victory is America's and there is no enemy.



Army - Soldier

- **Mission:** To fight and win our nation's wars with sustained land dominance across full-range of military operations
- Oldest and largest branch; main ground force
- Built to execute large-scale and long-term ground operations

www.army.mil





Navy - Sailor

- **Mission:** The mission of the Navy is to maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas.
- Second largest branch, main naval force
- Provides naval security, ensures sea transport and allow for U.S force projection

www.navy.mil





Air Force - Airman

- **Mission:** To fly, fight and win—in **air**, space and cyberspace. We are America's Airmen
- Youngest branch
- Controls air and space operations and is in charge of two-thirds of our nuclear triad

www.af.mil





Marine Corps - Marine

- **Mission:** Marines are trained, organized and equipped for offensive amphibious employment and as a "force in readiness."
- A rapid deployment amphibious force. (Shorter but more deployments)
- Particularly skilled in counterinsurgency, small unit tactics (Fallujah, 2004-05)

www.marines.mil





Coast Guard – Sailor/Coastie

- **Mission:** A multi-mission force: protection of U.S. coastlines, waterways and territorial seas, defense readiness, search and rescue, port security, aids to navigation, fisheries patrols, drug interdiction/law enforcement
- The oldest continuing seagoing service in the US and the only military service with arrest authority
- Operates under the Department of Homeland Security but can be transferred to the US Navy by the President in times of war
- Deployed in every conflict since French/Indian Wars including Vietnam, Gulf War and OIF

www.uscg.mil





Service Force Population



Since Sep 18,
1947

482,264

Reserve:
205K

National Guard:
358K



Since Oct 13,
1775

328,162

Reserve:
108K



Since Sep 18,
1947

310,996

Reserve:
71K

National Guard:
106K



Since Oct 13,
1775

328,162

Reserve:
108K



Since Jun 14,
1775

39,639

Reserve:
8,100K



Rank Structure



Enlisted

“E”

- An enlisted member is one who has joined the military or "enlisted." A minimum of a high school diploma is required. Paygrades E-1 through E-10

Non-Commissioned Officer

“NCO”

- An NCO is an enlisted member who has risen through the ranks **Officer** through promotion. NCOs serve as the link between enlisted personnel and commissioned officers. They hold responsibility for training troops to execute missions. Training for NCOs includes leadership, management, specific skills, and combat training. Paygrades E-5 through E-10

Warrant

“W” or “CWO”

- A warrant officer is a highly trained specialist. One must be an enlisted member with several years of experience, be recommended by his or her commander, and pass a selection board to become a warrant officer. Paygrades W1 through W5

Officer

“O”

- A commissioned officer's primary function is to provide management and leadership in his or her area of responsibility. Requires a bachelor's degree and later, as one progresses through the ranks, a master's degree for promotions. Specific commissioning programs exist (e.g., military academies, Officer Candidate Schools, and Reserve Officer Training Corps [ROTC]). Paygrades O-1 through O-10

RANK INSIGNIA OF THE U.S. ARMED FORCES

ENLISTED

E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	SENIOR ENLISTED ADVISORS	
ARMY										
no insignia Private E-1 (PV1)	 Private E-2 (PV2)	 Private First Class (PFC)	 Specialist (SPC)	 Sergeant (SGT)	 Staff Sergeant (SSG)	 Sergeant First Class (SFC)	 Master Sergeant (MSG)	 First Sergeant (1SG)	 Sergeant Major (SGM)	 Command Sergeant Major (CSM)
MARINES										
no insignia Private (Pvt)	 Private First (PFC)	 Lance Corporal (LCpl)	 Corporal (Cpl)	 Sergeant (Sgt)	 Staff Sergeant (SSgt)	 Gunnery Sergeant (GySgt)	 Master Sergeant (MSGt)	 First Sergeant (1stSgt)	 Master Gunnery Sergeant (MGySgt)	 Sergeant Major (SgtMaj)
AIR FORCE										
no insignia Airman Basic (AB)	 Airman (Amm)	 Airman First Class (A1C)	 Senior Airman (SrA)	 Staff Sergeant (SSgt)	 Technical Sergeant (TSgt)	 Master Sergeant (MSGt)	 First Sergeant (E-7)	 Senior Master Sergeant (SMSgt)	 First Sergeant (E-8)	 Chief Master Sergeant (CMSgt)
NAVY										
no insignia Seaman Recruit (SR)	 Seaman Apprentice (SA)	 Seaman (SN)	 Petty Officer Third Class (PO3)	 Petty Officer Second Class (PO2)	 Petty Officer First Class (PO1)	 Chief Petty Officer (CPO)	 Senior Chief Petty Officer (SCPO)	 Master Chief Petty Officer (MCPO)	 Force or Fleet Command Master Chief Petty Officer (FORMC) (FLTMC)	 Master Chief Petty Officer of the Navy (MCPON)
COAST GUARD										
 Seaman Recruit (SR)	 Seaman Apprentice (SA)	 Seaman (SN)	 Petty Officer Third Class (PO3)	 Petty Officer Second Class (PO2)	 Petty Officer First Class (PO1)	 Chief Petty Officer (CPO)	 Senior Chief Petty Officer (SCPO)	 Master Chief Petty Officer (MCPO)	 Command Master Chief (CMC)	 Master Chief Petty Officer of the Coast Guard (MCPO-CG)

www.army.mil/symbols

RANK INSIGNIA OF THE U.S. ARMED FORCES

OFFICERS

0-1	0-2	0-3	0-4	0-5	0-6	0-7	0-8	0-9	0-10	SPECIAL
ARMY - AIR FORCE - MARINES										
 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)
NAVY - COAST GUARD										
 Ensign (ENS)	 Lieutenant Junior Grade (LTJG)	 Lieutenant (LT)	 Lieutenant Commander (LCDR)	 Commander (CDR)	 Captain (CAPT)	 Rear Admiral Lower Half (RADML)	 Rear Admiral Upper Half (RADMU)	 Vice Admiral (VADM)	 Admiral (ADM)	 Fleet Admiral (FADM)
ARMY										
 Warrant Officer (WO1)	 Chief Warrant Officer (CW2)	 Chief Warrant Officer (CW3)	 Chief Warrant Officer (CW4)	 Chief Warrant Officer (CW5)						
NAVY - COAST GUARD										
Warrant Officer 1 W-1 *The grade of Warrant Officer W-1 is no longer in use.	 Chief Warrant Officer (CW02)	 Chief Warrant Officer (CW03)	 Chief Warrant Officer (CW04)	NO Chief Warrant Officer (CW05)						
MARINES										
 Warrant Officer (WO)	 Chief Warrant Officer (CW02)	 Chief Warrant Officer (CW03)	 Chief Warrant Officer (CW04)	 Chief Warrant Officer (CW05)						
AIR FORCE										
NO WARRANT	NO WARRANT	NO WARRANT	NO WARRANT	NO WARRANT						

www.army.mil/symbols



Military Rank to Civilian Job Translation	
Officer: O5-O7	CEO, COO, Administrator
Officer: O4	Operations Manager, Vice President
Officer: O1-O3	Project Manager, Director, Supervisor
Commander	Program Manager, Senior Director
Enlisted: Warrant Officer	Senior Technician, Technical Advisor
Enlisted: Senior NCO (E7-E9)	Technical Advisor, Division Supervisor
Enlisted: NCO (E5-E6)	Manager, Foreman, Technical Supervisor
Enlisted: (E1-E4)	Assembler, Specialist, Technician
First Sergeant	Group Supervisor
NCOIC	Supervisor, Senior Technician
Platoon Sergeant	First Line Supervisor



Strengths Resulting From Military Service

1. Leadership
2. Team Work
3. Diversity
4. Flexibility/Adaptability
5. Systematic Planning and Organization
6. Work under pressure/ meet deadlines





Normal Stressors of Military Life

Frequent Moves:

For children: changing schools, loss of friends, new routines

For spouses: change of jobs, periods of un/under-employment, search for new doctors, loss of friends



Separation Due to Deployments: spouse becomes single parent, children- loss of parent, uncertainty, worry.

Financial: inability to sell home, unforeseen moving costs, additional day care costs

Limited Support System: separation from extended family, constant loss of friends





Additional Stressors of Combat

Combat Stress: transitional period before and after combat deployments

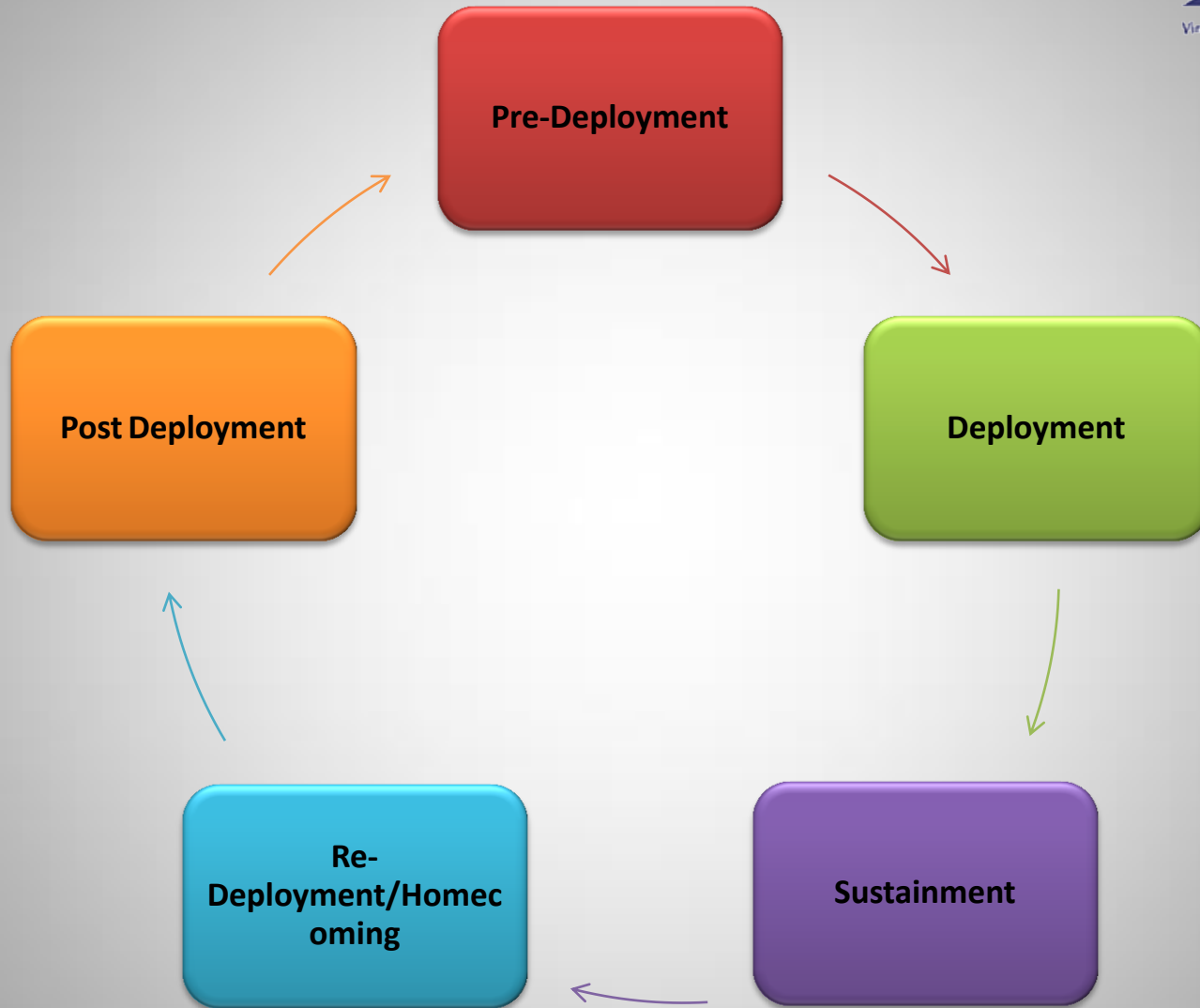
For Guard and Reserves: changes in monthly income, employment concerns, unemployment

Serious Injuries with long lasting impact, some leading to medical discharge

Cycle of Deployment: Pre-deployment, deployment, sustainment, re-deployment, post-deployment



Emotional Cycle of Deployment





OIF/OEF/OND Conflicts

Operation Iraqi Freedom	Feb. 2003 – Sept. 2010
Operation New Dawn	Sept. 2010 – Dec. 2011
Operation Enduring Freedom	Oct. 2001 – Dec. 2014

- **52,010** U.S. service members wounded in hostile action the beginning of OIF and over **6,809** service members have been killed in Iraq and Afghanistan
- Approx. **600,000** NG and Reservists have deployed since the beginning of U.S. military operations in Iraq



Characteristics of OIF/OEF/OND and Differences with Past Conflicts

- Heavy dependence on National Guard & Reserve
- Longer deployments with multiple combat deployments and infrequent breaks in between
- High intensity guerilla warfare
- Chronic threat of IEDs and RPGs
- New advancements in body armor, tactical vehicles
- Fewer fatalities and more wounded survive than ever before (“Invisible Wounds”)



The Paradox of Coming Home

“Honeymoon period”: a few hours to a few weeks.

Changing combat zone responses to appropriate responses in civilian community.

Reference: Resiliency (previously Battlemind) link for training for mental health providers <https://www.rto.wrair.army.mil/bhr.html>



Stressors of Separation from Military Life

- Finding a new identity
- Forming a new support group
- Choosing a permanent home
- Healthcare
- Employment
- Residual impact of military lifestyle on veteran and family members





The Process of Transition for Family

- Fitting the deployed spouse/parent back into the home routine --reintegration
- Rebalancing child responsibilities between parents
- Getting to know the deployed spouse/parent again
- Worrying about the next deployment
- Dealing with the deployed spouse/parent's mood changes
- Children or spouse deciding who to turn to for advice
- Children worrying about how their parents are getting along



Readjustment to Family Life

- Difficulty communicating
 - Unsure what to share about their deployment/or can't share at all
 - Lack of sensitivity toward partner
 - Minimizing partner's stressors and challenges
- Irritability and anger
- Domestic violence
- Decreased sex drive
- Emotional numbing
- Role changes
- Infidelity
- Instant marriages prior to deployment



Everyone is changed by war





Moving from this....

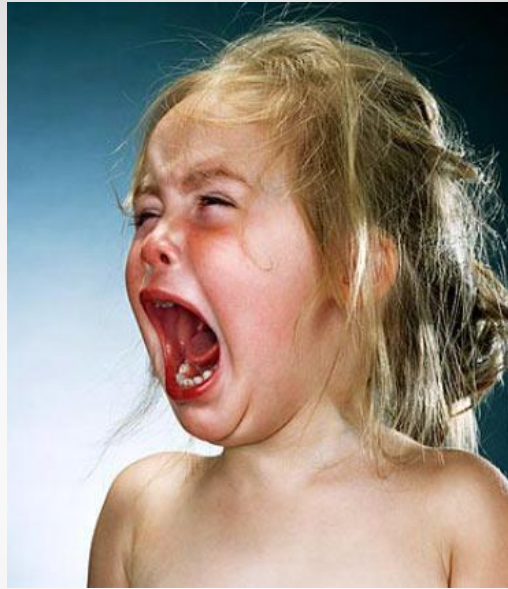








To This:





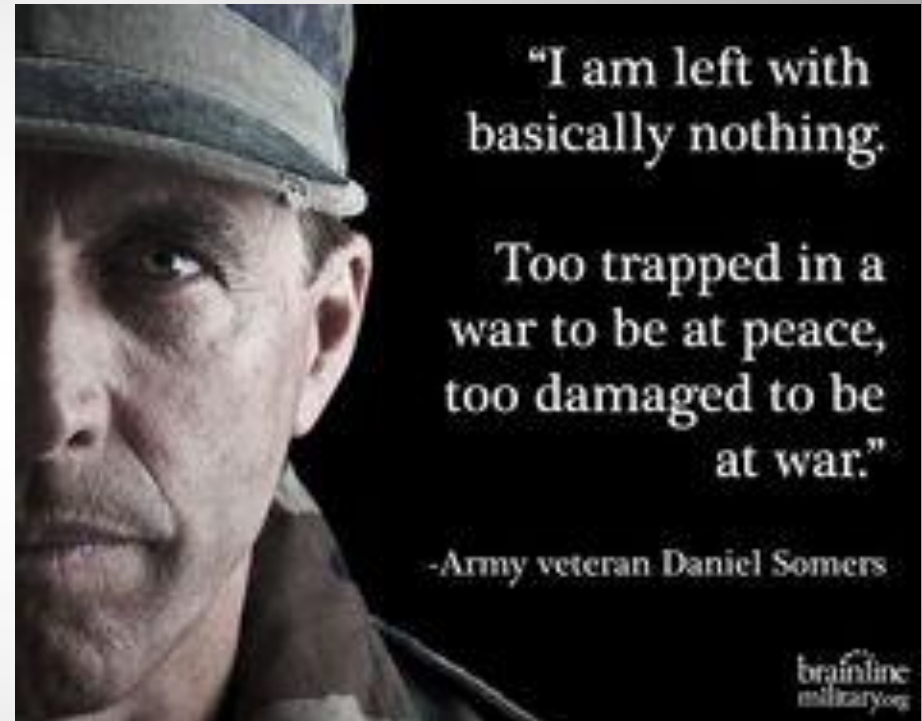
Common Transition/Adjustment Responses

- Feeling irritable, jumpy or sometimes NUMB
- Becoming easily annoyed or frustrated
- Feeling disconnected from friends and family
- Experiencing sadness or guilt
- Sleeping too much or too little
- Being uncomfortable with physical or emotional intimacy
- Having intrusive thoughts, flashbacks or nightmares
- Having trouble concentrating or remembering



Problems which Persist

- PTSD
- TBI
- Anxiety/Depression
- Substance Abuse



Left untreated, negative symptoms can persist for years or a lifetime



Post Traumatic Stress Disorder

- Different from Combat Stress
- Now classified as a “trauma and stressor-related disorder” (DSM V) that occurs after exposure to a traumatic or stressful event



PTSD

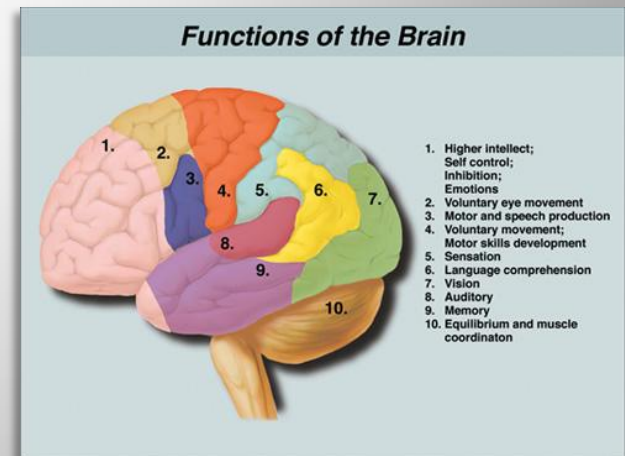
“A Normal Reaction to an
Abnormal Situation”



Our Primitive Brain

- Function of the brain: survival
- Fight-Flight-Freeze response
- Stress activates immune and defense systems
- The brain interprets the traumatic experience as dangerous
- The brain generates powerful memories

Individuals with PTSD sometimes lose the ability to discriminate between past and present experiences or interpret environmental contexts correctly





Notable Differences Between Military and most Civilian PTSD

- Trauma reoccurs over months or years (e.g. handling body parts every day, being under fire on a regular basis, repeat deployments)
- Experience is impacted by unit support, command and leadership and national support
- Service members often see themselves as perpetrators



Treatment for PTSD

Focus on Symptom relief: Sleep patterns and mood, confronting fears, understanding emotional responses to traumatic events

Treatment will reduce distress associated with memories and quell physiological reactions

Types of treatment include:

- **Prolonged Exposure Therapy-** process traumatic memories and thoughts through repetition reduces their power and impact
- **Cognitive Behavioral Therapy-** examines irrational thought
- **Interpersonal Therapy-** relationship repair
- **Non-traditional therapies** with or without other clinical treatments



PTSD by the Numbers

Operations Iraqi Freedom (OIF) and Enduring Freedom (OEF):

About 11-20 out of every 100 Veterans (or between **11-20%**) who served in OIF or OEF have PTSD in a given year

Gulf War (Desert Storm): About 12 out of every 100 Gulf War Veterans (or **12%**) have PTSD in a given year

Vietnam War: It is estimated that about 30 out of every 100 (or **30%**) of Vietnam Veterans have had PTSD in their lifetime.

* *From the National Center for PTSD*



Traumatic Brain Injury

TBI is a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain

Blast injuries caused by exposure to improvised explosive devices, rocket-propelled grenades, land mines, mortar/artillery shells, Motor vehicle crashes, falls and assaults

Even those who were not obviously wounded in explosions or accidents may have sustained a brain injury

Mild TBI is most prevalent





Between 19 and 30% of all services members in OIF/OEF experienced a TBI





Estimated TBI Incidence in OIF/OEF Troops

- Around 57,000 OIF/OEF have sought services at the VA for issues relating to TBI
- **Estimates: at least 180,000 and as many as 360,000 have sustained a head trauma**
- **20% of all wounded in OIF/OEF had some type of TBI**



Combat Traumatic Brain Injury

- Closed brain injuries – most common
- May not exhibit physical wounds
- Many will not report the incident



PTSD and Traumatic Brain Injury Symptoms

IMPACT ON COGNITION AND MEMORY

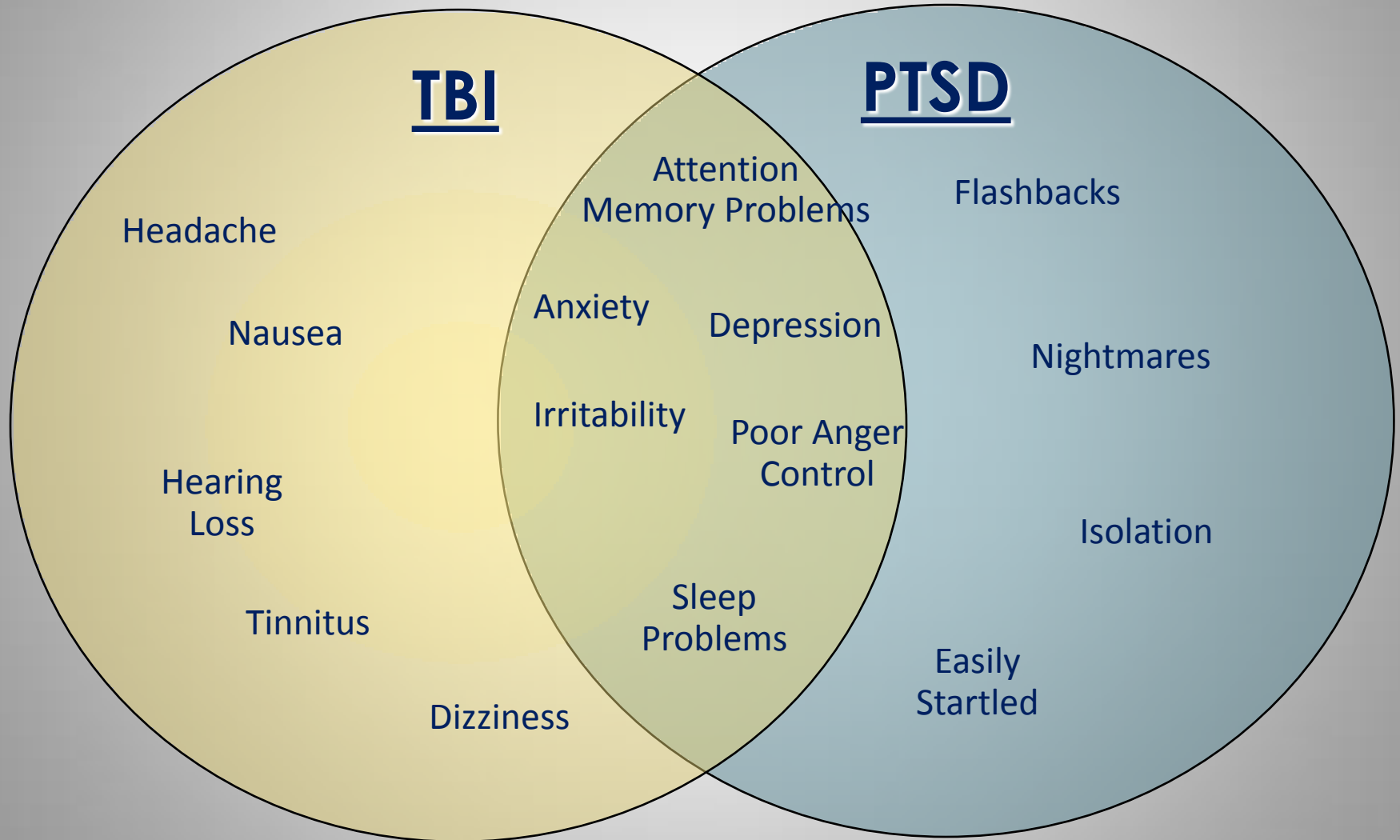
IMPACT ON EMOTION

IMPACT ON BEHAVIOR





PTSD/TBI Symptom Overlap





Common Coping Mechanisms for Veterans with Combat Stress, PTSD and TBI

- Alcohol abuse
- Weapons Security or Perimeter Control at home
- Isolation
- Yelling, anger and outbursts, domestic violence
- High adrenaline risk behavior (motorcycles, speeding, etc.)
- Overspending



Other struggles in Combat Veterans

- Loss of identity/meaning (I was a soldier)
- Survivors guilt
- The Trauma of killing: moral injury
 - A. "I still don't know" (if he was an insurgent)
 - B. "Knowing" (civilians that appeared to be threats were killed)
 - C. Collateral damage





Treatment

- **IN THEATRE**– Combat Medics, Battalion Aid Stations, Forward Surgical Teams, and Combat Support Hospitals
- **MILITARY TREATMENT FACILITIES(DoD)** – Walter Reed, Naval Medical Center San Diego, USAF Wilford Hall & Brooke Army MC Texas - trauma care, acute stabilization, evaluation
- **MILITARY AFFILIATED SITES:** Fort Bragg NC, Fort Carson CO, Camp Pendleton CA, Landstuhl Regional MC Germany- TBI screening, treatment, fitness for duty determinations
- **CLINICAL SITES:** Camp Lejeune NC, Fort Hood TX,
-screening, treatment, assessments, education



National Intrepid Center of Excellence (NICoE)

- Military health system's institute for traumatic brain injury and psychological health
- Main center: Walter Reed National Military Medical Center Bethesda





VA Treatment

Four leading Polytrauma Rehabilitation Centers:

Minneapolis, Palo Alto, Tampa, and
Hunter McGuire VAMC in Richmond

- Intensive inpatient rehabilitation
- Treats TBIs along with other injuries
- Offer psychosocial support for patient and family





Military Sexual Trauma (MST)

- “Sexual assault or repeated, unsolicited, threatening acts of sexual harassment that occurred while a veteran was serving on active duty or active duty for training”
- 1 in 5 female veterans
- 1 in 100 male veterans





In 2013, the Pentagon reported a **35% jump from 2010 to 2012 in reported sexual assaults**. Using anonymous surveys, the department estimated that **the total number of “unwanted sexual contacts” had risen from 19,300 in 2010 to 26,000 two years later.**

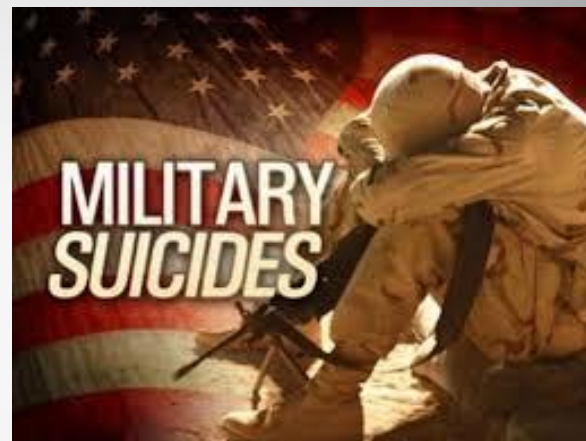
The persistence of sexual abuse in the U.S. military is a stain that decades of effort have failed to stop or even reduce.

Time Magazine, March 9, 2014



Suicide

- Veterans – approx 6,500 per year
- Approx. 30% of cases involve alcohol and other drugs
- Majority had no psychiatric history, only 6% diagnosed with PTSD
- Approximately half with recent failed relationship





Veterans Suicide Rate Comparison

- U.S. Civilian rate: 13 per 100,000
- Veterans age 20-24: 22.9 per 100,000
- Veterans older than 24: 20 per 100,000
- OIF and OEF veterans: 38 per 100,000
- National Guard: 34.2 per 100,000

VA estimates 1,000 suicides per year for those receiving VHA services;
5,000 for those not enrolled

WE LOSE **20** VETERANS TO SUICIDE EVERY DAY

Reaching out
can help save
a life



Learn the risks
and warning signs
of suicide
—
afsp.org/signs

Let them
know you
care and have
an honest
conversation

If you're
concerned,
encourage them
to get the help
they need



Suggestions for Working with Veterans

- Connect the service member with other veterans - help them develop a peer support network
- Differentiating between transition and military operational stress and PTSD
- Do not share your personal views on war or politics
- Focus on transition and ongoing re-integration
- Consider loss of identity/meaning (I was a Soldier/Marine)
- Refer to support services/organizations



Suggestions for Working with Combat Veterans

- Avoid use of diagnostic labeling early on (i.e. “you may have PTSD”)
- Do not say you understand what they have experienced unless you have experienced combat or military yourself
- Involve the veteran’s primary support system
- Long term- recognize importance in discussing grief and survivors guilt and the impact of experiences on the veteran’s spirituality and belief system
- Refer to other professionals as appropriate



Veteran's Story



Virginia Department of Veterans Services

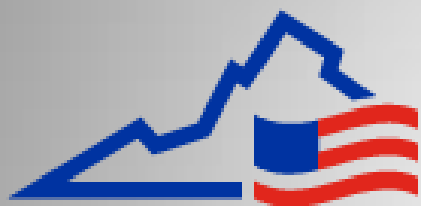


<https://www.youtube.com/watch?v=mEVA0T7QR1E>



Final Thoughts

- All veterans don't view their military service in the same way
- Consider that not going to a combat zone may be devastating for a service member
- Consider the initial motives for joining the military
- Learn about the veteran's military family background
- Consider the loss of identity after getting out of the military



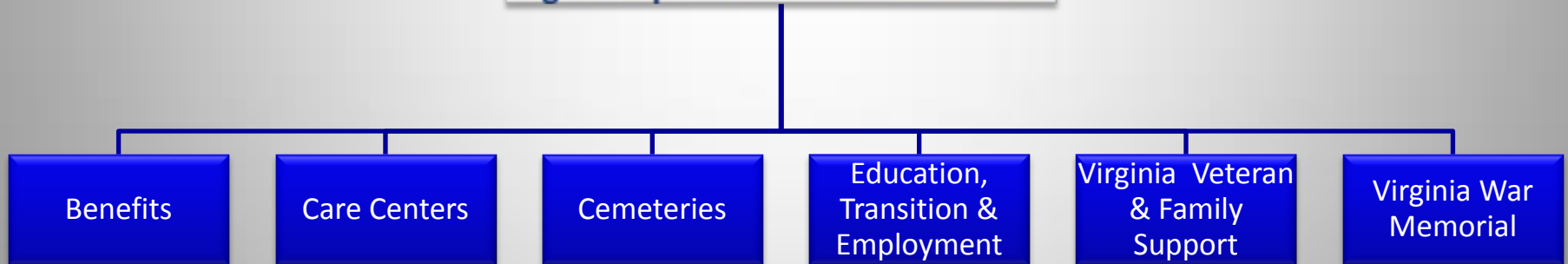
Virginia Department of Veterans Services

Proudly Serving Our Veterans Across the Commonwealth

The Virginia Department of Veterans Services (DVS) connects Virginia's veterans and their families to federal and state benefits, support, quality care, and recognition they have earned



Commissioner John Newby and
Deputy Commissioner Steve Combs





DVS PROVIDES A WIDE ARRAY OF SERVICES



Benefits: *Mission: provide Virginia's veterans and their family members with accurate, timely and ethical education and assistance in obtaining the federal and state benefits they have earned through service and sacrifice to our Commonwealth and Nation*

Education, Transition & Employment: *Mission: augment the new Virginia economy with mission-ready, relevantly-skilled veterans by creating seamless transitions for veterans with high-quality education and workforce services that accelerate career opportunities*





DVS Services (Cont.)

Care Centers: *Mission: provide long-term care, Alzheimer's/dementia care, and short-term rehabilitation to Virginia's veterans.*

*Virginia Veterans Care Center – Salem; Va
Sitter & Barfoot Care Center – Richmond, Va*



New in 2020:

Puller Veterans Care Center – Fauquier County
Jones & Cabacoy Care Center – Va. Beach



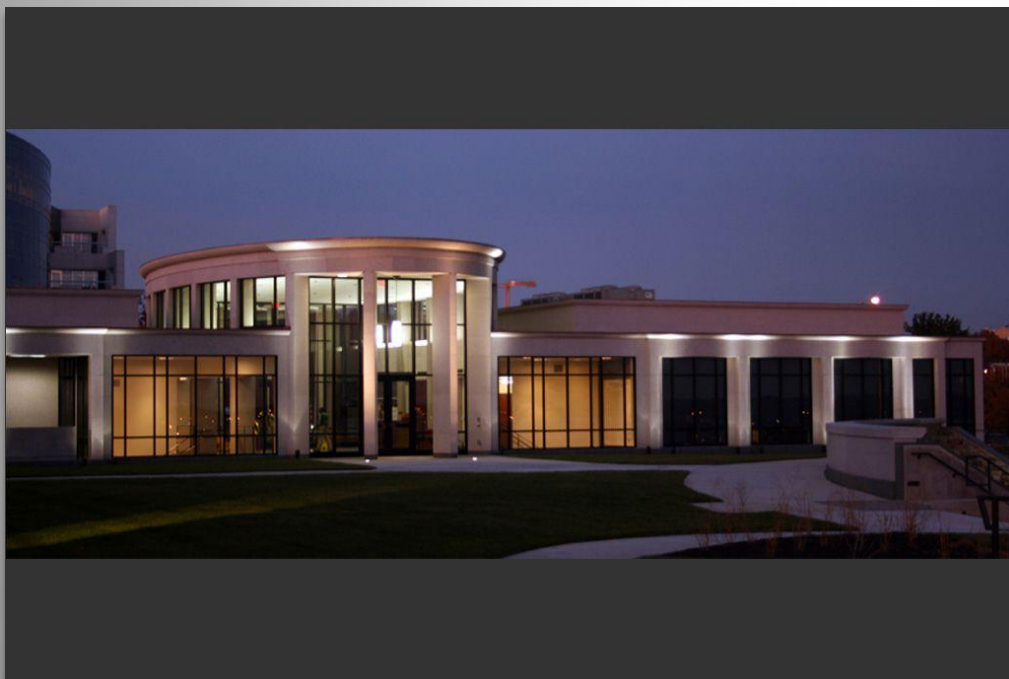
Cemeteries: *Mission: provide final resting for our soldiers, sailors, airmen, and Marines – places of honor, dignity, respect, and remembrance.*

Virginia Veterans Cemetery (Amelia), the Albert G. Horton, J., Memorial Veterans Cemetery (Suffolk) and the Southwest Virginia Veterans Cemetery (Dublin)



DVS Services (Cont.)

Virginia War Memorial: *Mission: honor our veterans by preserving our history, educating our youth, and inspiring patriotism in all.*





Virginia Veteran and Family Support

In response to the growing need to improve and expand services to our nation's veterans and service members, the Commonwealth of Virginia established the Virginia Wounded Warrior Program (VWWP) in 2008.

On Oct. 1, 2015, the program name changed to Virginia Veteran and Family Support.





Virginia Veteran and Family Support

Mission: *VVFS provides resource referrals, care coordination and supportive services to Virginia's Veterans, National Guard, Armed Forces Reserves, caregivers and family members.*



Who We Serve

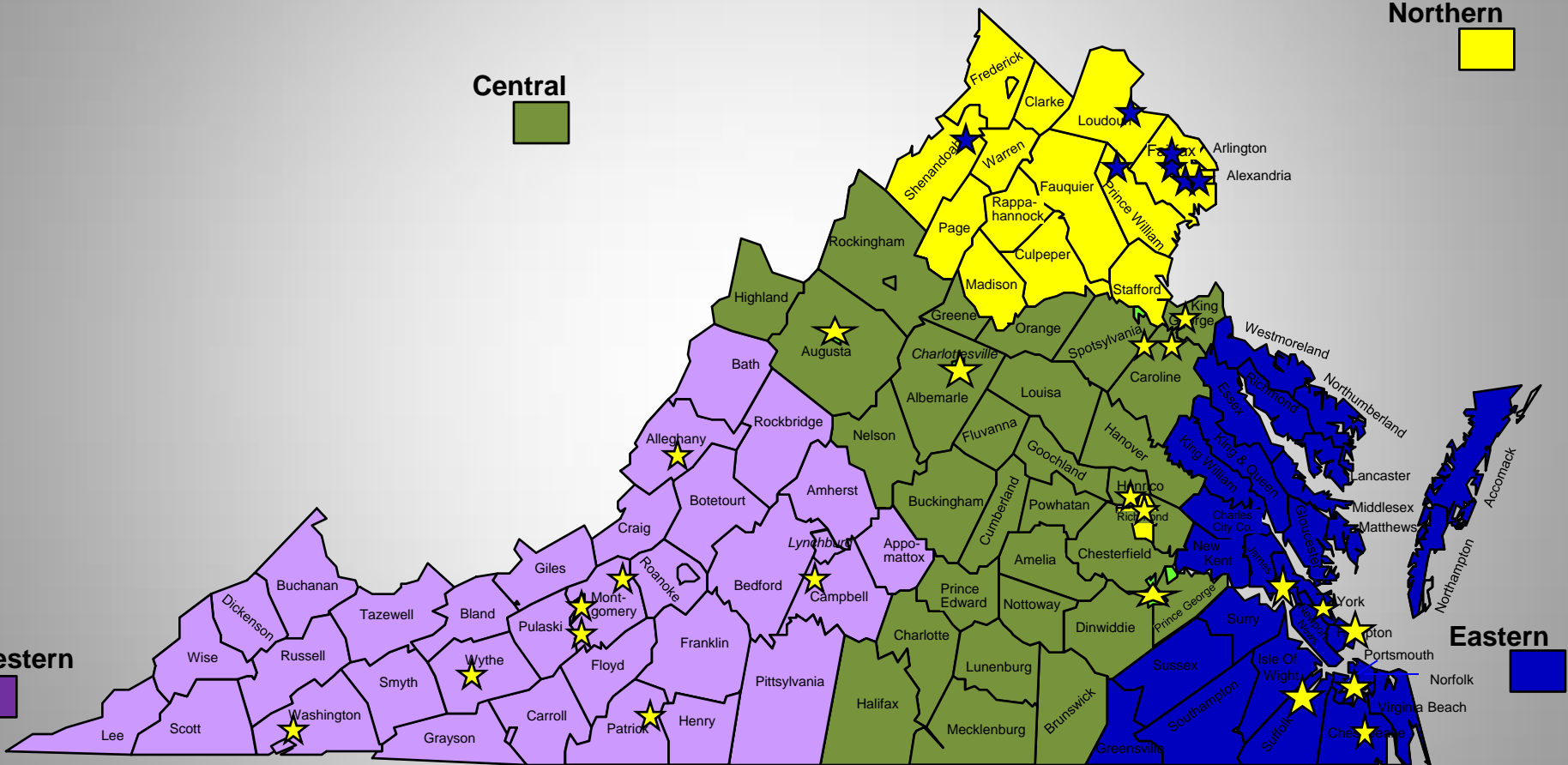
- Any Virginia Veteran, no matter the discharge status, in need of behavioral health support
- Members of the Virginia National Guard not on active federal service
- Virginia residents in the Armed Forces Reserves not on active federal service
- Family members and caregivers of these Veterans and service members





Regional Consortia

July 2017 edition



Headquarters

(Director)

Operations Manager

Operations Specialist

Director of Training & Outreach

Director of Housing

Criminal Justice Coordinator

North

Caleb Johnson

VRS = 6

VPS = 1

VJS = 1

Central

Ben Shaw

VRS = 4

VPS = 3

VJS = 1

East

Carol Berg

VRS = 6

VPS = 1

VJS = 1

West

Leanna Craig

VRS = 7.5

VPS = 1

VJS = 1



Spectrum of Services



Care Coordination

Comprehensive Needs Assessment & Care Coordination Planning
Linkage to **Behavioral Healthcare, Rehabilitative and Supportive Services**



Family Services

Care Coordination Services
Mission: Healthy Relationships Workshops
Mission: Healthy Families Retreats
Operation Family Caregiver



Homeless Services

Prevention resources
Rapid Re-housing Assistance



Peer Services

Vet to Vet Support
Peer Groups
Individualized and relationship-based support
Encourages, inspires and assists in achieving hope and goals



Justice Involved Services

Capacity Building to Expand use of Veteran Dockets/Courts
Re-Entry Councils
Jail/Prison Visits
Resource Connections for Incarcerated



Outreach & Community Education

Resource Tables
Community Event Coverage
Military Culture Training
Crisis Intervention Training
PTSD/TBI Training

Spectrum of Services



Virginia Department of Veterans Services



Program Contact Information

Central Headquarters Office

101 N. 14th Street,
Richmond Va, 23219

804.371.4675

Toll Free: 1-877-285-1299

www.dvs.virginia.gov



www.dvs.virginia.gov

Get the DVS App
Now you can get information from The Virginia Department of Veterans Services (DVS) on your smartphone or tablet devices. The Virginia DVS app is currently available on the Android Market and Apple's App Store





Resources

DVS--Virginia Veteran and Family Support www.dvs.virginia.gov

National Resource Directory - www.nationalresourcedirectory.gov

Defense Centers of Excellence for

Psychological Health & Traumatic Brain Injury www.health.mil/dcoe.aspx

Defense and Veterans Brain Injury Center –www.dvbic.org

Department of Veterans Affairs www.va.gov

DoD Disabled Veterans www.dodvets.com

Vocational Rehab/Employment www.vetsuccess.gov

Center for Deployment Psychology <http://deploymentpsych.org/military-culture-course-modules>

National Center for PTSD www.ptsd.va.gov



Name

Title

Virginia Veteran and Family Support
Virginia Department of Veterans Services
email@dvs.virginia.gov

QUESTIONS?

