

2016 Unspoken Wounds Conference: Winning the War Within Track Descriptions

Target Audience Legend

- Behavioral Health Treatment Strategies/Trauma Informed Care (BH)
- Veteran/Military Family Issues, Peer Supports, and Resources (VETS/FAM)
- Veterans Treatment Court Services, Legal Issues & Related Resources (TC)
- Law Enforcement/Community Supervision Strategies (LE/CS)
- Cultural Competence (Special Populations) (CC)

Pre-Conference Institutes March 13 8:30 AM [6 SESSIONS]

1. **Warrior/ Partner/Family Retreats: Easing Transitions and Rebuilding Health, Trust, and Community** (3 hours); Christianne O’Hara, PhD, Victoria Bruner, LCSW, RN, BCETS, and Chaplain (Major-P) Cliff Vicars, DMin (Target Audience = BH, VETS/FAM)

Retreats for Warriors, Partners, and Families bridge a gap in transitional services and enhance military/veteran/civilian community connections. Yet many clinicians and most military personnel are unfamiliar with these resources, many of which are provided by nonprofits. Transitioning Warriors, whether wounded in heart, mind, body, spirit, or simply returning home, regroup and reconnect to self and others in Retreat “safe” settings with others who have similar experiences. Retreat Models range from half day to week-long structured programs. These are staffed by clinicians, veterans, recreational and therapeutic specialists, and volunteers, depending on the sponsoring organization and the physical and mental health of each participant. This presentation describes the rationale for these re-integrative, culturally sensitive retreats, which emphasize wellness and allow veterans and partners/family members to disconnect from electronics and reconnect to self and others in outdoor adaptive recreation, therapeutic arts, equine and other animal-assisted therapies, and mind/body/spirit/relational activities. Several Veteran Retreat Models with varying missions, length, locations, staff, content, structure, and referral criteria will be presented. Best practices, research and evaluation initiatives, and funding needs/sources will be discussed.

Learning Objectives

1. Identify the need for and benefit of retreat options for transitioning veterans, including those with TBI, PTSD, and/or combat stress
 2. Describe several Retreat Models, including best practices and research/outcome measures
 3. Provide information to transitioning veterans on Retreats that meet their specific needs and geographic/health restrictions
2. **Service Dogs: Who They Help and Why They Can** (2 hours); John Moon (Target Audience = BH; VETS/FAM; CC)

Service Dogs help with a wide variety of physical and emotional conditions. An example of service dogs providing therapeutic benefits is service dogs matched with children on the autism spectrum who may have difficulties with social interaction, communication, personal boundaries, bolting, and repetitive behavior. A properly trained and matched service dog can help bridge the gap between the family and their child with autism, providing a mechanism to engage through – the service dog. The dog becomes an extension of their partner and can be the reason someone approaches the team to say hello, initiating conversation about the service dog, not the child, deflecting unwanted attention. For example, properly trained service dogs can help someone with limited mobility reach their TV remote when it is across the room; open doors for someone using a wheelchair; or turn on lights for a veteran returning home and unsure if someone is inside their home, relieving them of the stress of worry or fear, among many other “essential tasks” many people without a disability take for granted.

Learning Objectives:

- There are different types of working dogs to help different types of disabilities.
- Working dogs are different than pets. Proper selection, training and matching is key to a successful working partnership between the service dog, the human and the family.
- Service Dogs working with children with autism change the dynamics of the entire family

3. Healing Harmonies: How Music Therapy is Winning the War Within (6 hours); Katie Myers (Target Audience = **BH; VETS/FAMS; TC; CC**)

The presentation will explore the concept of music therapy, from the beginnings of the profession during World War II to current research outcomes with a variety of populations. The presenter will also share how music therapy is currently being used with specific populations, such as PTSD and trauma, in the forensic setting, and with military service members, veterans, and families.

Objectives:

- Participants will be able to identify what qualifies as music therapy
- Participants will learn about the history of the music therapy profession, and be able to identify outcomes of current practices
- Participants will learn how music therapy techniques are applied to specific, relevant populations

4. Understanding the BASICS of Trauma to Provide Trauma Informed Care (6 hours); Taunya Lowe, PhD (Target Audience = **BH**)

This workshop is designed to expose practitioners to the basics of trauma and how to create trauma informed communities.

Learning Objectives

1. Understanding Trauma
2. Effects of Trauma
3. Creating Trauma Informed Culture

5. Military Kids Workshop (6 hours); Qwynn Galaway-Salazar; Anna Jones; Casey Mull (Target Audience=**Children with Parents Attending Veteran/Military Couples Session**)

Being a military-connected child can often be challenging and rewarding at the same time. From relocations, deployments, and transitions it's often difficult fitting in and staying connected to friends and peers. This fun filled workshop will provide military children with a day full of activities, the opportunity to make new friends with other youth from military families, and the chance to create lasting memories.

6. Military Couples Workshop "This is not what I signed up for!": Strategies and Tips for Overcoming the Effect of Post-Combat Trauma and Readjustment Issues on the Couple Relationship (6 hours); Holli Trombley, PhD, LMFT (Target Audience = **Veteran/Military Couples Only**)

When veterans return home from deployment, there may be mixed feelings for both the service person and their significant other regarding reunification. This can manifest itself into resentment, anger and possibly the dissolution of the relationship. This workshop focuses on enhancing couple cohesion and the co-creating of a more attainable and strength-based narrative for the couple post-deployment.

Learning Objectives:

- Strategies to enhance communication and increasing realistic expectations, including discussion of John Gottman's *Four Horsemen of the Apocalypse*, will be addressed
- Implementing acceptance and a reestablishment of a new type of 'normal' in the couple relationship utilizing more effective coping methods will be taught
- Methods for increasing physical and emotional intimacy and closeness in the couple relationship will be discussed

7. **Communicating in Crisis: Law Enforcement/Community Supervision Officer Training in Approaches for Safer and More Effective Interactions with Veterans & Other Individuals in Crisis Situations** (6 hours); Kevin Reeder, PhD) (**Target Audience = LE/CS**)

Summary of Presentation

Our nation's Veterans often face many difficulties making the transition to civilian life. This presentation will illustrate a variety of problems these men and women face. Participants will develop greater understanding of these issues and learn approaches that will lead to safer and more effective interactions with Veterans in crisis situations.

This presentation will include information on:

- PTSD
- Substance abuse issues of returning Veterans
- TBI (Traumatic Brain Injury)
- Readjustment issues of returning Veterans
- Active listening/negotiation skills

Objectives

Participants will:

1. Gain a greater understanding of the effects of deployment, life in a war zone and combat.
2. Learn about the different barriers to the readjustment of the returning Veteran.
3. Learn approaches that enhance existing skills of communication and active listening for use in situations involving Veterans in crisis.

Track Session 1 (75 min) March 14 10:15 AM [9 SESSIONS]

1. **Treating Chronic Pain** (Amy Stevens, PhD) (**Target Audience = BH**)

This workshop will discuss alternative methods of assisting clients to experience happier, healthier lives without the burden of chronic pain. This workshop is in response to the tightening of narcotic prescriptions by the Veteran's Administration and other healthcare professionals.

Primary Learning Objectives

- Participants will have a greater understanding of how chronic pain impacts overall emotional wellness.
- Participants will develop knowledge of how the military veteran community is transitioning from a medication model for treatment of chronic pain to an empowerment model.
- Participants will learn a few proven techniques which can often help quickly alleviate pain.

2. **Eradicating Silos: Developing Strategic Alliances to Effectively Serve Veterans with Disabilities** (Carl McRae & Marcia Blanding) (Target Audience = BH)

Presentation will provide an over view of the Veterans Services program of the Georgia Vocational Rehabilitation Agency in general with a specific focus of the inter-programmatic collaboration between with the GVRA and the Federal Veterans Administration's homeless veterans Initiative

Participants will learn about innovative collaborations addressing homelessness and unemployment among veterans which may be duplicated in their respective communities.

Participants will leave with an understanding of how to leverage resources of non-traditional partners as a means of increasing efficiency in addressing the diverse needs of the veteran population

3. **Reframing and Leveraging Social Media Technology for Social Impact and Community Outreach** (BriGette McCoy) (Target Audience = BH, VETS/FAM, TC)

This workshop will introduce the use of social media repurposed for the veteran, military, and caregiver community. This introduction includes trusted tools and concept knowledge such as professional responsibility, ethical concerns, and an overview of the community networks with leaders that have been effective in supporting the veteran community nationwide.

After the workshop participants will have the ability to discuss online communities and networks and how they have been used to support the military and veteran population for program resource and information delivery. Participants will have the ability to summarize the inner structures of successful online communities that support veteran communities and their usefulness, and demonstrate commitment to support programs with online communities and networks through collaboratives.

4. **Serving and Understanding Military and Military Connected Individuals: An “Eggciting” Workshop** (Casey Mull) (Target Audience = BH)

Military youth and families are like eggs. Find out how in this workshop. From the chalaza, the albumen and the shell to hardboiled and inedible, participants will have an easy way to remember the needs of military youth. Using eggciting techniques, participants in this workshop will hear of innovative research taking place to support military connected youth and families, learn of the programming opportunities available for military connected youth and families and develop their own action plan for support the children of military youth and veterans.

The three primary learning objectives (stated in terms of how the participant will be different after this presentation)

- Participants will identify unique qualities of the variety of military youth and families
 - Participants will identify key components of the deployment cycle and resulting issues
 - Participants will construct a personal plan for personal development and engagement with military connected individuals
5. **Re-Entry 101: Effective Strategies for Assisting Veterans Returning to the Community Following Incarceration** (Michael Little, MA) (Target Audience = TC, LE/CS)

This presentation will assist with identifying several of the community /personal barriers and challenges that a Veteran returning to the community following incarceration, and their families may face. We will discuss effective strategies for successful reentry back into the community utilizing the Veteran Administration and

natural supports within their community. We will communicate about the criminogenic needs and risks that will factor into the decision making process of a Returning Veteran Citizen.

Objectives

1. Effectively communicate how to let go of, beliefs, attitudes, and behaviors learned as survival coping skills while incarcerated.
 2. Describe the necessary resources of a Veteran Returning Citizen
 3. Describe three ways to implement continued support for Returning Citizens in recovery
6. **Best Practices: The Who, What, When, Where, Why, and How of Veterans Treatment Court** (Scott R. Swaim) (Target Audience = TC, BH, LE/CS, VETS/FAMS)
7. ***Mental Illness, Violence Risk and Suicide By Cop: Overview of Issues and Strategies*** (Dr. James McDonagh & Robert Gard) (Target Audience = LE/CS; TC)

Topics will be introduced via a Socratic-based didactic and group discussion focused primarily for law enforcement personnel and the legal-system community (Judges, lawyers, Probation and Parole, etc.). Epistemological models underlying the mental health and jurisprudence systems will be compared and contrasted. Although a basic overview of the major 'categories' of mental health disorders will be presented, a deep-dive into the diagnosis of PTSD and its relationship to violence risk is included, particularly in the context of military Veterans. Additionally, the research surrounding the topic of "Suicide by Cop" will be reviewed and discussed.

1. Participants will be able to compare and contrast the truth-finding models underlying mental health and the legal system, and identify the potential barriers that arise when combining the two models.
 2. Participants will be able to describe the relationship between brain anatomy and physiology and observable behaviors among individuals with PTSD and other serious mental illness diagnoses.
 3. Participants will be able to identify common characteristics of 'suicide by cop' events.
 4. Participants will be able to list 6 de-escalation strategies to be used when confronting an individual with serious mental illness in the context of a legal/criminal event.
8. **Military Psychology and Police Psychology: Two Twins in Search of Reunification** (Laurence Miller) (Target Audience = BH; LE/CS; TC; VETS/FAM)

Like siblings separated at birth, military psychology and police psychology have each independently tackled the cognitive, emotional, and behavioral challenges facing the men and women who place their lives on the line in defense of their country or their neighborhood. This workshop reviews the contributions of military and police psychologists to the areas of mental toughness training, combat trauma and PTSD, suicide prevention and intervention, police and military family stresses, the unique psychological issues related to killing, and the challenges of reintegrating into a successful civilian life. The workshop makes specific recommendations for how police and military psychology can continue to cross-fertilize in providing vital support and services to the men and women who wear uniforms of all kinds.

Learning Objectives

1. Appreciate the common factors, as well as the unique differences, in the psychological challenges facing military warfighters and civilian law enforcement officers.
2. Recognize the stresses and syndromes that affect military and law enforcement personnel, such as depression and suicide, military and civilian combat trauma, aftermaths of deadly force encounters and line-of-duty deaths, military and law enforcement family stresses, and the challenges of dual military and law enforcement careers.

3. Be familiar with the range of services provided by military and police psychologists and other mental health professionals, such as psychological disability and fitness-for-duty assessments, specialized counseling and psychotherapy for personnel and their families, and forensic evaluation and expert testimony in alleged misconduct and abuse of force cases.

9. **Best Practices for Working with Deaf Veterans** (Dr. Candice Tate) (Target Audience: **BH, TC**)

Track Session 2 (75 min) March 14 1:30 PM [10 SESSIONS]

1. **Acronym Academy: Navigating the VA and Other Resources for Veterans--Panel Discussion** (Paul Bolster, Ernest Sanders, Dan Holtz, Patricia Ross) (Target Audience = **BH, VETS/FAM, TC**)
2. **Unseen Obstacles: The Invisible Challenges Veterans with Traumatic Brain Injury, PTSD, and/or Chronic Pain Face** (Adam Anicich, MBA) (**BH, VETS/FAM, TC**)

The program attendees will learn about how Veterans who face chronic pain, and/or Post-Traumatic Stress Disorder (PTSD), and/or have a history of traumatic brain injuries (TBIs) face challenges in the workplace, social settings, and society. Discussions on helping Veterans reach their “new normal” and highest potential will illustrate opportunities for community engagement. Special emphasis will be placed on assisting Veterans in need, as well as mitigating further decline among justice-involved and institutionalized Veterans. Learning will occur through presentation, discussion, classroom projects, and takeaway reference material.

Primary Learning Objectives: After attending this presentation, participants will be better able to:

- 1) Identify and understand the unique characteristics of Veterans who suffer from Traumatic Brain Injuries (TBIs), PTSD, and/or chronic pain exhibit
- 2) Identify evidence-based treatments and interventions for Veterans experiencing chronic pain, PTSD, or TBI; or any combination thereof
- 3) Develop a customized, actionable model for interacting with and engaging this segment of Veterans based on their relationship with the Veteran

3. **A Trauma Informed Approach to Overcoming Common Barriers to Effective Behavioral Health Treatment of Veterans and Service Members** (Tara Beech, LPC) (Target Audience = **BH**)

Presenter will utilize dynamic group discussion, video/audio clips, and power point slides to engage attendees as they learn about common barriers to providing effective behavioral health treatment as well as strategies for overcoming identified obstacles in service provision for veterans and service members.

Learning Objectives:

1. Attendees will be able to identify common barriers to effective behavioral health treatment of veterans and service members.
2. Attendees will learn simple but vital strategies to overcome barriers to effective behavioral health treatment of veterans and service members
3. Attendees will be able to identify signs of secondary traumatization and will learn ways to reduce its impact on them as individuals and as professionals.

4. **The Sanctuary Project: Strengthening the Continuum of Care and Community Collaborations for Veterans** (Abeni Bloodworth) (Target Audience = **BH, VETS/FAM**)

5. **Veterans Courts in Georgia: A Statewide and Local View** (Taylor Jones) (Target Audience = TC, BH, VETS/FAM, LE/CS)

This presentation will explore Veteran Court Programs from a State perspective, as well as provide a historical overview of this type of accountability court. Additionally, staff from the local Veterans Court will detail their program, and a graduate will also be present to share his/her experience within the program. We will end with a Q&A open discussion.

6. **Post-Combat Trauma and Involvement with the Legal System: Impact on Veterans, Families and Communities** (Holli Trombley, PhD, LMFT) (BH, VETS/FAM, TC)

There is a growing prevalence of veterans entering our jails, state and federal prisons with criminal behavior resulting from service-related mental health issues. Often, learned military skills and tactics such as hyper-vigilance and rapid response to threatening encounters that enhance survival in combat may translate to aggressiveness, impulsivity, arrest, and possible incarceration in the civilian community. This workshop will focus on understanding the connection between combat trauma and involvement with the legal system and the need for more comprehensive care and support for veterans and their families.

Learning Objectives

Participants will understand and be able to identify:

- Symptoms of post-combat trauma will be discussed and how these increase the risk of a veterans involvement with the legal system
- How family members, including children, are affected by their loved one being involved in the criminal justice system, including incarceration
- Resources to assist the veteran and family members will be discussed as well highlighting current evidence-based programs that are successfully addressing this issue

7. **Developing a Mentoring Program for Your Veterans Court** (Jack O'Connor) (Target Audience = TC, VETS/FAM, CC)

This workshop will explore strategies and best practices for developing a successful mentoring program for Veterans Treatment Courts. Participants will learn best practices for program operations as well as the do's and don't's for veteran mentors.

Objectives

Participants will:

- Understand what a Veterans Court is
- Understand the role mentors play in the court
- Understand how to work collaboratively with the VA Healthcare System

8. **How Being Trauma Informed Can Improve Law Enforcement Responses** (Everett Tolbert & Chris Farmer) (Target Audience = LE/CS; TC)

Although prevalence estimates vary, there is consensus that high percentages of justice-involved women and men have experienced serious trauma throughout their lifetime. The reverberating effects of trauma experiences can challenge a person's capacity for recovery and pose significant barriers to accessing services, often resulting in an increased risk of coming into contact with the criminal justice system. Trauma-informed criminal justice responses can help to avoid re-traumatizing individuals, and thereby increase safety for all,

decrease recidivism, and promote and support recovery of justice-involved women and men with serious mental illness. Partnerships across systems can also help to link individuals to trauma-informed services and treatment for trauma.

Learning Objectives: Criminal Justice/Law Enforcement professionals will learn to:

§ Increase understanding of trauma

§ Create an awareness of the impact of trauma on behavior

§ Develop trauma-informed responses

9. **Military Children & Trauma Part 1** (Terry Freeman) (Target Audience = **BH, VETS/FAM, CC**)

This workshop will help participants to understand how children are affected by parents being deployed and/or parents with PTSD.

Part One Objectives:

1. Participants will receive an overview of developmental tasks that children and adolescents need to accomplish throughout growing up and how trauma can impact healthy development.
2. Participants will gain an understanding of unique stresses and distresses that military children may experience.
3. Participants will learn about the vulnerability of military children experiencing vicarious trauma when a parent has PTSD.

10. **Depression, Dementia and Delirium in the Geriatric Veteran** (Phyllis Wright & Marye McKenney) (Target Audience: **BH, CC**)

We will be discussing the complex relationship between mood, memory and acute alteration of cognition that occurs in delirium that may go unnoticed without careful assessment. It is our desire share evidence based approaches to help the interdisciplinary team make appropriate treatment decisions and referrals based on knowing the differences between Dementia and Delirium and learning about untreated and under treated depression and how that impacts cognition and overall health in older Veterans.

Teaching method will be a lecture/ presentation format with highly interactive audience participation as we look at the challenges of working with older Veterans who may have multiple chronic medical conditions in the presence of an alteration in mood and cognition.

Learning Objectives:

1. Compare and Contrast the similar presentation of delirium, depression, and dementia.
2. Describe the process of evaluating and treating Delirium, Depression and Dementia.
3. Discuss Community based Interdisciplinary approaches that supports the Veteran and their Caregivers in the community.
4. Describe some of the unique differences when evaluating Veterans with a presentation of geriatric syndromes considering past trauma including PTSD, substance misuse and depression and higher risk factors for suicidal ideation.
5. Review important assessment tools used in the screening process of Delirium, Depression and Dementia.

1. **Suicide Prevention for Veterans and Management of the Suicidal Patient** (Mark DeSantis) (Target Audience = **BH, VETS/FAM**)

The programs for suicide prevention are typically based on a public health approach which is an ongoing approach utilizing universal, selective, indicated strategies while recognizing that suicide prevention requires ready access to high quality Mental Health Services, supplemented by programs that address the risk of suicide directly. This training will address the need for clinicians to deliver enhanced care of individuals presenting with suicidal behaviors. The training discusses current suicide statistics inclusive of gender, age, race and methods of suicide associated by gender. It also discusses why Veterans are at greater risk. It further reviews the myths and realities associated with suicide. Risk factors and symptoms associated with suicide are reviewed. The training then reviews how to properly assess an individual for suicide inclusive of protective factors with a discussion of the relevance of suicide prevention programs. Finally, instruction on how to conduct a safety plan is addressed.

The presentation addresses the following topics:

- The scope and importance of suicide prevention
- Suicide Statistics
- Risk Factors and Symptoms
- Psychosocial Factors and Stressors
- Protective Factors
- Prevention Program
- Assessment Guide
- Treatment Guide
- Treatment Issues
- Safety Planning

2. **Clinical Considerations for Working with Our Returning Vets** (Liza Zweibach & Mary Beth Rose) (Target Audience = **BH**)

Clinical considerations while working with a returning veteran must include the veteran's trauma, goals and family needs. Among the many challenges facing our returning veterans is access to specialized, evidence-based, and expert collaborative care to address symptoms of anxiety, PTSD, TBI, depression, panic attacks, and/or neurological conditions.

In order to treat this population most effectively, veteran-centered care also incorporates patient preference in selecting the precise kinds of treatment and therapy modalities that could lead to promising outcomes. Further, quality care focuses not only on treating the service member or veteran, but recognizes that complementary treatment of the family from a holistic approach which offers the propensity for the family unit to heal simultaneously.

Learning Objectives

1. Participants will be able to apply enhanced working knowledge of the intensity of treatment that is needed to address the trauma that is directly related to the behavioral & psychiatric symptoms of PTSD and other mental health conditions that our returning veterans experience.
2. Participants will be able to describe how specific treatments, such as Exposure Therapy, Cognitive Processing Therapy and Virtual Reality Exposure Therapy, have proven effective in treating veterans and service members impacted by traumatic events.
3. Participants will be able to employ psychoeducation tools along with familial interventions to improve family relations.

3. **Maintaining Wellness in Stressful Times** (Jennie C. Trotter) (Target Audience = BH, VETS/FAM)

Knowing the proper balance of stress for your body and how to develop a wellness lifestyle is crucial for healthier living and burnout avoidance today and for the future. Learn how to keep your body well and how to melt away those stress triggers that steal from your physical, mental, and emotional health. Develop new skills to enhance personal well-being, increase the quality of life. This workshop will present a Wholistic approach to managing stress and maintaining wellness that includes the body, mind, and spirit. Come prepared to laugh, sing, dance, and be fully engaged, refreshed, rejuvenated, and renewed.

THREE PRIMARY LEARNING OBJECTIVES

1. To have participants assess their stress level and identify stress triggers.
2. To introduce participants to the Wholistic stress management approach.
3. To have participants learn and demonstrate five techniques for stress reduction.

4. **Canines Helping Veterans Deal with the Invisible Wounds of the Past Today** (Blake “Top Dogg” Rashad and 1st SGT (RET) Vondell Brown, MBA) (Target Audience = BH, VETS/FAM)

Twenty-two veterans kill themselves every day in this country and are left to fight their toughest battles alone. According to a report released by the Department of Veterans Affairs. The *Wounded Warriors K9 Center* is dedicated to veterans with mental illnesses. We stand in the gap for those at risk for suicide and simply having difficulties coping with civilian life. Science has now proven that dogs have been lifesaving. Dogs have an unexplainable innate ability to read human emotions. Dogs have been most beneficial to veterans who have anxiety, traumatic brain injury (TBI), Post-Traumatic Stress Disorder (PTSD) and depression. Dogs are there to absorb the trauma of men and women who have simply seen too much.

Vondell Brown is very passionate about the needs and concerns of veterans. He is an energetic and personable speaker, who is great at connecting and engaging people. His very own firsthand account of war is moving. Top Dogg is also very passionate about dogs, along with his sidekick his beloved service dog, whom he refers to as “The Elegant Protector”. He uses his vast knowledge of dog behavior to enlighten, educate and entertain his audience.

Learning Objectives

1. Have a better understanding of the Mental Health Issues associated with the wounds of war.
2. Understand the therapeutic benefits of dogs in mental illness.
3. Understand the need to be empathetic and show compassion to those who are reentering civilian life and trying to adjust to their new normal.

5. **Secret Sauce to Success: Empowering Moms to Help Their Veteran Loved Ones as Families Serve Too** (Rhonda Jordal & Laura Lindsay) (Target Audience = VETS/FAM)

Family Alliance for Veterans of America, Inc. (FAVA) was founded by four moms with horrific stories. Not knowing what to do, where to turn or who to trust, they found each other through their struggles and together they and others formed FAVA. Their experiences of helping their veteran loved ones paved the path for further advocacy to veterans and families across the country and over the course of 3 years, FAVA has served 3,080 veterans and their family members.

Primary Learning Objectives

- 1) Participants will learn about a peer-to-peer support network for veteran family members
- 2) Participants will understand how to find resources in their own areas

- 3) Participants will be exposed to two principles of empowering families to act
 - a. Understanding the signs and symptoms of visible and invisible wounds of a veteran following service to county
 - b. Gaining insight into the realities and misunderstandings of being a military family

6. **Law Enforcement Tools for Supporting Veterans in Transition** (SGT Tanya Schmill, MPA) (Target Audience = **LE/CS**)

The training will provide law enforcement and other first responders with awareness of the stressors that veterans will be experiencing while transitioning back into the civilian community. Identify stigma that will veterans from seeking health services. The training will address the most serious problems that veterans today are experiencing after their return home. Identify local, state, federal and private support resources available to veterans. Participants will learn how to apply de-escalation tactics when encountering veterans in crisis situations.

Primary Learning Objectives

Participants will:

- Increase awareness of stressors the veterans experience during transition and how to work with veterans.
- Learn to identify support resources that are available to veterans.
- Learn de-escalation tactics to utilize while encountering veterans in crisis situations.

7. **Ready to Serve: Providing Culturally Competent Strategies and Tips for Veteran Services** (Karen Kelly, PhD) (Target Audience = **BH, CC**)

Military life affects a person's relationships, family, work, health and other parts of daily living. The transition from military to civilian life can be both awkward and difficult. Many Veterans leaving the military are experiencing Post Traumatic Stress, Combat Related Stress Reactions and life transitional issues. Supporting veterans in making a successful return to community life and a stable home requires coordination and cooperation and is vital to a Culturally Competent delivery system. This means being sensitive and aware of the ways in which cultural values shape the delivery of services and how they are accessed.

Goal: This work shop will provide the audience with insight into some of the varied experiences into military life and offers the audience cultural tips and strategies for working with the veterans.

Objectives: At the conclusion of this presentation participants will

1. Define "cultural competence" and the principles of cultural competence.
2. Demonstrate their understanding when communicating and effectively interacting with Veterans, service members and their families.
3. Participants will demonstrate their understanding of cultural competence and diversity when providing services to veterans and their families.
4. Discuss perceptions regarding their degree of respect and understanding demonstrated for veteran's cultural differences, needs, and preferences.

8. **Minority Veterans: The Silent Struggles of Women, Sexual and Gender Minorities (LGBT+), Veterans of Color and Immigrant Veterans** (BriGette McCoy & Xiomara A. Sosa) (Target Audience = **BH, VETS/FAM, CC**)

This workshop identifies the unmet struggles of Asian, Latino/Hispanic, African American, and Immigrant Veterans, including:

Individuals who struggle with additional factors related to military and combat Posttraumatic Stress Disorder (PTSD) and military sexual trauma (MST). These populations very often face institutional and overt discrimination and alienation within the military system, they also continue to face these challenges long after they have completed their military service and transition into the civilian community. This includes first responders and the justice system, applying for credit, and in simply being identified and honored as veterans. The presenters, both veterans representative of these populations, will present examples of current practices that may not only limit these veterans from moving forward, but set them back. They will discuss factors affecting these populations that are rarely addressed in public forums. Cultural competency and appropriateness will be a theme in the presentation. A question and answer period will follow.

9. **Foundational and Principle-based Tactics for Deputies/Patrolmen Encountering Veterans in Crisis (Robert Trivino)** (Target Audience: **LE/CS**)

This presentation will cover the foundational skills of the deputy/patrolman. The information shared will help the officer operate in an extremely stressful environment, whether responding to an active threat, searching a building/area, or during a traffic stop. The tactics taught are NOT 'high speed'. Rather, they are foundational and principle-based, NOT technique based. This allows the first responder to operate with less mental 'technique' clutter. This approach and methodology provides the first responder with a greater mental flexibility in applying the tactics in a variety of stressful settings.

10. **Military Children & Trauma Part 2** (Terry Freeman) (Target Audience = **BH, VETS/FAM, CC**)

Part Two Objectives:

1. Participants will learn about the main elements of a traumatic experience
2. Participants will receive information and how PTSD symptoms are typically manifested in children.
3. Participants will gain an understanding of strategies for support and healing of traumatized military children

Track Session 4 (75 min) March 15 10:15 AM [10 SESSIONS]

1. **Empowerment Through Post-Traumatic Growth: Fostering Peace, Purpose, and Life Enhancement After Trauma** (Pamela Antoinette Larde) (Target Audience = **All**)

This session is designed to introduce the concept of Post-Traumatic Growth (PTG), a phenomenon so compelling that an entire center for research at the University of North Carolina- Charlotte has been established to better understand how some trauma survivors have managed to live greater and more empowering lives, while others suffer immensely for the rest of their lives. Key points will cover examples of survivors who have experienced PTG, elements of PTG, personal strategies that predispose individuals to PTG, and support structures that can be implemented by family members and professionals.

Learning Outcomes:

1. Understanding what PTG is
2. Learning how to measure PTG
3. Learning how to create environments that are conducive to PTG

2. **The Efficacy of Offering Adaptive Sports for Wounded Veterans** (Tonya Butler-Collins, ABD, CSCS, CPT, LMT)

(Target Audience = **BH, VETS/FAM**)

The workshop will focus on the history and the various types of programs currently offered and the effects they are having directly on veterans with disabilities.

Learning Objectives

- The participant will know the history and purpose for adaptive sports
- The participant will be presented with research that will support adaptive sports for wounded veterans
- Participants will be able to identify various programs across the US for referral purposes

3. **Peer Support Services in the VA** (Ernest Sanders, CPS & Florence Daniels, CPS, CARES) (**VETS/FAM**)

In this workshop we will discuss and provide information on the following topics:

- 1) Peer Support Services in the VA
- 2) Resources and services for Veterans and their Families
- 3) Reconnection with the VA and Loved ones

Presenters will use a PowerPoint presentation along with lived experience and VA program brochures to communicate how peer Specialists can assist Veterans/Peers in getting the resources and services they and their families need and/or want to assist in reintegration and recovery. We will have an open discussion on challenges veterans face in accessing VA services and offer possible solutions. We will discuss how we as Peer Specialists and others are changing the way services in the VA are delivered.

Primary Learning Objectives

In this presentation we seek to educate veterans and their families in the following:

- 1) Introduce Peer Support Services in the VA.
- 2) Explain how to link with VJO's to insure a smooth reentry.
- 3) Explain how to access housing, employment and medical services in the VA.

4. **Employment as Recovery and Treatment** (Doug Crandell) (Target Audience = **BH, VETS/FAM**)

This session will focus on the evidence-based practice known as IPS-SE (Individual Placement and Supports, Supported Employment) and the role a job and career can make in the lives of veterans experiencing trauma. Support strategies related to a multidisciplinary team, which includes peer supports, case management, housing, vocational rehabilitation and families will be reviewed and discussed to make certain employment doesn't become an "aftercare" service, but rather a support provided alongside other mental health interventions that can complement recovery.

Learning Objectives:

- Participants will learn about and understand the empirical evidence behind implementing the IPS-SE model.
- Participants will learn about and understand how to ensure consumer preferences are the hallmark of supported employment supports by using the Career Profile.
- Participants will learn about and understand the importance of using a multidisciplinary team to support employment attainment.

5. **Leave No Warrior on the Battlefield: How to Set-Up a Veteran Treatment Court** (MAJ (RET) William B. “Bill” Howerton II & Ernie Hines) (Target Audience = **TC**)

This workshop will explore the significance and role of Veterans Treatment Courts in increase public safety by reducing recidivism and successfully rehabilitating veterans’ mental health by diverting them from the traditional criminal justice system and providing life tools they need to lead a productive and law-abiding lifestyle.

Learning Objectives:

1. Be able to explain the cost saving of the program
2. Identify the ‘hidden’ community network of resources for VTC participants
3. Understand the role of the Veteran Mentor

6. **Suicide Management for Law Enforcement** (Mark De Santis, Charleston VA) (Target Audience = **LE/CS**)

Suicide Management for Law Enforcement is designed to provide law enforcement officials with tools to assist them in the field when dealing with individuals that present with suicidal ideation. It will help them understand the nature of suicide and properly assess an individual even if they initially may deny suicidal ideation. It also briefly address issues with police suicides. This training\presentation will review statistics regarding suicide in various populations, help understand the myths associated with suicide, review risk factors, symptoms, psychosocial stressors and protective factors linked to suicide. It will also cover information regarding the national prevention efforts by Veteran Affairs and discuss the use of safety planning. In conclusion, it will give an overview on how to respond to an ongoing suicide attempt.

7. **Psychological Survival for Police Officers: Learning to Survive When It’s Your Job to Witness Tragedies** (Mark DiBona) (Target Audience= **LE/CS**)

Participants will gain a better understanding of law enforcement officer mental health issues, to include stress and PTSD. Participants will learn key elements of and strategies to maintain mental wellness. Mark DiBona, an active law enforcement officer, will discuss how his own PTSD and depression have affected his career and life.

8. **Integrating a Faith Based Approach with Seeking Safety Treatment in a Group Setting** (Laklieshia Izzard Ed.D, LPC, ACS, NCC) (Target Audience = **BH**)

Many Veterans today are suffering with PTSD and recently what Professionals have discovered Moral Injury. The topic will be focused around how to treat Veterans with PTSD and Moral Injury in a group setting. The approach utilized will be Faith based integrated with Seeking Safety a Cognitive Behavioral form of treatment. The presentation will be power point based with interactive questions. A few interventions will be modeled for discussion.

Learning Objectives:

- Participants will learn about key seeking safety interventions such as Grounding that can assist veterans with healing from PTSD and Moral Injury
- Participants will learn about key faith based interventions such as Spiritual Principle Practice that can assist veterans with healing form Moral Injury and PTSD
- Participants will learn key group interventions such as linking that will assist the counselor with conducting an effective Group for veterans struggling with PTSD and Moral Injury

9. **SLEEP: The Missing Link and Final Frontier** (Christianne O’Hara, PhD & Helen “Netta” Putnam, PA, OT) (Target Audience = **BH, VETS/FAM**)

Sleep can be affected by many factors, including pain, trauma, deployment, unidentified physical issues, and/or substance abuse. Disrupted sleep patterns affect health, behavior, relationships, and cognitive functioning. This presentation presents normal sleep patterns, and Best Practices for assessment and interventions for disrupted sleep, including use of sleep logs, when to refer for a sleep study, sleep strategies, incorporation of sleep restriction, and nightmare management. Presenters will include an overview of findings from the recent RAND/DoD “Sleep and the Military” symposium, recommendations from the American Academy of Sleep Medicine, and a brief description of a Sleep Training program used in a military hospital outpatient clinic since 2009 with several hundred Warriors with history of TBI, PTS, and/or co-morbid diagnoses.

Learning Objectives

1. Identify how unrecognized/untreated sleep problems contribute to military and veteran problems with health, interpersonal relationships, and successful community re-entry.
2. Describe several sleep interventions that assist veterans in readjusting sleep patterns.
3. Discuss ways to identify veterans for sleep issues and what indicators warrant referral for sleep referrals.

10. **Reiki and PTSD: Energy Healing--Fact or Fantasy?** (Heather McCutcheon & Mary Ann Connerly) (Target Audience = **BH, VETS/FAM, LE/CS, TC**)

Volunteers were scoffed at for offering 10-minute Reiki demos to homeless veterans at a Chicago Stand Down service fair—until the veterans tried it. Now Reiki is offered weekly inside the Jesse Brown VA hospital, and the popular program is being used as a model for three other VA hospitals. Using a PowerPoint presentation, video, handouts and experiential exercises, Heather McCutcheon, the developer of these programs, will share how Reiki works and how it is helping veterans suffering from PTSD, pain, depression, and other post-combat issues.

Mini Reiki sessions will be available throughout the day.

Attendees will leave the session with:

- An understanding of human bioenergetics, and the energetic nature of trauma stored within.
- An appreciation for the benefits of Reiki and other energy healing modalities.
- Insight into how these healing modalities can bring about dramatic improvement in veterans suffering from PTSD and other post-combat issues.

Track Session 5 (60 min) March 15 1:15 PM [7 SESSIONS]

1. **Problem Gambling & the Military** (Eric Groh) (Target Audience = **BH**)
2. **Self-Care for First Responders and Others Burning the Candle at Both Ends: Assess, Balance, Celebrate** (Christianne O’Hara, PhD) (Target Audience = **LE/CS, BH, TC, VETS/FAM**)

This session gives participants time to take stock and take care of YOU before you leave. The presenter will guide you through a short self-assessment of your own Balance (including identifying where you may need work); a series of short self-care and decompression exercises; and describe strategies to manage toxic people, situations, and environments that are part of all of our lives. This session will get you moving physically and mentally, laughing (the best medicine), teach you several rapid stress reduction techniques, and provide free

resources for law enforcement and first responders (police, sheriffs, EMTs, etc.), and all of us who are caretakers for others, to take better care of ourselves.

3. **Sex, Intimacy, and PTSD** (Robin Cato) (Target Audience = **BH, VETS/FAM**)
4. **Operation Family Caregiver: Coaching the Families of Returning Service Members and Veterans to Manage the Difficulties That Come with the Transition Home** (Laura Bauer, MPA) (**BH, VETS/FAM**)

Operation Family Caregiver (OFC) coaches the families of newly returning service members and veterans to manage the difficulties they face when they come home. OFC is a personalized program, tailored specifically to the struggles of each family. Through proven methods, the program teaches military families how best to navigate their challenges, resulting in stronger and healthier families. Participants will learn more about this evidence-based, effective program through storytelling, PowerPoint presentation, video and program participant testimonial.

Learning Objectives

1. Participants will learn and be able to convey to others specific details about how OFC works to strengthen military caregivers and their families.
2. Participants will be presented the outcome data to date regarding effectiveness of the program for Georgia military caregivers who have completed it.
3. Participants

5. **Readjustment Issues, Family Support and the Role of Vet Centers** (Holli Trombley, PhD, LMFT) (**VETS/FAM, TC**)

When a veteran returns home post-deployment, reintegration can be challenging for both the veteran and family members. Vet Centers started in 1979 as a veteran peer counseling organization comprised of combat veterans helping veterans with readjustment challenges and now the vet centers have a significant presence across the nation. This workshop focuses on the unique ways vet centers work with readjustment issues and the services vet centers provide to veterans and their families face after they return home from a war zone or conflict.

Learning Objectives

Participants will explore and discuss:

- An overview of the vet center history, it's mission and specific services vet centers provide to veterans, their families and the community
- Common readjustment issues for veterans and their families will be discussed and how vet centers assist with and address these issues for trauma recovery, including bereavement and military sexual trauma
- Focus will be given to how the vet centers are working collaboratively with other entities such as the vet courts, the VA Medical hospital and community agencies to provide holistic care to veterans

6. **The Warrior's Journey** (John Caravella)

The Warrior's Journey offers a unique perspective on the transformation from civilian to soldier and the subsequent return and transition back to active and productive civilian citizenship as a Mature Warrior. Participants who are military veterans are asked to discuss their military experiences - reasons for enlisting, training, transformation, combat challenges, separation, and homecoming. The presentation borrows heavily from "War and The Soul" by Edward Tick, "The Ethical Warrior" by Jack Hoban, and "Green on Blue" by Elliot Ackerman.

Learning Objectives

- 1) To understand the key reasons why one voluntarily joins the military.
- 2) To understand the individual transformation from "civilian to soldier."

3) To understand the unique challenges veterans encounter during their transition from military to civilian culture.

7. **NAMI Homefront Is Coming to Georgia!: Support for Families, Caregivers, and Friends of Military Service Members and Veterans with Mental Health Conditions** (Faye Taylor) (Target Audience: **BH, VETS/FAM, CC**)

This workshop will provide an overview of the National Alliance for the Mentally Ill (NAMI)'s newest initiative aimed at providing mutual support and shared positive impact for families, caregivers and friends of military service members and veterans with mental health conditions.

Based on the nationally recognized NAMI Family-to-Family program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The free, 6-session educational program is taught by trained family members of service members/veterans living with mental health conditions.

Participants will learn how NAMI Homefront helps families, caregivers, and friends:

- Manage crises, solve problems and communicate effectively
- Learn to care for yourself, including managing your stress
- Develop the confidence and stamina to support your family member with compassion
- Identify and access federal, state and local services
- Stay informed on the latest research and information on mental health, including posttraumatic stress disorder and substance abuse
- Understand current treatments, including evidence-based therapies, medications and side effects
- Navigate the challenges and impact of mental health conditions on the entire family