

Supporting Military Service Members, Veterans and Their Families to Prevent Substance Abuse and Suicide:



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DYSTECH Contractor

Learning Objectives

- Demographics
- Basic Understanding of Military Culture
- Active Duty vs. National Guard & Reserves
- Substance Use in the Military
- Mental Health & Suicide in the Military



- Treatment Barriers
- Resources for Service Members, Veterans & Their Families
- Resources for Behavioral Health Providers

Military Numbers as of 31 AUG 2019

- Active Duty – 1,379,804
 - Army – 481,744
 - Navy – 337,099
 - Air Force – 332,630
 - Marine Corps – 186,316
 - Coast Guard – 42,015
- Veterans – 19,209,704
- Reserve Component – 744,005
 - Army National Guard – 333,792
 - Army Reserve – 190,902
 - Air National Guard – 106,737
 - Air Force Reserve – 69,268
 - Navy Reserve – 59,499
 - Marine Corps Reserve – 38,994
 - Coast Guard Reserve – 6,238
- ❖ **The 2019 United States population is estimated at 329,064,917 people at mid year according to UN data.**

Maryland Military Numbers as of 30 JUN 2019

- Active Duty – 30,136
 - Army – 8,460
 - Navy – 10,437
 - Air Force – 8,401
 - Marine Corps – 1,966
 - Coast Guard – 872
- Veterans – 371,000
- Reserve Component – 18,827
 - Army National Guard – 4,492
 - Army Reserve – 5,906
 - Air National Guard – 1,911
 - Air Force Reserve – 1,875
 - Navy Reserve – 3,881
 - Marine Corps Reserve – 593
 - Coast Guard Reserve – 169
- ❖ **The estimated 2019 Maryland population is 6.06 million people.**

Reasons People Join the Military

- Sense of Duty
- Tradition
- Be a Part of Something Bigger Than Self
- Leadership Training/Opportunities
- College/Education
- Career Training
- Equal Opportunities
- Travel
- Leave Hometown
- Do Something Different
- Respect and Admiration of Peers
- Medical/Financial Benefits

Military Core Values



Uniqueness of Military Culture

- Unique language and rituals
- Military Occupational Specialty (MOS) and unit designation deeply defines person
- Provides a sense of deep commitment to unit and mission
- Rewards physical fitness and emotional separation ... anything else has historically been considered a weakness
- Maintenance of order and discipline requires leadership to resolve any conflict to protect the mission and unit integrity
- Demands of military life create a unique set of pressures on Service Members and families.

Differences Between Active Duty and National Guard/Reserves

- **Active Duty**

- Full-time military – subject to duty 24 hours per day, 7 days per week, except when on leave
- Most move every two to three years

- **Reserves**

- Each military branch has a Reserve component
- Primary job is to fill the gaps in stateside service positions when the active duty component deploys overseas
- Participate in training drills one weekend a month and two weeks per year

- **National Guard**

- Only Army and Air Force have a National Guard component
- Federally funded, but organized and controlled by state
- During time of war, can be federalized and deployed
- Participate in training drills one weekend a month and two weeks per year
- Given Veteran status if serve for 30 consecutive days in a war zone

Substance Use in the Military

- Alcohol and prescription drugs are more commonly abused than illicit drugs



Alcohol Use in the Military

- 30% of active-duty service members¹ and 31% of Reserve members² were binge drinkers in the past month.
- 5.4% of active-duty service members¹ and 5.9% of Reserve members² were heavy drinkers.
- 35.3% of active-duty service members¹ and 7.5% of Reserve members² met criteria indicative of hazardous drinking or possible alcohol use disorder.
- US Military is America's heaviest drinking profession. Members of the military reported drinking alcohol 130 days out of the year, followed by miners, 112 days per year, and construction workers, 106 days.³

1. 2015 Department of Defense Health Related Behaviors Survey of Active Duty Military Personnel
2. 2014 Department of Defense Health Related Behaviors Survey of Reserve Component Personnel
3. 2018 Delphi Behavioral Health Group Review of Centers for Disease Control and Prevention 2013-2017 Survey Data

Illicit Drug Use in the Military

- 0.6% of active-duty service members¹ used either marijuana or synthetic cannabis in the past year with 0.3% in the past 30 days.
- 0.3% of active-duty service members¹ used any other illicit drugs in the past year with 0.1% in the past 30 days.



1. 2015 Department of Defense Health Related Behaviors Survey of Active Duty Military Personnel

Prescription Drug Misuse in the Military

- Active-duty service members misused or overused the following prescriptions in the past year:
 - Stimulants - 0.4%
 - Sedatives – 1.7%
 - Pain Relievers – 3.1%
 - Anabolic Steroids – 0.3%
 - Antidepressants – 0.5%
- The majority of the abused prescription drugs are opioids, which may be prescribed for injuries resulting from combat or pain from carrying heavy equipment.
- In just 8 years between 2001 and 2009, the number of painkiller prescriptions written by military doctors quadrupled.

Mental Health in the Military

- 9.4% of active-duty service members ¹ reported probable depression and 4.8% of Reserve members ² reported high levels of depression.
 - Prevalence rates were highest in the Marine Corps (13.5%)
- 14.2% of active-duty service members ¹ and 17.1% of National Guard members ¹ reported one or more two-week periods with probable General Anxiety Disorder in their lifetime.
 - Prevalence rates were highest in the Marine Corps (19.2%)

1. 2015 Department of Defense Health Related Behaviors Survey of Active Duty Military Personnel
2. 2014 Department of Defense Health Related Behaviors Survey of Reserve Component Personnel

Suicide in the Military

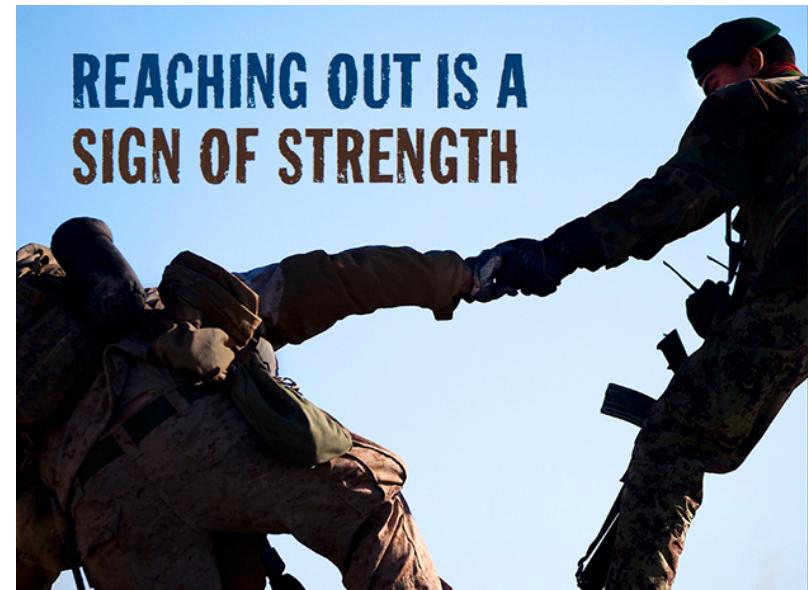
- CY 2018 Death by Suicide Rates per 100,000 - 24.8 Active; 22.9 Reserve; and 30.6 National Guard
 - Highest rates by Branch – 31.4 Marine Corps; 25.3 Army Reserve; and 35.3 Army National Guard
 - The majority of suicide decedents were enlisted (ranging from 91.1% to 93.3% across Components), specifically junior enlisted (E1-E4; ranging from 46.8% to 60.5%).
 - The majority of Active Component, Reserve, and National Guard suicide decedents were under the age of 30 (67.1%, 72.8%, and 65.2% of those who died by suicide, respectively).
 - The majority of decedents were also male (ranging from 90.1% to 93.5%) and white (ranging from 69.1% to 81.5%) across components.

Treatment Barriers While Serving

- Military Culture by nature fosters stigma for medical including mental health
- Concern about impact on career, deployability, promotion
- Labels and stereotypes
- Military training impacts course of treatment, particularly the ability to fully engage and complete treatments unless a SM is in the medical board process.

Resources for Service Members, Veterans & Their Families

- Own Your Limits
- Real Warriors
- Veteran Crisis Line
- Objective Zero
- Operation Reach Out



OWN YOUR LIMITS

Own Your Limits, a U.S. Department of Defense (DoD) program, is an educational campaign for the U.S. military. The mission of the campaign is to help Service members learn how to drink responsibly, if they choose to drink alcohol. The site supports the DoD's efforts to build and sustain a ready and resilient force by providing resources and information to Service members so they can serve honorably and drink responsibly. Resources are also available for professionals who educate, support or work with Service members.

<https://www.ownyourlimits.org>

 **18+** **YEARS OLD**

Binge drinking is most common among young adults ranging from ages 18-34.

 **3rd** **MOST PREVENTABLE DEATH**

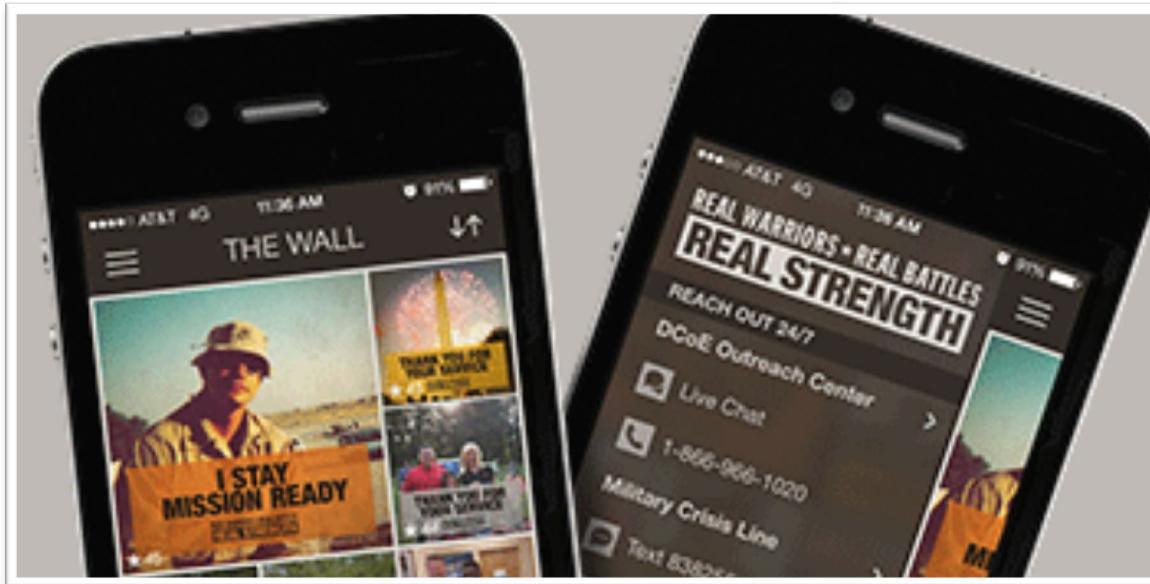
Alcohol is the 3rd most common preventable cause of death in the U.S.

 **48** **MINUTES**

In the U.S., someone dies every 48 minutes from a drunk driving car accident.



REAL WARRIORΣ★REAL BATTLES REAL STRENGTH



A multimedia public awareness campaign through the Psychological Health Center of Excellence (PHCoE) to support the promotion of psychological health, reduce stigma of psychological health concerns and encourage help seeking behavior for service members, veterans and their families.

<https://www.realwarriors.net/>





HOW TO CONNECT WITH A RESPONDER

Call

1-800-273-8255

and Press 1

Chat

Connect online

Text

838255

Support for deaf and
hard of hearing

1-800-799-4889

This free support is

Confidential

Available every day, 24/7

And serves

All Veterans

All Service members

National Guard and
Reserve

Their family members and
friends

<https://www.veteranscrisisline.net>



Objective Zero is a mobile app that anonymously connects veterans to suicide prevention resources and a nationwide network of trained peer supporters and trusted mental health resources.



<https://www.objectivezero.org/>



AT&T 10:40 AM

Help Center The Facts Home

Reach out to someone. >

There is hope. >

There are other options. >

Things will change. >

Better times lie ahead. >

Things won't always seem so bad. >

Avoid drugs and alcohol. >

Remember things worth living >

About Resources Activities



Resources for Behavioral Health Providers

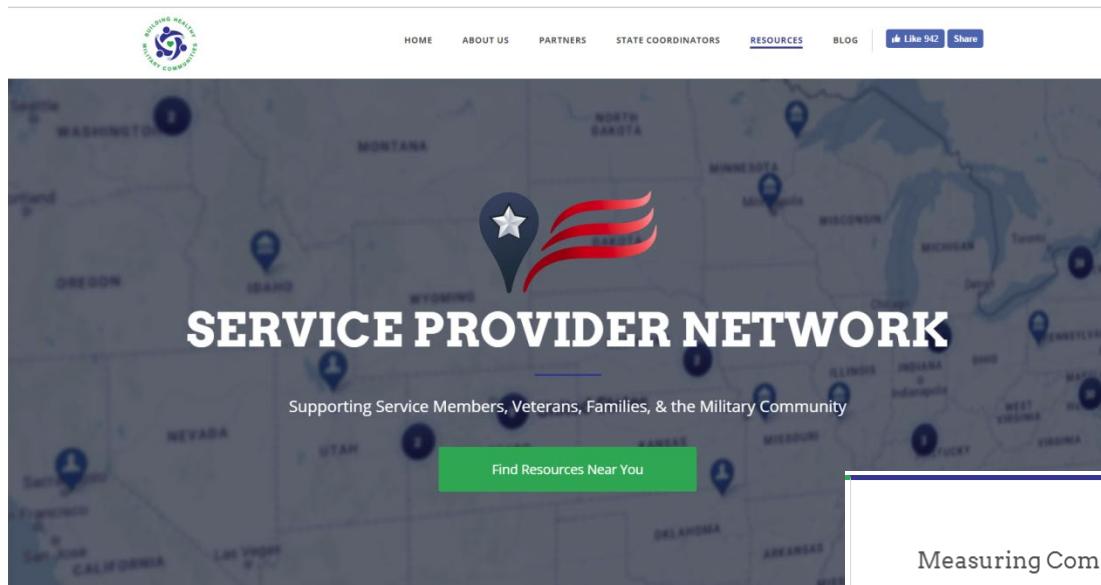
- Military Culture Training Opportunities
- Building Healthy Military Communities
- VA/DoD Evidence-Based Practice
- mHEALTH Tools
- Prescription for Behavioral Health
- Center for Deployment Psychology
- Psychological Health Center of Excellence



Military Culture Training

- **VA Community Provider Toolkit** -- <https://www.mentalhealth.va.gov/communityproviders/>
 - Community Mental Health Providers can find information on connecting with VA, understanding military culture and experience, as well as tools for working with a variety of mental health conditions.
- **VA National Center for PTSD - Understanding Military Culture** -- https://www.ptsd.va.gov/professional/continuing_ed/find_a_course.asp
 - This course presents important information regarding military demographics, branches, rank, status, and stressors. The author provides useful terminology and visuals to help the viewer understand military culture.
- **Center for Deployment Psychology Training Opportunities** -- <https://deploymentpsych.org/psychological-training>
 - The Center for Deployment Psychology (CDP) trains military and civilian behavioral health professionals to provide high-quality, culturally-sensitive, evidence-based behavioral health services to military personnel, Veterans and their families.
- **Military Health System Training** -- <https://www.health.mil/Training-Center/DoD/Military-Culture-Training-for-Health-Care-Professionals--Introduction-and-Self-Awareness-Exercise>
 - This module gives the opportunity to reflect on your own beliefs and potential biases that might impact your work with Service Members, Veterans, and family members. A Conceptual framework for military culture will be introduced as the first step in increasing your knowledge about military ethos and its impact on psychological health and treatment.

Building Healthy Military Communities Pilot Program



MD State Coordinator:
Stacey Lambert
Stacey.a.lambert.ctr@mail.mil

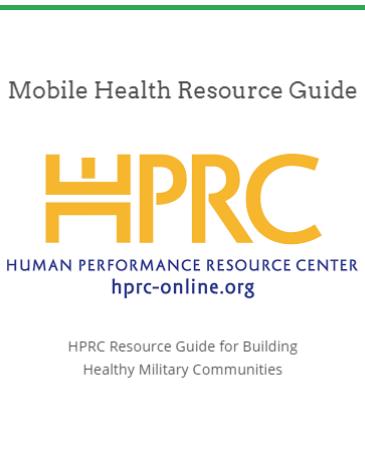
Measuring Communities



MEASURING COMMUNITIES
Mapping Progress for Military & Veteran Families

Free data about military service members, veterans and their families

Mobile Health Resource Guide



HPRC

HUMAN PERFORMANCE RESOURCE CENTER
hprc-online.org

HPRC Resource Guide for Building
Healthy Military Communities

<https://cms.jointservicessupport.org/BHMC/RESOURCES>

Psychological Health Clinical Support Tools

Clinical support tools help health care providers deliver evidence-based treatment that is consistent with Department of Veterans Affairs (VA) and Department of Defense (DoD) clinical practice guidelines. The VA and U.S. Army Medical Command partner with the Psychological Health Center of Excellence (PHCoE) to develop clinical support tools to accompany the clinical practice guidelines for psychological health conditions. These tools include educational materials and decision aids for primary and specialty care providers, patients and families.

To download the following clinical support tools, visit the clinical practice guidelines sections of the VA website [healthquality.va.gov](https://www.healthquality.va.gov/) or PHCoE website pdhealth.mil. Army, Air Force and Navy facilities can order hard copies of the tools on the Army Medical Command Quality Management Office website qmo.amedd.army.mil.

MAJOR DEPRESSIVE DISORDER TOOLS

Tools that accompany the 2016 VA/DoD Clinical Practice Guideline for Management of Major Depressive Disorder (MDD)

- **Management of MDD Patient Guide*** — Provides information to patients on MDD causes, symptoms, assessment and treatment, and general ways to improve health and well-being
- **Management of MDD Pocket Card*** — Provides health care providers with a quick reference tool for treating patients with MDD and related conditions
- **Depression: Fast Facts for Families** — Brochure with facts on depression symptoms, causes and effective treatments
- **Understanding Depression: A Resource for Providers and Patients** — Booklet with information on treatment, medications, tips on talking to family and friends about MDD and patient worksheets on how to improve sleep and manage symptoms



SUBSTANCE USE DISORDER TOOLS

Tools that accompany the 2015 VA/DoD Clinical Practice Guideline for Management of Substance Use Disorders (SUD)



- **Screening and Treatment Pocket Card*** — Provides the screening and treatment algorithm and high level reminders for providers on screening, brief intervention, pharmacotherapy and psychotherapy guidance and resources for management of SUD
- **Stabilization Pocket Card*** — Provides the stabilization algorithm and information for providers on withdrawal assessment and management of SUD
- **Medications for the Treatment of Alcohol Use Disorder** — Patient booklet with information on the four most effective medication choices for treating alcohol addiction

mHEALTH TOOLS

MOBILE APPS

<input type="checkbox"/>  BREATHE2RELAX Manage stress by learning and practicing deep-breathing exercises	<input type="checkbox"/>  CBT-i COACH Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep	<input type="checkbox"/>  ACT COACH Add acceptance and commitment therapy (ACT) tips to daily life
<input type="checkbox"/>  CPT COACH Use with cognitive processing therapy (CPT) to reduce PTSD symptoms	<input type="checkbox"/>  DREAM EZ Based on imagery rehearsal therapy (IRT) can help diffuse nightmares	<input type="checkbox"/>  CONCUSSION COACH Identify concussion symptoms and cope with related problems
<input type="checkbox"/>  LIFEARMOR Take self-assessments and learn more about topics like PTSD, anger, depression and more	<input type="checkbox"/>  MINDFULNESS COACH Learn to practice mindfulness meditation to live in the present	<input type="checkbox"/>  FEEL ELECTRIC! Help your grade-school children identify and express their feelings
<input type="checkbox"/>  MILD TBI POCKET GUIDE Access this handy reference when assessing and treating symptoms of mild TBI	<input type="checkbox"/>  PARENTING2GO Strengthen your relationships with your children	<input type="checkbox"/>  MOVING FORWARD Learn problem-solving techniques that help you make better decisions
<input type="checkbox"/>  PFA MOBILE Get support as a responder when your job is to provide psychological first aid (PFA)	<input type="checkbox"/>  POSITIVE ACTIVITY JACKPOT Find local activities to improve your mood and avoid negative thinking	<input type="checkbox"/>  PE COACH Use with prolonged exposure (PE) therapy to improve results
<input type="checkbox"/>  PTSD COACH Get support in managing PTSD symptoms	<input type="checkbox"/>  STAY QUIT COACH Get help either while in smoking cessation treatment or to prevent relapse	<input type="checkbox"/>  PROVIDER RESILIENCE Use when dealing with burnout and compassion fatigue
<input type="checkbox"/>  TACTICAL BREATHER Learn to use breathing to control your response during times of stress	<input type="checkbox"/>  THE BIG MOVING ADVENTURE Help prepare military children emotionally for the stress of moving	<input type="checkbox"/>  T2 MOOD TRACKER Monitor your emotional health by tracking your moods over time
		<input type="checkbox"/>  VIRTUAL HOPE BOX Helps reduce symptoms of depression with a digital version of hope box therapy

WEBSITES

<input type="checkbox"/>  afterdeployment afterdeployment.dcoe.mil Resources for psychological health and personal growth	<input type="checkbox"/>  PARENTING for Service Members and Veterans
<input type="checkbox"/>  MOVING FORWARD veterantraining.va.gov/movingforward Resources to improve your decision-making	<input type="checkbox"/>  veterantraining.va.gov/parenting Resources to strengthen your parenting skills
	<input type="checkbox"/>  SESAME STREET for Military Families sesamestreetformilitaryfamilies.org Resources for families with young children

<input type="checkbox"/>  militarykidsconnect militarykidsconnect.dcoe.mi	<input type="checkbox"/>  TOGETHER EVERYWHERE
	<input type="checkbox"/>  Resources for military children and their parents

Developed by the National Center for Telehealth & Technology, a Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury Center.
Released: Aug 2016

To download, go to:

http://www.defeet.org/uploads/7/7/2/8/77282817/phone_apps.pdf

Prescription For Behavioral Health

To Order, email request to:

dha.jblm.j-3.mbx.connected-health-central@mail.mil

RX **PRESCRIPTION FOR BEHAVIORAL HEALTH**
Mobile Resources

Date _____

<input type="checkbox"/> ACT Coach*	<input type="checkbox"/> LifeArmor	<input type="checkbox"/> PTSD Coach*
<input type="checkbox"/> Breathe2Relax	<input type="checkbox"/> Mindfulness Coach*	<input type="checkbox"/> Stay Quit Coach*
<input type="checkbox"/> CBT-i Coach*	<input type="checkbox"/> Moving Forward*	<input type="checkbox"/> T2 Mood Tracker
<input type="checkbox"/> Concussion Coach*	<input type="checkbox"/> Parenting2Go*	<input type="checkbox"/> Tactical Breather
<input type="checkbox"/> CPT Coach*	<input type="checkbox"/> PE Coach*	<input type="checkbox"/> The Big Moving Adventure
<input type="checkbox"/> Dream EZ	<input type="checkbox"/> Positive Activity Jackpot	<input type="checkbox"/> Virtual Hope Box

COMMENTS

Download free apps available from the National Center for Telehealth & Technology.
t2health.dcoe.mil/products/mobile-apps

*These apps were developed in partnership with the U.S. Department of Veterans Affairs.

Available on the App Store and Google play

Released January 2017 | This product developed by the National Center for Telehealth & Technology is reviewed annually and is current until superseded. Visit t2health.dcoe.mil for more information.

Product ID # 4095

RX **PRESCRIPTION FOR BEHAVIORAL HEALTH**
Web Resources

Date _____

<input type="checkbox"/> AfterDeployment	<input type="checkbox"/> Military Kids Connect®
afterdeployment.dcoe.mil	militarykidsconnect.dcoe.mil
Wellness resources for the military community addressing 20 behavioral health topics with anonymous self-assessments, tips and facts, videos, and more.	An online community where military youth can de-stress and connect with their peers.
<input type="checkbox"/> Post-Traumatic Stress	<input type="checkbox"/> Sesame Street for Military Families
<input type="checkbox"/> Depression	sesamestreetformilitaryfamilies.org
<input type="checkbox"/> Relationships	Support for military families from Sesame Workshop on deployments, moving, and more.
<input type="checkbox"/> Anxiety	
<input type="checkbox"/> Anger	
<input type="checkbox"/> Alcohol & Drugs	
<input type="checkbox"/> Sleep	
<input type="checkbox"/> Other	

COMMENTS

Developed by the National Center for Telehealth & Technology, a component center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

Released January 2017 | This product developed by the National Center for Telehealth & Technology is reviewed annually and is current until superseded. Visit t2health.dcoe.mil for more information.

Product ID # 4095



CDP Training Opportunities

The Center for Deployment Psychology (CDP) trains military and civilian behavioral health professionals to provide high-quality, culturally-sensitive, evidence-based behavioral health services to military personnel, Veterans and their families. [Click here for a calendar of all of our upcoming events.](#) Learn more about the programs that CDP offers below.



Training for Military Providers

CDP provides in-depth training on deployment spectrum issues facing our Service members, their families, and providers.



Speakers Bureau

Civilian groups and organizations that would like to have a CDP staff member present at their next meeting or conference are invited to visit this section for more information.

Evidence Based Workshops

Mobile 2-3 day workshops held at military bases which teach evidence-based psychotherapies (PE, CPT, suicide prevention, CBT-I, etc.) to military/DoD/GS audiences.

Self-Paced eLearning

The CDP has developed a variety of self-paced modules to help behavioral health providers care for Service members, Veterans, and their families. These courses are available for free or for CEs for a fee.

Online Training

In an effort to reach as many providers as possible, CDP offers frequent live events on numerous topics, including our multi-day EBP training, through online platforms.

Certificate Program

CDP partners with the National Council to offer the Serving Our Veterans Behavioral Health Certificate program, an self-paced online program.

Resources and Tools

The Center for Deployment Psychology is committed to promoting awareness of psychological issues related to deployment and creating a virtual library of resources available for behavioral health professionals in need of information about the deployment-related needs of Service members, Veterans, and their families.

If you have attended a CDP-led training on evidence-based therapies and have registered for the provider community, there are also additional resources available under "Provider Resources" in the Member's Area. Log-in with your account credentials to view those options.



Consultation Services



Tools



- Consultation Services Info
- Meet the Consultants
- Inquire About Consultation Services
- CDP's "Go for the Gold" consultation flyer

- Prolonged Exposure Therapy Tools and Session Notes
- Cognitive Processing Therapy Tools
- Insomnia Treatment Tools
- More Tools

Blog



Apps



- By the Numbers
- Staff Perspectives
- Research Updates
- CDP News

- PE Coach
- PTSD Coach
- CBT-I Coach
- More Apps

Resources Websites



Other Resources



- Uniformed Services University of the Health Sciences
- U.S. Department of Veterans Affairs
- Defense and Veterans Brain Injury Center
- More Links

- Webinars
- Research Publications
- VA-DoD Clinical Practice Guidelines
- Military Families Learning Network

<https://deploymentpsych.org/resources>



Psychological Health Center of Excellence
(formerly Deployment Health Clinical Center)

Order PHCoE Products



in crisis, please contact 24/7 the
Military Crisis Line
1-800-273-8255 PRESS 1

ABOUT PHCoE ▾ READINESS & EARLY INTERVENTION ▾ CLINICAL GUIDANCE ▾ RESEARCH & ANALYTICS ▾ EDUCATION & TRAINING ▾ RESOURCES ▾ BLOG & MEDIA ▾



Clinician's Corner Blog
inTransition: Serving All of America's Service Members and Veterans
By Matthew Lowery, inTransition Outreach Communications Consultant, PHCoE

Read More

Clinical Practice Guidelines & Resources

Guidelines developed by the Departments of Veterans Affairs and Defense, educational materials and tools to help health care providers deliver evidence-based treatment for psychological health conditions

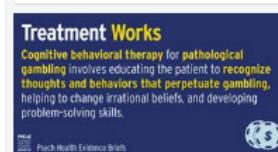
[Find Resources](#)

Deployment Health
Information and resources related to deployment health assessments, combat and operational stress programs, deployment-limiting health conditions and deployment-related exposures

[Learn More](#)

Psychological Health by the Numbers
Surveillance reports to inform leaders, health care providers, researchers and the general public of trends in mental health and mental health care within the Military Health System

[Get The Numbers](#)



Real Warriors Campaign

A multimedia public awareness campaign designed to combat the stigma associated with seeking care and encourage service members to reach out for appropriate treatment

[Learn More](#)

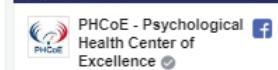
Psych Health Evidence Briefs

PHCoE produces expert-reviewed evidence briefs on existing and potential treatments for psychological health conditions that are commonly experienced by service members

[Find Evidence Briefs](#)

inTransition

inTransition is a free, voluntary program with coaches who provide psychological health care support to service members, veterans and their health care providers during times of transition



In cognitive behavioral therapy (CBT) for pathological gambling, biases in thinking lead to problematic emotions and irrational beliefs that play a part in pathological gambling, e.g., gamblers may believe they can control or predict outcomes, attribute positive outcomes to skill and poor outcomes to bad luck, and overestimate their chances of



Mission:

Improve the lives of our nation's service members, veterans, and their families by advancing excellence in psychological health care, readiness, and prevention of psychological health disorders.

<https://www.pdhealth.mil>



QUESTIONS????



Thank You
for your service