



Associates in Christian Counseling

Military and Veterans Care
Program



Caring For The Military Community

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Disclaimer:

All material included in this presentation is for informational purposes only and in no way qualifies the viewer to diagnose or treat any mental or physical condition or disorder.

Current Facts And Trends Among U.S. Service Members And Veterans:

- **There Are Approximately 1.4 Million Service Members On Active Duty.**
- **There Are Approximately 1 Million Service Members In The Reserve Components.**
- **Since 2002 Over 2 Million Men And Women Have Deployed To Iraq and Afghanistan.**
- **27 % Of Service Members Deployed To Iraq And Afghanistan Were Members Of The National Guard And Reserves.**
- **Women Make Up 14% Of The U.S. Military.**
- **There Are Approximately 23 Million Military Veterans.**

Current Facts And Trends Among U.S. Service Members And Veterans:

- **92% Of Military Veterans Are Male.**
- **8 % of Military Veterans Are Female.**
- **Of The 2 Million Service Members Who Deployed To Iraq And Afghanistan, 1.9 Million Left Active Duty Eligible For VA Benefits.**
- **There Are Approximately 3 Million Military Retirees.**
- **There are approximately 766,000 Veterans Living In North Carolina.**
- **Approximately 33% Of All Military Veterans Receive Benefits And Services From The VA.**
- **Approximately 40% Of The Veteran Population Is Over The Age Of 65.**
- **57.2% of OEF/OIF/OND Veterans Have Received A Provisional Mental Health Diagnosis.**

Current Facts And Trends Among U.S. Military Families:

- **Approximately 56% Of Active Duty Personnel Are Married**
- **Approximately 48% Of Reserve Personnel Are Married**
- **There Are Approximately 3 Million Military Family Members**
- **A Majority Of Military Family Members Are Children**
- **Approximately 44% Of Active Duty Members Have Children**
- **Approximately 43% Of Reserve Personnel Have Children**
- **Approximately 7 % Of Active Duty Military Couples Are In A Dual-Military Marriage**
- **Approximately 3% Of Reserve Personnel Couples Are In A Dual-Military Marriage**

The Aftermath Of War



Common Themes In Combat-Related Trauma

“War teaches hard lessons. What we lose, we lose. After war or other traumatic loss, we are different forever.”

Source: Tick, E. (2005). War And The Soul. Wheaton, IL: Quest Books.

The Aftermath Of War

Common Themes In Combat-Related Trauma

Behavioral:

- Impulsiveness
- Sleep Disturbances
- Hypervigilance
- Sensation Seeking Behaviors
- Eating Problems
- Self-medication (ETOH, RX, Illicit Drugs, Nicotine, Pornography)
- 1000 Yard Stare
- Isolation
- Agitation
- Overworking

The Aftermath Of War

Common Themes in Combat-Related Trauma

Cognitive:

- Distortions Of Orientation (Person, Place and Time)
- Presence Of Cause and Effect Thinking
- Memory Problems
- Difficulty Concentrating
- Delusions (Paranoia or Grandeur)
- Obsessions
- Intrusive Thoughts
- Dissociation
- Guilt/Shame
- Constant Worry
- Seeing Only the Negative

The Aftermath Of War

Common Themes In Combat-Related Trauma

Emotional:

- Anxiety
- Depression
- Irritability/Short Temper
- Unusual Fears
- Panic Attacks
- Feeling Unsafe
- Feeling Disconnected From The World
- Feeling Unlikable
- Sense of Loneliness And Isolation
- Lack Of Trust

The Aftermath Of War

Common Themes In Combat -Related Trauma

Physical:

- Headaches
- Abdominal Pain
- Diarrhea
- Constipation
- Chest Pain
- Tachycardia
- Dizziness
- Shortness Of Breath
- Frequent Colds

The Aftermath Of War

Common Themes In Combat -Related Trauma

Spiritual:

- Anger At God- “Why Did You Allow This To Happen?”
- Spiritual Alienation- Feeling Abandoned Or Rejected By God.
- Loss-Of-Faith- Believing That God Is Powerless.
- Guilt/Shame-Feeling That The Traumatic Event Was Punishment From God.

The Aftermath Of War

Key Issues For The Military Community

Post-Traumatic Stress Disorder:

Service Members Are Particularly At Risk For Exposure To Traumatic Events. It Is Estimated That 27% Of OEF AND OIF Veterans Have PTSD.

Deployment-Related Secondary Traumatic Stress:

Originates From Fear For The Safety Of The Service Member By The Service Member's Spouse And Children.

The Aftermath Of War

Key Issues For The Military Community

Combat-Related Traumatic Brain Injury:

Often Referred To As The “Signature” Wound Of OEF and OIF. It Is Estimated That 20% Of OEF and OIF Veterans Have Some Type Of TBI.

Suicide:

The Suicide Rate Among Military Personnel Has Historically Been Significantly Lower Than The Civilian Population (19 Per 100,000 People). However In 2008 The Suicide Rate Among Military Personnel Surpassed The National Average (20 Per 100,000).

The Aftermath Of War

Key Issues For The Military Community

Moral Injury:

Military Personnel In The Combat Environment Are Often Confronted By Ethical And Moral Decision-Making Challenges That May Be At Odds With His Or Her Core Ethical and Moral Beliefs, This Is Called A *Moral Injury*.

Grief And Loss:

Within The Military Environment Loss, Change And Transition Are Constant, Increasing The Potential For The Grief Response

The Aftermath Of War

Significant Issues In Military Family Life:

- Financial Problems- Lower Ranks, Often Involves Financial Infidelity
- Problems With Children- Constant Cycle of Departure And Arrival
- Remarriage-Divorce Rates Higher Among Service Members
- Stepfamilies And Integration-Blended Families Must Adapt
- Extramarital Relationships- Length Separations/Deployments
- Emotional Distance-Separation Lends To Emotional Cut Off
- Substance Abuse- ETOH, Benzodiazepines, Opioids
- Combat Stress- Traumatized Service Member Influences Family
- Domestic Violence-Associated with Rigors Of Military Life

A Journey Towards Healing



Caring For The Military Community

“The greatest casualty is being forgotten.”

A Journey Towards Healing

Establishing Connection

Essentials:

- Provide Non-Judgmental And Caring Attitude
- Discuss Military Service
- Identify Military/Combat-Related Health Issues Or Concerns
- Address The Need For Military Family Care
- Maintain Sensitivity To Time And Space

A Journey Towards Healing

Sharing In The Experience

Essentials:

- Historically Healing Follows a Pattern: Cleansing-Purification- Communal Fires And Re-entry To The community
- A Biblical Model- Rite Of Purification-Numbers 31:19-20
- Troop Ships- World War I, II And The Korean War- Decompressing
- The Modern Equivalent- Telling One's Story And Being Heard

A Journey Towards Healing

Providing Effective Support

Essentials:

- Exercise Active Listening With Compassion And Purpose
- Include Spouse And Family members In the Need To Share In Their Experience And Find Validation
- Model Patience And Flexibility (Assimilate Into The Body Of Christ Not Isolate)
- Refer As Needed To Appropriate Agencies Or Higher Levels Of Care

Questions ?