Ensuring Impact: Military and Veteran Children and Families

Session 1

While we’re waiting – type in the chat box and tell us if you have participated in other SMVF TA Center Learning Communities
Ensuring Impact: Military and Veteran Children and Families Session 1

Screening and Engagement
Military and Veteran Children and Families Session 1 Agenda

• Welcome and Introductions
  • Michelle Cleary, M.A.

• Learning Community Group Objectives
  • Share ongoing efforts to engage Military and Veteran Children and Families

• Screening and Engagement
  • Gregory Leskin, Ph.D.
  • Hisako Sonethavilay, M.S.W.

• Facilitated Discussion

• Next Steps and Adjourn
Welcome

Michelle Cleary, M.A.
Senior Project Associate
SAMHSA's SMVF TA Center
Session Facilitator

Phil Paty
Project Associate
SAMHSA's SMVF TA Center
Session Administrator
Introductions

• Take a minute to introduce yourself!
  • Name

• Agency

• How are you and/or your team currently working with military and/or veteran families?
Thank you for joining us!

- **Peter Luitwieler**, Program Manager, Oklahoma Veteran Alliance, Tulsa Mayor’s Challenge Team
- **Debbie Rich**, BHMC Oklahoma State Coordinator, Alutiiq, LLC, Tulsa and Oklahoma City Mayor’s Challenge Teams
- **Ellen Braden**, Division Manager, Family and Community Services, City of Albuquerque, Albuquerque Mayor’s Challenge Team
- **Kristen Melton**, BHCL Lead Chaplain, Raymond G. Murphy VA HSC, Albuquerque Mayor’s Challenge Team
- **John Curran**, HCHCP Chair, Hillsborough County, Hillsborough County Mayor’s Challenge Team
- **Jess Hegstrom**, Suicide Prevention Coordinator, Lewis and Clark Public Health, Helena Mayor’s Challenge Team
- **Celeste Ainsley**, Las Vegas Mayor’s Challenge Team
- **Tim Keesling**, Director, Veterans Mental Health Coordination and Programs, Office of Mental Health Coordination, Texas Health and Human Services, Texas Governor’s Challenge Team
- **Thomas Ronayne**, Director, Office of the County Executive-Veterans Service Agency, Suffolk County Mayor’s Challenge Team
- **Kim Donohue**, Program Manager, Suicide and Homelessness Prevention, Nevada Department of Veterans Services, Truckee Meadows Mayor’s Challenge Team
Thank you for joining us!

- **Tracie Lynn Brasier**, Women Veteran Program Manager, New Mexico Veteran Services
- **Rachel Donovan**, Owner, Albuquerque Mediation Services
- **Alicia Rossiter**, Military Liaison, College of Nursing, University of South Florida
- **Chris Hendrix**, CNRSE School Liaison Officer, U.S. Navy
- **Elizabeth Smith**, SAF Regional Director, American Red Cross
- **Carissa Bergosh**, School Liaison Officer, NAS Pensacola
- **Kellie Jo Kilberg**, Chairman, Florida Defense Alliance
- **Catherine Hernandez**
- **Cella Logan**, Military Spouse Advocate, CareerSource North East Florida
Learning Community Objectives

• Discuss ways to identify which families and children receiving services have military or veteran affiliation
• Identify screening approaches for suicide, substance abuse, and trauma in children of service members and veterans
• Address stigma and barriers to care in families of service members and veterans
• Discuss workforce training opportunities
• Identify opportunities for connections in communities that can reduce isolation and alienation
• Discuss the family impact of the reintegration of service members and transition of veterans
• Outline trauma-informed service system approaches that address behavioral health needs of children and families
Housekeeping

1. Identify yourself each time you speak
   “This is…”

2. Please *mute* your phones when not speaking

3. Participate – these are highly interactive sessions

4. Keep others in mind
Poll Question 1

• What screenings are currently being used in your community/state:
  • a) Veteran status
  • b) Trauma
  • c) Suicidality
  • d) Other
Session 1 Screening and Engagement

Gregory Leskin, PhD
Director, Military and Veteran Families Program
UCLA/Duke University National Center for Child Traumatic Stress
UCLA Department of Psychiatry and Biobehavioral Sciences
Semel Institute of Neuroscience and Human Behavior

Gleskin@mednet.ucla.edu
The National Child Traumatic Stress Network (NCTSN) was established by Congress in 2000 to raise the standard of care and improve access to services for traumatized children, their families, and communities.

The NCTSN serves as a resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education.
Why are we discussing military and veteran families and children?

- Large numbers of married service members and service members with children.
- Responsibility for physical and psychological healthcare.
- Service member, spouse, children can all share strong identification as Military Family.
- Family shares service member with military.
- Roles and responsibilities can shift rapidly in the family as a result of military life/deployment.
- Families may contend with separation from parent/partner (physically, psychologically)
- Family’s resilience can support service member’s resilience.
- Family life can change in transition to civilian life.
What We’ve Learned about Military Families:

• Core Values of Military Families
  • Honor, Courage, Loyalty, Integrity, and Commitment
  • Service Orientation
  • Grit, Determination, Perseverance

• Unique demands of military life
  • Separations, moves, new schools
  • Deployments and family reintegration
  • Need for adjustments
  • Transition to veteran/civilian life
What We’ve Learned about Military Families:

- Families living under the danger of war
  - Vulnerabilities
  - Impact and consequences for service members, spouses, children and families

- Long Term Impact on families and children
  - Intergenerational transmission of trauma
  - Family Violence
  - PTSD
  - Substance Abuse
Synthesis of the Literature on Veteran Children

- Veteran Children
  - Demographics
  - Health status
  - Resilience
  - Risk Factors
  - Consider Longitudinal Data
  - Lasting effect of military life/transition on youth
- Status of Veteran Families (e.g. Family composition, marital status, family fx)
- Veteran Caregivers
  - Transmission of stress due to PTSD, TBI, Other Mental Health Conditions, Physical Disability
  - Prevention & Intervention with Veteran children/families/couple dyads/family members (e.g. spouse, parent or other loved one)
- Family function across Journey of Veteran
  - Reintegration i.e.- First year of transition (Consider Getting out/Separation; Starting up)
  - “Taking Care of Self” (Consider child care opportunities)
  - “Putting Down Roots” (Consider child care opportunities; educational benefits)
  - “Retirement” (Intergenerational impact)
Multiple Frameworks

• Ecological: Military child is embedded within multiple interdependent micro and macro systems that is unique due to policies, history, and mission of military.

• Developmental: Military child’s growth is shaped by their experience within these systems.

• Resiliency: military families share interest to maintain successful adaptation in context of challenging and sometimes traumatic circumstances.

• Adjustment: Research suggesting length of deployment, parental distress and parental mental health may negatively impact child mental health.
Social Developmental Ecologies

- Community Members
- Service Providers
- Teachers
- Parents/Caregivers
- Children & Youth
Transitions for Military and Veteran Families

• Permanent Change in Station (PCS): Movements around the world. Some families describe travel as one of the greatest parts of the adventure being in a military family. But can also potentially impact the family in terms of social life, academic disruption, and continuity in interests and activities.

• Many military families have endured repeated and extended deployments for service member to Iraq and Afghanistan. It’s possible for a 12 year old child to have grown up and knows only of life through the lens of deployment. Development throughout deployment.

• Transition to civilian life may be difficult for these families with potential for loss of structure, economic security, housing, benefits. Relief can also be difficult and challenging.
NCTSN Professional Resources
NCTSN: Traumatic Grief in Military Children
Information Series

Traumatic Grief in Military Children

- Provides culturally competent materials for educating families, medical professionals, and school personnel about how to better serve military children who are experiencing traumatic grief.
Learning Objectives

• Provide accurate, up-to-date information (psychoeducation)
• Help providers to successfully engage families and children
  – Adapt treatments to military context
• Assist families and youth to maintain well-being.
• Explain Trauma Informed Approaches and Interventions
• Addressing and Overcoming Stigma
• Creating accurate expectations regarding accessing treatment
Military and Veteran Families
Culturally-Informed Engagement Strategies

- De-stigmatize efforts “family program in family friendly settings”
- Focus on strengths of service member, veteran and family
- Education for those who might encounter military families and Veterans
- Appreciation for all, care for those at greatest risk
- Flexibility (“things change”)
- Family friendly hours
- Appreciation for military culture as well as all other self-identifying attributes
- Transitions
- Continuum of care and support
- Sustained efforts over time
Engagement Strategies and Barriers

- Engagement seen as a dynamic process of education, recognition of problems and receiving appropriate resources.
- Behavioral and attitudinal components of engagement
  - Attendance and participation in programs
  - Emotional investment and commitment to program goals
- Can address perceptual barriers including need for and expectation of therapy or counseling, and beliefs in the therapeutic process
- Identifying self-care
Resources related to Adult and Child Trauma

- Potential causal relationship between trauma and psyche, body, spirit and functioning.
- Description of symptoms related to trauma, including post-traumatic stress, depression, anxiety, suicidal thinking, rumination, substance abuse.
- Potential to disrupt primary relationship/academic achievement.
- Treatments that are available adapted for military families
- Well being, self-care and resilience approaches
- Encouraging statements about strengths and recovery
- Connection to broad array of help-providing clinical service systems, crises intervention and partner organizations.
Child and Family Interventions
A selection of Evidence Based Interventions
Developed for or Adapted to needs of Military or Veteran Families

- Parent Child Interactive Therapy (PCIT)
- Trauma-Focus Cognitive Behavior Therapy (TF-CBT)
- Child Parent Psychotherapy (CPP)
- Traumatic Grief Component Therapy
- FOCUS/FOCUS CI
- Strong Families, Strong Forces
- Cognitive Behavioral Therapy
- ADAPT
- Protective Factors Framework
Thank you!!

Please contact me at
Gleskin@mednet.ucla.edu
Round Robin

**Question:** What ideas do you or your team have to engage SMVF in your state/community?

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Poll Question 2

Do you think your team would need additional technical assistance support in identifying and/or establishing new screening resources?

- a) Yes
- b) No
- c) Maybe
Blue Star Families
Military Family Lifestyle Survey

Hisako Sonethavilay,
M.S.W.
Senior Advisor
Applied Research
Blue Star Families
Blue Star Families is an organization connecting military families with community neighbors to ease the challenges of military life and provide simple ways for all Americans to help keep our military strong.

For more information, visit bluestarfam.org
2018 BLUE STAR FAMILIES MILITARY FAMILY LIFESTYLE SURVEY

LISTEN
Our Survey has a proven track record of elevating the voices of those who serve to the leaders and decision makers who can make their lives better.

SHARE
We lead the field in launching conversations and fostering collaboration among different sectors, organizations and institutions.

ACT
We translate our Survey’s data into action.

For more information, visit bluestarfam.org/survey
APPRECIATION WITHOUT UNDERSTANDING

41% of military and veteran families feel general public truly appreciates the sacrifices made by service members and their families.

18% feel general public truly understands their sacrifice.

19% feel general public is aware of the significant challenges military service placed on families.

Top way to improve the civilian-military divide: increase honest messaging about about the realities, difficulties, and sacrifices of contemporary military life.

For more information, visit bluestarfam.org/survey
# Top Stressors for Active Duty Military Families

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<th>Stressor</th>
<th>Percentage</th>
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<td>Financial issues/stress</td>
<td>47%</td>
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<tr>
<td>Deployments</td>
<td>46%</td>
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<td>Relocation stress</td>
<td>41%</td>
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<tr>
<td>Isolation from family/friends</td>
<td>38%</td>
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<tr>
<td>Separation</td>
<td>36%</td>
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*For more information, visit bluestarfam.org/survey*
TWO-INCOMES VITAL TO FAMILY’S WELL-BEING

70% of Millennial families feel two incomes vital to family’s well-being

52% of military spouse un/underemployment top financial obstacle

Only 10% of military spouses who are not employed but want to be report financially okay with just service member’s paycheck

Regardless of rank, Millennial officer and enlisted family respondents both agree at higher levels than military family respondents over 37 years old.

For more information, visit bluestarfam.org/survey
Supporting the Military Family Across Family Separations

41% of military family respondents had 6+ months of family separation in the last 18 months.

57% had a child who experienced separation anxiety/sleeping problems due to parent’s deployment.

Military children fare better when military spouses are less stressed during deployment.

- **Increased** stress
  - **Increased** number of negative child outcomes selected

- **Decreased** stress
  - **Increased** number of positive child outcomes selected

A statistically significant difference was found in the number of both negative and positive deployment-related outcomes across stress levels of military spouse respondents.

For more information, visit bluestarfam.org/survey
MILITARY SPOUSES WITH A MENTAL HEALTH DIAGNOSIS FEEL LESS OF A SENSE OF BELONGING TO THEIR COMMUNITIES

23% of military spouses report a diagnosis of depression; 4% considered suicide in past year

“I feel as though everyone wants to understand military service member suicide but no one cares about spouses back home while their husband is deployed or the impact deployments have on children. No one researches mental health of families, only the service member.”

-Army Spouse

For more information, visit bluestarfam.org/survey
**Respondents Seek Diverse Health Care & Mental Health Care Improvements**

Health care benefits second top reason for staying in military

Service members least satisfied with ease of access and timeliness of care (43%) and the quality of care (61%)

<table>
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<tr>
<th>TOP WAYS TO IMPROVE HEALTH CARE</th>
<th>SERVICE MEMBERS</th>
<th>VETERANS</th>
<th>MILITARY &amp; VETERAN SPOUSES</th>
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<tr>
<td>1.</td>
<td>Obtaining...</td>
<td>Full coverage of alternative care for dependents</td>
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<td>Full coverage of alternative care for dependents</td>
<td>Obtaining...</td>
<td>Continuity of care</td>
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<td>Continuity of care</td>
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For more information, visit bluestarfam.org/survey
TRANSITIONING VETERANS NOT PREPARED

The majority of veteran respondents were not prepared for their transition and indicated their expectations did not match their experiences.

These families are less likely to be satisfied with support received by the Department of Defense.

For more information, visit bluestarfam.org/survey
BLUE STAR FAMILIES PROGRAMS AND RESOURCES

Blue Star Connected Communities

Blue Star Careers
Spouseforce, Networks Live, Blue Star Business Council

Blue Star Books
START Book Clubs (Serving, Thriving, and Reading Together)

Blue Star Museums

Blue Star Parks

Blue Star Neighbors

Annual Military Family Lifestyle Survey

For more information, visit bluestarfam.org
BLUE STAR NATION: BUILDING COMMUNITY-BASED SOLUTIONS

For more information, visit bluestarfam.org
Connect with us.

bluestarfam.org
bluestarfam.org/survey
Facebook: @BlueStarFamilies
Twitter: @BlueStarFamily
Question: How will the materials presented today inform how you and your team will work with military and/or veteran families?

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Homework

• Please review the school forms that include questions about military/veteran status. After reviewing these forms, please complete the following questions:

• 1. Which programs in your area are currently asking questions of families about military and Veteran status?

• 2. If the individual indicates they have military/veteran status, how does (or would) the program respond (provide support to) the family members?

• 3. What are your thoughts about use of these forms more generally in school or other community settings?
Next Steps

• Next Session – Thursday, July 25, 2019

  • *Please be sure to register for the next session!*

• Wrap Up and Adjourn
Thank you!