

Treating The Invisible Wounds of War



Treating the Invisible Wounds of War Series: Part 1 - Posttraumatic Stress Disorder

[Note: You must have an active account before you can access the online courses]

Army One Source – Indiana Community Support Coordinator – Bob Rummel

P: 317-383-9604 e-mail: Robert.rummel@serco-na.com Access Code: AOSINRAR112

Treating The Invisible Wounds of War



Description:

To build bridges between local community resources and military families, Congress established the National Demonstration Program for Citizen-Soldier Support. Spearheaded by the Odum Institute at the University of North Carolina at Chapel Hill, the Citizen-Soldier Support Program (CSSP) focuses on all branches of the military and other reserve component members and families.

While it may be assumed that any post deployment mental health problems of service members and veterans would be identified and treated with in the Department of Defense/Department of Veterans Affairs medical care continuum, available data suggest that only about 37% of the people qualified for DOD/VA benefits will seek assistance from the VA. This means there is a silent majority not receiving the care they need.

This course is designed to help primary care physicians, case workers, mental health providers - who may see a veteran or family member on an unrelated issue - develop a better understanding of the culture in which veterans and their families live and work, and provide best practices for identifying, assessing and treating mental health disorders that result from the trauma of war.

Objectives

At the conclusion of this course, you should be able to:

- Identify strategies for establishing and maintaining a therapeutic alliance with combat veterans and their families by examining military structure and culture and the combat experience
- Identify Combat Operational Stress Injury (COSI) symptoms and assessment techniques
- Identify Posttraumatic Stress Disorder (PTSD) symptoms and assessment techniques
- Identify treatment options for Posttraumatic Stress Disorder
- Identify frames of mental health assessment and treatment options for military personnel
- Identify how family relationships are impacted by mobilization, deployment and redeployment
- Identify services available for veterans and their families, including those provided by the U.S. Department of Veterans Affairs and TRICARE

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NOTES: Video portions of this course may require a high-speed internet connection for optimum effectiveness. Credit awarded for this course may not be accepted by certifying boards in some disciplines and in some states. It is not the responsibility of CSSP to determine applicability of credit for any learner.

Author(s):

Harold Kudler, MD

Associate Director, Clinical
Mental Health Coordinator, VISN 6
Durham VA Medical Center
Associate Clinical Professor,
Department of Psychiatry and Behavioral Sciences,
Duke University
harold.kudler@va.gov

Dr. Kudler trained at Yale and is Associate Clinical Professor at Duke. He has received teaching awards from the Duke Department of Psychiatry, the American Psychiatric Association, and the American Psychoanalytic Association. Dr. Kudler coordinates mental health services for a three state region of the U.S. Department of Veterans Affairs (VA) and, from 2000 through 2005 co-chaired VA's Special Committee on PTSD, which reports to Congress. He founded the International Society for Traumatic Stress Studies' (ISTSS) PTSD Practice Guidelines taskforce and has served on the ISTSS Board of Directors. He co-lead development of a joint VA/Department of Defense guideline for the management of posttraumatic stress. Dr. Kudler is Associate Director of the VA's Mid-Atlantic Mental Illness Research, Education, and Clinical Center (MIRECC) for Deployment Mental Health.

Charlotte M. Wilmer, MSW, LCSW

Counseling Services Branch, Marine & Family Services Division
Marine Corps Community Services
Camp LeJeune, NC

Charlotte Wilmer has been a therapist since 1995 at the Community Counseling Center, Camp LeJeune, NC, home of over 45,000 Marines and Sailors and the largest Marine Corp base on the East Coast. She received training at the National Center for PTSD in Palo Alto and is trained in EMDR and Prolonged Exposure and Cognitive Processing Therapy. Charlotte is the co-author of a chapter dealing with military families and deployment in a soon to be published book for civilians. Before she joined the mental health field, she served as Staff Director to Congressman John Breaux, represented rural electric cooperatives before Congress, managed a number of political campaigns and was Vice President of a government relationship consulting firm.

Disclosure: Greensboro AHEC adheres to the ACCME Standards regarding industry support of continuing medical education. Harold Kudler, MD has no actual or potential conflict of interest in relation to this program. Charlotte Wilmer, MSW, LCSW has no actual or potential conflict of interest in relation to this program. The planning committee consisting of Tina Latham, Renea Paradis, Karen Zeliff, Michael Willet, Bob Iddings have no actual or potential conflict of interest in relation to this program. Speakers will also state when off-label or experimental use of drugs or devices is incorporated in their presentations. There is no commercial support for this program.

Target Audience:

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Primary care physicians, physician assistants, nurse practitioners, psychiatrists and other interested mental health providers.

Length: 3 Hours

Credit Type(s): 3.0 AMA PRA Category 1 Credit, 3.0 Contact Hours NBCC - Provider #5470, 3.0 Contact Hours, 0.3 CEU

AHEConnect participants should verify all continuing education credit information regarding licensure requirements with their state licensing board(s). Licenses are offered and renewed at the sole discretion of the state boards.

Cost: \$0.00



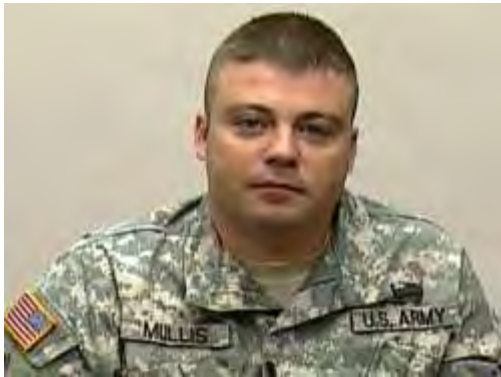
Treating the Invisible Wounds of War Series: Part 2 - Traumatic Brain Injury

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Description:

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This course is designed to help primary care physicians, case workers, mental health providers - who may see a veteran or family member on an unrelated issue - develop a better understanding of the culture in which veterans and their families live and work, and provide best practices for identifying, assessing, and treating or referring mild traumatic brain injuries that result from the trauma of war.

Objectives

At the conclusion of this course, you should be able to:

- Identify strategies for establishing and maintaining a therapeutic alliance with combat veterans and their families by examining military structure and culture and the combat experience
- Identify functional anatomy of emotion, memory and behavior circuits
- Recognize symptoms of TBI and the impact TBI has on daily life of service members and families
- Identify TBI screening tools and treatment recommendations
- Identify frames of mental health assessment and treatment options for military personnel
- Identify how family relationships are impacted by mobilization, deployment and redeployment
- Identify services available for veterans and their families, including those provided by the U.S. Department of Veterans Affairs and TRICARE

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Robin Hurley, MD, FANPA

Associate Professor
Wake Forest University School of Medicine, Baptist Medical Center

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Associate Director of Education

Veterans Integrated Service Network Mental Illness Research, Education and Clinical Center.

Dr. Hurley is a diplomat of both the American Board of Psychiatry and the United Council for Neurologic Subspecialties.

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Target Audience:

Primary care physicians, physician assistants, nurse practitioners, psychiatrists and other interested mental health providers.

Length: 4 Hours

Credit Type(s): 4.0 AMA PRA Category 1 Credit, 4.0 Contact Hours NBCC - Provider #5470, 4.0 Contact Hours, 0.4 CEU

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Cost: \$0.00

MIRECC
*Mental Illness
Research,
Education
and
Clinical Center*



**Post Deployment Mental Health
VISN 6**

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Treating the Invisible Wounds of War Series: Part 3 - Issues of Women Returning from Combat

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Description:

Women military service members returning from deployment to the wars in Iraq and Afghanistan face gender-specific readjustment issues as they transition back to their local communities. This workshop will provide an overview of the health/mental health concerns of women veterans within the context of military culture, gender-specific roles, available support resources and effective treatments.

Objectives:

- Explain the history of women in combat and the scope of the problem
- Describe the importance of military culture
- Identify psychological issues unique to women returning from combat
- Recognize child development issues for women returning from combat
- Discuss gender-specific treatments
- Describe mental health care resources including Tricare insurance

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Mental Health Coordinator, VISN 6
Durham VA Medical Center
Associate Clinical Professor,
Department of Psychiatry and Behavioral Sciences,
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Dr. Kudler trained at Yale and is Associate Clinical Professor at Duke. He has received teaching awards from the Duke Department of Psychiatry, the American Psychiatric Association, and the American Psychoanalytic Association. Dr. Kudler coordinates mental health services for a three state region of the U.S. Department of Veterans Affairs (VA) and, from 2000 through 2005 co-chaired VA's Special Committee on PTSD, which reports to Congress. He founded the International Society for Traumatic Stress Studies' (ISTSS) PTSD Practice Guidelines taskforce and has served on the ISTSS Board of Directors. He co-led development of a joint VA/Department of Defense guideline for the management

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of posttraumatic stress. Dr. Kudler is Associate Director of the VA's Mid-Atlantic Mental Illness Research, Education, and Clinical Center (MIRECC) for Deployment Mental Health.

LCDR Erin Simmons, Ph.D
Staff Clinical Psychologist

Dr. Erin Simmons earned her doctoral degree in clinical psychology from Adelphi University and completed her clinical internship at the National Naval Medical Center in Bethesda, MD. She has served as a psychologist in the Navy for the past 7 years, including tours at Naval Hospital Okinawa, Japan; and Naval Hospital Camp Lejeune, NC. Dr. Simmons has also been deployed twice to Iraq: to Fallujah for 7 months in 2004-2005; and to Ramadi for 7 months in 2008. Dr. Simmons currently serves as the Program Supervisor for 2 intensive outpatient programs addressing current major mental health concerns, including PTSD and general mental health. She is the author/editor of the 2 workbooks that are currently being used by these programs. Dr. Simmons is also the Team Leader of the Caregiver Occupational Stress Team and the Coordinator of the Trauma Care Program at Naval Hospital Camp Lejeune.

Elizabeth Marks

Ms. Marks is currently a student at the UNC Chapel Hill School of Social Work, anticipating graduating with an MSW in May and pursuing clinical work with veterans, service members, and their families. A 2002 graduate of the United States Naval Academy, she completed three sea deployments to the Arabian Gulf and throughout the Pacific. She also spent nine months in Baghdad, Iraq in 2007 as a Counter Improvised Explosive Device (IED) Officer for an Army Field Artillery battalion in support of Operation Iraqi Freedom (OIF).

Kristy Straits-Troster, PhD, ABPP

Dr. Straits-Troster is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Duke University as well as Assistant Clinical Director of the VA Mid-Atlantic Region's Mental Illness Research, Education and Clinical Center (MIRECC) based in Durham, NC and focused on post-deployment readjustment and mental health. Her clinical and research experience includes PTSD treatment and prevention of chronic illness. Dr. Straits-Troster is currently conducting a Department of Defense-funded study on implementation of a multi-family group intervention for veterans with traumatic brain injury and their families.

Target Audience:

Mental health providers and other interested health care professionals

Length: 2 Hours

Credit Type(s): 2.0 Contact Hours NBCC (Provider #5470), 2.0 Contact Hours, 0.2 CEU

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Cost: \$0.00

INSTRUCTIONS:

From your browser, go to www.aheconnect.com/citizensoldier

Step 1: Click on **New Users tab** at the top of the screen

Step 2: Create a **personal user account** following the instructions on the screen

NOTE: Be sure to enter your **Army OneSource referral code** in the space provided. (**Referral code is AOSINRAR012**).

Step 3: Login to the system using your new id and password

Step 4: Click on **Courses tab** at the top of the screen

Step 4: Select a course you wish to complete.

Step 5: Click on **Register**

Once you complete a course, your CE credit will be recorded, and you will have access to download and print a Certificate of Completion.

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