



# BUILDING MILITARY/COMMUNITY PARTNERSHIPS TO SERVE MILITARY AND VETERAN FAMILIES AND THEIR CHILDREN

*Gregory A. Leskin, Ph.D.,*

**Director, Military Families Program**

**UCLA/Duke University National Center for Child Traumatic  
Stress [Gleskin@mednet.ucla.edu](mailto:Gleskin@mednet.ucla.edu)**

- Purpose
  - To help states and territories succeed in their efforts to support military families
- Overview
  - Identify behavioral health issues facing military family members
  - Examine and interpret military family demographics at national, state/territory, and regional levels to inform planning
  - Recognize risk and resiliency factors associated with military culture

# Participant Introductions

States	
Kentucky (Marlane)	
Michigan (Ingrid, Kaitlyn, Juliana, Kathy)	
Hawaii (Michael)	
Nevada (Misty)	
North Carolina (Li, Heather)	
Pennsylvania (Matthew)	
Wisconsin (Phillip)	
Virginia (Suzanna, Sophia, Leanna, Martha)	
Illinois (Jordan, Tom, Margo, Carlendia)	
Oklahoma (Carla, Jim)	



- Name
- State/Territory
- Agency

# Housekeeping

– Please identify yourself each time you speak -  
*“This is...”*

– Please mute your phones when not speaking



– Highly Interactive



– Respectful environment

# Today's Agenda

## Key topics to be addressed include:

1. Provide demographic report of military by active duty and reserve component, veterans and families
2. Describe risk and resilience factors that may serve to endanger or protect the psychological health of military family members.
3. Discuss current prevention and intervention efforts, including evidence-based practices, offered through the military and civilian organizations that support the psychological health of military families.
4. Review a selection of high quality resources in order to conduct appropriate assessments, delivery evidence-based interventions and provide expert case management for military families and children.
5. Train on where to find resources, stay informed, connect with others.

# Federal Initiatives

*Cicely Burrows-McElwain, L.C.S.W.-C., Public Health  
Advisor- Child Trauma Program, SAMHSA, Center for  
Mental Health Services, Division of Prevention, Trauma,  
and Special Programs*

# SMVF Military Families Learning Community ~ Federal Updates

- **Executive Order**

- On August 31, 2012, the President signed an Executive Order directing the Departments of Veterans Affairs, Defense, and Health and Human Services, in coordination with other federal agencies, to take a number of steps to ensure that Veterans, Service Members, and their families receive the mental health services and supports they need.
- *Detailed Interim Report can be found at:*  
[http://www.whitehouse.gov/sites/default/files/uploads/2013\\_interim\\_report\\_of\\_the\\_interagency\\_task\\_force\\_on\\_military\\_and\\_veterans\\_mental\\_health.pdf](http://www.whitehouse.gov/sites/default/files/uploads/2013_interim_report_of_the_interagency_task_force_on_military_and_veterans_mental_health.pdf)

**INTERAGENCY TASK FORCE ON  
MILITARY AND VETERANS MENTAL  
HEALTH**

2013 INTERIM REPORT

Department of Defense  
Department of Veterans Affairs  
Department of Health and Human Services



# Report Highlights

- – **Strengthening suicide prevention efforts across the Force and in the Veteran community.**
- Response: VA and DoD launched a new national suicide prevention campaign, increased staffing for the Veterans Crisis Line and are working with SAMHSA experts in suicide prevention.
- – **Enhancing access to mental health care by building partnerships between the Department of Veterans Affairs (VA) and community providers.**
- Response: National Summits start in August 2013 . 15 pilot programs in 7 states now exist where community providers and VA are integrated into a single setting to better serve Veterans and their families.
- – **Increasing the number of VA mental health providers serving our Veterans .**
- Response: Push to hire 1600 new mental health professionals in VA has been a success. Veteran Peer Specialists are also being implemented nationwide in VA settings.
- – **Promoting mental health research and development of more effective treatment methodologies.**
- Response: NRAP National Research Action Plan join effort of NIH/Dod/VA.



# Nationwide VA Mental Health Summits

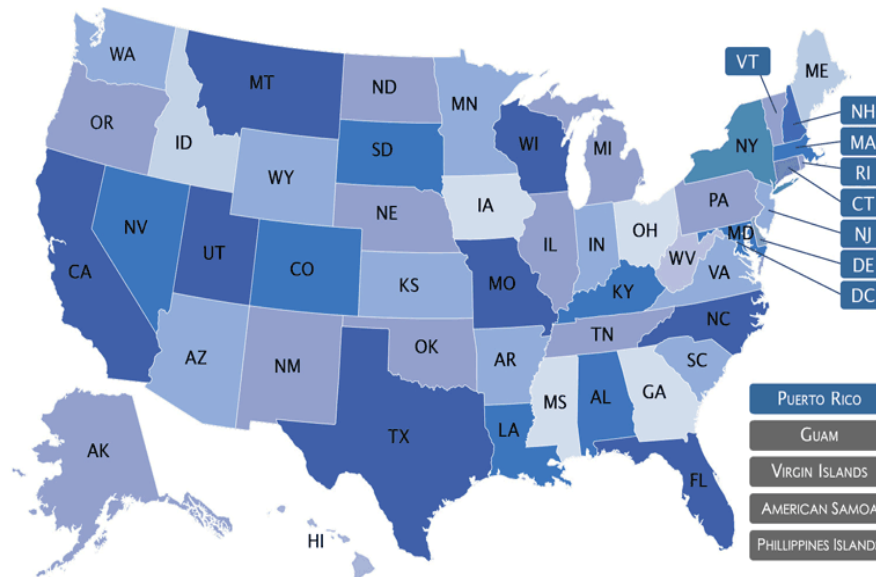
Substance Abuse  
Military Sexual Trauma  
Depression  
PTSD  
Anxiety  
Bipolar  
Schizophrenia  
Mental Health Recovery  
Returning Veterans  
Families  
Veteran Students  
Women Veterans  
Veterans At Work  
External Links  
About VA Mental Health  
I'm a Provider  
Site Map  
Site Search

## Mental Health Summits

### Mental Health Summits

Meeting the mental health care needs of Veterans and their families is among one of the highest priorities for the Department of Veterans Affairs (VA). While VA continues to expand mental health resources to meet the needs of Veterans, truly Veteran-centric, recovery-oriented care requires active collaboration and coordination with partners in the community. Through collaboration, VA can promote awareness and utilization of VA mental health resources, help Veterans gain access to community services, and build healthy communities for Veterans and their families. In the interest of promoting community collaboration, each facility is hosting a Mental Health Summit. These Mental Health Summits are expected to help build or sustain collaborative efforts with community providers to enhance mental health and well-being for Veterans and their families. To learn about Mental Health Summits in your area, please use the map below. Click on your state for a list of summits in your area.

*Please Note: Selecting a state will open a Word document containing Summit information for that state.*



<http://www.mentalhealth.va.gov/summits.asp>

### STEPS TO INSURE YOU ARE INCLUDED:

1. Visit site link provided above.
2. Click on your state or territory
3. Make a call to the point of contact listed and register to attend.

- Be sure to share the link with community mental health providers/stakeholders in your areas.

# In the works...

- HHS and SAMHSA programming continue to focus efforts of our grant programs on meeting the needs of SMVF nationwide.
- Recent collaborations include:
  - SAMHSA/NICHD/DoDEA partnering to plan a Children with Special Needs Conference in Veteran and Military Families in 2014
  - Partnering with NMFA to hold consumer driven strategic planning in the National Child Traumatic Stress Network (NCTSN).

States/Territory	Resources
Kentucky	SAMHSA, Governor, First Lady, Lexington and Louisville VA Hospitals , VISN 9, KY Suicide prevention group, Military Spouse Taskforce, local officials, medical professionals KY General Assembly, Administration Office of Courts, Veterans Affairs, KY Universities, Cabinet for Health and Family Services, Hardin County Chamber of Commerce, Fort Knox and Campbell
Michigan	MI Veterans Affairs Agency – new agency to state to connect services for SMVF
Hawaii	VA, DOD, CMHP, Governor, Mayor, City Council, veteran service organizations (VSOs – e.g., VOW), Judiciary, treatment providers, medical personnel, legal professionals, clergy
Nevada	
North Carolina	NC Focus on SMVF (est. 2006), VA, state agencies, universities, Welcome Back Veterans, National Center for Traumatic Stress, SAMHSA, Army OneSource, NC National Guard, Painting a Moving Train, Living in the New Normal training, Community Blueprint, Fayetteville
Pennsylvania	
Wisconsin	Gov’s Taskforce for Mental Health, Departments of Veterans Affairs and Health Services, National Guard and Reserves, advocacy groups, state and federal VA, tribes, NAMI, county human services system, vet centers, county veteran service officers, clinicians,
Virginia	State VA, local community service boards, VA Benefits Offices, local VSOs, law enforcement, local colleges and universities, family efforts, family and couples retreats, resource specialists, community resource fairs, faith based community, resource specialists (all ages, not just young families, not just...)

# 2010 US Military Demographics Report

## Active Duty

Army	561,979
Air Force	329,640
Navy	323,139
Marine Corps	202,612
DHS's Coast Guard	41,327

Source: Military Homefront/DoD

# Characteristics of Military Families and Challenges They Face

# 2010 US Military Demographics Report

## Active Duty

- According to Defense Manpower Data Center 2010 Demographic Report, there were 3,400,606 total Active Duty *and* family members (41.7% active duty members, 58.3% family members).
- Women comprised 14.4% (203,695) of the DoD Active Duty force.
- Overall, the average age of the Active Duty force is 28.5 years. The average age for Active Duty officers is 34.7 years, and the average age for enlisted personnel is 27.3 years.
- Approximately 70% of officers and 54% of enlisted personnel report being married.
- About 40% of the Active Duty are married with children and 5.4% are single parents.

# 2010 US Military Demographics Report Selected Reserve Component

- The Selected Reserve Force consists of 857,261 members in seven components.

The Army National Guard	362,015
Army Reserve	205,281
Air National Guard	107,676
Air Force Reserve	70,119
Navy Reserve	65,006
Marine Corps Reserve	39,222
DHS's Coast Guard Reserve	7,942

# 2010 US Military Demographics Report Selected Reserve Component

- According to Defense Manpower Data Center 2010 Demographic Report, there were 2,018,892 total Selected Reserve *and* family members (42.5% Select Reserve members, 58.5% family members).
- Women comprised 17.9% (153,071) of the Selected Reserve force.
- Overall, the average age of the Select Reserve force is 32.2 years. The average age for Reserve officers is 40.1 years, and the average age for Select Reserve enlisted personnel is 30.8 years.
- Approximately 71.2% of officers and 44% of enlisted personnel report being married.
- About 34% of the Active Duty are married with children and 9.3% are single parents.



# Demographics of the US Veteran Community

- More than 2 million service members have served in Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) and nearly 1.3 million have been discharged as veterans (Bangerter et al., 2010).
- VHA treated 400,000 (31 percent) of 1.3 million eligible veterans in fiscal year 2010, up from 100,000 (20 percent) of 500,000 eligible veterans in 2005.
- According to Vetpop2007, in September 2012 there are 21,732,292 living veterans in the US and territories. Of those, 9,487,758 are 65 +.

# Challenges of Military Children and Families

- ❑ Extended and repeated separations from a primary caregiver in the context of danger
- ❑ Altered family roles and responsibilities
- ❑ School and community transitions
- ❑ Increased stress on caretaking parent
- ❑ Community level stress/ loss
- ❑ Media and communication exposure
- ❑ Impact of combat exposure on returning parent
- ❑ Possible parental mental health problems, physical injury, or loss



# General Military Culture Principles

- Increase Danger
- Waiting, worrying and grieving
- Loss of freedom/control
- “Duty First” and its impact on family
- **You are military 24/7 working and socially**
  - Fear of talking about a vulnerability.
- Lack of privacy
- **Frequency of moves**
- Relocation issues/starting over
- Intermittent separation



Photo by CPL J.R. Stence

# Strengths and Opportunities in a Military Culture

- **Close knit community**
- Strong sense of camaraderie through shared experience of adversity
- We're in this together/empathy
- **Fulfilling a sense of duty**
- Prestige
- Sense of mission
- **Greater availability of resources**
- for the military population



# Effects of Deployment on Family

- Any at given time, there are approximately 250,000 children with a deployed parent or deployed parents.
- Stress related to deployment can be worsened if parent affected by psychological health issues or physical injury
- Studies and reports suggest that 10-20% of SM might be impacted by psychological health issue.
- Some reports suggest TBI at or above 20%.
- Over 43,000 with physically injured.

# Why are we discussing 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.

# Poll Question



# Bright Ideas



Best Practices in the spotlight...



- Recap
- Snap poll
- Homework
- Next meeting – Thursday, July 25, 2013
  - Must register again

Thank you very much!  
Please contact me for more information

Gregory Leskin, Ph.D.  
Gleskin@mednet.ucla.edu