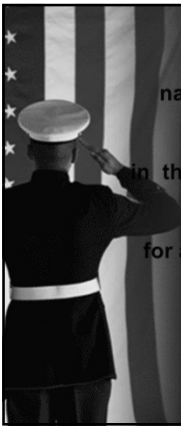


HOME COMING

**COMING HOME FROM WAR:
A COMMUNITY'S RESPONSE
TO OUR SERVICE MEMBERS/ VETERANS
& FAMILIES**

"To care for him who shall have borne the battle, and
for his widow, and his orphan"
A. Lincoln

1



" A veteran – whether active duty,
national guard or reserve, retired, or
discharged from any of these - is
someone who, at one point
in their life, wrote a blank check made
payable to 'The United States
of America,'
for an amount of 'up to and including
my life.'... "

Author Unknown

2

VIDEO



3

SUICIDES

- ***VA: Suicides hit 22 per day***
- ***Suicides of Veterans increased more than 20 percent between 2007 and 2010***
- ***average of 22 Vets per day killed themselves***

(This is just Veterans that are counted)

4

Veteran Suicides

- In 2017, the most recent data available, the suicide rate for veterans was 1.5 times greater than for Americans who never served in the military.
- 16.8 veterans a day across the country take their own lives
- Veterans accounted for 14 percent of all adult suicide deaths in the U.S. in 2016.

5

Veteran Suicides

- According to the Associated Press, military suicides have increased by as much as 20% this year compared to the same period in 2019.
- The active army saw a 30% spike - from 88 last year to 114 so far this year

6

PTSD

Of 834,467 Afghanistan and Iraq veterans who obtained health care from the VA for a variety of conditions over the past 10 years

256,820 , PTSD (2002 – 2012)

(30% or less seek care at the VA)

7

Substance Use Disorders

- Alcohol abuse is the most significant non-combat related health risk for vets with combat deployments
- 27% of Army soldiers screened 3 – 4 months after deployment met criteria for alcohol abuse

ACCURATE?

8

Incarcerated Veterans

8% of incarcerated population reported to be Veterans as of 2017

(Didn't always ask)

9

Vietnam Veteran Stats.

Divorce rate 90%

ETOH/Drug rate 75%

Suicides greater than 50,000

Significant medical issues (Agent Orange)
& Mental Health issues

10

Seeking Care at the VA

- 476,763 (57%) musculoskeletal disorders
- 437,209 (52%) ill-defined conditions
- 444,451 (53.3%) percent of the total sought mental health care, of these more than half were for PTSD

(30% of vets go to the VA for care)

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“Never before have we asked so few citizen soldiers to do so much in war time, while knowing they and their families have great psychosocial needs.”

Dr. Charles R. Figley

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WHY A BRIEFING ON REINTEGRATION?

History has taught REUNIONS are more stressful than separations:

- ✓ People grow and change
- ✓ Expectations are Different
- ✓ Experiences were different



- ✓ Understanding & having the right words to dialogue about changes and expectations has made significant strides in improving the reintegration process...

13

Service members need 2 sets of skills:



WAR/Military/Survival Coping Skills
HOME Skills

14

“War Zone/Uniform Skills” are not the same skills we need at home


“Normal” behavior for a service member is often not understood by family, friends, co-workers, or our communities.

Service member needs 2 sets of skills:

- WAR/Survival/Military Coping Skills
- HOME/Civilian Skills


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Mission Oriented

<p>WAR</p> <ul style="list-style-type: none"> • Once a mission is assigned other, unrelated tasks, are unimportant • Decisions need to be quick, clear, accurate 	<p>HOME/JOB/SCHOOL</p> <ul style="list-style-type: none"> ➢ Multiple competing tasks cause confusion/CHAOS ➢ May get angry/frustrated with those who get in the way of mission ➢ Difficulty participating in cooperative decision making <p>Civilians=9000+ decisions Service Members = 3000</p>
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Safety & Trust

<p>WAR</p> <p>Vigilance pays off</p> <p>Never Relax</p> <p>Assume everyone is the enemy</p> <p>"suspicious of others and things you have known & trusted"</p>		<p>HOME/JOB/SCHOOL</p> <p>Avoid getting involved</p> <p>Suspicious of everyone</p> <p>Test people to earn trust</p> <p>Always on guard</p> <p>Isolative</p> <p>"being suspicious isolates you"</p> <p>Difficulty attending activities, going out in public, feeling safe with anyone but other service members.</p>
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17

Emotions/Anger

"NOT talking about your emotions in war (strength) only leads to CANT talk about emotions at home (weak)"

<p>WAR</p> <p>Control emotions</p> <p>Numbing (It don't matter)</p> <p>Anger useful, protective, is a survival skill</p> 	<p>HOME/JOB/SCHOOL</p> <p>Insensitivity to others</p> <p>"look hot headed, hard headed"</p> <p>Decreased ability to read others emotions</p> <p>"you look / act emotionless"</p> <p>Decreased emotional enjoyment</p> <p>Irritability/defensiveness</p> <p>Increased aggression</p> <p>"fed by constant frustration"</p> <p>Increased alcohol/drug use to avoid feeling emotions</p>
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Information/Talking

<ul style="list-style-type: none"> ■ WAR ■ Restrict any information that may be used against you ■ Learn new language 	<ul style="list-style-type: none"> ■ HOME/JOB/SCHOOL ○ Give little information ○ Keep to self ○ Avoid talking ○ Social chatter a waste of time
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More comfortable talking with battle buddies


"Civillianeze" foreign language

Frustration & Isolation

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Authority


<p>WAR</p> <p>Little room for choice "do what you are told, when you are told"</p> <p>May have had much authority</p> <p>May not have faith in authority "bad decisions by authority = deadly consequences"</p>	<p>HOME/JOB/SCHOOL</p> <p>May resent authority "who are you to tell me what to do"</p> <p>May be reluctant to let others have authority "may cause grades to fall at school" "loss of jobs", family issues, "etc"</p> <p>May take on too much authority, or, want none at all</p> <p>May lead to increased confrontations</p>
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Closeness

<p>WAR</p> <p>Intense relationships</p> <p>Strong bonds, depending on each other for survival</p> <p>If losses, learn to avoid getting close</p>	<p>HOME/JOB/SCHOOL</p> <p>Long term intimacy more complicated "lonely, not open with emotions"</p> <p>May expect same level of intensity of intimacy at home "not on the same page"</p> <p>May push loved ones away....Uncomfortable admitting do not understand and cannot relate</p> <p>Love ones my push them away</p>
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Response Tactics

<p>WAR</p> <p>Act first, think later</p> <p>Maximum application of force and resources "every time"</p> 	<p>HOME/JOB/SCHOOL</p> <p>Unable to think first, act later "too much going on"</p> <p>"you look reckless & uncaring, inconsiderate & selfish"</p> <p>He/She may insist things not be out of place "you appear to be extreme"</p> <p>May find self training the family to survive in a war zone "appear to be aggressive" "I am not one of your troops!"</p>
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Predictability

<p>WAR</p> <p>Predictability makes you more vulnerable to enemy</p> 	<p>HOME/JOB/SCHOOL</p> <ul style="list-style-type: none"> • Avoid familiar places • Keep a low profile • Not be where expected to be • Late, unexpected arrivals • May be difficult to make and keep appointments
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RESPECT

<p>WAR/Uniform</p> <p>➤ Following orders</p> <p>➤ Rank</p> <p>➤ Awards</p> <p>➤ Status</p> <p>➤ All one</p> 	<p>HOME/JOB/SCHOOL</p> <p>➤ Compromising</p> <p>➤ Allowing personal expression and disagreeing</p> <p>➤ Listening to everyone</p> <p>➤ Taking turns</p> 
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**Hypervigilance
"Adrenaline RUSH"**

WAR

A year or more of daily
hypervigilance



HOME/JOB/SCHOOL

Inability to relax
Sleep changes
"too little / too much"
Difficulty functioning without
the adrenaline rush, CRASH
Dreams
Monitoring environment/
perimeter

**Attempts to relive
the "RUSH"**

25



26

**War may be hell...
but home ain't exactly heaven,
either.**




27

**When a Service Member
comes home from war,

He or She finds it hard.....**


28

...to listen to his someone whine about being bored



29

**...to keep a straight face when
people complain about potholes**



30

...to be tolerant of people who complain about the hassle of getting ready for work



31



...to be understanding when a co-worker complains about a bad night's sleep

32



...to control his panic when someone tells him/her they need to drive slower

33

**...to be compassionate when a
businessman expresses
a fear of flying**



34

**...to be silent when people pray to God
for a new car**



35

**...to not ridicule someone
who complains about hot weather**



36



...to just walk away when someone says they only get two weeks of vacation a year

37

...to control his rage when a colleague gripes about his coffee being cold



38



...to remain calm when his daughter complains about having to walk the dog

39

...to be civil to people who complain about their jobs



40



...to be happy for a friend's new hot tub

41

...to be forgiving when someone says how hard it is to have a new baby in the house



42

...to not punch a wall when someone says we should pull out immediately



43



The only thing harder than being a Service Member...

44



is loving one.

45

Mission-FAMILY

<p>WAR</p> <ul style="list-style-type: none"> ● "Holding down the Fort", alone ● Independence ● Understanding & Patience <ul style="list-style-type: none"> ○ Used to making their own decisions <p>FOCUS ON ALL ASPECTS OF LIFE</p>	<p>HOME/JOB/SCHOOL</p> <p>Sharing responsibilities & decisions may be difficult</p> <ul style="list-style-type: none"> ● Interdependence ● Understanding & patience ● Hard to give up independence ● New or different perspectives
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Safety & Trust FAMILY


<p>WAR</p> <ul style="list-style-type: none"> ● May feel unsafe alone ○ May Never Relax as they fear for SM safety ● Has to trust for help and support <p><i>Get used to attending activities, going out in public, activities without the service member, may be looking forward to SM participating</i></p>	<p>HOME/JOB/SCHOOL</p> <ul style="list-style-type: none"> ● Sudden let down of FEAR for safety of SM, relief, safety and trust issues just beginning for SM ● <i>Difficulty understanding when SM avoids getting involved</i>
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Emotions/Anger---FAMILY

Talking about emotions at home (strength)

<p>WAR</p> <p>Control emotions, try not to be or show anger</p> <p>May hold back emotions from SM to protect them</p> <p>May "dump" or share all emotions with SM esp. if no other support systems</p> <p>Will have increased emotional needs due to stress</p>	<p>HOME/JOB/SCHOOL</p> <p>May want to return to pre-deployment emotional exchange immediately</p> <p>Difficulty understanding and dealing with SM change in emotional responses</p> <p>May hold back as a defensive response to SM</p>
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Returning from the initiatory space of the battlefield to the normal world is every bit [a] mysterious journey... The world you left behind has changed. You know parts of yourself that you, and those you've lived with all your life, never knew before.

49

“It was a kick in the stomach when my spouse told me she wasn’t sure she could depend on me with the kids.”

2 X Iraqi VET

50

Transition Stress

Dan Pronck, [Abandoning The Tribe](#), Jan. 2019)

- “Studies suggest that regardless of a PTSD diagnosis, 44 to 72 percent of veterans experience a high level of stress during the transition to civilian life, characterized by difficulties securing employment, interpersonal and family relationship issues, legal problems, and difficulty adjusting to the schedule of civilian life (Morin, 2011).”

51

PTSD IS A REACTION

NOT

- A person
- A behavior
- A thought process
- A conscious action
- A choice

55

PTSD is not an “emotional” or “psychological” condition it is a physiological condition that includes physical, emotional, psychological, and behavioral reactions; this is of vital importance in understanding how to address it.

Col. Charles Hoge 2010

56

Other TRAUMA

- Vicarious Trauma
- Generational Trauma
- Military Sexual Trauma

57

Moral Injury

➤ An injury to an individual's moral conscience resulting from an act of or perceived moral transgression which produces profound emotional shame. The concept of moral injury emphasizes the psychological, social, cultural, and spiritual aspects of trauma. [Wikipedia](#)

58

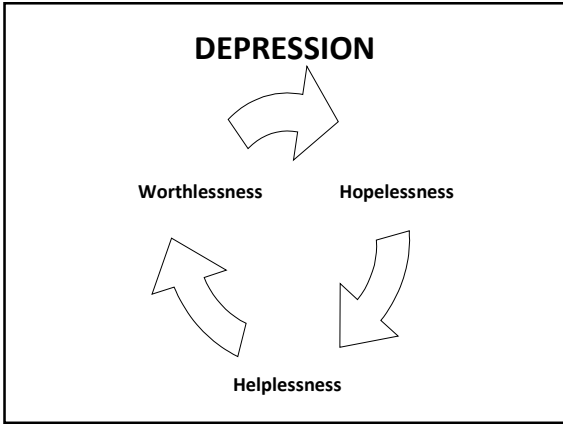
SOUL INJURY

- Unmourned loss
- Unforgiven guilt
- Mental and emotional injuries
- Sense of emptiness
- Loss of meaning
- Missing a part of ourselves
- Sudden or overtime
- Avoid uncomfortable feelings, not self, little meaning in life

59

You've been evil, and you've been good, and you've been beyond evil and good. You've split your mind from your heart, and you've split your heart with grief and your mind with fear. Ultimately, you've been in touch with the infinite, and now you are trying to reconcile yourself to the mundane.

60



61

Primary Causes of TBI
(From the CDC National Center for Injury Prevention and Control)

- Transportation (vehicle crashes) – 44%
 - Falls – 26%
- Other/Unknown – 13%
- Non-Firearm Assaults – 9%
- Firearms – 8%

Blast Injuries

are the leading cause of TBI for military personnel within a war zone.

62

	Depression	Transition Stress	Post Traumatic Stress Disorder/MST	Traumatic Brain Injury
Hopelessness	X	X	X	X
Helplessness	X	X	X	X
Worthlessness	X	X	X	X
Anxiety		X	X	X
Physical Symptoms	X	X	X	X
Anger/Irritability	X	XX	XX	XX
Sleep Disorders	X	X	X	X
Re-experiencing			X	
Avoidance/Numbing	XX		XX	
Arousal/Agitation		X	XX	/X
Memory Problems	X	X	X	X
Alcohol/Drug	X	X	XX	X
Personality Changes	X	X	X	X
Grief/Guilt	X	X	X	X
Spiritual Turmoil	X	X	X	X

63

• ***The warrior of the future will need to know how to enter and exit both worlds, if not with the ease, then at least without permanently disintegrating his or her personality.***

• Karl Marlantes, *What it is Like to Go to War*, p. 177.

64

Specific Emerging Issues

- Motor vehicle accidents
- Reintegration difficulties (Workplace/School)
- Violence, Spouse abuse, Child abuse
- Divorce
- Drug addiction/Alcoholism
- Job Loss
- Feeling of not belonging
- Medical problems, Mental Health problems, TBI (Traumatic Brain Injury)
- Suicide



65

“Fought for Freedom to live the good life but do not live one”

66

Why might they not seek help?

- ✓ Don't know where to go
- ✓ Don't want to burden anyone
- ✓ Had a bad experience with someone who doesn't get it
- ✓ Stigma
- ✓ Mindset="No one can help me anyway" "I can't be fixed"
- ✓ Mindset="I am a Warrior, I should not need help, I help others"

67

HELPING VETERANS,
SERVICE MEMBERS AND
FAMILIES REINTEGRATE

What can we do?

68

***What to Do For the
Veteran/Family***

***HONOR
THE
WARRIOR!!!!!!!!!!!!!!***

69

**What to Do For the
Veteran/Family**

Recognize what may have changed

Recognize how they feel

Be Culturally Competent

Assist them to recognize, embrace and incorporate the changes

70

**What to Do For the
Veteran/Family**

- ✓ Understand when they have no patience for immature or closed-minded people
- ✓ Understand and assist with complicated procedures, interviews, studies etc.
- ✓ We never send a Service Member without training and what they need to do their job, should not send them to back to work, school, home, life without tools support etc

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**What to Do For the
Veteran/Family**

- ✓ Don't wait til they have problems have a comprehensive program in place
- ✓ If not ready have a program to get them ready (they may not come back)
- ✓ Be alert for signs of TBI, PTSD, adjustment issues.
- ✓ Informed and competent to provide guidance, support, assistance

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What to Do For the Veteran/Family

- There is no one size fits all for treating trauma
- There needs to be programming that covers all aspects of a veteran's life.
- To accomplish this goal, there needs to be a partnership between the VA, private and public sector and non-profit agencies and communities at large.

73

What to Do For the Veteran/Family

- BATTLE BUDDY**
- WING MAN**
- SHIPMATE**
- BROTHER/SISTER**
- FAMILY SUPPORT**
- PEER SUPPORT**

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Community Resources

- ✓ **Criminal Justice System**
- ✓ **Educational Systems**
- ✓ **Employment**
- ✓ **Homeless Program**
- ✓ **Domestic Violence Programs**
- ✓ **Child and Family Programs**
- ✓ **VA, Vet Centers**

- ✓ **OTHERS**

75

What Did They Gain?

- Lifetime membership in a culture of less than 1% of all Americans...
- Experience
- Confidence
- Camaraderie
- Personal growth
- Veteran status
- A great shot record



76

POINTS TO PONDER !!!!!

- **“No One Comes Back Unchanged”**
(COL (DR.) Tom Burke, DOD, Director of Mental Health Policy)
 - **War changes persons for the better too!**
 - **Operational Stress Responses will resolve with time, with patience, with support...**
 - **Help is available**
- “They” is “Us” – they’re our families, our friends, our neighbors, our coworkers**

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THANK YOU FOR CARING



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Questions ?
