

Cultural Approach To Supporting Veterans

BY JOSH PENNER

A PRODUCT OF CORE VALUES CONSULTING
WWW.VETSCVC.COM

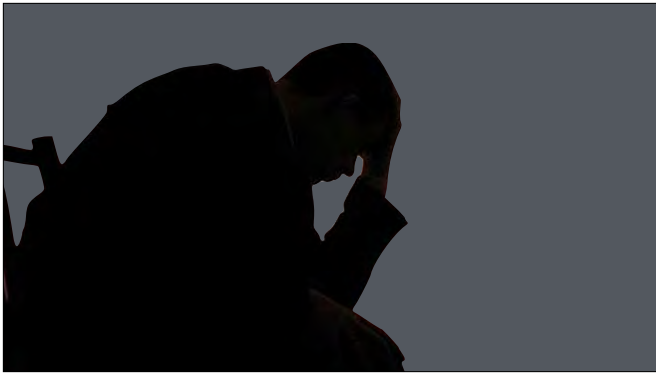






"I WAS RAPED..."

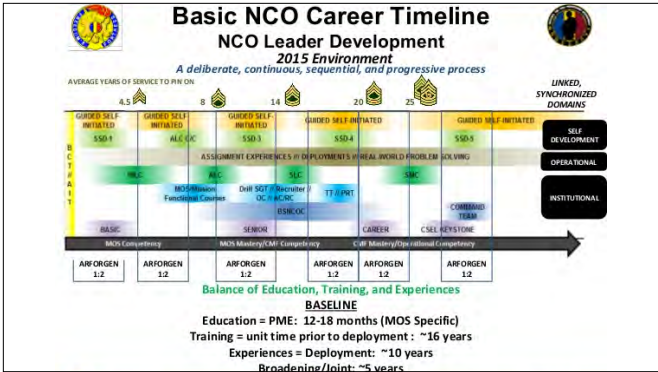




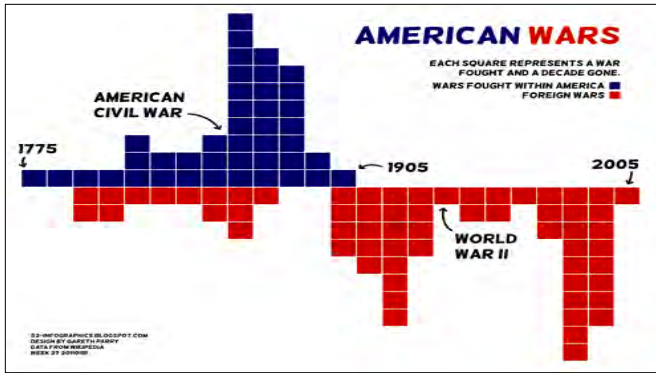


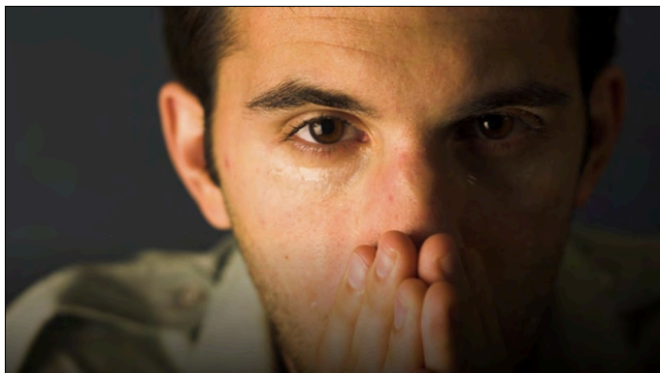










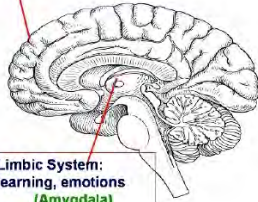


Our Brain's Response to Stress

Fight, Flight or Freeze ?

Nature has designed us to react to 'danger signals' faster than conscious thought.

Frontal Cortex:
decision-making, self-control



Limbic System:
learning, emotions
(Amygdala)

PTSD and the Military

The majority of U.S. soldiers serving in Iraq and Afghanistan who have encountered traumatic experiences have high rates of Post Traumatic Stress Disorder (PTSD) and other difficulties.



PTSD Among U.S. Veterans:

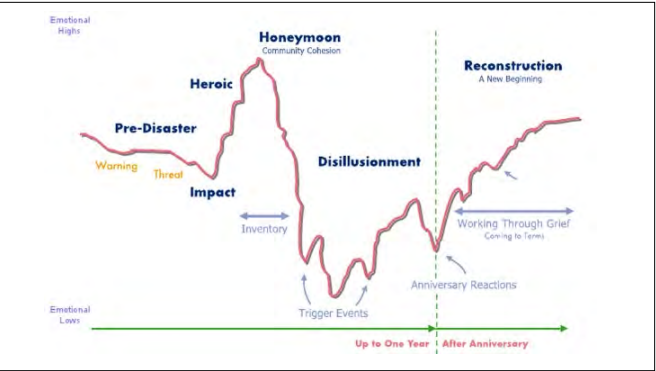
Other factors in a combat situation may contribute to PTSD and other mental health problems. These factors include a soldier's role in the war, the policies related to war, the type of enemy faced, the nature of PTSD, and the nature of the war.



Length of Deployment



Source: National Institute of Mental Health (NIMH). PTSD Among U.S. Veterans. (2010). Retrieved from <http://www.nimh.nih.gov/health/publications/ptsd-among-us-veterans/index.shtml>



TIPS FOR PTSD

ANNOUNCE YOUR ACTIONS

TIPS FOR PTSD

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REDUCE THREAT PRESENTATION
DON'T CONFRONT

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DON'T CONFRONT

TIPS FOR PTSD

KEEP HANDS VISIBLE

TIPS FOR PTSD

STAY SQUARED UP

TIPS FOR PTSD

MINIMIZE DISTRACTIONS

TIPS FOR PTSD

MINIMIZE DISTRACTIONS



A VETERAN'S WORST WOUNDS MAY BE THE ONES YOU CAN'T SEE.

- PTSD**
20% of national suicides are committed by veterans.
- PTSD**
500,000 veterans of the wars in Iraq and Afghanistan have been diagnosed with PTSD.
- PTSD**
Traumatic brain injuries can increase suicidal thoughts and behavior.
- PTSD**
8% to 20% of military personnel deployed in Iraq and Afghanistan experienced a traumatic brain injury.
- PTSD**
Military suicides are at their highest rate in 10 years.
- PTSD**
Zero military deaths by suicide there is combat in 2012.

For more information, please go to the following website: www.veteranscrisisline.net

TBI Awareness Month 2014



DoD Numbers for Traumatic Brain Injury Worldwide - Totals

2000-2013

Penetrating	4,389
Severe	2,920
Moderate	23,754
Mild	242,676
Not Classifiable	20,433

Total - All Severities 294,172

Source: Defense Medical Surveillance System (DMSS).
Theater Medical Data System (TMDS) provided by the
Armed Forces Health Surveillance Center (AFHSC)

Prepared by the Defense and Veterans Brain Injury Center (DVBIC)



2000-2013, as of Feb. 26, 2014.

PTSD

Flashbacks
Avoidance
Hypervigilance
Nightmares
Re-Experiencing
Phenomenon

TBI

Headache
Sensitivity to
Light or Noise
Nausea
Vomiting
Vision Problems
Dizziness

Irritability
Cognitive
Deficits
Insomnia
Depression
Fatigue
Anxiety

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STAY CALM &
MINIMIZE CONFRONTATION

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TIPS FOR MST

THANK THE VETERAN FOR
THEIR TRUST

DON'T RE-VICTIMIZE FOR YOUR
CURIOSITY

TIPS FOR MST

ASK HOW YOU CAN HELP

TIPS FOR MST

DISPLAY EMPATHY

DON'T SAY YOU UNDERSTAND

IF YOU OFFER HELP, PROVIDE IT

IF YOU OFFER HELP, PROVIDE IT





Core Values Consulting

Professional Development for Veterans Advocates

Owner

Josh Penner

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The image shows a business card for Core Values Consulting. The card is dark-themed with white text. The top left section contains the company name 'Core Values Consulting' and the tagline 'Professional Development for Veterans Advocates'. The top right section identifies the owner as 'Josh Penner', a 'Veteran-USMC | VA Accredited' professional. The bottom section provides contact details: '253-987-6655 | www.vetscvc.com | josh@vetscvc.com'. The card is set against a background of horizontal lines.