

Post Traumatic Stress Disorder, Traumatic Brain Injuries & How to Best Serve Veterans

MICHAEL HENSLEY

How to Best Serve Veterans

- Overview
 - Who am I?
 - Cultural Competence
 - Post Traumatic Stress Disorder
 - Traumatic Brain Injuries
 - Do's and Don'ts
 - Personal Experiences

Who am I?



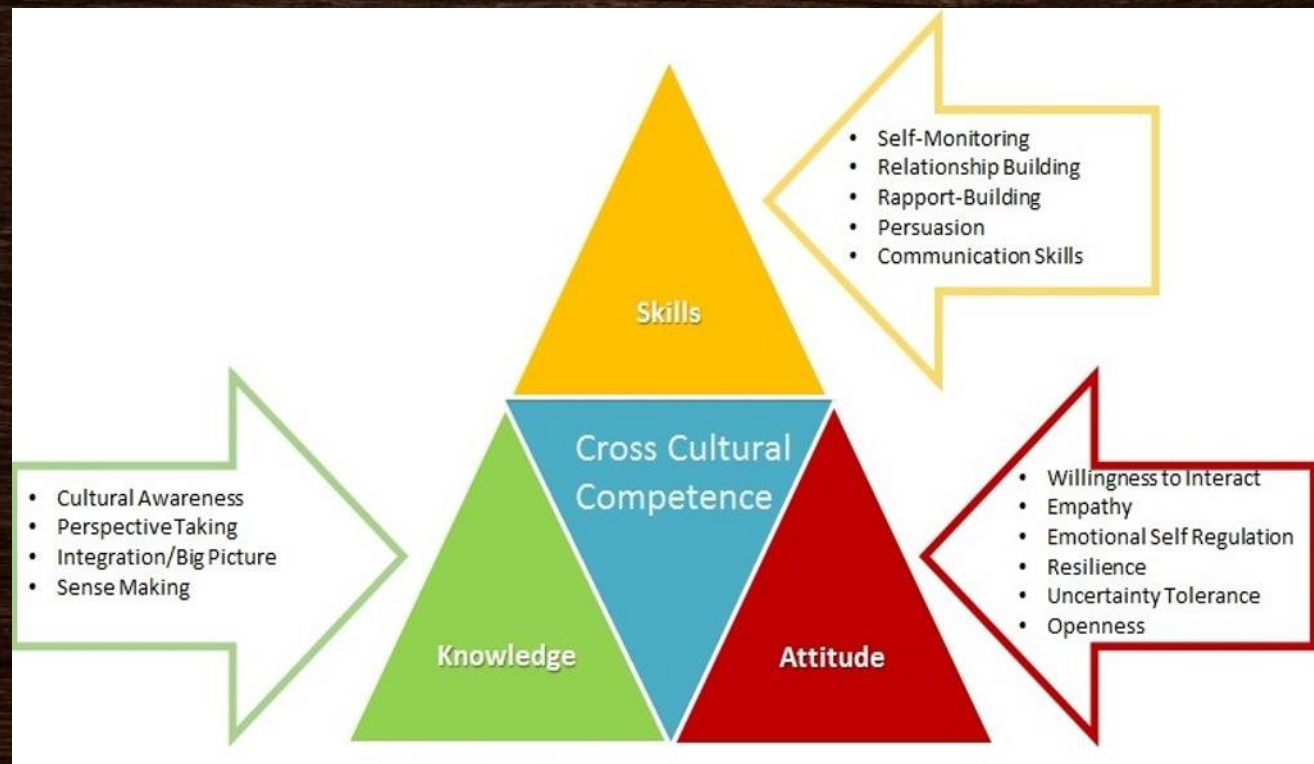
Michael Hensley

- U.S. Army Combat Engineer
 - Served in Operation Iraqi Freedom II (2004-2005)
- Yuba College Graduate 2013 (Psychology, Social and Behavioral Science, Agriculture)
- University of Phoenix Graduate 2015 B.S. Psychology
- University of Southern California Masters of Social Work 2016

Michael Hensley

- Foster Care Social Worker
- Veteran's Employment Counselor
- Veteran's Certifying Official Assistant
 - Founding President of Student Veteran's Association
- Husband, Father, Coach, Woodworker

Cross Cultural Competence



Cross Cultural Competence

- What is Cross Cultural Competence?
 - Cross Cultural Competence is being aware and understanding of another culture different than one's own culture.
- Allow them to be their own expert
 - Be competent, but also be humble in competency
- The military is a melting pot of cultures
- Being aware of duties, lifestyles, and what appears as useless jargon... it's not useless to us
 - Don't be afraid to ask for definition of a word, but be prepared for the definition

Cross Cultural Competence

- Joining and separating from the military is one of the biggest events of a veteran's life
- When a person has been in life and death situations, everything becomes serious
- Re-integration is not easy
- Some veterans are lost in life
- Some veterans have experienced significant loss over very short periods of time.

Cultural Competence

- The Veteran's Affairs Medical Treatment Appointments are difficult to obtain, and even more difficult to reschedule
- Equal versus fair treatment
 - Equal treatment, everyone gets a pair of size 9 shoes
 - Fair treatment, everyone gets a pair of shoes that fit
- Military service is not one size fits all

Cross Cultural Competence

- Direction is scarce or non-existent for many veterans



What is Post Traumatic Stress Disorder

- A **NORMAL REACTION** to an **ABNORMAL SITUATION**
- PTSD is not specific to the military... anyone can be affected
- According to the Veterans Affairs Administration PTSD Affects:
 - 11-20% of Iraqi and Afghanistan Veterans
 - 12% of Gulf War Veterans
 - 30% Vietnam War Veterans

PTSD and Veteran Specific Misconceptions

- Not **ALL** veterans have PTSD
- Not **ALL** veterans are disabled
- A Veteran may have disabilities, but they are also a veteran with **ABILITIES**
- **Not ALL** veterans are violent
- We are not entitled
- What are your thoughts? Don't be shy!

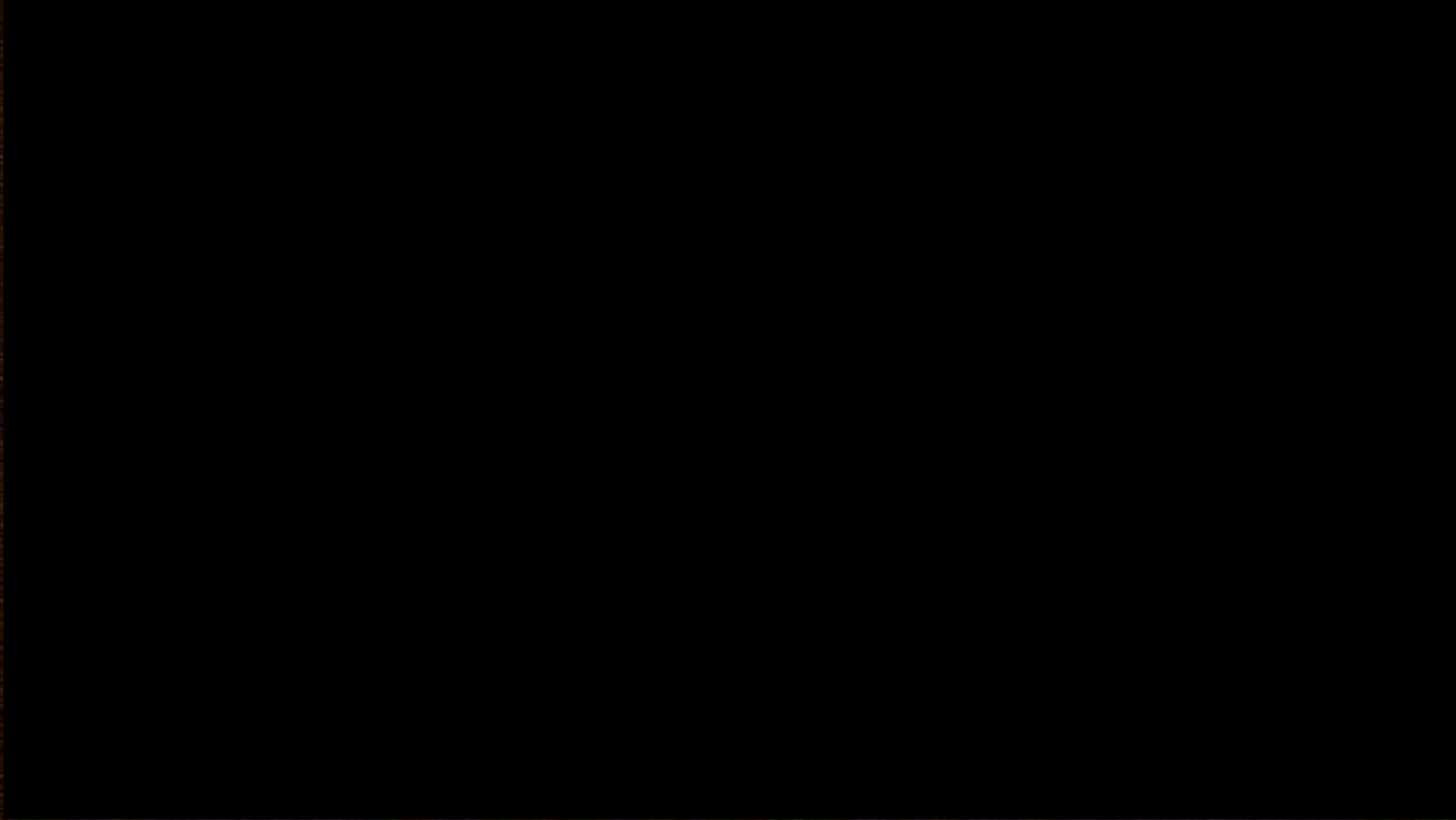
Traumatic Brain Injury



Traumatic Brain Injury

- Traumatic Brain Injuries (TBI) are categorized as sudden trauma to the head that causes damage to the brain
- Concussions, skull penetration, explosive concussive force
- Most common cause of TBI's are explosive concussive force
- TBI's symptoms are most commonly seen as multiple concussions in a short period of time

IED – Shockwave



Improvised Explosive Devices

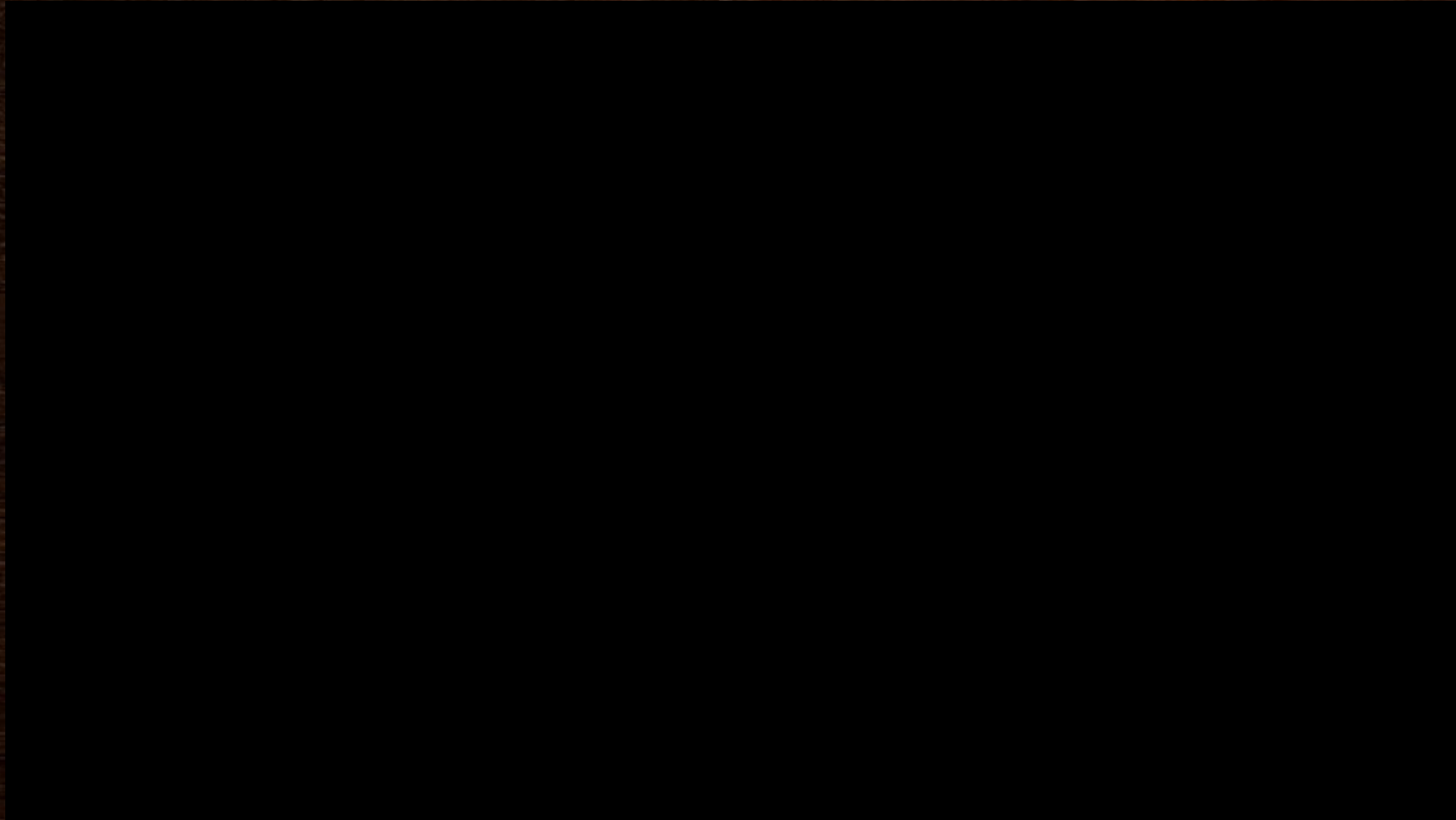
- What are Improvised Explosive Devices?
 - ANYTHING and EVERYTHING
 - Trash, Dead Animals, Trees, New Pavement, Walls



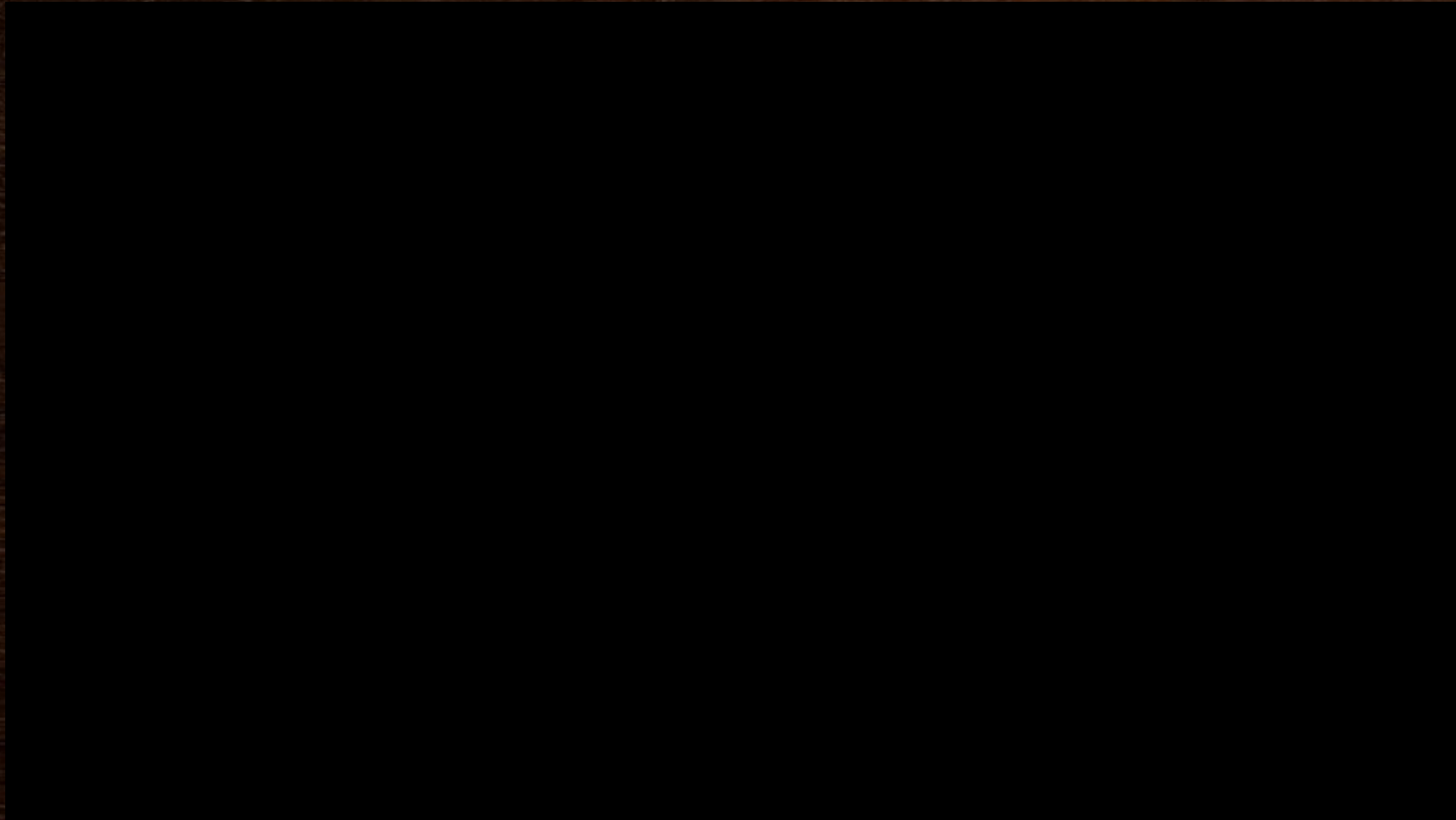
- Mosul, Iraq. Can you Spot the IED?



IED's – Explicit Language



IED



Neurological Impairments

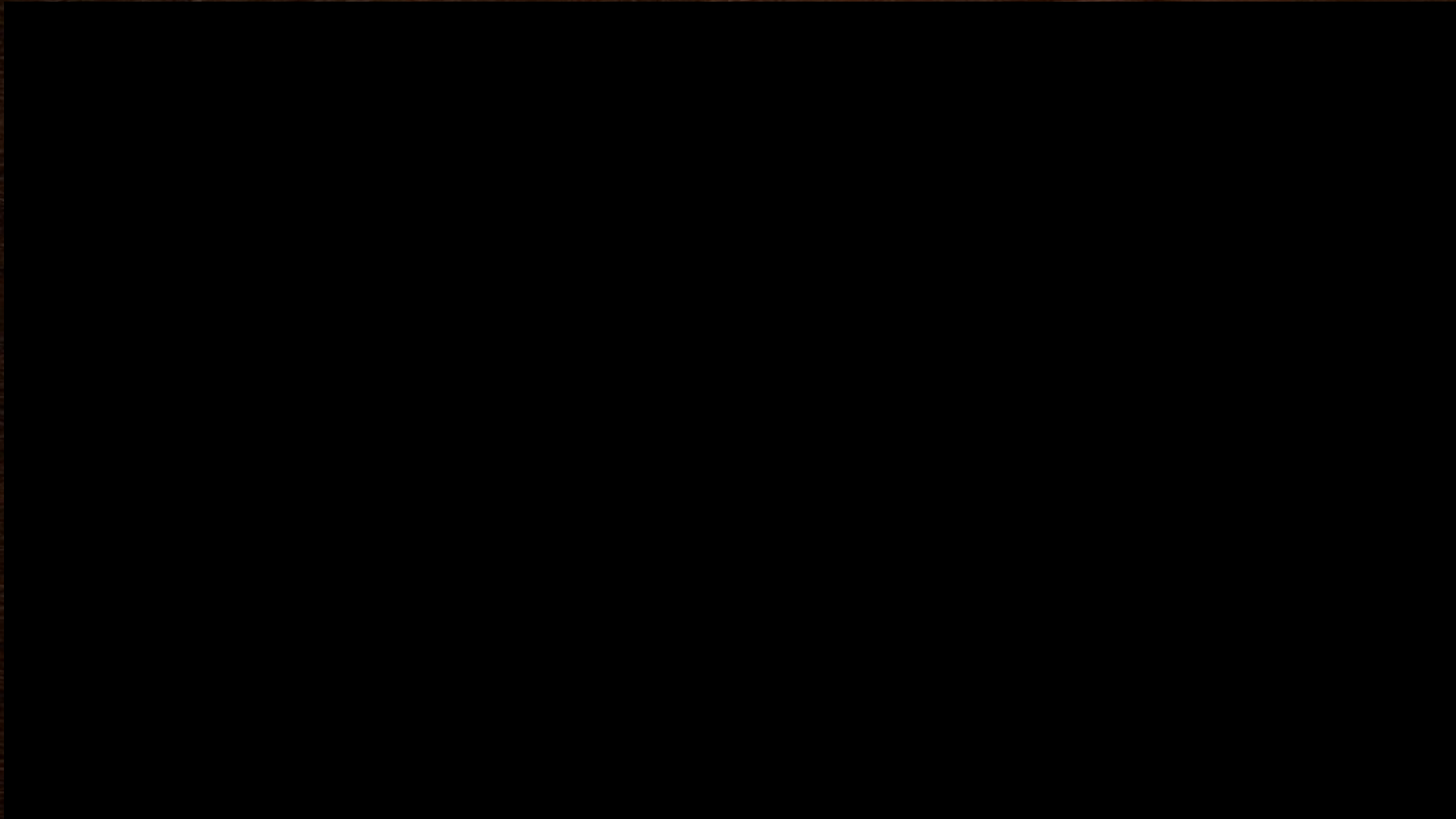
- Limbic System
- Adrenaline Addiction
- Stress Reduction Hormone Impairments (Cortisol)
- Trauma's effects on neurobiology
 - Little t's vs. Big T

Do's and Don'ts

Do

- Remain sensitive to the mission veterans have performed
- Remain understanding of their struggles
- Remain positive, and provide empowering/strength building experiences
- Understand the difference between sympathy versus empathy
 - Connections are imperative for healing

Sympathy versus Empathy



Do

- Refer ALL veteran students to the Veterans Resource Center



Don'ts

- Please, do not single us out in your classroom
- Never Say...
 - You know, for a Veteran you sure have a sorry sense of time...
 - You know, for a Veteran you...(fill in negative remark)...
- While some of us may display pro-social behaviors, others may not, individual experiences may vary

Questions?

