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Disability & Mental Health in the Military



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Disability & Mental Health in the Military



Event Materials

Visit the **event page** to download a copy of the presentation slides and any additional resources.



Continuing Education

This webinar has been approved to offer continuing education credit. Please stay tuned for more information!

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Today's Presenters



Laura G. Buckner, M.Ed., LPC

*Program Manager,
Community Education
Texas Center for Disability Studies
The University of Texas at Austin*



Joanna Goodwin, LPC

*Executive Director and Founder
Operation True North*

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DISABILITY & MENTAL HEALTH IN THE MILITARY

Laura Buckner, M.Ed., LPC & Joanna Goodwin, MS, LPCS

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WHO WE ARE & WHY WE ARE HERE...

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OUR OBJECTIVES FOR TODAY

- ▶ **Objective 1:** Participants will be able to identify the sources of trauma commonly associated with disability.
- ▶ **Objective 2:** Participants will learn the 4 symptom areas of post-traumatic stress disorder and how they are correlated with suicidality.
- ▶ **Objective 3:** Participants will be able to identify the key ingredients of healing.

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WE THANK YOU!

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TRAUMA OF COVID

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TRAUMA & DISABILITY

- Trauma of Injury
- Exclusion
- Rejection
- Sexual abuse
- Physical abuse
- Institutionalization
- Trauma of the system
- Grief and loss
- Moral injury

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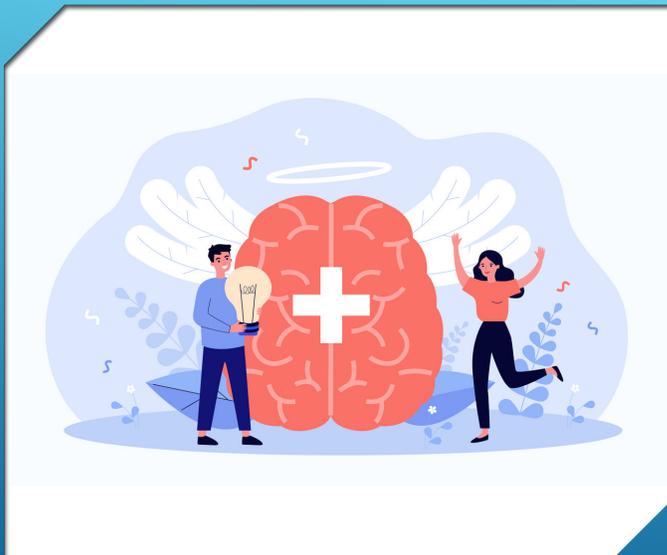
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TRAUMA, DISABILITY, & THE FAMILY

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Let's talk about
trauma, our brains,
& what we might
see/experience.

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Post-Traumatic Stress Disorder (PTSD)

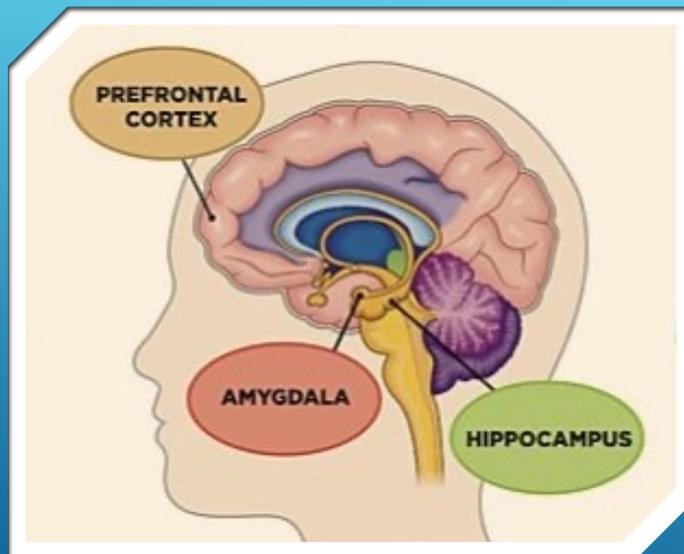
A mental health condition triggered by a terrifying event — *either experiencing it or witnessing it.*

Symptoms may include (lasting longer than a month):

- Flashbacks
- Nightmares
- severe anxiety
- Intrusive memories, uncontrollable thoughts about the event
- Avoidance
- Negative changes in thinking and mood
- Changes in physical and emotional reactions
- Intensity of symptoms (interfering with daily functioning)

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BRAIN CHEMISTRY & TRAUMA

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Immediate Physical Reactions

- ▶ Nausea and/or gastrointestinal distress
- Muscle tremors or uncontrollable shaking
- Elevated heartbeat, respiration, and blood pressure
- Extreme fatigue or exhaustion
- Greater startle responses

Delayed Physical Reactions

- ▶ Sleep disturbances, nightmares
- Appetite and digestive changes
- Lowered resistance to colds and infection
- Persistent fatigue
- Hyperarousal
- Long-term health effects including heart, liver, autoimmune, and chronic obstructive pulmonary disease

POSSIBLE TRAUMA RESPONSES: PHYSICAL REACTIONS

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Immediate Emotional Response

- ▶ Numbness and detachment
- ▶ Guilt (including survivor guilt)
- ▶ Anger
- ▶ Depersonalization
- ▶ Disorientation
- ▶ Feeling out of control
- ▶ Constriction of feelings
- ▶ Feeling overwhelmed

Delayed Emotional Response

- ▶ Irritability and/or hostility
- ▶ Depression
- ▶ Mood swings, instability
- ▶ Anxiety (e.g., phobia, generalized anxiety)
- ▶ Fear of trauma recurrence
- ▶ Grief reactions
- ▶ Shame
- ▶ Emotional detachment

POSSIBLE TRAUMA RESPONSES: EMOTIONAL REACTIONS

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Immediate Cognitive Reactions

- ▶ Difficulty concentrating
- ▶ Rumination or racing thoughts
- ▶ Distortion of time and space
- ▶ Memory problems

Delayed Cognitive Reactions

- ▶ Intrusive memories or flashbacks
- ▶ Reactivation of previous traumatic events
- ▶ Self-blame
- ▶ Difficulty making decisions
- ▶ Belief that feelings or memories are dangerous
- ▶ Generalization of triggers (e.g., a person who experiences a home invasion during the daytime may avoid being alone during the day)
- ▶ Suicidal thinking

POSSIBLE TRAUMA RESPONSES: COGNITIVE REACTIONS

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⊗ CLOSE

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline

NATIONAL

SUICIDE

PREVENTION

LIFELINE

1-800-273-TALK (8255)

<https://suicidepreventionlifeline.org>

➔

988

SUICIDE
& CRISIS
LIFELINE

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

[LEARN MORE ABOUT THE LIFELINE & 988](#)

<https://988lifeline.org/talk-to-someone-now/>

SUICIDALITY

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Warning Signs or Thoughts of Suicide

- Talking about suicide — for example, making statements such as "I'm going to kill myself," "I wish I were dead" or "I wish I hadn't been born."
- Getting the means to take your own life, such as buying a gun or stockpiling pills.
- Withdrawing from social contact and wanting to be left alone.
- Having mood swings, such as being emotionally high one day and deeply discouraged the next.
- Being preoccupied with death, dying or violence.
- Feeling trapped or hopeless about a situation.

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Warning Signs or Thoughts of Suicide

- Increasing use of alcohol or drug.
- Changing normal routine, including eating or sleeping patterns.
- Doing risky or self-destructive things, such as using drugs or driving recklessly.
- Giving away belongings or getting affairs in order when there's no other logical explanation for doing this.
- Saying goodbye to people as if they won't be seen again.
- Developing personality changes or being severely anxious or agitated, particularly when experiencing some of the warning signs listed above.

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Don't be afraid to talk about suicide, suicidal thoughts, & suicidality.

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Do:

- Know what actions you are required to take (agency, military requirements for example).
- Inform the person of what requirements you are mandated to follow.
- Inform the person of what actions you will/will not take on their behalf.
- Assure the person that having conversations about suicide does not mean you think they are suicidal, or you think they need hospitalization. Because you are having open conversation, they must never have to wonder what you are thinking.
- Meet the person where he/she is ... and get them the help needed.

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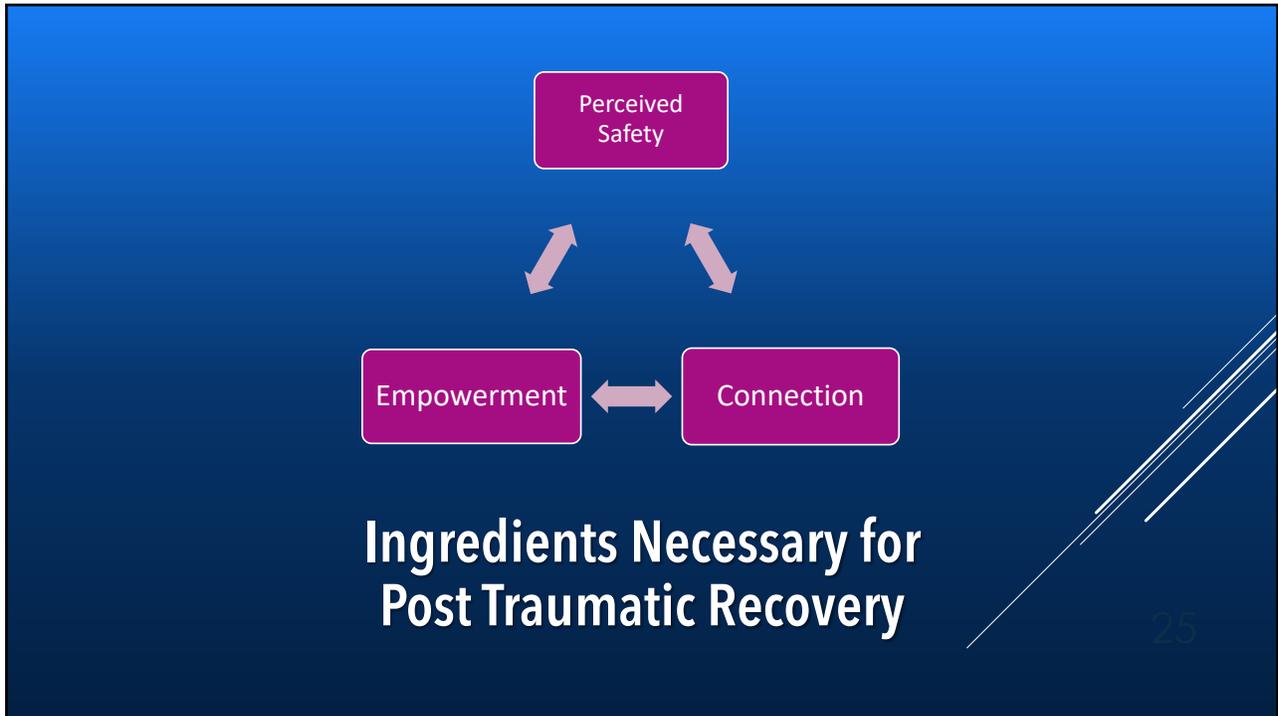
The Columbia-Suicide Severity Rating Scale (C-SSRS), the most evidence-supported tool of its kind, is a simple series of questions that anyone can use anywhere in the world to prevent suicide.

Just ask. You can save a life.

Get The Questions

(<https://cssrs.columbia.edu/>)

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- These are ordinary people living/dealing with extraordinary circumstances.
- And systems that don't always work as intended.

**Access to treatment - a human right -
But *incredibly difficult to access.***

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RESOURCES

- **National Center for PTSD**
<https://www.ptsd.va.gov/index.asp>
- **David Baldwin's Trauma Information**
<http://www.trauma-pages.com/>
- **HPA Axis info:**
<https://www.youtube.com/watch?v=QAeBKRaNri0>
- **HPA Axis and PTSD :**
<https://www.youtube.com/watch?v=vr-zJXnV1M0>
- **Child Trauma & PTSD:**
<https://www.childtrauma.org/trauma-ptsd>
- **Effects of Trauma:** <http://www.fasett.no/filer/perry-handout-effects-of-trauma.pdf>
- **Understanding the Impact of Trauma:**
<https://www.ncbi.nlm.nih.gov/books/NBK207191/>
- **Substance Abuse and Mental Health Services Administration:** <https://www.samhsa.gov/>

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RESOURCES FOR CHILDREN WITH DISABILITIES

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- **National Child Traumatic Stress Network:**
<https://www.ncbi.nlm.nih.gov/books/NBK20719>
- **For Children with a Disability, a Higher Risk of Trauma (US News & World Report):**
<https://www.usnews.com/news/health-news/articles/2022-01-26/children-with-disability-at-higher-risk-of-exposure-to-violence>
- **Facts on Traumatic Stress & Children with Developmental Disabilities:**
<https://www.samhsa.gov/resource/dbhis/facts-traumatic-stress-children-developmental-disabilities>
- **Helping Children with Disabilities Cope with Disaster & Traumatic Events (CDC):**
<https://www.cdc.gov/ncbddd/disabilityandsafety/trauma.html>

Laura G. Buckner, M.Ed., LPC, M.O.M.

Texas Center for Disability Studies,
The University of Texas at Austin

Laura.buckner@utexas.edu
Laura.g.buckner@gmail.com

Joanna Goodwin, LLSP, LPC-S

Operation True North
www.Otnus.org

Joanna.goodwin@operationtruenorth.org

Thank you ..
for who you are, what you do, and for joining us today.

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Continuing Education



This webinar has been approved for the following continuing education (CE) credits:

- 1.0 CE from the **University of Texas at Austin, Steve Hicks School of Social Work (Social Work, LPC, LMFT)**.
- 1.0 CE from the **Commission for Case Manager Certification**.
- 1.0 CE from the **Patient Advocate Certification Board to Board Certified Patient Advocates (BCPA)**.
- 1.0 CE from the **National Council on Family Relations to Certified Family Life Educators (CFLE)**.
- OneOp **certificate of attendance** available

Evaluation Link

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Questions?

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OneOpMilitaryCaregiving@gmail.com



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Upcoming Webinar



Service Animals: Rights & Responsibilities

October 26, 2022, 11 AM – 12 PM ET

This presentation provides information on the legal status of service animals, the legal status of emotional support animals, and the various laws that apply to determine those rights. Continuing education credit will be available for this session!



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