

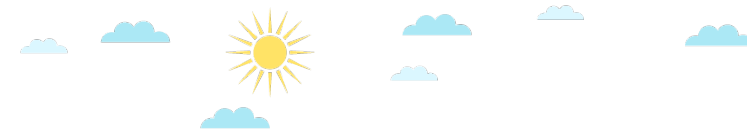


Project E3: Educate, Empower, and Employ

Vocational Rehabilitation Technical Assistance Center: Targeted Communities (VR-TAC-TC)

projecte3.com





How VR Can Serve Veterans with Mental Health Issues

Randy Loss, M.A., C.R.C.
Kimberly Gerlach, M.S, C.R.C.

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Objectives

Participants will:

- Learn about Mental Health (MH) issues that affect veterans
- Define mental health issues that affect veterans
- Learn briefly about other VR issues that tie into a veterans MH issues
- Learn about resources to provide services to veterans

Warrior Creed

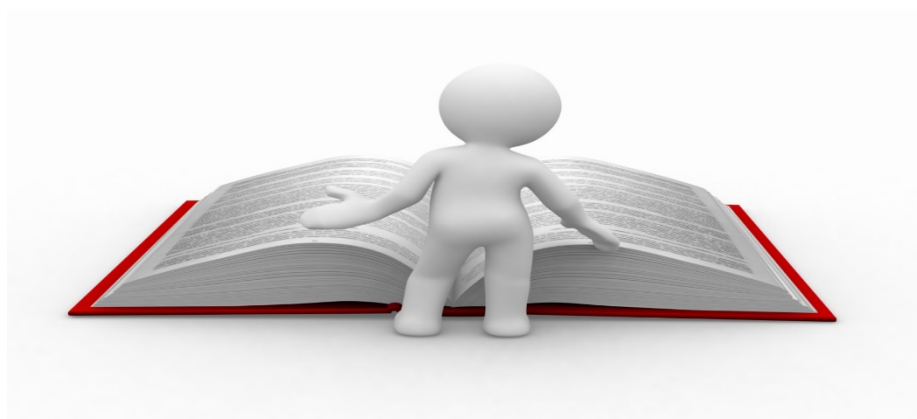


The Army, National Guard, Air Force, Coast Guard, Marine Corps, and Navy all have creeds. A creed is an oath or saying that provides a value structure by which to live or work by. Creeds then set the tone of life in each service. If you join one of these branches, you will need to learn its creed.

-military.com

Definitions

- Traumatic or other brain injuries
- Post-traumatic stress disorder or other mental health issues
- Substance Use/Addictions
- Visual or hearing disabilities
- Prevention of Suicide



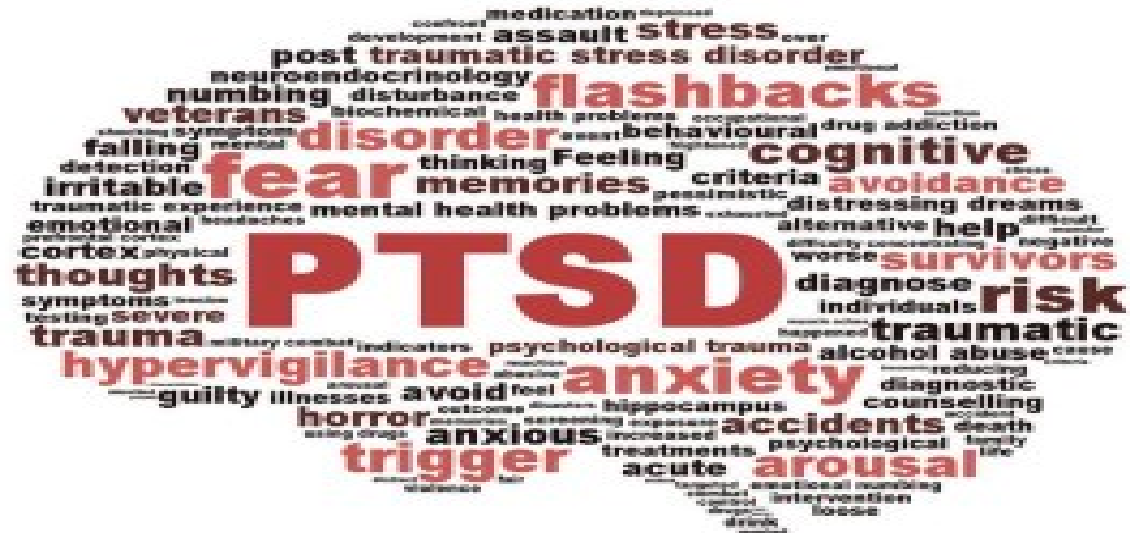
Traumatic or Other Brain Injuries

- **Cognitive Symptoms of TBI**
- **Emotional & Behavioral Symptoms of TBI**
- **Physical Symptoms of TBI**



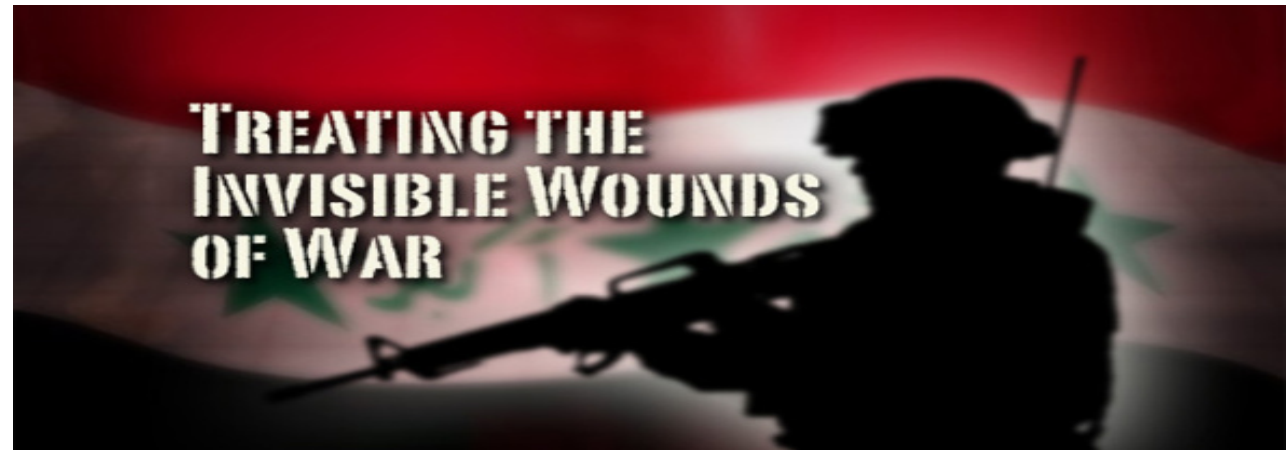
Symptoms

- Intrusive memories
- Avoidance
- Negative changes in thinking and mood
- Changes in physical and emotional reactions



Post Traumatic Stress Disorder (PTSD)

- Previously referred to as "soldier's heart," "shell shock," or "combat fatigue."
- Wounded Warrior Project
 - Peer Support Groups
- Service animals
- Mindfulness meditation



Substance Abuse & Addiction

- Have substantial negative consequences
- Complicates other conditions
- The amount of opioids prescribed continues to decline
- Non-opioid medication prescribed



Visual & Hearing Disabilities

- Exposed to blasts
- Related to TBI's
- Conductive or Sensorineural Hearing Loss
- VA Services



Prevention of Suicide

- Veterans Crisis Line
1-800-273-8255
1-800-273-TALK
text 838255
- VA Hospital
Suicide Prevention Coordinators



Mental Health Versus Military Culture

- Hierarchy
- A language of their own
- Stigma



Schooling

- GI Bill
- Transferrable Skills
- Multiple funding sources



Veteran Administration Versus Vocational Rehabilitation

- Veterans Readiness and Employment (VR & E)
- State Vocational Rehabilitation



Criminal Justice

- Veteran Treatment Courts
- Special housing in state correctional facilities
- Crisis Intervention Training
- Mental Health First Aid



VA Peer Specialist

- Role Models
- Goal Setting & Problem Solving
- Empower
- Advocate



Questions



Resources

- **United States Department of Veterans Affairs (VA)**
<https://benefits.va.gov/benefits/>
 - Each state and county have veterans' affairs resources
- **Veterans Crisis Line**
 - 1-800-273-8255 (voice)
 - 1-800-799-4889 (TTY)
 - 838255 (text)
 - chat online <https://www.veteranscrisisline.net/>
 - **VA Vet Centers**
 - 1-877-927-8387 to learn more or visit <https://www.vetcenter.va.gov/>
- <https://www.woundedwarriorproject.org/>
- <https://www.disabilityrightspa.org/wp-content/uploads/2020/06/Veterans-Resource-Guide-Final.pdf>
- PTSD Coach mobile app is available as a free download for iPhone or Android devices to help Veteran's manage PTSD symptoms.

References

- <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>
- <https://military.com>
- <https://www.research.va.gov/topics/default.cfm>
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Randy Loss

○ successfulreentry@gmail.com

○ 717-559-2324

Kimberly Gerlach

○ kgerlachconsulting@gmail.com

○ 717-350-9764