

IAPSC

Illinois Association of Problem Solving Courts Conference

8th Annual Meeting
October 15 & 16, 2020

Breakout Session

Friday – October 16, 2020

1 P.M. to 2:15 P.M.

**Behavioral Health Consequences
of Serving in the
Global War on Terrorism
(GWOT)**

**To those who served or are
serving at this breakout session.**



Presentation By...

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Dedicated to the Memory of...

Commander Patrick Murphy
United States Navy
(Reserve Component)
Naval Reserve Center
Forest Park, Illinois
Killed In the
September 11, 2001
Terrorist Attack
On the Pentagon



Dedicated to the Memory of...

Sgt. Joshua William Harris
2nd Battalion
122nd Field Artillery
Illinois Army National Guard
Homewood, Illinois
Killed In Action
September 17, 2008
Gerdia Seria, Afghanistan



Senior Chief Shannon M. Kent, U.S. Navy

KIA January 16, 2019 in Manbij, Syria

Adler University Graduate of the Class of 2018



Military Oath of Office

I, *[name]*, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter. So help me God.

Who are those who are serving or have served in the Military?

“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 their life'.



The Value of Our Nation's Warriors

***"They are willing
to go into battle
and confront hell."***

Richard Lessor, ACSW

How Our Military Members Become Casualties

By...

- **Combat – Enemy Fire**
- **Combat – Friendly Fire**
- **Terrorism – Overseas or Here**
- **During Routine Deployments**
- **Military Exercises**
- **While Undergoing Training**

Operations Names...

- Joint Endeavor, Joint Guard, Deny Flight, & Sharp Guard (Balkans)
- Stabilize (Peacekeeping in East Timor)
- Support, Restore and Uphold Democracy (Haiti)
- Restore Hope and Sustain Hope (Somalia)
- Northern & Southern Watch (Iraq)
- Joint Task Force 160 (Camp X-Ray in Cuba)
- Enduring Freedom (the war on terrorism overseas)
- Noble Eagle (the war on terrorism in the United States)
- Avid Response (earthquake relief in Turkey)
- Provide Comfort (the Kurds in Turkey & Northern Iraq)
- Garden Plot (riots in Los Angeles)
- Joint Task Force Olympics (Winter Olympics in Utah)
- Desert Strike and Desert Fox (deterrence in Gulf region)

Reality of the Global War on Terrorism...

We will continue to be a nation at war.

A war that is now going into
its 19th year.

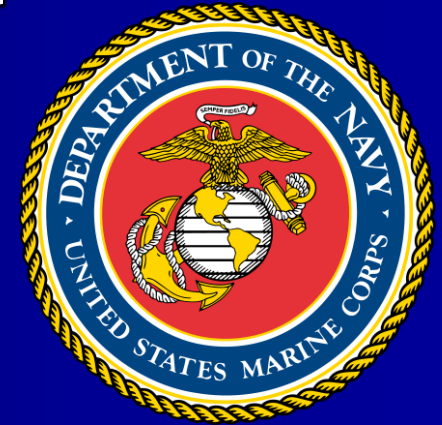
A war longer than any other conflict
in American History.

A war that will continue for some time.

"The Long War"



- **There is Also the...**
 - **Active Duty**
 - **National Guard**
 - **Reserve Component**
 - **Veteran**
 - **Military Retiree**



Generations

Lost Generation

Greatest Generation

Forgotten Generation

Cold War Generation

Vietnam War Generation

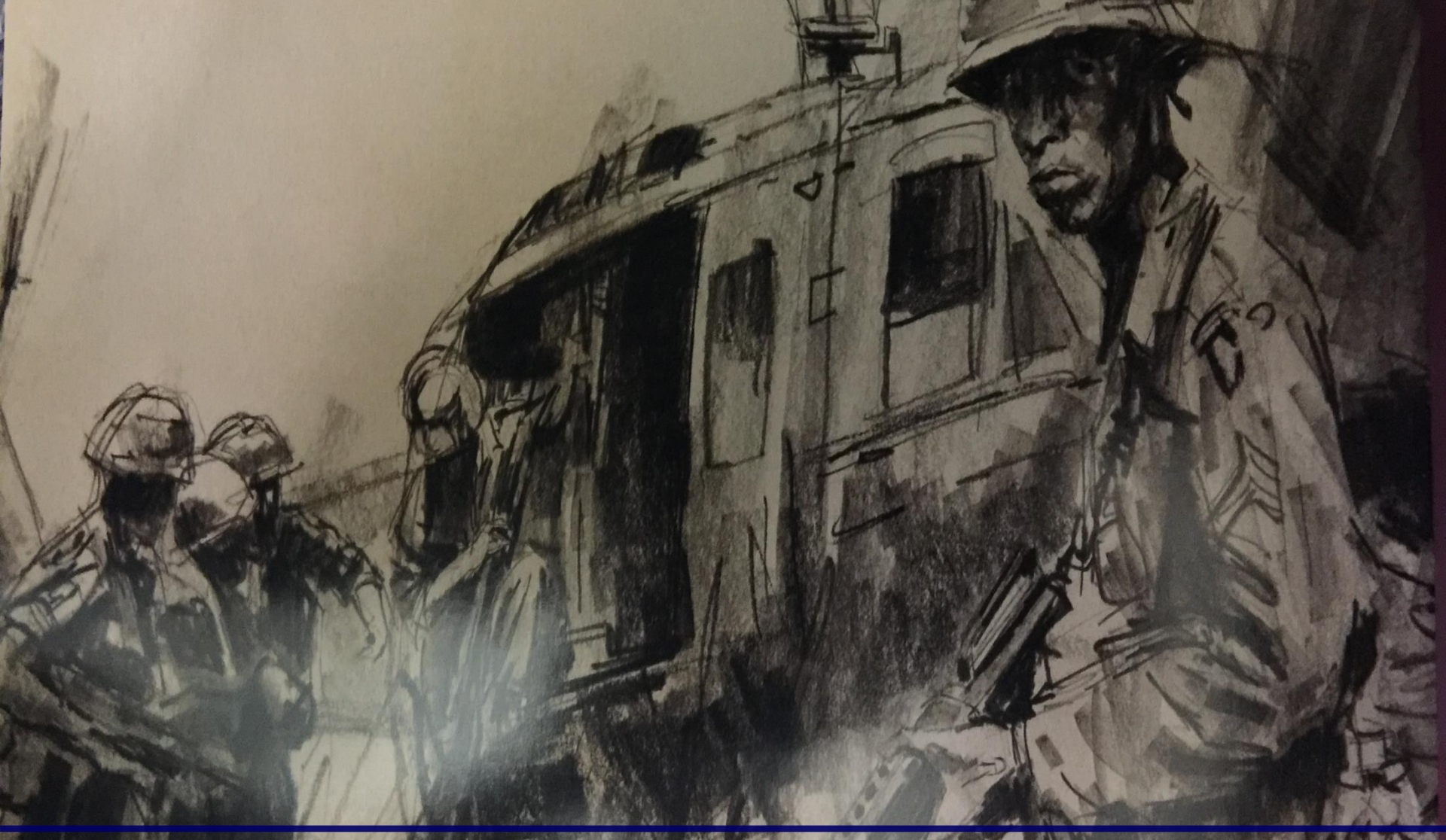
Gulf War I

Gulf War II/GWOT/OEF/OIF

How our Veterans become ill.

They develop sickness associated with:

- **Exposure to Radiation**
- **Exposure to Asbestos**
- **Poisoned by Agent Orange**
- **Gulf War Syndrome**
- **Burn Pits**
- **Mental Health Conditions**
- **Substance Use Conditions**



Combat Stress

Reflections of a World War II Veteran regarding his visit to the Korean War Memorial in Washington D.C.

"This was another place and another time, but soldiers are a brotherhood. That war or my war or any war is hell, and though the details may change, the emotions emerge at the same temperature. Cold is cold, wet is wet, and fear is fear, no matter where the memory is made".

George Stantis served in Europe in George Patton's Third Army, 89th Division known as the "Rolling W".

Deployment(s) Defined...



**The number of times
a service member
has served in Iraq
and Afghanistan.**

Combat Deployment(s) Defined...



The number of times a service member is deployed to a combat zone. Combat deployments may vary from 9 to 12 months. Extensions of 90 to 120 days are common.

Number of Times in a Combat Environment Defined...



The number of times a service member has been in a combat environment.

Number of Times in Combat Defined...



The number of times a service member has been exposed to gunfire, firefights, the wounded, corpses, roadside bombs, suicide bombers, and snipers.

Impact of Multiple Deployments...

Today's combination of increased frequency of deployments may present a major risk factor for contributing to the escalating rates of posttraumatic stress symptoms amongst Iraq and Afghanistan combat veterans.

Medina, Norma (2010)

"Prevalence and PTSD Severity:

Iraq & Afghanistan Male Combat Veterans"

Let us examine the...

Horrific experience of war.

**Along with the experience of
day-to-day life
in a combat zone.**

Preparing for Combat...

“ We trained every day,
and we were always prepared,
always on high alert.
It was intense all the time.
You couldn’t allow yourself to get
complacent”.

Sgt. Joshua Chitwood, USA
1st Armored Division

Psychological Impact of Combat

- The excitement of combat.
- War zone adrenaline.
- Radar trigger fingers.
- The death factor.
- Thrill of danger.
- The rush of getting shot at and surviving.
- Confirming a kill.

Stress of Combat...

Long 12 to 16 month deployments, and missions with 18 hour work days.

Multiple Deployments – Second and Third Tours.



Stress of Combat...

The tension, and long waiting periods while preparing to go into battle.



Stress of Combat...

Sleeping with a loaded weapon.



Stress of Combat...

Daily living under field conditions.



Stress of Combat...

Harsh environmental
Conditions:

- Extreme Heat
- Cold Nights
- Rainy Season
- Sand Storms
- The Bugs



Stress of Combat...

Ongoing heightened vigilance and fear.



Stress of Combat...

The terror of combat.

Fire fights, and close hand to hand combat.



Stress of Combat...

Being surrounded by unpredictable sniper attacks.



Stress of Combat...

Not knowing who the enemy is.



Stress of Combat...

Your reaction when you come face-to-face with the enemy.



Stress of Combat...

Dealing with terrorists and insurgents who desire to die in the jihad (holy war).



Stress of Combat...

Being surrounded by unpredictable rocket and mortar attacks.



Stress of Combat...

Witnessing attacks against the civilian population.



Stress of Combat...

Gathering body parts after a fellow unit member steps on a land mine.



Stress of Combat...

Witnessing the death of fellow soldiers.



Stress of Combat...

Improvised explosive device (IED) attacks.

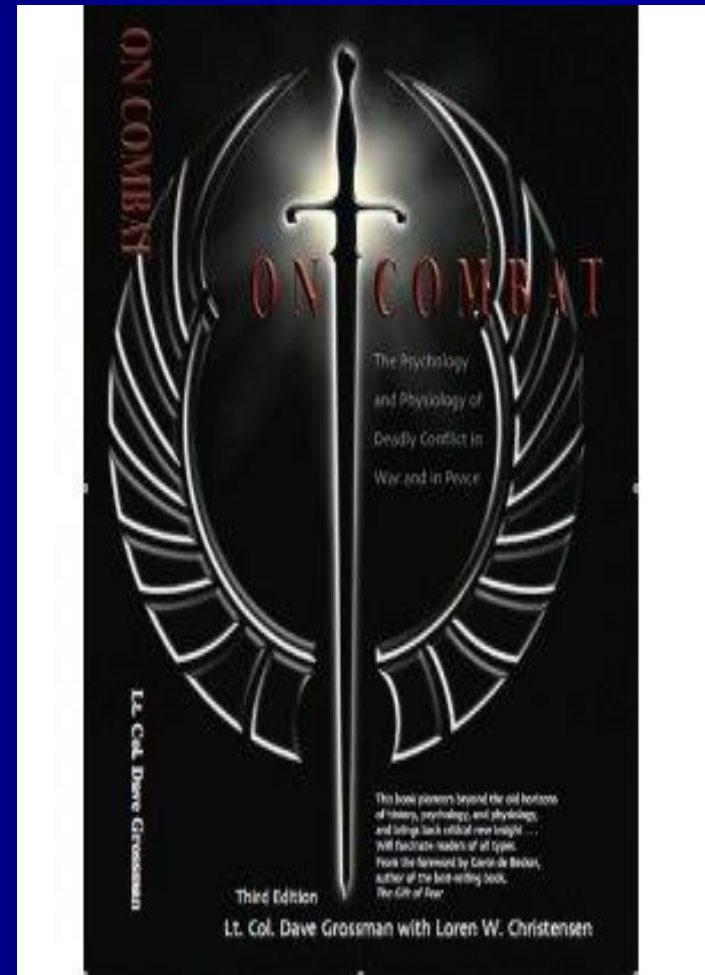
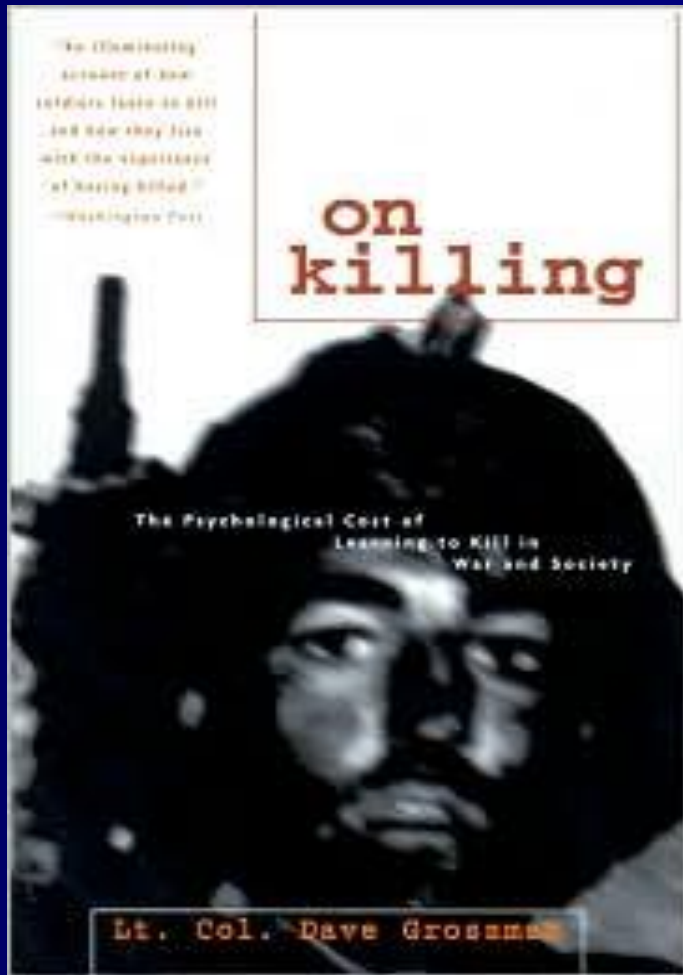


Stress of Combat...

Having to go thru the grieving process while still participating in active combat.



“On Killing” & “On Combat”



LtCol. Dave Grossman, USA (retired)

Expert on Warrior Science

- **LTCOL Grossman's work focuses on the various effects associated with physical presence in a hostile environment. It is a scholarly examination of the psychology and physiology of deadly conflict.**





Traumatic Brain Injury

World War I Shell Shock...

The cause of “shell shock” was attributed to the shock waves emanating from exploding shells which the military concluded caused actual physiological damage to soldiers in close proximity, even though the bodies did not sustain external injuries.



IED Attacks on the United States Military



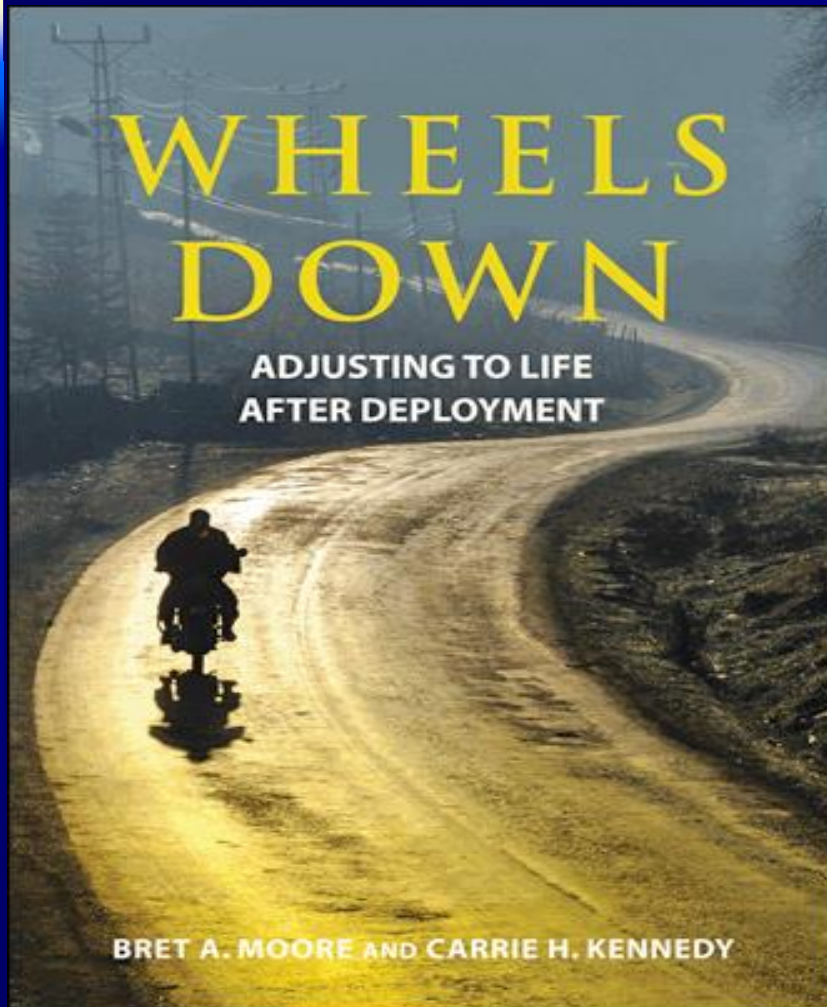
Aftermath of IED Attacks



The Threat of Improvised Explosive Devices

- **The improvised explosive devices or IEDs as they are referred to are easily constructed from common and available materials.**
- **IEDs are the major cause of death and injury in the Iraq/Afghanistan war along with what had been referred to as the Global War on Terrorism (GWOT).**

Chapter 13 “Traumatic Brain Injury (TBI)”



- Bret A. Moore, Psy.D., ABPP is a former active duty U.S. Army Psychologist and a two-tour veteran of Operation Iraqi Freedom. During his 27 months in Iraq he earned the Bronze Star.
- Carrie H. Kennedy, Ph.D., ABPP is a Commander in the Medical Service Corp of the U.S. Navy. She is currently serving at the Naval Aerospace Medical Institute.

Symptoms of a TBI Injury

- **Headaches**
- **Dizziness**
- **Unsteadiness on the Feet**
- **Slurred Speech**
- **Confusion**
- **Memory Problems**
- **Attention Problems**
- **Slowed Thinking**

Symptoms Continued...

- **Mental and Physical Fatigue**
- **Lowered Frustration Tolerance**
- **Irritability**
- **Apathy or Poor Motivation**
- **Depression**
- **Disturbance in Sleep**
- **Nausea**
- **Vomiting**



The Crisis of Suicide Among Veterans

Military/Veteran Suicides...

- The Veterans Administration (VA) reports that an average of eighteen veterans commit suicide every day.
- In a landmark study of the 30,000 suicides in the United States in 2009, twenty percent were veterans.
- 2010 Suicide Rates per 100,000 Population:
 - General Population: 10
 - U.S. Army: 23
 - U.S. Marine Corps: 18
 - U.S. Air Force: 15
 - U.S. Navy: 12

Veterans Suicide Rates...

A retrospective cohort mortality study (Kang et al., 2015) reported that:

- Veteran cohorts had 41-61% higher risk of suicide relative to the U.S. general population.**
- However, the suicide risk was not associated with a history of deployment to a war zone.**
- Rate of suicide was greatest within 3 years after leaving service.**

Military Suicides Continue...

- **The suicide rate for National Guard soldiers doubled in 2010 compared to 2009.**
- **The suicide rate for the National Guard and Reserves exceed that of the suicide rate for the Active Duty Forces.**
- **Factors that have been found to contribute to suicides include the following:**
 - **Combat Stress Exposure**
 - **Multiple Deployments)**
 - **Mild Brain Injuries and TBI (Traumatic Brain Injuries)**
 - **Alcohol and Substance Abuse**
 - **Clinical Depression**



Moral Injury

What is Moral Injury?

Unlike Post Traumatic Stress Disorder, a Moral Injury is not a mental health issue, but is instead a social imbalance. It affects all of us, not just them. The cure and antidote for Moral Injury is elusive, but its roots are in the Veterans community.

Moral Injury...

Occurs from individual acts of commission or omission, the behavior of others, or by bearing witness to intense human suffering or the grotesque aftermath of battle (Maguen & Litz, 2012)

- This leads to serious inner conflict because the experience is at odds with core ethical and moral beliefs (guilt, shame, anxiety, anger)**

Moral injury versus PTSD

- PTSD is a mental health problem that requires a diagnosis and treatment.**
- Moral injury is a dimensional problem; there is no threshold for the presence of mental health issues.**

"Wheels Down: Adjusting to life after deployment"

***"Guilt, shame, and remorse
can result from deciding to
kill an enemy and from
deciding not to kill an enemy
in a combat zone"***

***Bret A. Moore
Carrie H. Kennedy***



Posttraumatic Stress

Psychological Trauma

Going Berserk...



Battle Fatigue...



The Psychological Trauma...

The thousand yard stare
which is the result of being in combat.



Posttraumatic Stress Disorder

- **Occurs after the Experience of a Trauma:**
 - Shocking, frightening event that an individual sees or experiences
 - Often the individuals feels as if there is no control over what is happening
 - Accidents, physical assault, combat, disaster, sexual assault, abuse
- **Veteran PTSD:**
 - **Vietnam War:** About 30% of Vietnam Veterans had/have had PTSD in their lifetime
 - **Gulf War (Desert Storm):** About 12% of Gulf War Veterans have experienced PTSD
 - **OIF/OEF:** About 20% OIF/OEF veterans have PTSD in a given year.

Relationship PTSD and Combat...

**Research has shown that
soldiers in a heavy combat
environment have the highest
probability of developing
Posttraumatic Stress Disorder.**

**Cobb, L. & Cobb, B. (2004)
“*The Persistence of War*”**



Other Issues Impacting Veterans



Alcohol and Substance Use



Contributors to Alcohol Abuse...

- The stress of being in armed conflict or knowing that you may be involved in armed conflict.
- The stress of being separated from your family and friends.
- Long periods of boredom on a post/base or in a war zone.
- A history of accepted alcohol use and abuse.



Number of Service Members Alcohol Dependent...

- Reportedly nearly half (about 47%) of the men and women serving in uniform have an abuse/dependency on alcohol.
- Used as a coping mechanism for depression, anxiety, and fear.
- Peer pressure is also a contributor to binge drinking in the military.



HOMELESS VETS

HELP
A
VET
THANK
YOU

VIETNAM
ERA M
US
ARMY

GOD BLESS
AMERICA

PLEASE

What is a Homeless veteran?

According to the Department of Veteran Affairs is a person that served in the active US military and was discharged or released under conditions other than dishonorable discharge and lacks fixed, regular, and adequate nighttime residence.

[38 USC 101 (2)]; [42 U.S.C. 11302 (a)]



What does it mean to be a Homeless Veteran?

- Being homeless is more than being without a home.
- A homeless Veteran has lost a once deeply sacred meaningful purpose that directed their life.
- Being a homeless Veteran means feeling betrayed by a country, you once were willing to sacrifice your very life for.



Each Night Across America there are....

- 131,000 Veterans are homeless on any given night, and approximately twice that many experience homelessness over the course of a year.
- Conservatively, one out of every three homeless men who is sleeping in a doorway, alley or box in our cities and rural communities has put on a uniform and served this country”.

National Coalition for Homeless Veterans



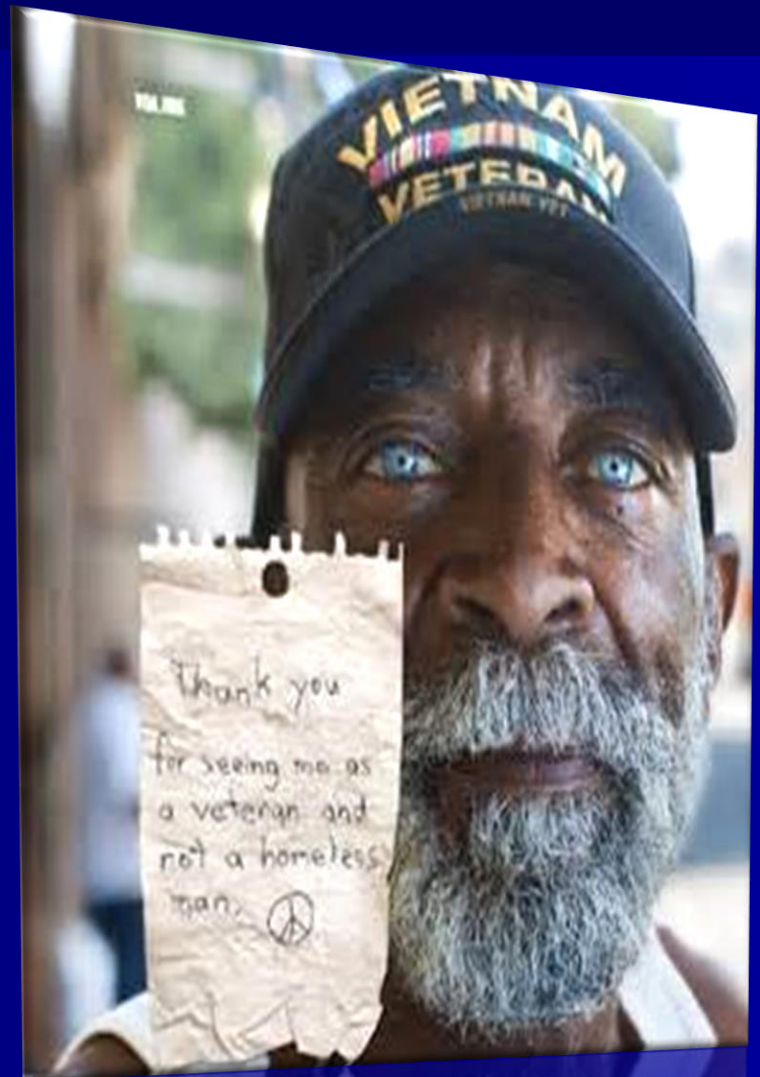
Homelessness...

- **Veterans are more likely than civilians to experience homelessness**
 - Risk factors: low SES, mental health conditions, physical trauma, and substance abuse.
- **Demographics of homeless Veterans:**
 - Male (91%)
 - Single (98%)
 - Live in a City (76%)
 - Have a Mental and/or Physical Disability (54%)
 - Black Veterans are overrepresented among homeless veterans, accounting for 39% of the total homeless population, but only 11% of the total Veteran population.

The Need Exceeds the Government Resources through the Veterans Administration.

Non- Profit agencies, and NGO agencies help and assist in filling the gap. Here are a list of a few:

- V.A. Homeless Outreach Programs
- Vet Hunters Project
- National Coalition for Homeless Veterans
- Safe Haven in Chicago
- “Stand Down” Events nationwide.



The trauma of injury...



The trauma of disability...



Five Words You Should Never Say

Have You Ever Killed Anyone?

Five words you should say...

"Thank you for your service"

and most important of all

listen to their story

if they are willing to share.

Tips for those working with Veterans...

■ Don'ts:

- Make assumptions
- Try to “talk the talk”
- Provide an analysis of war and politics
- Press for details of a traumatic event
- Use abstractions
- Ever ask : “Did you kill anyone?”
- Push a service member to put him or herself first

■ Do's:

- Acknowledge military service
- Acknowledge rank and status
- Know how to refer to the VA or Military Treatment Facility
- Learn about available resources
- Use similar cultural considerations as when working with other cultural groups
- Be aware of your biases
- Ask questions

Tips continue...

- Be aware of the stigma associated with seeking treatment in the military:
 - Talk with the service member about it.
 - Reinforce his/her courage to come and seek treatment.
- For service members who may feel forced to be in treatment revisit issues of confidentiality as needed.
- Don't be afraid to be directive during intervention:
 - Set clear goals and expectations.
- Consider ways to gain more exposure and experience with the military culture.

Resources to learn more...

- **VA/National Center for PTSD**

- Continuing education resources for the treatment and assessment of trauma.
- http://www.ptsd.va.gov/professional/continuing_ed/index.asp

- **Defense and Veterans Brain Injury Center**

- Interactive Web-based courses for military and civilian health care providers to examine traumatic brain injury (TBI) topics including definition, pathophysiology, assessment and treatment.

<http://dvbic.dcoe.mil/training>

Additional Training...

- Interested in gaining Military Cultural competence?
Consider taking one of the following free online courses:
 - Military Cultural Competence (Center for Deployment Psychology) <http://deploymentpsych.org/online-courses/military-culture>
 - Understanding Military Culture (National Center for PTSD) http://www.ptsd.va.gov/professional/continuing_ed/military_culture.asp

Veterans Crisis Hotline

**If a Veteran is experiencing a crisis,
they can call the Veteran Crisis Center
at 1-800-273-8255
anytime 24/7.**

The Department of Veterans Affairs Vet Centers

The United States Department of Veterans Affairs since 1979 has established Vet Centers. These centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, including National Guard and Reserve components, and their families.

The Vet Center is staffed by counselors and outreach staff, many of whom are Veterans themselves. They are experienced and prepared to discuss the tragedies of war, loss, grief and transition after trauma. Individual, group, marriage and family counseling are offered in addition to referral and connection to other VA or community benefits and services.

The Vet Centers provide free and confidential counseling and services to all Veterans. A Veterans does not need to be service connected, and may be able to receive care even if not eligible for their VA services.

Chicagoland Locations of Vet Centers...

Forest Park Vet Center

1515 South Harlem
Forest Park, IL 60130
Phone: 708-457-8805

Chicago Vet Center

3348 W. 87th Street, Suite 2
Chicago, IL 60652-3767
Phone: 773-962-3740

Chicago Heights Vet Center

1010 Dixie Hwy, 2nd Floor
Chicago Heights, IL 60411
Phone: 708-754-8885

Evanston Vet Center

1901 Howard St
Evanston, IL 60202
Phone: 847-332-1019

Orland Park Vet Center

8651 W.159th Street, Suite 1
Orland Park, IL 60462
Phone: 708-444-0561

RUSH Medical Center

There is the National Center of Excellence for Veterans and their Families at RUSH. Located at the RUSH Medical Center their ROAD Home Program provides comprehensive, evidence-based treatment in a safe and supportive environment. These services are provided at the following locations, Chicago, West Suburban, and in downstate Illinois in Effingham. A three-week National Intensive Outpatient Program is also available for the treatment of post-traumatic stress. An important note here is that these services are provided regardless of military discharge status or your ability to pay.

Their phone is 312-942-8387 (VETS) or at
roadhomeprogram.org.

Resources for Veterans...

- **The Soldiers Project:** non-profit organization dedicated to providing free, confidential psychological services to US military veterans and their loved ones who have served at any time after September 11, 2001.

<https://www.thesoldiersproject.org/resources-for-veterans-and-their-loved-ones/>

Counseling for Veterans...

- **Give an Hour:** Give an Hour is a nonpolitical organization that focuses on the mental health needs of military personnel, veterans, their loved ones, and their communities. Providers donate one hour a week to provide services to a veteran, service member or their family

<http://www.giveanhour.org/GiveHelp.aspx>

- **Military One Source:** provides confidential, non-medical counselling services in person, over the phone and online.

<http://www.militaryonesource.mil/>

Book Recommendations...

- *Wheels Down: Adjusting to Life After Deployment*
– Bret A. Moore & Carrie Kennedy
- *Living and Surviving in Harm's Way*
– Sharon Morgillo Freeman, Bret A. Moore, & Arthur Freeman
- *Once a Warrior Always a Warrior*
– Charles W. Hoge, MD, Col (Ret) USA

A Thought To Remember

"The soldier, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war."

General Douglas MacArthur

***“When we forget our warriors our society
will begin to crumble.”***

Sir Winston S. Churchill



Freedom is not free.

This is the price we pay
for that freedom.

