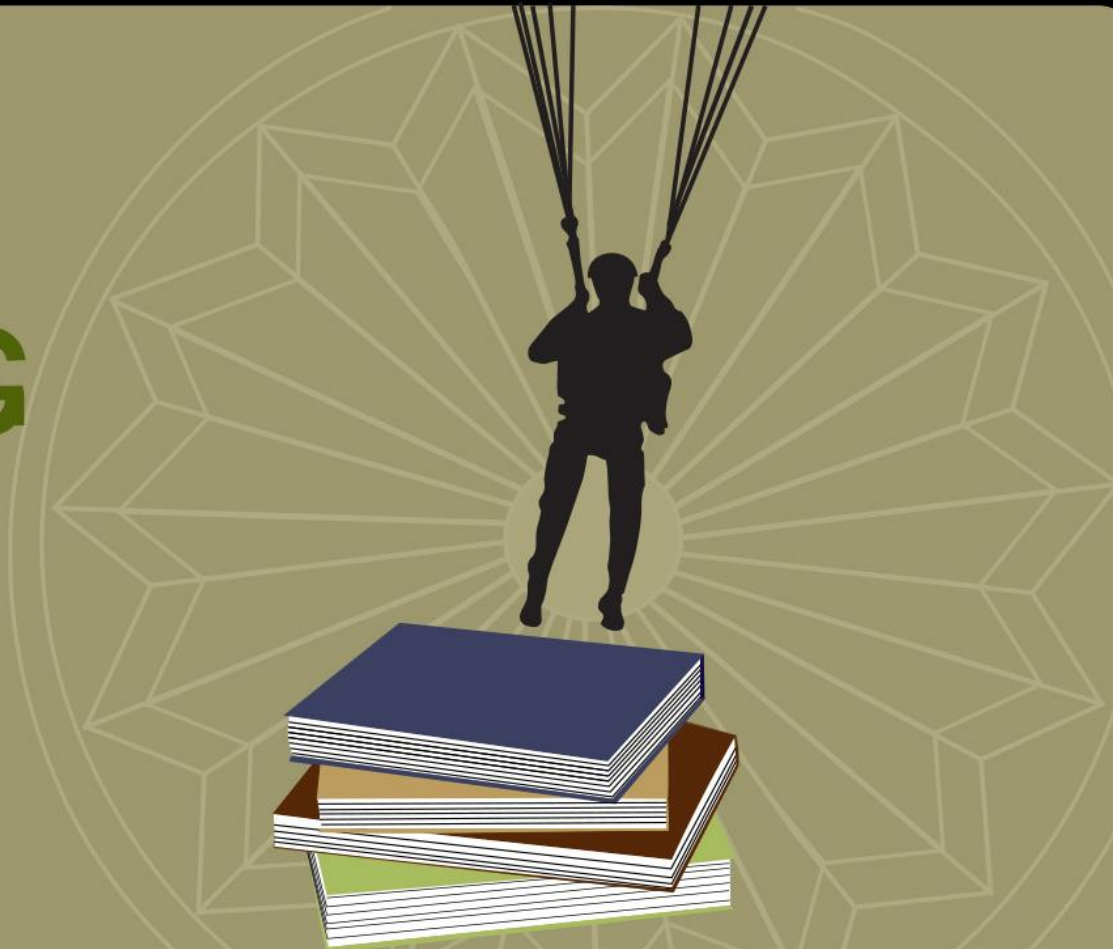




OHIO
UNIVERSITY

LANDING ZONE



Brigadier General James M. Abraham and Colonel Arlene F. Greenfield
Veterans and Military Student Services Center

<https://www.ohio.edu/veteranscenter>
veteranscenter@ohio.edu

740-566-VETS (8387)

Purpose:

The purpose of creating our Landing Zone Training at Ohio University is to assist individuals who are committed to providing resources and aid to Veteran students across campus. Landing Zone training seeks to provide its participants with an understanding of Veteran student challenges and resources available to assist this student population.

PTSD, TBI, Suicide & Resources 4 Veterans

Provide an understanding of Post Traumatic Stress Disorder and Traumatic Brain Injury effects on student veterans, Discussion of potential signs, how to assist student veterans with each
Internal and external resources available to Veterans

David W. Edwards, Sr

Senior Master Sergeant (E-8) (USAF) (Retired)

26 years of service

Administrator/Knowledge Operator/Instructor/Superintendent

Deployments: Desert Shield/Desert Storm (1990-1991, Kuwait (2009)

I am a Husband and Father.
I have been your co-worker
for the last 15 years.
I coach your kids' soccer
team.

**I am also a Veteran
that battles PTSD.**

Chances are you're much
safer with me around you
than when I am not.

Together
we can
END the
stigma



Deployment Issues/Problems

- Battle aftermath
 - Having seen or endured suffering, death, loss, destruction
- Unprecedented fatigue
- Leaving for an unknown amount of time
- Inner conflict
 - Personal, moral, spiritual and political beliefs
- Austere living/working environment
 - No privacy, undesirable food, long work days, hygiene “gaps”

Post-Deployment Acclimation

- Readjustment back to regular duty station and family
- Readjustment challenges are normal
- Acclimation period will vary by Individual
- Small decisions seem big and unnecessary: too many choices
- Unrealistic readjustment expectations
- Difficulty fitting with family/friends
 - Non-shared experience
 - Topics of discussion often seem paltry and insignificant
 - “Civilians just don’t get it.”
- Frustration/irritability

Mental Health Issues - War zone skills in a non-war zone

- Emotionally “hardened”
- Hypervigilance
(constantly aware of surroundings)
- Reflex/startle response more sensitive
- Heightened protectiveness
- Sleep difficulties
- Changes in worldview



What is PTSD?

From Medscape:

“A syndrome resulting from exposure to real or threatened serious injury or sexual assault.”

- Approximately 30% of returning personnel have a mental health diagnosis
 - PTSD and Depression are the most Prevalent

PTSD Signs & Symptoms

- From the Mayo Clinic. PTSD is generally grouped into 4 types:
 - Intrusive Memories
 - Recurrent, unwanted distressing memories of the event
 - Reliving the traumatic event as if happening again
 - Upsetting dreams or nightmares about the event
 - Several emotional distress or physical reactions
 - Avoidance
 - Trying to avoid thinking or talking about the event
 - Avoiding places, activities or people that remind of the event
 - Negative Changes in Thinking and Mood
 - Negative feelings about self or others
 - Inability to experience positive emotions
 - Feeling emotionally numb
 - Lack of interest in activities once enjoyed
 - **Feelings of hopelessness**
 - Changes in Emotional Reactions
 - Irritability, angry outbursts or aggressive behavior
 - Always being on guard for danger
 - Trouble concentrating
 - Trouble sleeping

PTSD



**A WAR VETERAN HIDES
FROM A FIREWORKS SHOW**

*IT'S NOT ABOUT WHAT'S WRONG WITH YOU,
IT'S ABOUT WHAT HAPPENED TO YOU.*

Assessment of PTSD – DSM-5

- Trauma (what person exposed to?)
- Intrusion (nightmares, flashbacks, etc.)
- Avoidance
- Negative Cognition & Mood (decreased interest in activities, feeling isolated, etc.)
- Alterations in Arousal and Reactivity (hypervigilance, irritability, risky behavior)
- Duration (lasts for more than 1 month)
- Impact on Functioning (symptoms create distress or functional impairment?)
- Exclusion (Not due to medication, substance abuse, or illness)

Songs about PTSD

Dax – “To Be A Man” (Featuring Darius Rucker) – Short Version

<https://www.youtube.com/watch?v=TuyisGsNr4g>

Dax – “To Be A Man” (Featuring Atlus, Phix, Brutha Rick, The Mediary, Thagreatwhite, & More – Long Version

https://www.youtube.com/watch?v=edv_bNEaYTQ

Falling In Reverse – “Voices In My Head” - https://www.youtube.com/watch?v=a7_e_NY-f3g - Explicit Language and Graphic Cinematography

Graham Trude – “Seen What I’ve Seen” - https://www.youtube.com/watch?v=WHXv1_kzywc

SkyDxddy – “Triggered” - <https://www.youtube.com/watch?v=WMgpAq4JJB8> – Explicit Language

What is Traumatic Brain Injury (TBI)?

From Medscape:

“Nondegenerative, noncongenital insult to the brain from an external mechanical force, possibly leading to permanent or temporary impairment of cognitive, physical, and psychosocial functions, with an associated diminished or altered state of consciousness.”

TBI Symptoms

- Unconsciousness
- Inability to remember the cause of the injury or events that occurred IMMEDIATELY before or after
- Confusion and disorientation
- Difficulty remembering new information
- Headache
- Dizziness
- Blurry vision
- Nausea and vomiting
- Ringing in the ears
- Trouble speaking coherently
- Changes in emotions or sleep patterns

Types of Treatment

- Medicine
- Self medication (substance abuse)
- Imagery
- Equine
- Art/Music (HBO documentary: We Aren't Done Yet) [We Aren't Done Yet Preview](#)
- Writing
- Psychologist/Psychiatrist
- Cognitive Behavioral Therapy (CBT) – change patterns of thinking
- Evidence-based Treatment – includes elements of CBT
- Others

What Veterans May Be Dealing With

- Medical issues
- Psychological issues
- Financial Issues
- Educational Issues
- Suicidal Thoughts



Veteran Suicide Statistics

From the 2022 National Veteran Suicide Prevention Annual Report

- In 2020, suicide was the 13th leading cause of death (heart disease and cancer were top 2).
- In 2020, there were 6,146 veteran suicides. This equals to approximately 16.8/day! Number of suicides has decreased each year since 2016!
- Firearms was the more commonly preferred method
- In 2020, suicide rates were highest between the ages of 18-34
- Veteran Women are 5-6X more likely to commit suicide than non-veteran (sexual trauma)

What is the VA Doing About Suicide?

Community Prevention Highlighted Efforts

Does this through facilitating community coalitions focused on ending veteran suicide

Three Key Priority Areas

1. Identify service members, veterans and their families and screen for suicide risk
2. Promote connectedness and improve care transitions
3. Increase lethal means safety and safety planning (Chris Kyle)

What Can You Do to Help?

- Work with your agency/university about recognizing veterans, bring awareness about Veteran suicide (OHIO University sponsors #Stop17)
- Work with community to develop program (if doesn't exist) (OHIO University works with community agencies to have Athens Area Standdown)
- See if community has Veterans Court. If not, work to get one established
- Develop training program (OHIO University Landing Zone)
- Seek further education about veterans (OHIO University Veterans Health Certificate Program)

Resources 4 Veterans

VSOC

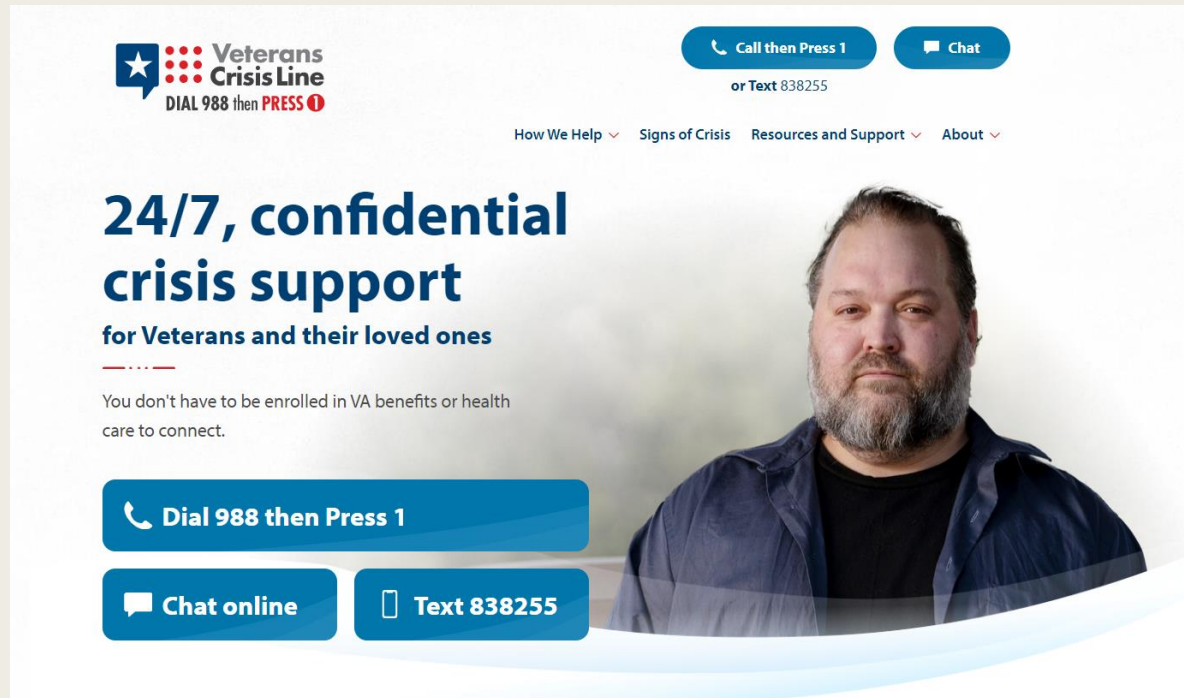
- The **VetSuccess on Campus (VSOC)** program aims to help Veterans, Service members, and their qualified dependents succeed and thrive through a coordinated delivery of on-campus benefits assistance and counseling.
- The VSOC program provides a VA Vocational Rehabilitation Counselor (VRC) to each VSOC school. VSOC Counselors ensure that Veterans receive the support and assistance needed to pursue their educational and employment goals. Because VSOC Counselors are easily accessible on campus they help resolve any problems that could potentially interfere with a Veteran's educational program, to include assisting with disability accommodations. If needed, they can also provide referrals for health services through VA Medical Centers, Community-Based Outpatient Clinics, or Vet Centers.

VITAL

- The **Veterans Integration to Academic Leadership (VITAL)** Initiative's mission is to provide world-class healthcare and improve the overall mental health of Veterans, while supporting their successful integration into college and university campuses through:
 - 1.Promotion of positive cohesion between Veterans and the entire learning community through campus and community clinical education and training
 - 2.Seamless access to VA healthcare services and on-campus clinical counseling
 - 3.Providing efficient care coordination of all available services.

Jessica H. Thiede, Psy.D. – Program Coordinator, Cincinnati VA Medical Center, 513-276-1800

Veterans Crisis Line: <https://www.veteranscrisisline.net/>

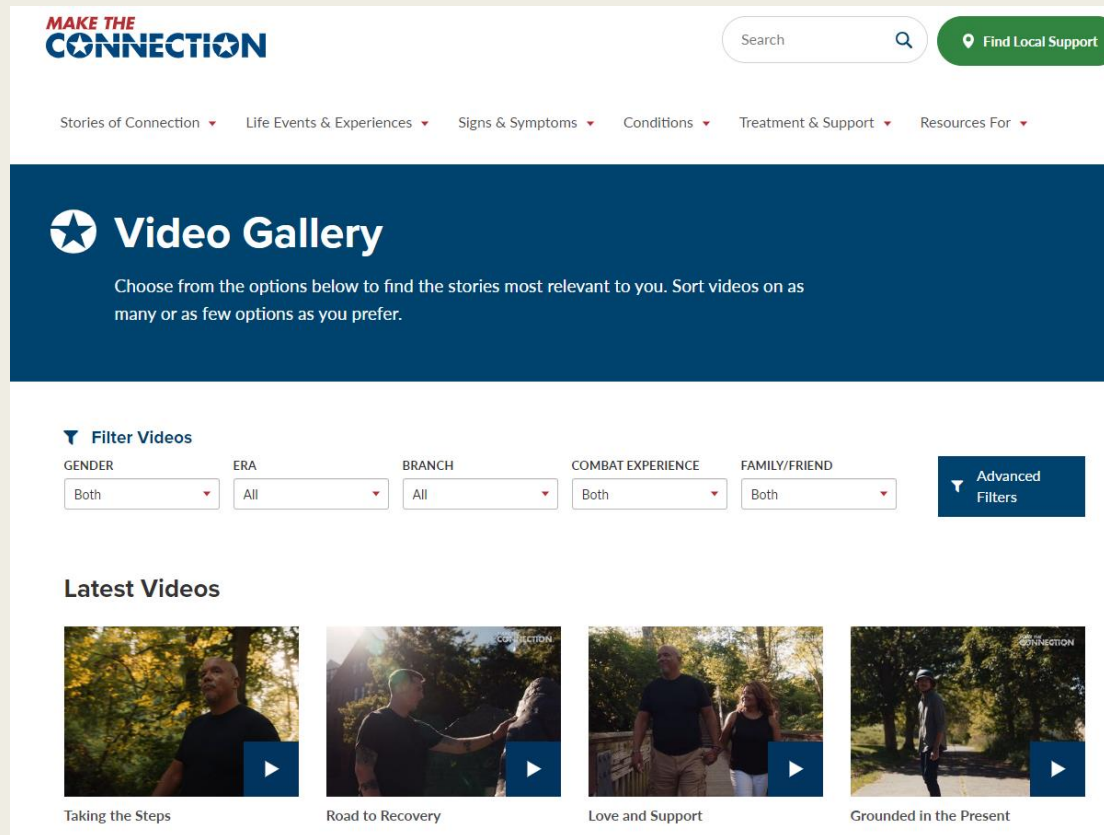


Connecting Veterans, families, and friends with qualified Department of Veterans Affairs responders!!

24/7 - 365 days a year

Bethereforveterans.com

Make the Connection: <https://maketheconnection.net>



Chance for self help and learning, but also ability to reach out for help

Examples:

<https://www.youtube.com/watch?v=f59esvrnQvU>

<https://maketheconnection.net/events/students-higher-education>

Counseling & Psychological Services

<https://www.ohio.edu/student-affairs/counseling/services>

■ Services

- [Individual Counseling](#)
- [Group Counseling](#)
- [Drop-in/Emergency Services](#)
- [Couples Counseling](#)
- [Consultation](#)
- [Psychiatric Consultation](#)
- [BASICS](#)
- [Services for Eating Disorders](#)
- [Self Assessment](#)
- [Outreach](#)
- [Training](#)
- [Counselor-in-Residence Program](#)
- [Light Box Therapy](#)

Hours

During the academic year, 8:00 a.m. to 5:00 p.m. M-F.

Drop-in hours are 9:45 am to 3:15 pm, M-F (Hudson Health Center, 3rd Floor)

Emergency counselor during open hours - 740-593-1616.

Non Open Hours Call OUPD at 740-593-1911

Additional Resources:

- Ohio University
 - *Counseling & Psychological Services*
 - *Academic Achievement Center*
 - *Accessibility Services*
 - *Allen Advising Center*
 - *Center for Advising, Career and Experiential Learning*
 - *Stressless* - <https://www.ohio.edu/stressless/>
 - *Student Review and Consultation Committee (Faculty/Staff resource)* - <https://www.ohio.edu/deanofstudents/reporting.cfm>
 - *Survivor Advocacy Program*
- Community Based
 - *Veteran Service Office – The Plains (Kim Spencer)*
 - *Athens County Job & Family Services Re-entry Coordinator (Shawn Stover)*
 - *Veteran Service Organizations – e.g. VFW, DAV, American Legion*
- VITAL – VA Campus Toolkit
 - <https://www.mentalhealth.va.gov/studentveteran/>

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Questions?

Contact Information:

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