

Physical Health

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2023 Statewide Symposium in Support of Service Members, Veterans & Their Families

APRIL 19-20, 2023 | PHOENIX, ARIZONA

arizona coalition
for military families



beconnected
service members • veterans • families • communities

Physical Health

April 20, 2023



The Whole Health Model

Session 1



Welcome!



Carol Lopinski, MSW, LCSW

Arizona Governor's Council on
Spinal and Head Injuries

Physical Health - Community Helper Curriculum





**The Landscape:
Health ranks as Top Concern during
Transitioning from Military Service to
Civilian Life**

Agenda

1 Health Issues that Service members & Veterans face vs. Civilians

2 The Solution - Whole Health Model of Care

3 Programs for Veterans at The Red Cross

4 Wrap up & Questions

5 Closing and evaluation

Health Issues Experienced

- Service members & veterans face different health issues vs. civilians:
 - musculoskeletal injuries
 - chronic pain
 - post-traumatic stress disorder (PTSD)
 - traumatic brain injury (TBI)
- These can significantly impact the overall quality of life during transition to civilian life & broader well-being & long-term adjustment
- Thus an interconnection of physical, mental health and social-wellbeing

Examples of Physical Injuries

- Traumatic brain injury
- Shrapnel and gunshot wounds
- Musculoskeletal Injuries
- Lost limbs
- Exposure to noise and vibration, such as gunfire, explosions, rockets, aircraft, heavy weapons and machinery
- Exposure to environmental hazards (e.g. contaminated water, dangerous chemicals, and burn pits), infectious diseases
- Military sexual trauma (MST)

Most Common Physical Health Concerns

- Sleep problems
- Chronic musculoskeletal pain
- Tinnitus, hearing loss, deafness, typically from noise, vibrations exposures
- Long-term heart damage can occur from low-dose exposure to chemical warfare agents

Most Commonly Reported Mental Health Concerns



- Anxiety
- Post-traumatic stress
- Chronic stress
- Depression
- Substance use
- Suicide

Service Type Adds Complexity

- Enlisted veterans
- Deployment to a war zone
- Gender

Transition Barriers & Challenges

- Exposure to a traumatic event or combat zone
- Changes in responsibility from military to civilian life
- Opportunity for physical activity
- Meaningful employment
- Reluctance to seek medical and/or mental health treatment
- Family Readjustment
- Creating social supports
- Isolation

What is the solution?

Access to Care

- Prevention & early identification
- Integration of health care – physical, mental & social health =

Whole Health Model of Care

<https://www.va.gov/WHOLEHEALTH/>

Physical Health - Access to Care



The Circle of Health



4 Components

1. “Me” – knowing myself
2. Self-care - knowing what I need & want
3. Preventive and conventional professional care
4. Community – social & emotional supports



Service to the Armed Forces

Resiliency Program

American Red Cross

Resiliency Program Offers

Psychological First Aid Workshops

Reconnection Workshops

Mind-Body Workshops



Psychological First Aid Workshops

- Two “Coping with Deployments” course options:
 - Introduction to Psychological First Aid and Resilience
 - Using Psychological First Aid and Building Resilience in Military Children
- Teaches concrete ways to support self, family and community through deployment-related challenges by:
 - Building psychological resilience
 - Following the PFA steps to help others
- Classroom-style learning
- Good for small or large groups



Reconnection Workshops

- Discussion focused
- Skills building through hands-on activities
- Numerous course topics to choose from
- In-person and virtual options
- Encourages connection between peers through verbal conversation



Reconnection Workshop Topics for Adults

- Adult Workshops:
 - *Effective Communication
 - *Stress Solutions
 - Trauma Talk
 - Defusing Anger
 - Emotional Grit
 - *Connecting with Kids
 - *Caregivers
 - *Creating Calmness in Stressful Times



**Designates that workshops are available virtually.*



Reconnection Workshop Topics for Children, Teens and Families

- Child/Teen Workshops
 - Roger That! Communication Counts
 - Ages: 5-8 with an adult, 8-12 and 12-17
 - Confident Coping
 - Ages: 5-8 with an adult, 8-12 and 12-17
 - *Calm and Connected: Virtual Chat for Teens
 - Ages 13-17
 - *Family Laugh and Learn
 - Ages 13-17 with an adult



**Designates that workshops are available virtually.*

Mind-Body Workshops

- **Experiential:** Encourages practicing mind- body techniques
- Short psychoeducational discussion to provide the science behind these skills
- Brief discussions encourage participants to think about which activities and techniques they prefer



Mind-Body Workshops Overview

- Help participants develop techniques to:
 - Understand “good stress”
 - Manage unhealthy or chronic stress
 - Connect their bodies with their minds
 - Practice living mindfully rather than on autopilot
 - Learn easy skills to improve whole-body wellness



Mind-Body Module Topics

- Introduction to Mind-Body Skills module teaches:
 - Breathing
 - Basic mindfulness
 - Stretching and movement
 - Body awareness through biofeedback and body training
 - Guided imagery



Mind-Body Module Topics

- Using Mind-Body Skills module teaches:
 - Drawing
 - Journaling
 - Meditation
 - Mindfulness
 - Body awareness through body scan, progressive muscle relaxation and mirroring
 - Self-guided imagery



Resiliency Program Features

- All program facilitators must have:
 - Active state-sponsored mental health license
 - Master's degree or higher in a mental health field
 - Preferred experience working with military audiences
 - Training provided to all program volunteers on military life and culture
- A commitment to provide at least two workshops per year



Workshop Audience

- Active-duty service members
- Service-separated (all types) and retired veterans
- Members of National Guard and Reserves
- Family members, both dependent and non-dependent
- Military caregivers
- Those who work directly with military and veteran communities



Military & Veteran Caregiver Network



American
Red Cross

Military and Veteran
Caregiver Network



Military and Veteran Caregiver Network

Caregivers of all eras, all relations, across all locations

Join the Network

Peers engaged to exchange experience, empathy, education and encouragement



Connect Online

Connect with caregivers in a secure, custom, peer-moderated online community



Share with a Mentor

Share with caregivers in an understanding, one-on-one, peer mentor relationship



Join a Support Group

Join caregivers in confidential, peer-facilitated support groups in your community and online



Our Workshops are Different

- Different level of confidentiality
- Includes families and non-dependents
- Led by licensed mental health professionals but not therapy
- One-time sessions with no requirement to commit to more
- Standardized yet still adaptable to community needs
- Small-group format
- Discussion and action focused, not a presentation or briefing
- No cost



Workshop Logistics

- Length: 45-120 minutes depending on workshop
- Audience size: 3-30 adults and 3-10 children depending on workshop
- Location:
 - Military installations
 - Partner sites
 - VA hospitals
 - Community events
 - Red Cross buildings
 - Virtually



Scheduling Workshops

- Upon requesting a workshop, you will receive communication from a local Red Cross point of contact.
- You provide:
 - Number of participants
 - Time, date and location
 - Preferred module (or if unsure, your POC can recommend)
 - Who will be represented in the audience
- We provide:
 - All materials
 - As many facilitators as needed
 - Transportation



Requesting Workshops

- Resiliency workshops can be requested by:
 - Contacting your local Red Cross
 - Arizona & New Mexico Region
 - Email: Riley.swanson@redcross.org
 - Phone: 541-622-1313
 - Visiting www.redcross.org
 - Using the SAF Hero Care app



Hero Care

Information & Support for Military Members, Veterans and Families. If you are a member of the military/veteran communities, the FREE Hero Care app will connect you to important resources that can help you through both emergency and nonemergency situations. Select English or Spanish language with an in-app toggle.



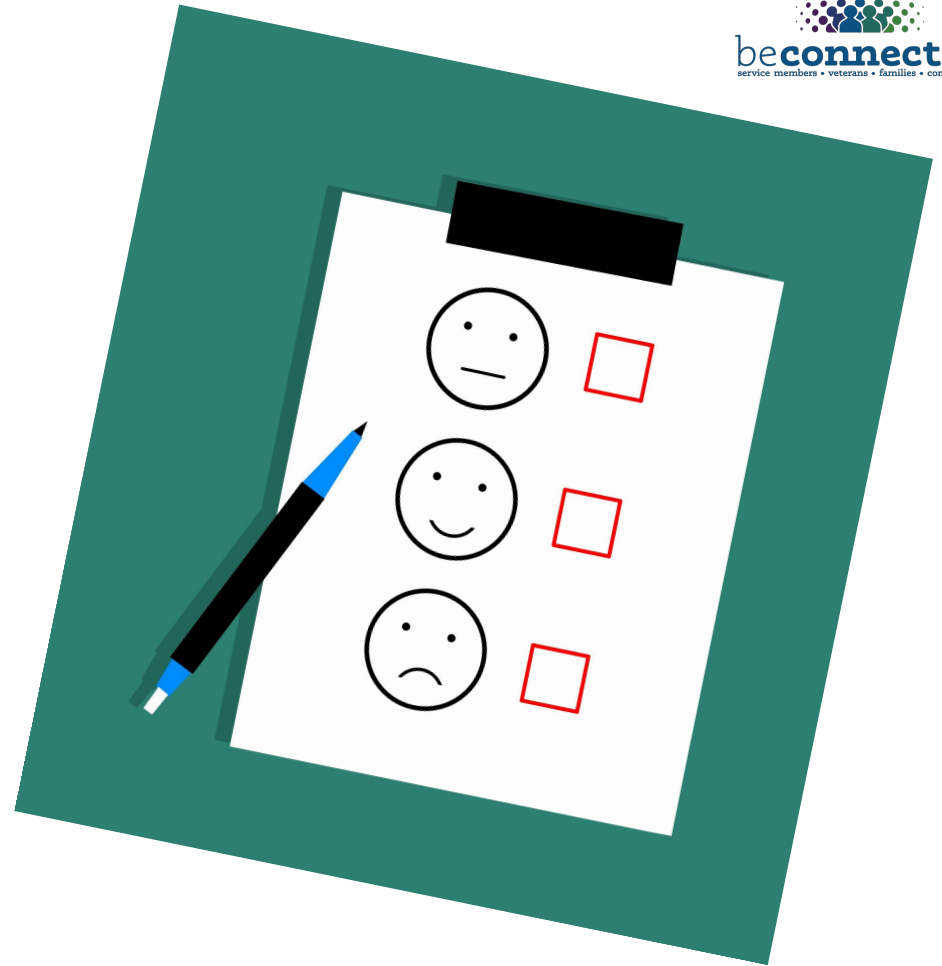
Or text: "GETHEROCARE" to 90999

Questions?



Session Evaluation

We want to hear from you!



Session Wrap Up & Speaker Information



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