



Tier Two: Overview of Military Service-Related Behavioral Health Challenges

April 24, 2024

A Live, Interactive Webinar

Description:

This training is the second of three tiers. Tier Two provides education about specific behavioral health challenges and difficulties that are often associated with military service. Topics include PTSD, sleep disorders, suicide, and ethics. This program content focuses on application of psychological assessment and intervention method for treating military-connected patients who are experiencing these challenges that have consistent and credible empirical support in the scientific literature, as well as ethical guidance that impacts civilian behavioral health clinicians who work with this population (Department of Veterans Affairs & Department of Defense, 2023; Judkins et al., 2020; Kelly, Robbins & Martin, 2019; Ammerman et al., 2020; Anestis et al., 2021).

Total CE Credits: 7.0

Total Contact Hours: 7.0

Learning Objectives:

Following the training, attendees will be able to:

1. Distinguish between Criterion A traumas and other distressing, aversive events
2. Screen for PTSD utilizing the PCL-5 with incoming clients
3. Integrate appropriate screening measures into the assessment of Insomnia and Obstructive Sleep Apnea
4. Distinguish between patients who do and do not require a referral to a primary care doctor and/or sleep specialist for sleep concerns
5. Develop a safety plan for suicide with patients using the seven-step process
6. Apply the principles of lethal means safety counseling when working with patients at risk for suicide
7. Evaluate the definition of ethics and how it relates to the role of the mental health provider
8. Analyze five (5) ethical challenges common to mental health providers working with the military population
9. Use Gottlieb's model to avoid dual relationships
10. Apply knowledge of the ethical decision-making process to military case examples



Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Intermediate

Agenda:

Eastern Time

(Please note the correct time for your respective time zone)

9:00 am – 9:15 am	Welcome and Overview
9:15 am - 10:30 am	Screening for Posttraumatic Stress Disorder
10:30 am – 10:45 am	Break
10:45 am – 12:00 pm	Screening Military Members for Sleep Issues
12:00 pm – 1:00 pm	Lunch Break
1:00pm – 2:15 pm	Addressing Suicide with Military-Connected Patients
2:15 pm – 3:45 pm	Ethical Considerations for Working with Military Members and Veterans
3:45 pm – 4:00 pm	Break
4:00 pm – 5:30 pm	Ethics (continued)

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be emailed within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 7.0 Live, Interactive Webinar continuing education credits.



New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to SBHP Support at sbhpsupport-ggg@usuhs.edu.

Participate:

Online Platform: Zoom

Date: April 24, 2024

Time: 9:00 am – 5:30 pm Eastern

Please note the correct time for your respective time zone

Attendance Requirements: Attendees MUST log into the training on an individual computer/device rather than as a group using one computer/device. Attendance the entire day of training is required to receive CE credits and tier completion. Partial credit cannot be issued.

Registration Information: <https://starproviders.org/providers-home/>

Registration Deadline: Registration will close one business day before the training begins or when registration capacity has been reached.

Cancellations/Questions: Please contact SBHP Support at sbhpsupport-ggg@usuhs.edu if you have any questions or need to cancel your registration

Registration Cost/Refunds: Free

Required Materials: None

Location Information: Online via Zoom

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Participants will not have to install any additional programs on their computer to take part. However, a web browser is necessary (Mac users: Chrome or Firefox is recommended to minimize tech issues).



Participant's may test their computer's Zoom capabilities by visiting <http://zoom.us/test>. **We recommend all participants test their ability to load Zoom in advance of the training event to ensure there are no technical difficulties the morning of the event.**

Special Accommodations: If you require special accommodations due to a disability, please contact Ms. Chris Myers at christina.myers.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Milochik, via email at Amanda.milochik.ctr@usuhs.edu.

Instructor Biographies:

Kelly Chrestman, Ph.D., is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology. She provides training, support and consultation in Cognitive Behavioral Therapy and in the Assessment and Treatment of PTSD.

She works with the team at CDP to find new and better ways to link clinicians with both traditional and innovative resources that will help them implement EBPs more effectively. This includes leveraging computer technology and virtual assets to reach professionals that might otherwise have difficulty accessing high quality training and consultation.

Before coming to CDP, she trained at the National Center for PTSD in Boston, and at the University of Pennsylvania with Dr. Edna Foa. She is a Subject Matter Expert in Prolonged Exposure Therapy for PTSD and has trained numerous students and mental health professionals across the world in techniques for treating PTSD and other anxiety disorders. She also spent several years working closely with Native American Tribes where she focused on adapting evidence-based practice to better meet the needs of traditional Native communities.

She is co-author of the Adolescent PE Manual, *Prolonged Exposure Therapy for Adolescents with PTSD*, and has written about community and professional responses to trauma, particularly domestic violence and sexual assault. She is also a co-developer of the Virtual PTSD Learning Center and Operation Avatar, a game based educational experience about trauma and combat-related PTSD, both hosted in the Second Life Virtual World platform.

Christy Collette, LMHC, is a Military Mental Health Counselor for the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she assists in the national expansion of the Star Behavioral Health Providers (SBHP). SBHP is a training and registry program with a mission of increasing access to high quality behavioral health services to the military-connected population, especially to those in the National Guard. Christy also serves as a faculty member and teaches workshops on a variety of topics including Traumatic Brain Injury, Assessment and Management of Suicide in the Military, PTSD, and working with Military Families. She also trains a series of workshops specific to working with military couples.

Prior to coming to CDP, Christy worked at the Military Family Research Institute at Purdue University. In this capacity, she worked on the SBHP program and implemented the program in new states. In her role at MFRI, Christy sat on the Executive Committee for Joining Community Forces Indiana and worked to coordinate resources across the state of Indiana.



Christy received her bachelor's and master's degrees from Ball State University. She is a licensed mental health counselor with experience in community mental health and private practice. She currently maintains a small private practice and works as a crisis clinician at a local hospital. Christy has over 15 years' experience working with children through play therapy and has worked extensively with military families.

Diana C. Dolan, PhD, CBSM, DBSM, is a clinical psychologist serving as an Assistant Director of Training & Education with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Dolan has served at CDP in several capacities since 2012, including in one role as the associate training director of an APA-accredited clinical psychology internship. She currently oversees programs that provide evidence-based training for military-connected patients on a variety of topics. She also develops and presents trainings, and provides consultation services.

Dr. Dolan graduated from the University of North Texas with a bachelor's degree in psychology and earned her doctorate in clinical health psychology and behavioral medicine from the University of North Texas. She completed a clinical psychology internship at Wilford Hall Ambulatory Surgical Center in San Antonio, Texas. Dr. Dolan served as an active duty psychologist and is a veteran of the U.S. Air Force.

Dr. Dolan's professional interests include behavioral treatment of health conditions, in particular sleep disorders and within brief-natured primary care settings, clinical psychology training and program evaluation, and military psychology. She is certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine. She is also a diplomate in Behavioral Sleep Medicine from the Board of Behavioral Sleep Medicine.

Jennifer Nevers, MSW, LCSW, is a Program Associate with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences (USUHS) in Bethesda, Maryland. She assists in the implementation and expansion of the Star Behavioral Health Providers (SBHP) Program across the nation. SBHP trains civilian behavioral health providers to work with service members, veterans, and their families. The mission is to expand the availability of high-quality behavioral health services, especially to those in the reserve component.

Jennifer is a Captain in the Indiana Army National Guard serving as a Behavioral Health Officer with the 738th Medical Company Area Support. Jennifer interfaces with service members across Indiana linking National Guard Soldiers to behavioral health services. Prior to joining CDP, Jennifer worked with the U.S. Department of Veterans Affairs in the Veterans Justice Outreach Program. Jennifer has over 10 years' experience working as a liaison with problem solving courts and increasing access to care for justice-involved Veterans.

Jennifer received her Bachelor of Social Work from Indiana University in 2008 and her Master of Social Work from Washington University in St. Louis in 2009. Jennifer specializes in addressing the unique needs of service members and veterans using evidence-based approaches. Jennifer is certified in Cognitive Processing Therapy, an evidence-based treatment for PTSD and trauma-related disorders.

****There is no commercial support or conflict of interest to report for these presenters.**