



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

May 1, 2024

A Live, Interactive Webinar

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## **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)*

11:00 am – 11:15 am	<b>Welcome and Overview</b>
11:15 am - 12:30 pm	<b>Screening for Posttraumatic Stress Disorder</b>
12:30 pm – 12:45 pm	<b>Break</b>
12:45 pm – 2:00 pm	<b>Screening Military Members for Sleep Issues</b>
2:00 pm – 3:00 pm	<b>Lunch Break</b>
3:00 pm – 4:15 pm	<b>Addressing Suicide with Military-Connected Patients</b>
4:15 pm – 5:45 pm	<b>Ethical Considerations for Working with Military Members and Veterans</b>
5:45 pm – 6:00 pm	<b>Break</b>
6:00 pm – 7:30 pm	<b>Ethics (continued)</b>

**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](mailto:sbhpsupport-ggg@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** May 1, 2024

**Time:** 11:00 am – 7:30 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](mailto: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](mailto: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](mailto: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.

**Jeffrey H. Cook, Ph.D.**, is a clinical psychologist serving as the Director of Training and Education for the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, he oversees the Center's research efforts and program evaluation of the Center's training programs.

Dr. Cook retired from the Navy after 23 years of service in the United States Navy and Marine Corps. Dr. Cook served in various capacities during his military career including Marine reservist, Navy corpsman, and clinical psychologist. As an active duty psychologist, he served as the Mental Health Division Officer in Okinawa, Japan, ship psychologist on the U.S.S. George Washington, and as the Department Head for the Psychological Health and Traumatic Brain Injury Program at NNMCMC Bethesda, MD. He deployed to



Fallujah, Iraq in support of Operation Iraqi Freedom, as well as other brief deployments during his career.

Dr. Cook graduated from the Uniformed Services University of the Health Sciences with a doctorate in clinical psychology and completed a clinical psychology internship at the National Naval Medical Center (NNMC), Bethesda MD. He currently serves as adjunct faculty at USUHS.

**Jeffrey Mann, Psy.D.**, is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) with the Uniformed Services University of the Health Sciences. Dr. Mann is an SME and trainer in Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP) as well as Cognitive Processing Therapy (CPT). He is a Veteran of the United States Air Force (USAF) where he served as a psychologist from 2009 to 2013. In 2013, he deployed to Southwest Asia in support of Operation Enduring Freedom.

Dr. Mann received his bachelor's degree in computer science from DePauw University and his master's and doctorate degrees in clinical psychology from the Adler University, Chicago, with a specialization in primary care psychology. He is a 2010 graduate of the Wilford Hall USAF Medical Center Psychology Residency Program.

Dr. Mann's clinical work has focused on the assessment and treatment of trauma-related mental health conditions, anxiety disorders, insomnia, and the use of Telebehavioral Health.

**April Thompson, LCSW**, is the Assistant Director of Special Projects for the Center for Deployment Psychology (CDP) at the Uniformed Services University in Bethesda, Maryland. In that capacity, she is responsible for coordinating with stakeholders across the Department of Defense to develop trainings in response to identified needs. Prior to joining CDP, she worked for the Office of Secretary of Defense within the Military Community and Family Policy component leading the Department's training efforts on prevention and response to domestic abuse and child abuse.

Ms. Thompson received her Bachelor of Arts degree from Pepperdine University and her Master of Social Work degree from University of Pennsylvania. For over 20 years, she has specialized in work with military members and their families. As both a military spouse and clinical social worker, Ms. Thompson is deeply committed to ensuring military service members and their families receive evidence-based, high quality behavioral health care. She has provided services to Army, Navy and Marine Corps families on installations within the US and overseas. Her professional expertise focuses on military culture, suicide prevention, couples and family therapy, and prevention of intimate partner violence and child abuse.

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