



Tier One Online – 13 January 2021

This training is the first of the three tiers and introduces participants to military culture including core values, terminology, branches of the service and military operations. The unique needs of the National Guard, including the Army and Air Force, are discussed. It also covers the impact of deployment on families and challenges in post-deployment reintegration.

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

Instructional Level: Introductory

Learning Objectives:

Attendees will be able to:

1. Differentiate between the three tiers of training in the Star Behavioral Health Providers (SBHP) program
2. Articulate requirements and benefits of becoming an SBHP registry provider
3. Characterize the structure and major components of the United States military
4. Analyze common characteristics of the military population and how they compare to the general population
5. Substantiate the importance of a distinct culture to the military
6. Appraise elements of the military experience and lifestyle that are integral to military culture
7. Distinguish between the three phases of the deployment cycle and the events and stressors common to each phase
8. Assess deployment cycle-related stressors unique to special populations, including the Selected Reserve, female Service members, and military family members
9. Analyze challenges that Service members face in achieving successful post-deployment reintegration



***SBHP Tier One Online Training
13 January 2021***

Presenters:

0900 *Military Culture: Working with the National Guard/SBHP Overview*

0945 *Personal Perspective of Military Culture*

1030 Break

1045 *Military Culture: Enhancing Clinical Competence*

1215 *Lunch (on your own)*

1315 *Military Culture (continued)*

1445 Break

1455 *The Deployment Cycle and Its Impact on Service Members and Their Families*

1610 Break

1620 *Deployment Cycle (continued)*

1720 *Closing & CE Evaluation*



Location Information

Online Platform: Zoom

Date: 13 January 2021

Time: 9:00am – 5:30pm Eastern

Participate

Registration Information:

<https://militaryfamily.secure.force.com/Tier1RegistrationForm?sState=Online>

Cost/Refunds: Free

Participation:

Attendees must attend the entire workshop to earn credit. Attendees must participate using a separate computer rather than joining a group of people viewing via one machine to acquire credit for attendance.

Special Accommodations:

If you require special accommodations due to a disability, please contact Katie Medina at katie.medina.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.



Presenters

Christy Collette, MA, LMHC, is a Program Associate for the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she is coordinating the expansion of the Star Behavioral Health Providers into new states 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.

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 a few states. She worked extensively with local, state, and national organizations to better serve the military population in Indiana. She also coordinated the Battlemind to Home Summit in Indiana which is a collaborative conference with the Richard L. Roudebush VA Medical Center. This summit brings together over 300 professionals from around the state and provides educational opportunities on topics such as community engagement, legal services, and health care for the military and veteran population.

Christy received her bachelor's and master's degrees from Ball State University. She is a licensed mental health counselor and maintained private practice for over 10 years. In this role, she worked with both individuals and families and specialized in trauma. She also worked in community mental health centers providing counseling and case management to a variety of clients during her career. Christy has over 15 years' experience working with children through play therapy and has worked extensively with military families.

Katie Medina, BA, is a Regional Coordinator for the Center for Deployment Psychology. She joined CDP in December 2019 and is based out of Wilton, Maine. Ms. Medina received her bachelor's degree from Arizona State University and has worked in a variety of fields. As a member of the Air Force, she served in Okinawa, Saudi Arabia, and various other locations as an Airborne Cryptologic Linguist. After separating from the Air Force, Ms. Medina went to work for the Defense Intelligence Agency (DIA) in Washington D.C. Subsequently, she was an elementary and middle school teacher in North Carolina and Virginia. Ms. Medina has run her own business and has been an advisor to a business startup as well. She is the wife of a retired Marine and has two children. Her own experiences in the military, working with the military as well as military families, and being a military spouse have given her a unique and thorough base for her current position as a Regional Coordinator.



Continuing Education

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.

The Center for Deployment Psychology offers attendees 6 credit hours for participation in this training (*note:* The Personal Perspective of Military Culture session does not offer credit hours). Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Katie Medina at katie.medina.ctr@usuhs.edu.

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.