



Online Tier Two – July 15-16, 2020

This training is the second of three tiers. Tier Two provides education about specific challenges and difficulties that are often associated with military service. Topics include sleep disorders, alcohol and substance abuse, military families, PTSD, Traumatic Brain Injury, Suicide and Ethics.

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. Explore sleep disorders common to the military population. (SLEEP)
2. Specify strategies to improve assessment practices of common sleep disorders. (SLEEP)
3. Evaluate treatments for sleep disorders common to the military population. (SLEEP)
4. Articulate the mechanisms of brain injury common in a military population. (TBI)
5. Evaluate methods of concussion assessment. (TBI)
6. Propose best intervention practices for providers working with traumatic brain injury. (TBI)
7. Characterize common trends in alcohol and drug use among military versus civilian populations. (Alcohol & Drug Use)
8. Recommend strategies for screening and assessing military clients for substance use disorders. (Alcohol & Drug Use)
9. Prioritize evidence-based treatments for substance use disorders. (Alcohol & Drug Use)
10. Explore normative stressors of military family life (Mil Families)
11. Specify the 5 common family resilience domains (Mil Families)
12. Develop skills to help build resilience in military families (Mil Families)
13. Communicate three types of PTSD assessment and the goals of each. (PTSD)
14. Choose appropriate assessment tools for each of the three types of PTSD assessment with a military population. (PTSD)
15. Critique evidence-based treatments for PTSD in a military population. (PTSD)
16. Assess the prevalence of suicide in the civilian and military population. (Suicide)
17. Characterize components of risk assessment for suicide with a focus on military specific risk and protective factors. (Suicide)
18. Apply the steps used in developing a safety plan for suicide. (Suicide)
19. Consider the definition of ethics and how it relates to the role of the mental health provider. (Ethics)
20. Explore five (5) ethical challenges common to mental health providers working with the military population. (Ethics)
21. Implement Gottlieb's model for avoiding dual relationships. (Ethics)
22. Apply knowledge of the ethical decision-making process to military case examples. (Ethics)



AGENDA:

Day One

9:00 am - 9:15 am	Welcome and Introductions
9:15 am - 11:15 am	Sleep Disorders: An Overview of Sleep Disorders Common in Military Members
11:15 am - 11:30 am	Break
11:30 am - 1:00 pm	Overview of Traumatic Brain Injury (TBI) in the Military
1:00 pm - 2:00 pm	Lunch Break
2:00 pm - 3:30 pm	Alcohol and Substance Use within the Military Population
3:30 pm - 3:45 pm	Break
3:45 pm - 5:15 pm	Building Military Family Resilience
5:15 pm - 5:30 pm	Closing and Instructions for Day 2

Day Two

9:00 am - 11:00 am	Ethical Considerations for Working with Military Members and Veterans
11:00 am - 11:15 am	Break
11:15 am - 12:15 pm	Ethical Considerations (<i>continued</i>)
12:15 pm - 1:15 pm	Lunch Break
1:15 pm - 3:15 pm	Assessment and Treatment of PTSD
3:15 pm - 3:30 pm	Break
3:30 pm - 5:30 pm	Addressing Suicide with Military-Connected Patients
5:30 pm - 5:45 pm	Closing and CE Evaluation



Location Information

Online Platform: Zoom

Date: July 15-16, 2020

Time: 9:00am – 5:30pm Eastern

Participate

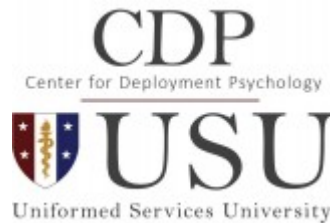
Registration Information:

<https://militaryfamily.secure.force.com/Tier2RegistrationForm?sState=Online>

Cost/Refunds: Free

Special Accommodations:

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



Presenters

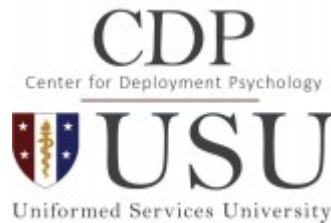
Christy Collette, MA, LMHC is a Program Associate for the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she is coordinating the expansion of the Star Behavioral Health Providers into new states across the nation.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

Augusto Ruiz, Psy.D., has been a military internship behavioral health psychologist since 2008 with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. During this time, he has lectured to hundreds of psychologists, social workers and other mental health professionals. Prior to joining the Center for Deployment Psychology, he served for 5 years Active duty as a Navy Psychologist. He completed his psychology internship at the National Naval Medical Center - Bethesda. Dr. Ruiz was stationed at the Hospital Point Clinic at the United States Naval Academy and aboard the USS CARL VINSON. He has worked with deployed members in support of OIF/OEF and been on deployment in the Persian Gulf.

Dr. Ruiz received his doctorate in clinical psychology from Nova Southeastern University in Ft. Lauderdale, Florida. He completed his residency at the National Naval Medical Center. Prior to joining CDP, Dr. Ruiz was a supervisor at the Montgomery County, Maryland Crisis Center, a position he left to return to Navy medicine. Since that time, he has provided supervision, instruction, and guidance to over 96 interns and practicum students. The focus of Dr. Ruiz's work, supervision, and training is on deployment related mental health issues, evidence-based treatment for PTSD, evidence-based therapy for treating suicide ideation, group therapy, multicultural training, biofeedback Accelerated Resolution Therapy, suicide assessment and suicide prevention. He has offered several lectures on Military Culture, Provider Sustainment, PTSD, The Deployment Cycle, Military Families, Moral Injury, Military Sexual Trauma, and Suicide Prevention.



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 13.5 credit hours for participation in this training. 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 Chris Myers at christina.myers.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.