



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

December 19, 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. Integrate appropriate screening measures into the assessment of Insomnia and Obstructive Sleep Apnea.
2. Distinguish between patients who do and do not require a referral to a primary care doctor and/or sleep specialist for sleep concerns.
3. Distinguish between Criterion A traumas and other distressing, aversive events.
4. Screen for PTSD utilizing the PCL-5 with incoming clients.
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 six (6) ethical challenges common to mental health providers working with the military population.
9. 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
1:00 pm – 2:15 pm	Addressing Suicide with Military-Connected Patients
2:15 pm – 2:20 pm	Break
2:20 pm – 3:50 pm	Ethical Considerations for Working with Military Members and Veterans
3:50 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 sbhpsupportggg@usuhs.edu.

Participate:

Online Platform: Zoom

Date: December 19, 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).

Participants 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 accommodation 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 Stanley-Hulsey, via email at amanda.stanley-hulsey.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.

Timothy Rogers, PhD., is currently employed by the Henry Jackson Foundation as an Assistant Director for Training and Education at the Uniformed Services University of Health Sciences Center for Deployment Psychology. He is responsible for managing the development, delivery, and evaluation of a range of clinical training and research programs and serves as a subject matter expert/trainer on evidence-based psychotherapies for Posttraumatic Stress Disorder and Insomnia.

Dr. Rogers received his Ph.D. in 2009 in Counseling Psychology at the University of Akron. He completed his Clinical Psychology Residency at Wilford Hall Medical Center and served over six years as an active-



duty psychologist and deployed in support of Operation Enduring Freedom. Dr. Rogers also served for six years as the Associate Program Director for the USAF Clinical Psychology Internship at Wilford Hall in San Antonio Texas. Research interests include help-seeking behaviors, PTSD and insomnia treatment, and training in health service psychology. Dr. Rogers currently serves as an APA accreditation site visitor team chair for DoD and VA Clinical Psychology Internships.

Brian Ludden, Ed.D., LMHC, LPC, is a Military Behavioral Health Counselor at the Center for Deployment Psychology (CDP) within the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, he supports the implementation and expansion of the Star Behavioral Health Providers Program (SBHP), which trains civilian behavioral health providers to effectively support service members, veterans, and their families. This initiative aims to increase the availability of high-quality behavioral health services, particularly for those in the National Guard and Reserve.

A veteran of the United States Army, Brian transitioned from military service after a medical discharge in 2009 and dedicated his career to mental health support for the armed forces and their families. While serving as the Military Connected Student Support Specialist with the School District of Clay County under a Department of Defense Education Activities (DoDEA) grant, he facilitated the placement of Military and Family Life Counselors (MFLC) in local schools to support military-connected students.

Brian earned his Master of Clinical Mental Health Counseling from the University of North Florida in 2012, followed by a Doctor of Education in Educational Leadership from the same institution in 2017. His extensive clinical experience encompasses community mental health, substance abuse treatment, school-based therapy, specialized therapeutic foster care, pediatric and family-based treatment, and private practice. He specializes in treating anxiety, PTSD, and grief, with a focus over the past 11 years on providing care to military service members and their families.

Identifying as a Humanist Therapist, Brian is dedicated to creating a therapeutic environment where clients feel seen, heard, and empowered. He believes in the inherent potential within everyone to grow, heal, and find meaning in their lives.

Allison Hannah, MSW, LCSW is a Military Behavioral Health Social Worker for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She assists in the implementation and expansion of the Star Behavioral Health Providers Program (SBHP). 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 for those in the reserve components.

Allison is a Veteran of the United States Army and United States Army Reserves. During Allison's time in the military from 2003 through 2016, she served in various occupation specialties as a bridgcrew member, chaplain assistant, and most recently as a Human Resources Officer. While serving in the active duty component, Allison deployed to Iraq in support of Operation Iraqi Freedom 09-11. She also held additional duties during her tenure training service members in suicide prevention and as a victim advocate with the Sexual Harassment and Assault Response and Prevention (SHARP) program. Allison received her Bachelor of Social Work from University of St. Thomas in St. Paul, MN in 2007 and her Master of Social Work from Loyola University Chicago in 2015. Allison is currently pursuing her Doctor of Social Work from the University of St. Thomas in St. Paul, MN.



Allison's previous clinical work includes positions in community mental health, the Iowa City Health Care System in the Homeless Veteran Program and with the Defense Health Agency within the Child and Family Behavioral Health Services section at an active-duty Army base. Allison is trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and is a Registered Play Therapist™ specializing in using evidence-based approaches to address trauma, adjustment and attachment related disorders.

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