



# **Tier One: Introduction to Military Culture, Families and Deployment**

March 26, 2024

A Live, Interactive Webinar

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## **Description:**

This training is the first of the three tiers and sets the foundation for becoming a Star Behavioral Health Provider (SBHP) and serving military-connected clients through the SBHP registry. The day-long training introduces participants to military culture to include basics about its history, organizational structure, core values, branches of service, mission and operations, as well as the differences between the active and reserve components. Additionally, considerations for working with military-connected families will be discussed such as identifying unique experiences of military couples, spouses, and children and normative military family life stressors that may inform the experiences and clinical presentation of military-connected clients. The training concludes with an overview of the impact of deployment on service members and families, exploring both the unique experiences that service members and families face across the deployment cycle and psychosocial stressors associated with the stages of deployment. Tier One focuses on areas other than assessment and intervention, with a specific emphasis on educating providers about the factors that may impact psychological practice with military-connected clients. The information and contents of this training have consistent and credible empirical support as documented in the scientific literature (Blue Star Families, 2022; Briggs et al., 2020; Meade, 2020; Office of the Deputy Assistant Secretary of Defense, Military Community and Family Policy, 2022; Veri et al., 2021).

Total CE Credits: 6.00

Total Contact Hours: 6.00

## **Learning Objectives:**

Following the training, attendees will be able to:

1. Evaluate the structure and major components of the United States military
2. Analyze common characteristics of the military population and how they compare to the general population
3. Appraise elements of the military experience and lifestyle that are integral to military culture
4. Analyze how the unique demands of military service differentiate military families from their civilian counterparts
5. Evaluate the impact of normative military stressors on military families
6. Evaluate the impact of stressors experienced throughout the deployment cycle on service members and military families



7. Analyze challenges that service members face in achieving successful post-deployment reintegration

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

**Instructional Content Level:** Introductory/Beginner

**Agenda:**

**Eastern Time**

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

0900-0920	<i>SBHP Overview</i>
0920-0950	<i>Personal Perspective of Military Culture</i>
0950-1020	<i>Military Culture: Enhancing Clinical Competence</i>
1020-1030	Break
1030-1215	<i>Military Culture (continued)</i>
1215-1315	Lunch (on your own)
1315-1400	<i>Military Culture (continued)</i>
1400-1500	<i>The Military Family Experience</i>
1500-1510	Break
1510-1620	<i>Deployment Cycle and Separation Impact: Service Members &amp; Military Families</i>
1620-1630	Break
1630-1720	<i>Deployment Cycle (continued)</i>
1720-1730	Questions and Closing

**Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training. Partial credits cannot be issued. The SBHP Overview and Personal Perspective of Military Culture portions of the day are not eligible for CE credits. 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 6.00 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:** March 26, 2024

**Time:** 0900 – 1730 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 joining as a group using one computer/device. Attendance the entire day of training is required to receive tier completion. Partial attendance cannot be given.

**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:**

**Katrice Byrd, D.S.W.**, currently serves as a Military Social Worker with the Center for Deployment Psychology (CDP). She is co-chair of the North Carolina National Association of Social Worker's Legislative Committee and is passionate about serving the village through research, policy, and programmatic changes.

Katrice has served as a mental health therapist with extensive training in trauma-focused interventions, working with various populations including Veterans, Active Duty, Family Members, children, adolescents, and government employees throughout her career.

Dr. Byrd is a retired Veteran of the U.S. Army in addition to serving in the U.S. Marine Corps. She currently resides in Charlotte, NC.

**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.

**Marjorie Weinstock, Ph.D.**, is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She joined the CDP in 2009 as a Deployment Behavioral Health Psychologist at the Naval Medical Center San Diego. Prior to joining the CDP, Dr. Weinstock spent three years working for the Navy's Fleet & Family Support Program, where she provided counseling services to military members and their families.

Dr. Weinstock is a graduate of Emory University and received her doctorate in Counseling Psychology from the University at Buffalo. She completed her internship at the Brockton, Massachusetts VA Medical Center and a two-year postdoctoral fellowship in clinical research and addictive disorders at the Brown University Training Consortium.

As the spouse of a recently retired service member, Dr. Weinstock has a first-hand understanding of the demands of military service on the family. In her current role she is engaged in the development and presentation of trainings for behavioral health clinicians to improve their competency in working with both service members and their families. Her professional interests include deployment-related mental health issues, cognitive behavioral therapy, suicide prevention, and the impact of military life on the family.

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