



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

May 17, 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. 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)*

9:00 am – 9:15 am	<b>Welcome and Overview</b>
9:15 am - 10:30 am	<b>Screening for Posttraumatic Stress Disorder</b>
10:30 am – 10:45 am	<b>Break</b>
10:45 am – 12:00 pm	<b>Screening Military Members for Sleep Issues</b>
12:00 pm – 1:00 pm	<b>Lunch Break</b>
1:00pm – 2:15 pm	<b>Addressing Suicide with Military-Connected Patients</b>
2:15 pm – 3:45 pm	<b>Ethical Considerations for Working with Military Members and Veterans</b>
3:45 pm – 4:00 pm	<b>Break</b>
4:00 pm – 5:30 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 [sbhpsupportggg@usuhs.edu](mailto:sbhpsupportggg@usuhs.edu).

### **Participate:**

**Online Platform:** Zoom

**Date:** May 17, 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](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:**

**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 in the U.S.S. George Washington, and as the Department Head for the Psychological Health and Traumatic Brain Injury Program at NNMC 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.

Dr. Cook's professional interests include cognitive behavioral therapy, dissemination and implementation of evidence-based treatment approaches, program evaluation, and combat-related PTSD.

**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.

**Paula Domenici, Ph.D.**, is one of the Directors of Training and Education at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences (USUHS) in Bethesda, Maryland. She manages and implements CDP training programs for enhancing mental health providers' knowledge of military culture and evidence-based treatments to help address the unique needs of military members, veterans and their families. This includes helping to oversee Star Behavioral Health Providers (SBHP), a training and referral program developed with the Military Family Research Institute at Purdue University, that is expanding Army and Air National Guard members' access to behavioral health care from trained civilian providers across the country. She also presents workshops to clinicians on military-related behavioral health topics. Dr. Domenici specializes in trauma and the treatment of PTSD using Prolonged Exposure Therapy. When she first joined CDP in 2006, she worked at the National Naval Medical Center in Bethesda, Maryland in the outpatient clinic and inpatient casualty care unit. Earlier in her career, she was an APA Congressional Fellow in Washington, DC, as well as a Staff Psychologist at the San Francisco VA Medical Center in California.

**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.

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