



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

March 19, 2024

Austin, TX

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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: 6.0

Total Contact Hours: 6.0

## **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:**

0800-0820	<i>SBHP Overview</i>
0820-0850	<i>Personal Perspective of Military Culture</i>
0850-1000	<i>Military Culture: Enhancing Clinical Competence</i>
1000-1010	Break
1010-1200	<i>Military Culture (continued)</i>
1200-1300	Lunch (on your own)
1300-1400	<i>The Military Family Experience</i>
1400-1410	Break
1410-1520	<i>Deployment Cycle and Separation Impact: Service Members &amp; Military Families</i>
1520-1530	Break
1530-1620	<i>Deployment Cycle (continued)</i>
1620-1630	Questions and Closing

The SBHP Overview and Personal Perspective of Military Culture portions of the day are not eligible for CE credits.

### **Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken manually, through the use of sign in/sign out sheets, 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 6.0 In-Person Event 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:**

**Date:** 19 March 2024

**Time:** 8:00 am – 4:30 pm Central Time

**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. Walk-ins will not be allowed

**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: Austin, TX**

### **Camp Mabry**

Audie Murphy Building 82,  
2200 W 35th Street,  
Austin, TX 78703

Please arrive 30 minutes prior to the beginning of the training to complete all registration forms and sign-in documents.

**Instructional Format:** Live, in-person

**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:**

**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.

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

