



# Creating Trauma Informed Systems of Care for Human Service Settings

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## *Trauma Informed Care with Veterans*





# Overview of factors that will impact the veteran

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- Personal and cultural characteristic
- Orientation towards coping and self-soothing
- Pre-deployment training
- Military-related experiences
- Post-deployment
- Traumatic brain injury



# Special considerations

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- Military sexual trauma
- Grief (survivor guilt)
- Substance abuse
- Sleep disorder



# Types of Conflict and Associated Stresses

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- Pre-deployment
- Deployment
- Types of conflicts
  - Low intensity combat
  - Terrorist activities and guerilla warfare tactics
  - Friendly fire events



# Psychiatric Disorders and War Over the Course of the Multi-Phasic Traumatic Stress Response

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- Immediate
- Delayed
- chronic



# Phase-Immediate

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- Description
  - During or immediately after traumatic event(s): Strong emotions, disbelief, numbness, fear, confusion, anxiety, autonomic arousal
- Diagnostic Considerations
  - Battle fatigue, Delirium(from toxic exposures, head injury) Acute Stress Disorder, Adjustment Disorders, Brief Psychotic Disorder, exacerbation of Substance Abuse Personality Disorder or traits or premorbid mood, Anxiety or Thought Disorders



# Phase- Delayed

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- Description
  - Approximately one week after the trauma or in the aftermath of combat: Intrusive thoughts, autonomic arousal (startled, insomnia, nightmare, irritability), somatic symptoms, grief/mourning, apathy, social withdrawal
- Diagnostic Considerations
  - PTSD, Substance Abuse, Somatoform disorders, Depression, other mood and anxiety disorder, Bereavement



# Phase-Chronic

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- Description
  - Months to years after: Disappointment or resentment, sadness, persistent intrusive symptoms, re-focus on new life events
- Diagnostic Considerations
  - PTSD, Chronic effects of toxic exposure, Dysthymic Disorder, other mood disorders, Substance Abuse Disorders, Emotional Recovery-perspective





# War-zone stressors

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- Preparedness
- Combat exposure
- Aftermath of battle
- Perceived threat
- Difficulty living & working environment
- Concerns about life and family disruption
- Sexual or gender harassment
- Ethnocultural stressors



# Assessment

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- Work-functioning
- Interpersonal functioning
- Recreation and self-care
- Physical functioning
- Psychological symptoms
- Past distress coping
- Previous traumatic events
- Deployment-related experiences



# Treatment Goals

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- Prevent family or support system breakdown
- Prevent social withdrawal and isolation
- Prevent problems with employment
- Prevent alcohol and drug abuse
- connect veterans with each other
- Offer practical help with specific problems
- Attend to board needs of the person



# Methods of Care

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- Education about post-traumatic stress reaction
- Training in coping skills
- Exposure therapy
- Cognitive restructuring
- Family counseling/Family involvement
- Early intervention for ASD or PTSD
- Outpatient treatment or residential care
- Pharmacological treatment of acute stress reaction of PTSD