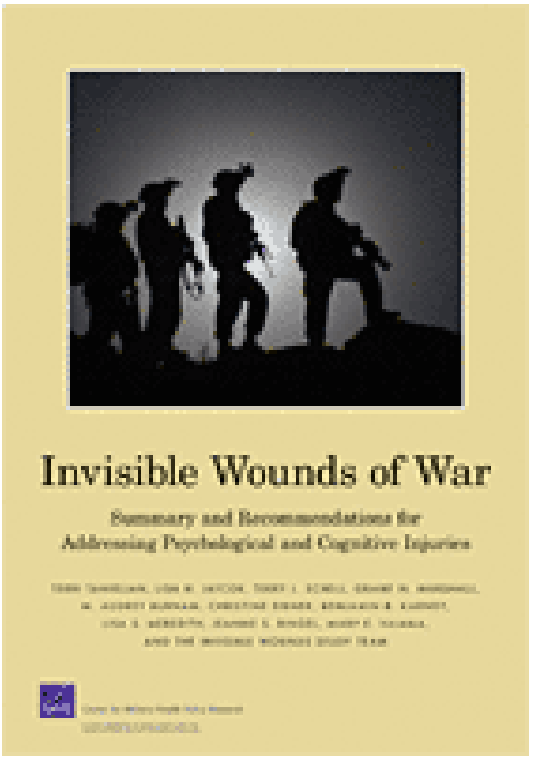
Serving Veterans of OEF/OIF
APA Education Leadership Conference 2010

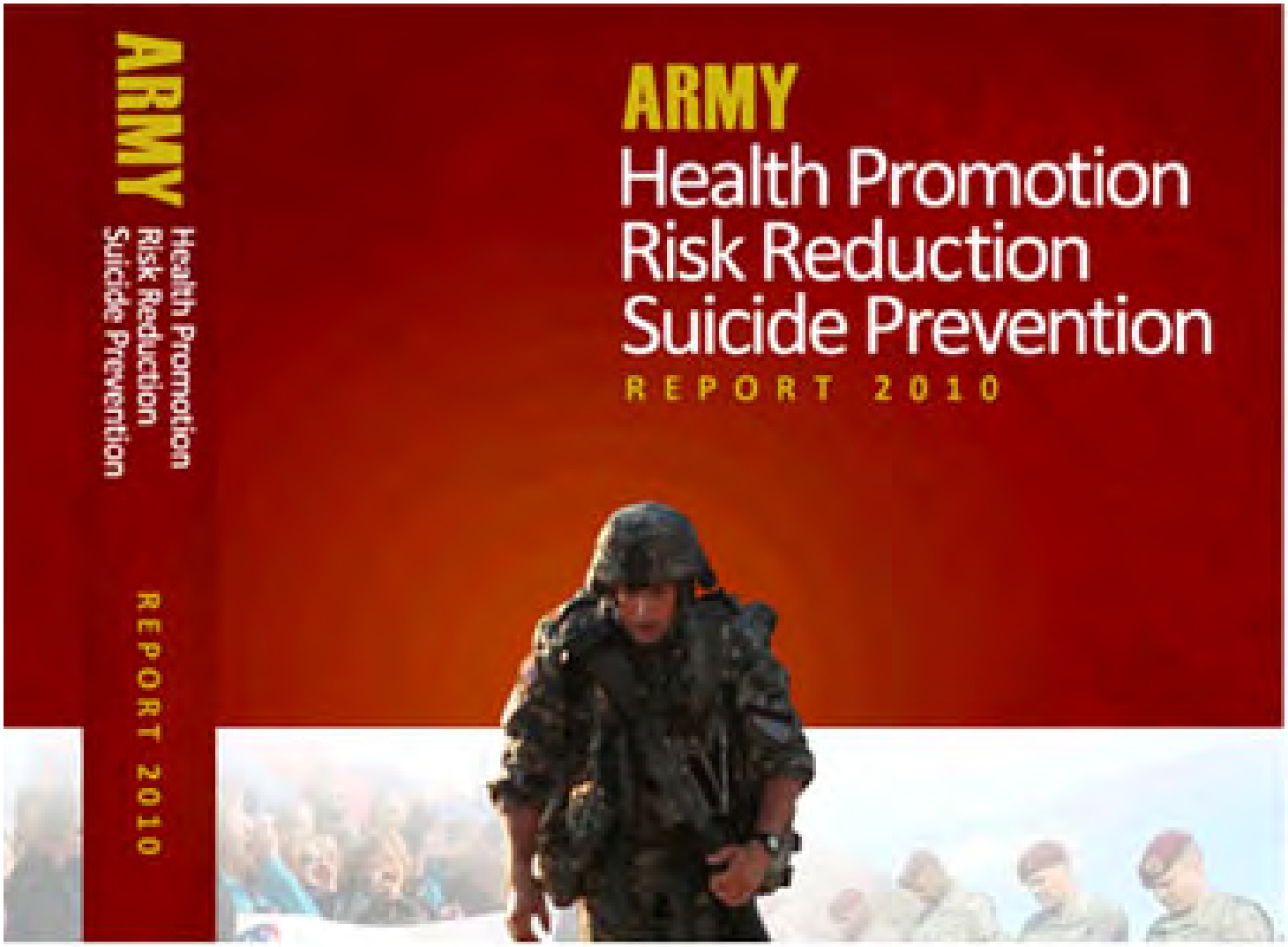


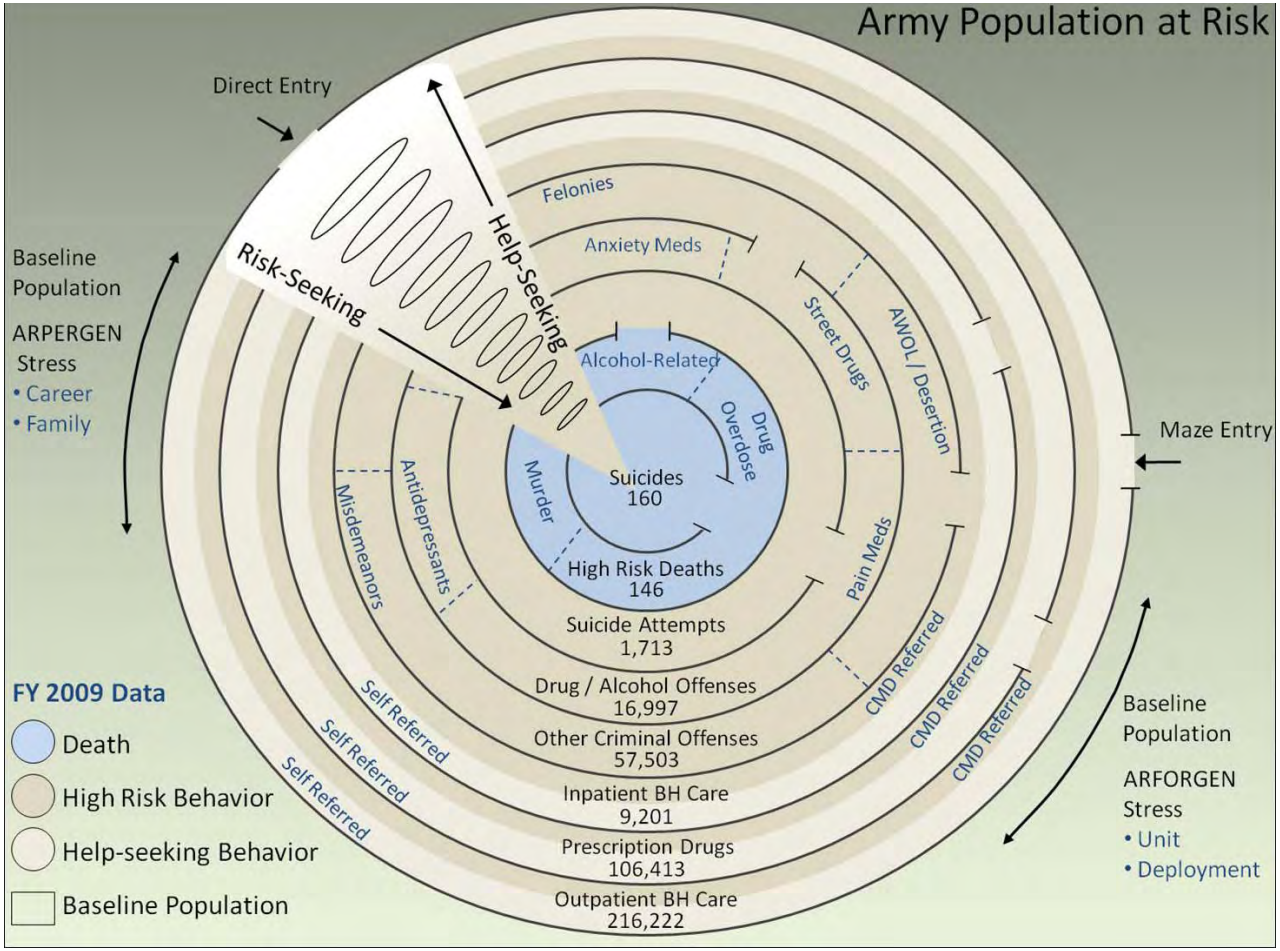


Overview

- Since 9-11-2001 almost 2 million U.S. military have deployed in support of:
  - –Operation Iraqi Freedom (OIF)
  - –Operation Enduring Freedom (OEF)
- 4000+ killed
- 30,000+ combat wounded

Iraq Coalition Causality Count, 2009


ARMY
Health Promotion
Risk Reduction
Suicide Prevention
REPORT 2010
ARMY
Health Promotion
Risk Reduction
Suicide Prevention
REPORT 2010


Army Population at Risk
Direct Entry
Help-Seeking
Risk-Seeking
Baseline Population
ARPERGEN Stress
• Career
• Family
Felonies
Anxiety Meds
Alcohol-Related
Drug Overdose
Street Drugs
AWOL / Desertion
Maze Entry
Murder
Suicides 160
High Risk Deaths 146
Misdemeanors
Antidepressants
Pain Meds
Suicide Attempts 1,713
Drug / Alcohol Offenses 16,997
Other Criminal Offenses 57,503
Inpatient BH Care 9,201
Prescription Drugs 106,413
Outpatient BH Care 216,222
Self Referred
CMD Referred
FY 2009 Data
Death
High Risk Behavior
Help-seeking Behavior
Baseline Population
Baseline Population
ARFORGEN Stress
• Unit
• Deployment

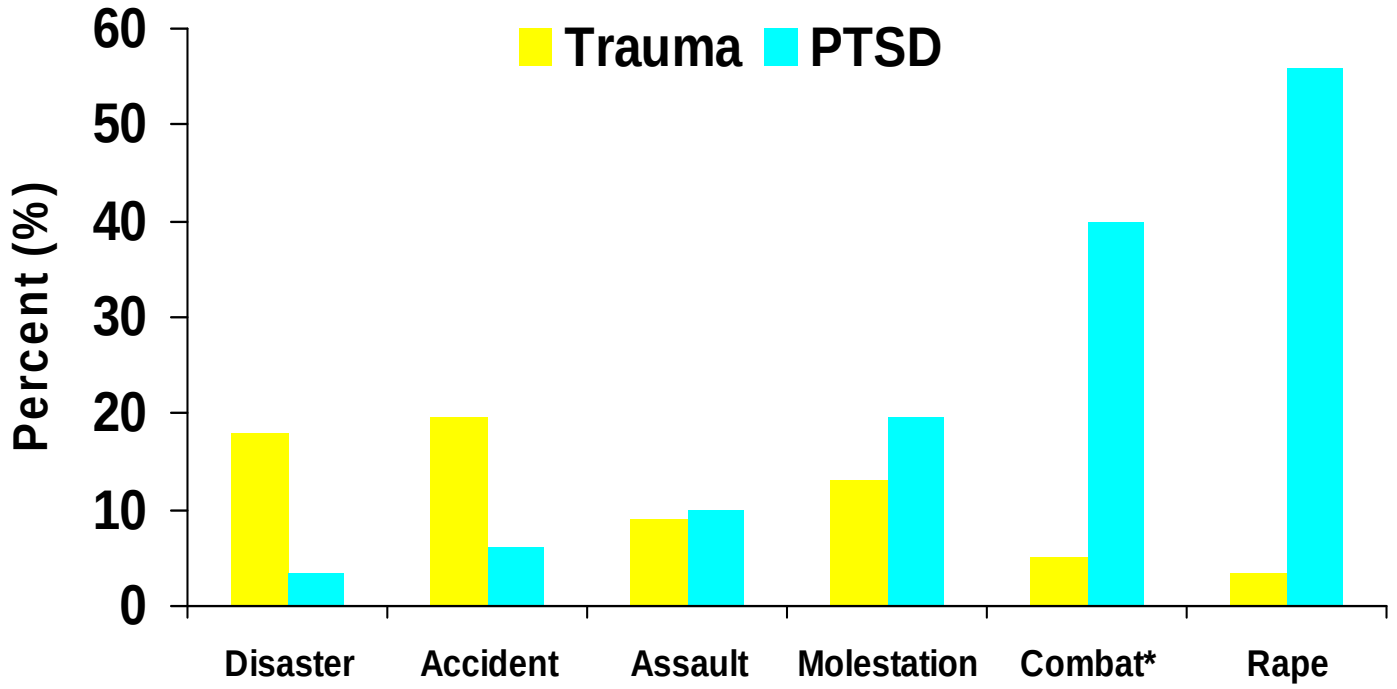
Why are Soldiers Vulnerable?

- Repeated deployments, combat exposure
  - PTSD, depression, anxiety, substance abuse
- Increased high risk behaviors (e.g. substance abuse, criminal activity)
  - Access to methods
- Issue of acquired capability
  - Habituation to risk and violence
  - Commander hesitation to respond
- Impact of warrior identity
  - *Beliefs about mental illness*

Signature Injuries of OIF/OEF

- PTSD (Posttraumatic Stress Disorder)
- TBI (Traumatic Brain Injury)
- Amputations
- Burns

Rate of PTSD is Influenced by the Type of Trauma

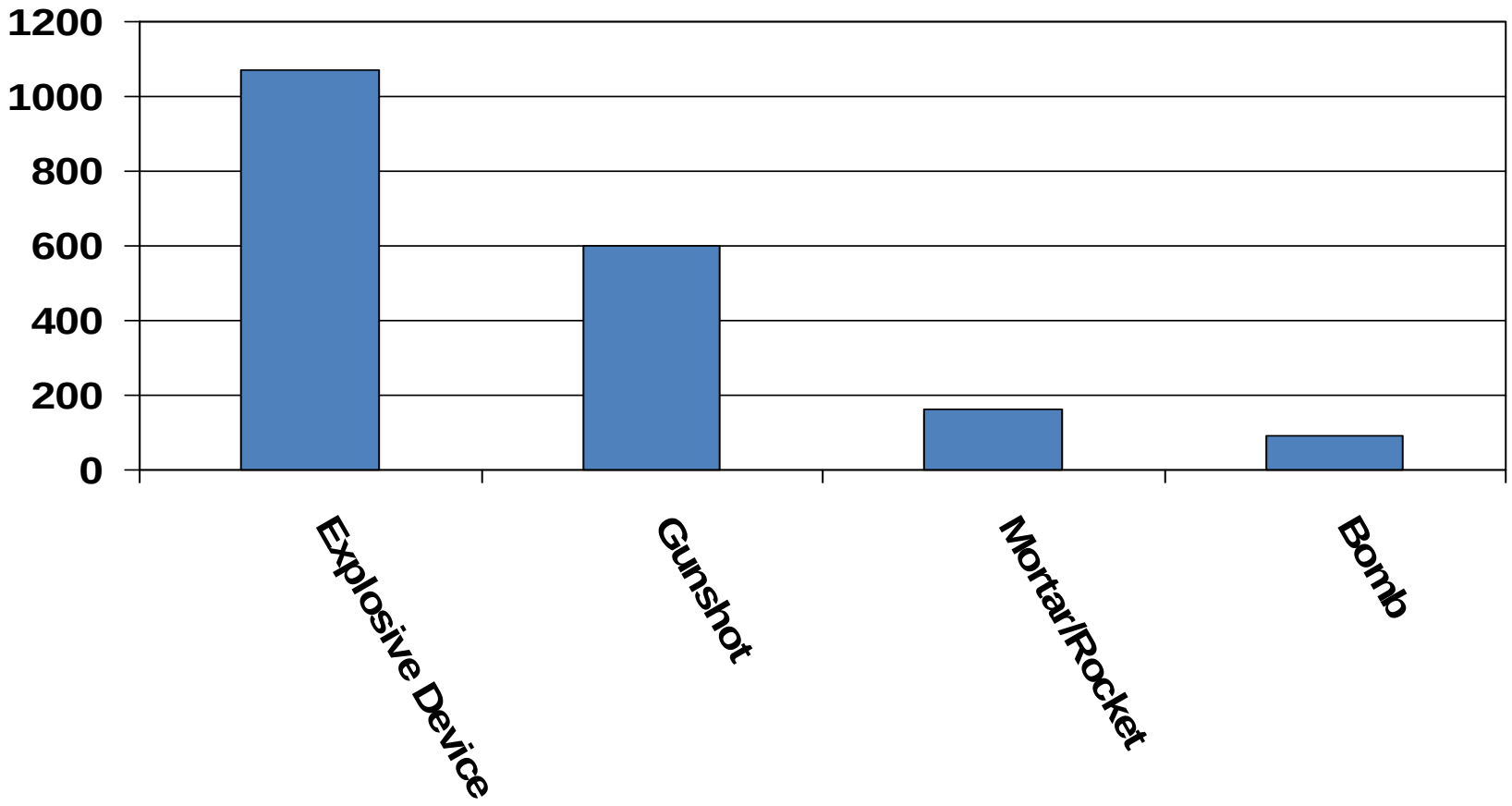


Kessler (1995)

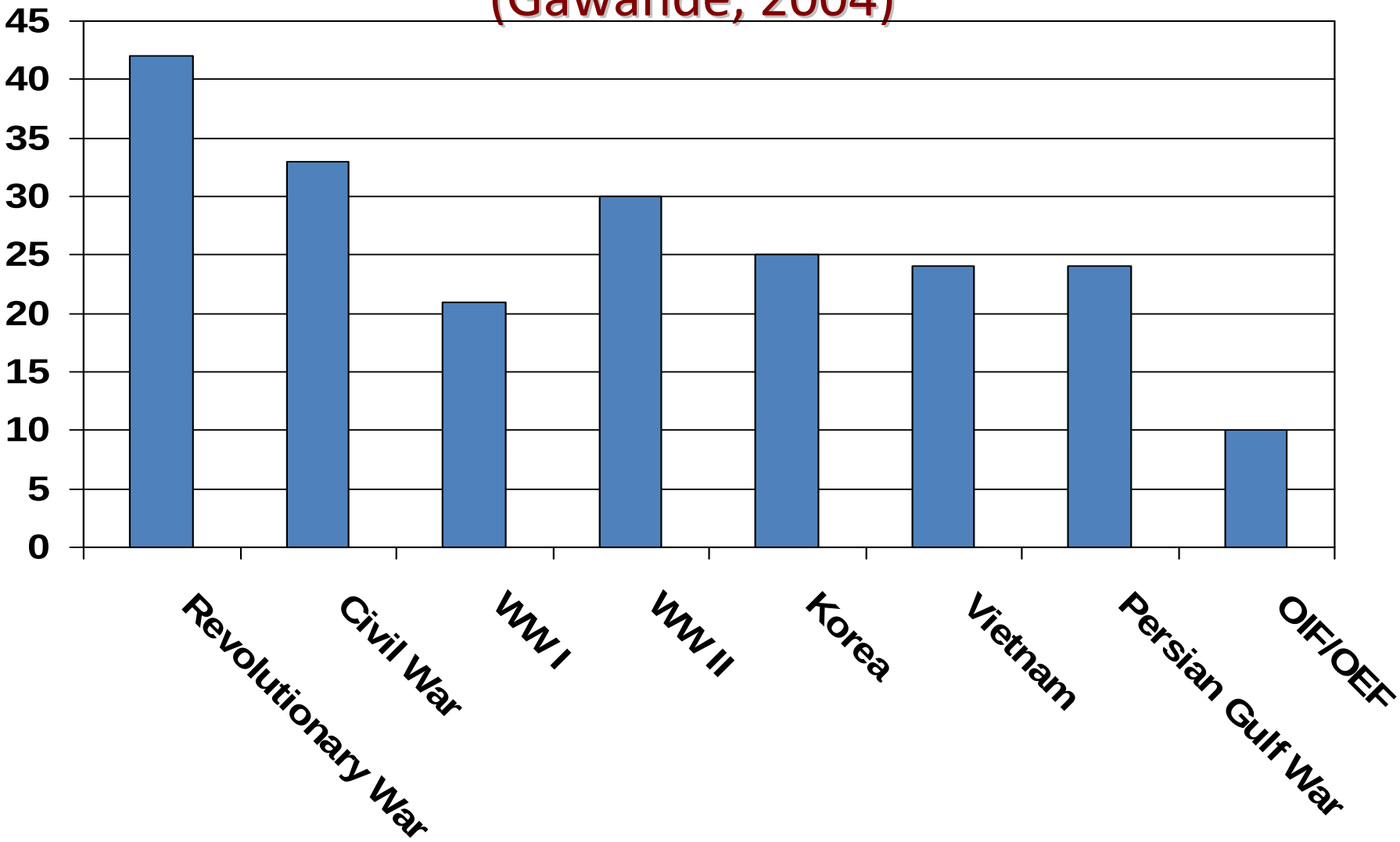
Trauma Exposure in OIF/OEF

Weaponry Cause of Death

(1 Oct 01 through 14 Sep 06)



Lethality of Combat Injuries (Gawande, 2004)









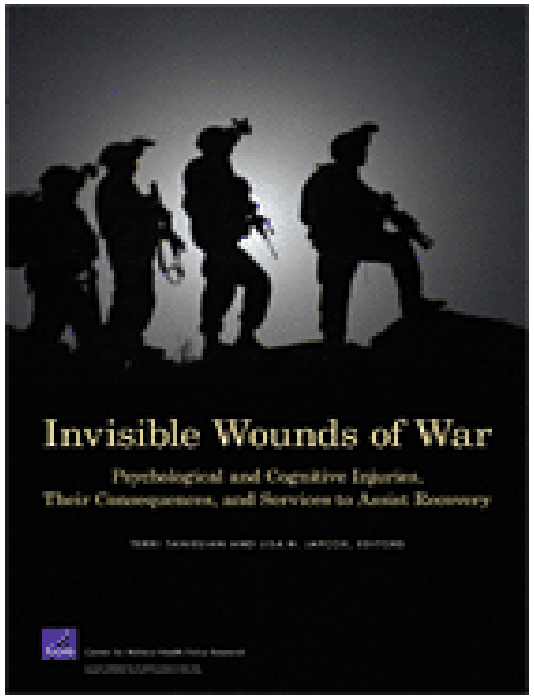




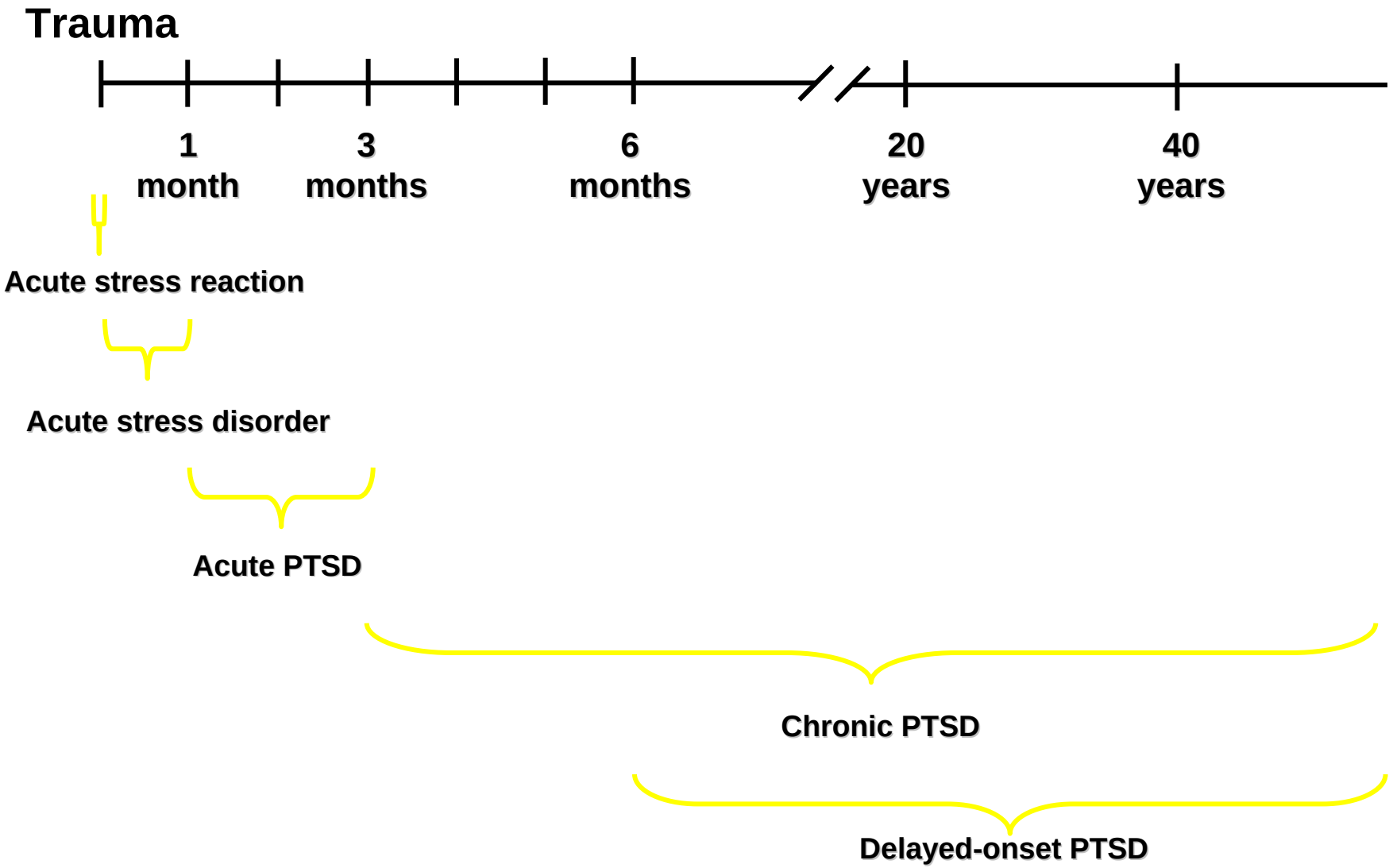
PTSD & TBI Risk in OIF/OEF Veterans

RAND Report (2008)

- 20% of returning OIF/OEF veterans have symptoms of PTSD or depression
  - About 300,000 in total
  - Estimated societal costs first 2 years after deployment: $4-6.2 Billion



Time Course of Posttraumatic Reactions



- Previous clinical trials have targeted:
  - PTSD in civilian populations
  - PTSD in discharged Vietnam veterans
- No clinical trial has ever been published to evaluate treatment of combat-related PTSD in active-duty military personnel

- Prolonged Exposure (PE)
  - Edna Foa, PhD
  - Involves repeated exposure to
    - memories of the trauma
    - trauma-related situations
- Cognitive Processing Therapy (CPT)
  - Patricia Resick, PhD
  - Involves exposure to trauma through
    - Writing and reading accounts of the trauma
    - Challenge and modify maladaptive thoughts and beliefs related to trauma

- 500,000 Vietnam vets have chronic PTSD
- Rates not decreasing; may be increasing
- Annual cost for disability payments $4.3B
  - –20.5% of all VA compensation payments
- Medical discharge of 1 active duty member for PTSD costs an estimated **$250,000 in medical disability alone**


STRONG STAR
Building Strong, Resilient Warriors