Post Traumatic Growth: Session 3
September 26, 2019
Register for our email updates: ncgwg.org

Join us by live stream at www.facebook.com/govinst
or call 1-919-212-5747

Meeting agenda and minutes: ncgwg.org/minutes-and-group-updates
Welcome & Introductory Remarks

Secretary Larry Hall
North Carolina Department of Military & Veterans Affairs
Patti Elliott
American Gold Star Mothers
Department of North Carolina President
First Lady Kristin Cooper

Special Proclamation for Gold Star Mothers
Vice Chair Updates
Martin Falls
Chief Deputy
Retired Colonel, U.S. Army National Guard
NC Department of Military and Veterans Affairs

Terry Westbrook
Deputy Director
NC Department of Military and Veterans Affairs
GWG Updates for 9/26/2019

Oct. 4<sup>th</sup>-5<sup>th</sup>- Addiction Medicine Essentials, Durham

Oct. 5<sup>th</sup> – Veteran and Family Military Health and Wellness Expo, Cary, NC

Oct. 5<sup>th</sup> – Salute to Freedom Awards Celebration, Durham, NC

Oct. 7<sup>th</sup> – NC Veterans Council, Raleigh, NC

Oct. 9<sup>th</sup> – Mental Health First Aid Training, Charlotte, NC

Oct. 10<sup>th</sup>-14<sup>th</sup>- The Moving Wall, Mint Hill, NC

Oct. 12<sup>th</sup> – Operation New Dawn: Moving Forward, Charlotte, NC

Oct 12<sup>th</sup> – Out of Darkness Walk, Charlotte, NC

Oct 22<sup>nd</sup>-25<sup>th</sup> - NCDMVA/NCACVSO Fall Conference, Durham, NC
Dr. Michelle Laws
Interim Asst. Director for Consumer and Family Engagement
NC DHHS Division of MH/DD/SAS
Brian Ward
Assistant Director
Veterans Benefits Administration
Winston-Salem Regional Office
U.S. Department of Veterans Affairs
Upcoming VBA Outreach Events and Info

- Cherokee Indian Fair
  - October 11th 10a – 6p
  - Cherokee Indian Fairgrounds
    - 545 Tsali Blvd. Cherokee, NC 28719

- AL & King Chili Cook Off
  - October 12th 10a – 330p
  - American Legion Post 290
    - 446 S Main St. King, NC 27021

- Vet Center Resource Fair
  - October 23rd 1230p – 4p
  - Fayetteville Vet Center
    - 2301 Robeson St. Suite 103 Fayetteville, NC 28305

- Hire a Veteran Job Fair
  - Nov 13-14th 9a – 1p
  - Charles George VAMC
    - 1100 Tunnel Rd. Asheville, NC 2880

For More Information About Upcoming Events, Please Visit:
https://www.benefits.va.gov/ROWINSTONSALEM/index.asp
DeAnne Seekins
Network Director
VA VISN-6
VISN 6 Update

DeAnne Seekins, Network Director, VISN 6

Suicide Prevention/Mental Health Care

New Technical Advances in North Carolina
- Asheville – Virtual Reality Pain Management
- Durham – Knee Replacement Robot
- Fayetteville - Partnered with Womack on Davinci procedures
- Salisbury - Aquablation

Hurricane Dorian Operations Success

VISN 6 and facilities are pursuing High Reliability Organization status

News

VHA Smoke-Free Campuses Coming October 1

Full Complement of Medical Center Directors in the VISN.
North Carolina Department of Commerce
Division of Workforce Solutions Serving Veterans

- Joint North Carolina & South Carolina LVER / Consolidated Position (Hybrid) training was a great success
- From July 2018 through June 2019, our VETS staff helped over 2,000 veterans with *Significant Barriers to Employment* such as homeless, disabled, former offender, lacking a high school diploma, and others
- From July 2018 through June 2019, our VETS staff engaged with over 11,000 NC businesses to promote the hiring of our veterans
- Our NC4ME (*North Carolina for Military Employment*) hiring events continue to be very successful; over 200 employers and over 500 veterans participated on on-site interviews; with a 50% success rate

Upcoming NC4ME Hiring Events

**2019**
- October 17: Fort Bragg
- November 2: Salisbury

**2020**
- January 14-15 - Fort Bragg
- February 11-12- Jacksonville
- March 10-11 - Durham
- May 22 - Cary (conjunction w/Valor Games)
- June 16-17- Havelock
- July 14-15 – Fort Bragg
- August 4-5 – Jacksonville
- September 10-11 – Charlotte
- October – 6-7 Wilmington
Jeff Smith
Military and Veterans Program Liaison
Division of MH/DD/SAS
North Carolina Department of Health and Human Services
Where to find us...

- ncgwg.org
- helpncvets.org
- strive.ncgwg.org
- home.ncgwg.org
- facebook.com/GovInst
- twitter.com/GovInst
- youtube.com/c/GovInst
- twitch.tv/GovInst
- Ask about our email list!
HELP WANTED:
State Homeless Veterans Coordinator
By-Name-List Coordinator

https://home.ncgwg.org
You are cordially invited to

VETERANS MILITARY BALL

November 8, 2019

Presented by

CARY AMERICAN LEGION POST 67

NCSU UNIVERSITY CLUB — 4200 HILLSBOROUGH ST — RALEIGH NC

Sponsored by Cary American Legion Post 67, Cary American Auxiliary, Cary Sons of the American Legion

SOCIAL  DINNER  DANCING
5:00 PM  6:00 PM  7:30 PM

TICKETS: $50

Tickets are available at www.alncpost67.org or contact our post at 919-481-4811 ext. 1.

Proceeds will benefit the American Legion Legacy Scholarship.

Keynote will be delivered by Chakakhon Lea.
Attire: Military dress or dark suit
Music provided by DJ KBoom

Ms. Lea is a proud Army Veteran who serves as the Project Manager and Women Veterans Project Lead for the Veteran Experience Office.
The Journal of the American Institute of Architects

2019 Studio Prize: Micro-Housing for Homeless and Disabled Veterans

Studio Brief | At the request of a state-level homelessness prevention organization, this studio researched the possibility of co-locating micro-housing—free-standing residences of between 150 and 400 square feet—to form “villages” that provide shelter and support for homeless veterans.

Investigation | In early 2018, the North Carolina Coalition to End Homelessness approached the NC State University architecture school with a problem, and a request: On any given night, more than 800 veterans are homeless across the state. Would the school be willing to investigate ideas for low-cost, high-quality housing that would offer easy access to community and health services? Thomas Barrie, AIA, a professor who runs the school’s Affordable Housing and Sustainable Communities Initiative, took up the challenge.
NCSERVES 2019 SNAPSHOT

LAUNCHED 1st NETWORK 2015 | SERVING 66 COUNTIES | TOP NEED: HOUSING & SHELTER

- 4 NCServes Networks
- 10,749 Unique Clients All-time
- 26,540 Service Requests All-time
- 323 Participating Organizations

83% Resolved Outcomes 2019 Year-to-date

2019:
- Average Time to Match: 10 Days
- Average Service Duration: 10 Days

- 11.15% Service Members/Veterans
- 8.61% Spouse/Caregiver
- Undisclosed

80.24%
WHAT DO OUR CLIENTS NEED?
Since launch, demand for Housing & Shelter has increased consistently year over year.

Clients expressing a need for Housing & Shelter often have multiple needs. Common service requests co-occurring with Housing are:

- Benefits Navigation
- Emergency Housing
- Individual & Family Support
- Clothing & Household Goods
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Service Members/Veterans
Spouse/Caregiver
Undisclosed
Veterans, Leaders, and Community Stakeholders-

You are invited to the 6th Annual COMMUNITY VETERANS SUMMIT featuring: The NCServes Metrolina Review: Public/Private Partnership Impact from a Community to a State and a Nation.

This event will be on Tuesday, October 29th at the Queens University of Charlotte Sports Complex at 2229 Tyvola Road, Charlotte

The event will feature 3 unique sections:
• 9-11am: Veteran Service Work Groups
• 11a - 12p: Networking Lunch
• 12 - 2p: NCServes Performance Review & Discussion

For details, visit: https://2019_community_veterans_summit.eventbrite.com
Dr. Jessica Morgan
RTI International
TRAUMA

• Also referred to as major crisis, adverse event, stressful experience

• Any event that challenges core beliefs or fundamental assumptions about the world

• Not limited to the military; bereaved parents, patients dealing with a medical diagnosis
POSTTRAUMATIC GROWTH

Positive personal changes that result from the struggle to deal with trauma and its psychological consequences

• Five domains:
  • Greater appreciation of life and changed sense of priorities
  • Warmer, more intimate relationships with others
  • A greater sense of personal strength
  • Spiritual development
  • New possibilities
Figure 4. Structural equation model of PTG, PTSD, and Life Satisfaction in military Veterans. All paths are significant at the $p < .001$ level.
Posttraumatic Growth ↑
Wellbeing

Posttraumatic Stress ↓
Wellbeing

Growth + Stress = Overall
Wellbeing
SUPPORT THE JOURNEY

GROWTH WILL NOT HAPPEN FOR ALL DOMAINS, FOR ALL PEOPLE, OR IN ALL SITUATIONS
CREATING A NARRATIVE

• Make sense of what happened
• Cause and effect
• Linking elements
• Gain clarity

• What does this mean for me?
• For my life?
• For my future?
LABELING GROWTH: THINGS YOU MIGHT HEAR

• I have a greater appreciation for the value of my own life
• I have a better understanding of spiritual matters
• I have a greater sense of closeness with others
• I know better that I can handle difficulties
• I discovered that I am stronger than I thought I was
• I learned a great deal about how wonderful people are
BEING AN EXPERT COMPANION

- *Facilitators* rather than *creators* of growth
- *Companions* who offer some *expertise* in nurturing naturally occurring processes of healing and growth
- Listen without necessarily trying to solve
- Listen for and label posttraumatic growth
  - the clinician must guard against the mechanistic offering of empty platitudes
  - very early in the posttrauma process is usually not a good time
- Focus on the struggle, rather than the event
- Exposure to models of posttraumatic growth
- Writing assignments that encourage narrative development are often useful for trauma survivors
A NOTE ABOUT SPIRITUALITY AND VETERANS

• Least endorsed domain in my work
• Foxhole atheists
• Spirituality versus religiosity
KEY TAKEAWAYS

• PTSD and PTG are not opposites
• PTG will not happen in all cases
• Be an expert companion
• Measure it
• Recognize impact on distal outcomes
QUESTIONS?

Contact Information:
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Research Psychologist
Military Behavioral Health and Wellness
RTI International
3040 Cornwallis Road
Research Triangle Park, NC 27709
Office: 919-541-5931
Email: jemorgan@rti.org
Karee White
The Elizabeth Dole Foundation
Elizabeth Dole Foundation: Supporting Military and Veteran Caregivers

[Karee White, 2018 Dole Caregiver Fellow]
[September 26, 2019]
RAND STUDY

- Military caregivers provide $14 billion of uncompensated voluntary healthcare annually.
- Military caregivers experience poorer levels of physical and mental health, greater strains in family relationships, and more workplace problems than non-caregivers.
- As 37% of post-9/11 caregivers are under the age of 30 years old, long term financial and legal planning is critical.

5.5 million
Military Caregivers in the U.S.

Post-9/11
1.1 million

Pre-9/11
4.4 million

Source: RAND Corporation – Hidden Heroes: America’s Military Caregivers
Eight core programs and projects drive the mission of the Foundation:

1. Dole Caregiver Fellows
2. HiddenHeroes.org/Hidden Heroes Caregiver Community (HHCC)
3. Hidden Heroes Cities
4. Hidden Heroes Fund
5. Campaign for Inclusive Care
6. Policy/Advocacy work
7. Impact Forum
8. Military and Veteran Caregiver Experience Map
WE NEED YOUR HELP

One of the greatest challenges communities face is identifying their local military caregivers. Most caregivers see themselves as just the spouse, parent, or family member providing daily care for a loved-one at home.

➔ **Spread the word** about Hidden Heroes!

➔ Encourage military and veteran caregivers in your network to register on HiddenHeroes.org!
HIDDEN HEROES CITIES

• In the Fall of 2016, we launched the Hidden Heroes Cities program which is a growing network of cities, towns, and counties dedicated to identifying local military caregivers, and increasing awareness and support for them.

• To date, 128+ cities have signed on. In North Carolina, we have seven to include Charlotte, Raleigh and Durham.
HiddenHeroes.org

- Carefully Vetted Resource Directory
  - 200+ military caregiver support services

- Hidden Heroes Caregiver Community
  - Online community where military caregivers connect with their peers and participate in virtual gatherings to share experiences, helpful resources, and words of encouragement.
Community leaders were organized into seven Impact Councils that were identified in the RAND study as areas of need and gaps in support. These Councils have since become the "Impact Forum" - the Foundation’s way to share best practices and discuss key issues in military caregiver support with its 300+ partners.

Pillars of Impact:

1. Mental and physical health
2. Community support at home
3. Respite care
4. Education and training
5. Interfaith action and ministry
6. Employment and workplace support
7. Financial and legal issues
A program of

Elizabeth Dole Foundation
Caring for Military Families

In partnership with the VA

Made possible by
MILITARY AND VETERAN CAREGIVER EXPERIENCE MAP

- The baseline map was created from data points pulled from two of the Foundation-commissioned RAND studies, *Hidden Heroes: America’s Military Caregivers* (2014), and *Improving Support for America’s Hidden Heroes* (2017).

- From there, we brought together several key partners to engage with and add to the map, using an innovative “co-create” approach created by Philips.

- Through a series of collaborative design sessions throughout 2017 and 2018, the core working team helped develop the framework for the journey map, defined personas, populated the maps, and appended them with key research data.
Veteran Directed Care Program

Veteran-directed care program is effective
Study suggests popular program that gives veterans flexible budgets for at-home caregivers should be expanded nationwide

Source: Boston University School of Medicine
Date: June 11, 2019
TAKE ACTION

✓ IDENTIFY local military caregivers in your networks and encourage them to explore HiddenHeroes.org

✓ EXPAND veteran support services to military caregivers
  • What services does your organization offer to veterans? Can these services be expanded and offered to military caregivers?

✓ RECOGNIZE military and veteran caregivers and thank them for the unique way they serve our nation
Introductions and Updates
Next Meeting:
October 24, 2019

Joint Force Headquarters
Raleigh, NC
Register for our email updates: ncfgwg.org

Join us by live stream at www.facebook.com/govinst

Meeting agenda and minutes: ncfgwg.org/minutes-and-group-updates