



Post-traumatic Stress Disorder in Veterans

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Guest Speakers

William Kraus
Executive Deputy Director
New York State Division of Veterans'
Affairs

Charles R. Kennedy, PhD
Stratton VA Medical Center
PTSD Program

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- School of Public Health, University at Albany
- NYS Department of Health
- NYS Community Health Partnership

Special Thanks to

- NYS Association of County Health Officials
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Viewer Call-In

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Evaluations

Please visit

www.phlive.org

to fill out your evaluation and post test.

**Nursing Contact Hours, CME, CHES
are available.**

Thank you!

Treatment of PTSD

Prediction of Imminent Danger

What is the probability that you will face a life threatening event upon leaving today's presentation?



History of Posttraumatic Stress Disorder

- PTSD is an anxiety disorder that can occur after experiencing or witnessing a traumatic event.
- The person experienced, witnessed or was confronted by an event or events that involved actual or threatened death or serious injury or threat to physical integrity of self or others.
- The person's response involved intense fear, helplessness or horror.

Prevalence of PTSD

- Most survivors of trauma return to pre-trauma functioning over time.
- 60.7% of men and 51.2% of women are exposed to trauma
- 5% males and 10% of females are diagnosed with PTSD
- Some people have stress reactions that do not go away or get worse over time.
- These individuals may develop PTSD.

Military Trauma

Terms used to describe responses to combat trauma before 1980

- Nostalgia (Civil War)
- Soldier's Heart
- Shell Shock
- Combat Fatigue
- War Neurosis



Civilian Trauma

Terms used to describe responses to civilian trauma before 1980

- Railway Spine
- Survivor Syndrome

1980

- The American Psychiatric Association's 3rd edition of the Diagnostic and Statistical Manual used the term Posttraumatic Stress Disorder for the first time in 1980.
- PTSD became established as a diagnosis, with the stressor criterion that people had to have been exposed to a *"recognizable stressor that would evoke significant symptoms of distress in almost anyone."*

Symptoms of PTSD

- T**rauma – exposure to a traumatic event that evoked intense fear, helplessness, horror
- R**e-experiencing – intrusive recollections, traumatic dreaming, flashbacks
- A**voidance – of others, stimuli connected to trauma
- P**hysiological arousal – exaggerated startle response, hypervigilance

Reexperiencing

- Recurrent, persistent, intrusive thoughts
 - McCaffrey Study
- Nightmares and dreams
- Flashbacks and hallucination-like experiences
 - Gerardi example

Avoidance

- Efforts to avoid thoughts and feelings about the trauma
- Avoidance of activities and situations which stimulate recollection of the trauma

Numbing Emotional Avoidance

- Psychogenic amnesia
- Diminished interest in usual activities
- Feelings of detachment or estrangement from others
- Restricted range of affect
- Sense of foreshortened future; loss of ability to project self in time

Physiological Arousal

- Sleep disturbance
- Increased irritability, lowered threshold for anger
- Impaired concentration
- Hypervigilance
- Exaggerated startle response
- Physiological reactivity to trauma reminders
- Increase in measure of vital signs: breathing, muscle tension, heart rate and blood pressure
- Panic-like symptoms: hyperventilation, fear of 'going crazy' or dying

Recovery from PTSD

- Some veterans experience an immediate onset of PTSD, symptoms that occur right after the traumatic experience.
- For other veterans, symptoms begin many years after they thought they had put their military experiences behind them.
- Life stressors such as transition to civilian life, physical illness, birth of a child, divorce, death of a loved one, or retirement may trigger symptoms unexpectedly.

Assessment

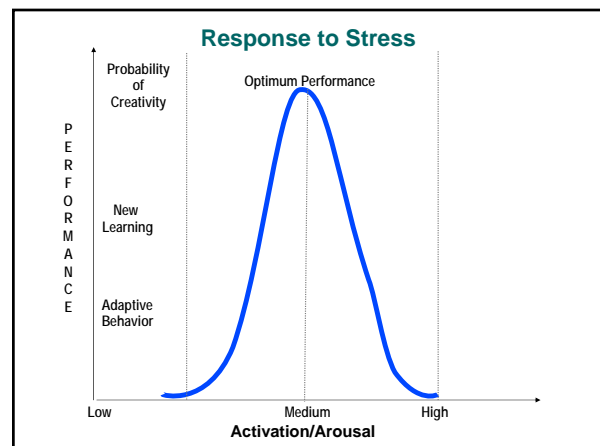
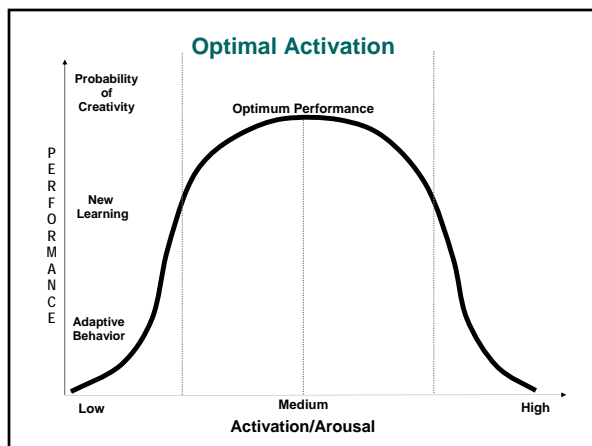
- Structured Interview
- Dissociative Experiences Scale-II
- Beck Depression Inventory
- Mississippi Combat Scale
- The PTSD Checklist
- Attachment Measures?

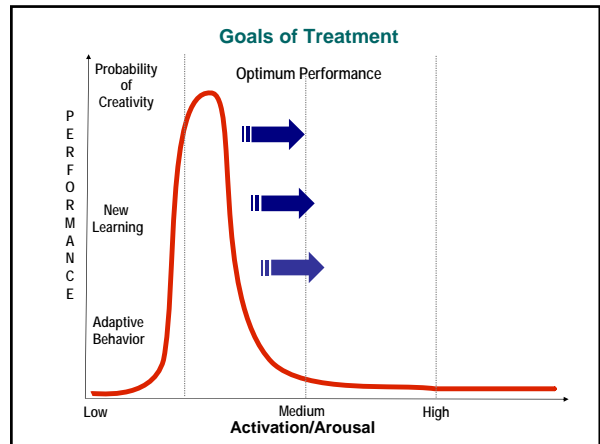
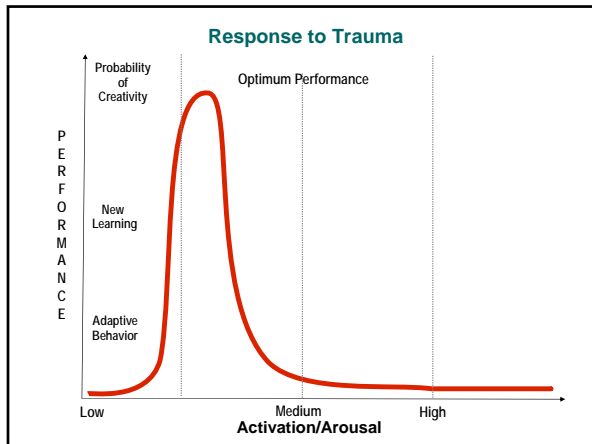
Evidence-Based Practice

- Individual Trauma Processing
 - Prolonged Exposure (Foa et al, 1991)
 - EMDR (Shapiro, 1989)
 - Cognitive Processing Therapy (Resick et al, 2007)
- Group Psychotherapy
 - CPT (Resick et al, 2007)
 - Seeking Safety (Najavits et al, 1998)

Optimal Activation


- One explanation for how the exposure therapies work
- Learning to tolerate and utilize affect
- Assigning emotions to the evoking experience
- Increasing the probability of new learning and the creation of adaptive, effective behavior
- A guide to therapist decision making





Relationship, Resilience, and Treatment Enhancement

- Attachment Theory
- The Family Workshop
- Strong Bonds: “The Promotion of Naturally Occurring Resilience in the face of Trauma Exposure”



“It is the ability to derive comfort from another human being that ultimately determines the aftermath of trauma, not the history of the trauma itself”.

(van der Kolk, Perry and Herman, 1991)

New Directions

- Virtual Reality Exposure
 - Emory University and the Atlanta VA
- Brain Imaging and the treatment of trauma
 - Proposed AMC, GE, Sunnyview, Albany VAMC collaboration TBI/PTSD

NYS Division of Veterans’ Affairs

About Us

The New York State Division of Veterans’ Affairs was created in 1945 as part of the Executive Department with the task of assisting World War II service men and women with readjustment from the military to civilian life.

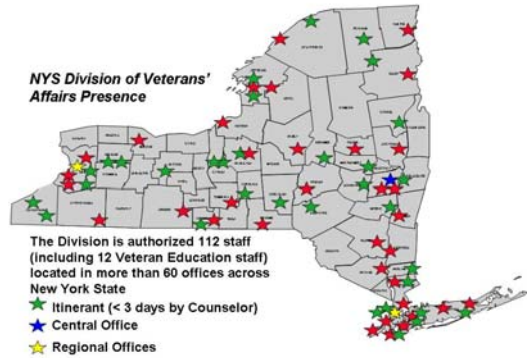
Our Mission

To provide quality service, advocacy and counseling for New York State Veterans and their Families to ensure they receive benefits granted by law for their service to New York and the Nation.

NYS Division of Veterans' Affairs



NYS Division of Veterans' Affairs Presence



Where NYS Stands

As of 2008 there were 23,442,489 Veterans Nationwide

New York State has the 4th largest population of Veterans

California	2,078,267
Florida	1,715,114
Texas	1,705,311
New York	1,026,289
Pennsylvania	1,025,770
Ohio	935,440

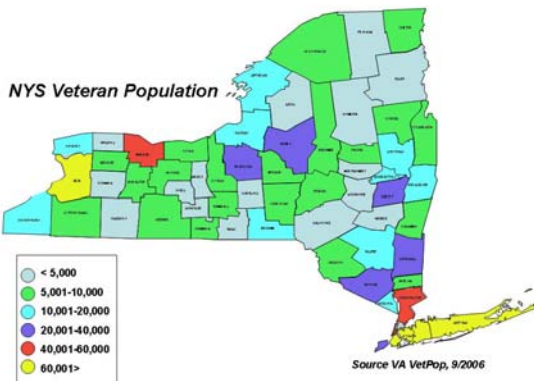
Source VA VetPop, 9/2008

Veterans in New York State

• Of the 1,026,289 Veterans that call New York Home...

- 753,833 are Wartime Veterans
 - 135,858 are World War II Veterans
 - 129,446 are Korean War Veterans
 - 311,583 are Vietnam War Veterans
 - 164,916 are Gulf War Veterans (includes Iraq & Afghanistan)
- 272,456 are Non-Wartime Veterans
- 65,556 are Women Veterans
- Nearly 40,000 Active Duty Service Members call NY home

Source: Vetpop@va.gov (US Dept of Veterans' Affairs 9/30/08)



VA Healthcare in NYC

New York State has 2 of the of 21 Veterans Integrated Service Networks (VISNs) of the Department of Veterans Affairs Nationwide

- VISN 2 is the Upstate healthcare network that is comprised of 6 VA medical centers and 29 community based outpatient clinics which provide comprehensive inpatient and outpatient health care to eligible veterans (<http://www.visn2.va.gov/>)


VA Healthcare in NYC

- VISN 3 is the VA New York/New Jersey network comprised of 9 VA Medical Centers, a domiciliary, and over 30 community-based outpatient clinics and vet centers which provide comprehensive inpatient and outpatient health care to veterans in the five boroughs of New York including Brooklyn, Manhattan, Queens, the Bronx, Staten Island, Long Island, Yonkers, White Plains, Montrose, Castle Point, and East Orange and Lyons, New Jersey
<http://www1.va.gov/visns/visn03/>

VA Medical Centers

Albany: [Albany VA Medical Center: Samuel S. Stratton](#)
 Batavia: [VA Western New York Healthcare System at Batavia](#)
 Bath: [Bath VA Medical Center](#)
 Bronx: [James J. Peters VA Medical Center \(Bronx, NY\)](#)
 Brooklyn: [Brooklyn Campus of the VA NY Harbor Healthcare System](#)
 Buffalo: [VA Western New York Healthcare System at Buffalo](#)
 Canandaigua: [Canandaigua VA Medical Center](#)
 Castle Point: [Castle Point Campus of the VA Hudson Valley Health Care System](#)
 Montrose: [Franklin Delano Roosevelt Campus of the VA Hudson Valley Health Care System](#)
 New York: [Manhattan Campus of the VA NY Harbor Healthcare System](#)
 Northport: [Northport VA Medical Center](#)
 Syracuse: [Syracuse VA Medical Center](#)


Community Based Outpatient Clinics

Auburn	Ithaca	Port Jervis	
Bainbridge	Jamestown	Poughkeepsie	
Binghamton	Kingston	Rochester	
Bronx	Lackawanna	Rome	
Brooklyn	Lockport	Schenectady	
Carmel	Malone	Staten Island	
Carthage	Massena	Sunnyside	
Catskill	Monticello	Troy	
Clifton Park	New City	Warsaw	
Cortland	Niagara Falls	Wellsville	
Dunkirk	Olean	Westhampton	
Elizabethtown	Oswego	White Plains	
Elmira	Patchogue	Yonkers	
Fonda	Pine Plains		
Glens Falls	Plainview		
Goshen	Plattsburgh		

Vet Centers

Albany	New York
Babylon	Rochester
Binghamton	Staten Island
Bronx	Syracuse
Brooklyn	Watertown
Buffalo	White Plains
Middletown	Woodhaven
New York	

National Cemeteries

Bath	
Brooklyn	
Calverton	
Elmira	
Farmingdale	
Schuylerville	

NYS Veteran Benefits

<p>Financial</p> <ul style="list-style-type: none"> Blind Annuity Program Gold Star Parent Annuity Program Veterans Property Tax Exemption Homes for Veterans Program Supplemental Burial Allowance 	<p>Education</p> <ul style="list-style-type: none"> High School Diplomas Veteran Tuition Awards Military Recognition Scholarships Regents Awards for Children of Veterans
<p>Quality of Life</p> <ul style="list-style-type: none"> Hunting & Fishing Licenses Employment Veterans' Homes 	

NYS Veteran Benefits – Usage Rates

- Awards in 2008 -- Totaling **\$82,045,776**
- **Blind Annuity Program**
 - Over 4500 Veterans currently receiving monthly benefit / \$5,313,000
- **Gold Star Parent Annuity Program**
 - 75 Gold Star Parents registered for semi-annual benefit / \$37,500
- **Supplemental Burial Allowance**
 - 2 Families have received assistance this year with burial costs / \$12,000

NYS Veteran Benefits – Usage Rates

- **Veteran Tuition Awards**
 - Over 2165 applications received since July 1, 2008 / \$6,872,500
- **Employment**
 - 100/500 55c entry level positions currently filled
- **Veterans' Homes**
 - Over 1200 beds available in skilled nursing facilities / Occupancy Rate 96.8%

Resources

- NYS Division of Veterans' Affairs – www.veterans.ny.gov
- US Department of Veterans Affairs – www.va.gov
- Health Care Benefits – www.va.gov/healtheligibility or 1-877-222-8387
- Mental Health – www.mentalhealth.va.gov
- VA Office of Geriatrics – www.visn2.va.gov/gec or 518-626-6037
- Education Benefits – www.gibill.va.gov or 1-888-442-4551
- Homeless Veterans – 1-877-222-8387

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