

Alliance Newsletter

Volume 1, Issue 4



Mission Statement: The Alliance seeks to optimize the preparedness of behavioral health providers working to enhance the resilience, recovery and reintegration of Service members, Veterans, and their Family members and communities throughout the military, post-military, and family life cycles.

Current Research

The Department of Veterans Affairs is getting ready to launch a study this year to focus on if Mindful-Based Stress Reduction can help relieve symptoms of posttraumatic stress disorder in female Veterans that suffer from military stress trauma. Nearly 20% of female Veterans, or one in five women in the military, will report experiencing sexual trauma during their military service.

Military Stress Trauma can cause mental and physical health burdens for women. Some of the negative mental health consequences of MST are anxiety disorders, depression, substance abuse, posttraumatic stress disorder, and risk of suicide.

This study will have women attend two-hour group sessions once a week to engage in mindful practices. The practices are sitting meditations, walking meditations, mindful movements (movements similar to yoga poses) and a body scan. The objective of the study is help women reconnect with their body and become at peace with their own body. The hope is that these practices will help women be in the moment and realize that they have a choice in how to respond to their traumatic events and memories, giving them the ability to regulate their emotions and lessen traumatic symptoms that they may feel.

For more information on this study please visit the following [website](#).



Book Resources for Providers Who Work with Military Children

Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma

The first portion of the book explains PTSD and other responses that individuals may have as a result of trauma. It provides knowledge on treatment options that are available.

The second portion of the book helps readers address their emotions, such as coping tools, to recognize their social networks, and explore new ways to interact with friends. The last part of the book gives the reader answers to FAQs, a glossary, and a resource list.

My Story: Blogs by Four Military Teens

This book is created out of a blog series from four military teenagers that express their own feelings and experiences with parental military deployment. The book supplies teens with support and education by allowing their own unique feelings such as joys, fears, and hopes while exploring the concept of parental deployment before, during, and after it occurs.

Books can be purchased from [seeds of hope](#).

Webinars

[April 17th: Military-Related Interpersonal Violence Survivors and Co-Occurring Conditions](#)

2:00pm-3:30 on Central Time

Presenter: *April Gerlock, Ph.D., ARNP, PMHNP-BC, PMHCNS-BC*, Board Certified Adult Psychiatric Nurse Practitioner, Clinical Associate Professor, University of Washington, School of Nursing, Gerlock Consulting.

Description: Is the outcome of a history of trauma different for military-related interpersonal violence survivors than it is for survivors who have never had a military connection? How do co-occurring conditions such as PTSD, TBI, substance abuse, and depression affect risk and danger? Are military-related survivors more or less likely to access services? This webinar will address interpersonal violence victimization, including intimate partner violence and sexual assault, and how the ongoing consequences of the trauma affect a survivor's life. It will also provide a trauma-informed and victim-centered framework for provision of services.

[From the War Zone to the Home Front: Supporting the Mental Health of Veterans and Families](#)

This website offers free online training series to recognize and address challenges faced by Iraq and Afghanistan veterans and families. The series is a community service provided by the Red Sox Foundation and Massachusetts General Hospital Home Base Program and the National Center for PTSD, U.S. Department of Veteran Affairs. There are 23 on-demand sessions available (posted from 2012 and 2013), focusing on the following topics: military culture, understanding trauma and treatment, and military family challenges. This on demand series focuses on distinctions in evidence based treatments compared to complimentary therapy available for PTSD and TBI, unique physical health issues for veterans, ways to build resiliency in military children, and evidence based diagnostic and treatment strategies for co-morbid PTSD and TBI. In 2014, there will be nine live broadcasts, three of which will be clinical case conferences. Also there are CME/CE/CEU credits available from this website for physicians, nurses, social workers, psychologists, and licensed mental health counselors.

Conferences

[11th Annual World Health Care Congress](#)

April 22-24, 2014
National Harbor, MD

[The 2014 National Rx Drug Abuse Summit](#)

April 22- 24, 2014
Atlanta, GA

[Responding to the Military Child with Exceptional Needs Institute](#)

April 24-25, 2014
Perry, GA

[American Academy of Neurology 2014 Annual Meeting](#)

April 26 - May 3, 2014
Philadelphia, Pennsylvania

[American Academy of Neurology 2014 Annual Meeting](#)

April 26 - May 3, 2014
Philadelphia, Pennsylvania

[Topics in Deployment Psychology 2014](#) (Military only)

Center for Deployment Psychology
April 28 - May 7, 2014
Bethesda, Maryland

[National Council Conference and Hill Day](#)

May 5-7, 2014
Washington, D.C.,

[Facilitating Progress and Innovation in Military and](#)

[Veteran Healthcare](#)

May 19-21, 2014
San Antonio, TX

[VA Psychology: Serving Veterans Through Interprofessional Care and Expanding Partnerships](#)

May 20-23, 2014
San Antonio, TX

[Second Annual Military and Veteran Social Work Conference](#)

June 6-7, 2014
Saint Leo, FL



Federal Job Opportunities

All federal jobs are posted on the USAJOBS.Gov website. Go to www.usajobs.gov & go to "Advanced Search" & under "Series Search" type in "0101", "0180" or "0185" NOTE: You can refine your search on the page to limit to VA, Army, Navy, Air Force etc. Tips for using the USAJOBS website can be found [here](#). A few jobs are highlighted below.

0101 Series Jobs: Covers jobs in the Social Sciences, Psychology, and Welfare Services. These jobs may or may not require licensures.

[Licensed Professional Mental Health Counselor - Addictive Disorders
Victim Advocate
Family Advocacy Program Victim Advocate](#)

0180 Series Jobs: Covers jobs in the Psychology and Counseling Psychology. Primarily jobs for those with PhD or PsyD, LMFT, or other counseling degrees and licensures.

[Post Trauma Care Clinical Psychologist
Clinical Psychologist, Supervisor, Mental Health Clinic Programs](#)

0185 Series Jobs: Covers jobs for Social Workers ONLY. Must have licensure (i.e. LCSW)

[Supervisory Social Worker \(Psychosocial Rehabilitation and Recovery Clinic\)
Social Worker - Addictive Disorders](#)

0602 Series: Covers jobs for Psychiatrists.

[Physician \(Psychiatry\)
Physician \(Psychiatrist\) - Primary Care Mental Health Integration](#)

0610 Series: Covers jobs for Psychiatric Nurses.

[RN/Mental Health \(2G\)
Registered Nurse - 7 West Acute Inpatient Psychiatry](#)

Department of Veterans Affairs Jobs

VA Hiring Initiative: The VA is hiring behavioral health providers for positions at VA facilities across the country.

VA Jobs: The VA has created links for providers that make it easy to search for VA jobs in your profession. Please click on the links below in order to see all of the current VA job openings, as listed on the USAJOBS website, for your profession:

[Psychiatrists](#)
[Psychologists](#)
[Social Workers](#)
[Licensed Professional Counselors](#)
[Marriage and Family Therapists](#)
[Psychiatric Nurses](#)

Non-Federal Job Opportunities

The federal government also uses contractors to provide behavioral health services to Service members and others. The government contracts with private contracting companies, who will then hire the individual providers to provide the necessary services. Several contractors known to hire behavioral health providers are listed below, along with links to websites that list job opportunities for providers.

Zeiders Enterprises [Link to current job openings](#).
SERCO - [Link to All SERCO Job Announcements](#)
Choctaw Enterprises - [Main link to all jobs](#)
SAIC Career Opportunities - [SAIC Job Openings](#)
Health Net - [Link to all job openings at Health Net](#)
Health e-Careers Network - [Main link to all jobs](#)

Do you have information for the May 2014 Newsletter?

Please send it to Dr. Angela Lamson by May 10, 2014

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