

Alliance Newsletter

Volume 3 Issue 10



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

Rush, T., LeardMann, C. A., & Crum-Cianflone, N. F. (2016). Obesity and associated adverse health outcomes among US military members and veterans: Findings from the millennium cohort study. *Obesity*, 24, 1582-1589. DOI: 10.1002/oby.21513

To assess the prevalence of obesity and associated health outcomes among US service members and veterans data from three survey cycles (2001–2008) of the Millennium Cohort Study were used to examine the prevalence of obesity and associated health outcomes. Rates of obesity were found to be significantly higher among veterans (32%) compared with service members (20%). Over a 7-year period, obesity rates doubled among both service members (10%–20%) and veterans (14%–32%). Participants with obesity were significantly more likely to be male, older, less educated, in the Army or Navy, and separated/retired from the military. Hypertension, diabetes, and sleep apnea were significantly more common among individuals with obesity compared with participants with normal weight (all $p < 0.05$). Individuals with obesity also had significantly higher rates of depression and post-traumatic stress disorder than individuals with normal weight and had lower mental and physical functional scores (all $p < 0.05$). This study demonstrates an association between obesity and numerous adverse physical, mental, and functional health outcomes in a relatively young cohort and demonstrates high obesity rates in veterans despite having experienced both environmental and cultural factors that promote healthy body weight while in the military. The authors argue that given the findings, there is an urgent need to enhance strategies for preventing and reducing excess weight gain within the military and veteran populations. Such strategies should aim to ensure a fit military force and promote health after military service.

Research Study for Veterans

A research study exploring the impact of thoughts, feelings, and behaviors regarding a) one's relationship toward the self and others; b) the relationship witnessed between individuals in the family; and c) how these are related to levels of anxiety, among military veterans is currently being conducted. Feedback will contribute to the literature regarding the military veteran experience by helping clinicians to develop effective treatment interventions designed for military veterans and their families. Participants must be military veteran 18 years or older. The survey will take approximately 15-20 minutes to complete and can be accessed using this link: https://purdue.qualtrics.com/SE/?SID=SV_9TakRNDaKJCyW1v

Participation is voluntary and appreciated. If you have any questions, contact thesis chair, Dr. Anne Edwards at [219-989-8439](tel:219-989-8439) or abedward@pnw.edu.



Recorded Webinar Training

A prerecorded webinar titled *Obesity, Eating Behaviors and Stigma Among Service Members* is available from the Defense Center of Excellence (DCoE). The webinar highlights Defense Department weight standards and explains the construct of weight stigma and its impact on active-duty service members, discussion of the Fit4Duty study, which seeks to reduce excess weight gain in the military population, and recommendations for how to address the issue of obesity in health care settings. At the conclusion of this webinar, participants will be able to: a) interpret the construct of weight stigma and the potentially adverse effect of weight stigma on the psychological functioning of active-duty service members with overweight and obesity; b) use new strategies to address excess weight among service members without shame or bias; and c) recognize the presence of weight stigma within the military in order to more effectively address presenting medical, psychological and social issues. The webinar is free. The [presentation](#), [resources](#), [podcast](#), and [transcript](#) can be accessed by clicking on each of the hyperlinked items.

Upcoming Conference

A conference titled, *Social Work With Military Service Members, Veterans, and their Families*, is being held on November 15 -16, 2016, 9:00 am - 5:00 pm at the NYU Kimmel Center for University Life, 60 Washington Square South, New York, NY. This two-day conference, targeted to social workers and human services professionals providing services to Veterans, Military Service Personnel, and their larger support networks (e.g. spouses, children, and extended family) will increase the knowledge base on the intersection of specific Veteran and Military Service issues (e.g. substance abuse, PTSD, homelessness, families, housing, employment, education, advocacy, wellness, alternate paths to care, family violence), exploring social work interventions at the micro, mezzo, and macro levels. Participants will: a) increase quality of care to Military Service Personnel, Veterans and their support networks; b) define best practice interventions for Military Service Personnel, Veterans and their support networks; and c) organize policy and practice ideas to support knowledge advancement for the field. This event is both NYSED and ACE Approved for 14 Continuing Education (CE) Contact Hours. For more information, or to register click [here](#).



Conferences

[National Council on Family Relations](#)

November 2-5, 2016

Minneapolis, MN

[Council of College and Military Educators Symposium](#)

March 6-9, 2017

Atlanta, GA

[International Summit on Violence, Abuse & Trauma Information](#)

March 27 - 30, 2017, Honolulu Hawaii

[National Council for Behavioral Health](#)

April 3-5, 2017

Seattle, WA

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](#).

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

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.

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

0602 Series: Covers jobs for Psychiatrists.

Non-Appropriated Fund (NAF) Positions

NAF employment is considered federal employment. However, the monies used to pay the salaries of NAF employees come from a different source. Civil service positions are paid for by money appropriated by Congress. NAF money, on the other hand, is self-generated by activities and services that use NAF employees. Visit the following links to apply for NAF positions.

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](#)

Magellan Health- [Main link to all jobs](#)

Do you have information for the November 2016 Newsletter?

Please send it to Dr. Angela Lamson at lamsona@ecu.edu by November 8, 2016