Operation Military in Kentucky

• Overview of Military presence in Kentucky
  – Active Army
    • Two bases – Ft. Knox and Ft. Campbell – 36,000 active duty
    • Reserve number 13,000 in state
    • National Guard in all 120 counties in Kentucky – 6625
    • Additional 500 Guard from out of state
    • Armories in 72 of these communities
    • 340,000 veterans
    • 30,000 children attached to these military families
Operation Military in Kentucky

• History of activities – Pre GLS grant
  – Policy Academy group
  – Initial project – Operation Headed Home
  – Significant relationship building with decision makers in the active Army, National Guard
  – Adoption at Gubernatorial level of issues related to military in Kentucky
Operation Military in Kentucky

• Connection with GLS
  – 2\textsuperscript{nd} GLS awarded in fall 2011 with regional emphasis in Ft. Knox and Ft. Campbell regions
  – 1\textsuperscript{st} Headed Home held just after this time without support from GLS (partnership with ATTC, state resources, Brain Alliance of Kentucky, health insurance companies)
Oct. 2, 8 a.m. - 5 p.m.
Fort Campbell, Cole Park Commons

Presenters include:
- General (Ret.) Mark Graham and wife Carol Graham
- Jeffrey T. Barth, Ph.D., ABPP-Cn, Director, Brain Injury and Sports Concussion Institute, Defense and Veterans Brain Injury Center (DVBIC)
- Dr. Jim Kelly, National Intrepid Center of Excellence (NCoE)
- Michael McFarland, Florida NGB PHP Director of Psychological Health Office of the State Surgeon
- Heath Dolen, Kentucky Division of Behavioral Health
- Jan Ulrich, State Suicide Prevention Coordinator, Kentucky Division of Behavioral Health
- Pamela Woll, Director, Human Priorities Consultant, Great Lakes Addiction Technology Transfer Center
- Dr. Rick Graebe, OD, FCOVD, Family Eyecare Associates and Children’s Vision and Learning Center (Vision Therapy, Neuro-Optometric, Neuro-Cognitive and Rehabilitative Services) Versailles, KY.

The Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities has united with representatives from Federal, military, state and professional organizations across Kentucky to host the 3rd annual Operation: Headed Home conference. This free state-wide conference will address the needs of service members, veterans, military families, caregivers and behavioral health professionals with information, resources and support regarding Traumatic Brain Injury (TBI), Post Traumatic Stress Disorder (PTSD), and Suicide Prevention.

Space is limited and attendees MUST REGISTER IN ADVANCE.

Register at: http://www.surveymonkey.com/s/OperationHeadedHome

Registration and CEUs are free. CEUs are available for CADC, LPCC, nursing, nursing administrators and fee-based pastoral counseling. Information will be available for other specialties so that they may submit CE applications to their respective boards.
October 2, 2012
Fort Campbell, Cole Park Commons

Tuesday, October 2nd

7:30  Registration & Morning Refreshments/Visit Exhibits

8:00  Opening Ceremony
  Pledge of Allegiance:
  National Anthem:
    Dr. Jenny Owens, Warrior Resiliency and Recovery Center (Fort Campbell)
    Occupational Therapist
  Invocation:
    Lupe N. Andra, WTB Chaplain
  Welcoming Remarks:
    COL Paul R. Cordt is the U.S. Army Medical Activity Commander for Ft. Campbell
    Dr. Bret Logan, Deputy Commander for Managed Care and Compliance, Blanchfield Army Community Hospital
  Opening Remarks:
    Heath Dolen, Kentucky Division of Behavioral Health
    Commissioner Stephen Hall, Department for Behavioral Health, Developmental & Intellectual Disabilities

8:45  Mild Traumatic Brain Injury: Sports Concussions to Combat Blast Injuries
  Jeffrey T. Barth, Ph.D., ABPP-Cf, Director, Brain Injury and Sports Concussion Institute, Defense and Veterans Brain Injury Center (DVBIC)

10:00  Break & Visit Vendors

10:15  A General’s Personal Battle: Maj. Gen. (Ret.) Mark Graham and wife Carol Graham
  Nominated by Secretary of Defense Robert Gates for Time Magazine’s 100 most influential people, retired Maj. Gen. Graham and his wife will share their tragic story of losing their two sons, one by suicide and the other died while serving in Iraq. Both of the Graham’s sons and their surviving daughter attended the University of Kentucky.

11:30  Working Lunch:
  A Novel Integration of Technology and Humanism "High Tech AND High Touch"
  Dr. Jim Kelly, National Intrepid Center of Excellence (NICoE)

1:00 - 2:30  Title: Combat Stress: Understanding the Challenges to Reintegration
  Speaker: Michael McFarland, Florida NGB PHP Director of Psychological Health Office of the State Surgeon

3:30 - 4:15  Title: Finding Balance After the War Zone: The Power of Psychoeducation and Resilience Training for Service Providers
  Speaker: Pamela Woll, Director, Human Priorities Consultant, Great Lakes Addiction Technology Transfer Center

2:30 - 2:45  Break

2:45 - 4:15  Title: Finding Balance After the War Zone: The Power of Psychoeducation and Resilience Training for Service Members, Veterans, and their Families
  Speaker: Dr. Rick Graebe, OD, FCVOI, Family Eye Care Associates and Children’s Vision and Learning Center (Vision Therapy, Neuro-Optometric, Neuro-Cognitive and Rehabilitative Services) Versailles, KY.

4:15  Closing Session: Moving Forward “The Game Plan”
  Heath Dolen, Kentucky Division of Behavioral Health

Turn in evaluations
Award and Prize Ceremony
Dismissal
Operation Military in Kentucky

• Operation Headed Home
  – Day-long learning event connecting military members, their families and the professionals who care for them.
  – 2\textsuperscript{nd} Ky event held in October 2012 with an emphasis on caring for behavioral health of military personnel to reduce risk for suicide
  – Included presentation by General Mark Graham and his wife, Carol.
Operation Military in Kentucky

• Roadblocks to working with military for Headed Home
  – Held on base, meant we had to wait for them to make decisions, most happened at the last minute.
  – Logistics for getting guests onto the post (couldn’t give directions for GPS for example to the building on base).
Operation Military in Kentucky

• Next steps
  – Operation Immersion – three-day event at a National Guard training center for behavioral health providers. Focused on mental health issues and suicide risk reduction.
  – Helped meet grant goals of increasing trained providers to address needs of military personnel.
  – Strong partnership with National Guard.
REGISTER NOW

Kentucky’s

OPERATION IMMERSION

Immerse yourself in 72 hours of Military Culture
Experiential training offered at no cost to participants
Wendell H. Ford Regional Training Center - Muhlenberg Co.
Space in barracks is limited. CEUs offered. Register now at:
http://www.surveymonkey.com/s/Immersion13

April 9-12 2013

Gain insight into treating the impacts on soldiers’ behavioral health
Stigma continues to be a barrier to soldiers seeking assistance for mental health or substance abuse issues. Military personnel often choose not to access behavioral health services because of concerns about their military career and a belief that outside providers do not understand their issues.

Operation Immersion will help remove barriers and erase soldier apprehension to accessing treatment. The Kentucky Division of Behavioral Health and Kentucky National Guard turn teams up to present a comprehensive 4-day training in military culture and issues unique to soldiers and their families who have served in the combat theater and experienced long deployments.

This training will immerse attendees in aspects of military culture and the deployment experience. Attendees will sleep in barracks, participate in morning Physical Training (“PT”), chores and inspection, experience a Field Leadership Reaction Course, combat simulators, and network with military personnel and resource providers. In addition, workshops will provide training in behavioral-health related impact topics.

Please email operationimmersion@ky.gov for more information
Kentucky Operation Immersion, 2013
09-12 April, Military Immersion Training for Behavioral Health and Medical Professionals

**BASIC TRAINING DAY**

**Tuesday, April 9th**

**1100 (CDT)** ARRIVAL & CHECK-IN, Bldg. # 329
- Arrive early to allow time to process through security and receive welcome packet
- Every participant must sign release of liability
- Position assignment at check in (position integrity for seating)
- Snacks and coffee available

**1200-1230** WELCOME, Bldg. # 329
- Heath Dole, Program Coordinator, Kentucky Division of Behavioral Health
- Keynote: Col Chuck Schneider, PTA Training Sites Commander, KYANG

**1230-1330** BASIC TRAINING, Bldg. # 329 (CD0)
- Military 101: MSG Timothy Earls, Health Services NCOIC, KYANG
- Life of a Soldier: SGM Steven Woods, Pre-mobilization Training Assistance Element NCOIC, KYANG

**1330-1400** REPORTING FOR DUTY, barracks
- Secure all personal gear and load bus for transport
- Males and Females sleep side by side in separate bays
- Linen and equipment issue
- Participants should change into comfortable civilian attire if not already done so (Tennis shoes, jeans and long-sleeve recommended. No open-toe shoes will be allowed!!)

**1400-1800** FIELD TRAINING EXERCISE (FTEX) & Safety Brief, FRC (CD0)
- 1SG Matthew Roberge, PTA Training NCOIC, KYANG
- The entire company will march from the barracks to the Field Leadership Reaction Course (FRC)

**1800-1815** MARCH TO CHOW

**1815-1900** DINNER AT CHOW HALL, Bldg. # 301
- Participants are encouraged to sit and eat with Service Members

**1900-2100** COMMANDER’S TIME, Bldg. # 329
- Participant Introductions
- Day 1 After Action Review (AAR) and Day 1 Evaluation Form

**2100-2200** PERSONAL HYGIENE, Barracks

**2200** LIGHTS OUT

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**Kentucky Operation Immersion, 2013**

**Wednesday, April 10th**

**0500** RISE AND SHINE

**0515-0600** PHYSICAL FITNESS TRAINING, Outside of Barracks
- SSG Ken Weisheit, Master Fitness Trainer/Master Resilience Trainer, THAING

**0600-0630** PERSONAL HYGIENE, BARRACKS INSPECTION

**0630-0715** BREAKFAST AT CHOW HALL, Bldg. # 301

**0730-0820** INVOCATION & MILITARY CHAPLAINCY, Bldg. # 329 (CD0)
- CH (MAJ) Brad Draper, State Support Chaplain, KYANG

**0820-0910** KYING SEXUAL ASSAULT PREVENTION, Bldg. # 329 (CD0)
- MSG (I) Charles Lay, Sexual Assault Response Coordinator, KYING

**0910-1000** “BREAKING THE BORDERS OF DESPAIR: How to Destroy Depression and Generate Joy.” (CD0)
- Stephanie Weichert, Certified Life and Executive Coach

**1100-1200** “THE ROAD TO RESILIENCY: Turn Stress into Strength and Obstacles into Opportunities” (CD0)
- Capt (I) SCT Ken Ken, Master Fitness Trainer, Master Resilience Trainer, SSG, THAING

**1200-1215** MOBILIZATION
- Bus transport to SIM Center

**1215-1245** LUNCH, SIM Center

**1345-1745** VIRTUAL COMBAT SIMULATORS, SIM Center (CD0)
- 1SG Matthew Roberge, PTA Training NCOIC, KYANG

**1745-1800** BUS TRANSPORT TO BARRACKS FOR RELEASE TO CHOW

**1800-1815** DINNER, Bldg. # 301
- Participants are encouraged to sit and eat with Service Members

**1900-1945** CHAPEL SERVICE, Bldg. # 329
- CH (MAJ) Brad Draper, State Support Chaplain, KYANG
- *General Protestant service is optional and open to all

**1945-2115** AAR & MOVIE NIGHT, Bldg. # 329
- *Complete Day 2 Evaluation Form during movie

**2115-2200** PERSONAL HYGIENE, Barracks

**2200** LIGHTS OUT
### Kentucky Operation Immersion, 2013

**09-12 April, Military Immersion Training for Behavioral Health and Medical Professionals**

#### DEPLOYMENT DAY

**Thursday, April 11:**

0500
RISE AND SHINE

0515-0600
PHYSICAL FITNESS TRAINING, ½ mile track

0600-0630
PERSONAL HYGIENE, BARRACKS INSPECTION

0610-0730
BREAKFAST, Bldg. #329

0730-0900
COMBAT STRESS, Bldg. #329 (CEU)

Michael McFarland, Director of Psychological Health, FLAIRING

0900-0915
BREAK

0915-1010
SUICIDE PREVENTION & A.C.E. TRAINING, Bldg. #329 (CEU)

Linda Mengele, Wing Director of Psychological Health, KYAIRING

1010-1200
SUICIDE PREVENTION PANEL, Bldg. #329 (CEU)

Moderator: Lori Johnson, PhD, Suicide Prevention Coordinator, Robey Rex VA Medical Center

**Words of wisdom for providers: What helps and what doesn’t...**

1200-1215
DEPLOYMENT

*Bus Transport to Guam City MOU’E Site*

1215-1245
LUNCH, Guam City MOU’E Site

*ME or TOTM (a military-style meal)*

1245-1745
COMBAT MISSIONS & PAINTBALL!!!, Guam City MOU’E Site (CEU)

35G Matthew Robene, FTAE Training NCOIC, KYAIRING

**Military demonstrations and urban warfare exercises**

1745-1800
BUS TRANSPORT TO BARRACKS FOR RELEASE TO CHOW

1800-1850
DINNER, Bldg. #329

*Participants are encouraged to sit and eat with Service Members*

1900-2000
DEMOBILIZATION, Bldg. #329

MSgt Timothy Sarch, Health Services NCOIC, KYAIRING

*Debriefing*

*ARM & Day 3 Evaluation Form*

2000-2100
SUPPLY SERGEANT’S TIME, BARRACKS

*Return field equipment only*

2100-2200
PERSONAL HYGIENE, BARRACKS

*Friday morning will be busy, so complete showers at this time if possible*

2200
LIGHTS OUT

#### DEMOBILIZATION DAY

**Friday, April 12:**

0515
RISE AND SHINE

0530-0700
COMMANDER’S INSPECTION, BARRACKS

Time management tips:

0530 – Wake up and turn in to Supply Sergeant

0600 – Personal hygiene complete

0630 – All personal items loaded on bus

0700 – As soon as barracks have passed inspection, release for breakfast show

0700-0730
BREAKFAST, Bldg. #329

0745-0805
MILITARY ONE SOURCE, Bldg. #329 (CEU)

Kathleen Haci, KY Joint Family Support Assistance Program Consultant (JFAP)

0815-0900
PERSONAL STORIES OF DEPLOYMENT, Bldg. #329

*Panel of Wounded Warriors/Survivors/Family/Caregivers and their stories*

0930-1100
TRAUMA INFORMED CARE & GIVE AN HOUR, Bldg. #329 (CEU)

1130-1200
CLOSING REMARKS, Bldg. #329

Margaret Vallner, Deputy Commissioner, Kentucky Department of Veterans Affairs

1200-1230
AWARDS, Bldg. #329

Cindy Stagner, Medical Outreach Coordinator, KYEMS

Patti M. Clark, Project Coordinator, Suicide Prevention Efforts for Adolescents in Kentucky, DBHDD

*Must be present and turn in all evaluation forms to receive award*

1230
DISMISSAL, Bldg. #329

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***Agenda Subject To Change***
Operation Military in Kentucky

• Why Guard partnership important
  – Unlike active duty, personnel scattered throughout state, don’t have access to same level of resources.
  – More likely to utilize local behavioral health care providers than military providers.
  – Important to ensure that those providers understand the culture of the military in order to effectively manage care.
  – Must look at community resources for guard personnel.
Operation Military in Kentucky

• To date, Kentucky has:
  – Trained approximately 600 providers, family members and military personnel through Operation Headed Home.
    • Next Headed Home set for early October 2013.
  – Trained approximately 125 providers and military personnel through Operation Immersion
    • Two events to date, November 2012, April 2013.
    • Next Immersion scheduled for September 2013.
Operation Military in Kentucky

• Next steps
  – Partnership with regional prevention centers and guard to provide substance abuse and suicide prevention trainings during September stand down.
  – Utilization of armories to deliver gatekeeper trainings to families.
  – Utilizing annual health readiness survey to collect additional data regarding mental health issues.
  – Inclusion of information about Give an Hour for all clinical providers.
Operation Military in Kentucky

• Next Steps (cont.):
  – Considering a tracking for Immersion to include community members, faith community, etc. in order to increase safety net for guard population.
  – Looking at increasing sponsorships to allow to continue beyond financial contributions of GLS grant. (several organizations have expressed interest).
  – Ky governor has “adopted” events so they receive increased publicity.
  – Increasing involvement by other state employees from different branches.
  – Connecting with two VA hospitals in the state.
Operation Military in Kentucky

• Overarching goals for all events:
  – Increasing awareness of providers to needs of military personnel. (cultural competency)
  – Increasing awareness of impact of deployment, service, etc. on family members, especially the children of family members.
  – Connecting family members with resources available to them (many are not aware of all available resources).
Operation Military in Kentucky

• Things of note
  – Working with military can be difficult because of the various hoops that have to traversed.
  – Time constraints can make planning hard.
  – New security rules mean that all civilians will need security clearance to get on a base or training site, which shortens registration time.
  – Dates can be fluid because of changing needs of the military.
Operation Military in Kentucky

• Things of note
  – Important for all voices to be heard – military, providers, families. Find ways to make that possible.
  – Use resources that already exist. Often just means asking questions (for example, adding ?s to health readiness survey).
  – Many may not be aware of all resources that are available to them. Good opportunity to educate.
  – Sequester cuts increase need for partnerships with civilians, especially for guard. See this as an opportunity.