

Military Culture and Treatment Courts: Addressing The Unique Needs of Veterans Who Are Justice Involved

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Hope, Purpose, Recovery

Four Essential Tenets of Recovery (SAMHSA)

HEALTH



PURPOSE

THE TWO MOST IMPORTANT DAYS IN YOUR LIFE ARE THE DAY YOU ARE BORN, AND THE DAY YOU FIND OUT WHY.

MARK TWAIN

SUPPORTS



HOUSING



Military Culture

- **Culture** is the way of life for a society. As such, it includes codes of :

Manners, dress, language, religion, rituals, norms of behavior such as law and morality, and systems of belief as well as the arts and gastronomy.

- **Cultural Competence** refers to an ability to interact effectively with people of different cultures.
- **Developing cultural competence** results in an ability to understand, communicate with, and effectively interact with people across cultures.

WAR

Vietnam

Grenada

Lebanon

Panama

Gulf War

Somalia

Bosnia

Haiti

Afghanistan

Iraq

Syria



“For the country has sent it’s forces into war nearly every year since 1945.”

Soul Repair: Recovering from Moral Injury after War, 2012

How many Veterans?

- 18.2 Million Veterans
- 2.7 million deployed to imminent danger zones since 2001.
- 52,728 Wounded, as of 1 October '18
- 6,971 Killed (hostile and non-hostile) 1 Oct '18
- Operation Inherent Resolve and Freedom Sentinel replaced Operation New Dawn and Enduring Freedom. More contingencies will follow...

Size of Active Duty Military (approx.)

- US Army 460,000
- US Navy 322,900
- US Marine Corps 182,000
- US Air Force 317,000
- US Coast Guard 42,000

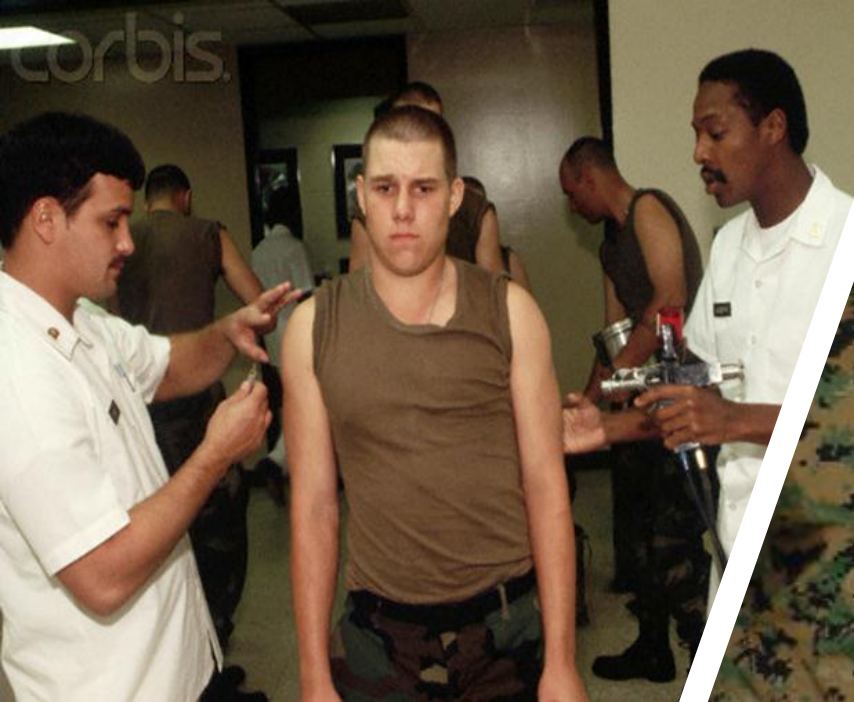
Total Active Duty End Strength: **1,323,900** *

(Approximately **.41%** of the US Population serve in the active military based on a US Population of 326 Million)

Reserve and National Guard



- There are approximately 801,200 Reserve and National Guard in service (**.25%** of pop.)
- Over 254,000 Reservists and 332,000 National Guard members have deployed post 9/11
- Increased stress on families, employment, and housing.



Cultural Nuance



Unified Combatant Command

Where are they coming from and where are they going to?

SOUTH AMERICA



9
Unified
Commands





Culture = History + Training + Experiences



Warrior Ethos – Before, During , After

- Sense of purpose
- Identity
- Morality
- Belonging
- Honor
- Sacrifice
- Prevent asking for help
- How does the Warrior become the Veteran
- Suffer in Silence
- Pride in “Embracing the Suck”

“Nuances” of the Military Culture



- Numerous Sub-cultures
- Collectivistic vs. Individualistic
- Why you join
- What is your role
- Combat vs. Support
- Deployed
- Length of service
- **Which Generation?**



Shared Experiences

Transition to Veteran

Today's military deploys and redeploys (Home) exceedingly quick.



- Approximately 250,000 leave each year (2017)
- Loss of support
- Loss of Identity
- Where to go for assistance?
- What if there were ill feelings/conflicts at separation?
- Duty and Honor Code
- Disconnected from civilian society

Cultural Nuance

Needs of our Veterans Who Are Justice Involved



Reintegration & Belonging

Cultural Nuance

Perhaps the most critical

Reintegration & Belonging

*“The State of the American Veteran:
The Chicagoland Veterans Study”*

Cultural Nuance Post-9/11
Specific

Gender Specific - Women Veterans

- Women comprise approximately:
 - 14.5% of all active duty military
 - 18% of all National Guard and Reserves
 - 12 % of post 9/11 Veterans
- 9.4% of the total veteran population are women.
- By 2043, women are projected to make up 16.3% of all living veterans



Common Treatment Needs of Veterans Who Are Involved in The Justice System

- Multiple Medical Morbidities
- Posttraumatic Stress Disorder
- Substance Use Disorder
- Mood Disorder
- Complex Trauma
- MST
- Traumatic Brain Injury
- Mild Traumatic Brain Injury
- Co-occurring Disorders
- Criminogenic Needs



Criminogenic Risk and Needs - Awareness

- Some participants may have a high risk to go to jail/prison. Others may not.
- High risk participants in treatment courts tend to have a history and a skill set that may be manipulative.
- There are treatment programs that have proven to be very effective for high risk individuals.
- These individuals will usually respond very favorably to praise, honesty and limit setting.
- Always being aware of your role is important.

Significant Treatment Needs of Justice Involved Veterans

Criminogenic Risk Factors

- History of Antisocial Behavior
- Antisocial personality
- Antisocial cognition
- Antisocial associates
- Family and/or marital
- School and/or work
- Leisure and/or recreation
- Substance Abuse
- PTSD



All Veterans - Physical Health
Multiple Medical Morbidities
(CDC Vietnam Experience Study –
Chronic PTSD v. “normal population)

- Circulatory Disorders
- Digestive Disorders
- Musculoskeletal Disorders
- Endocrine Disorders
- Respiratory Disorders
- Non-sexually transmitted infectious disease
- Cardiovascular Disease
- MIPS

Physical Health - Multiple morbidities (example: Sleep)

- Insufficient sleep is more common among those who have served, overall and in most subgroups.
- Insufficient sleep is more common among racial and ethnic minorities and at lower incomes, especially for those who have served.
- Half of adults aged 18-39 years who have served report insufficient sleep as compared to roughly one-third of those who have not served.

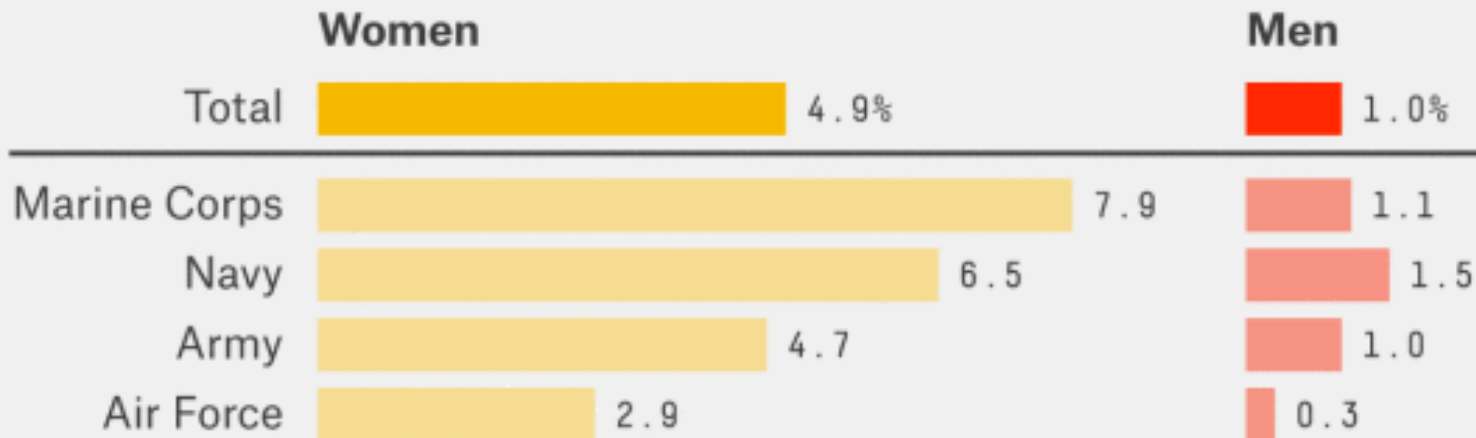
How common is PTSD among Veterans?

- 
- **Vietnam War – 15% men, 8% women (31%/27% est. lifetime prevalence).**
 - **Operations Desert Shield/Desert Storm – 10%**
 - **Post 9/11– 14%.**
 - **Repeated deployments increase the likelihood of PTSD.**

Military Sexual Trauma (MST)

Military Sexual Assault

Percentage of active service members who reported experiencing any type of sexual assault in the past year, by gender and branch



- MST is sexual harassment and/or sexual assault that occurs in military settings
- 60% of women with Military Sexual Trauma also suffered from PTSD
- MST is not a diagnosis, but a type of trauma
- 1 in 5 women and 1 in 100 men report experiencing MST.

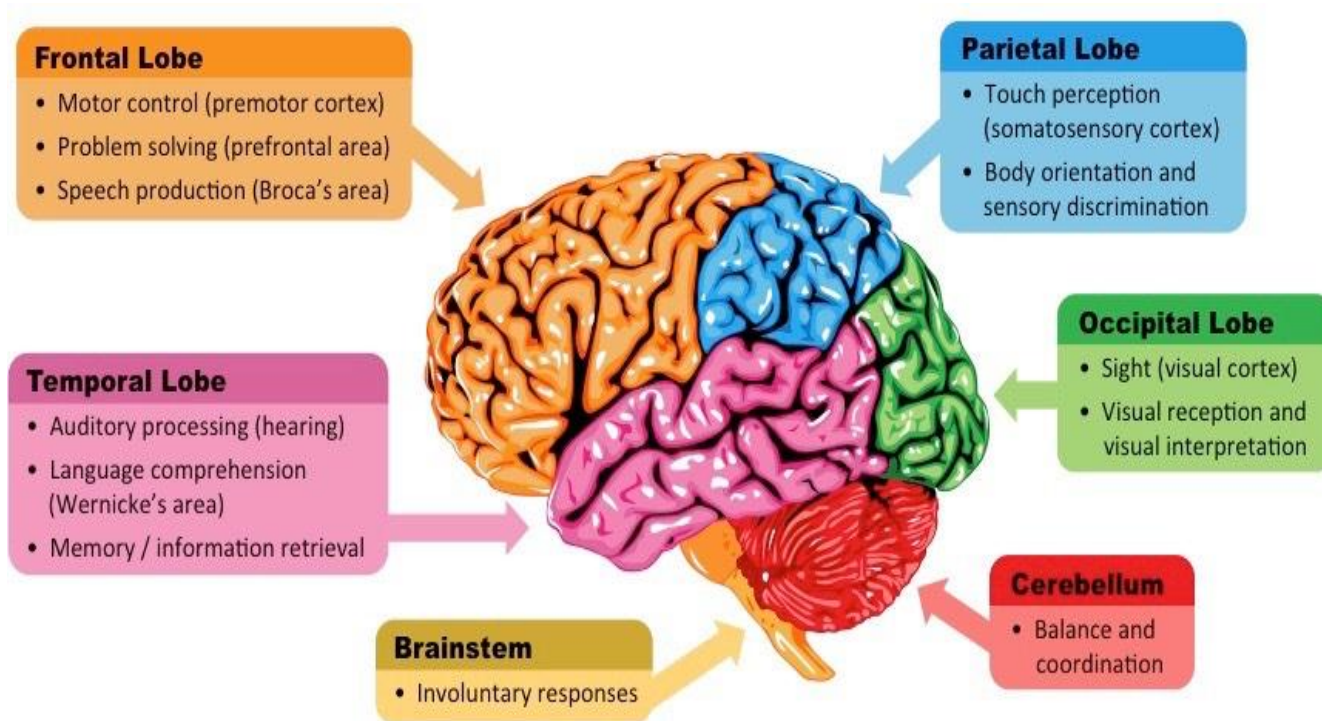
Substance Use

- Alcohol is the primary substance of abuse/dependence for those that are serving or have served in the military. Alcohol is part of the culture.

Among active duty service members:

- Heavy drinking (five or more drinks per occasion at least once a week) self-reported at 20%, 27 % among those with high combat exposure.
 - Heavy drinking is higher among 18 to 34 age group than civilians.
- Veterans are twice as likely to die from an accidental opioid overdose compared to the general population.

Traumatic Brain Injury



- TBI is an injury to the brain from an external force.
- Multiple deployments increase possibility of exposure
- Multiple concussions means longer recovery
- PTSD or TBI or both?

Traumatic Brain Injury (TBI)

- The external force could be from a rapid acceleration and deceleration, impact, and blast waves.
- TBIs are classified as Mild, Moderate and Severe
- TBI can cause temporary or permanent impairment to cognitive, physical and social functioning.
- These symptoms can also be from co-occurring medical conditions such as post-traumatic stress, chronic pain, or other medical problems.
- VA's [Polytrauma System of Care](#) (PSC) is an integrated network of specialized rehabilitation programs dedicated to serving Veterans and Service Members with both combat and civilian related Traumatic Brain Injury (TBI) and polytrauma.

Are there correlations between behavioral health and justice involvement?



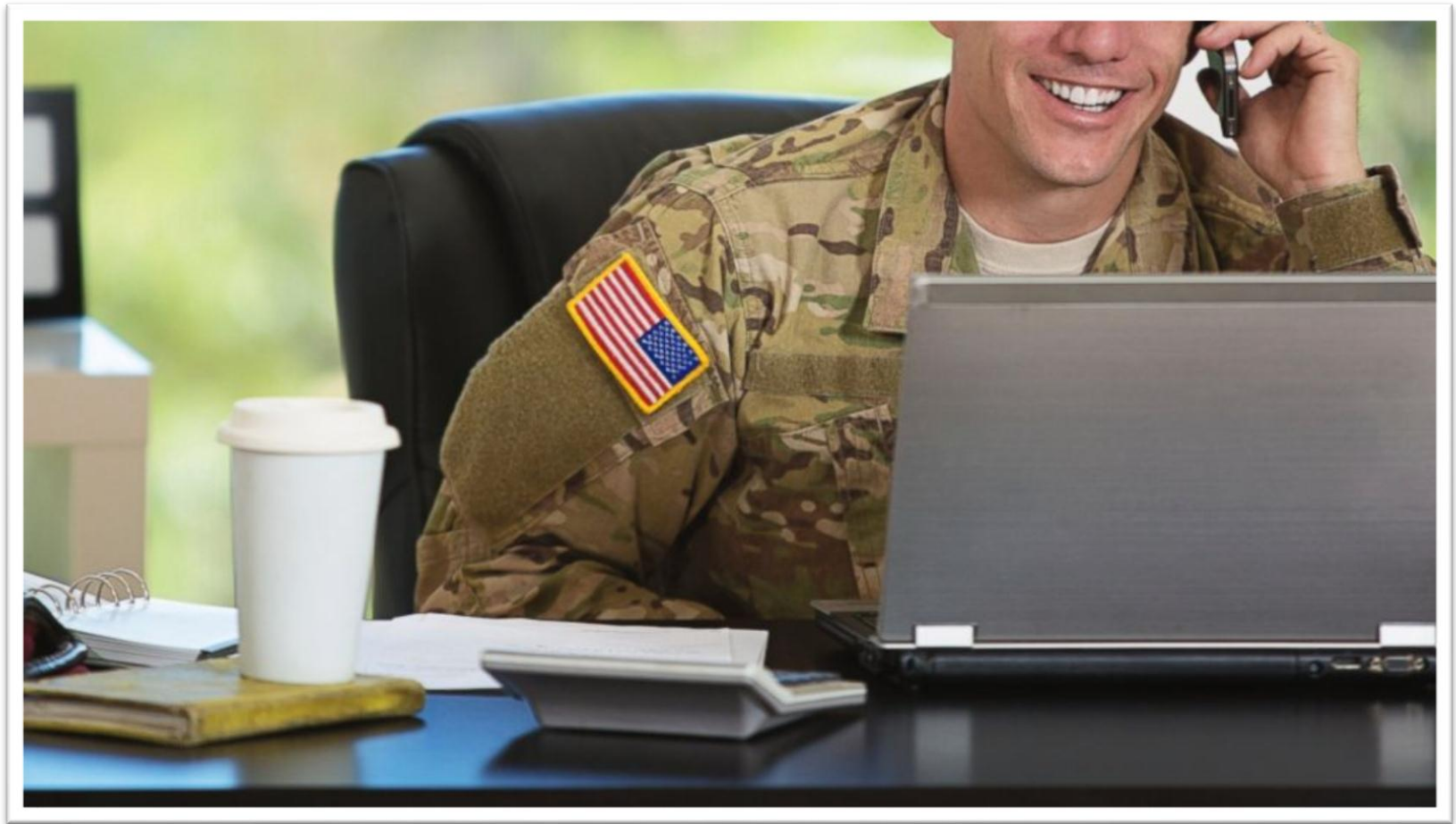
Treatment Interventions **Must be Tailored** for the culture

- Cognitive Processing Therapy
- Trauma Focused Group Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Adaptive Disclosure
- Dialectical Behavior Therapy
- Acceptance and Commitment Therapy
- Prolonged Exposure
- Seeking Safety (PTSD and Substance Use)
- Cognitive Behavioral Therapy for Insomnia
- Moral Reconciliation Therapy

Housing

- On any given night it is estimated 40,000 Veterans are homeless. About 11% of the adult homeless population are veterans. *Of the 40,000, about 25,000 are in temporary facilities and the remaining 15,000 are without reliable shelter.*
- Approximately 45% of all homeless veterans are African American or Hispanic; despite only accounting for 10.4% and 3.4% (respectively) of the US veteran population.
- Majority are male with 9% being female.
- 9% are between the ages of 18-30.
- 41% are between the ages of 31-50.
- Homelessness among Veterans declined between 2011 and 2016, with a net decrease of approximately 9,000.

Employment – Some Facts



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Addressing The Unique Needs of Veterans
Who Are Justice Involved**

THANK YOU

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