

## Community Need Statement

- They can struggle with PTSD which can put them at risk for a number of “trauma related disorders in overall psychiatric morbidity”, brain injuries, and physical limitations
- VA Education Benefits can be something that is helpful to get veterans and their dependents on a solid career path and help them to overcome some of the disabilities and damages they have endured.
- Encouraging Veterans to use education benefits can support their recovery, by increasing engagement with others, rather than indulging in patterns of avoidance. Such efforts to increase social engagement can therefore be understood as part of the behavioral activation component of Cognitive Behavioral Therapy
- Many Veterans come back from service damaged in some way, sometimes pretty severely.

## Theoretical Issues

- Cognitive Behavioral Therapy
- Cognitive Behavioral Conjoint Therapy
- Educational Psychology Theory
- Trauma Informed Cognitive Behavioral Therapy
- Pretty much all Trauma Informed Care

## Deliverable

- Presentation to Social Workers in SFVA system
- Upload to the VA “Y” Drive to be accessed any time
- Evaluation of attendees to see if training needs enhanced

## Add a Relevant Image Below



## Credibility Statement

- I am the wife and child of Veterans
- I am someone who has accessed these educational benefits for myself and my children
- I have children that are all from minority rural and Indigenous communities
- I work at Cal Poly Humboldt and the Veterans Administration helping others access these benefits

## Method

- Address the prolonged issue of Veteran families having decreased access to information regarding their educational benefits offered by the VA
- Training to social workers in the SFVA system that will explain all the educational benefits available to Veterans as well as those that are available to all of their dependents

## Acknowledgements

Forest Harpham LCSW Eureka VA Clinic

Dana Adkins LCSW SFVA Health

Clifford LaMastus Coordinator Cal Poly Humboldt Vets

## References

- Dzibur Kulenovic, Alma. “The ‘Body Keeps the Score’ Revisited: Changes in Lipid Levels and Coronary Disease Risk in Veterans Suffering from Chronic PTSD.” *European Neuropsychopharmacology*, 2017, vol. 27, 2017, pp. S994–S995., <https://doi.org/10.26226/morressier.5971be86d462b80290b5274f>.
- Holm, Tom. “PTSD in Native American Vietnam Veterans: A Reassessment.” *Wicazo Sa Review*, vol. 11, no. 2, 1995, p. 83., <https://doi.org/10.2307/1409105>.
- Mohr, David C., et al. “Telephone-Administered Cognitive Behavioral Therapy for Veterans Served by Community-Based Outpatient Clinics.” *Journal of Consulting and Clinical Psychology*, vol. 79, no. 2, 2011, pp. 261–265., <https://doi.org/10.1037/a0022395>.
- “What Is Cognitive Behavioral Therapy?” *American Psychological Association*, American Psychological Association, 2022, <https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>