

Veteran Issues in Transition and Education

NC Strive
Craven Community College
New Bern, NC
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Who Am I?

- William “Bill” Butler – Greenville Vet Center
 - Readjustment Counseling Therapist - 2007
 - Licensed Professional Counselor - 2008
 - National Certified Counselor - 2008
 - Certified Clinical Military Counselor - 2016
 - Adjunct Counselor – Naval Combat Stress Team 2
-Al Asad, Iraq - 2005
 - United States Marine Corps – 30 Years
 - Operation Iraqi Freedom – Feb 2005 – Dec 2005

Veteran Issues

- Not every military veteran went to war.
- Not every military veteran who went to war has PTSD or another related mental health issue.
- Not every military veteran who has a mental health issue is dangerous.
- Not every issue of a military issue is related to the military.

Normal Issues

- Financial issues
- Family support issues.
- Medical limitation issues.
- Time management issues.
- Nutritional issues.
- Physical fitness and self-esteem issues.
- Overwhelmed by expectations of self and others.

Stress

- Many people are not comfortable with stress and stress is responsible for illness, accidents and death.
- There are reactions to stress, that the individual did not expect or was not aware.
- Hypervigilance is a reaction where the individual is flooded with awareness of all stimuli in a given area, but cannot sort out which stimuli is good or bad.

Post-Traumatic Stress Disorder

- The natural reaction to **Stress** after (**Post**) experiencing a **Trauma**.
- The **P**ost-**T**raumatic **S**tress reactions are specific to the individual.
- The effects of **T**rauma are specific to the individual.
- The modality of treatment utilized should be specific to the individual and their **T**rauma.

Types of PTSD

- **Two types of PTSD**

Acute: a Single and Specific Traumatic Event.

Auto accident, Burglary/Robbery, Rape, etc.

Complex: Repeated, Varying Traumatic Events for an Extended Period of Time.

Warfare, Prisoner of War, Hostage, Prison Inmate, etc.

PTSD Symptoms

- Emotional Reactions to Trauma-similar stimulation.
 - Anger, Tearfulness, Depressed, Anxious, etc.
- Physical reactions to Trauma-similar stimulation.
 - Fighting, Reckless Driving, Alcohol/Substance abuse, Isolation, Digestive Problems
- ***Fight or Flight (or Freeze)***

Suicide

- 20 military Active Duty and Veterans commit suicide each day.
- 3 Top causes:
 1. Substance/Alcohol Abuse
 2. Relationship issues
 3. Financial issues
- This is the # 1 National Initiative for the DoD and DVA.

What Can You Do?

- Respect Veteran's efforts of change during Readjustment.
- Don't presume to understand.
- Respect Veteran's space.
- Ask before you act, then honor the decision.
- Be consistent, and don't promise anything.
- Don't Judge, what you don't understand.
- Seek resources and give support to the family.

Questions?

*You may not be
the answer,
but you can be
the pathway!*