



JCVMA HEARING
3 OCTOBER 2012
HEARING ROOM C



Global War On Terror – PTSD

Tom Schumacher, Director Behavioral Health Programs
WDVA

Outline

- Handouts – Saving pager – I will send electronically any items noted
- GIS Maps of Returning GWOT Veterans
- Incidence of PTS/D Among Veterans
- Federal VA Services Nationally & Washington State
- Shifting Demographics of Veterans in WA
 - PTSD Program Changes – Model Modifications
 - Networking Supplementing Treatment Funds from other than state funds
- Keith Meyer, M.S., LMHC and Adrian Magnuson-Whyte, Ph.D., LMHC: local PTSD Program Providers
- Mark Fischer, M.S. and Jason Alves, B.A., Vet Corps
 - Randi Jansen, M.A., LMHC, *Soldier Project*

Global War on Terror (GWOT), Homecoming, and Connections

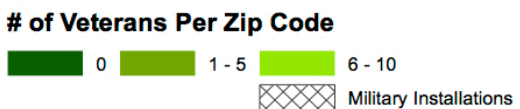
Geographical Representation of OIF, OEF, and ONE Combat Veterans (All Branches) in Washington State, 2001



Bradley S. Switzer
 8/8/2012
 Sources:
 DD-214 Database, WA State Dept of Veterans Affairs
 U.S. Census, 2010 ZCT
 U.S. Census, 2010 WA Counties
 WA State Dept Natural Resources, WA State Hydrography

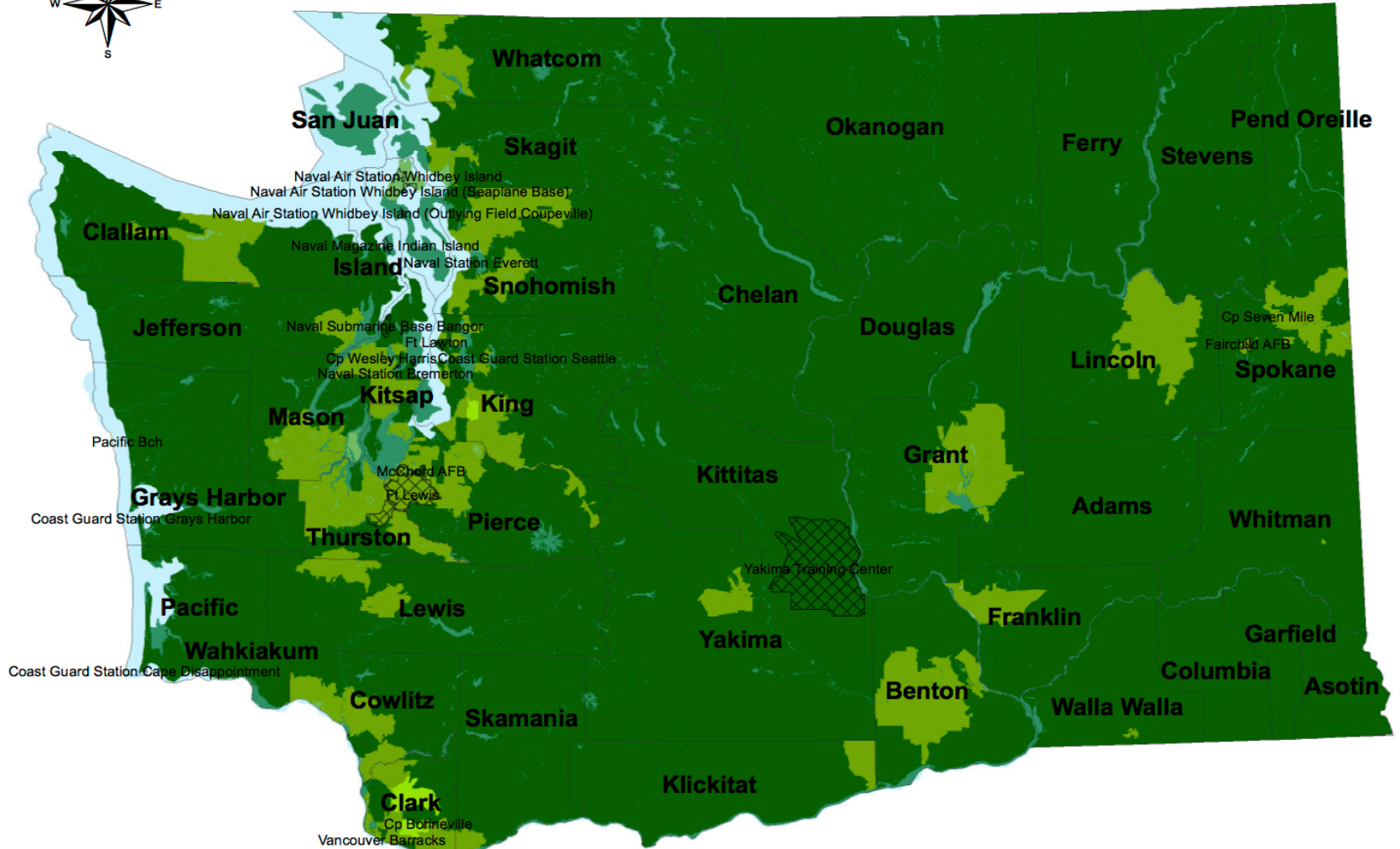
of Veterans Per Zip Code
 0 1 - 5 Military Installations

Geographical Representation of OIF, OEF, and ONE Combat Veterans (All Branches) in Washington State, 2001 - 2002




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Geographical Representation of OIF, OEF, and ONE Combat Veterans (All Branches) in Washington State, 2001 - 2003



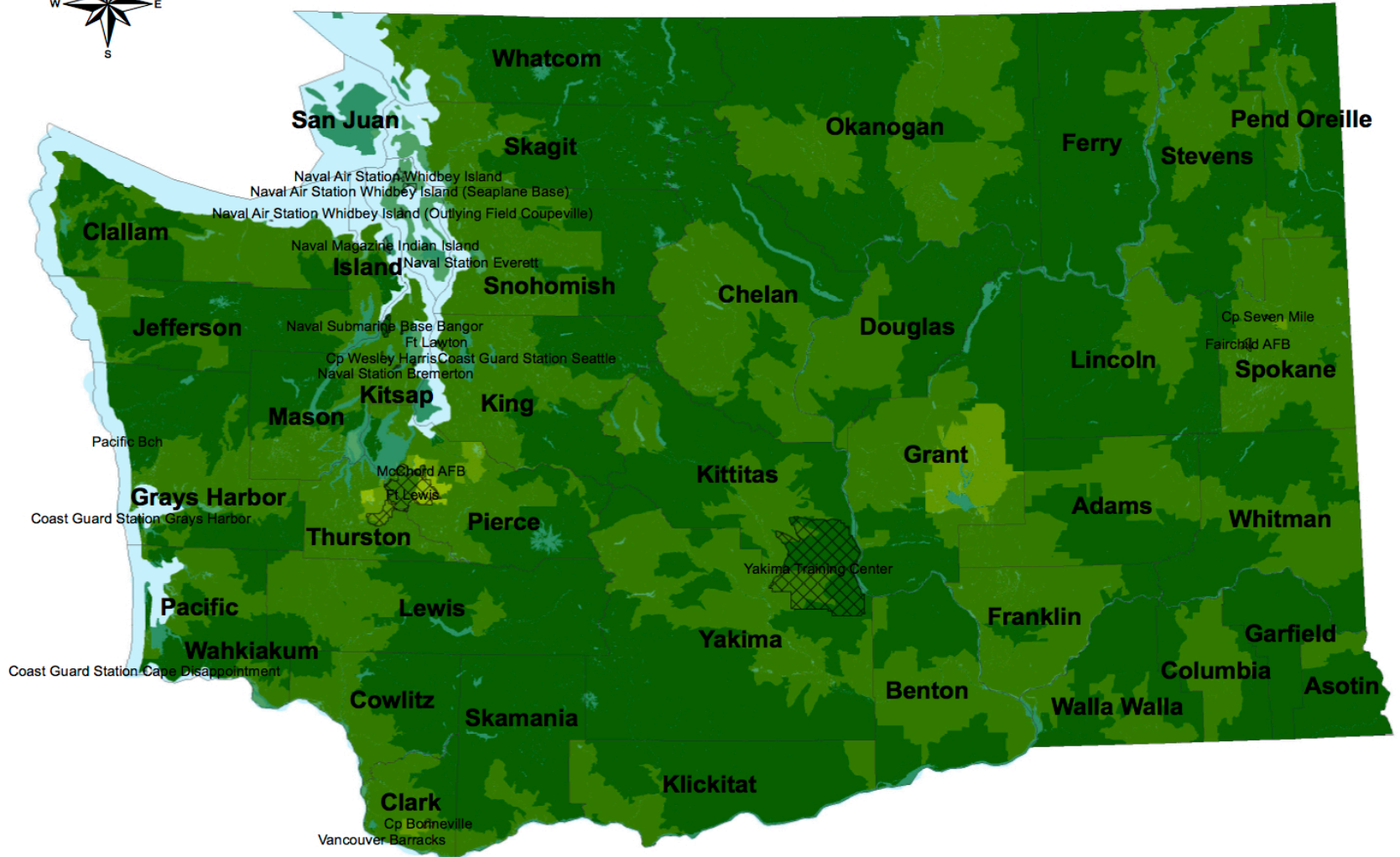
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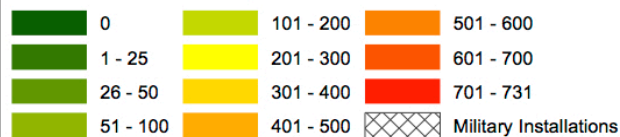
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Geographical Representation of OIF, OEF, and ONE Combat Veterans (All Branches) in Washington State, 2001 - 2004



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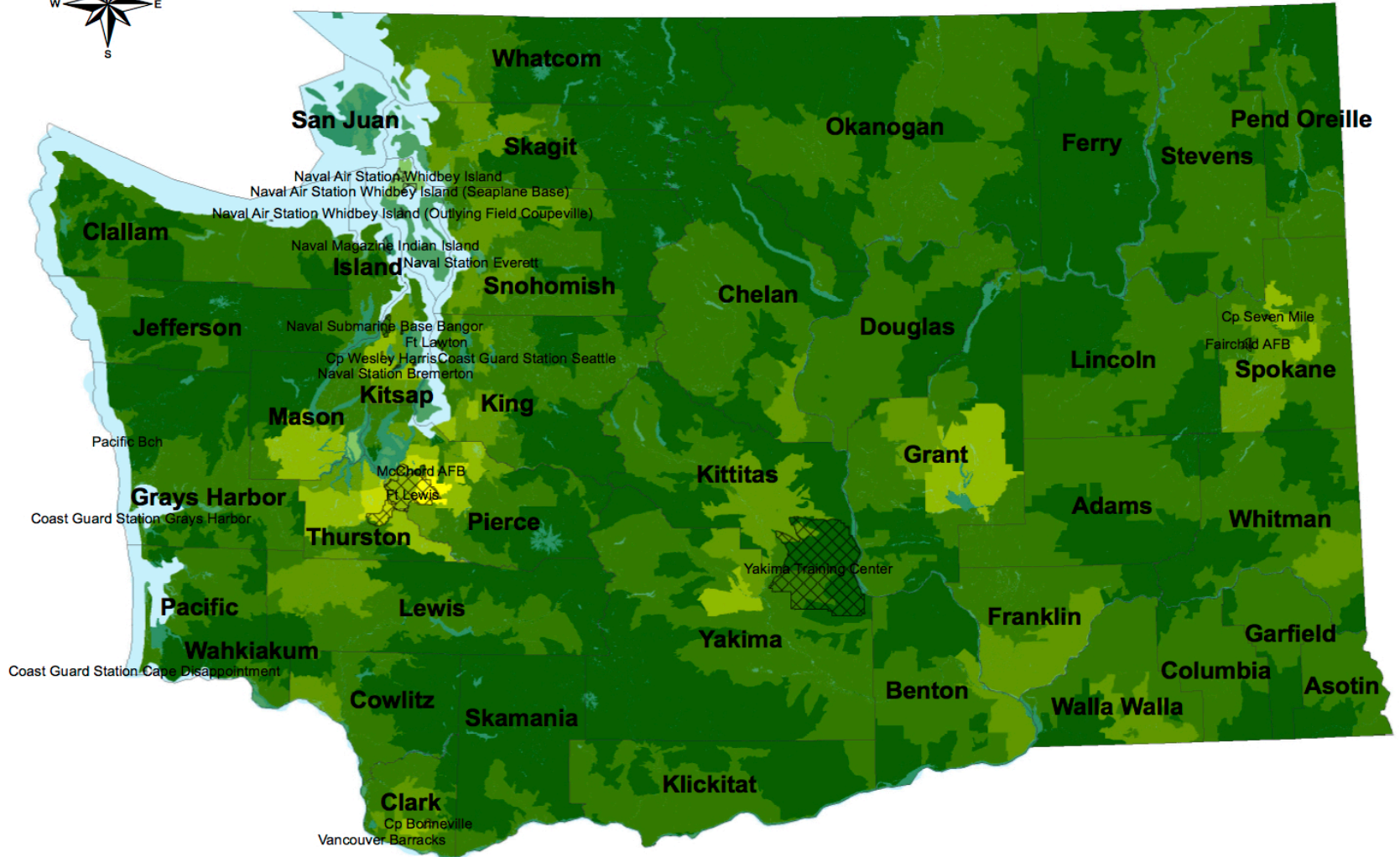
DD-214 Database, WA State Dept of Veterans Affairs

U.S. Census, 2010 ZCT

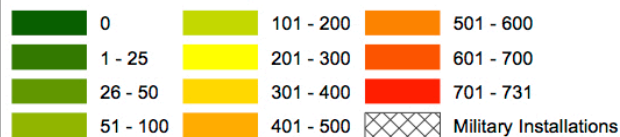
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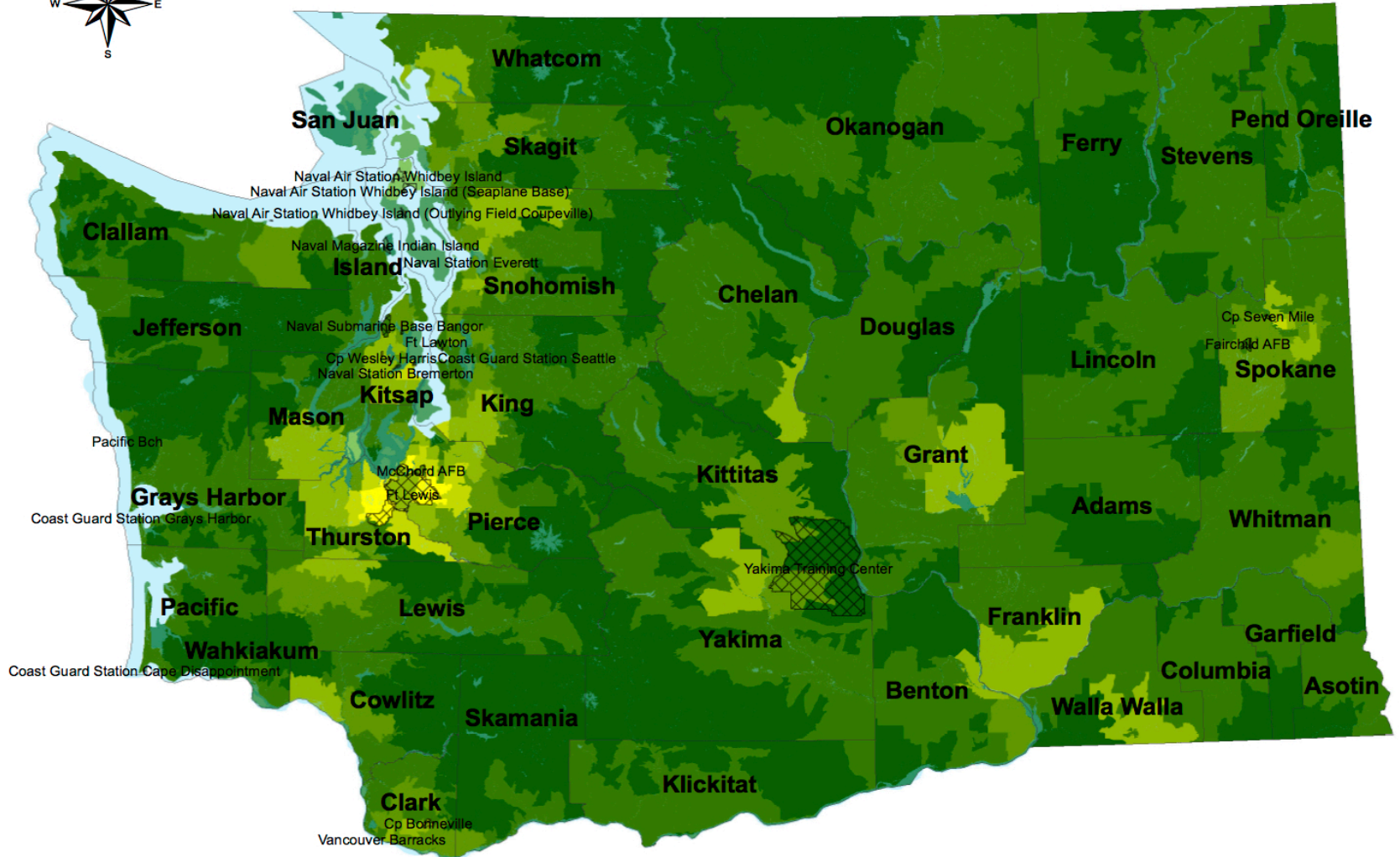
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U.S. Census, 2010 ZCT

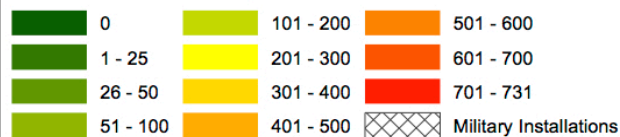
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Geographical Representation of OIF, OEF, and ONE Combat Veterans (All Branches) in Washington State, 2001 - 2006



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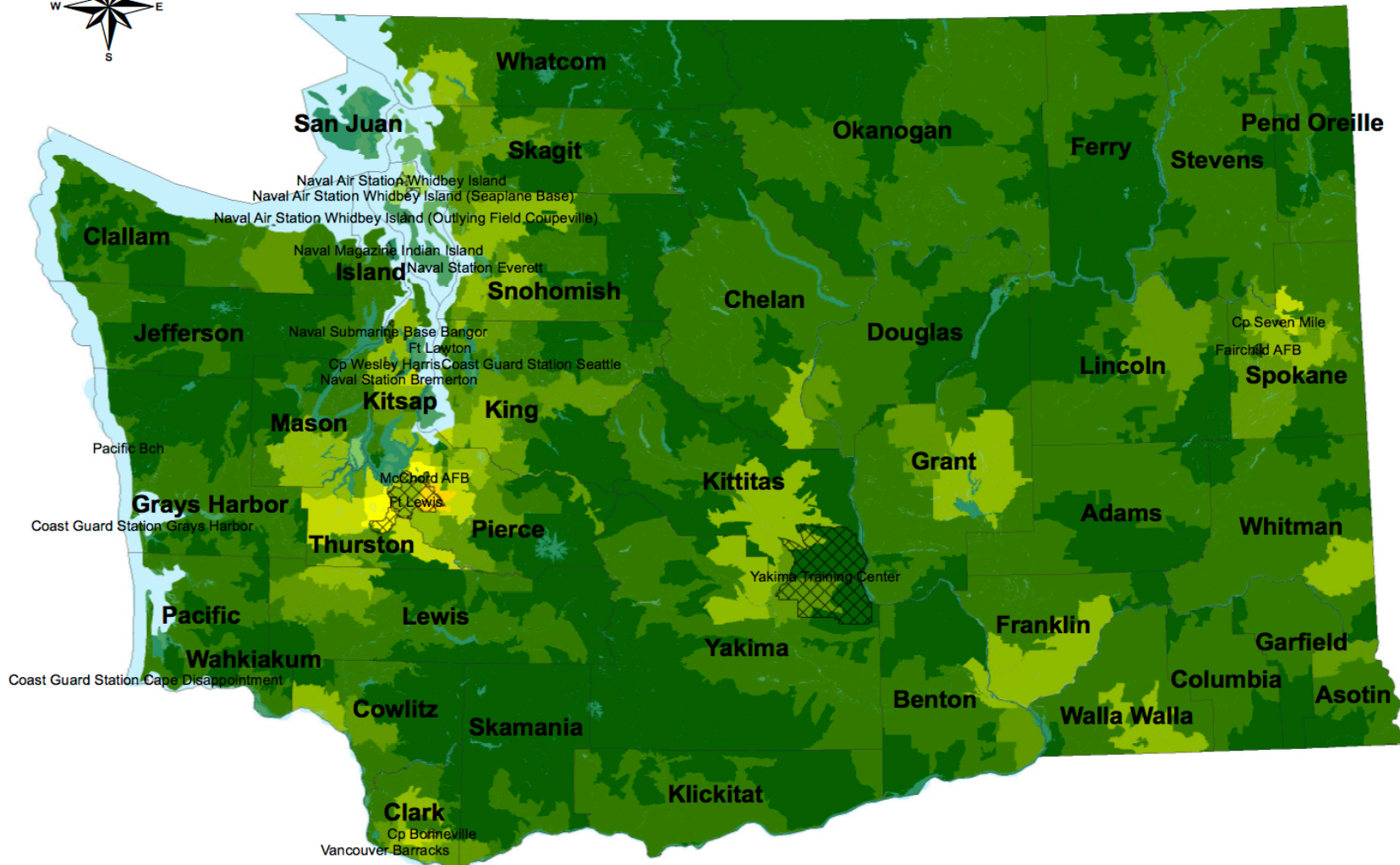
DD-214 Database, WA State Dept of Veterans Affairs

U.S. Census, 2010 ZCT

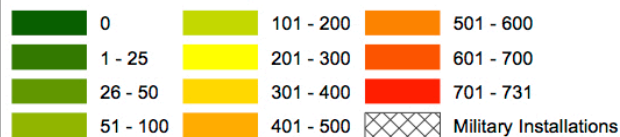
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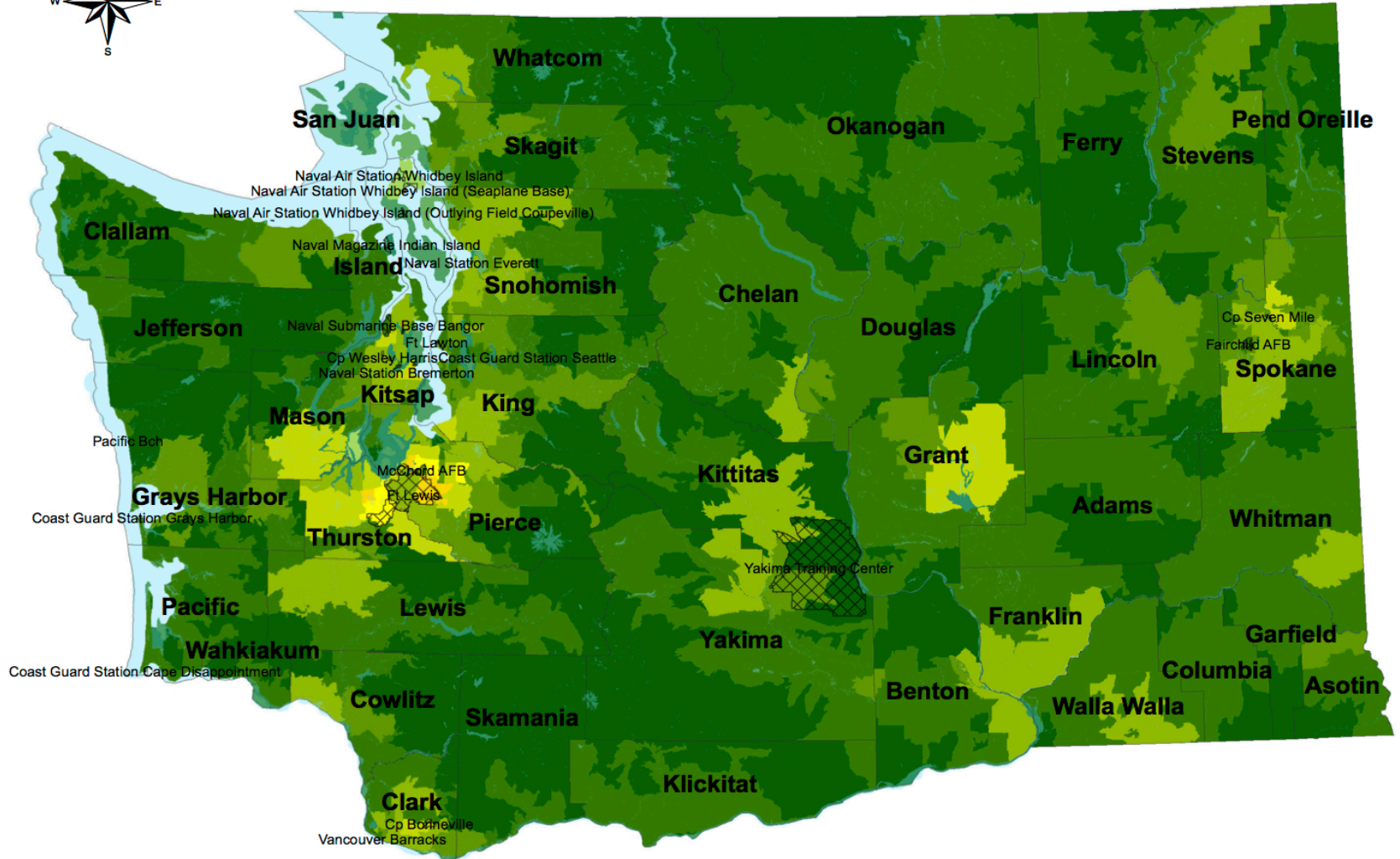
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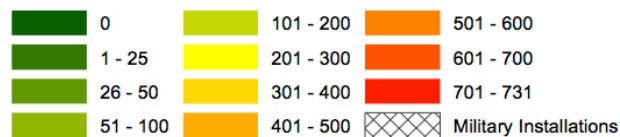
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Geographical Representation of OIF, OEF, and ONE Combat Veterans (All Branches) in Washington State, 2001 - 2008



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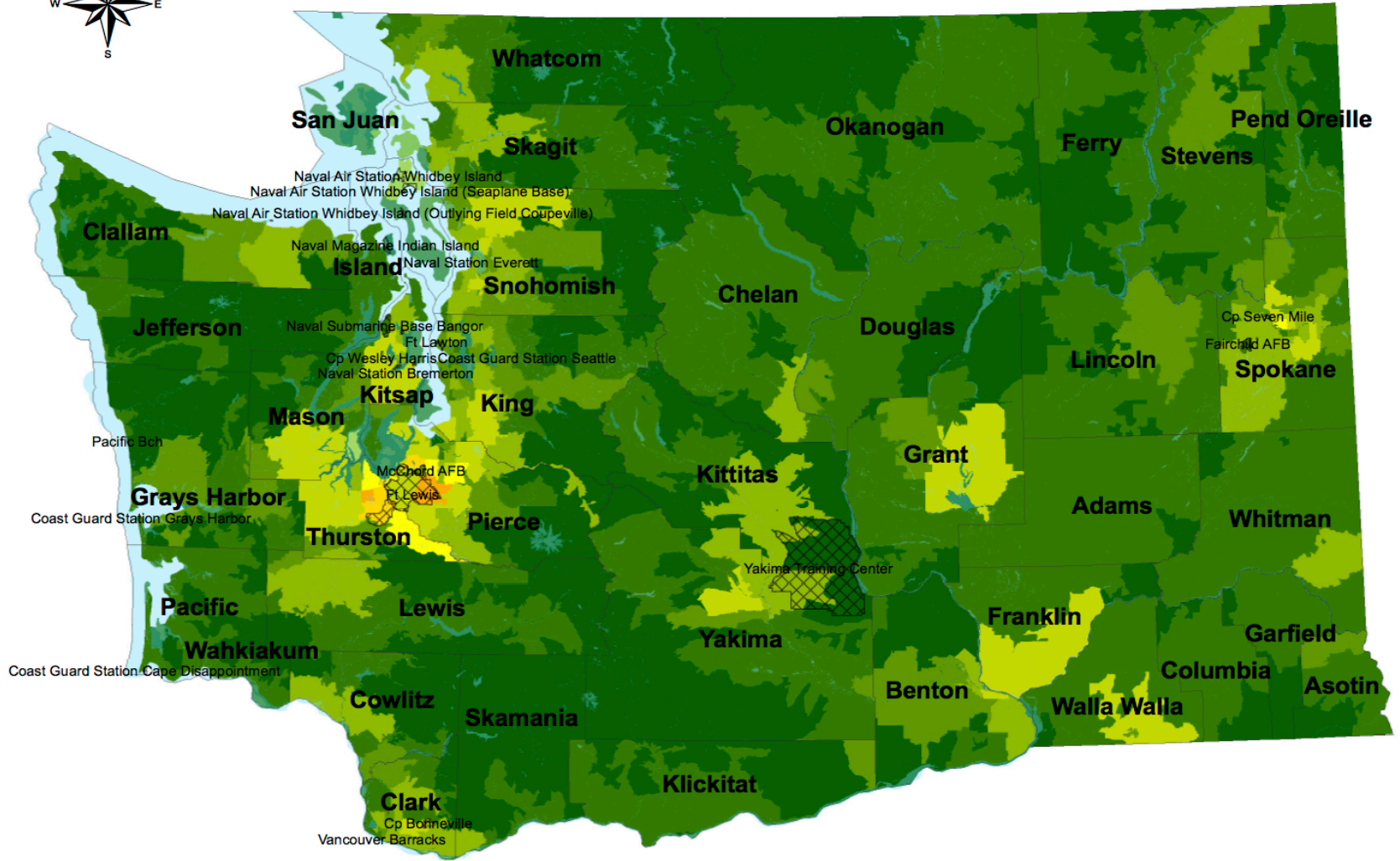
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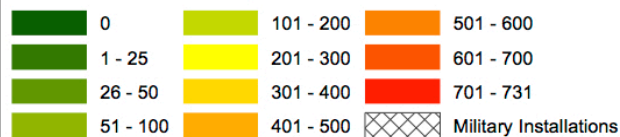
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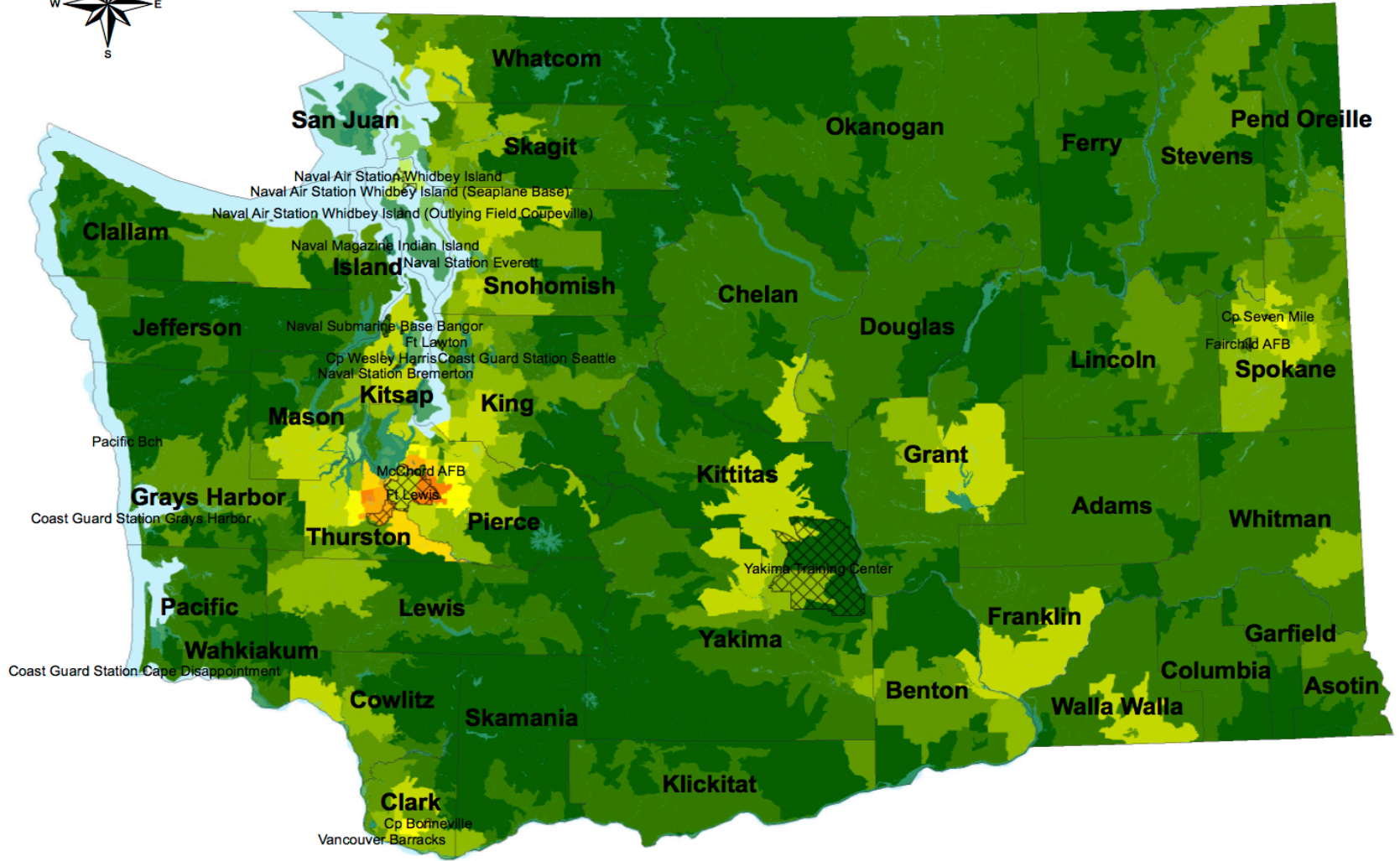
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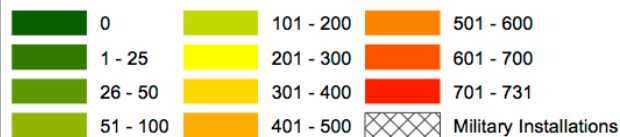
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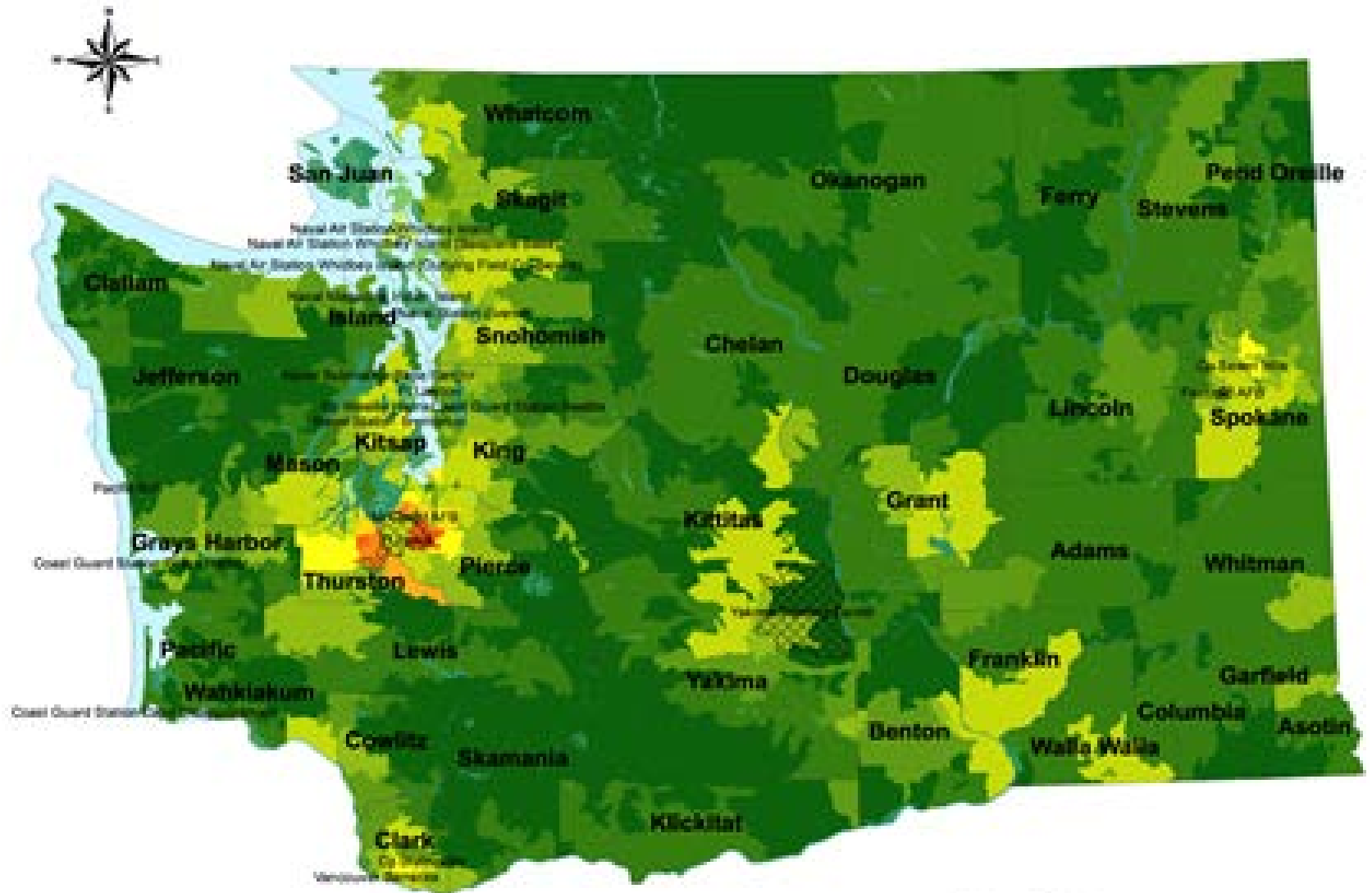
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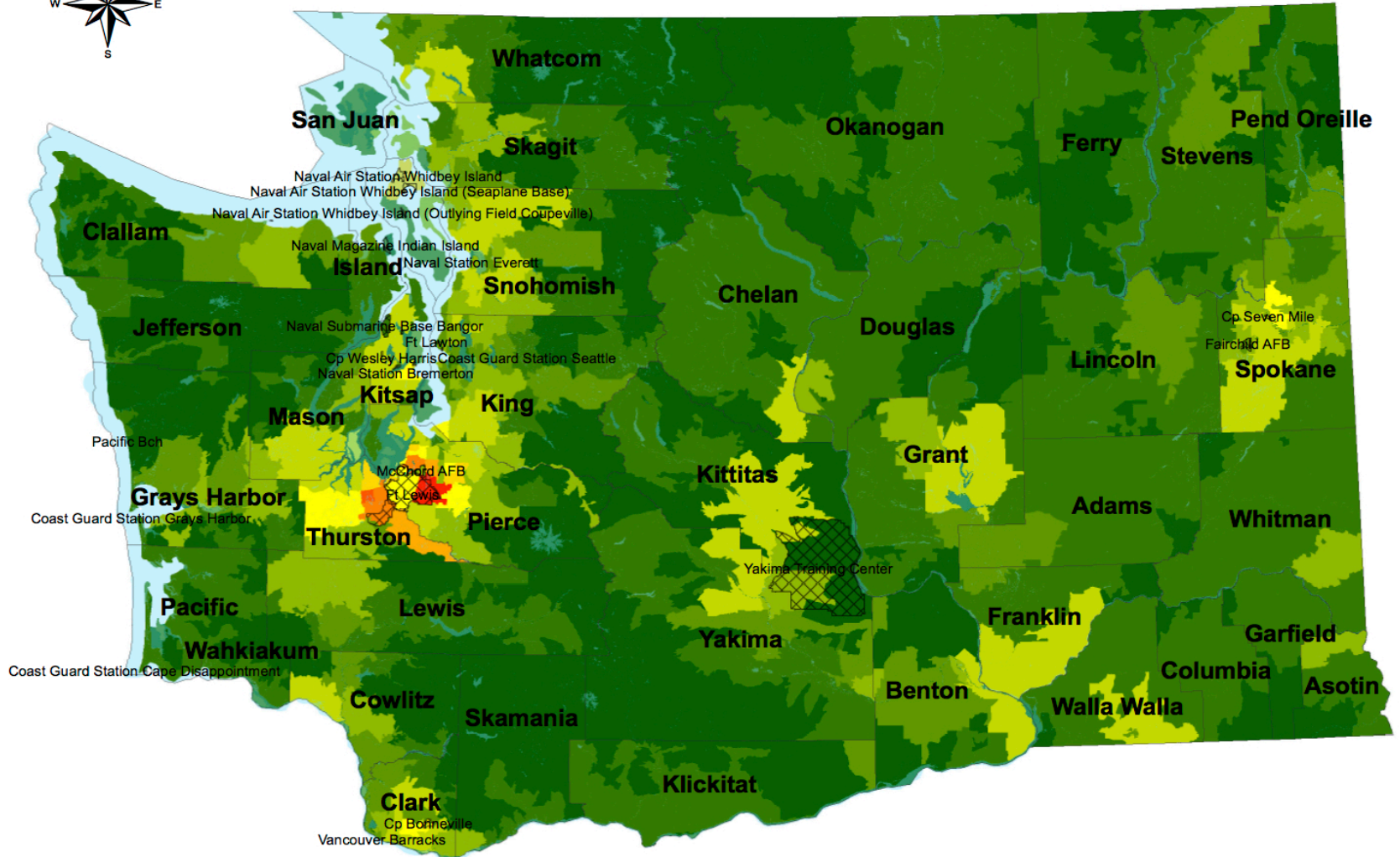
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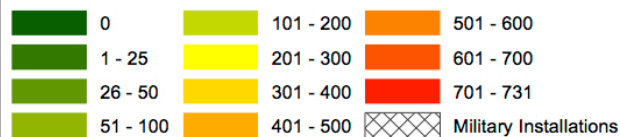
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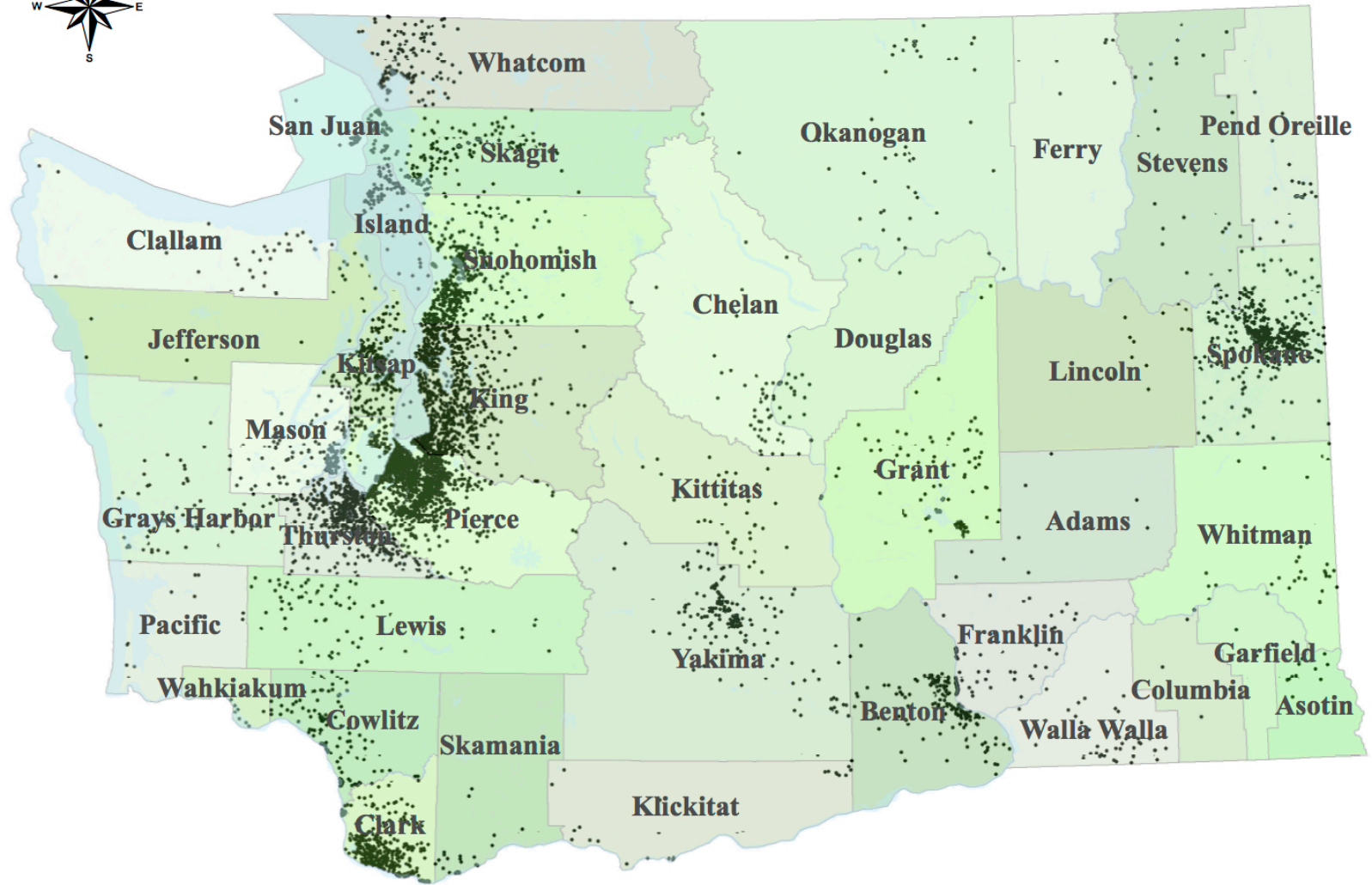
DD-214 Database, WA State Dept of Veterans Affairs

U.S. Census, 2010 ZCT

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WA State Dept Natural Resources, WA State Hydrography

Global War on Terrorism Veterans in Washington State (As of June 2012)



WA State GWOT Veterans

1 Dot = 5

TOTPERZIP



Author: Bradley S. Switzer

9/25/2012

Sources Include:

WA State Dept of Veterans Affairs, DD-214 Database

U.S. Census, 2010 Zip Code Tabulation Table

U.S. Census, 2010 WA Counties

WA State Dept Natural Resources, WA State Hydrography

GWOT Military and Veterans Data:

From 1 Oct 2001 – 31 March 2012

Source: Epidemiology Program, VHA, DVA <http://.pubic.health.va.gov/epidemiology>

- Number Served or Deployed to GWOT: **2.4 million**
- GWOT Veteran Home and Eligible for federal VA Services : **1,478,370**
 - 821,318 (56%) Former Active Duty (all branches)
 - 657,052 (44%) Reserve and National Guard
- State Veteran Number difficult to know, but ranges from 36,000 to 50,000+
 - *Department of Defense (DoD) Defense Manpower Data Center (DMDC) – OIF/OEF/OND Veteran Roster*

Nationally: VA Services

Total Discharged and VA Eligible: 1,478,370

- 821,318 (56%) Former Active Duty (all branches)
 - 451,494 (55%) have sought VA health care (all types)
- 657,052 (44%) Reserve and National Guard
 - 353,210 (54%) have sought VA health care (all types)
- Total Seen by VA Nationally = 804,704 GWOT Veterans = 54% of total discharges

VA (Nationally) Health Care Utilization FFY 2002 – June 2012 (Outpatient and Inpatient)

Source: Epidemiology Program, VHA, DVA [http://.pubic
health.va.gov/epidemiology](http://.pubic.health.va.gov/epidemiology)

- **804,704** GWOT Veterans who have received VA health care:
 - **751,754** (93%) have been seen at least once in an outpatient VA health care facility
 - **52,950** (7%) have been hospitalized at least once in a VA Medical Center
- Services to **GWOT Veterans represents 8%** of all services to the 6.2 million VA Veterans

VA Health Care Utilization among OEF/OIF/OND Veterans – Rank Order of 7/15 highest Diagnoses

Cumulative from 1st Qtr FY 2002-2nd Qtr FY 2012 – Released data: June 2012
Number and % of total Diagnoses among OEF/OIF/OND Veterans

Source: Epidemiology Program, VHA, DVA <http://.pubic.health.va.gov/epidemiology>

<u>Condition</u>	<u>N</u>	<u>%</u>
▪ Musculoskeletal	456,006	56.7%
▪ Mental Disorders	424,803	52.8%
▪ Symptoms & Ill Defined Con.	417,703	51.9%
▪ Nervous System/Sense Org.	360,644	44.8%
▪ Digestive Disorders	289,303	36.0%
▪ Metabolic Systems	260,330	32.4%
▪ Injury/Poisoning	232,142	28.8%

Mental Disorders – GWOT Veterans Seen

National VA System

Rank Order – Top Seven Diagnoses

Cumulative from 1st Qtr FY 2002-2nd Qtr FY 2012 - Released data: June 2012

Number Diagnosed among OEF/OIF/OND Veterans for each MH Condition

Source: Epidemiology Program, VHA, DVA <http://.pubic.health.va.gov/epidemiology>

Condition	N /Amended N
□ PTSD	228,361 /245,658
□ Depressive D/O	174,799
□ Neurotic D/O	153,346
□ Affective Psychosis	105,841
□ Alcohol Dependence	49,797
□ Abuse of Rx Drugs	35,360
□ Nonpsychotic M/D due to Organic Brain Damage	27,880

Rates of PTSD GWOT

■ Active Duty PTSD

- 14 - 21% Various Estimates before and since RAND Study
- RAND Corporation – 2008
 - 20.0% Veterans had PTSD or Major Depression
 - 19.0% likely suffered TBI (Traumatic Brain Injury)
 - 17.0% taking anti-depressants in the field

■ Veterans

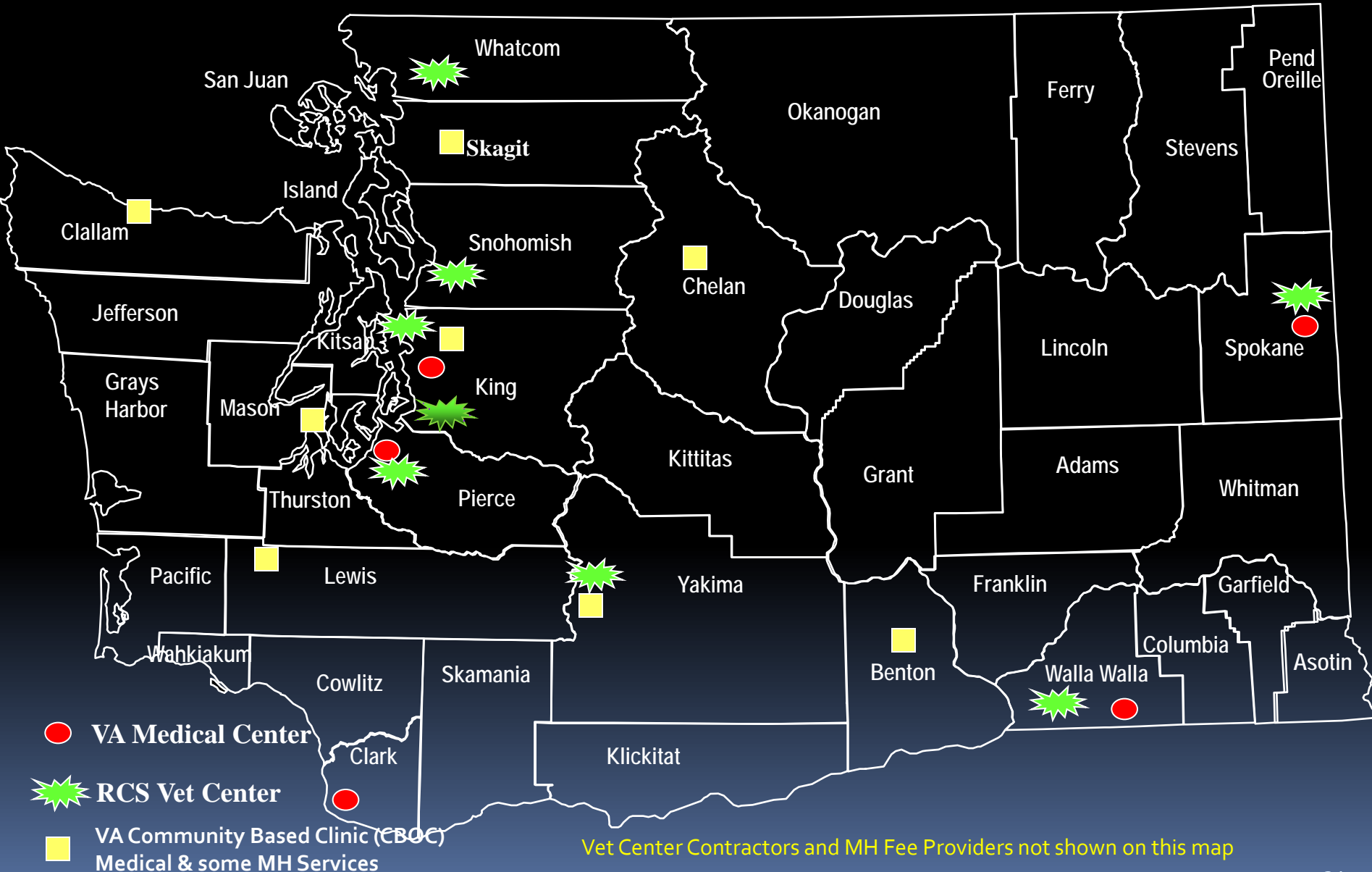
- PewResearchCenter findings with GWOT Combat Veterans
 - 37% - 49% surveyed think they have PTS/D
 - 52% say they suffered significant traumatic stress while in the war zone
 - 47% know someone who was killed in action (KIA)

Federal VA PTSD Services Within Washington State



- VISN 20 = (WA, OR, ID, AK)
- **VA Medical Centers** : N = 5 (counting American Lake and the Vancouver satellite)
 - PTSD Outpatient Clinics (within VAMCs)
 - PTSD Inpatient Program (e.g. American Lake)
 - **Community Based Clinics (CBOC)** N = 8
 - Medical Clinics - some Mental Health Services / Major Staffing Shortages
 - **Mental Health Fee Services** (Non-VA Providers)
 - 98% of these services are west of Cascades (Puget Sound HCS)
- **Vet Centers** – Readjustment Counseling Centers
 - 8 Store Front Clinics – In population centers of the state
 - **Vet Center Contractors** (8 Providers/7 are WDVA Providers)

Federal VAMC, Vet Centers, VA CBOCs

Does not include sites of Non-VA Outpatient Contractors or Non-VA Fee Service Providers



Vet Center Contractors and MH Fee Providers not shown on this map



The Problem: Extreme Service Demands & Sources of Barriers to PTSD Treatment

Federal VA Services to GWOT Veterans - VISN 20 (Washington)

2002 – June 2012

- VISN 20 (WA, OR, ID, AK) ¹.
 - 47,437 GWOT Veterans seen from 2002-2012
- Washington State Federal VA – All VA entities ¹.
 - 11,737 GWOT Veterans seen from 2002-2012
 - 35,203 Home to Washington (Actual totals are still confusing)

▪ VA National-All State % of GWOT Veterans Served

- 47.4% (54%) Veterans (Former Active Duty)¹
- 45.3% (53%) Reserve/National Guard¹

▪ Federal VA: Veterans Served in Washington State

- 33.2% Veterans (Former Active Duty)¹.
- 33.8% Reserve/National Guard ¹. (Source: 1. Terry C. Washam, Senior Military Outreach Liaison, VHA OEF/OIF Outreach Office (10B7A1)

Barriers to Mental Health Care

Positive Screen for PTSD among Active Duty (Hoge et al., 2004)

The Stigma Associated to Obtaining MH Care

I would be seen as weak	65%
My unit leadership might treat me differently	63%
My unit would have less confidence in me	59%
My leaders would blame me for the problem	51%
It would harm my career	50%

Difficulty getting time off work for treatment	55%
It is difficult to schedule an appointment	45%

I don't trust mental health professionals	38%
Mental health care doesn't work	25%
I don't know where to get help	22%

GWOT Veterans: Good News – Troubling News

1. Most returning veterans do adjust after military service
2. Most veterans are resilient, are searching for **Post Traumatic Growth** from their experiences – Wanting a happy life!

3. **Elevated levels of PTSD, TBI, and wounds/injuries**
4. Homecoming Can = Social Disconnection = > Problems
5. **Unemployment is 2x the civilian rate: Bias against vet hiring?**
6. Many veterans attending higher education: (The actual number is unknown and not collected in Washington State)
 - High suicide ideation rates (46%); 24% had a plan; 46% expressed severe anxiety; high drop out rates reported.
Rudd, M.D, Goulding, J. & Bryan, C.J., Student Veterans: A national survey exploring psychological symptoms and suicide risk. *Professional Psychology: Research and Practice*, 2011, Vol. 42. 5,354-360
7. **Family Members need support - Providers need to be able to see family members when treating PTSD - VA does very little family Tx**
8. **Homelessness, Substance Abuse, Legal Problems, and Suicide Risk**
 - Majority of veterans have guns – 85% of suicides among veterans is with a fire arm

Systems Can Create Treatment Barriers – Some things that impact VA utilization

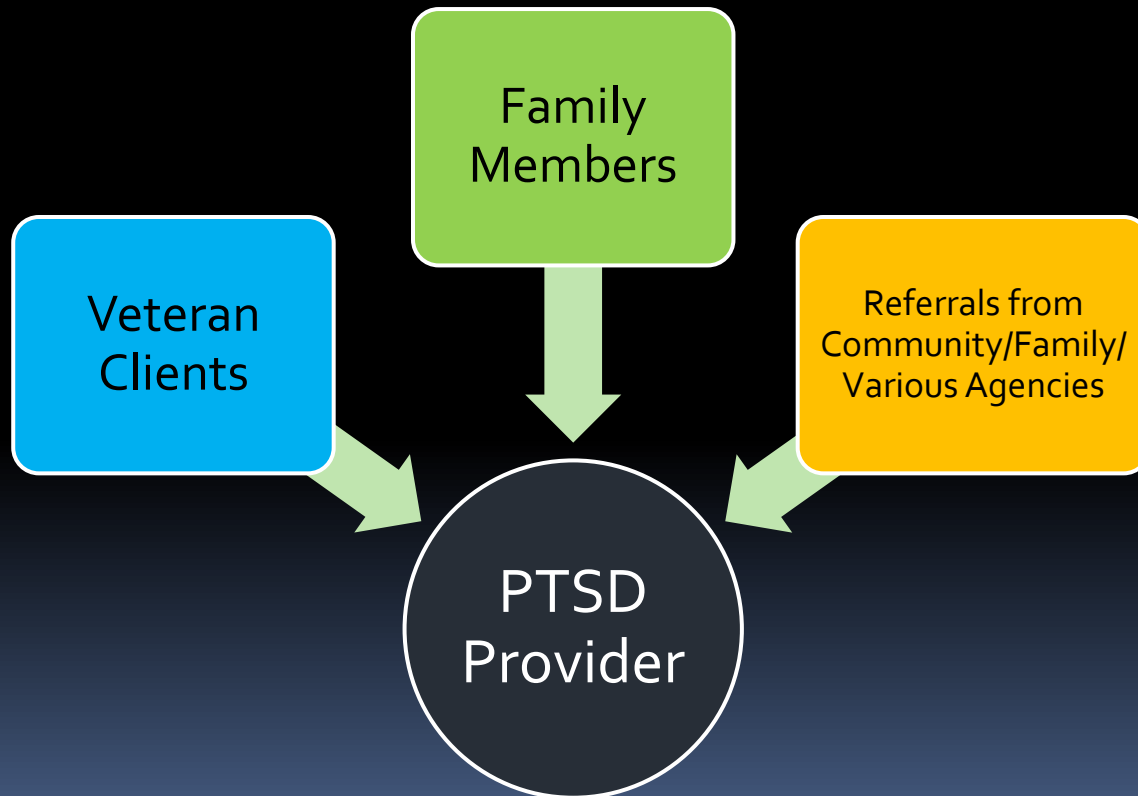
1. **Geography and Weather** – distance to federal centers of care
2. The architecture of large facilities, crowded parking lots – hard to navigate when suffering from PTS/D or TBI
3. **Long Delays for Intake and long durations between appointments at many VA facilities**
4. ***Mental Health treatment stigma***
 - Fear of a MH diagnosis, and the impact on employment, security clearances, federal work, police jobs, teaching careers, pilot's license, others careers, etc.

Systems and Service Barriers

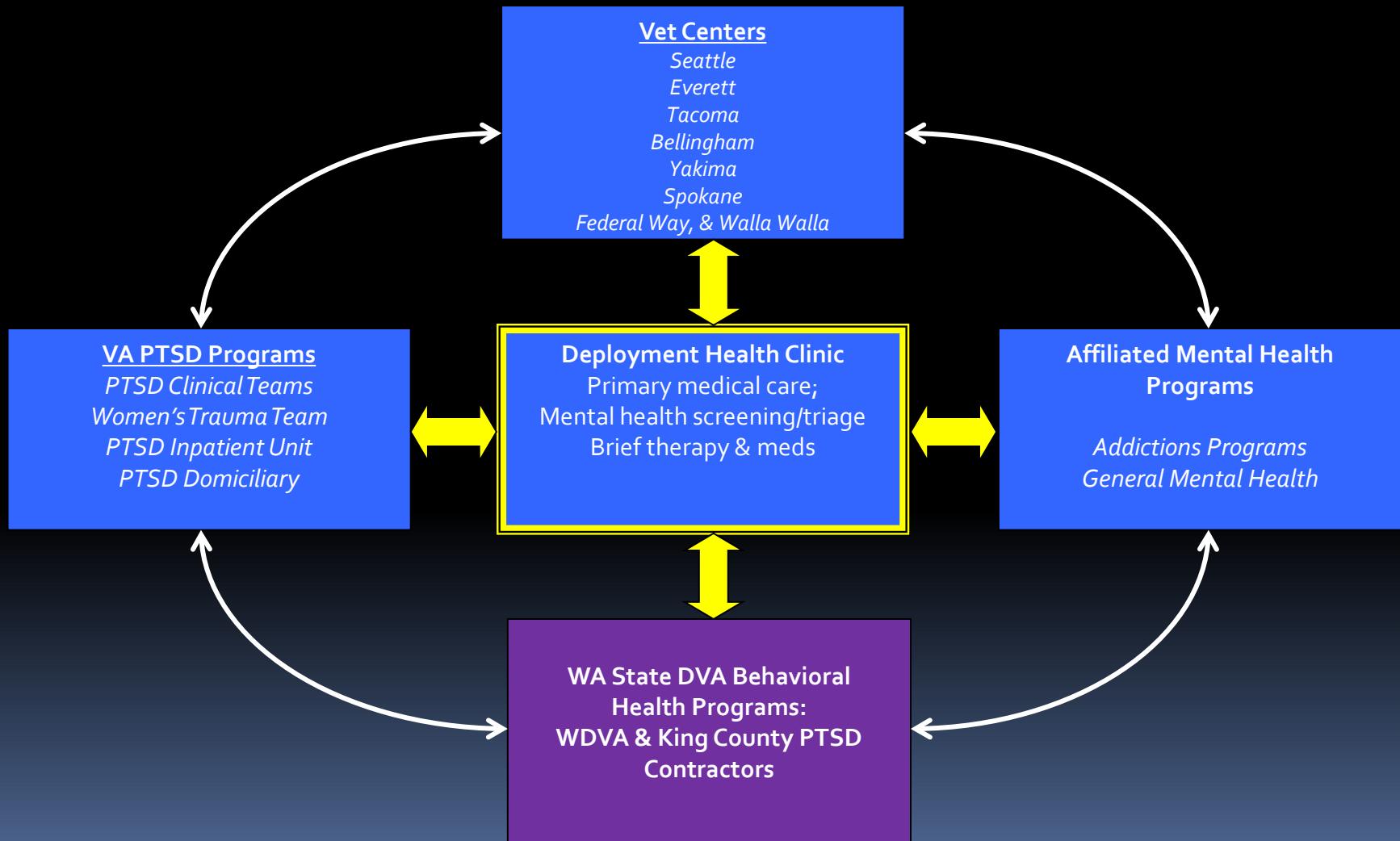
More things that impact VA utilization

1. **Gender Barriers** affecting Women Veterans
2. **Ethnicity Barriers** - lack of cultural awareness or shared ethnicity with providers
3. **Over adherence to “evidence based practices” or research protocols** - frequently alienates the veteran – *loss of human-to-human connection*
4. *An over emphasis on pathology & diagnosis; the loss of the human experience of war, the need to tell the trauma story.*
5. **The Moral Injury** resulting from combat and killing:
 - Often the real wound is needing to be addressed but missed by overwhelmed institutional providers
 - Maguen, S., & Litz, B. (2012) Moral injury in veterans of war. *PTSD Research Quarterly*, Vol. 23/No. 1. National Center for PTSD, US Department of Veterans Affairs
6. **Lack of awareness of Veteran Trauma Informed Care and Military or Veteran Culture Awareness**

Successful Community Based Model: Veteran Comes to Provider's local office - Works Best When Treatment is in the Veteran's Home Community



Interactive Diagram of VAMC, Vet Centers, WDVA PTSD Program



WDVA PTSD Program Referral Sources 2005-2012

Twelve highest referral sources for 4305 Veteran Clients

WDVA (Webpage or direct referral by staff)	N = 631
Former or current Veteran client	517
V.A. Hospitals in Washington	457
Self Referred – actual source not determined	386
Mental Health Center Within Provider's County	244
Veterans of Foreign Wars Office	236
Family Members	205
Other Community Organizations (Vet Centers, DSHS, etc.)	175
Private Practice Mental Health Professionals	173
Vietnam Veterans of America Office	173
Other Veterans Organization	164
Other Individuals (Landlords & neighbors)	160
Other Government Agencies	138
Disabled American Veterans Office	131
American Legion Office	116



Changing Demographics of
Veteran Population =
Changing Helping Models

Vietnam War Veterans - Still the largest segment of VA and WDVA PTSD Services

Sources: VAMC PSCHS (2007); WDVA PTSD Program (2010-11)

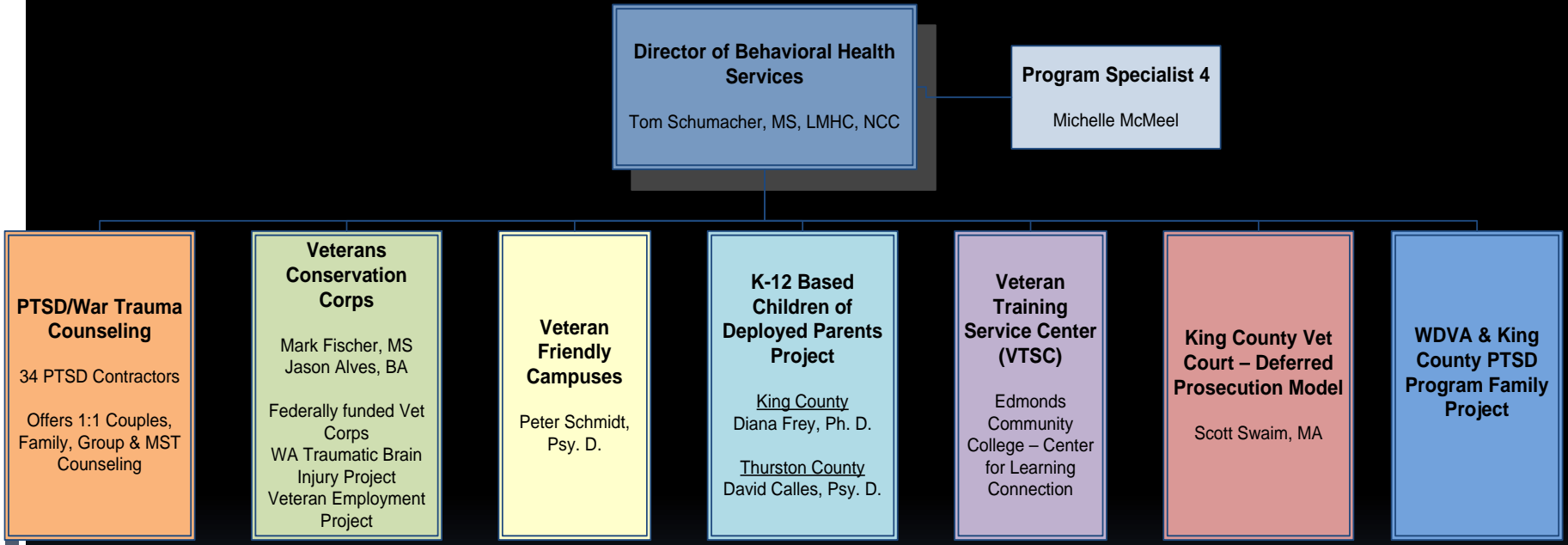
- Average age: 66
- Out of military for 35-44 years
- Usually 1 combat tour – 12 to 13 months
- High risks in VN, but fewer in direct combat roles
- Married/divorced/remarried or alone, isolated
- Retired, unemployed/disabled
- Retirement increases PTSD for many VN Veterans
- Empty nesters – grandparents – end of life issues begin
- Agent Orange/war zone environmental illnesses
- Seeking more VA benefits and health care
- Early severe illnesses and premature death
- 68% of VN vets have used VA for something (VAMC/VARO)
- Post-WW II Generation/Baby-Boom Generation

GWOT (OIF & OEF) Veterans = 8% of Federal VA; 14% of WDVA PTSD Program

- More time in war zone/ more direct combat participation/more veterans surviving wounds
- Average age: 24-31 (Different developmental stages/tasks)
- Out of military 0-9 years – More acute PTSD and TBI
- Single or newly married – very busy lives
- Going to school, work, and planning career
- Living with parents or roommates – *Homeless by definition*
- 46 to 54% of GWOT Vets have used VA Nationally - **33.2% of WA State Veterans seen by federal VA**
- Much higher wound survival rates than earlier wars
- High rate of suicide in military; Highest rate age - 19-24
- 47% say difficult homecoming/readjustment
- Law Enforcement/First Responder issues
- Stigma around obtaining mental health/behavioral health
- Avoidant of the VA – Fear of diagnostic labels

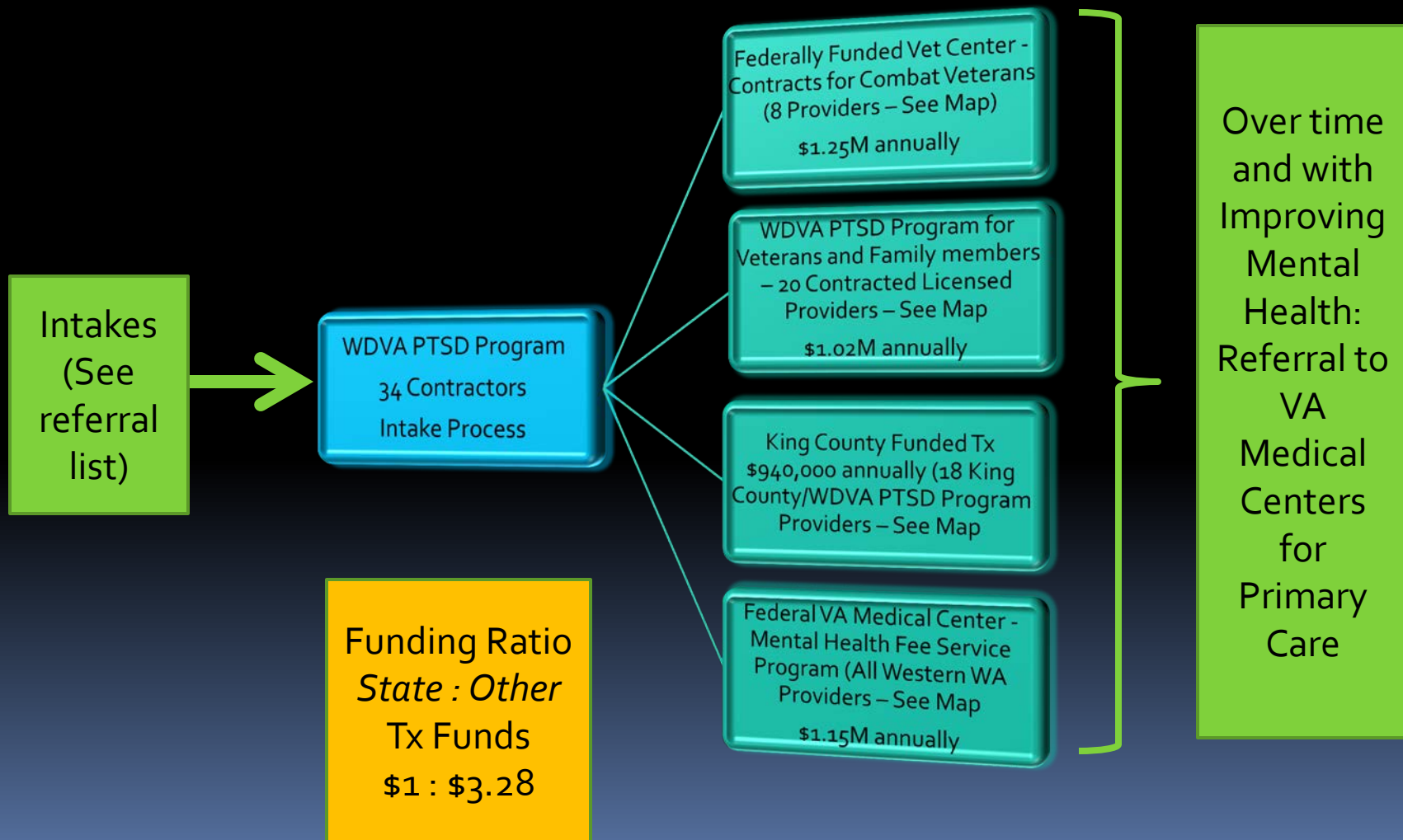
Some PTS/PTSD War Trauma Program Model Changes/Additions since 2001

- Prevailing Treatment Model: “Come to us for care” works for many, but not all Veterans/Families
- WDVA Community Based – Alternative to VA, outpatient counseling remains very important for GWOT and VN War Veterans
- The WDVA PTSD Program = proactive support of the GWOT veterans/family members during the post deployment homecoming and readjustment experience
- We have learned to offer service that mimic the pathways of Veterans as they return home – expanding on peer to peer connections – not on complex, difficult to access systems of care



WDVA PTSD Program Providers & Treatment Funding

(Note: These services-extender fund sources vary by county, by VA catchment areas, and VA Program criteria for eligibility.)



WDVA PTSD/War Trauma Program

Annual Intakes N = 1,650

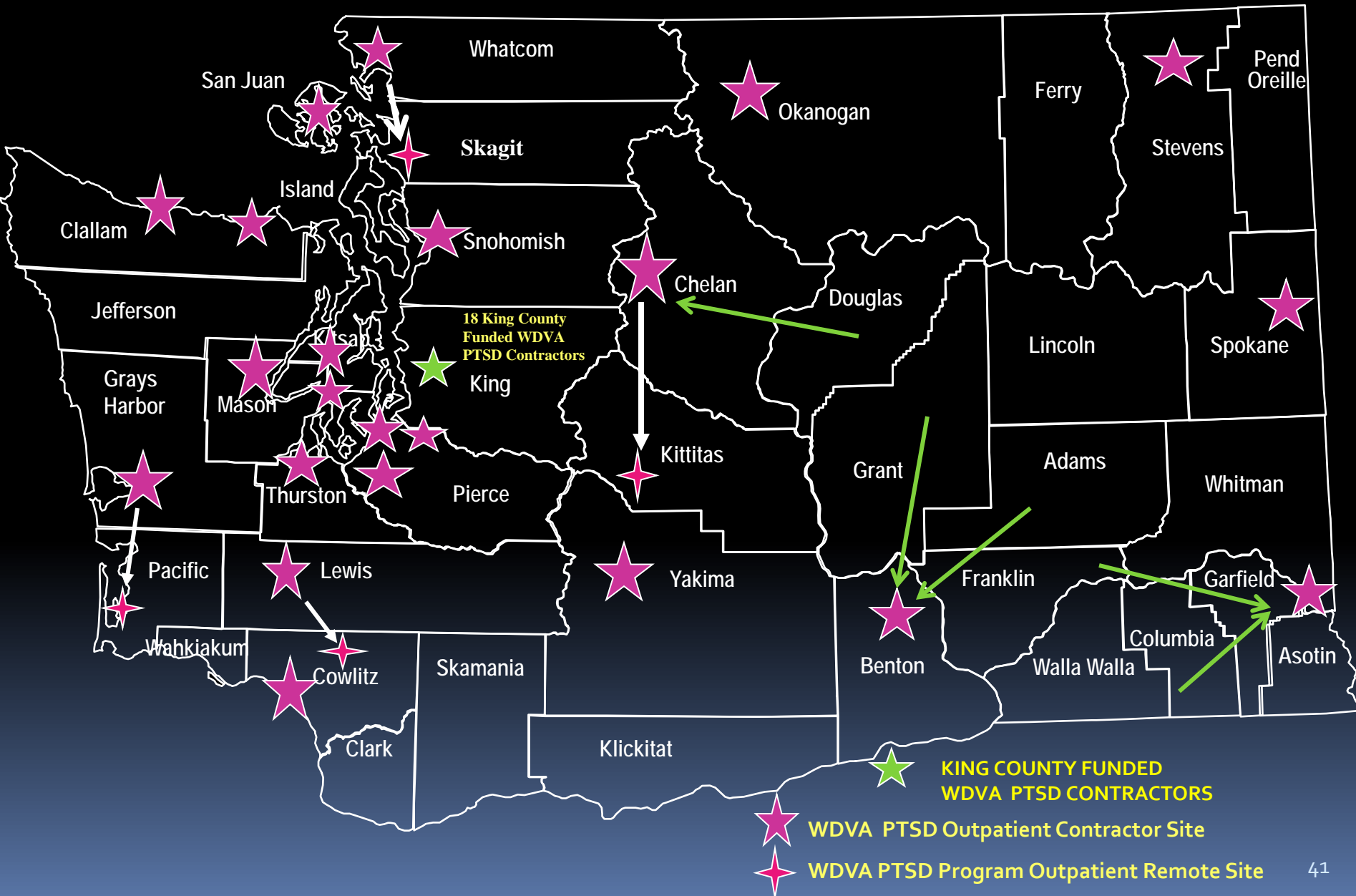
Unique Clients in WDVA Program = 3,400 unique clients annually

1/3 to 1/2 = Family Members

250 – 552 children in Classroom Based - Deployment Resiliency Project in King and Thurston Counties

1,781 GWOT Veterans from 2003-2012

WDVA PTSD Programs - 2012 http://www.dva.wa.gov/ptsd_counseling.html



18 PTSD/War Trauma Service Providers in King County



Not on Map

*One therapist offers home visits to veteran families.

*One contractor offers in-service/consultation to college and university counseling staff to create *Veteran Friendly Campuses*; and the *Veteran Training Service Center* trains providers to enhance clinical, crisis, veteran trauma informed services.

*One contractor offers *Veteran Court Assessment Services* to Seattle and King County District Courts.

*One contractor offers services to K-12 students of parents deployed to Iraq/Afghanistan.

*One contractor edits the *E-RAO Newsletter*, a widely distributed journal created by WVA/King County and the word about PTSD Tx and provider information

http://www.dva.wa.gov/ptsd_counseling.html

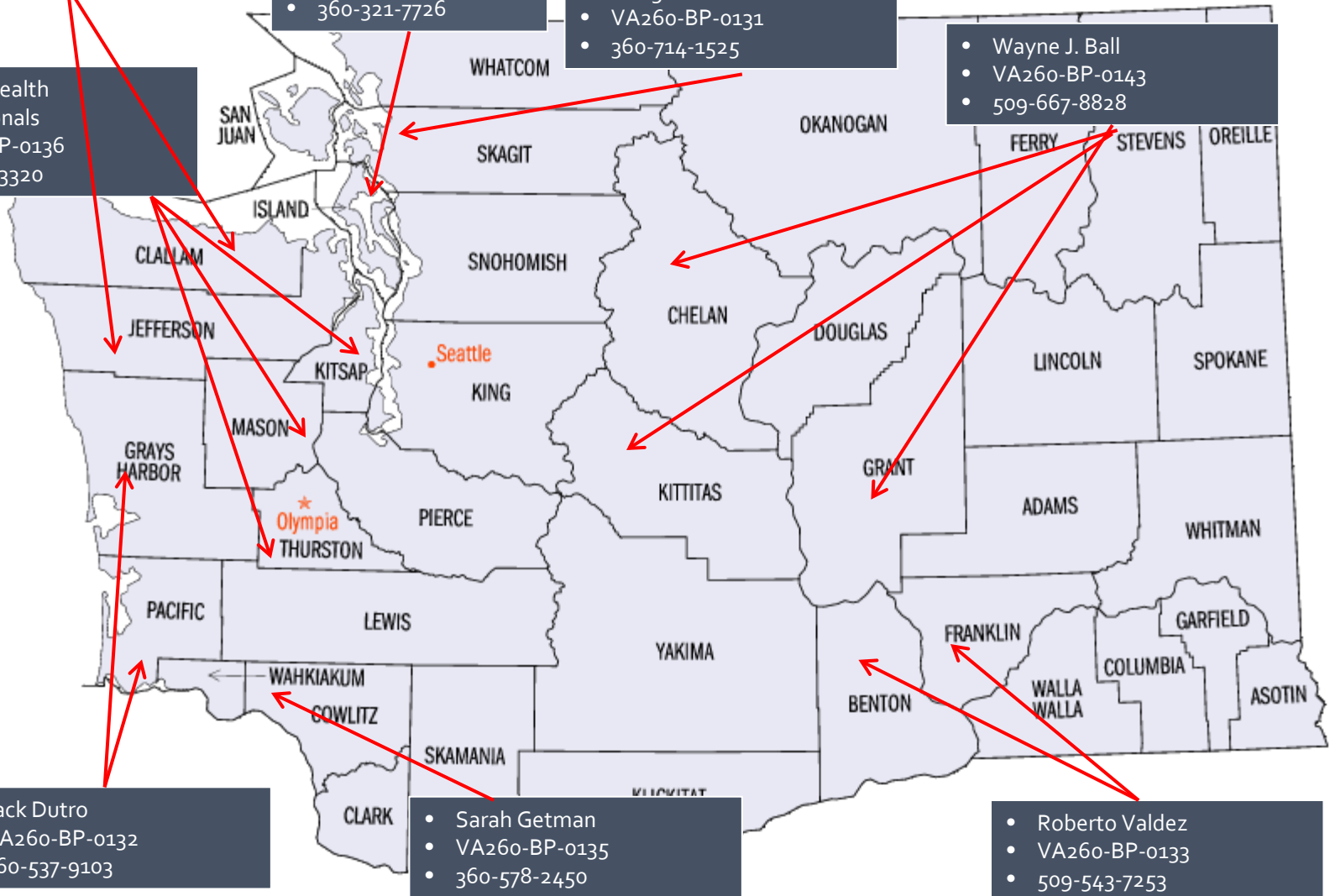
- Peninsula Health
- VA260-BP-0142
- 360-457-0431 Ext 227

- Gorman and Associates
- VA260-BP-0134
- 360-321-7726

- Bridget Cantrell
- VA260-BP-0131
- 360-714-1525

- Wayne J. Ball
- VA260-BP-0143
- 509-667-8828

- Mental Health Professionals
- VA260-BP-0136
- 360-462-3320



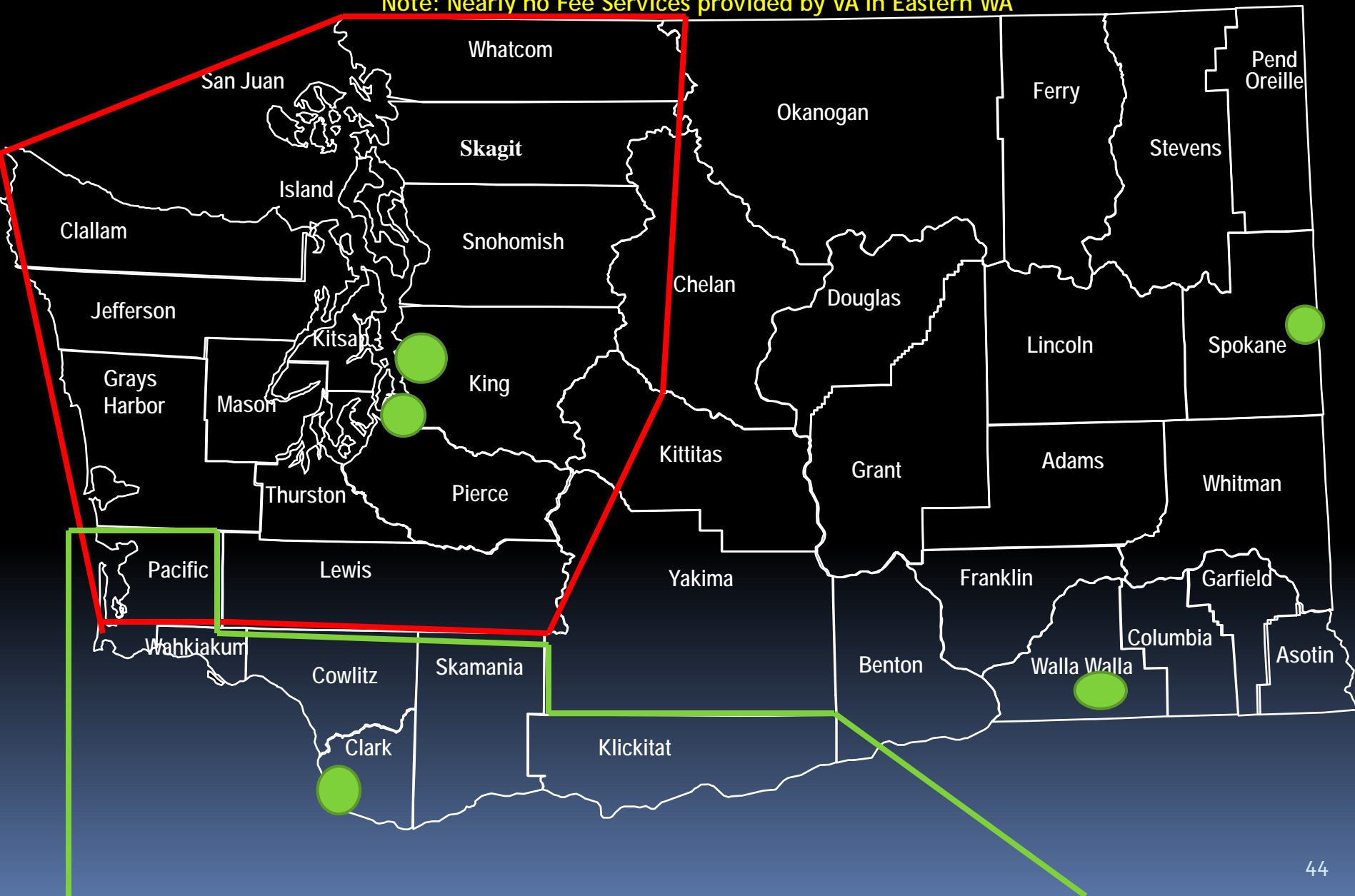
Federally Funded Vet Center Contracts for 7 WDVA PTSD Program Contractors
 Veteran Clients Must Be Combat Veteran - Value = \$1.25M

Puget Sound VA Mental Health Fee Services Coverage Area

Eligibility: Service-Connected Disabled Criteria

Area in Red = PSHCS VA Catchment Area. Area in Green is Portland VA Fee Catchment Area

Note: Nearly no Fee Services provided by VA in Eastern WA



Director of Behavioral Health Services
Tom Schumacher, MS, LMHC, NCC

Program Specialist 4
Michelle McMeel

PTSD/War Trauma Counseling
34 PTSD Contractors
Offers 1:1 Couples, Family, Group & MST Counseling

Veterans Conservation Corps
Mark Fischer, MS
Jason Alves, BA
Federally funded Vet Corps
WA Traumatic Brain Injury Project
Veteran Employment Project

Veteran Friendly Campuses
Peter Schmidt, Psy. D.

K-12 Based Children of Deployed Parents Project
King County
Diana Frey, Ph. D.
Thurston County
David Calles, Psy. D.

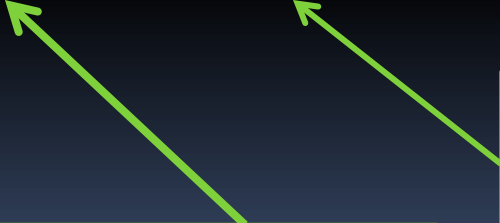
Veteran Training Service Center (VTSC)
Edmonds Community College – Center for Learning Connection

King County Vet Court – Deferred Prosecution Model
Scott Swaim, MA

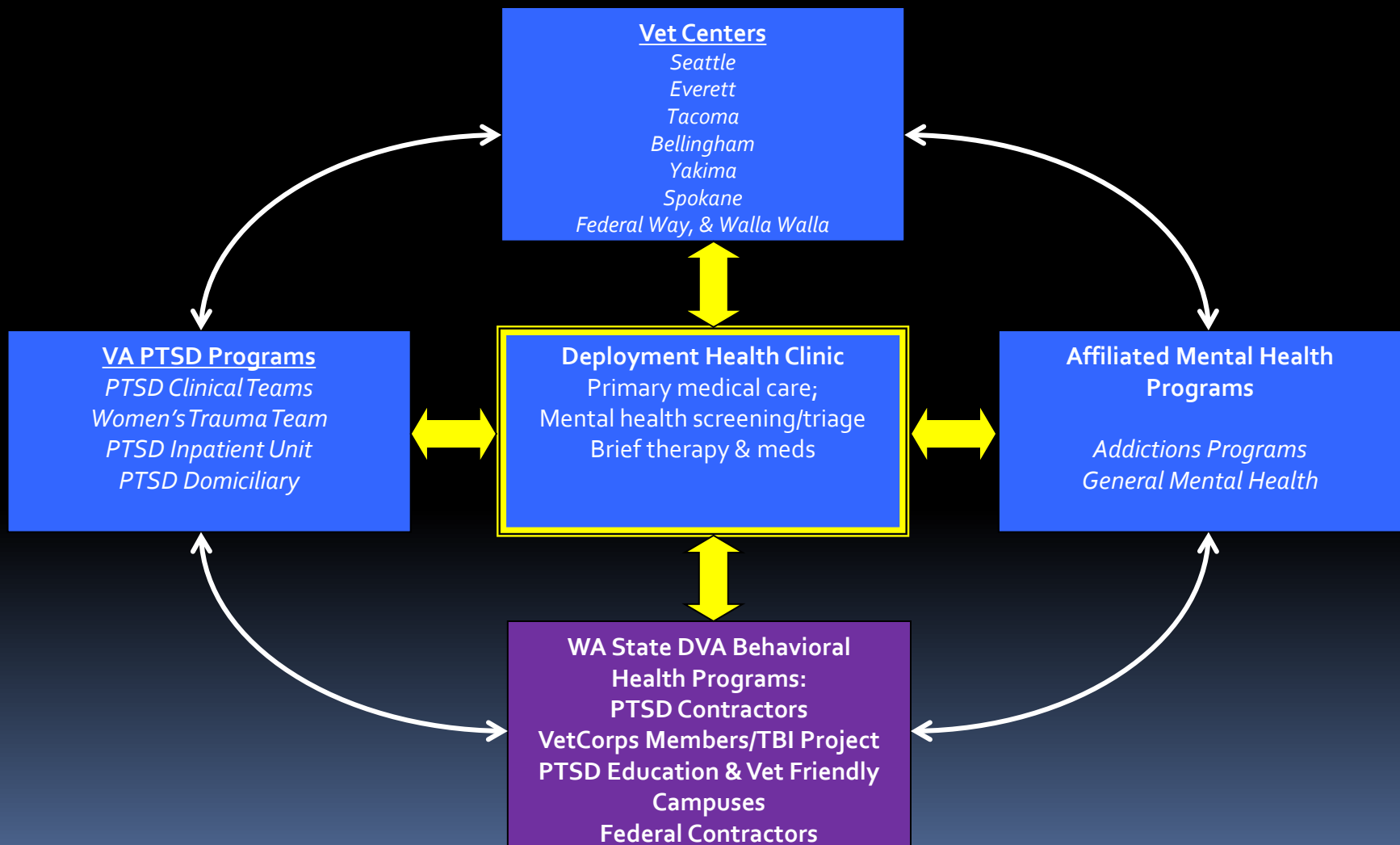
WDVA & King County PTSD Program Family Project

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Adrian Magnuson-Whyte, Ph.D.

Jason Alves, B.A.
Mark Fischer, M.S.



Interactive Diagram of VAMC, Vet Centers, WDVA PTSD Program: Inter-referral and treatment support



MST - Military Sexual Trauma Counseling

- **Women Veterans** – VAMC 206-277-3337, Vet Centers, WDVA Contractors
- **Men Veterans** – VAMC, Vet Centers, and WDVA PTSD Contractors
- **Women Military Sexual Trauma VAMC**
 - Contact Julia Sewell, MSW - PSHCS – VAMC Seattle 206-277-1816

Federal and WDVA Resources for MH/RC

- PSHCS – American Lake and Seattle VA Medical Centers: 800-329-8387 or 206-764-2636 (Includes the Post-Deployment Clinic)
- Spokane VA Medical Center: 509-434-7000
- Walla Walla Medical Center: 888-687-8863
- Portland and Vancouver VA Medical Center: 503-220-8262
- **Vet Centers:**

<u>Washington</u>	<u>Oregon</u>
• Seattle 206-553-2706	Portland 503-273-5370
• Everett 425-252-9701	Grants Pass 541-479-6912
• Tacoma 253-565-7038	Eugene 541-465-6918
• Spokane 509-444-8387	Salem 503-362-9911
• Bellingham 360-733-9226	
• Yakima 509-457-2736	
• Federal Way 253-838-3090	
• Walla Walla 509-525-5200	
- **WDVA PTSD Program Call Center : 800-562-2308 or**
- **Tom Schumacher, PTSD/War Trauma Program Director : 360-725-2226**
- 34 Community Based Counselors listed by country:
http://www.dva.wa.gov/ptsd_counseling.html

Web Site Resources & Topics

- www.dva.va.gov Veteran Services Division
 - 1-800-562-2308 for benefits, services, housing, referral
- www.dva.va.gov/ptsd_counseling.html
 - VA & VA Post deployment clinic numbers, VAMCs, Vet Centers, & Vet Center Contractors
 - VA Suicide Hotline 1 800 273 (talk) 8255
 - Center for PTSD – PILOTS search engine
 - The Ray Scurfield *Veteran Resource Directory*
 - *The Soldier Project*, Randi Jensen, M.A., LMHC, Director
 - 206-290-1035
- www.rand.org/pub/monographs/MG720/
- www.oqp.med.va.gov/cpg/PTSD/PTSD_Base.htm
- <http://www.mentalhealth.va.gov/College/>