

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
 - 2nd GLS awarded in fall 2011 with regional emphasis in Ft. Knox and Ft. Campbell regions
 - 1st Headed Home held just after this time without support from GLS (partnership with ATTC, state resources, Brain Alliance of Kentucky, health insurance companies)
 - Second Headed Home scheduled for Oct. 2012.





Traumatic Brain Injury/PTSD Conference

OPERATION: Headed Home

SUPPORTING OUR SERVICE MEMBERS, VETERANS,
MILITARY FAMILIES AND PROFESSIONALS

**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 (NICoE)
- 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 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:
 Luis N. Anda, WTB Chaplain
Welcoming Remarks:
- COL Paul R. Cordts 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-Cn, Director, Brain Injury and Sports Concussion Institute, Defense and Veterans Brain Injury Center (DVVIC)
- 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 died by suicide and the other died while serving in Iraq. Both of the Grahams' 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)

TIME	Service Members & Veterans	Family Members & Caregivers	Professionals, Providers & Agencies:
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	Title: QPR Suicide Prevention Gatekeeper Training: QPR stands for Question, Persuade, and Refer Speaker: Jan Ulrich, State Suicide Prevention Coordinator, Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities	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	Break	Break
2:45 – 4:15	Title: Vision: 70% of the Brain Understanding the difference between eyesight and vision, Visual Skills and sensory integration, Vision development and vision rehabilitation following acquired brain injuries. Speaker: 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.	Title: Finding Balance After the War Zone: The Power of Psychoeducation and Resilience Training for Service Members, Veterans, and their Families Speaker: Pamela Woll, Director, Human Priorities Consultant, Great Lakes Addiction Technology Transfer Center	Title: Mitigating Suicide Risk: Safety Planning as a Brief Intervention Speaker: Michael McFarland, Florida NGB PHP Director of Psychological Health Office of the State Surgeon

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.
 - 2nd 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 careers and a belief that outside providers do not understand their issues.

Operation Immersion will help remove barriers and ease soldier apprehension to accessing treatment. The Kentucky Division of Behavioral Health and Kentucky National Guard have teamed up to present a com-

prehensive 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. (agendas and CEUs being finalized).

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, Apr 09:

- 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
 *Platoon assignment at check in (platoon integrity for seating)
 *Snacks and coffee available
- 1200-1230 WELCOME, Bldg. # 329**
 Heath Dolen, Program Coordinator, Kentucky Division of Behavioral Health
 Keynotes: COL Chuck Schneider, PTAE Training Sites Commander, KYARNG
 LTC Richard Palmer, Wendell H. Ford Regional Training Center Base Operations Manager, KYARNG
- 1230-1330 BASIC TRAINING, Bldg. # 329 (CEU)**
 Military 101: MSG Timothy Earls, Health Services NCOIC, KYARNG
 Life of a Soldier: SGM Steven Woods, Pre-mobilization Training Assistance Element NCOIC, KYARNG
- 1330-1400 REPORTING FOR DUTY, barracks**
 *Secure all personal gear and load bus for transport
 *Males and Females sleep and shower 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 (FTX) & Safety Brief, FLRC (CEU)**
 1SG Matthew Roberge, PTAE Training NCOIC, KYARNG
 *The entire company will march from the barracks to the Field Leadership Reaction Course (FLRC)

9 Squads <small>Approx. 30 min. for each station</small>	1st Platoon			2nd Platoon			3rd Platoon		
	1st Squad			2nd Squad			3rd Squad		
	A	B	C	D	E	F	G	H	I
	B	C	D	E	F	G	H	I	A
	C	D	E	F	G	H	I	A	B
	D	E	F	G	H	I	A	B	C
E	F	G	H	I	A	B	C	D	

A – TC Hatch
 B – POW Escape
 C – Squad Deep George Crossing
 D – Rushing River
 E – Canyon Crossing
 F – Breach Laser Beams
 G – Two man Buddy Buster
 H – Lava Leap
 I – Mine Field Evacuation

- 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**

Kentucky Operation Immersion, 2013

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

MOBILIZATION DAY

Wednesday, April 10:

- 0500 RISE AND SHINE**
- 0515-0600 PHYSICAL FITNESS TRAINING, Outside of Barracks**
 SSG Ken Weichert, Master Fitness Trainer/Master Resilience Trainer, TNARNG
- 0600-0630 PERSONAL HYGIENE, BARRACKS INSPECTION**
- 0630-0715 BREAKFAST AT CHOW HALL, Bldg. # 301**
- 0730-0820 INVOCATION & MILITARY CHAPLAINCY, Bldg. # 329 (CEU)**
 CH (MAJ) Bill Draper, State Support Chaplain, KYARNG
- 0820-0910 KYNG SEXUAL ASSAULT PREVENTION, Bldg. # 329 (CEU)**
 MSG (R) Charles Lay, Sexual Assault Response Coordinator, KYNG
- 0910-1000 *BREAKING THE BONDS OF DESPAIR: How to Destroy Depression and Generate Joy,* (CEU)**
 Stephanie Weichert, Certified Life and Executive Coach
- 1000-1200 *THE ROAD TO RESILIENCE: Turn Stress into Strength and Obstacles into Opportunities* (CEU)**
 Ken (aka "SGT Ken") Weichert, Master Fitness Trainer, Master Resilience Trainer, SSG, TNARNG
- 1200-1215 MOBILIZATION**
 *Bus transport to SIM Center
- 1215-1245 LUNCH, SIM Center**
 *MRE or TOTM (a military style meal)
- 1245-1745 VIRTUAL COMBAT SIMULATORS, SIM Center (CEU)**
 1SG Matthew Roberge, PTAE Training NCOIC, KYARNG

Approx. 1.5 hours for each station	3 Platoons		
	1st Platoon		
	2nd Platoon		
EST	VCOT	IED/HEAT	
VCOT	IED/HEAT	EST	
IED/HEAT	EST	VCOT	

EST – Engagement Skills Trainer
 VCOT – Virtual Convoy Operations Training simulator
 IED – Improved Explosive Device training instruction
 HEAT – Humvee Egress Awareness Training simulator

- 1745-1800 BUS TRANSPORT TO BARRACKS FOR RELEASE TO CHOW**
- 1800-1850 DINNER, Bldg. # 301**
 *Participants are encouraged to sit and eat with Service Members
- 1900-1945 CHAPEL SERVICE, Bldg. # 329**
 CH (MAJ) Bill Draper, State Support Chaplain, KYARNG
 *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, ¼ mile track
SSG Brad Marine, Master Fitness Trainer/Master Resilience Trainer/ASIST Trainer, KYARNG; Civilian employment as a Licensed Professional Counselor
*Company march to ¼ mile track
- 0600-0630 PERSONAL HYGIENE, BARRACKS INSPECTION
- 0630-0715 BREAKFAST, Bldg. # 301
- 0730-0900 COMBAT STRESS, Bldg. # 329 (CEU)
Michael McFarland, Director of Psychological Health, FLARNG
- 0900-0915 BREAK
- 0915-1030 SUICIDE PREVENTION & A.C.E. TRAINING, Bldg. # 329 (CEU)
Linda Ringleka, Wing Director of Psychological Health, KYANG
CH (CPT) Phil Majcher, Casualty Affairs Coordinator/Suicide Prevention Program Manager, KYARNG
- 1030-1200 SUICIDE PREVENTION PANEL, Bldg. # 329 (CEU)
Moderator: Lori Johnson, PhD, Suicide Prevention Coordinator, Robley Rex VA Medical Center
*Words of wisdom for providers: What helps and what doesn't...
- 1200-1215 DEPLOYMENT
*Bus Transport to Gwynn City MOUT Site
- 1215-1245 LUNCH, Gwynn City MOUT Site
*MRE or TOTM (a military style meal)
- 1245-1745 COMBAT MISSIONS & PAINTBALL!!!, Gwynn City MOUT Site (CEU)
1SG Matthew Roberge, PTAE Training NCOIC, KYARNG
*Military demonstrations and urban warfare exercises
- 1745-1800 BUS TRANSPORT TO BARRACKS FOR RELEASE TO CHOW
- 1800-1850 DINNER, Bldg. # 301
*Participants are encouraged to sit and eat with Service Members
- 1900-2000 DEMOBILIZATION, Bldg. # 329
MSG Timothy Earls, Health Services NCOIC, KYARNG
*Debriefing
*AAR & 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

Kentucky Operation Immersion, 2013

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

DEMOBILIZATION DAY

Friday, April 12:

- 0530 RISE AND SHINE
- 0530-0700 COMMANDER'S INSPECTION, Barracks
Time management tips:
0530 – Wake up and turn in linen to Supply Sergeant
0600 – Personal hygiene complete
0615 – All personal items loaded on bus
0700 – As soon as barracks have passed inspection, release for breakfast chow
- 0700-0730 BREAKFAST, Bldg. # 301
- 0745-0835 MILITARY ONE SOURCE, Bldg. # 329 (CEU)
Kathleen Huck, KY Joint Family Support Assistance Program Consultant (JFSAP)
- 0835-0930 PERSONAL STORIES OF DEPLOYMENT, Bldg. # 329
*Panel of Wounded Warriors/Spouses/Family/Caregivers and their stories
- 0930-1130 TRAUMA INFORMED CARE & GIVE AN HOUR, Bldg. # 329 (CEU)
Michael McFarland, Director of Psychological Health, FLARNG
- 1130-1200 CLOSING REMARKS, Bldg. # 329
Margaret Plattner, Deputy Commissioner, Kentucky Department of Veteran's Affairs
- 1200-1230 AWARDS, Bldg. # 329
Cody Stagner, Medical Outreach Coordinator, KYNG
Patti M. Clark, Project Coordinator, Suicide Prevention Efforts for Adolescents in Kentucky, DBHHD
*Must be present and turn in all evaluation forms to receive award
- 1230 DISMISSAL, Bldg. # 329



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

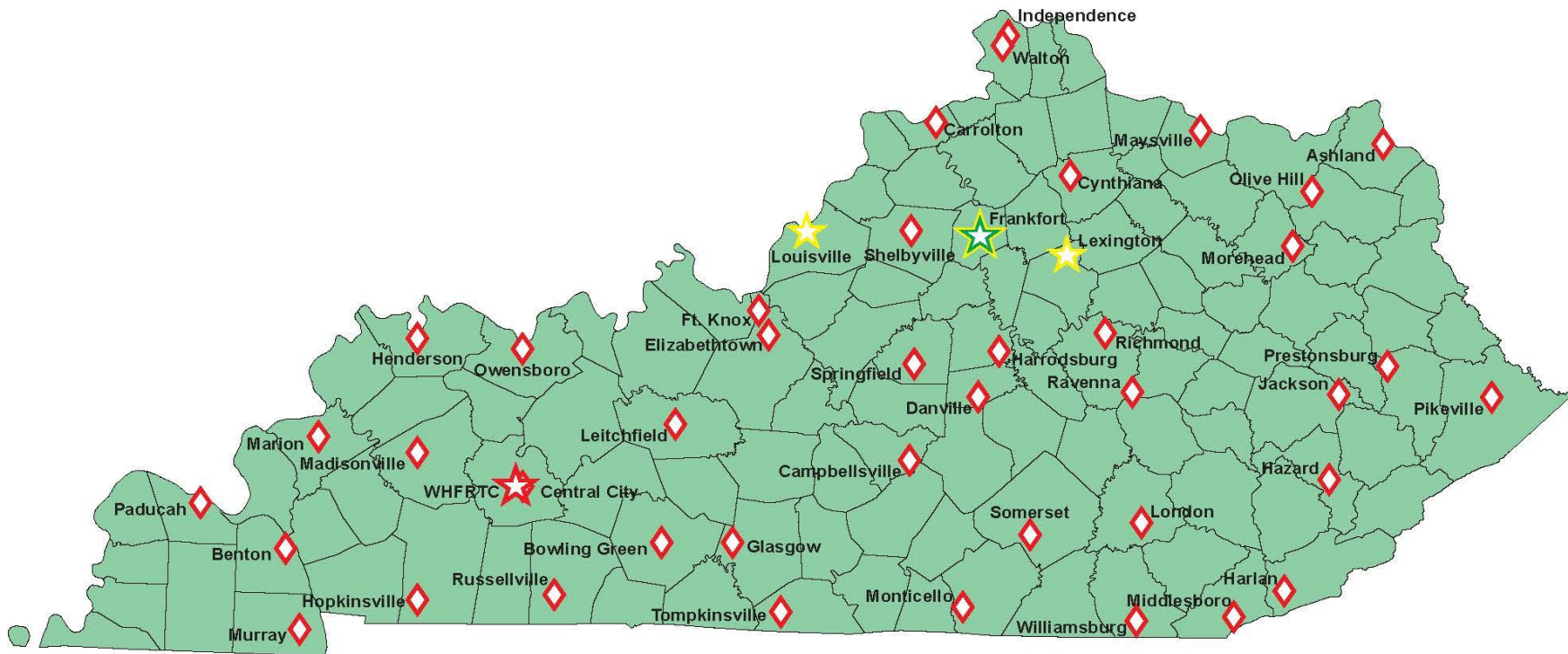
- To date, Kentucky has:
 - Trained approximately 600 providers, family members and military personnel through Operation Headed Home.
 - Next Headed Home set for early October 2013.
 - Trained approximately 125 providers and military personnel through Operation Immersion
 - Two events to date, November 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.





Kentucky National Guard

Armory Locations
as of 01 JAN 2009

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 be 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.



