

Mental Health and the Millitary Experience

• Advocates and Delegates – understanding who's who in the Zoo...

• How important are referrals to appropriate veteran-friendly resources?

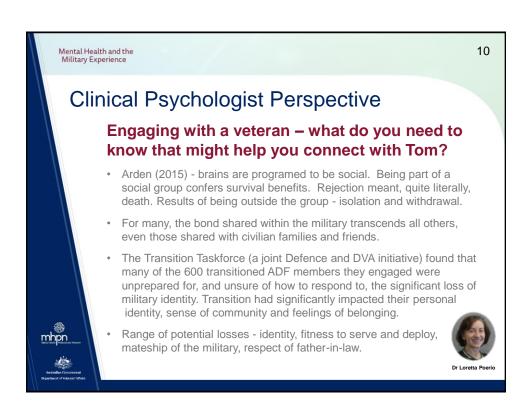
• Treatment vs Assessment – is this the same path?

• Understanding resources available and how to access – where do you find??

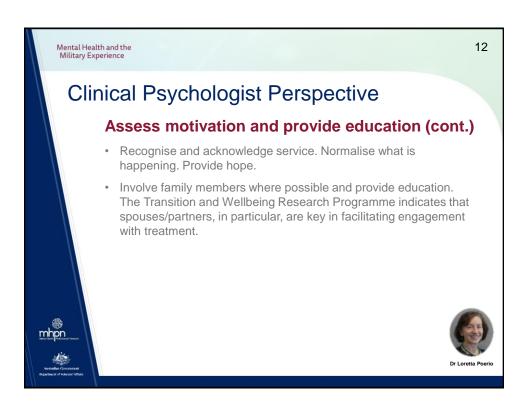
• Understanding of the importance of DVA documentation and completion

• Emotional investment vs administration

• Preparation for the journey



11 Mental Health and the Military Experience Clinical Psychologist Perspective Assess motivation and provide education Motivation to engage in therapy/change, what is happening (Prochaska and Diclemente 1982). Pros and cons of current situation. Where does he see himself in 12 months? What does he need to do to get there? Education: - Transition and Wellbeing Research Programme indicates that subsyndromal mental health symptoms can, and do, progress if not dealt with, or dealt with via unhelpful problem-solving strategies, such as drinking. Perhaps start with a discussion on sleep as a relatively neutral area to build trust. - Online tools and assistance: At Ease, Head to health (has veteran portal)



Clinical Psychologist Perspective

Know the research

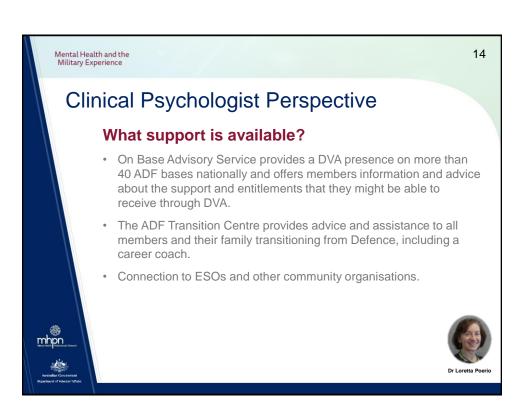
Transition and Wellbeing Research Programme - examines the impact of military service on the mental, physical and social health of:

serving and ex-serving Australian Defence Force (ADF) members including those who have been deployed in contemporary conflicts, and
their families

Defence LASER resilience program - Longitudinal ADF study evaluating resilience.

Dr Paula Dabovich's research looked at transition and the key issues of identity and values.

Dr Madeline Romaniuk's research into cultural reintegration of military personnel into the civilian world.



Mental Health and the Military Experience

Clinical Psychologist Perspective

Access to treatment

Non-liability Health Care will provide Tom with access to treatment for all mental health conditions.

Non-Liability Health Care (NLHC) allows current and former Australian Defence Force (ADF) personnel, depending on their eligibility, to receive treatment for all of the following conditions:

any mental health condition

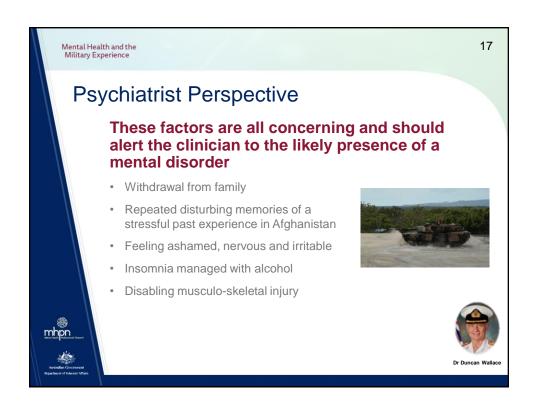
Cancer (Malignant Neoplasm)

Pulmonary Tuberculosis

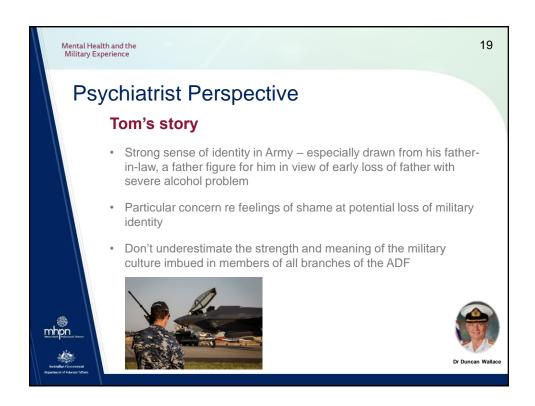
There is no need for the condition to be accepted as service related.

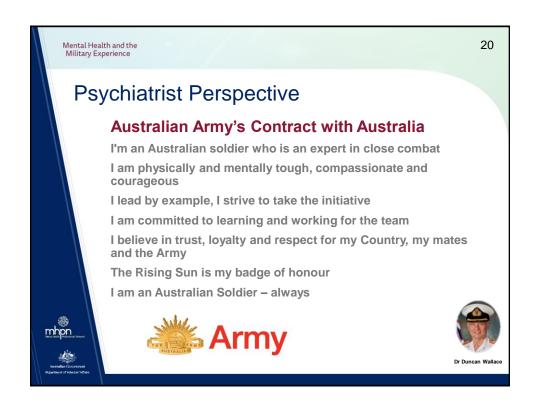
PTSD contracted programs





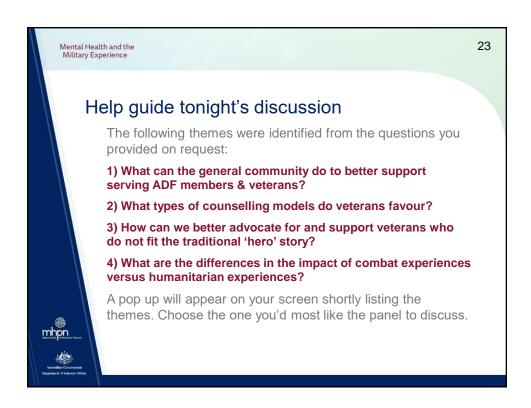




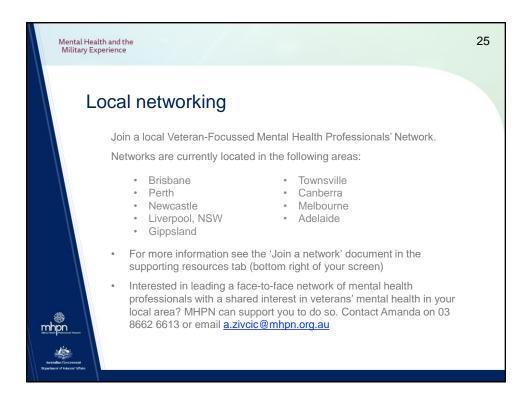














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