

# Post Traumatic Stress Disorder (PTSD)

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# PTSD

Relevant causes of PTSD:

- Operation Enduring Freedom/Operation Iraqi Freedom/Vietnam/Peace time event(s)
- Particular impact of combat
- Impact manifests across the lifespan
- Individualized and personal accounts of trauma
- Each veteran will have unique set of social, psychological, and psychiatric difficulties

# PTSD

-7.8% of (all) American experience PTSD

(Keane *et al.*, 2006)

-Women = 2x the risk!

-30% of combat veteran experience PTSD

~Approximate 50% of Vietnam veterans experience symptom

~Approximately 8% of Gulf War veterans have demonstrated symptoms

(Duke and Vasterling, 2005)

# PTSD

\*Individuals w/ traumatic stress reactions may NOT seek mental health care.

\*Only 1/3 of Iraq war veterans accessed mental health service first year of post-deployment in 2006.

Recognition of PTSD or other trauma-related symptoms can optimize clients' overall healthcare and treatment .

# PTSD

## DISCLAIMER:

“Information during this presentation is for educational purposes ONLY! It is NOT a substitute for informed medical advice or training. You should not use this information to diagnose or treat a mental health problem; have your client (veteran) consult a qualified professional and/or provider.”

# PTSD

“What is PTSD?”

-An anxiety disorder resulting from exposure to an experience involving direct or indirect threat of serious harm or death; may be experienced alone (rape/assault) or in the company of others (military combat).

# PTSD

## PTSD Stressors:

- Violent human assault
- Natural catastrophes
- Accidents
- Deliberate “man-made” disasters

# PTSD

Filing a PTSD claim:

“As of April 2015, all VA claims must be on VA form 21-526EZ.”

Ask your clients if they have a confirm diagnosis of PTSD (IAW DSM-V), or if they are currently in mental health treatment; VA or Private Provider

Encourage veterans to sign up for “eBenefits.



# PTSD

## Service Connection Requirement:

- (1) Diagnosed condition (IAW DSM-V)
- (2) Verified military related stressor (VA form 21-0781 or VA form 21-0781a) or Combat Award.
- (3) VA exam, (DBQ) to determine the severity of the condition.

# PTSD

## NOTE:

- a. Make sure the veteran is making ALL of their MH appointments
- b. Make sure the veteran attend the VA exam
- c. If no combat award, make sure the veteran provides as much detail as possible on VA form 21-0781 / VA form 21-0781a

PTSD

Questions?

Thank you. 😊