



Institute for the Health and Security of Military Families

~ A Kansas State University institute serving the research, academic,
outreach and clinical service needs of today's military family ~

2012, Vol. 1, Issue 1

Third Annual Lecture: Communities + Service Members and Their Families = Stronger Societies



Featuring Victoria Bruner
Deployment Health Clinical Center,
Walter Reed National Military Medical Center
Bethesda MD

On October 27th, 2011 The Institute for the Health and Security of Military Families held their third annual lecture featuring Victoria E. Bruner. Victoria, a clinical director at Walter Reed National Military Medical Center, specializes in war zone related traumatic stress.

To View lecture go to:
www.vimeo.com/33311309

Victoria reviewed the trends in treatment, philosophy and the importance of communities in healing war-related exposures.

Being a war widow led Bruner in her professional mission to reduce the cost of war to service members and their families.

She was a first responder at the Pentagon on 9/11/2001 and then joined Operation Solace to treat military and civilians in the Washington DC Region. Later, she coordinated a study "Cognitive Behavioral Intervention for Victims of Mass Violence" and was a study therapist in the DoD/VA major research study "Women in the Military with PTSD."

She then developed a 3-week intensive outpatient specialized care program for combat related stress, serving as the trauma specialist, Interim Clinical Director, and Director of Clinical Education and Training. Bruner is working on an initiative to review and support other PTSD treatment programs throughout the DoD.

Before joining the Department of Defense, she was a private practitioner and consultant for UNICEF, FEMA and the International Chiefs of Police. She was assistant adjunct professor at the University of Iowa Graduate School of Social Work and the Department of Behavioral Medicine and Public Health Studies at Des Moines University's Osteopathic Medical School.

Contact us:

303 Justin Hall, Kansas State University, Manhattan, KS 66506
Phone: (785) 532-1490 E-mail: militaryfamilies@k-state.edu www.militaryfamilies.k-state.edu



Mrs. Sheri Hall



Mr. Chuck Howe



Captain Joshua Mantz

Following Victoria Bruner's presentation, a panel discussion was held with combat service members and other providers. The Panel consisted of Mrs. Sheri Hall, Mr. Chuck Howe, and Captain Joshua Mantz.

Mrs. Sheri Hall has spent most of her time as a military spouse volunteering for various organizations both on and off military installations. She married her husband, MAJ Jeffery Hall, in January 1991 and moved to Kitzigen, Germany. She followed Jeff through Reserve Officers Training Corps (ROTC) at Emporia State University. She was a Family Readiness Group Advisor for two year-long deployments in support of Operation Iraqi Freedom. She and Jeff attended the Deployment Health Clinical Center's Specialized Care Program Track II to address the effects of posttraumatic stress disorder (PTSD) for the Defense Centers of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury. Both Sheri and Jeff have been involved as panelists with the "Theater of War." They also work closely with the *Real Warriors Campaign* helping to breakdown the walls of stigma associated with getting treatment for PTSD and Traumatic Brain Injury. Mrs. Hall's awards include the Molly Pitcher Award and the Commander's Service Award. She and Jeff have two daughters, Tami and Courtney.

Pictures from:

<http://www.gloucestercitynews.net/clearysnotebook/2009/12/spouse-describes-impact-of-post-traumatic-stress.html>

<http://www.angelfirenm.gov/departments/Mayor--Council>

<http://www.oprah.com/own-ouramericalisaling/blogs/Exclusive-Full->

Mr. Chuck Howe was commissioned into the United States Army in 1964 through the ROTC program at the University of Missouri. He served 23 years active duty and then worked for government contractors in the Washington DC area until 2004 when he moved to New Mexico. Initially he became involved with the Vietnam Veterans Memorial and then started discussing the concept of a Veterans Wellness and Healing program, which was started in 2009. He was elected to the Angel Fire Village council in 2006 and serves as the Mayor Pro Tem. He is the Board President for the National Veterans Wellness and Healing Center in Angel Fire, Inc.

Captain Joshua Mantz currently serves as a Company Commander in the Fort Riley Warrior Transition Battalion. He was severely wounded in combat in 2007 while serving as a platoon leader in Iraq. Since his injury, CPT Mantz has dedicated his life to assisting Combat Veterans and Families of all generations recover from the emotional wounds of war. Currently, he is using his experience to forge national-level partnerships between multiple State governments, non-profit organizations, academic institutions, and private corporations to establish holistic, community-based, intergenerational Combat Veteran's Wellness Retreats throughout the United States. He resides in Milford, Kansas with his wife and step-son.

INSTITUTE INVOLVEMENT IN 2011

Lieutenant General Campbell Gives Commencement Address

Lieutenant General Donald M. Campbell Jr., a distinguished military graduate of K-State and commanding general at Ft. Hood, Tx., was commencement speaker for the College of Human Ecology.

Before his current assignment, he was commanding general, U.S. Army Armor Center and Fort Knox.

He was commissioned an armor officer in May 1978 and assigned with the 1st Battalion, 63rd Armor at Fort Riley, Kan. He also served at the 8th Infantry Division in Bad Kreuznach, Germany; the S3/Operations Officer for 4th Battalion, 69th Armor in Mainz, Germany; and with U.S. Army Personnel Command in Virginia.

Following graduation from the Command and General Staff College at Fort Leavenworth in June 1991, he was assigned to the 1st Infantry Division at Fort Riley. He has served at Fort Lewis, Wash., where he was Deputy Brigade Commander of 3rd Brigade, 2nd Infantry Division.

He has been Deputy Director of Staff Operations for the Supreme Headquarters Allied Powers Europe in Mons, Belgium; commander of the 1st Brigade, 4th Infantry Division, with the "Raider Brigade" as a key element in Task Force Ironhorse operations during Operation Iraqi Freedom and the Chief of Staff for 4th Infantry Division.



LTG Campbell

OTHER INVOLVEMENT OF THE INSTITUTE WITHIN THE COMMUNITY

-Provided information booths at:

- Fort Riley- Riley's Roundup/ Super Sign- Up
- Fort Riley- Fall Apple Day Festival

-Meetings to develop research, educational, and other outreach programs and grants for the Institute,

Including:

- Warrior Transition Battalion (Internship Placements) on Fort Riley
- 4IBCT (Research and internships) on Fort Riley
- Picerne Military Housing Programs (internships and outreach)
- The Military Child Education Coalition Public Engagement Event

- Provided monthly trauma consultation to Fort Riley ACS Staff

-Participated in several events/meetings at Fort Riley, Fort Leavenworth, and Manhattan community, including:

- Fort Riley Community Partnership Council meetings
- Manhattan Chamber of Commerce Military Relations Committee
- Fort Riley Community Health Partnership Council
- KSU Fort Riley Partnership re-signing ceremony
- Olathe Balloon Festival in support of the Fort Riley Warrior Transition Battalion
- Warrior Transition Battalion Change of Command Ceremony
- Kansas ISFAC Meeting
- Kansas Veterans Mental Health Statewide Initiative with SRS, August 29-30, Topeka
- Provided testimony to the Joint Committee on Kansas Security, Topeka

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Retreat Kicks off at Flint Hills

The Institute for the Health and Security of Military Families provided the first National Veterans Wellness and Healing Center—Flint Hills Retreat from October 28-30th, 2011. Modeled after successful holistic programs within the Department of Defense and partnered with the National Veterans Wellness and Healing Center, Angel Fire NM, the Retreats are specifically designed to assist Military Families affected by combat by using a community-based holistic, integrative approach that supports, treats, educates, and motivates participants. The retreat program encompasses a psychoeducational and skill-training approach toward empowerment and destigmatization of post-deployment stress effects. The retreats utilize evidence-based traditional and holistic modalities when working with Military/Veteran Couples. In addition to the need for a holistically-based educational program for PTSD, several trends significantly enhance the effectiveness of these programs:

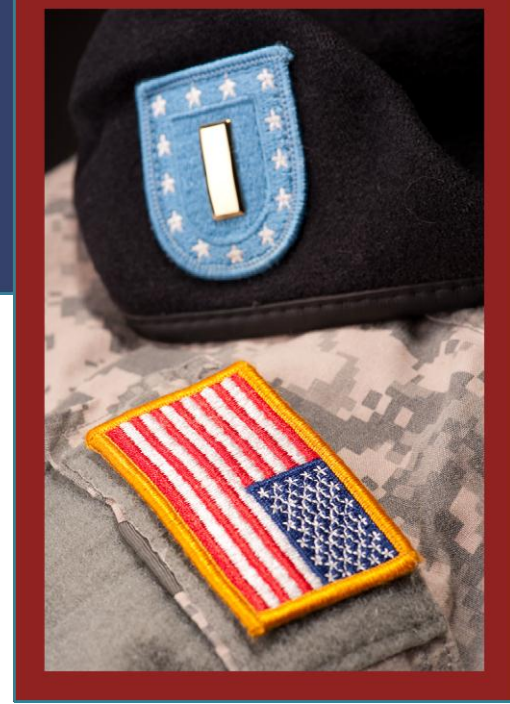
1. Intergenerational Combat Veteran interaction – pairing Veterans of the past with the

Soldiers of today.

2. Focus on the Veteran and Spouse as a single unit – the Veteran Couple.
3. Heavy Community & State involvement – a program by Communities to help Veterans.
4. The “Soldiers Saving Soldiers” concept – group discussions with a clinical lead.
5. Preparation and Follow-up Care – support to participants before, during and after the retreat.

“Overall, I'm glad that I had the opportunity to be a part of this program. It brought awareness to why I am feeling the way I do and that I'm not alone. I would love to take part in more opportunities in the future.”

This first National Veterans Wellness and Healing Center—Flint Hills Retreat, at Rock Springs 4-H Center in October hosted 8 Soldiers/Veterans from the Iraq and Afghanistan conflicts and their Spouses. Staffing was 100% volunteer. The agenda of the initial 3-day retreat provided participants with nearly 6 hours of group and



couple psychoeducation and therapy, 3 hours of break-out discussions, 2 hours of Yoga, and a Native American Reflection and Blessing.

Our next step is to work conjointly with the NVWHC In Angel Fire to develop this program into a full bi-monthly 5-day family retreat program, with the goal of serving 120-150 Soldier/Veteran families annually in Kansas, beginning in September 2012. Currently, the NVWHC Angel Fire NM program has a waiting list of 135 couples for their bi-monthly 7-day retreat program, which was launched in April 2011 and will continue its second round of week-long retreats in April 2012... ..indicating an increasingly critical need across the nation.

We received great feedback from the couples. *“Overall, I'm glad that I had the opportunity to be a part of this program. It brought awareness to why I am feeling the way I do and that I'm not alone. I would love to take part in more opportunities in the future.”*

Another participant stated, *“I absolutely LOVED these sessions. The relaxation techniques were extremely helpful. The Native American elder session was something I will NEVER forget. I can't stop thinking about the entire weekend and how things just fell into place. Overall, I am very confident that this program is a needed program. From the input I myself received from my husband as we discussed the weekend on the way home, he was finally able to connect to other guys who were going through and feeling the same thing. It helped him to realize that PTS doesn't have a particular look or a particular feel but has an overall encompass of it all. He is no longer in denial and is more than willing for us to continue getting assistance in this realm. This weekend made such an impression on me that I can't stop thinking about it. Everyone, including the soldiers and spouses made this a fantastic weekend.”*

If you have the opportunity, the NWHC Angel Fire retreats were showcased on the Oprah Winfrey Network show “Our America with Lisa Ling” and the title was *Invisible Wounds of War*. More about the show can be found at: <http://www.oprah.com/own-our-america-lisa-ling/our-america-blog.html>



Below is the information from the director about what has happened since the program aired on 11/6/11:

What has happened since the airing: We have received on average 10 calls per day - 15 e-mails and 1700 hits to the website daily! Facebook is also quite active and a great tool for us. The calls are mostly asking for information about getting on the "wait list" for the retreats. We had 135 veteran couples on the wait list before the airing! We have had about 5 Vets who needed immediate help from a counselor (referred) or needed to speak with Josh, soldier to past soldier! Many e-mails stating, "although, VA has good intentions, I have been going to and have had minimal success." Many wishes of encouragement, lots of clinicians and alternative therapists who want to be involved. A couple of centers who wish to replicate the program, churches who wish to sponsor a couple.

Thanks to the staff at *Rock Springs 4-H Center* for providing a great experience for the October retreat!

Thank you also to our WONDERFUL VOLUNTEER STAFF:

Briana Goff	Pam Woll	Tracy Sloat
Joshua & Katie Mantz	Laura Irwin	Kali Orrick
John & Shannon Musgrave	Elaine Johannes	Mr. Tapedo
Bob Funcheon	Kathryn Hartman	& Family
Chuck Howe	Kris Grinter	
Victoria Bruner	Marcie Lechtenberg	

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Johannes works on military family support systems as troops return from Iraq

News release prepared by K-State communications and marketing

The United States military's presence in Iraq is drawing to a close, but the war's effect on military families will be long lasting.

"These wars have lasted so long, they have affected family members dramatically," said Elaine Johannes, associate professor of family studies and human services, who works with military youth and families. "Now, it's not really accurate to say the wars are over, but the way we wage wars or get involved in war is changing."

The military configuration will also change with service members being redeployed back to the states, Johannes said. For example, these soldiers are still in the military system and will be engaged in training for the next round of deployments, which could be shorter.

Still, issues of stress and community and family concern do not disappear, said Johannes, who primarily works with Army families and support networks.

Shorter deployments, for example, may mean more frequent deployments over a service member's career and the potential for more transition experienced by the members and their families.

With troops leaving Iraq, Johannes sees two needs among those who support military families. Professionals need to understand how to work with military families as service members return and they must learn to address differences surrounding shorter deployments. Similarly, communities must be motivated and inspired to support military families for the long haul.

"In all likelihood, there will be new deployments, but they may not be as public or well-known as the Iraq or Afghanistan war," Johannes said. "Our communities need to be helpful to military families when it's not the popular thing to do and when it's not in the media. Our service members deserve that support."

Johannes has been involved in several projects related to military families. A United States Department of Agriculture grant called Operation Military Kids creates community programs for military-connected youth. She is also involved in a 13-state initiative to train child care providers in curriculum relevant to in-home care of military children, even children as young as infants.

She is also involved with the Kansas Inter-Service Family Assistance Committee, which is sponsored by the U.S. Department of Defense and includes all of the military services in the state as well as military support systems.



Elaine Johannes

Soldiers Rehabilitate with Kansas State University Athletic Trainers

Prepared by Sgt. Gene A. Arnold, 4IBCT, PAO, October 15, 2011

Soldiers are in many ways considered athletes; they train for the overall success of the challenges they face. Injuries to Soldiers are not only happening in combat environments, but also in garrison. To help in the recovery process, athletic trainers from Kansas State University have developed a program to help Soldiers return to duty at their full potential.

On Oct. 14, the 2nd Battalion, 16th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, teamed up with KSU to get their injured Soldiers healthy and back into the fight.

“I’ve learned things that could actually help me in a regular physical fitness test.”

Many injuries that Soldiers often incur are orthopedic; this program provides understanding of their injuries and gives them ways to stay physically fit while recovering properly. Monday’s and Friday’s are designated as special population physical training, where Soldiers work with the athletic trainer and receive exercise tips specific to their injuries by a sports medical professional.

Pfc. Pace Clayton from Company D, 2-16 ‘Rangers’ Battalion, and other Soldiers within the battalion had the opportunity to train with Morgan Campbell, an athletic trainer in the athletic training program at KSU. Campbell gave the Soldiers a combined routine of upper-body and core exercises for the group who sustained lower-body injuries.

“(I really enjoyed) everything about the routine, I can feel it in my shoulders and my core,” said Clayton. “I’ve learned things that could actually help me in a regular physical fitness test.”

“I’d come to every session my unit allows me to come to,” he added.



FORT RILEY, Kan. - Morgan Campbell, an athletic trainer for Kansas State University, starts off rehabilitative lower extremity profile training with primarily upper body exercises for Soldiers of the 2nd Battalion, 16th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st. Infantry Division, Oct. 14. (U.S. Army photo by Sgt. Gene A. Arnold, 4IBCT PAO)

Prior to the start of the session, Soldiers received an in-depth interview with Campbell about how they sustained their injuries, what they have done to help the injury heal and what they hope to gain after the completion of the program.

“(Soldiers) trust the fact that I’ll give them exercises that won’t further injure them,” said Campbell. “They understand that they’re athletes in what they do, but when they’re injured they don’t see their injuries in an athletic view.”

“I’m obviously really excited to work with the military; it’s always been a dream of mine ... and I definitely get to see a side of the (Army) many people don’t get to see,” she said.

Many other military services already have athletic trainers involved in the process of getting service members back to duty. This type of program is the first to occur at Fort Riley, and is still in the early stages of development.

UPDATE: In early 2012, 5 athletic training student interns have been placed with 4th Brigade and the Fort Riley Warrior Transition Battalion.

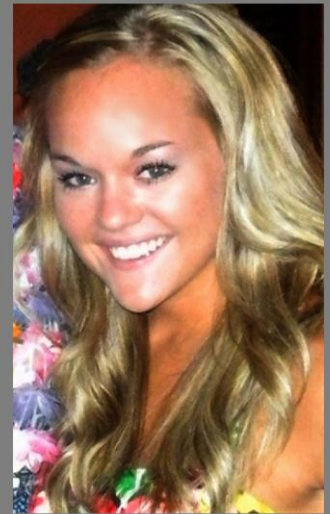
Upcoming Events

Military Child Education Coalition Public Engagement

Through thoughtful and deliberate collaboration with experts in the fields of trauma and grief, resiliency, health care and child development, the Military Child Education Coalition (MCEC) has developed a strategic initiative to foster a compassionate understanding of the intensity and severity of stressors related to the deployment of a parent(s) and the potential for trauma or grief related to injury, illness, or death. This initiative, "Living in the New Normal: Supporting Children through Trauma and Loss" (LINN), promotes an environment of resilience and non-victimization, establishment of a new normal, recognition of the elements of courage, and identification of effective resources.

The Kansas Public Engagement event is being hosted by Kansas State University and the Institute for the Health and Security of Military Families, May 1-2, 2012. For more information about these MCEC state-wide initiatives, please go to: militarychild.org

Meet Our Intern



Anne Schmitz

Anne Schmitz is the Institute's spring 2012 intern. Anne is a senior majoring in Family Studies and Human Services with a Minor in Conflict Analysis and Trauma Studies. She has worked with the institute on the TRECK research team and is now part of the after-care team for the National Veterans Wellness and Healing Center-Flint Hills retreat. Anne will be graduating in the spring and looks to pursue a graduate degree in Marriage and Family Therapy.

Institute for the Health and Security of Military Families PRESENTS:

The Art of War

When: April 23rd, 2012 from 5:30- 7:30pm
Where: Hale Library, Hemisphere Room (5th Floor), K-State Campus

Featuring: Poetry Reading by John Musgrave
USMC, Vietnam Veteran,
Author, "Notes to the Man Who Shot Me: Vietnam War Poems"
(2003, Coal City Review).

Panel by Soldiers of the Fort Riley Warrior Transition Battalion Artwork by MAJ Jeff Hall

Fort Riley Warrior Transition Battalion Institute for the Health and Security of Military Families KANSAS STATE UNIVERSITY Libraries

If you would like to learn more about how you can make a difference in the lives of military families, please contact Jennifer Rettele-Thomas, director of development for the College of Human Ecology, at jenniferr@found.ksu.edu or 800-432-1578 (toll free).

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