Helping Veterans and their Families with Deployment

New Mexico State University
David M. Boje & Grace Ann Rosile

Presentation to the MILITARY AND VETERAN'S AFFAIRS COMMITTEE of NEW MEXICO, September 22, 2014

For More http://peaceaware.com/eagle
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OBJECTIVE

To do Random Control Trials (RCTs), of relative and combined efficacy of two innovative training systems that can be applied in Military Health Systems of New Mexico.
Why suicide rate among veterans may be more than 22 a day
HIGH RISK: Young veterans suicide is 70.1 per 1,000 compared to 25 per 1,000 for non-veterans
It is 47.4 per 1,000 in New Mexico

Suicide among Veterans enrolled with Veterans Health Admin decreased by 30%, but non-enrolled soared by 60%
Figure 34. Reasons for Not Using the VHA

- Not eligible for service: 31.6%
- Facility is too far away: 12.9%
- Lack of transportation: 9.1%
- Appointment delays: 1.4%
- Poor service or care: 14.8%
Since reaching a high of 8 percent in 2011, female divorce rate has gone down -- hitting 7.9 percent last year and 7.2 percent this year. The rate among males -- 2.9 percent in 2013.
Table 14. Percentage of Participants Experiencing Sexual Harassment While in the Service by a Current Mental Health Condition.

<table>
<thead>
<tr>
<th>Current Condition</th>
<th>Experience Sexual Harassment</th>
<th>Did Not Experience Sexual Harassment</th>
</tr>
</thead>
<tbody>
<tr>
<td>PTSD</td>
<td>32.7%</td>
<td>9.4%</td>
</tr>
<tr>
<td>Depression</td>
<td>39.1%</td>
<td>22.6%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>39.0%</td>
<td>20.2%</td>
</tr>
<tr>
<td>Sleep Disorder</td>
<td>35.7%</td>
<td>21.9%</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>6.8%</td>
<td>2.0%</td>
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First: Equine Assisted Growth Learning Events (EAGLE)

The Horse is a Mirror that helps Service Family members reunite after Deployment
Are you recently Deployed Veteran?
You Are Invited: Free Family Communication Workshop
Talk, Food, & Fun With Horses!

Participants Will Receive A Thank You Stipend Of $100 on Fourth Session

Children 8 & Up Are Encouraged To Participate With Loved Ones

Sessions will be Scheduled on Saturdays in October, Four Sessions Total
Veterans need to have been deployed within the past 10 years
Daycare Available for Children Ages 3-7

Sign up by calling Adela
(575) 646-1201

This is a research project funded by New Mexico State University

New Mexico State University
All About Discovery!
nmsu.edu
EAGLE (Equine-Assisted Growth Learning Events) is done with our Military Services designation to use the Equine-Growth-And-Learning-Association model of ethics for its certified professionals. Boje & Rosile have specialized training and experience in the military community and are using this model.
YouTube HorseSense at Work

EAGLE Equine-Assisted Growth Learning Events – Las Cruces (Rosile & Boje, 2002)
Equine work with Veterans in North Carolina
How Horses Help an Army Veteran Heal from PTSD - Brian Mancini, Army Veteran with PTSD, who served in Baghdad
Fort Jackson Equine-Assisted work with Veterans
Second: Embodied Restorying Process (ERP)

YouTube of ERP with formerly homeless veterans
Table 1: 7 STEPS of Embodied Restorying Process (ERP) with ♥ of Care

1. Recharacterize (authentic Self identity)

2. Externalize (de-label the Disorder Label) Make the Problem the old story, not the person.

3. Sympathize (benefits) – of old story; Map the payoffs

4. Revise (consequences) – Map the Organization & Economic influences of old story/old stereotypes

5. Strategize (Little Wow Moments of exception to grand old story)

6. Restory (rehistoricizes the Grand old Story by collecting Little Wow moments into New story)

7. Publicize (support networking) e.g. letter writing with supporters of your ‘New Story’
PROJECT ONE:
Evaluation Study of Equine and Restorying Treatment Random-Control-Trials (RCTs) for Post-Deployment Veterans and their Families
### Research Design: Proposed Project 1

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>LUBBOCK</td>
<td>Fort Bliss</td>
<td>Holloman AFB</td>
<td>Writing</td>
</tr>
<tr>
<td>Target Enrollment (per quarter)</td>
<td>Control</td>
<td>Equine</td>
<td>Restorying</td>
</tr>
<tr>
<td>Q1 &amp; Q2 8 trials – LUBBOCK – new subjects</td>
<td>12</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Q3 &amp; Q4 8 trials – LUBBOCK – new subjects</td>
<td>12</td>
<td>12</td>
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</tr>
<tr>
<td>Target Enrollment (Cumulative)</td>
<td>48</td>
<td>96</td>
<td>144</td>
</tr>
</tbody>
</table>

72 Service Members & Families in control group; 72 in Equine treatment; 72 in Restorying; 72 Both Equine & Restorying; 96 Service Members and Families at LUBBOCK; 96 at FB; 96 at HAFB; Total of 288 Service Members, 288 Spouse/Partner; approximately 400 children between 8 and 18; Grand Total 976 individuals
PROJECT TWO:

Develop a Restorying 'App' for Service Members and their Family members to use during deployment separation.

The teens said they often hid their real feelings in an effort to protect other family members, (but) “many of the teens talked about being on edge with their emotions.”
PROJECT THREE:

NIH Research on Children in Military Families: The Impact of Parental Military Deployment and Reintegration on Child and Family Functioning (R21)

Children in military families often experience multiple stressors before and during their parents' deployment and during phases of reunion with the family. Pending deployment and the anticipation of deployment may result in family members of active duty and reservists experiencing emotional distress and destabilization…
Thank you

FOR MORE
HTTP://PEACEAWARE.COM
EAGLE

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