

Caregiver Mental Health Summit

2012

Professional Track

Brought to you by:



Family of a Vet

www.familyofavet.com

Overview of Materials

Family of a Vet would like to thank you for participating in the first annual Caregiver Mental Health Summit. Your enthusiasm to want to help those who care for our veterans encourages us and pushes us forward to continue expanding the envelope and helping these families.

These handouts are for you, your colleagues, and your caregiving patients. Below please find the title of each document along with a brief overview of its contents. We hope they help you implement what you have learned and share the word about what caregivers need to survive and thrive in Life After Combat.

Caregiver Mental Health Resources

An overview of a wide variety of free access to mental health resources for caregivers including organizations featured at the Caregiver Mental Health Summit.

Secondary PTSD

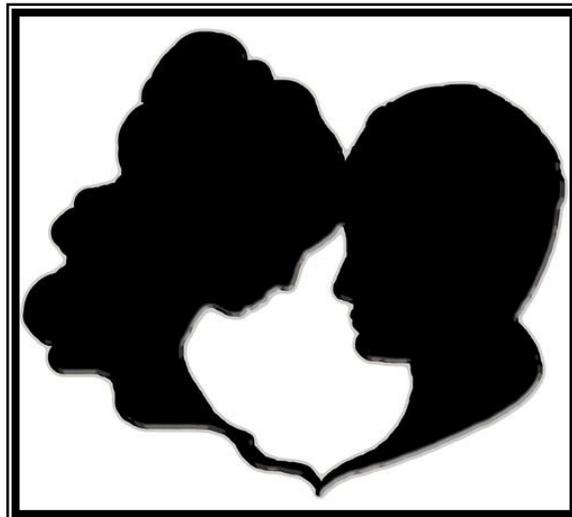
A brief fact sheet on Secondary Post Traumatic Stress Disorder, who it can affect, what its symptoms are, and how common it is in families of PTSD veterans.

Parenting Strategies for Caregivers

A collection of parenting strategies to help caregivers who are struggling with being a “not single single parent”.

The Rules of Engagement

One of our most popular articles from Family of a Vet’s website summarized into a 2 page handout just for you! It features 10 intimacy tips for couples living in Life After Combat.





FamilyOfaVet.com

real world, plain language information about PTSD, TBI, and coping with life after combat

P.O. Box 669 • Daphne, Alabama 36526

Phone: 251.650.2234 • Fax: 251.382.1857

Caregiver Mental Health Resources

Receiving proper mental health treatments is often a crucial component to caregiver care. From learning to adapt to a new set of circumstances to more complex situations including those that lead to Secondary PTSD, prompt, competent care to assist the caregiver can mean the difference between keeping a family intact or leaving them abandoned to a spiraling disaster.

Counseling Options available at no cost to the caregiver include:

1. Active Duty Families

- **On Base Options:**
 - **Mental Health on post** (available at most active duty locations)
 - **Chaplain's Office** (for Pastoral Care)
 - **Family Advocacy Center** (available at most active duty locations)
- **Off Base Options:**
 - **Give an Hour** (www.giveanhour.org)
 - **Not Alone** (www.notalone.org)

2. Veteran Families

- **Veteran Center** (http://www2.va.gov/directory/guide/vetcenter_flash.asp)
- **Give an Hour** (www.giveanhour.org)
- **Not Alone** (www.notalone.org)

Family Of a Vet, Inc., is a national, federally recognized 501(c)3 non-profit organization dedicated to helping veterans and their families learn how to cope with PTSD (post-traumatic stress disorder), TBI (traumatic brain injury) and life after combat through real-world, plain language education and resources for heroes, families, and communities.

CONNECT WITH US ONLINE...

Website: www.FamilyOfaVet.com

E-mail: Info@FamilyOfaVet.com

Facebook: www.facebook.com/lifeaftercombat

PTSD/TBI Life Blog: blog.familyofavet.com

News & Headlines Blog: news.familyofavet.com

Twitter: www.twitter.com/familyofavet



FamilyOfaVet.com

real world, plain language information about PTSD, TBI, and coping with life after combat

P.O. Box 669 • Daphne, Alabama 36526

Phone: 251.650.2234 • Fax: 251.382.1857

Secondary Post Traumatic Stress Disorder

Secondary Post Traumatic Stress Disorder (PTSD) is PTSD caused by PTSD. It can affect spouses, children, parents, and loved ones of a PTSD patient.

Symptoms of Secondary PTSD include:

- Depression
- Anxiety
- Frustration
- Anger
- Sleeplessness
- Inability to Concentrate
- Irrational Behavior
- Crying
- Inability to Cope with Daily Tasks

Approximately 40% of those who are a spouse of someone with PTSD will develop Secondary PTSD. This means approximately 160,000 spouses will develop Secondary PTSD from being a caregiver assisting their veteran with managing his or her own PTSD. Less than 10% of these spouses will seek help. This means approximately 150,000 spouses are currently going untreated for Secondary PTSD. Please keep in mind, this figure is only for spouses. It does not include other loved ones cohabiting with the veteran such as parents, children, and/or siblings.

Family Of a Vet, Inc., is a national, federally recognized 501(c)3 non-profit organization dedicated to helping veterans and their families learn how to cope with PTSD (post-traumatic stress disorder), TBI (traumatic brain injury) and life after combat through real-world, plain language education and resources for heroes, families, and communities.

CONNECT WITH US ONLINE...

Website: www.FamilyOfaVet.com

E-mail: Info@FamilyOfaVet.com

Facebook: www.facebook.com/lifeaftercombat

PTSD/TBI Life Blog: blog.familyofavet.com

News & Headlines Blog: news.familyofavet.com

Twitter: www.twitter.com/familyofavet



FamilyOfaVet.com

real world, plain language information about PTSD, TBI, and coping with life after combat

P.O. Box 669 • Daphne, Alabama 36526

Phone: 251.650.2234 • Fax: 251.382.1857

Parenting Strategies for Caregivers

Caregiving as spouse is a unique parenting challenge many families struggle with during Life After Combat. This “cheat sheet” of coping techniques is just a starting point to lead each family to what works best for them and is straight from our team of caregivers contributing to the project.

Weekly Parenting Checklist:

- **Quality time with each child.**

Even if it's only able to be done for 5 minutes, each child needs time with each parent during a “good time” in their schedule and mindset.

- **Regular communication with teachers.**

Make a system to check in with each child's teachers at least once a week—even if it's just a quick email. Let them know what's going on in your family, anything that's coming up on the schedule that could cause children to struggle, and make certain all assignments are completed so there is no last minute binge scrambling.

- **Daily “Time Out”**

Taking at least 10 minutes a day, whenever it can be squeezed into a schedule, to do something that revitalizes, encourages, and uplifts the caregiver.

- **Weekend “Party”**

At Family of a Vet, we believe in celebrating the small stuff, even just making it through another week. There's nothing wrong with a special dessert, a thank you to the kids for their own little sacrifices, and recognizing that as a family, you can survive and thrive.

Family Of a Vet, Inc., is a national, federally recognized 501(c)3 non-profit organization dedicated to helping veterans and their families learn how to cope with PTSD (post-traumatic stress disorder), TBI (traumatic brain injury) and life after combat through real-world, plain language education and resources for heroes, families, and communities.

CONNECT WITH US ONLINE...

Website: www.FamilyOfaVet.com

E-mail: Info@FamilyOfaVet.com

Facebook: www.facebook.com/lifeaftercombat

PTSD/TBI Life Blog: blog.familyofavet.com

News & Headlines Blog: news.familyofavet.com

Twitter: www.twitter.com/familyofavet



FamilyOfaVet.com

real world, plain language information about PTSD, TBI, and coping with life after combat

P.O. Box 669 • Daphne, Alabama 36526

Phone: 251.650.2234 • Fax: 251.382.1857

The Rules of Engagement

Intimacy Tips for Engaging in Life After Combat

Rule #1: Thou shalt realize that compromise is involved.

Sometimes you just plain flat aren't going to be in the mood. The rule in our house is for every time you say no, say yes at least once. Sometimes the only way to get the kind of intimacy you want is to give the kind your partner needs first.

Rule #2: Thou shalt take advantage of the good days.

Good days are few and far between. So take advantage of the good days or even the good moments when possible. Carpe Diem! Seize the Day!

Rule #3: Thou shalt be romantic.

Addendum: when possible. Sometimes going the extra mile is a HUGE help in restoring intimacy. The thrill of preparations alone can help get both of you in the mood.

Rule #4: Thou shalt run away.

Occasionally. Get a sitter and leave the house. It's literally time to run away from home. It might not lead directly to the bedroom, but you're helping to heal wounds deep within the soul and that will help lead to better intimacy in the long run.

Rule #5: Thou shalt be willing to take care of thyself occasionally.

Let's face it. Sometimes there's a drought. Don't whine about it. Find a way to take care of your need for intimacy without your partner. Have a glass of wine and take a long bath. Pamper yourself with a DIY manicure. Take care of "business" yourself.

Family Of a Vet, Inc., is a national, federally recognized 501(c)3 non-profit organization dedicated to helping veterans and their families learn how to cope with PTSD (post-traumatic stress disorder), TBI (traumatic brain injury) and life after combat through real-world, plain language education and resources for heroes, families, and communities.

CONNECT WITH US ONLINE...

Website: www.FamilyOfaVet.com

E-mail: Info@FamilyOfaVet.com

Facebook: www.facebook.com/lifeaftercombat

PTSD/TBI Life Blog: blog.familyofavet.com

News & Headlines Blog: news.familyofavet.com

Twitter: www.twitter.com/familyofavet



FamilyOfaVet.com

real world, plain language information about PTSD, TBI, and coping with life after combat

P.O. Box 669 • Daphne, Alabama 36526

Phone: 251.650.2234 • Fax: 251.382.1857

The Rules of Engagement

Intimacy Tips for Engaging in Life After Combat

Rule #6: Thou shalt pamper thy partner.

Take turns on this one: his night and her night. Feeding each other's needs is a great way to restore intimacy even when things aren't "working right" in the bedroom. Preparation is key.

Rule #7: Thou shalt engage in thy fantasies.

Write down your fantasies. Play an erotic board game. Invest in some scraps of paper and draw ideas out of a hat. Grab a timer from a board game and go to it or use a kitchen timer and a set of dice to roll for the number of minutes. Have fun with it! Get back to enjoying your sex life!

Rule #8: Thou shalt laugh.

Okay, sometimes sex accidentally becomes funny. Go ahead and laugh a little. Giggle when your kid knocks on the door. Laugh when your mother calls in the middle of business and you got caught. . It's okay to laugh and the PTSD world is low on giggles anyway. Get your smiles in anywhere you can.

Rule #9: Thou shalt try something new.

This sometimes helps fuel rule #8. Go ahead and try something new. Be open to a new experience.

Rule # 10: Thou shalt be flexible.

Not literally....although that's good too. Like everything else in the PTSD world, roll with the punches. Nothing in this world is truly predictable so the best thing you can do is to just fall in with what fate has in store for you.

Family Of a Vet, Inc., is a national, federally recognized 501(c)3 non-profit organization dedicated to helping veterans and their families learn how to cope with PTSD (post-traumatic stress disorder), TBI (traumatic brain injury) and life after combat through real-world, plain language education and resources for heroes, families, and communities.

CONNECT WITH US ONLINE...

Website: www.FamilyOfaVet.com

E-mail: Info@FamilyOfaVet.com

Facebook: www.facebook.com/lifeaftercombat

PTSD/TBI Life Blog: blog.familyofavet.com

News & Headlines Blog: news.familyofavet.com

Twitter: www.twitter.com/familyofavet