



Thursday, November 29th - Classes Dedicated to Those Who Serve Caregivers

Caregiver Resources: 10:00 am - 11:30 am CST

Learn what resources are available to help your clients beyond your own doors. Find solutions from those working in the trenches including the Department of Veteran Affairs and hardworking non-profits including Give An Hour. Arm your arsenal to help those surviving and thriving in Life After Combat with the best resources available and hear directly from them where their specialties are so you know your recommendations will be the very best you can offer.

Facts and Trends from the Trenches: 11:30 am - 1:00 pm CST

This frank discussion comes straight from the “front lines” of Family of a Vet’s staff on what they see happening, what the up and coming trends are in veteran and caregiver care, and how you need to be ready to serve that community. Learn how to help families with these crisis issues and have the opportunity to pick the brains of those working with these families and helping them through Life After Combat.

Beyond the Caregiver: 1:00 pm - 2:30 pm CST

Join Beau Chatham, CEO of Warrior Life Coach and a former U.S. Army Infantry officer, as he discusses his revolutionary techniques for helping not only veterans, but caregivers and veteran families as well. When a warrior is on track mentally, his caregiver’s burden significantly decreases. Learn how Beau is helping families with his revolutionary R.E.C.O.N. technique survive and thrive in Life After Combat.

Caregiver Panel: 2:30 pm - 4:00 pm CST

Speak directly with caregivers as they talk to you about the realities of what caregiving can really do to your mental health. This panel includes top veteran caregiver bloggers Torrey Shannon, Kat Honaker (a.k.a. Uncle Sam’s Mistress) and Ashley Lambert-Wise of Battling Bare and others as they open up and share with you their struggles and how they overcame them. Learn what’s really going on, what caregivers are afraid to tell you and why, and how to best help those living in Life After Combat directly from their own mouths.



Friday, November 30th - Classes Dedicated to Caregivers

Overview of Mental Health Issues Caregivers Face: 10:00 am - 11:30 am CST

As the primary head of household in most situations, your mental health and wellbeing are integral to the success of the family. The physical and emotional demands placed on a caregiver from all directions greatly increase the risk of poor physical and mental health, which in turn puts the entire family unit at risk. Learn about the demands and stresses of being a family caregiver and how to take care of yourself.

Mental Health Resources for Caregivers: 11:30 am - 1:00 pm CST

Programs like Military OneSource, the VA Caregiver Program, the VA Vet Center, and Give An Hour have providers available to offer mental health services to caregivers of disabled veterans. Learn more about how these programs, and others like them, can provide you with the support you need.

Out of the Box Approaches: 1:00 pm CST - 2:30 pm CST

Today's caregiver is social media savvy, computer literate, and on the go. Look beyond the traditional 50 minutes of therapy in the counselor's office and toward alternative practices...including services that reach into the homes of the family caregiver and provide mental health support services in innovative ways, mobile apps that you can use from anywhere, and more... all designed to help you brainstorm ways to take care of YOU while caring for your hero and family

Caregiver Roundtable: 2:30 pm CST - 4:00 pm CST

Daily stress and fatigue to chronic depression and anxiety, even Secondary PTSD, all of us are affected and need to be mindful of our own wellbeing. How can you find balance and bring peace back into your household? Caregivers walking in your shoes will share their stories of surviving and thriving in this new life.