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CDP Presents A Monthly Webinar Series

Strengthening the Homefront: A Tactical Toolkit Targeting Key Factors During Deployment

Presenters:

Ms. Khristine Heflin

Dr. Andrea Israel

Before We Get Started in:

01:00:00

Q & A – You can submit a question via the chat at any point during the presentation. Questions will be answered during or the last 10 minutes of the program. While chatting, please make sure to select "All Panelists and Attendees" in chat so all can see your comments and questions!

Resources – You can find a PDF of the presentation and additional resources in your CE21 account page.

Dial In for Audio (only if having audio problems)
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Help – for assistance, please e-mail Micah Norgard at micah.norgard.ctr@usuhs.edu

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To receive credit, you must attend the webinar all the way through the Q & A section at the end of the presentation.

Please do NOT leave the webinar!

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Disclaimer

The views expressed are those of the presenter and do not necessarily reflect the opinions of the Uniformed Services University of the Health Sciences, the Department of Defense, or the U.S. Government.

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Upcoming Training Events:

Online Cognitive Behavioral Therapy for Insomnia (CBT-I) Training via Zoom,	January 18th - 19th
Online Cognitive Behavioral Therapy for Insomnia (CBT-I) Training via Zoom	January 25th – 26th
CDP Presents: Psychological Flexibility and ACT in Chronic Pain: Theory and Application	January 25th
Military-Connected Couples: Elements of the Assessment Process and Intimate Partner Violence: An Overview of Assessment and Response with Military-Connected Clients Online via Zoom	February 7th
CDP Presents: Eating Disorders: General and Military-Relevant Considerations	February 15th

Register now for these upcoming trainings:
www.deploymentpsych.org/trainings

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Sorry We Missed You!

We have you covered!
Check out last month's series:
Psychological Flexibility Training to Enhance Resilience in Service Members

The team was very thorough and patient. They provided an abundant of resources and information! Wonderful webinar

I am grateful for CDP. They provide up to date information about and make solid evidence-based practice suggestions.

This was my first experience using CDP although I have been in the field for over 40 years. It was a thorough and thoughtful presentation of high value that I would recommend.

Watch Archived CDP Presents Webinars at
https://deploymentpsych.org/archived-webinars

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CDP's Official PODCAST

Practical For Your Practice

CATCH UP WITH SEASONS 1 & 2 OF PRACTICAL FOR YOUR PRACTICE

DEPLOYMENTPSYCH.ORG
/CDP-PODCASTS

SEASON 3
COMING
JANUARY 2023

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PATHWAYS TO MILITARY INTERNSHIPS
The Center for Deployment Psychology's Pathways to Military Internships
A program aimed at doctoral students in clinical or counseling psychology who are seriously considering applying for a military internship at one of the ten training programs across the U.S. Army, Navy, and Air Force.
The Summer Institute
is a five-day course held in person during the month of June or July at the Uniformed Services University of the Health Sciences (USU) in Bethesda, MD on the same campus as the Walter Reed National Military Medical Center.
For more information
https://deploymentpsych.org/the-summer-career
The Winter Institute
is a three-day virtual course held in the month of January
For more information
https://deploymentpsych.org/winter-institute
Information on the Pathways to Military Internships:
https://deploymentpsych.org/pathways-to-military-internships
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PATHWAYS TO MILITARY INTERNSHIPS
The Application Period is Now Open
For Summer Institute!
Application Deadline: 30 March 2023
Course Dates: 17-21 July 2023
https://deploymentpsych.org/pathways-to-military-internships
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Enhancing Your Experience
Chat
To: All panelists and attend...
Type message here...
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Strengthening the Homefront: A Tactical Toolkit Targeting Key Factors During Deployment

Presenters:

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Military Child Social Worker
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Disclosures

All faculty, course directors, planning committee, content reviewers and others involved in content development are required to disclose any financial relationships with commercial interests. Any potential conflicts were resolved during the content review, prior to the beginning of the activity.

Drs. Heflin and Israel have no financial interests to disclose.

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Learning Objectives

- Evaluate the impact of deployment on family functioning
- Develop strategies to enhance familial relationships during the Deployment Cycle
- Integrate resources to support military family functioning into clinical practice with military families

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Why now (again)?

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Emotional Cycle of Deployment

How does deployment impact the Homefront?

Pincus, House, Christenson, & Adler, 2001

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Ambiguous Loss Theory

- Two types of ambiguous loss
  1. Ambiguous absence
  2. Ambiguous presence

- Ambiguous loss issues can result in boundary confusion

Boss, 2016; Faber, 2008; Hollingsworth 2016

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Diathesis-Stress Model

- Describes the emergence of psychological distress or conditions from the interaction between an underlying vulnerability and environmental stress.
- Protective factors may provide a buffer against the emergence and/or intensity of negative outcomes.

Colodro-Conde et al., 2017; Esposito-Smythers et al. 2011

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How might family readiness relate to mission readiness?

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Mission Readiness and Family-Related Stressors

- Potential impact on mission readiness:
  - Lack of communication ⇒ concern for home life ⇒ difficulty concentrating
  - Declined focus impacts performance in job duties
- Possible cost to mission:
  - Quality of work during deployment

Le Menestrel & Kizer, 2019; Strong et al., 2021

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Deployment Risk Factors

Briggs et al., 2020

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Deployment Characteristics

- **Combat deployments** have been identified as uniquely contributory to **declines in child psychosocial functioning**
- **Traumatic events** are a risk factor for **worse postdeployment outcomes for** Service members, spouses, and children
- **"Dose effect" with repeated deployments** - both building *negative* effects and/or building *positive* trends

Meadows et al., 2016; Aranda et al., 2011

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Family Factors

- Families that **prepare to and then maintain** routines, communication, and relational connections tend to **fair better** *throughout the deployment cycle*
- Service members report **higher parenting satisfaction** during the deployment while spouses report **declines in parenting satisfaction** over the entire deployment cycle

Meadows et al., 2016

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Parental Functioning

- **Child psychosocial outcomes** are negatively impacted by **caregiver mental health problems** and **heightened stress**
- Parent/family **access to military and social supports** may support healthy family coping and buffer against child psychosocial morbidity

Creech et al., 2014; Bello-Utu & DeSocio, 2015; Flake et al., 2009

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Individual Factors

- About **1 in 4 military children** have an *emotional and/or behavioral challenge* during deployment (majority do not)
- **Developmental age** plays a role in *how* children and teens react to deployment challenges
- After controlling for pre-existing behavioral health needs and injuries to the Service member, there are **no overall significant effects of deployment** on *persistent* psychological outcomes for Service members or spouses

Aranda et al., 2011; Meadows et al., 2016; Masten, 2013

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(Some) Developed Programs

ADAPT	Adaptive Deployment, Adaptive Parenting Tools	Gerwitz, DeGarmo, & Zamir, 2018
FOCUS	Families OverComing Under Stress	Lester et al, 2016
Thrive	Parenting practices to foster child development and resilience	Chesnut, Rudy, Welsh, & Perkins, 2021; Materia et al., 2020
Strong Families Strong Forces	Focused on young children impacted by OEF/OIF	Paris, Acker, Ross, & DeVoe, 2011

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Strengths & Limitations

- **Strengths**: research-based, evaluated programs that have the *potential* to reach many families
- **Limitations**: ongoing challenges connecting military families with evidence-based programming

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Research on What Works

- **Parent**-focused interventions
- Empowerment by taking healthy **action**
- Positive familial **interactions**
- Supporting parent *and* child **coping**, as well as resiliency as a whole
- Emphasis on healthy **communication**

Prinz 2016; Briggs et al., 2020

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ABCD Tactical Toolkit

A Take **A**ction

B Protect the **B**ond

C **C**ope

D **D**iscuss

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Key Psychosocial Features

Increased anxiety

Anticipation

Tension over decisions

Lots of opportunity for increased conflict

Pincus, House, Christenson, & Adler, 2001

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Poll Question 1

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A	Take Action	Plan how to mark time towards deployment completion. Ex: puzzle piece/day, Lego piece/day, skill/craft mastery
B	Protect the Bond	Pre-record bedtime rituals and special wishes Pre-deployment emotional checklist
C	Cope	Adults: stress management and coping ahead plans, including resources Kids: Coping box or cozy corner
D	Discuss	Share details: where, how long, basic rationale Kids: create a social story using real pictures All: create a communication plan (how, when, which details to share) and family rules/expectations

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Key Psychosocial Features

- Possible relief
- Fear
- Feeling overwhelmed
- Increased responsibility

Pincus, House, Christenson, & Adler, 2001

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Poll Question 2

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A	Take Action	Let kids help with packing and preparation Maintain basic routines and allow time for self-care; postpone big decisions
B	Protect the Bond	Intentional good-byes with two parts: 1 – There is an important job to do 2 – The child(ren)/spouse are just as important
C	Cope	Implement tools identified during Pre-Deployment Lean on others who understand
D	Discuss	Give room for big feelings (crying is a form of communicating, too) Schedule time for upset and monitor child exposure

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Key Psychosocial Features

Increased confidence

New rituals and norms

Possible feelings of isolation from service member

Different perspectives of family stressors

Pincus, House, Christenson, & Adler, 2001

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Poll Question 3

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A	Take Action	Daily/weekly accomplishment and challenge log Ex: on paper, shared online document, creative means (flower bloom is accomplishment, stem is challenge)
B	Protect the Bond	New "love you" rituals that span time and distance (paper hugs, good night to the stars or moon) Couples' gratitude journal and virtual "date nights"
C	Cope	Teens: Center for Parent and Teen Communication self-guided "Build a Stress Management Plan" All: WHO "Doing What Matters in Times of Stress"
D	Discuss	Talk…about anything Encourage kids/teens to talk with military peers Create small or silly reasons to celebrate

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Key Psychosocial Features

Increased anticipation
- Excitement
- Trepidation

Possible rush to finish tasks

Pincus, House, Christenson, & Adler, 2001

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Poll Question 4

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A	Take Action	Family countdown activities Let kids share as a way of re-engaging
B	Protect the Bond	Don't panic or force engagement General mindset: time to establish the "new normal"
C	Cope	Turn to comprehensive programs if/as significant challenges arise Refer for treatment if high conflict
D	Discuss	Prioritize: 1 - big changes to the family 2 - communication to reconnect emotionally

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Key Psychosocial Features

Role confusion

Role re-balancing

Possible trauma or other war injury

Concerns "catch up"

Opportunity for tremendous growth

Meadows, Tanielian, & Karney, 2016; Pincus, House, Christenson, & Adler, 2001

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Poll Question 5

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Strengthening the Homefront

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A	Take Action	GROW and extend!
B	Protect the Bond	Child-focused time Redefine family: identify strengths, expand roles, attune to emotions
C	Cope	Monitor level of detail shared about deployment Strengthen areas of challenge
D	Discuss	Practice communicating with “I messaging” and problem-solving approach Create a family narrative about the deployment

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Pearls

- Deployment is associated with risk for psychosocial challenges for military families
- There are key protective factors that can be addressed intentionally
- It is possible to promote resilience throughout deployment as a single behavioral health provider

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Questions and Discussion

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deploymentpsych.org

- Descriptions and schedules of upcoming training events
- Blog updated daily with a range of relevant content
- Articles by subject matter experts related to deployment psychology, including PTSD, mTBI, depression, and insomnia
- Other resources and information for behavioral health providers
- Links to CDP's Facebook page and Twitter feed

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Other Learning Opportunities

- CDP Presents - Monthly Webinar Series
  - Live and archived
  - CEs free for live, small fee for on-demand CEs
  - View archived webinars free for no CEs
- On-demand Courses
  - Military Culture
  - Deployment Cycle
  - Intro to PE and CPT
  - …and more!

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Provider Support

CDP's "Provider Portal" is exclusively for individuals trained by CDP in evidence-based psychotherapies (e.g., CPT, PE, and CBT-I)

- Consultation message boards
- Hosted consultation calls
- Printable fact sheets, manuals, handouts, and other materials
- FAQs and 1:1 interaction with answers from SMEs
- Videos, webinars, and other multimedia training aids

Participants in CDP's evidence-based training will automatically receive an email instructing them how to activate their user name and access the "Provider Portal" section at Deploymentpsych.org.

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Center for Deployment Psychology

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Next Steps

Before You Go:

Thank you for attending and participating in our training.

Please note: Attendance cannot be taken before the webinar is closed. Please allow 2 hours for our system to track attendance.

After waiting, the next step for meeting CE requirements is to log back into your CE21 account and complete all certificate requirements for this course.

Please note that Zoom will occasionally take attendance that does not transfer to CE21. If your "Seminar Completion" tab is red, and you have attended the webinar in the required entirety, please wait 4 hours before contacting Micah Norgard at micah.norgard.ctr@usuhs.edu

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