

RAISING OUR HANDS

PTSD Identification, Diagnosis, & Treatment Across Diverse Communities

Virtual summit held on November 7, 2023

* Exploring unmet economic, medical, & humanistic needs to identify ways to more effectively support individuals with PTSD and their support partners



OPENING

- ☉ Share free, evidence-based resources

We're here to ...
Discuss unmet
medical, economic,
& personal costs
of PTSD
particularly in underserved
civilian populations

- ☉ Explore opportunities for earlier identification & clinical treatment

A LOOK AT THE DATA · 1

Four symptom clusters ~ ..

Avoiding reminders of the event

Having negative thoughts & feelings

Experiencing unwanted memories

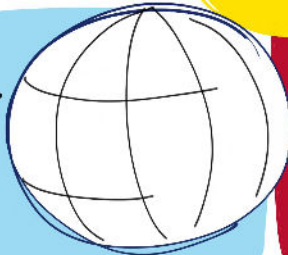
Feeling on edge

What Is PTSD?

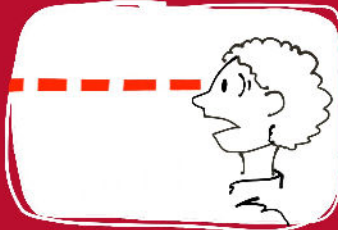
Experiencing or witnessing a traumatic event can lead to PTSD

Trauma is COMMON

about 70% experience trauma in their lifetime



.. life-threatening event ..



On society...

\$250B/yr.



The PTSD burden on individuals

- social isolation
- risk of suicide
- substance abuse
- ability to work
- reduced quality of life
- physical health



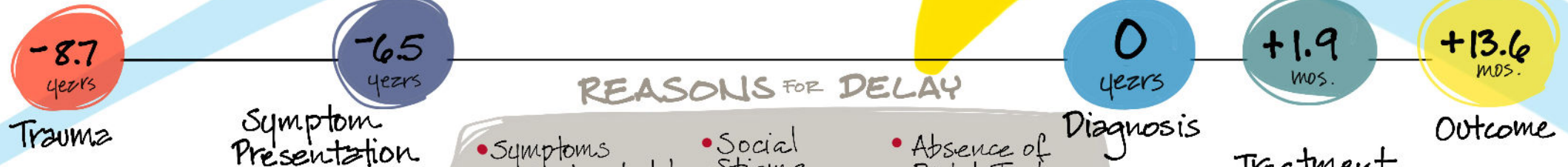
On family & support partners

- secondary stress
- anxiety/depression
- substance abuse



A LOOK AT THE DATA · 2

PATIENT TIMELINE



REASONS FOR DELAY

- Symptoms Sub-threshold
- Social Stigma
- Absence of Right Tools
- Overlapping Symptoms
- Family Request not to Share
- Employment Concerns
- Concerns w/ Legal Issues
- Not Recognizing a Trauma
- Nobody is Asking

PTSD TREATMENT WORKS

- * Reduce/eliminate symptoms
- * Improve relationships
- * Cope with life's ups & downs
- * Find hope for the future

---Trauma-focused therapy is best---

*There are MANY OPPORTUNITIES to improve the PATIENT EXPERIENCE

FOCUSING ON THE EXPERIENCE OF INDIVIDUALS WITH PTSD & SUPPORT PARTNERS. 1

Caregivers are essential — and they, too, need support

Healing & recovery IS possible

Negative experiences with providers can deter treatment & delay recovery

WHY IS THIS HAPPENING TO ME? I didn't do anything!!

Health care providers must be trained in trauma-informed care & motivational interviewing

hard to get docs to make the correlation to other conditions

Effective treatment requires compassion & empathy

couldn't trust what I was a part of

couldn't find the words to describe it

inability to control my reactions...

I was dismissive — but traumatic delusions are real

FOCUSING ON THE EXPERIENCE OF INDIVIDUALS WITH PTSD & SUPPORT PARTNERS. 2

What do you want every provider to know?

Brionna

Be OK with doing your job - know how to deal w/ peoples' issues --

Michael

- Our loved ones' experiences are REAL - they're not crazy
- Listen non-judgementally - everyone deserves respect

Stephanie

in treatment for 30 years

- Leaving things untreated = no treatment at all
- They'd only focus on what they knew they could resolve

Robert

Honor the human being in front of you --
Hear their story --
See them as a person, not a case

BUILDING BRIDGES FOR CHANGE · 1

POST-TRAUMATIC GROWTH

!! Individuals who had experienced suffering became leaders....

Appreciation of Life

Relationships with Others

New Possibilities in Life

Personal Strength

Spiritual & Existential Change

"The positive psychological change that some individuals experience after a life crisis or traumatic event"

The Post-Traumatic Growth Inventory....

PEER SUPPORT

"The Gospel of Recovery"

Peer support is critical to post-traumatic growth

2021 - Peer Apprenticeship Program

Reduce stigma

Filling gaps in clinical coverage

Advocates/ Navigators

BUILDING BRIDGES FOR CHANGE · 2

The VA is available to help anyone impacted by PTSD!

FREE resources
from the VA —
veteran or not!

- Understand PTSD
- Understand PTSD treatment
- Get help
- For families & friends
- For providers
- Apps, videos, & more
- Article database
- Clinical trials database

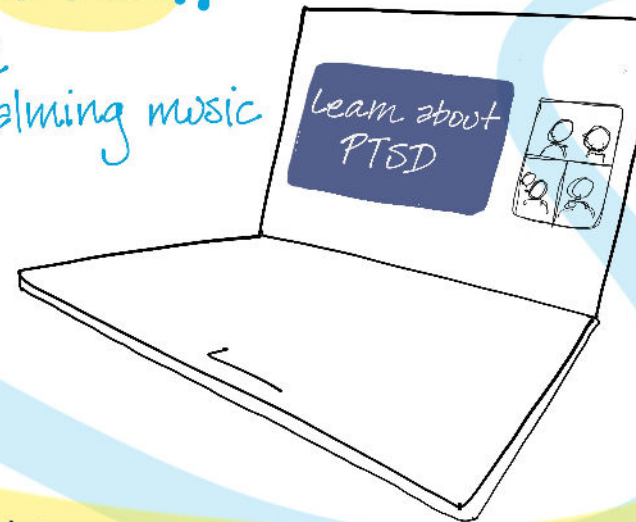


PTSD
COACH

symptom-tracking
tools

meditation

calming music



*ABOUT
FACE

videos

stories

search

many
symptoms

Free Consultation
Program

And provider can get help
for providers who treat veterans

free resources...

BUILDING BRIDGES FOR CHANGE · 3

Initiatives you have to raise awareness about PTSD?

DBSA

Peer support & empowerment

- Addressing stigma
- Self-advocacy
- Self-disclosure

We're focused on

- ~ leveraging education
- ~ increasing comfort
- ~ helping people find resources

Share your story

your voice can make a difference to others



ADAA

Today's stories reminded me why I do this work

We're professional + public-facing

- Members' expertise develops content
- Free, evidence-based information
- "Find your therapist" tool - use your voice - feel empowered - ask ?'s

We have a constant loop of feedback -



BUILDING BRIDGES FOR CHANGE · 4

Ways we can improve our resource-sharing?

