

»SERVING
THOSE WHO SERVED

**Got Your 6:
Understanding Military Service
and Supporting Veterans
November 18th 2020**



We ask that you consider the following as part of the need for personal reflection about matters related to veterans.

- When you hear the word *veteran* or *military service member*, what images, thoughts, sensations, emotions, etc., come to mind? When you see someone in uniform what is your personal reaction or experience? What comes to mind when the reference is to a *female veteran*?
- What's your attitude or belief toward the military? Why do you think people elect to join the military?
- What opinions do you hold of war or those who have served in a combat area? Do these opinions become projected indirectly or directly on the veteran or a person known to be serving in the military? What worries or concerns might you have over someone who has served in combat being in your office?





DAVE



ALAN





Initial Entry Training

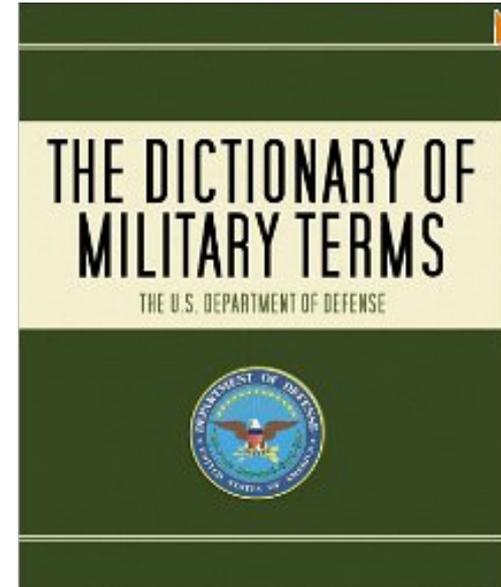


HUMINT

AWOL

Military Culture

- Language / Acronyms
- Customs & Courtesies
- Chain-of-Command
- Uniforms
- Regulations



SEABEE

BCT

UMCC

JFSOCC

MARSOFC

INTREP

AMC

PHIBRON

FRAGO

SERE

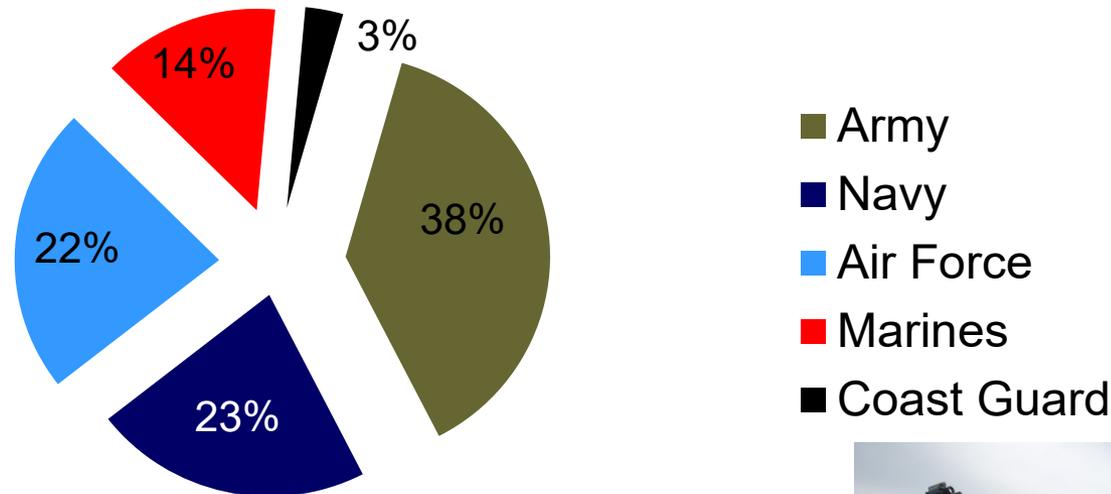
GIBCO



A Quick Snapshot of our Military

- 1.4 million serving on Active Duty / Guard – 444K / Reserve – 362K
- About half of service members are under 30 years of age
- Most have a HS Diploma or higher

By Service



There are 33.4 million Americans ages 17 to 24. When you account for standards, quality and interest only 136,000 are left. Army reached its goal of recruiting 68,000 active duty soldiers in FY 2019.



US military presence abroad

200,000 Abroad

4 US Military killed
in Niger (Oct 2017)

18 US Military killed
86 Wounded
in 2019

Quartz | qz.com

Data: Dod, news reports, Google Maps

Robert Gates "since Vietnam, our record has been perfect about predicting future wars: We have never once gotten it right."

Current Issues / News

Women in Combat Roles

“Any qualified candidate should be allowed to compete for jobs.”
Almost 800 women serving in Army Combat jobs to include Infantry Co Command.



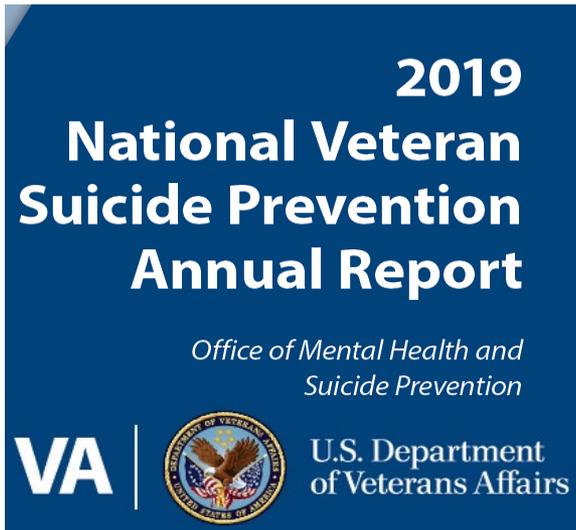
Women have graduated from Ranger School



- Women veterans are significantly more likely to face mental health challenges than civilian women and veteran men
- Suicide rate for women Veterans was 1.8 times greater than the suicide rate for non -Veteran women



Current Issues / News



VA Updates/News

- VA's Electronic Health Record Modernization program & Veteran Community Care Network
- The Solid Start Program, 3 calls from VA officials to new veterans in their first year of separation
- National Suicide Hotline Designation Act: "988" Summer 2022

Veteran Employment

- Jobless rate for all veterans fell to an 18-year low of 3.5% in 2018 (3.2% for Sept 2019)
- The veterans statistics still remain below the national unemployment rate. That figure dropped from 8.4 percent in August to 7.9 percent in September

- 6,139 Veteran suicides in 2017
- 70% of veteran suicide deaths were as a result of firearms
- Suicide among 18-34-year-old Veterans continues to increase

"Active-Duty Military Suicides at Record Highs in 2019"

(498)



Call [1-800-273-8255](tel:1-800-273-8255) and Press 1

Text 838255

[Chat online](#)

[Support for deaf and hard of hearing](#)



[Get Help](#)

[About Veterans Crisis Line](#)

[Education and Advice](#)

[Show Support](#)

New 3-digit number for national suicide hotline "988" (Summer 2022)

WELCOME TO THE

Veterans Crisis Line

Are you a Veteran in crisis or concerned about one?

Connect with the Veterans Crisis Line to reach **caring, qualified responders** with the Department of Veterans Affairs. Many of them are Veterans themselves.

HOW TO CONNECT WITH A RESPONDER

Call

[1-800-273-8255](tel:1-800-273-8255)

and Press 1

Chat

[Connect online](#)

This free support is

-  Confidential
-  Available every day, 24/7

And serves

-  All Veterans

<https://www.veteranscrisisline.net/>



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Defining a Veteran:

“A veteran is anyone who is a former member of the active duty military, the National Guard, or Reserves regardless of deployment status, combat experience, legal veteran status or GI Bill use.”

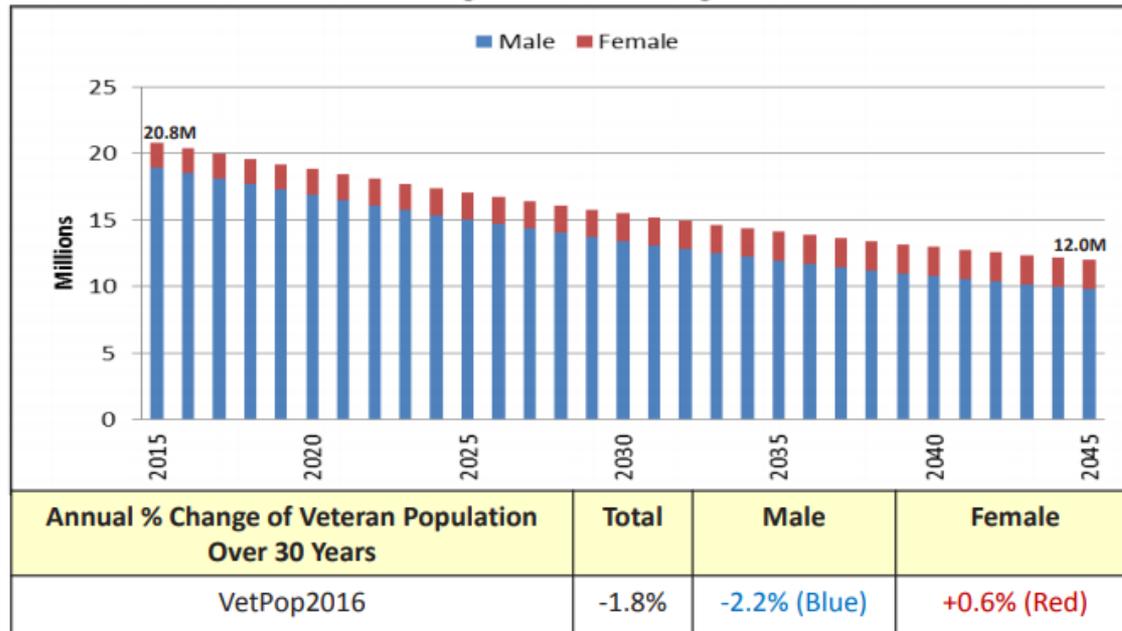
- From all branches of the military
- Range in age, race/ethnicity, and gender
- Have served during times of combat and peace
- May have deployed multiple times or not at all
- Have different employment and education goals

Preconceived notions of military & veterans??



In 2020, 19.5 million men and women are veterans accounting for about 8% of the civilian population age 18+

Veteran Projections by Gender



Gulf War Era Veterans are 50% of all war Veterans

2020

Gulf War Era 8,051,000

WWII 326,000

Korean Conflict 1,096,000

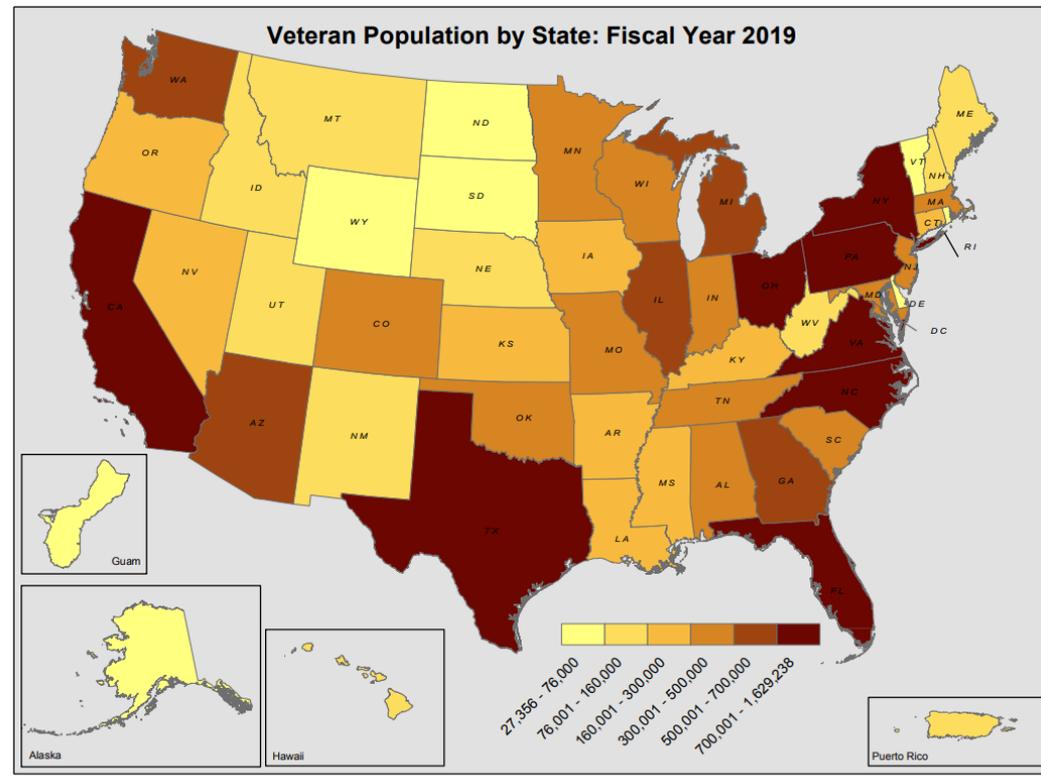
Vietnam Era 6,258,000



Where Veterans Live

Rank	2020	2030	2040
1	California	Texas	Texas
2	Texas	California	Florida
3	Florida	Florida	California
4	Pennsylvania	Virginia	Virginia
5	Ohio	Georgia	Georgia
6	New York	Pennsylvania	North Carolina
7	Virginia	North Carolina	Ohio
8	North Carolina	Ohio	Pennsylvania
9	Georgia	New York	Washington
10	Illinois	Washington	New York

50%
of Veterans
live in the top
10 states



Washington: 569,339 veterans
60,055 Female veterans



MILITARY SERVICE

TOP MOTIVATIONS FOR MILITARY SERVICE



53% EDUCATIONAL BENEFITS

52% DESIRE TO SERVE MY COUNTRY

49% OPPORTUNITY TO PURSUE
NEW EXPERIENCES,
ADVENTURES, OR TRAVEL

THE TOP 5 MOST COMMONLY EXPERIENCED INJURIES & HEALTH PROBLEMS

75.8% have experienced sleep problems

75.2% have experienced post-traumatic stress disorder (PTSD)

72.3% report back, neck, or shoulder problems

67.1% report depression

64.2% report experiencing anxiety

TOP SKILLS AND ATTRIBUTES STRENGTHENED BY MILITARY SERVICE

WORK ETHIC AND DISCIPLINE

87%

TEAMWORK

86%

LEADERSHIP AND MANAGEMENT SKILLS

82%

MENTAL TOUGHNESS

81%

ADAPTATION TO DIFFERENT CHALLENGES

78%

SELF-DISCIPLINE

77%

PROFESSIONALISM

78%



65.6%

ARE PURSUING
A BACHELOR'S
DEGREE OR
HIGHER



24.2%

ARE PURSUING
AN ASSOCIATE
DEGREE



7.3%

ARE ENROLLED
IN BUSINESS,
TECHNICAL, OR
VOCATIONAL
SCHOOL TRAINING



**INSTITUTE FOR
VETERANS AND
MILITARY FAMILIES**

Syracuse University JPMorgan Chase & Co., Founding Partner



**WOUNDED WARRIOR
PROJECT**

SVA

STUDENT VETERANS OF AMERICA

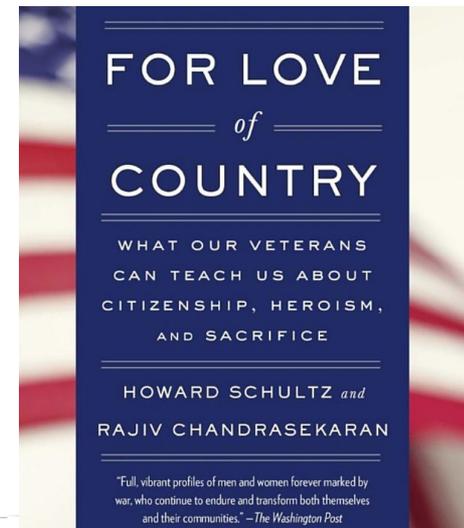


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What are some practical ways to reduce the drift and change the narrative about military service?

- Civilians
 - Find a veteran and just listen
 - Attend a military event (Veteran's Day, Memorial Day, airshows, parades)
 - Take a course (Got Your 6, military history, on-line)
 - Read ("For Love of Country" Starbucks CEO Howard Schultz and National Book Award nominee Rajiv Chandrasekaran)
- Veterans
 - Share your story
 - Bring a friend to a military event
 - Self-identify in the workplace
 - Provide feedback / take surveys



Transition Challenges

- Being an older student (70% are 25+ at EWU)
 - Freshman 20+ years old with 18 year old classmates
- Living off campus
 - Feeling isolated from classmates
- Alienation
 - Veterans may find it difficult to integrate on campus because their life experiences within the military differ significantly from most other students and faculty.
- Insensitivity of classmates, faculty, and others on campus in regards to discussion of war and military
 - Veterans may not agree with discussions or may feel attacked when asked about their experience
- Veterans face higher risk of suicide during first year home
(Study from Naval Postgraduate School in Monterey, California)



Some things to keep in mind.....

- Most veterans complete a four-year enlistment without ever seeing combat.
- “In harm’s way” and “in combat” are not the same thing.
- It is not necessary to experience fire fights to be adversely affected by war. Vicarious trauma can occur through identification with others who are in harm’s way, wounded, or killed.
- The unrelenting threat of attack is itself traumatizing.
- Veterans with PTS are not sick, they’re hurt.



What causes Post Traumatic Stress?

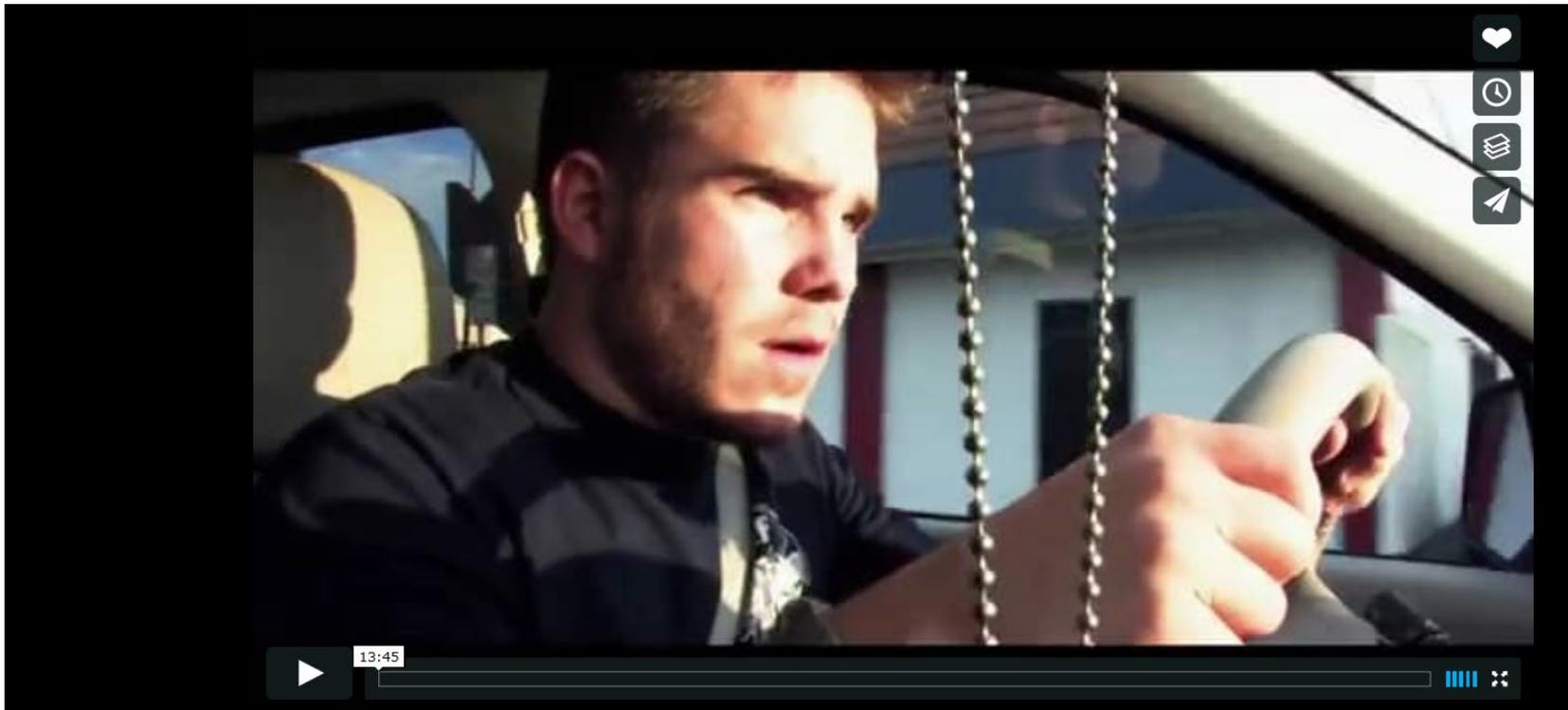
- Autonomic nervous is adversely affected
- Protracted stress causes the fight/flight response to become the normative psychological state
- Resolution and integration cannot take place
- Body and mid-brain “remain in combat mode”
- Veteran continues in the present to experience the world as a life-threatening place



The Results.....

- Multiple on-going symptoms of trauma
- Stress-related physical conditions in the body that can be fatal
- Protracted combat readiness
- Depression --- Anxiety --- Isolation





'Now, After' (PTSD From A Soldier's POV) [contains graphic imagery]

https://www.youtube.com/watch?v=NkWwZ9ZtPEI&feature=player_embedded

More from CDP
 Autoplay next video



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Loving our Warriors Home

- A man can live with almost any “how” if he has a sufficient “why”. (Frankl/Nietzsche)
- For the soldier, the “why” (meaning) is held by the people, not by the soldier.
- The willingness and ability of a people to help their warriors reintegrate with civilian society is directly related to the soldier’s experience of connectedness, which brings meaning and enables healing.



What do our veterans need from us?

- **Do not identify/stereotype us by our “veteran” status.**
- **Recognize the significance of our life experiences and membership in the military culture.**
- **Include dialogue about our military experience as a factor in advising and counseling interaction.**
- **Be supportive and willing to hear, but avoid questions about our actual experiences until trust is established.**
- **Create a safe place for us to “stand down.”**
- **Refer us to helpful community and Veteran Affairs resources.**

