

NORTH CAROLINA FOCUS ON SERVICEMEMBERS, VETERANS, AND THEIR FAMILIES



A PROJECT OF THE NORTH CAROLINA DIVISION OF MENTAL HEALTH, DEVELOPMENTAL DISABILITIES AND SUBSTANCE ABUSE SERVICES

Services and Supports Offered to Student Veterans at Community Colleges in North Carolina

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Governor's Institute on Substance Abuse

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North Carolina is home to 58 community colleges. According to the US Department of Veterans Affairs (VA), as of April 2013, a total of 12,039 community college students receive veteran-related educational benefits at these schools:

Montgomery GI Bill (CH 30):	3,335
Vocational Rehabilitation and Employment (CH 31):	630
Post 9/11 GI Bill (CH 33):	6,120
Dependents Educational Assistance (CH 35):	1,415
Selective Reserve (1606):	385
REAP (1607):	154
TOTAL	12,039 ¹

The colleges with the greatest number of VA benefit recipients are;

Fayetteville Technical Community College, Fayetteville	2,126
Coastal Carolina Community College, Jacksonville	1,211
Wake Technical Community College, Raleigh	799
Central Piedmont Community College, Charlotte	569
Cape Fear Community College, Wilmington	540

During spring 2013, the Governor's Institute on Substance Abuse, in partnership with the North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services (DMHDDSAS), developed a survey to be administered to the 58 community colleges in North Carolina. The purpose of the survey was to determine the types of behavioral health and other support services offered to student veterans that attended their schools.

Participating Community Colleges

On May 21, the North Carolina Community College System administration forwarded the survey link on www.surveymethods.com to community colleges, with a second administration on June 12. A total of 38 community colleges responded, with 9 additional schools completing the survey but not self-identifying. The following community colleges participated in the survey:

- Asheville Buncombe Technical Community College
- Beaufort County Community College
- Brunswick Community College
- Caldwell community College & Technical Institute
- Cape Fear Community College

¹ This number does not reflect the number of veterans who self-identify and do not receive support from the GI Bill.

- Catawba Valley Community College
- Central Carolina Community College
- Central Piedmont Community College
- Cleveland Community College
- Coastal Carolina Community College
- College of The Albemarle
- Craven Community College
- Davidson County Community College
- Durham Technical Community College
- Edgecombe Community College
- Fayetteville Technical Community College
- Haywood Community College
- Isothermal Community College
- James Sprunt Community College
- McDowell Technical Community College
- Mitchell Community College
- Montgomery Community College
- Nash Community College
- Piedmont Community College
- Pitt Community College
- Randolph Community College
- Roanoke-Chowan Community College
- Rowan-Cabarrus Community College
- Sampson Community College
- Sandhills Community College
- South Piedmont Community College
- Southeastern Community College
- Southwestern Community College
- Stanly Community College
- Wake Technical Community College
- Western Piedmont Community College
- Wilkes Community College
- Wilson Community College

Results

Services and Supports: Community colleges were asked to identify the services and supports that they offered to their student veterans. The most commonly provided services were a Veterans Coordinator (38 schools), counseling center (31), and office of student veteran services (20). Other services included counseling services by a counselor trained about military issues (9 schools), full-time student advisor who is a veteran (7), veterans club (7), counseling services provided by a veteran (6), student activities space dedicated for use by student veterans (5), building dedicated for use by student veterans (4), writing workshops (4), and academic programs (3).

When asked whether the college provided veteran-specific counseling services, 14 responded that they did; all 14 provided individual counseling while 3 schools also provided group counseling, where all members of the group are veterans. Types of services and supports included information about educational benefits and services (9 schools and an

additional school conducted a benefits fair), personal counseling (8), academic counseling (7), disability counseling (6), tutoring (5), and financial aid counseling (5).

Training Received: Questions were asked about training that counseling center staff, faculty and student advisors, and student support staff had attended. Staff received training from the US Department of Veterans Affairs (7 schools); the Area Health Education Center (AHEC) and Citizen Soldier Support Program (CSSP) (5); and the Center for Deployment Psychology (3). The training addressed the following topics: military culture (6 schools), community reintegration (6), post-traumatic stress disorder (PTSD) (6), depression (5), anxiety disorders (5), the implications of military service on student veterans and their peers (5), mood disorders (4), traumatic brain injury (TBI) (4), effect of military deployment on family members and friends (3), misuse of prescription drugs (3), and hazardous drinking (2).

Partnerships: Community colleges have worked with veteran-connected agencies/ organizations, including Veteran Services Officers (VSOs) (19 schools), Vet Centers (15), and Veterans Affairs Medical Centers (VAMCs) (10). Respondents also mentioned local VA offices/ clinics (4 schools), Employment Security Commission (2), vocational rehabilitation (2), and VFWs (2).

Training Needed: Community colleges identified the need for training on the following topics: PTSD (11 schools), transition from military to academic/civilian life (7), community reintegration (4), mood disorders (4), TBI (4), effect of military deployment on family members and friends (4), depression (3), and anxiety disorders (3). Respondents felt that the following would be helpful: workshops (39 schools), fact sheets on specific veteran-related topics (38), online training (37), website with downloadable resources or links to resources (37), and examples of what other colleges are doing (36).

To assist community college faculty and staff in obtaining useful resources, the North Carolina Focus on Servicemembers, Veterans, and Their Families has identified the following resources from the US Department of Veterans Affairs and free online trainings from several agencies.

Suggested Resources:

US Department of Veterans Affairs Resources:

The US Department of Veterans Affairs (VA) offers two websites for students interested in pursuing higher education:

- The first website provides a campus toolbox with the following topics that include downloadable documents (<http://www.mentalhealth.va.gov/studentveteran/>):
 - Who are Today's Student Veterans?
 - What are Common Adjustment Experiences?
 - What Can I Do to Help?
 - Resources for Training and Presentations
 - Additional Online Resources
- The second website is specific to the GI Bill and includes information about benefits and resources for student veterans (<http://www.gibill.va.gov/>).

Faculty and staff may find the following VA-developed pocket cards to be useful in identifying student veterans with behavioral health issues:

- Ethics: http://www.ethics.va.gov/docs/integratedethics/Ethics_Consultation_CASES_Pocket_Card--20070228.pdf
- Military Health History: <http://www4.va.gov/oa/pocketcard/default.asp>
- Preventive Ethics: http://www.ethics.va.gov/docs/integratedethics/Preventive_Ethics_ISSUES_Pocket_Card--20070228.pdf
- Depression Pocketcard: <http://www.healthquality.va.gov/mdd/MDDClinicalGuidelinesPocketCard013013.pdf>
- Errata sheet for depression pocketcard: <http://www.healthquality.va.gov/mdd/ErrataforManagementofMDDPocketCard.pdf>
- PTSD Pocketcard: http://www.healthquality.va.gov/ptsd/PTSD_PocketGuide_13May2013v1.pdf
- SUDs Pocket-card for Provider, September 2001: http://www.healthquality.va.gov/sud/sud_poc_combined.pdf
- Substance Misuse Pocketcard: <http://www.healthquality.va.gov/sud/SUDPocketGuideOverview.pdf>
- Suicide Risk Assessment suicide pocket card: <http://www.mentalhealth.va.gov/docs/Suicide-Risk-Assessment-Guide.pdf>
- Quick Guides for Providers on Traumatic Brain Injury:
 - mTBI Pocketcard: http://www.healthquality.va.gov/mtbi/Pocket_Card_2-11-11.pdf
 - TBI Pocketcard for Provider: <http://www.mirecc.va.gov/MIRECC/docs/visn6/TBI-pocketcards-providers.pdf>
 - TBI Handout for Provider: <http://www.mirecc.va.gov/MIRECC/docs/visn6/TBI-handout-providers.pdf>
 - TBI Pocketcard for Veteran/Family: <http://www.mirecc.va.gov/MIRECC/docs/visn6/TBI-pocketcards-vet-family.pdf>
 - TBI Handout for Veteran/Family: <http://www.mirecc.va.gov/MIRECC/docs/visn6/TBI-handout-vet-family.pdf>

Free online training:

Citizen Soldier Support Program, AHEC, and MIRECC VISN 6:

- The Citizen Soldier Support Program at the University of North Carolina in Chapel Hill, the Area Health Education Centers (AHECs) in North Carolina, and the Mental Illness Research, Education, and Clinical Center (MIRECC) of the US Department of Veterans Affairs VISN 6 collaborated to develop the series, *Treating the Invisible Wounds of War* (TTIWW). Each online course is free and available at: <http://www.aheconnect.com/citizensoldier/courses.asp>.

Treating the Invisible Wounds of War (TIWW) (English and Spanish editions):

Learning objectives are (1) to identify strategies for establishing and maintaining a therapeutic alliance with combat veterans and their families by examining military structure and culture and the combat experience; (2) to examine the current knowledge of trauma and PTSD and how it is unique to military personnel; (3) to identify frames of mental health assessment and treatment options for military personnel; (4) to identify how family relationships are impacted by mobilization, deployment and redeployment; and (5) to identify services available for Veterans and their families, including those provided by the U.S. Department of Veterans Affairs and TRICARE. Four hours of CEUs are available.

TTIWW: *Issues of Women Returning from Combat*:

Learning objectives are (1) to explain the history of women in combat and the scope of the problem; (2) to describe the importance of military culture; (3) to identify psychological issues unique to women returning from combat; (4) to recognize child development issues for women returning from combat; (5) to discuss gender-specific treatments; (6) to describe mental health care resources including TRICARE insurance. Three hours of CEUs are available.

TTIWW: *Employee Assistance in the Civilian Workforce*:

Learning objectives are: (1) to describe military culture and structure, (2) to recognize the potential impact that deployment and reintegration may have on service members and their families, (3) to recognize the potential impact that deployment and reintegration issues may have on a service member transitioning between the military workplace and civilian workplaces, (4) to recognize the issues common to employees with military backgrounds, (5), to identify ways to assist employees and members of management to better understand the impact of deployment on the employee performance in the civilian workplace, and (6) to list various military and veteran-related resources that are available for referral. 2.75 hours of CEUs are available.

TTIWW: *Understanding Military Family Issues*:

Learning objectives are: (1) to describe the scope of problems families have throughout deployments, (2) to describe the stages of deployment and characteristics of each, (3) to compare how military families differ from civilian families, (4) to identify behavioral health problems that may occur within military families, and (5) to identify support systems and partnerships to help military families and veterans. Three hours of CEUs are available.

Center for Deployment Psychology (CDP):

The Center for Deployment Psychology (<http://deploymentpsych.org/training>) offers a variety of courses in different formats for military and civilian providers. (Providers can also access these courses at

<http://www.realwarriors.net/healthprofessionals/militaryculture/onlinelearning.php>.)

- **Online Courses** (<http://deploymentpsych.org/training/online-courses>): The CDP provides interactive web-based training to educate professionals working with servicemembers and their families. It does not offer CE credits for these courses so providers will not receive a certificate of completion. Individuals interested in taking these online courses for CE credits for a cost will instead be directed to Essential Learning. These interactive web-based courses have been developed by Essential Learning (www.essentiallearning.com) in collaboration with CDP Subject Matter Experts. Any questions regarding pricing, CE credits, or technical issues should be addressed to Essential Learning. Online courses include the following:
 - *Cognitive Processing Therapy (CPT) for PTSD in Veterans and Military Personnel*
 - *Epidemiology of PTSD in Military Personnel and Veterans: Working with Service Members and Veterans with PTSD*
 - *Military Cultural Competence*
 - *Prolonged Exposure (PE) Therapy for PTSD in Veterans and Military Personnel*
 - *Provider Resiliency and Self-Care: An Ethical Issue*
 - *The Impact of Deployment and Combat Stress on Families and Children, Part 1*
 - *The Impact of Deployment and Combat Stress on Families and Children, Part 2*
 - *The Fundamentals of Traumatic Brain Injury (TBI)*

- *Identification, Prevention, and Treatment of Suicidal Behavior for Service Members and Veterans*
- *Depression in Service Members and Veterans*

National Center for PTSD, US Department of Veterans Affairs:

The National Center for PTSD offers a series of free online courses for providers—the *PTSD 101 Core Curriculum* and *PTSD 101 Beyond the Basics*, which includes advanced courses on treatment, co-occurring problems, special populations, and special topics. In either grouping, courses marked with (CE) are available for Continuing Education credit. (<http://www.ptsd.va.gov/professional/ptsd101/course-modules/course-modules.asp>) The **VA/DoD PTSD Clinical Practice Guideline Series** (<http://www.healthquality.va.gov/>), listed under Beyond the Basics, provides expert training based on the latest revisions to the PTSD Clinical Practice Guideline (CPG).

PTSD 101 Core Curriculum:

- *What is PTSD?* (CE)
- *Assessment* (CE)
- *Cognitive Behavioral Psychotherapies* (CE)
- *Overview of the VA/DoD 2010 Clinical Practice Guideline for PTSD* **CPG**
- *Pharmacological Treatment*
- *PTSD 101 Beyond the Basics*

Advanced Clinical Practice:

- *Recommendations for Acute Stress Management and Prevention of PTSD* **CPG**
- *Couples and PTSD* (CE)
- *Group Treatment for PTSD* **CPG**
- *Increasing Effectiveness of PTSD Treatments* (CE)
- *Overcoming Barriers* (CE)
- *Cognitive Processing Therapy* **CPG**
- *Prolonged Exposure Therapy* **CPG**
- *Eye Movement Desensitization and Reprocessing (EMDR) and Stress Inoculation Training (SIT)*
- *Acceptance and Commitment Therapy (ACT)*

Comorbidities and Complications:

- *Anger, Aggression and PTSD* **CPG**
- *Physical Health Effects* (CE)
- *PTSD and Chronic Pain* **CPG**
- *Sleep Problems, Insomnia, and PTSD* **CPG**
- *Smoking Cessation (CE) and Treating Tobacco Use and Dependence* **CPG**
(http://www.healthquality.va.gov/Management_of_Tobacco_Use_MTU.asp)
- *Management of Substance Use Disorders* **CPG**
(http://www.healthquality.va.gov/Substance_Use_Disorder_SUD.asp)
- *Traumatic Brain Injury* (CE)

Specific Populations:

PTSD and the Life Course

- *Aging and PTSD*

Race and Ethnicity

- *Cross-Cultural Considerations* (CE)
- *African-American Veterans* (CE)

- *Asian American & Pacific Islander Veterans* (CE)
- *Hispanic Veterans* (CE)

Military Issues

- *Combat Stress Injuries* (CE)
- *Military Culture* (CE)
- *Military Sexual Trauma* (CE)

Special Topics:

- *Complementary and Alternative Medicine (CAM) and PTSD* **CPG**
- *Epidemiology of PTSD*
- *Resilience to Stress and Trauma*

The National Center for PTSD has issued many materials designed to help and inform the public, which may also be useful for community college faculty and staff (<http://www.ptsd.va.gov/public/index.asp>). Two versions of the *Returning from the War Zone Guides* have been developed, one for servicemembers and one for families of military personnel (http://www.ptsd.va.gov/public/reintegration/returning_from_the_war_zone_guides.asp).

- For service members:
<http://www.ptsd.va.gov/public/reintegration/guide-pdf/SMGuide.pdf>
- For family members of military personnel:
<http://www.ptsd.va.gov/public/reintegration/guide-pdf/FamilyGuide.pdf>

Home Base Program:

In 2012, the National Center for PTSD, the Massachusetts General Hospital, and the Red Sox Foundation collaborated on the Home Base Program. Nationally recognized faculty led *From the War Zone to the Home Front: Supporting the Mental Health of Veterans and Families*, a free 14-part series of live, interactive, online trainings for community primary care and mental health providers. Participants can log on to the website and take the course at their own pace as well as download the PowerPoint slides. Overall learning objectives are (1) to recognize the challenges and integration issues faced by returning Veterans and their families; (2) to identify the key diagnostic features of PTSD and TBI; (3) to explain how Cognitive-Behavioral Conjoint Therapy (CBCT) for PTSD can keep families emotionally strong; (4) to describe the application of the PACT model to military families; and (5) to review the demographic and diagnostic features of Veterans presenting with military sexual trauma. One hour of CEUs is available for each week's session, and a certificate can be downloaded. This course is available at: <http://mghcme.org/courses/course-detail/from-the-war-zone-to-the-home-front-supporting-the-mental-health-of-veteran>

Each weekly session has its own learning objectives.

- Introductory Sessions (Lecture 1 -4)
 1. *The Challenges of Coming Home After War: What Providers Need to Know - Series Overview* by Matthew Friedman, M.D., Ph.D., and Naomi Simon, M.D., M.Sc.
 2. *Reintegration Issues from the Veterans Perspective: Overcoming the Stigma of Seeking Help* by Margaret Harvey, Psy.D., Roger A. Knight IV, and Nicholas Dutter
 3. *When One Family Member Serves, the Entire Family Serves* by Kathy Clair-Hayes, LICSW, M.S.W., M.A. and Patricia Lester, M.D.
 4. *Recognizing PTSD and Co-Morbidities* by Terence M. Keane, Ph.D.

- Family & Child Content (Lecture 5 -8)
 1. *Keeping Military Families Emotionally Strong: Couples Therapy for PTSD* by Steffany Fredman, Ph.D.
 2. *Challenges Facing Other Family Members When a Veteran Has PTSD* by Bonnie Ohye, Ph.D. and Daniel Maher, LICSW
 3. *Supporting Resiliency in Military Connected Children: The PACT Model* by Paula Rauch, M.D.
 4. *Impact of Combat-Related Injury, Illness and Death on Military Children and Families* by Stephen Cozza, M.D.

- Veteran Content (Lecture 9 -14)
 1. *Clinical Practice Guidelines and Resources for PTSD Treatment* by Matthew Friedman, M.D., Ph.D.
 2. *Traumatic Brain Injury* by Ross Zafonte, D.O.
 3. *Prolonged Exposure and Virtual Reality Therapy for PTSD* by Barbara Rothbaum, Ph.D. and Stefan Schmeitz, Ph.D.
 4. *Military Sexual Trauma* by Amy Street, Ph.D.
 5. *Psychopharmacology of PTSD* by Rebecca Brendel, M.D. and Bruce Capehart, M.D.
 6. *Cognitive Processing Therapy for PTSD* by Kathleen Chard, Ph.D.

In 2013, the National Center for PTSD, the Massachusetts General Hospital, and the Red Sox Foundation again collaborated and developed an additional nine-session online course for the Home Base Program (<http://mghcme.org/courses/course-detail/from-the-war-zone-to-the-home-front-ii>). The curriculum includes the following courses:

- *Challenges of Treating Co-Morbid PTSD and TBI* by Rebecca Weintraub Brendel, MD, JD and Ross D. Zafonte, DO
- *Recognizing Suicide Risk in Returning Veterans* by Lisa Brenner, PhD, ABPP
- *Military Culture and the Challenges of Coming Home* by BG (Ret) Jack Hammond and Roger A. Knight IV
- *Sleep Issues in Returning Veterans* by Bruce P. Capehart, MD
- *Substance Abuse* by Andrew J. Saxon, MD
- *Aggression and Domestic Violence* by Casey Taft, Ph.D.
- *Managing Grief and Loss in Returning Veterans and Families* by Naomi M. Simon, MD, MSc
- *Pain Issues in Returning Veterans* by Carri-Ann Gibson, MD, DAAPM
- *PTSD Diagnosis and DSM-5* by Matthew J. Friedman, MD, Ph.D.

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