



Mental Wellness

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What is Mental Wellness?

- Mental Wellness is a holistic concept with multiple interacting parts.
- No part stands independent of the others aspects.



Dimensions of Wellness



Intellectual Wellness focuses on opening our minds to new ideas and experiences. These ideas and experiences can be applied to our individual pursuits as well as shared with broader groups to contribute to betterment of our communities. This component inspires us all to be lifelong learners.

Emotional Wellness - People who are emotionally well have fewer negative emotions and tend to bounce back from difficulties faster. They are able to maintain positive emotions longer and appreciate the good aspects of their lives more fully.

Occupational Wellness focuses on exploring career options and employment opportunities that you enjoy and encourage personal growth. Our attitude about work is critical to our overall mental wellness. Feeling unhappy or unsatisfied in our occupation can have a significant impact.

Environmental Wellness refers to our relationship with our physical surroundings. It includes interacting with and being respectful of nature. It also focuses on treating other individuals with respect and acceptance.

Financial Wellness supports our overall mental wellbeing. This attribute focuses on managing your personal finances and ensures you are positioned for the future. Effectively managing your finances contributes to reduction in day to day stressors.

Cultural Wellness - The cultural aspect of mental wellness focuses on being aware of what is happening now, in the present, including what is going on inside of you and around you. It includes our values, beliefs, personal ethics and spirituality that define us as a person.

Physical Wellness is a key attribute of mental wellness. Eating, exercise and sleep are all components of physical wellness. Improvement in these areas helps people deal with stressors in their day to day lives, and allows them a more positive perspective.

Social Wellness - Social connections may help protect health and lengthen life. Links to other can have a powerful effect on your health. There are many ways of engaging with others and building positive relationships.

Top 5 Issues Affecting Military Families

- Active Duty Families
 - Military spouse employment
 - Amount of time away from family
 - Children's education
 - Relocation/PCS issues
 - Military Pay

What do we know about military life?

Physical Wellness

- 35% of veterans report problems accessing health care
- 57% of female service members report issues with “family building”
- 43% report that at least one child’s mental health is very poor, poor, or fair
- 21% of FM report wanting mental health service and not receiving it

Top Contributors to Financial Stress

- Spouse under/unemployment top contributor to financial stress
- 55% of families have student loans of more the \$25,000
- 29% report financial strain due to relocation costs
- 24% of enlisted service members are food insecure.

Military Life

Cultural Wellness

- 47% of SM of color report experiencing racial discrimination in the military.
- Local communities are generally viewed as supportive of the military population
- Military is a melting pot

Social Wellness

- 30% of AD families feel a sense of belonging to their local civilian community
- School instability can be challenging for children

Military Life

Intellectual Wellness

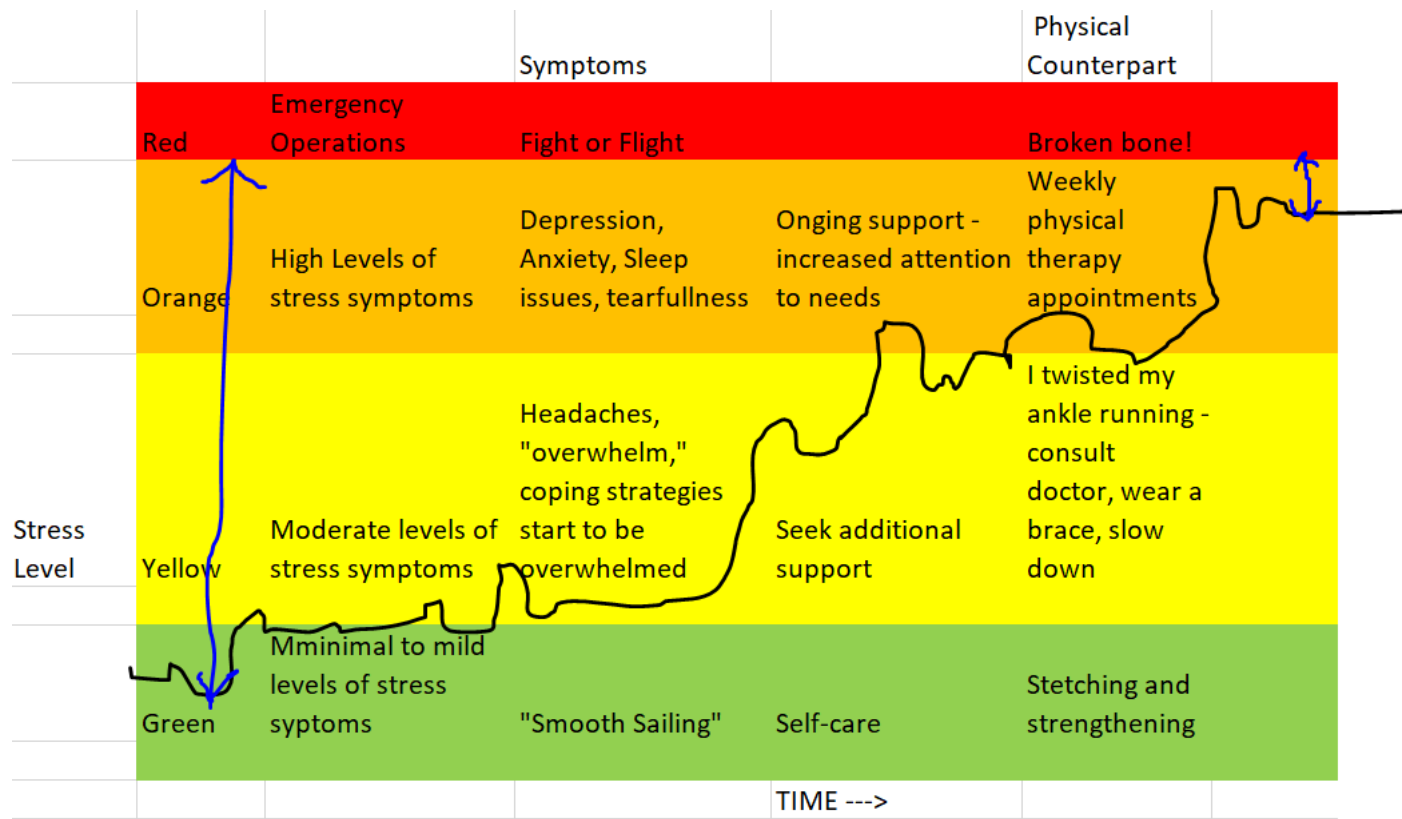
- 13% of families homeschool in an effort to stabilize educational experience
- For SM training and advancement are a plus
- For Spouses – continuity and opportunity can be a challenge for advanced education



What is “stress”

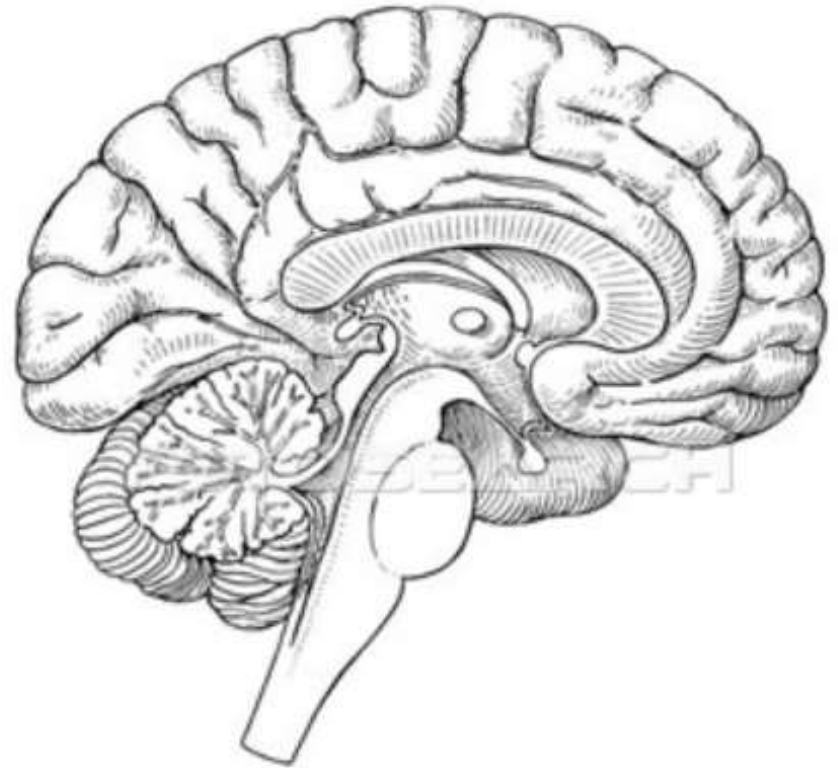
- Any demand that we change.
- Accumulates over time
- Has physical, emotional, and behavioral manifestations
- Can come from both positive and negative events
- Life Events Survey
- What events would be unique to the military?
- What events would be unique to the pandemic experience?
- How would you rate these events on the stress scale?

Cumulative Stress Over Time



Our Brain On Stress

- Cortex = smart, logical, problem solving
- Lymbic System = fight or flight, survival



Signs of Stress “Overload”

- Increased anxiety or panic attacks
- Intrusive worry
- Irritability
- Poor sleep
- Increase alcohol use/abuse (or other substances)
- Feelings of depression or “overwhelm”
- Physical illness
- Poor concentration
- Disorganization
- Dropping pleasant activities
- Thoughts of being better off dead

Breathe2Relax

- Countering the physical effects of stress
- A cascade of physical responses happen in fight or flight
- Prolonged stress reduces immune functioning
- Breathe2Relax app
- Deep breathing
- Short, discreet, portable
- Practice when calm
- Use when in “red zone”
fight/flight/freeze

What can you do to support others?

- Destigmatize mental healthcare
- Help them recognize the problem
- Ask how the other person is doing
- Share the burden/Listen
- Get active with them
- Help fill their free time
- Ask if they are having thoughts of being better off dead -→ seek professional help right away

What happens if you call 988?

- If you call 988 for yourself or another person:
- Your call is routed to a local network crisis center
- A crisis counselor will talk with the caller and provide support
- Resources are provided – e.g. where care is available locally
- You can call just because you need support/are in crisis (you don't have to be suicidal to call)
- Will only call emergency services if absolutely necessary to preserve life.



**creating a HOPEFUL, INCLUSIVE COMMUNITY
where ALL individuals REALIZE their POTENTIAL and
LIVE MEANINGFUL LIVES**



**Services at the Steven A. Cohen
Military Family Clinic at Easterseals**

WHO WE ARE

- Easterseals formed in 1919
- Cohen Veterans Network formed in 2015
- Together we formed local partnership in 2017 to serve DC, MD, VA, and WV.
- An independent 501(c)3 non-profit organization
- CARF accredited



LOCATIONS



WHAT WE DO

- The Steven A. Cohen Military Family Clinic at Easterseals provides high-quality and accessible mental health care to the **ENTIRE MILITARY & VETERAN FAMILY** to include active duty, all veterans, Guard and Reserves, their families and caregivers.
- Services are provided regardless of military discharge.
if served one day, eligible for services
- Family includes parents, siblings, spouses or partners, dating couples, children and caregivers.

Cohen Clinic: Who We Serve

The Cohen Clinic serves:

Active Duty Military, Guard, and Reserve
Veterans, regardless of discharge status
Family members Military, Guard, Reserve
Household members and caregivers
Children age 4 and up

What we provide:

Initial assessment and screening at first phone
call
Rapid access to care
Services regardless of ability to pay
High-quality evidenced-based behavior health
care.



Cohen Clinic: Our Services



- Individual Therapy
- Children's Therapy /Parent-Child Interaction
- Couples Therapy
- Group Therapy: Stress Resilience; Teen Stress Group, Sleep Enhancement, Problem Solving
- Family Therapy
- Case Management
- Psychiatric Medication

WHAT WE TREAT



- Life Stress
- Depression
- Stress & Anxiety
- Post-Traumatic Stress
- Sleep Difficulties
- Anger
- Grief & Loss
- Transitional Challenges
- Relationship & Family Difficulties
- Parenting Issues
- And more...

VIDEO TELEHEALTH CARE DC, MD, VA, WV

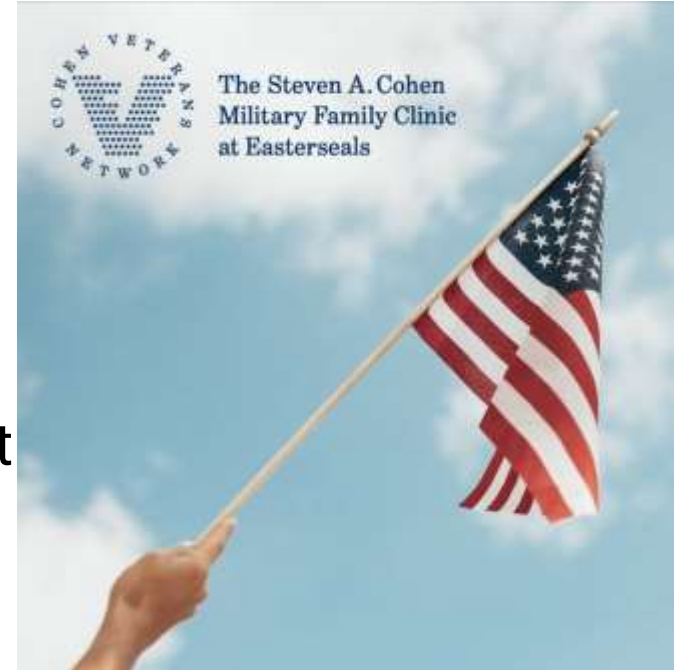
- Face-to-face therapy through HIPAA compliant Zoom platform
- Telehealth is shown to be equally as effective as in-person therapy
- Available to those ANYWHERE in Maryland, DC, Virginia, or West Virginia!
- What you need for telehealth
 - Device with audio + video capabilities (smartphone, tablet, laptop)
 - Stable Internet Connection
 - Private and secure space



HOW TO GET STARTED WITH CARE

Tricare Referral needed for Active Service Member seeking individual services only

- Call Clinic at **(240) 847-7500**
 - All persons requesting services must complete an intake
 - The Intake is a brief review of client goals
 - Appointments will be scheduled following completed intake



Easterseals Veteran Programs

- **Veteran Staffing Network**

- Easterseals Veteran Staffing Network (VSN) is a national non-profit staffing agency that connects employers with top-tier military talent and helps veterans and their spouses find meaningful jobs.

- Career Coaching
- Job Placement & Recruiting
- Job Board
- Online self-paced free training
- Resume Assistance

<https://www.veteranstaffingnetwork.org/>

- **Homeless Vets Reintegration Program**

- Easterseals Homeless Veterans Reintegration Programs help homeless veterans or veterans at risk of homelessness reintegrate into the labor force. Our services prepare clients for long-term employment and address complex transitional needs. Clients are also enrolled in local support services in the community. We are with our clients every step of the way, including follow ups after employment is secured.
- <https://www.easterseals.com/DCMDVA/our-programs/military-veteran-services/veterans-employment.html>

Easterseals Veteran Programs

- **Little Warrior Program**

- The Little Warriors scholarship program provides for children of Wounded Warriors to attend one of our Easterseals [Child Development Centers](#). We understand the unique challenges and transitions military families face. Our program is committed to the individual needs of children of Wounded Warriors. Children have the opportunity to discover and explore in a safe, nurturing environment as they prepare for academic success in our Early Care and Education Programs.

- <https://www.easterseals.com/DCMDVA/our-programs/military-veteran-services/little-warriors.html>

- **Adult Medical Day**

- Easterseals Adult Day Services provide daily clinical care, supervision, activities, and curbside transportation for adults, seniors, and veterans in a safe, home-like environment. Our skilled medical professionals and staff have a personal commitment to every individual we serve. Adult Day Services provide a nurturing, cost-effective alternative to nursing home care, allowing clients to remain in their homes and communities.
- <https://www.easterseals.com/DCMDVA/our-programs/adult-services/>

Easterseals Veterans Programs



**SERVING
MILITARY FAMILIES**



*We are here to help the entire family with
the challenges that come from service.*

Contact Information

- Steven A. Cohen Clinic at Easterseals
- Anneke Vandenbroek, Ph.D, ABPP SVP and Clinic Director
- avandenbroek@eseal.org
- Main clinic phone: 240-847-7500
- <https://www.easterseals.com/DCMDVA/our-programs/cvn-home.html>
- Cohen Veterans Network
- <https://www.cohenveteransnetwork.org/>
- Easterseals DC MD VA
- <https://www.easterseals.com/DCMDVA/>