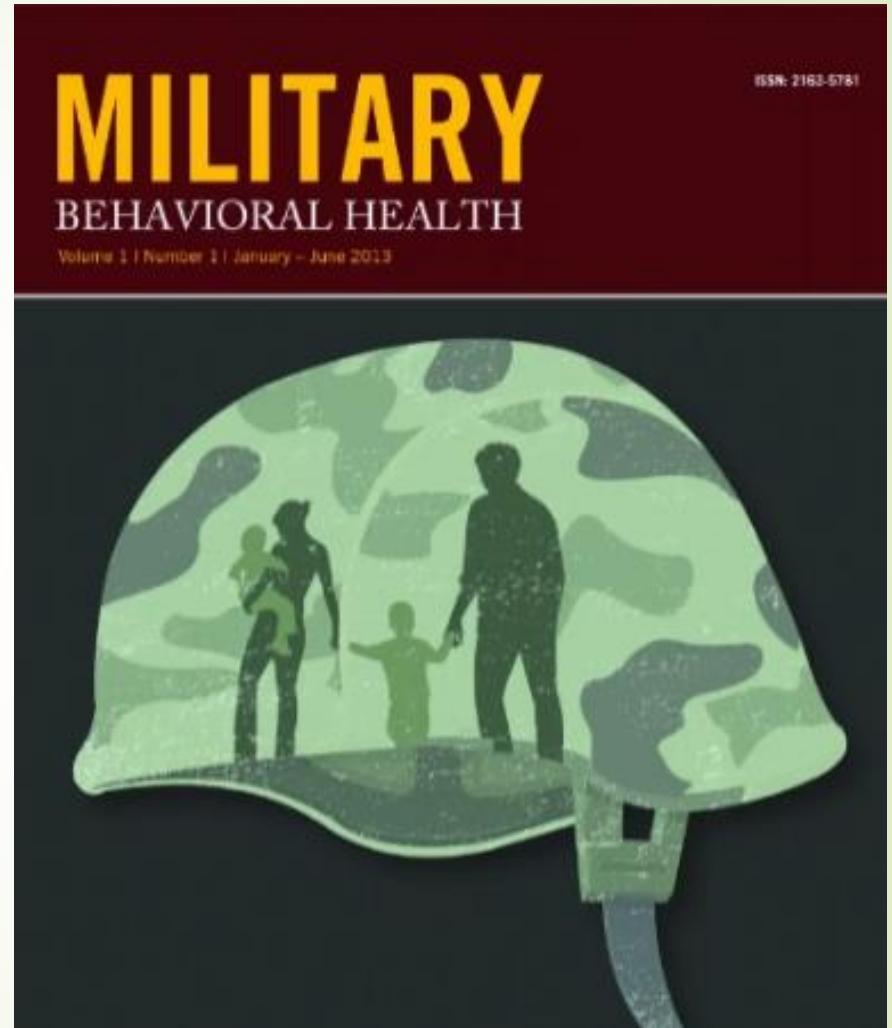


# Military and Mental Health

November 14, 2022



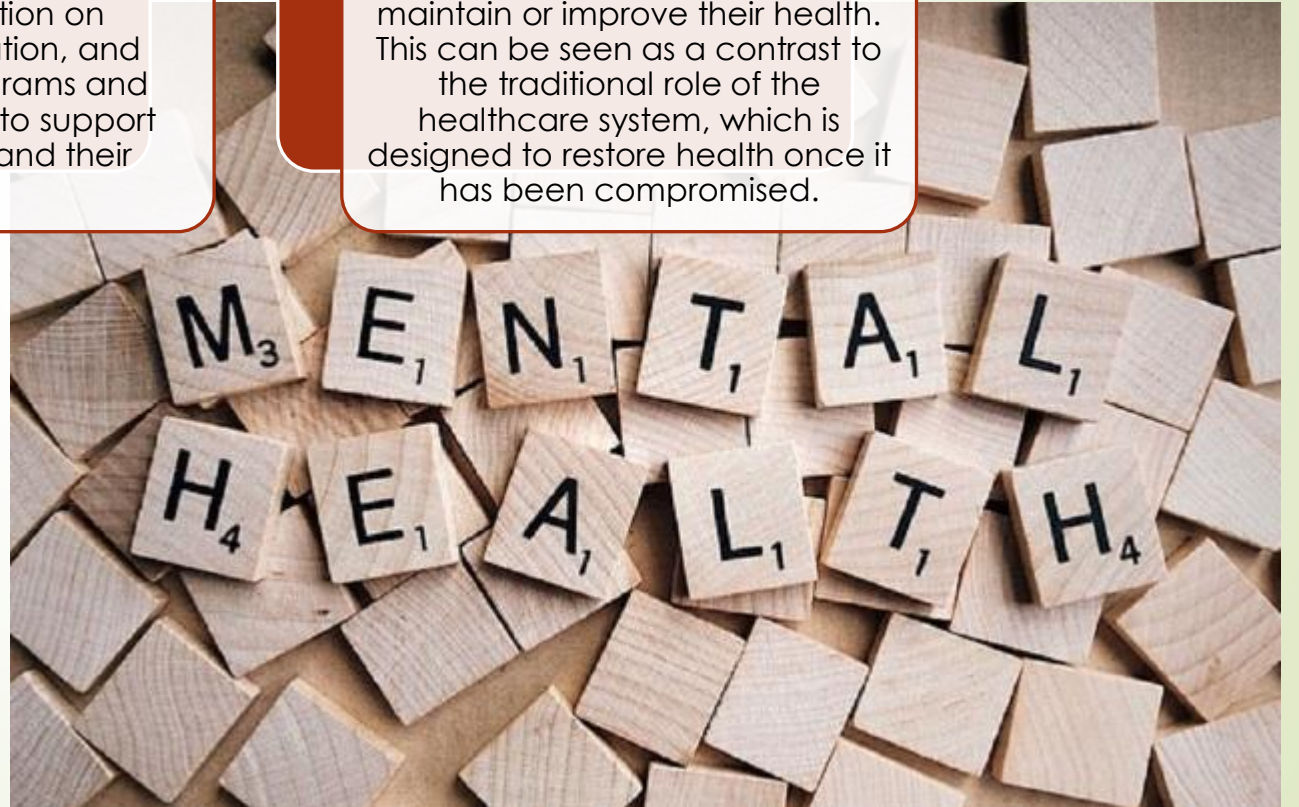
# Introduction



Amy Bane  
MS, LCMHC, LCMHC-S,  
CCMC, LCAS, CCS  
Marine Expeditionary  
Forces Prevention  
Analyst

Behavioral/Mental Health Subject Matter Expert and Advisor who provides Commanders and Leaders information on prevention, education, and awareness on programs and initiatives available to support military members and their families.

Prevention is the term used to describe activities or interventions undertaken to help people maintain or improve their health. This can be seen as a contrast to the traditional role of the healthcare system, which is designed to restore health once it has been compromised.





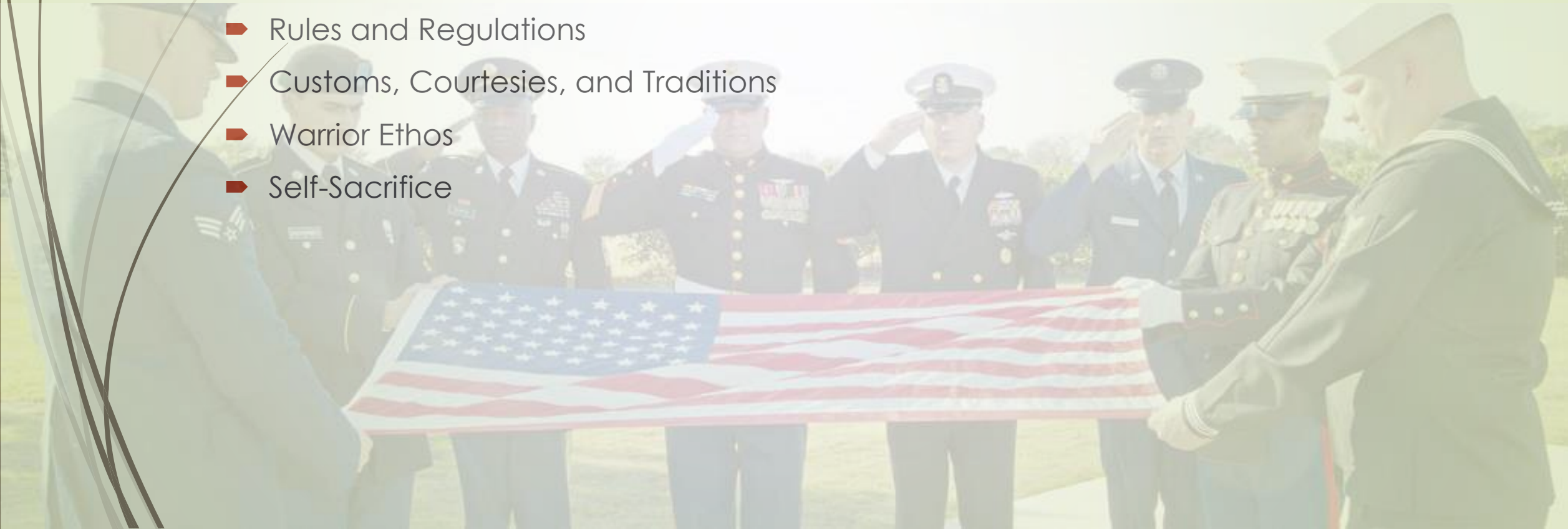
# Objectives

Upon completion of this presentation, each participant will increase their basic knowledge and understanding of the following topics:

- Cultural Aspects of The Military
- Military Training
- Military Life Stressors
- Barriers To seeking Mental Health
- Way Ahead
  
- Disclaimer → Information in this training is NOT endorsed by DOD, USMC, or any other military affiliation.

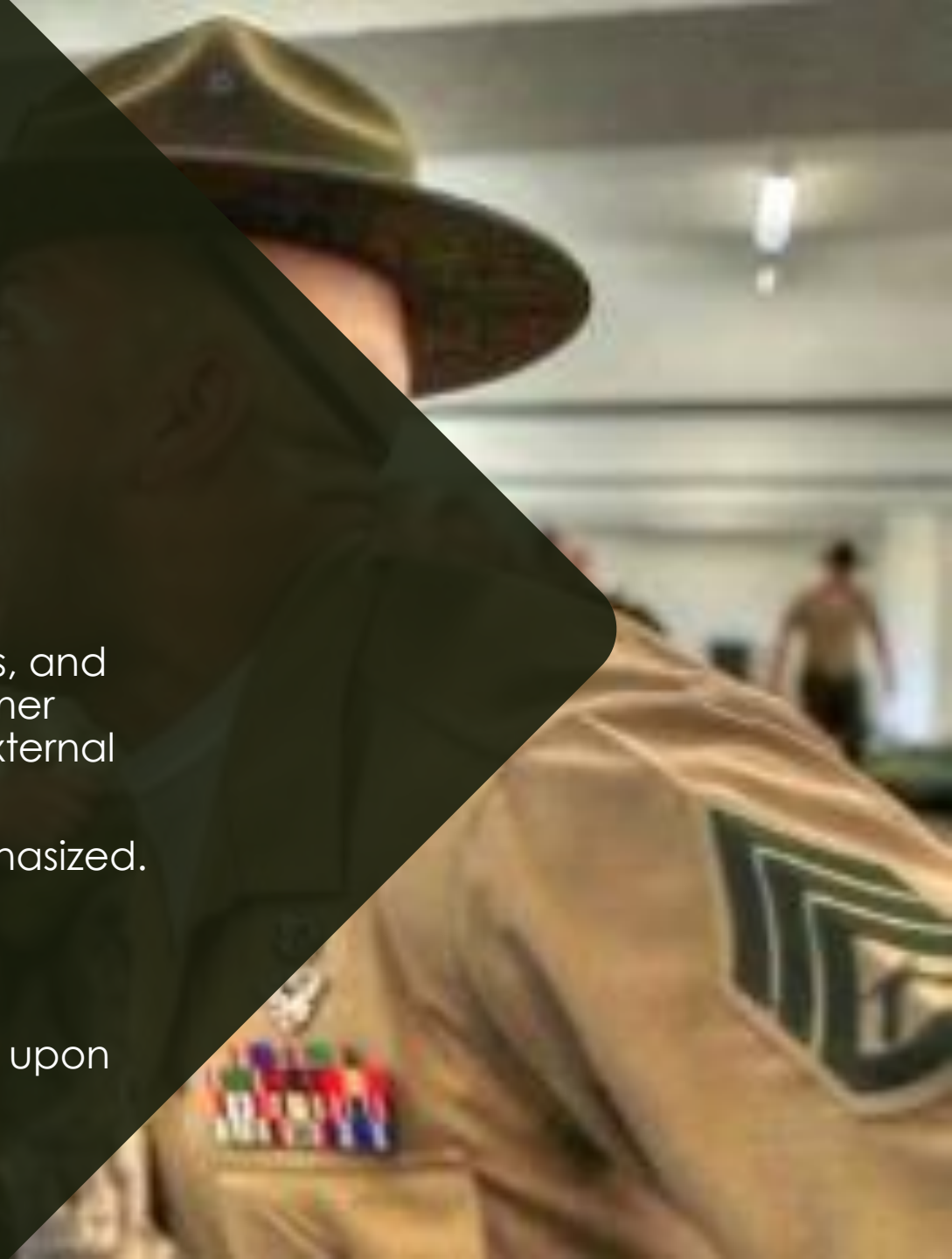
# Unique Military Culture

- Language
- Moral Codes
- Hierarchy
- Rules and Regulations
- Customs, Courtesies, and Traditions
- Warrior Ethos
- Self-Sacrifice



# Basic Training

- ▶ Intense Physical and Mental Challenges
- ▶ You are broken down to be built back up.
- ▶ You are stripped of your individuality.
- ▶ Degradation ceremony-used to initiate people into a comprehensive institution such as mental hospitals, prisons, and military units. The purpose is to deprive people of their former identities and dignity to make them more accepting of external control.
- ▶ Teamwork, camaraderie, and esprit de corps are all emphasized.
- ▶ You are assigned a “Battle Buddy.”
- ▶ Introduced to a structured chain-of-command
- ▶ You are trained for combat and to be ready when called upon



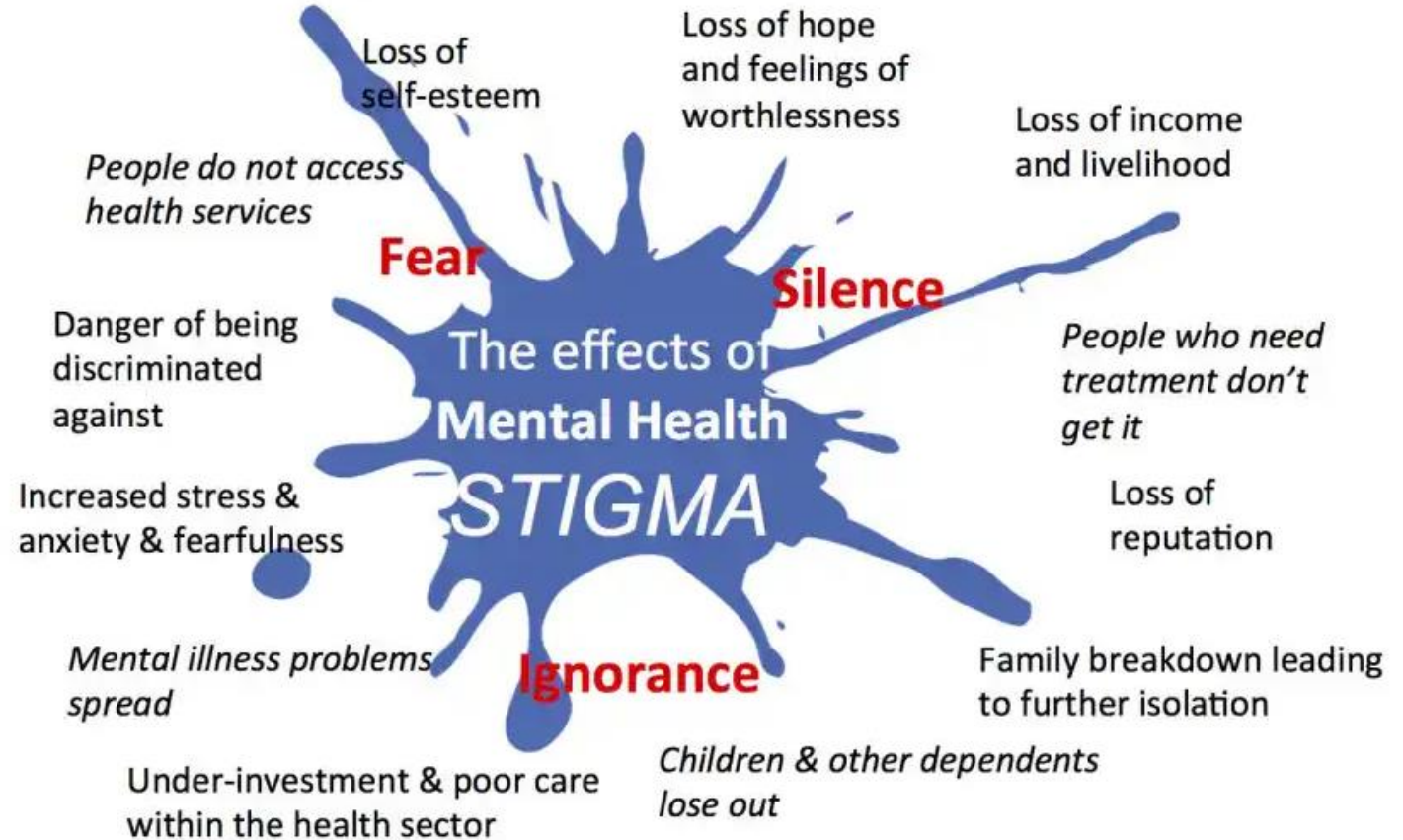
# Common Military Life Stressors

- Irregular work schedule
- Long Separations From Family
- Frequent Relocations
- Uncertainty
- Injuries
- Inadequate Rewards
- Human suffering/death
- Spouse Employment



**Stigma:** A sign of disgrace or shame. A state of being discredited & of being perceived to have less value in the eyes of others.

Often ends up with the unjust treatment of those being stigmatised (discrimination).



# Seeking Mental Health

- Stigma
- Negative career impacts
- Accessibility and Scheduling Issues
- Concerns over loss of privacy or confidentiality
- Fear of being perceived as broken
- Belief that mental health and financial resources are ineffective
- Approximately half of all military personnel who need mental health support do not use resources available to them (Office of People Analytics, 2019).





# Military and Family Culture

MENTAL HEALTH IMPACTS  
MILITARY SERVICE ON  
MEMBERS, VETERANS,  
FAMILIES.

## Ways to reduce stigma attached to mental health

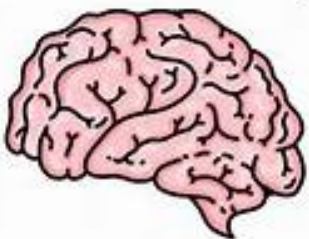
@what.is.mental.illness

Show  
passion &  
for those  
with mental  
illness

Encourage equality  
between physical &  
mental illness

Educate yours  
& others about  
mental health

Speak openly  
about mental  
health



Do not label  
stereotypically  
people with  
mental illness

Be a positive  
mental health  
role model

Don't use  
disrespectful  
terms when you  
talk about people  
or mental health

Choose  
empowerment  
over shame



# Current DOD Efforts

Reduce Stigma

Enhance Education and Training

Promote Healthy Connections

Increase Protective Factors and Reduce Risk Factors

DOD Integrated Prevention Action and Efforts On Research-Based Programs, Policies, and Practices

Data Informed Actions

# Connect To Protect Year-Long Campaign



Connect to Protect:  
Support is Within Reach

**#BeThere**



**MILITARY  
ONESOURCE**



Questions

