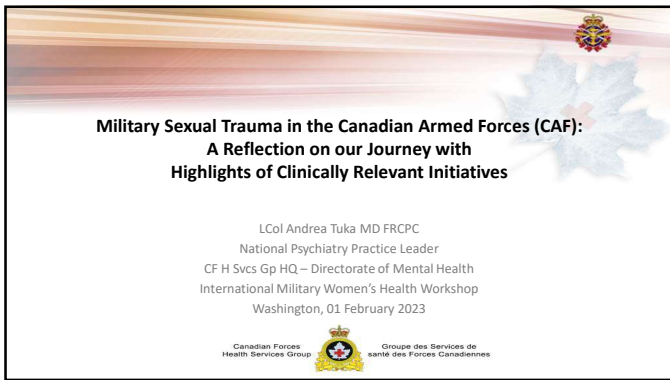
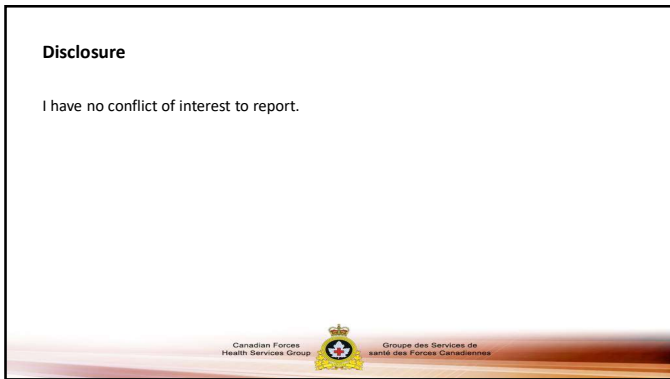




1



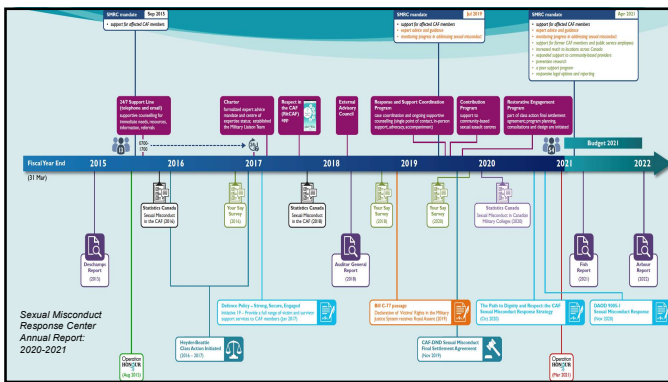
2



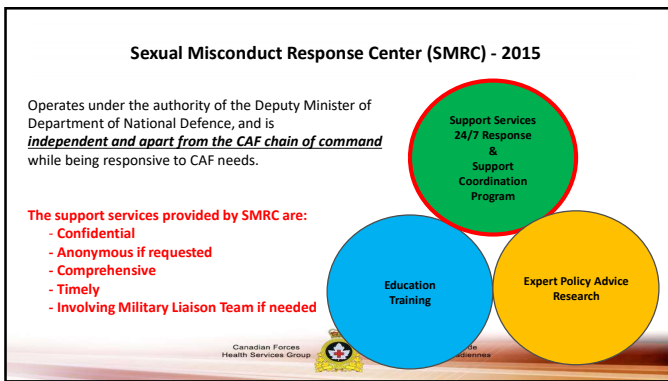
3



7



8



9

Restorative Engagement Program

Part of the CAF-DND Sexual Misconduct Class Action Settlement - 2019

Class Action Members - Victims

It is an important part of the *healing process* as besides being heard, acknowledged and validated, Victims can feel:

- They can contribute to culture change by increasing awareness and understanding of the impact of MST – *increase sense of empowerment*
- That the process begins to restore the relationships between Class Members and the CAF – *sense of institutional betrayal is addressed*

Restorative Practitioners

Defence Representatives

Canadian Forces Health Services Group Groupe des Services de santé des Forces Canadiennes

10

MST Peer Support Program Model

Phased approach: online discussion platform launched in June 2022

- Specific military aspects of the experience are addressed:
 - military culture
 - institutional response
- **Safe, can be anonymous**
- **Increases:**
 - awareness of the available resources
 - sense of empowerment, self-efficacy
- **Decreases:**
 - isolation
 - stigma
 - shame
- **Support between therapy sessions**

PROGRAM MODEL FOR PEER SUPPORT

One-on-one peer support
Group-based peer support
Group-based therapy practice
Group-based therapy practice
Group-based therapy practice
Group-based therapy practice
Group-based therapy practice
Group-based therapy practice

Canadian Forces Health Services Group Groupe des Services de santé des Forces Canadiennes

11

Looking ahead:

- Cultural humility
- Survivor-centered processes
- Trauma-informed approaches

Thank you!

Canadian Forces Health Services Group Groupe des Services de santé des Forces Canadiennes

12



Integrating Gender-Sensitive Behavioral Health Care into Clinical Practice

Holly N. Hoffmeyer, Ph.D.
February 1, 2023

13

Disclosures

- The views expressed in this presentation are those of the author and do not necessarily reflect the official policy or position of the Department of Defense, nor the U.S. Government.
- Dr. Holly N. Hoffmeyer has no financial interests to disclose. Commercial support was not received for this activity.
- No conflict of interest.
- No discussion of non-FDA-approved medications or devices.
- Case presentations are composites with no personal identifiers.



Medically Ready Force... Ready Medical Force



14

Agenda

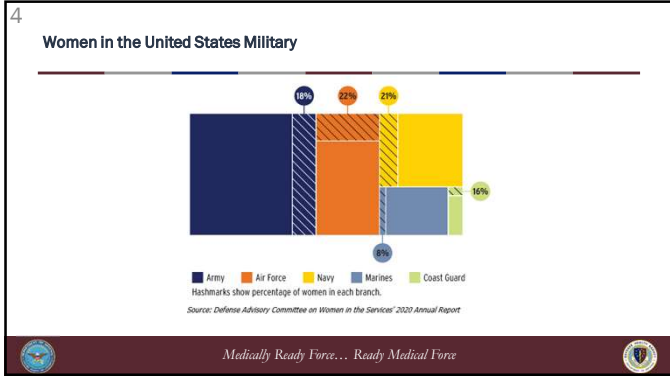
- Gender Disparities related to Behavioral Health
- Gender Sensitive Care in the Military Context
- VA/DoD Women's Mental Health Mini-Residency



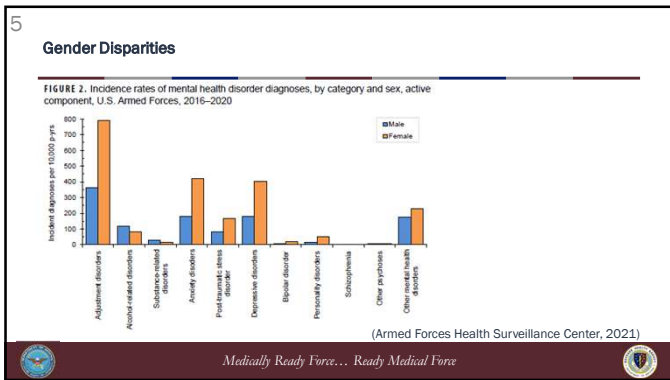
Medically Ready Force... Ready Medical Force



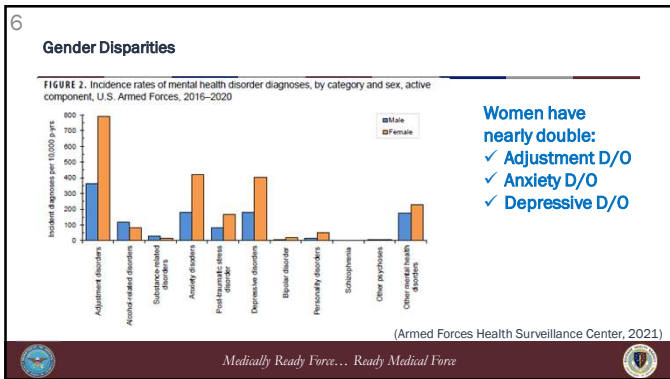
15



16



17



18

1
0

Current DoD Efforts to Implement Evidence-based Practice

- Reproductive Health DODI (multi-disciplinary in progress)
- Reproductive Mental Health consultation pilot
- Behavioral Health Screening and Referral in Pregnancy and Postpartum (Practice Recommendation) July 2022
- VA/DoD Women's Mental Health Mini-Residency (WMHMR)

Medically Ready Force... Ready Medical Force

22

1
1

Women's Mental Health Mini-Residency: History

2018 (110 DoD participants)

2020 cancelled

2021 (118 DoD participants)

2022 (workshop series)

COVID-19 related safety/travel protocols

Medically Ready Force... Ready Medical Force

23

2022 DoD/ VA Women's Mental Health Workshop Series

Workshops took place virtually on 4 Tuesdays in August 2022

- ✓ In-depth small groups; 4, 2-hour sessions offered by each DoD and VA
- ✓ Participants could choose up to 2 sessions to attend
- ✓ In response to request for more in-depth discussion of topics

Medically Ready Force... Ready Medical Force

24

1
3

FY 2022 WMH Workshop Attendance Data

Workshop Topic	1 st session	2 nd session	Total #
Impacts of Race-Based Stress	108	73	181
Inclusive Approaches to Sexual Assault Tx	44	24	68
Eating Disorders and Disordered Eating (VA)	39	35	74
Emotion Regulation (VA)	42	38	80
Perinatal Mental Health (VA)	18	38	56
Eating Disorders and Disordered Eating Bxs (DoD)	59	49	108
Women at Midlife- Menopause (VA)	30	35	65
Transgender Affirming Care (DoD)	61	24	85

Medically Ready Force... Ready Medical Force

25

FY 2022 VA/DoD Women's Mental Health Mini-Residency

- Outcome Survey results showed:
 - At least 79% of DoD participants in all sessions endorsed "agree" or "strongly agree" to: *I will be able to apply the knowledge and skills learned to improve my job performance*
- Feedback was overwhelmingly positive from the workshops.
 - "Sessions were extremely informative and perfectly targeted to military populations."
 - "One area that I gained a lot of knowledge about was the generational impact of race-based stress, racism and trauma."
 - "It gave ideas about inter-professional collaborative tactics, and encouraged folks to stand-up with colleagues for trans affirming care for clients"
 - "This training was phenomenal! The faculty were extremely knowledgeable, and they did a great job of keeping the training engaging and on pace to facilitate learning."

Medically Ready Force... Ready Medical Force

26

1
5

2023 DoD/VA Women's Mental Health Mini-Residency

- Planning is on track for in-person 3 day event in June 2023
- Tentatively planned for greater Seattle area
- DoD has invited numerous SMEs to present breakout and didactic sessions.
- 200 participant capacity (100 VA and 100 DoD participants)
- Poster session sharing best practices

Medically Ready Force... Ready Medical Force

27

1
6

2023 DoD/VA Women's Mental Health Mini-Residency: Poster Session

Poster session sharing best practices and innovations (topics include)

- Affirming Care for Transgender Service members
- Expanding Psychological Support for New Mothers
- Treating Sexual Trauma in Military settings
- Supporting Behavioral Health Needs of Peri-partum Women
- Post-partum Mental Health Screenings



Medically Ready Force... Ready Medical Force

28

17

Select Gender-Specific Topics

- Lifestyle Medicine
- Health Disparities in DoD
- Eating Disorders and Disordered Eating Behaviors
- Gender-Affirming Behavioral Health Care
- Treatment of Sexual Trauma
- Reproductive Health
- Holistic Health and Wellness
- Ostracism




Medically Ready Force... Ready Medical Force

29

Help Your Clinic Increase Cultural Sensitivity

Resources • Create a list of culturally appropriate local resources	Engage • Engage in community outreach, specific to cross-cultural work	Be Inclusive • Create a culturally sensitive environment • Individuals may be looking for safety signals • Diverse clinic materials
Increase Awareness • Help team members to understand cultural differences and beliefs • Beliefs about disease vs personal responsibility • Beliefs about asking for external help		Support • Cross-cultural training • Share training resources in your clinic



Medically Ready Force... Ready Medical Force

30


References

American Psychological Association, APA Task Force on Race and Ethnicity Guidelines in Psychology. (2019). Race and Ethnicity Guidelines in Psychology: Promoting Responsiveness and Equity. Retrieved from <http://www.apa.org/about/policy/race-and-ethnicity-in-psychology.pdf>


Armed Forces Health Surveillance Center (AFHSC). (2021). Update: Mental Health Disorders and Mental Health Problems, Active Component, US Armed Forces, 2016-2020. MSMR, 28(8), 2-9.

Defense Advisory Committee on Women in the Services (2020). 2020 Annual Report. Retrieved from [DACOWITS 2020 Annual Report WEB.pdf \(defense.gov\)](#)

Sexual Assault Prevention and Response Office. (2021). Department of Defense Annual Report on Sexual Assault in the Military Fiscal Year 2021. Retrieved from [Reports | SAPR](#)




Medically Ready Force... Ready Medical Force




31

Resources


- Improving cultural competence <https://store.samhsa.gov/product/TIP-59-Improving-Cultural-Competence/SMA15-4849>
- Improving Cultural Competency for Behavioral Health Professionals <https://thinkculturalhealth.hhs.gov/education/behavioral-health>
- Training resources for work with LGBT community <https://www.samhsa.gov/behavioral-health-equity/lgbt/curricula>
- Behavioral Health Equity for Black and African-Americans <https://www.samhsa.gov/behavioral-health-equity/black-african-american>
- Behavioral Health Equity for Latinas <https://www.samhsa.gov/behavioral-health-equity/hispanic-latino>
- Behavioral Health Equity Asian American, Native Hawaiian, and Pacific Islander (AANHPI) <https://www.samhsa.gov/behavioral-health-equity/aanhpi>
- Behavioral Health Equity for LGBT <https://www.samhsa.gov/behavioral-health-equity/lgbt>
- Work with American Indians and Native Alaskans <https://store.samhsa.gov/product/American-Indian-and-Alaska-Native-Culture-Card/sma08-4354>



Medically Ready Force... Ready Medical Force



32



US Military Research on Mental Health of Females

Dr. Kate McGraw
 Chief, Psychological Health Center of Excellence
 Defense Health Agency
 1 FEB 23

33

Disclaimer

- The views expressed in this presentation are those of the author and do not necessarily reflect the official policy or position of the Department of Defense, nor the U.S. Government
- There is no financial interest to disclose; commercial support was not received for this activity
- There is no conflict of interest and there is no discussion of non-FDA-approved medications or devices

Medically Ready Force... Ready Medical Force

34

Overview

- PHCoE
- Context
- PHCoE Efforts
- DoD Defense Health Program (DHP) Funded Women's Mental Health (WMH) Research
- Strategic Plan
- Summary

Medically Ready Force... Ready Medical Force

35

PHCoE

Mission

Improve the lives of our nation's service members, veterans, and their families by advancing excellence in military psychological health (PH) care research

Vision

Be the trusted source and partner to facilitate evidence-based research and clinical practices across the continuum of care to enhance the psychological health of the military community

UNCLASSIFIED Medically Ready Force... Ready Medical Force

36

PHCoE Strategic Priorities

- Support Services and Combatant Commands** → Shepherd psychological health research to support the Services and Combatant Commands and to enhance military readiness.
- Improve Care Quality and Access** → Implement and disseminate evidence-based findings into clinical practice to improve psychological health care quality and access, and prevent psychological health disorders.
- Advance Science Through Portfolio Management** → Lead the development and execution of the DHP strategic roadmap for psychological health research to inform research expenditures, by including gap prioritization and conducting capability-based assessments.
- Advance Science Through Research Execution** → Create and synthesize empirically based information and products to support optimal psychological health and readiness across the enterprise.
- Foster Organizational Development** → Foster organizational performance through continuous workforce development and building a culture of mutual trust.

UNCLASSIFIED *Medically Ready Force... Ready Medical Force*

37

Context: Last Decade of WMH Research

- 2010 VA/DoD Integrated Mental Health Strategies #28: mental health needs for female military and veterans (women were approximately 14% of DoD force)
- Report to Congress on PTSD, identified need for more research to better understand mental health needs of minority service members, to include females
- IMHS #28 Work Group (2010 to 2016) tasked to study research needs, identify gaps
- Separate portfolio for women's mental health in 2010, but then re-distributed/absorbed into other portfolios
- 2020 began increased emphasis from Secretary of Defense and Secretary of VA to better understand needs of female service members and veterans, to include mental health needs
- 2021: Women comprise 14% of DoD enlisted force; 15.7% of officer force; a fairly stable percentage of the total force over the last decade

Medically Ready Force... Ready Medical Force

38

Context: Looking for Gaps in WMH Research

- Summary literature review (2011) for research gap: updated (2018) summary literature review in 2018 identified as research priorities in studying gender differences in:
 - Screening and prevention
 - Anxiety
 - Depression
 - Psychotic disorders
 - SUD/AUD
 - Suicide
 - Pregnancy/postpartum
 - Treatment preferences
- Both reviews were used to inform DHP research prioritization and funding:
 - In PH portfolio in 2018, there were two DHP studies funded with solely female population; ten studies who included females in population and could conduct post hoc analysis by gender.
 - In PH portfolio in 2022, there are 16 studies with female only populations; an additional eight studies examining gender differences

Medically Ready Force... Ready Medical Force

39

PHCoE Efforts

- **PHCoE Sponsored FFRDC Reports**
 - **Wong, E. C.** *The Behavioral Health of Minority Active Duty Service Members*
 - **Newberry, S.** *Gender Differences in Response to Alcohol Use Disorder Treatment*
 - **Jaycox, L.H.** *Gender Differences in Health Among U.S. Service Members*
- **PHCoE Publications/Posters**
 - **Kelber, M.** *Women in Combat: The effects of combat and gender on the incidence and persistence of posttraumatic stress disorder or diagnosis*
 - *Mental Health and Substance Use Disorder Needs of Female Service Members and Veterans: A Literature Review*
 - **Quasten, R.** *Secret Stories - The Impact of Miscarriage and Abortion on Warfighter Readiness*
 - **McGraw, K.** *Gender differences among military combatants: does social support, ostracism, and pain perception influence psychological health?*

Medically Ready Force... Ready Medical Force

40

DoD DHP Funded WMH Studies

- **Zlotnick, C.** *Addressing the Health Concerns of VA Women with Sexual Trauma*
- **Ramin, E.** *Association of Posttraumatic Stress Disorder and Heart Disease in Women Veterans: Examining Risk Factors and Effects of Pharmacotherapy on Clinical Outcomes*
- **Marmar, C.** *Biomarkers for PTSD in Female Iraq and Afghanistan Veterans*
- **LeardMann, C.** *Combat Deployment Is Associated with Sexual Harassment or Sexual Assault in a Large, Female Military Cohort : A Project from the Millennium Cohort Program*
- **LeardMann, C.** *Deployment and Reproductive Health of Servicewomen: A Project from the Millennium Cohort Program*
- **Acierno, R.** *Do You Really Expect Me to Get MST Care in a VA Where Everyone Is Male? Innovative Delivery of Evidence-Based Psychotherapy to Women with Military Sexual Trauma*
- **Riley, J.** *EAAA at USAFA: Intervention with the Fourth Degree Classes of Cadets*

Medically Ready Force... Ready Medical Force

41

DoD DHP Funded WMH Studies

- **Kees, M.** *HomeFront Strong: Building Resiliency in Military Families*
- **Hawkins, S.** *How Maternity Leave Policies Impact Service Members' Leave Use and Postpartum Health Outcomes (Examining Maternity Leave for Mothers)*
- **Chen, C.** *Increased Risk of Heart Disease After Post-Traumatic Stress Disorder in Women: Role of Gonadal Hormones and Potential Preventive Interventions*
- **Jha, A.** *Investigating Resilience Training in Military Spouses*
- **Nguyen, S.** *Is Military Deployment a Risk Factor for Maternal Depression? : A Project from the Millennium Cohort Program*
- **MacDermid, S.** *Long-term consequences of mothers and fathers wartime deployments*
- **Aten, K.** *Managing Participation and Control of Online Workplace Communities*
- **Yuan, T.** *M-O-M-S Program Evaluation*
- **Millegan, J.** *Recent Sexual Trauma and Adverse Health and Occupational Outcomes Among U.S. Service Women : A Project from the Millennium Cohort Program*

Medically Ready Force... Ready Medical Force

42

DoD DHP Funded WMH Studies

- **Scaglione, N.** *Reducing Sexual Assault at the U.S. Air Force Academy: Adaptation, Implementation, and Evaluation of the Sexual Communication and Consent Program*
- **Inslicht, S.** *Sex Differences in Stress-Related Cardiometabolic Risk in PTSD*
- **Chartoff, E.** *Sex Differences in the Ability to Predict and Treat Opiate Abuse*
- **LeardMann, C.** *Sexual health difficulties among service women: the influence of posttraumatic stress disorder : A Project from the Millennium Cohort Program*
- **Brock, M.** *Sleep Disorders in Military Women: Identifying Casual Factors and the Impact of Treatment on Psychological Health and Resilience*
- **Morland, L.** *Telemental Health and Cognitive Processing Therapy for Female Combat Veterans with Military-Related PTSD*
- **Alkins, D.** *Using Propranolol to Block Memory Reconsolidation in Female Veterans with PTSD*
- **Disia, R.** *Women With Amputation: The Unique Needs of an Underserved Population*

Medically Ready Force... Ready Medical Force

43

Strategic Plan

- Strategic Plan for investments in DHP funded PH research:
 - Assess, protect, sustain, optimize psychological health
 - Identify capabilities and gaps in funded research
 - Prioritize funding based on input from subject matter experts and senior leaders across DoD and key federal partners
 - Continue to fund and translate in alignment with priorities from strategic plan

Medically Ready Force... Ready Medical Force

44

Summary



- PHCoE
- Context
- PHCoE efforts
- DoD Defense Health Program
- Strategic Plan
- Summary

Medically Ready Force... Ready Medical Force

45

Conclusion

- [Psychological Health Center of Excellence | Health.mil](#)
- Facebook, Twitter, newsletter
- Contact information: kathy.l.mcgraw2.civ@mail.mil

 *Medically Ready Force... Ready Medical Force* 

46

LUNCH

Workshop Resumes @ 1345hrs



WIFI NETWORK | WSHDC-GUEST
PASSWORD | Can@2019

47
