

## Veterans and Mental Health – Learning About PTSD

June 20, 2017

### Chat Archive

Jacquie Brinkley:Welcome Veterans Connect libraries and others to today's webinar on PTSD

sereptha strong:Hi everyone.

Jennifer L. McClear 2:this is true - her example of a car crash...been there done that. ive been a bit anxious from time to time since

Dianna Martin:One of my sisters had a terrible car wreck and one of them wouldn't drive for 6 months but the other one, who was hurt far worse, got right back behind the wheel as soon as she was well enough.

Dianna Martin:Two of my sisters, sorry!

Carolyn Woods:green arrow in the way

Dianna Martin:My father-in-law was a P.O.W. in World War II for almost a year. He wouldn't talk about it until a short time before he passed away and finally told my husband about his experience. What he told him was horrific.

Jennifer L. McClear:my dad doesn't talk much about his experiences either...yet he watches war shows all the time. i dunno how he does it but maybe thats how he copes

Dianna Martin:I think so too, but my father-in-law wouldn't allow war movies to be watched while he was home. He wouldn't speak of it at all until close to the end. Just shows that people handle things differently.

Jennifer L. McClear:in how. my dad talks so little of it that i can never remember when he was overseas & which war he just missed in getting involved in.

Dianna Martin:My father-in-law was 18 when he went to Germany and was captured almost immediately.

Jennifer L. McClear:what she is saying currently about alertations in arousal & reactivity...thats my dad, he tends to be very observant in restaurants. my dad refuses to sleep on his back - he knew of someone who choked to death on their own vomit (sorry to be dramatic here)

Jennifer L. McClear:whoa! thats intense Dianna Martin - i can't even begin to imagine what stories he shared with your husband

Dianna Martin:He watched his buddies die around him, freezing and starving to death. He was skeletal when he was rescued.

## Veterans and Mental Health – Learning About PTSD

June 20, 2017

### Chat Archive

Jill OBannon: Hello! My huabands step-dad was in Vietnam and has horrible PTSD and is super hyper vigilant, very observant in crowded public areas

Dianna Martin:I feel so bad for all of them. I can't imagine having to go through with what they did and still have my sanity.

Jill OBannon:Luckily the VA has some excellent programs in our area

Jennifer L. McClear:do any of you feel that it would be better to allow veterans to talk about their experiences or even ask them to talk about it?

KAREN MORALES:Allow them if they want to as long as the area you're in is private for them

KAREN MORALES:Not all want to or are ready to

skorn@riversideca.gov:i would think it would help to talk about it, but my step daddy doesn't want to - no one pushes him. but talking helps me. i think it is also important WHO a person talks to/with.

KAREN MORALES:Also sometimes its easier to talk w/a stranger than with loved ones.

Jennifer L. McClear:iwould think it would be the reverse Karen Morales...but that's interesting

Dianna Martin:I think people react differently. Some may be willing to talk and some not. Talking can be very theraputic for some but tramatic for others.

skorn@riversideca.gov:great point, Karen! i think they are not necessarily looking for the "pity" shown by folks who know them.

Dianna Martin:I agree Karen..

KAREN MORALES:It took my son 2.5 yrs to just mention one incident in Afghanistan even though there were more I'm sure

Jennifer L. McClear:here's another question...do any of you think that by simply saying "thank you for your service" is a trigger? whenever i see someone wearing a miliatary hat i want to say that but am always unsure. i want to show respect but am concerned whether its soemthing that bothers them

KAREN MORALES:Being a vet myself, I believe that most appreciate it as long as it is sincere. I don't always say it either; got to play it by ear.

## Veterans and Mental Health – Learning About PTSD

June 20, 2017

### Chat Archive

skorn@riversideca.gov:oh, Jennifer. my husband and i say thanks all of the time. i had never considered that. but we say thanks to people who show us they are vets, through something they wear, most often. if it bothers them, i would presume they wouldn't advertise their status as vets. thanks for the good point you made!

Chuck OShea - Infopeople:You can download a copy of slides here:  
<https://infopeople.org/civicrm/event/info?reset=1&id=694>

Dianna Martin:I've learned that most are very appreciative hearing a "thank you" and actually makes them feel better about themselves. very few people will actually go up to one and say thank you.

Jennifer L. McClear:do some of those apps include ones for loved ones?

Jill OBannon:Awareness is the key then its not such a dark cloud for all involved these are some great resources! Thank You!

Jacquie Brinkley:yes, apps for family members, too!

Jennifer L. McClear:i was once told that knowledge is power - this was given to me during a time when i was dating someone with bipolar disorder

Dianna Martin:I know all about bi-polar disorder, it's very prevalent in my family.

Jennifer L. McClear:is ptsd solely connected with veterans? or is ptsd something that can be "diagnosed" (for lack of a better term) to those who havent served? im not trying to be disrespectful just curious. want more knowledge :)

KAREN MORALES:PTSD can be anyone who has suffered a traumatic event

Jill OBannon:My son is 16 and was bullied a lot in grade school. His therapist beleives he does have ptsd from this

Dianna Martin:It's a shame these treaments weren't available for those in the earlier wars.

KAREN MORALES:It never was spoken about...

Jennifer L. McClear:i agree Dianna - but of course "back in the day" it was taboo to even talk about such things although i have to wonder if thats a stereotype that the "younger" crowd attached to them

**Veterans and Mental Health – Learning About PTSD**  
**June 20, 2017**  
**Chat Archive**

KAREN MORALES:there was no name for it for a long time; then "shell-shocked" verbage came into play.

Dianna Martin:I remember that term Karen.

Dianna Martin:I think you may be right Jennifer.

skorn@riversideca.gov:and we still have plenty of men who believe it isn't right for men to hurt - mentally, emotionally

Jennifer L. McClear:thats true too skorn

KAREN MORALES:you're right skorn

Malta Flannery:Just signed a MOU with the VA in Lexington, KY to set up a telemedicene site here at our library.

Dianna Martin:That's so true skorn...

skorn@riversideca.gov:Malta, so glad to hear your great news!

Malta Flannery:We are only one of two in the country to be chosen as a pilot project. The other one is in Iowa.

Dianna Martin:There's actually a lot of women who feel that way too, including me most of the time. LOL

Jennifer L. McClear:"crying is not a weakness, its a strength" i was once told. and i totally believe that

Jill OBannon:Very true, personal space is a big issue with PTSD be aware

Dianna Martin:Great information here. Thank you!

skorn@riversideca.gov:thanks! great information!

Jennifer L. McClear:I want to take the time to say "Thank you for your service" to all those veterans who attended today as well as the families of those who served

KAREN MORALES:are you available for teleconferncing?

## **Veterans and Mental Health – Learning About PTSD**

**June 20, 2017**

### **Chat Archive**

Malta Flannery:I think it is very important for library staff to be up to date on information such as this to help our veterans.

Deborah Bartell:Thank you so much. Great information to share. Wonderful resourses too.

Jill OBannon:Thank You for all the excellent info! So glad I could attend today!

Carolyn Woods:Great information and will share with my colleagues.

Amy:My Korean War combat veteran father who was also born in 1930 has been so resilient but some elements we have all lived amidst are his mild-hoarding and obsession with battle. He has embraced it, interestingly, by being a military history collector and made a number o trips back to Korea but only after 40 years.

Dianna Martin:I don't care much about the government on the issues of verterans. They treated my in-laws terribly.

KAREN MORALES:It would be great to skype or facetime w/vets for a special program or programs here at the library

Jo Yates:My husband served as a Marine during the Vietnam era (he actually was an embassy guard), and I think he has PTSD, not from his service, but from his work experiences. I bought him a Marine Corpst veteran hat and when he wears it people thank him for his service and that really validates him.

sereptha strong:Thank you for this great information!

Malta Flannery:Thank you for the great information.

Amy:He has only used the VA for hearing aids, nothing mental health related, ever.

Carolyn Woods:thank you.

Jacob Barillaro:Thanks!

Dianna Martin:How do we credit for this webinar?

KAREN MORALES:Thank you!

Malta Flannery:We are setting up our telemed for mental health first.

Malta Flannery:We are setting up our telemed for mental health first.

**Veterans and Mental Health – Learning About PTSD**  
**June 20, 2017**  
**Chat Archive**

Amy:Any different approaches with WWII and Korean vets? Older vets?

Amy:Thank you.

Jennifer L. McClear:try to encourage vets to sign up for the American Legions in your area...they are a great support for all

Jill OBannon:Thank You

Dianna Martin:Thank you

Chuck OShea - Infopeople:<https://www.surveymonkey.com/r/LKXSS3X>