

DMH Veteran Services



Jon Sabala
MO DMH, Veterans Services Director

Topics

- ▶ Demographics
 - ▶ Why This Population?
 - ▶ Long Range Goal
 - Availability
 - Awareness
 - Communication
 - Prevention (*coming soon*)
- 

Demographics



Missouri Military Community



- ▶ Active Duty: 25,561
- ▶ Active Duty Reserve: 39,861
- ▶ Missouri Army National Guard: 11,500
- ▶ Military Veterans: 497,874
- ▶ Active Military Dependents: 70,807 (of this number 23,000 are children)

Total: 645,603

Ref: VetPop (9/30/2013) and Army OneSource (2012)

Why This Population?



Military Life is Tough!

Based on national statistics of Veterans in current conflicts:

- ▶ 6.5% Suicidal ideation (general pop \approx 5%)
- ▶ 16.5% Post Traumatic Stress Disorder
- ▶ 19.5% Traumatic Brain Injury (MO 15.9%)
- ▶ Spouse abuse rates:
 - 2008 – 6767 compared to 2010 – 8411 (20% increase)
- ▶ Child abuse rates (per 1000 children):
 - 2008 – 4.7 compared to 2010 – 5.7 (18% increase)

LivingWorks

Missouri Information for Community Assessment (MICA)

Army OneSource, 2012

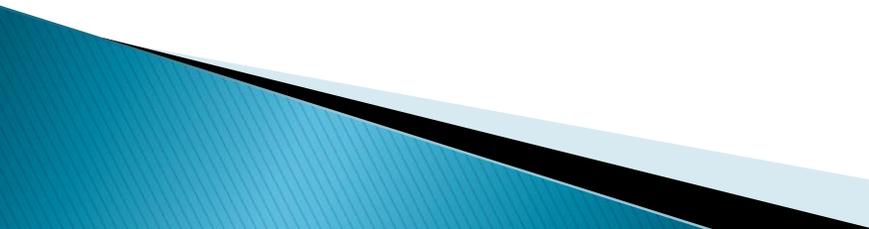
Long Range Goal



The goal is to reduce
the barriers to
behavioral health
services for Service
Members, Veterans and
their Families.

“This is too easy!”

Jon Sabala



How?

- ▶ **Availability**

Increase access to high quality services

- ▶ **Awareness**

Increase awareness of available resources

- ▶ **Communication**

Communicate with civilian and military communities

- ▶ **Prevention**

Identify and promote best practices, policies and programs

Availability

Provider Map

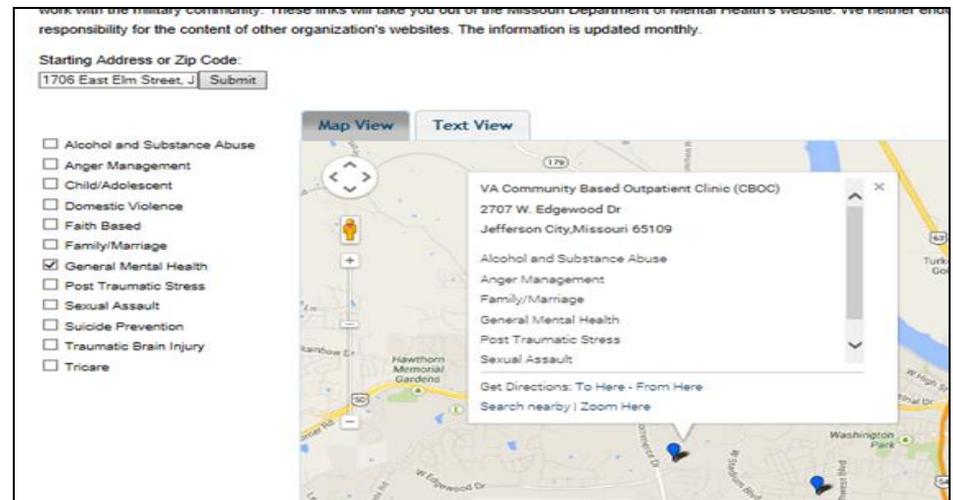
Enrolled

- ▶ 419 provider locations
- ▶ 257 businesses
- ▶ 98 cities

Demographics

- ▶ 105 Substance Abuse
- ▶ 58 LCSW
- ▶ 198 LPC
- ▶ 6 MFT
- ▶ 21 Psychiatrist
- ▶ 36 Psychologist
- ▶ 4 PNP
- ▶ 1 Behavioral Analyst

*Approaching VAMCs and Vet Centers



Next steps: target gaps in services and locations

Availability

Workforce Development

Military Culture presentations:

- ▶ Brian Injury Association–Missouri
- ▶ Clergy Symposium
- ▶ Spring Training Institute

Next steps:

- ▶ Expanding training to primary care, military connected kids and law enforcement.
- ▶ STAR Behavioral Health

Availability

Data Repository

Looking into the feasibility of developing a Missouri SMVF site. This site would include:

- ▶ Education
- ▶ Employment
- ▶ Financial Literacy
- ▶ Health
- ▶ Housing
- ▶ Social Support

Availability

Veterans Affairs Summits

Connecting with VA Medical Centers about assisting in these events:

- ▶ Be a part of the planning process
- ▶ Contribute to the event–speakers
- ▶ Connect state and community behavioral health resources to these event

Awareness

Missouri Military Community Report

Missouri Military Community Report

- ▶ Demographic data
- ▶ Education
- ▶ Health (state and VA)
- ▶ Unemployment
- ▶ Claims
- ▶ Incarcerated
- ▶ Homelessness

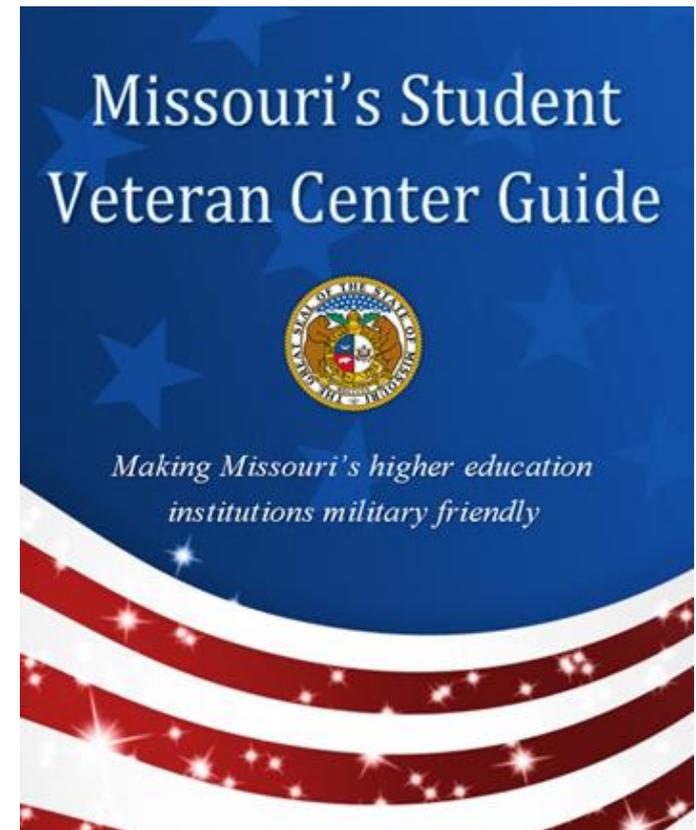
Awareness

Student Veteran Center

Missouri's Student Veteran Center Guide

Create Military Friendly institutions:

- ▶ Behavioral Health
- ▶ Education
- ▶ Employment
- ▶ Social Support



Awareness

Missouri Military Community Needs Assessment

Conduct a formal statewide needs assessment

- ▶ Applying for grants
- ▶ Working with UMKC Institute of Human Development

Awareness

Awareness Campaign with MO National Guard

Promoting our program to assist citizen-soldiers with SUD:

- ▶ Develop posters and handouts for 61 armories across the state
- ▶ Possibly briefings to the chain of command and at Yellow Ribbon events
- ▶ Educating Family Assistance Centers on DMH resources within their regions

Communication

Web Presence

DMH Service Members, Veterans and their Families webpage

<http://dmh.mo.gov/veterans/>

Like us on Facebook!

*Mental Health for Missouri
Veterans and Families*

Prevention

Review of SAMHSA state SMVF Policy Academy teams (sharing ideas)



Future Projects

- ▶ Justice-Involved Veterans
 - ▶ Rural Veterans
 - ▶ Youth Suicide Prevention
 - ▶ Veteran Justice Outreach Officers (VJOs)
 - ▶ Mental Health First Aid (new Veterans module)
 - ▶ MO National Guard Suicide Prevention
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Partnerships

- ▶ AgrAbility
- ▶ American Legion
- ▶ Army OneSource
- ▶ Coalition of Community Mental Health Centers
- ▶ Columbia University
- ▶ Joining Community Forces
- ▶ Military OneSource
- ▶ Missouri Association of Veteran Organizations
- ▶ Missouri Brain Injury Association
- ▶ Missouri Chamber of Commerce–Higher Education
- ▶ Missouri Department of Economic Development–Workforce Development
- ▶ Missouri Department of Health and Senior Services–Adult Head Injury Unit
- ▶ Missouri Department of Higher Education
- ▶ Missouri National Guard
- ▶ Missouri Office of State Courts Administrators
- ▶ Missouri Primary Care Association
- ▶ Missouri Veterans Commission
- ▶ National Alliance on Mental Illness–Missouri
- ▶ National Association of Social Workers–Missouri
- ▶ Saint Louis University
- ▶ Southeast Missouri State University
- ▶ State Fair Community College
- ▶ The Mission Continues
- ▶ Truman Medical Center–Behavioral Health
- ▶ University of Central Missouri
- ▶ University of Missouri–Columbia
- ▶ University of Missouri–Kansas City, Institute for Human Development
- ▶ University of MO Center for Education and Research for Veterans and Military Families
- ▶ Veterans of Foreign Wars
- ▶ VISN 15 VA Medical Centers
- ▶ Webster University

Missouri Behavioral Health Alliance

HOAH! [WHO'-AH]

