



DRYHOOTCH.ORG

A Place for Veterans to Reconnect



1030 E Brady St
Milwaukee, WI

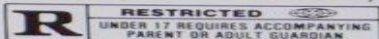
(414) 416-7651

Ordinary people

Everything in its proper place...
Except the past...



Paramount Pictures Presents a Wildwood Enterprises Production "Ordinary People"
Donald Sutherland • Mary Tyler Moore • Judd Hirsch • Timothy Hutton • Music Adapted by Marvin Hamlisch
Based Upon the Novel by Judith Guest • Screenplay by Alvin Sargent • Produced by Ronald L. Schwary
Directed by Robert Redford



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"Ordinary People"

We are Ordinary People



Paramount Pictures Presents a Wildwood Enterprises Production "Ordinary People"
Donald Sutherland • Mary Tyler Moore • Judd Hirsch • Timothy Hutton • Music Adapted by Marvin Hamlisch
Based Upon the Novel by Judith Guest • Screenplay by Alvin Sargent • Produced by Ronald L. Schwary
Directed by Robert Redford

R

RESTRICTED
UNDER 17 REQUIRES ACCOMPANYING
PARENT OR ADULT GUARDIAN

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"Ordinary People"

With
Extraordinary
Experiences



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"Ordinary People"

And Normal Reactions



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"Ordinary People"

A Marine in a dark blue dress uniform with a white belt and a white-topped garrison cap is seen from the back, saluting with his right hand. He is standing in front of a large American flag, which is slightly out of focus. The background is a deep blue with a subtle pattern of white stars.

“ A veteran – whether active duty, national guard or reserve, retired, or discharged from any of these - is someone who, at one point in their life, wrote a blank check made payable to ‘The United States of America,’ for an amount of ‘up to and including my life’.... ”

Author Unknown

The Combat Zone

Mission Focused

Spiritual Changes

Battlemind

- anxiety
- disrupted sleep
- threat awareness
- confrontation with death, mutilation, and injury
- loss of trust and innocence

Military Identity

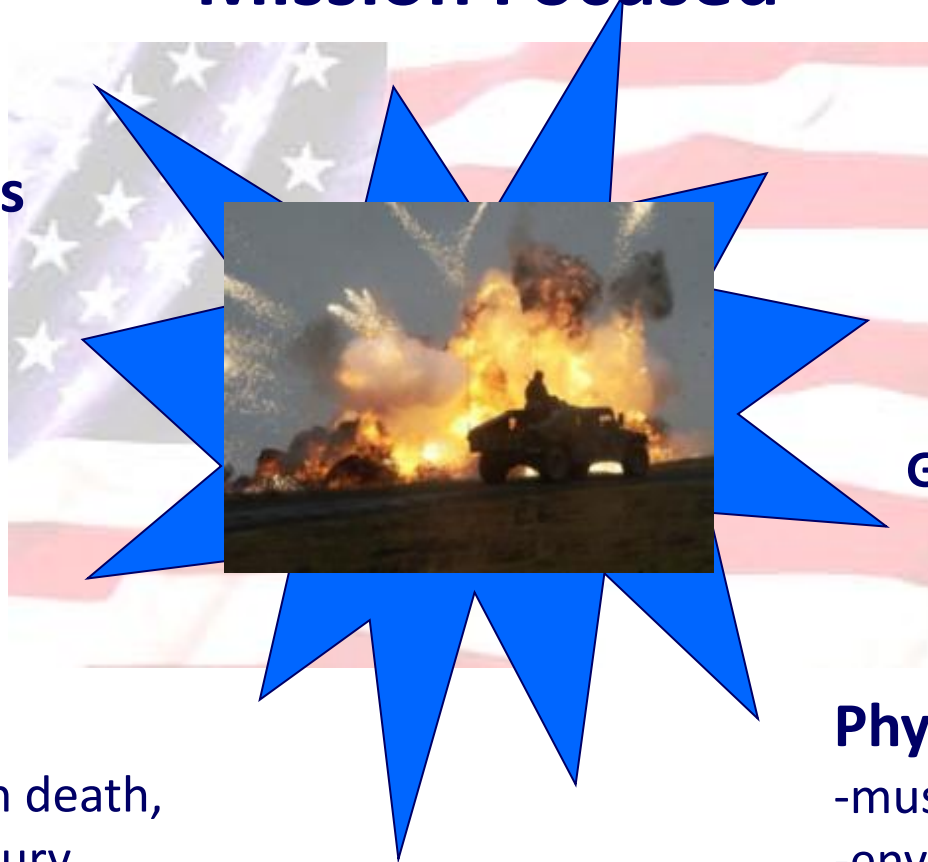
- values
- standards

Group Camaraderie

Physical Changes

- muscular skeletal stress
- environmental hazards
- combat injuries

Family Separation



Issues confronting veterans

- 25 million veterans of the U.S. Armed Forces alive today (7.5 % are women).
- 37 million dependents (spouses and dependent children) of living and deceased veterans.
- Veterans + dependants = 20% of the U.S. population.
- Most veterans living today served during times of war.
- Vietnam Era veteran = 7.9 million
- Since 9/11, 1.6 million veterans have served in Iraq or Afghanistan. 700,000 have deployed 2 or more times



Impact of Iraq War (Operation Iraqi Freedom/New Dawn)

During tour:

- 47% saw someone wounded or killed, or saw a dead body
- 45% felt they were in great danger of being killed during their tour



After returning home:

- 14% had an experience that left them easily startled
- 6% wanted help for stress, emotional, alcohol or family problems
- 2% had thoughts of hurting someone or losing control
- 1% had thoughts that they might be better off dead or could hurt themselves
- 19% were bothered by finding little interest or pleasure in doing things
- 14% were bothered by feelings of depression or hopelessness
- 9% had an experience that gave them nightmares or that they thought about when they didn't want to
- 3% worried about serious conflicts with their spouse, family or close friends

The Transition: Civilian – Military - Civilian



Typical Army Reserve Center

- 90% Civilian
- Raised mainly in Corporate America
- Only Active Duty was for schools
- Ltd Family Programs / Family care experience
- Unexpected call up (Even if you “know”)
- Little or no military support system
- Military experience and skills may be limited to 2 days a month (ie.medic)
- May be in critical civilian positions (no job when they return)
- Typically do not ask for help until it is too late; last resort
- Support systems do not understand the military culture

Stressors During Deployment

- Lack of/too much communication
- Lack of freedom of movement
- Environmental / climate changes
- Isolation & boredom
- Poor sleep patterns
- Home-front worries
- Repetitious & routine duties
- Separation from loved ones
- Unclear / misunderstood mission
- Uncertain redeployment date
- Operations Tempo
- Cultural Differences
- Lack of personal time
- Threat of attack
- Observation of atrocities
- Taking of life, watching others die
- Recovering the dead
- Breaking of personal moral code
- Experiencing abuse or harassment
- Poor Leadership

WAR COPING SKILLS



HOME COPING SKILLS



U.S. ARMY

1-888-550-ARMY



THERE'S STRONG. THEN THERE'S ARMY STRONG.

War vs. Home – Mission Oriented

WAR

- Once a mission is assigned other, unrelated tasks, are unimportant
- Decisions need to be quick, clear, accurate
- No time for discussion

“one person talks
- everyone listens”

HOME/JOB/SCHOOL

- Multiple competing tasks cause confusion
- Anger towards those who get in the way of mission
- Difficulty participating in cooperative decision making
- Frustration with others

“everyone talks
- everyone or no one listens”



Civilians = 9000+ decisions
Service Members = 3000

War vs. Home – Talking

WAR

- Difficulty talking
- “can’t be seen as weak”
- Little or no time to talk about powerful events
- Can change world view and of self BUT unable to articulate changes

“I didn’t feel safe anymore”

HOME/JOB/SCHOOL

- More comfortable talking with battle buddies
- “Civillianeze” foreign language
- Being unable to talk may keep sm/vet from feeling a part of home life
- Social chatter a waste
 - “very direct communication (cold, not friendly)”
 - Give little information

“strong feelings of frustration because nobody to talk with, or to, and nobody understands”

War vs. Home – Safety and Trust

WAR

- Vigilance pays off
- Never Relax
- Assume everyone is the enemy

“suspicious of others and things you have known & trusted”

HOME/JOB/SCHOOL

- Avoid getting involved
- Suspicious of everyone
- Test people to earn trust
- Always on guard
- Isolative
- Difficulty attending activities, going out in public, feeling safe with anyone but other service members.
- “being suspicious isolates you”

War vs. Home – Emotions/Anger

WAR

- Control emotions
- Numbing (It don't matter)
- Anger useful, protective, is a survival skill

“NOT talking about your emotions in war (strength) only leads to CAN'T talk about emotions at home (weak)”

HOME/JOB/SCHOOL

- Insensitivity to others
“look hot headed, hard headed”
- Decreased ability to read others emotions
“you look / act emotionless”
- Decreased emotional enjoyment
- Irritability/defensiveness
- Increased aggression
“fed by constant frustration”
- Increased alcohol/drug use to avoid feeling emotions

War vs. Home – Hypervigilance

“Adrenaline RUSH”

WAR

- A year or more of daily hypervigilance

HOME/JOB/SCHOOL

- Inability to relax
- Sleep changes
 - too little / too much
- Difficulty functioning without the adrenaline rush, CRASH
- Dreams
- Monitoring environment/perimeter
- Attempts to relive the “RUSH”

Common Emerging Issues

- Motor vehicle accidents
- Reintegration difficulties (family)
 - Divorce/ Relationship Issues
 - Domestic Violence
- Drug addiction/Alcoholism
- Medical & Mental Health problems
 - Military Sexual Trauma (MST)
 - Traumatic Brain Injury(TBI)
 - Combat Operational Stress Reaction (COSR) vs. Post Traumatic Stress Syndrome (PTSD)
- Suicide
- Homelessness

Motor Vehicle Accidents



Attempts to relive
the “RUSH”



Hypervigilance:
“Adrenaline RUSH”

Reintegration: How have family members changed?

- More independent
- Used to making their own decisions
- New friends/relationships
- Children may be significantly different
- New routines
- New perspectives
- Changes in the environment
- “I was angry for months, my wife and kids had grown without me”



Emotions/Anger---FAMILY

Talking about emotions at home (strength)

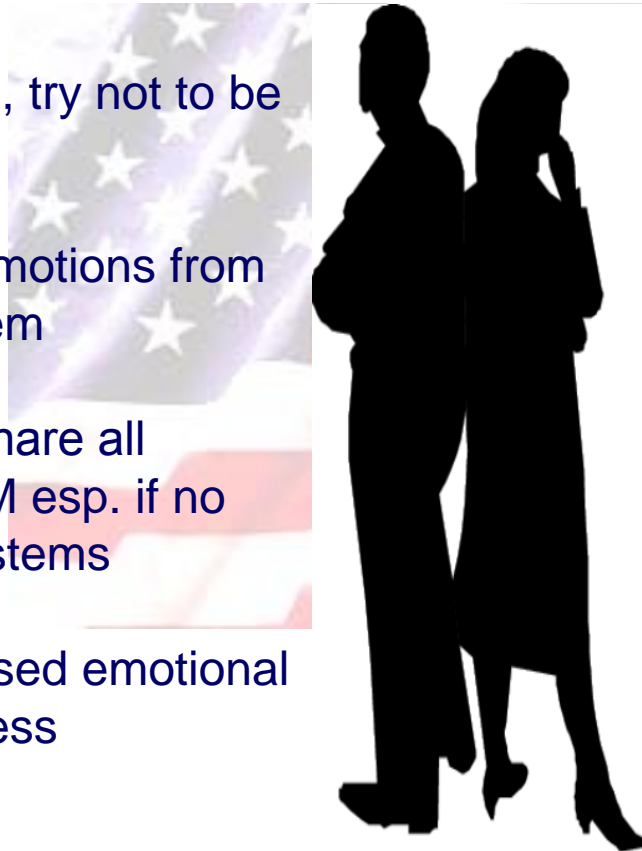
WAR

- Control emotions, try not to be or show anger
- May hold back emotions from SM to protect them
- May “dump” or share all emotions with SM esp. if no other support systems
- May have increased emotional needs due to stress

HOME/JOB/SCHOOL

- May want to return to pre-deployment emotional exchange immediately
- Difficulty understanding and dealing with SM change in emotional responses
- May hold back as a defensive response to SM

Could lead to domestic violence

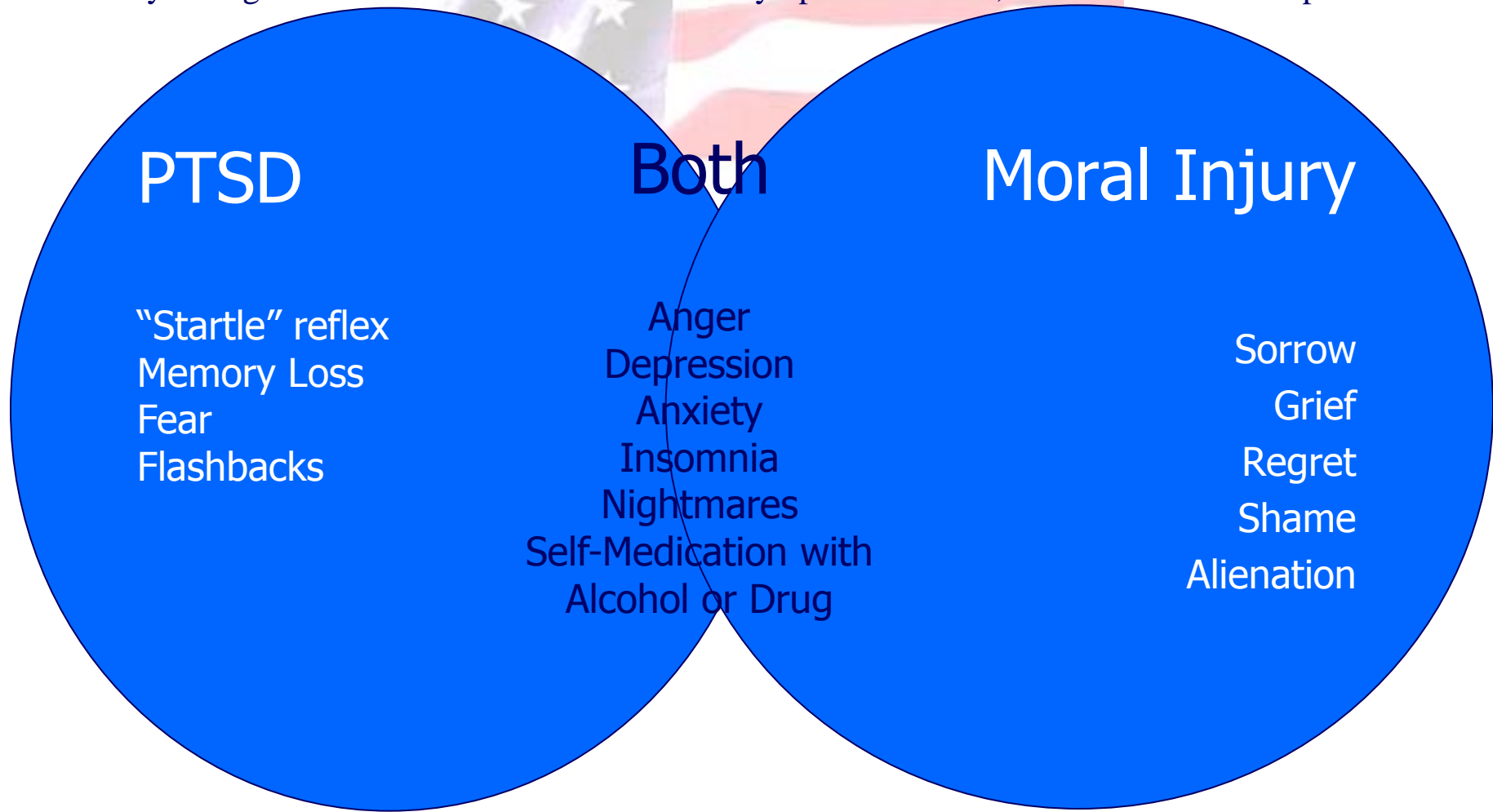


ALCOHOL & DRUG USE

- 
- Increased use noted among returning service members
 - Self-medicate
 - Sleep
 - Increase feelings of invincibility
 - Avoid feelings
 - Means of social support
 - Excuse for behaviors
 - Decreases potential for eventual reintegration
 - May lead to job loss, family loss, legal problems, suicide

War Trauma Symptoms

The definition of Post-Traumatic Stress doesn't cover all the symptoms of moral injury, the lasting wounds to the soul/spirit/ moral commitments a person may have caused by participation in morally ambiguous combat events. Here are the symptoms of each, and those that overlap.



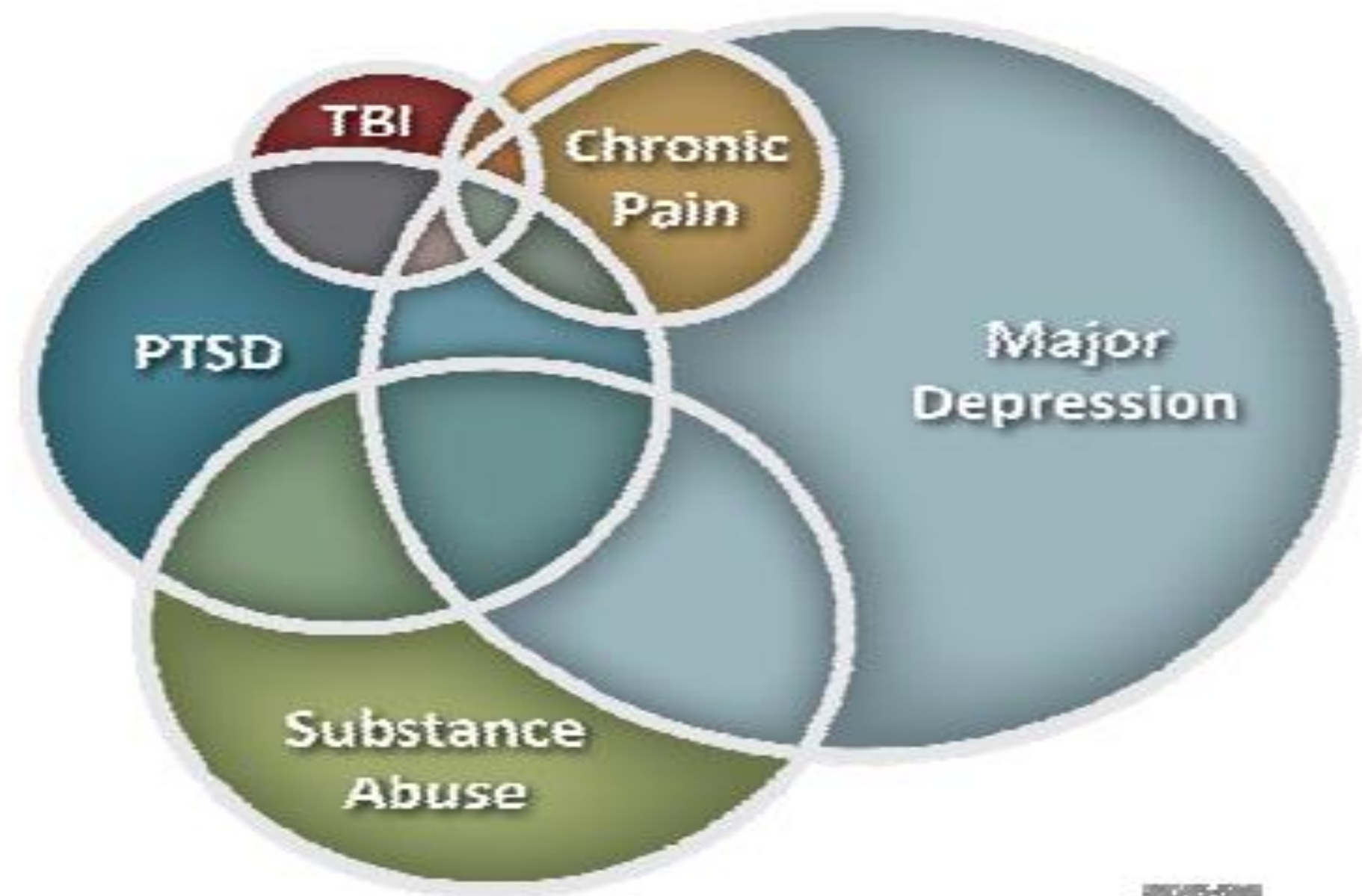


Figure II-14: Overlapping of Multiple Health Issues¹²¹

2009 Rates of PTSD in Veterans



Vietnam Veterans

1983 15% of men and 9% of women were found to have PTSD at the time of the study. Approximately 30% of men and 27% of women had PTSD at some point in their life following Vietnam.

Persian Gulf War

9% to approximately 24%. These rates are higher than what has been found among veterans not deployed to the Persian Gulf.

Iraq War and Afghanistan

12.5% had PTSD, a rate greater than that found among these soldiers before deployment.

COSR: expected and predictable emotional, intellectual, physical, and / or behavioral reactions from exposure to stressful events

PHYSICAL

MILD

- Fatigue
- Jumpiness
- Aches and pains
- Upset stomach, nausea
- Diarrhea or constipation
- Changes in eating (↑ ↓)
- Changing sleep patterns (↑ ↓)

SEVERE

- Flinching
- Startle reaction
- Shaking/Trembling
- Limbs/Eyes/Ears don't work normally / "right"
- Spaced out

EMOTIONAL

MILD

- Frustrated / angry
- Lowered Self-esteem
- Worried
- Keyed up
- Guilty, ashamed
- Depressed / withdrawn
- Grief
- Numb
- Tearful
- Confused
- Sense of loss of control

SEVERE

- Panic attacks
- Feeling a sense of dread
- "Flat" expression
- Regression
- Immobilizing depression

BEHAVIORAL

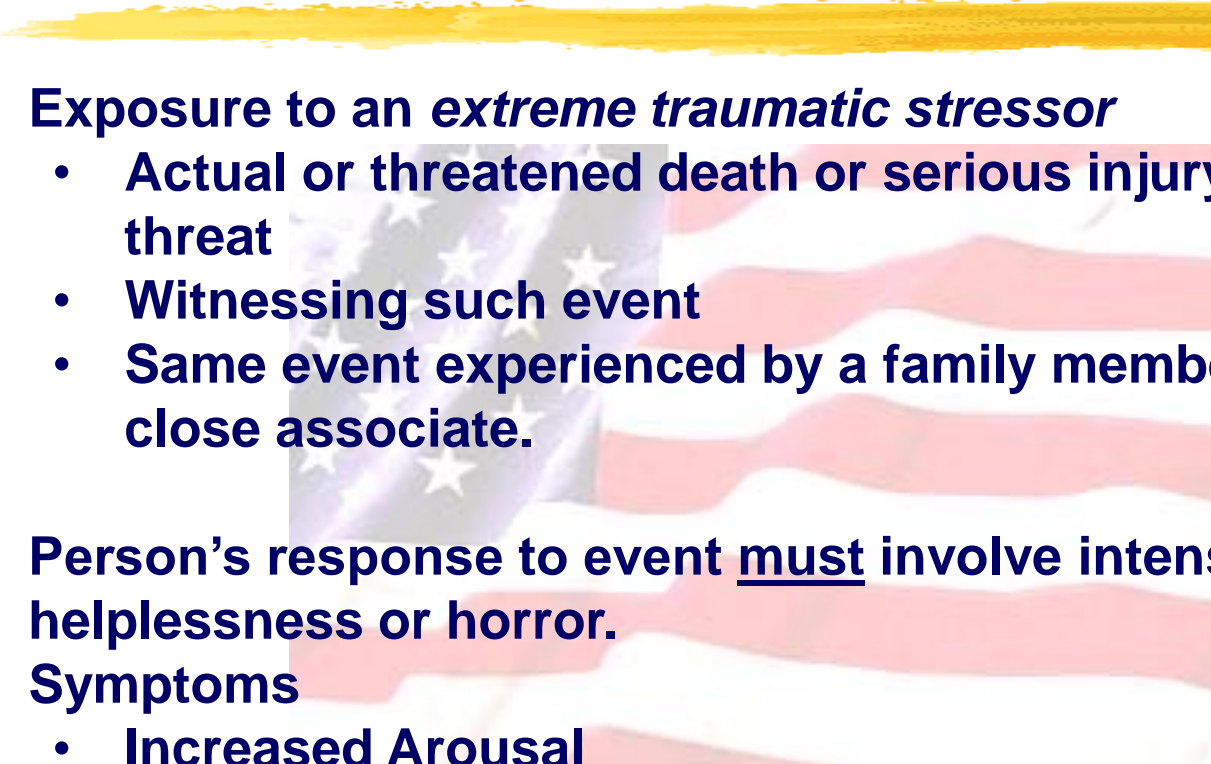
MILD

- Zoning out in meetings/class
- Failing deadlines/exams
- Arguments/fights with others
- ↑ Tardiness / absenteeism
- Denial there are problems
- Avoiding "triggers"
- "I don't care" attitude
- Hides true feelings
- Intimacy and relationship difficulties
- Job/Family difficulties
- Increased irritability/anger

SEVERE

- Alcohol and drug use
- Suicidal/Homicidal gestures
- Dangerous/risk-taking behaviors
- Hypervigilance
- Domestic abuse/family violence
- Child abuse
- Withdrawal – stops performing
- Impulsive behavior

VS. PTSD

- 
- Exposure to an *extreme traumatic stressor*
 - Actual or threatened death or serious injury or other threat
 - Witnessing such event
 - Same event experienced by a family member or other close associate.
 - Person's response to event must involve intense fear, helplessness or horror.
 - Symptoms
 - Increased Arousal
 - Persistent avoidance
 - Persistent re-experiencing

Duration: longer than 30 days

Military Sexual Trauma

Sexual assault or repeated, threatening sexual harassment that occurs while the Veteran was in the military

- Perpetrators are usually known to the victim
- Victims are typically young
- The military is like a family
- The military is hierarchical and authoritarian
- Military culture places a premium on strength, self sufficiency and loyalty
- Victims are in conditions of relative entrapment (restricted freedom of movement)
- Re-exposure and re-victimization are likely



Traumatic Brain Injury

A blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.

MILD: 80% a brief change in mental status or consciousness

MODERATE: 10%

SEVERE : 10% extended period of consciousness or amnesia after the injury

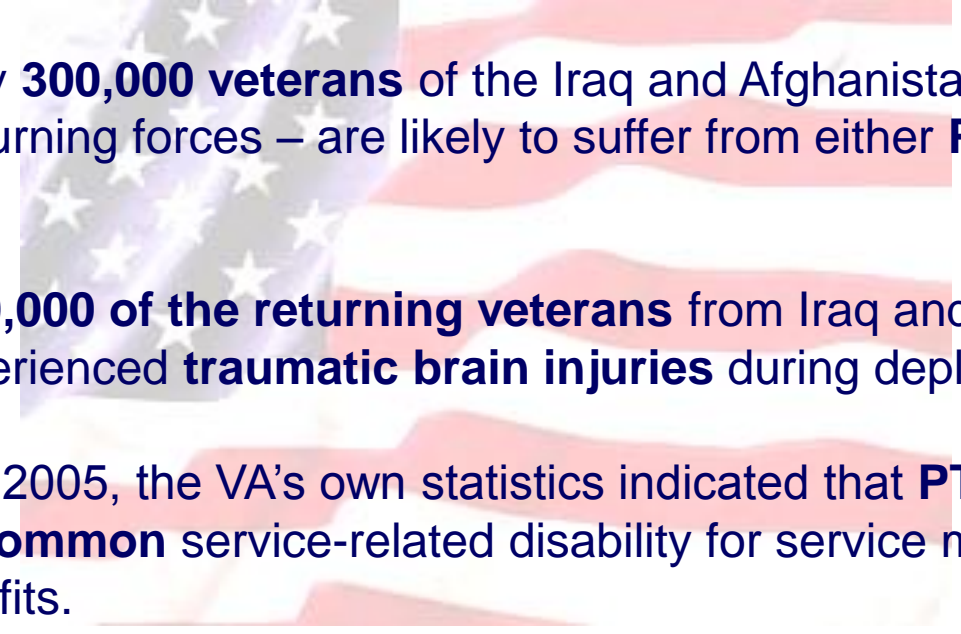
SYMPTOMS

- Impaired hearing, vision, speech
- Balance problems
- Fatigue
- Seizures
- Memory loss
- Concentration or processing difficulty
- Organizational problems
- Spatial disorientation

May Mirror PTSD

Significance

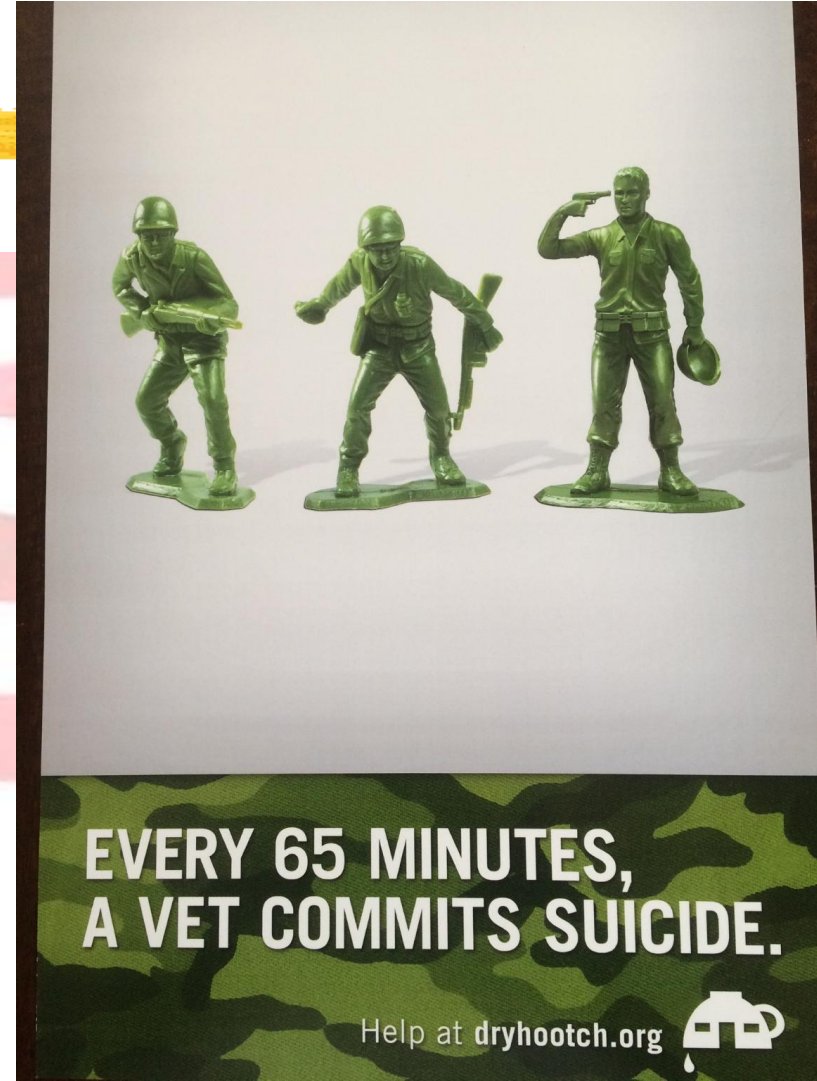


- 
- Approximately **300,000 veterans** of the Iraq and Afghanistan wars – nearly 20% of the returning forces – are likely to suffer from either **PTSD or major depression**
 - additional **320,000 of the returning veterans** from Iraq and Afghanistan may have experienced **traumatic brain injuries** during deployment.
 - By fiscal year 2005, the VA's own statistics indicated that **PTSD** was the **fourth most common** service-related disability for service members receiving benefits.
 - While there is no cure for PTSD, early identification and treatment of PTSD symptoms may lessen the severity of the condition and improve the overall quality of life for veterans suffering from this condition.

Prevent Suicide

Suicide rates:

- 2010: 301
- 2011: 283
- Suicide rate **7.5 x** the national average
- Approx **1000 attempts each month** by veterans who are receiving some type of treatment



Homelessness



**30% of the homeless are veterans –
approx 150,000**

Civil Legal Needs

DRYHOOTCH
forward operating base

SURVIVING THE WAR IS JUST THE BEGINNING.

When you get out of the war, all you really go to help veterans fight against post-traumatic stress disorder, depression, homelessness, addiction and unemployment. They served the war, now help them survive the years. 1000 E. Brady St. • 4801 St. National Ave. • Dryhooch.org

dryhooch

Veteran Family Legal Clinic

Consultations in:

- Family Law
- Civil Law
- Criminal Law

Legal Advice

This service is held every 1st and 3rd Thursday of the month from 5pm – 7pm.

For Veterans and Their Families

Free Legal Advice to Veterans and their Families in regards to:

- Family
- Civil
- Criminal

Appointments are taken on a first-come, first serve basis, but walk ins are welcome.
(No legal advice can be given over phone)

Partnering with:

4801 W WISCONSIN AVE, W801 MILWAUKEE, WI 53225
Tel: (414) 988-9626

THE COMFORT ZONE

Empowerment & Self Direction

-goal setting

Hope

-spiritual resolution
and integration of
healthy existential
identity

Strength Based & Peer Focused

-new social, vocational, and
recreational interests

Respect

-of self and others to achieve
successful relationships and intimacy

Individualization

-incorporation of military
identity into new identity

Holistic

-maintenance of
psychological balance including
stable sleep, mood regulation,
anxiety control, and
healthy coping skills

Responsibility

-lifelong health care priority



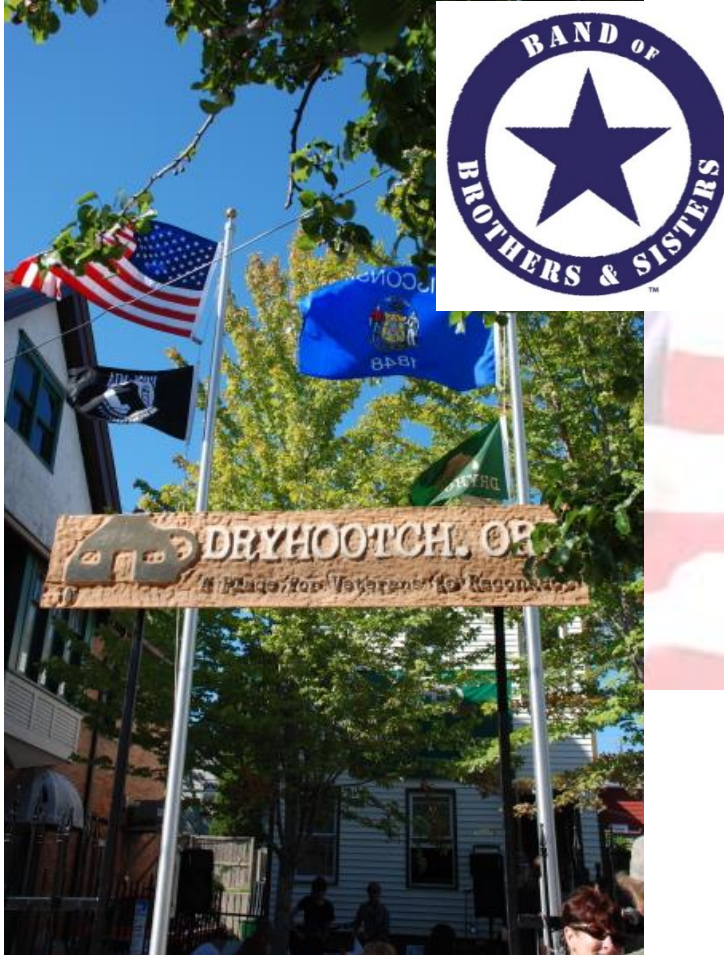
“Help the Veteran define their NEW mission.”





Dryhootch,
where a veteran
never leaves
a brother
or sister behind

Mentors



Dryhootch Mission: provides Wisconsin's veterans and their families with a stable, substance-free environment to gather, grow, and enhance their post-service life experience.

Band of Brothers and Sisters Project, (BoBS): peer-to-peer recovery support services program specifically for veterans in the Milwaukee community that have a substance abuse disorder

Services:

Mentoring/Coaching.

Recovery Groups.

Socialization Activities.

Peer Support

- Person Centered
- Trauma Informed
- Stigma Reducing

Its about the Folks,
Not the Institution

DRYHOOTCH
forward operating base

SURVIVING THE WAR IS JUST THE BEGINNING

Support Empowering Inclusion Advocacy
Recovery Gratitude
Self-directed Hope

HELP A VET LEAVE THE WAR BEHIND.

dryhootch.org

4801 W National Ave, West Milwaukee, WI 53295
Tel (414)988-9828

WWW.DRYHOOTCH.ORG

“As hard as you trained to go into the combat zone, you need to train equally as hard to return to a comfort zone.”





NAVY STRONG

Because nobody else can hold a helicopter up using just a stick.

What is a Dryhootch . . .

