

Working Better Together

MHPN's inaugural conference for mental health practitioners

@MHPNConference



Content Stream: Mental Health and the Military Experience

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Webinar

Making Sense of Veteran Mental Health Presentations

6 pm – 7 pm AEST
Tuesday 28 May 2019

“Working together. Working better.”

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society, the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

Tonight's panel



Dr Phil Parker
General Practitioner



Ms Kristi Heffernan
Clinical Psychologist



Dr Jon Lane
Psychiatrist



Facilitator: Ms Nicole Sadler
Clinical Psychologist

Audience tip:

Click the 'Open Chat' tab at the bottom right of your screen to chat with other participants.

NB: chat will open in a new browser window.

Ground Rules

To ensure everyone has the opportunity to gain the most from this live event please:

- **Be respectful of other participants and panellists:** behave as you would in a face-to-face activity.
- Interact with each other via the **chat box**. As a courtesy to other participants and the panel, please keep your comments on topic. Please note that if you post your technical issues in the participant chat box you may not be responded to.
- Need help? Click the **technical support FAQ tab** at the top of your screen. If you still require support, call the Redback Help Desk on **1800 291 863**.
- If there is a significant issue affecting all participants, you will be alerted via an announcement.

Audio issues?

Listen on your phone by
dialling this phone number
1800 896 323
Passcode: 1264725328#

Learning outcomes

This informal panel discussion will provide 'insider' insights to the military experience shared by qualified mental health clinicians who have had direct experience serving in the Australian Defence Force (ADF). At the conclusion of this interactive and dynamic session participants will have:

- Improved insights of how and why the experience of military culture may impact on veterans' mental health
- Improved insights to the meaning/stories behind somatic and mental health presentations of veterans
- Increased confidence to engage in conversations with veterans about the 'meaning behind their story'

Supporting resources are in the library tab at the bottom right of your screen.

What do we know about the veteran population in Australia?

There are approximately:

- 641,00 living Australian veterans
- 165,000 veterans in Australia receiving DVA benefits
- 320,000 veterans who have been deployed
- 58,200 current serving ADF personnel
- 5,000 ADF personnel transition out of the full-time military each year





What do we know about the mental, physical and social health of contemporary veterans?

- Most discharged at their own request
- 20% were medically discharged
- 3% non-voluntary administrative discharge
- 84% engaged in some purposeful activity (employment / studying)
 - 62.8% in civilian employment
- Most commonly reported reasons for transition:
 - ‘impact of service life on family’ (10.2%)
 - ‘better employment prospects in civilian life’ (7.2%)
 - ‘mental health problems’ (6.5%)
 - ‘physical health problems’ (4.3%)





What do we know about the mental, physical and social health of contemporary veterans?

Those transitioning from full-time ADF service at particular risk for mental disorder:

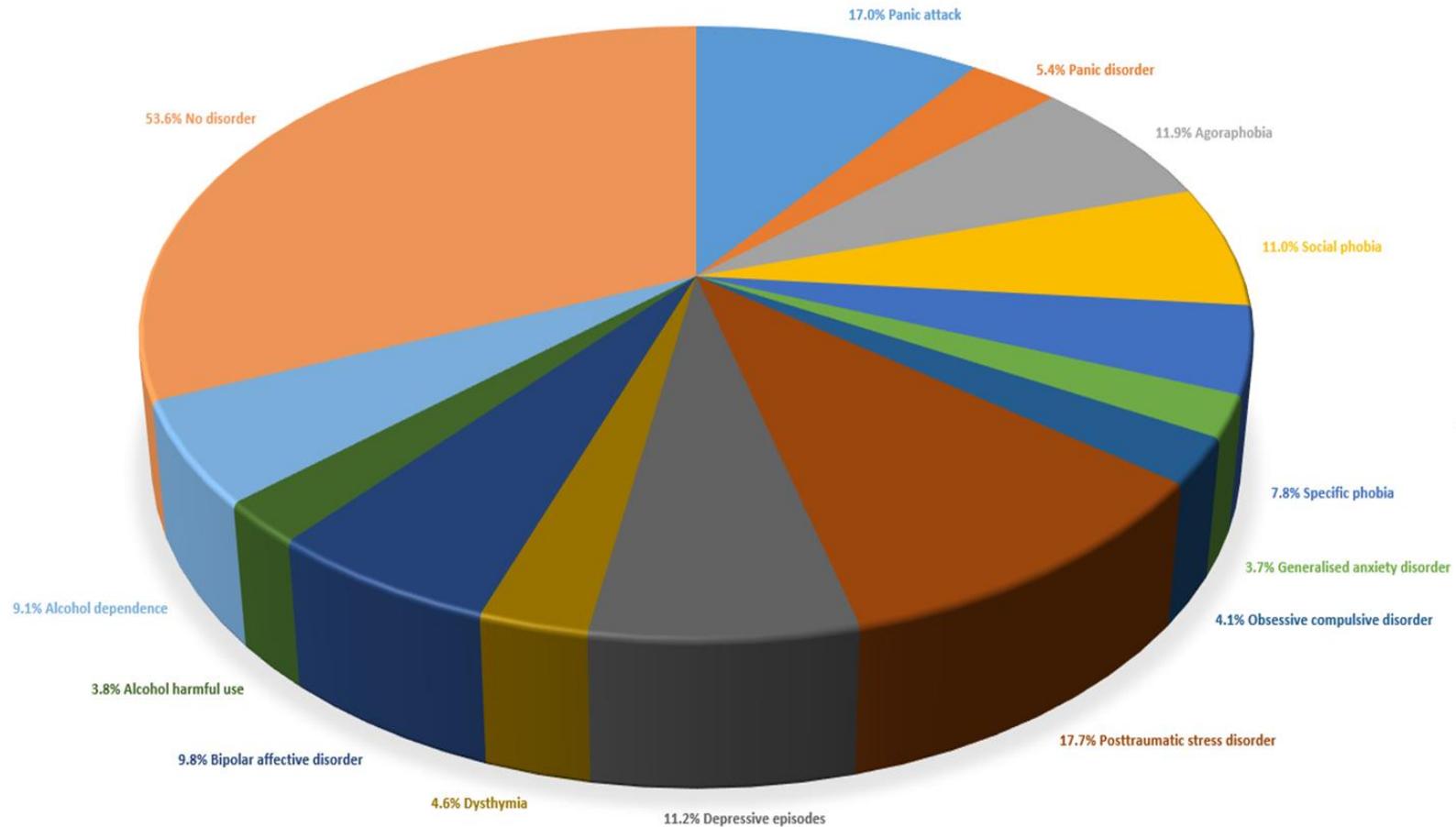
- Almost three in four met criteria for a lifetime mental disorder
- Almost half met criteria for a mental disorder in the past year
- Particular risk for those discharged medically
- Substantial number with sub-threshold symptoms which can be a precursor of later disorder
- Many of those who met criteria for a 12-month mental disorder were not medically discharged and / or were not DVA clients
- Increase in risk from one year post-transition

Help seeking rates are consistent with other military and veteran populations and significantly better than community rates

- But need to improve the number receiving evidence-based treatments

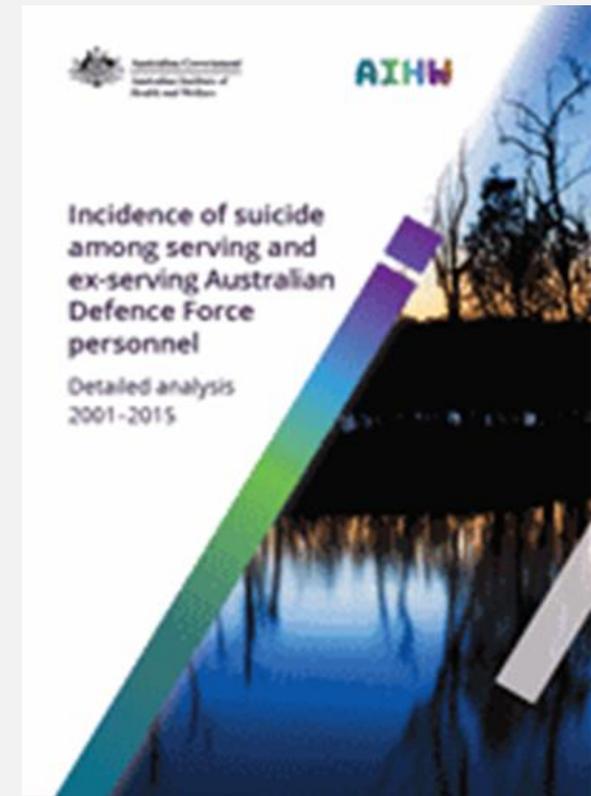


Estimated prevalence of 12-month ICD-10 disorder in Transitioned ADF



What do we know about the mental, physical and social health of contemporary veterans?

- In 2001 – 2016 there were 373 certified suicide deaths among people with at least 1 day of ADF service since 2001.
- Ex-serving men had an age-adjusted suicide rate 18% higher than for all Australian men.
- The age-adjusted suicide rate was lower for current serving and men in the Reserves than for all Australian men.
- Ex-serving men aged under 30 had a suicide rate 2.2 times that of Australian men the same age.



Centenary of Anzac Centre Practitioner Support Service

- Our aim is to improve the lives of Australian veterans with mental health problems **by supporting the practitioners and organisations** who work with them
 - Free national service
 - Access to advice and support from multidisciplinary panel of experts
 - Online resources
 - Provide professional development and networking opportunities through outreach.

CENTENARY OF ANZAC CENTRE
PRACTITIONER SUPPORT SERVICE
A PHOENIX AUSTRALIA INITIATIVE

Do you work with veterans with mental health problems?

Access guidance and support from experts

CALL US
1800 VET 777

EMAIL US
anzacentre.org.au/enquiry

ONLINE RESOURCES
anzacentre.org.au



Thank you for attending.

Visit www.mhpnconference.org.au to post your comments or questions about veteran mental health presentations in the forum associated with this activity.

Next week's activity:

Comorbid Mental Health Conditions in Veterans: Strategies for assessment, case formulation and treatment

Tuesday 4th June 2019 at 7.15 pm AEST

Thank you!



Don't forget to **complete the survey feedback**

Click the survey feedback tab at the top of your screen
to open the survey.