

MILITARY PATHWAYS[®]

Funded by Force Health Protection & Readiness,
Office of the Assistant Secretary of Defense, Health Affairs



**Not all wounds
happen on the
battlefield.
Some are not
even physical.**

**But all wounds
need attention.**



MILITARY PATHWAYS

Military Pathways® (formerly the Mental Health Self-Assessment Program®) provides free, anonymous mental health and alcohol self-assessments for family members and service personnel in all branches including the National Guard and Reserve. The self-assessments are a series of questions that, when linked together, help create a picture of how an individual is feeling and whether they could benefit from talking to a health professional. The assessments are available online, over the phone, and at special events held at installations worldwide.

The primary goals of the program are to reduce stigma, raise awareness about mental health, and connect those in need to available resources. The self-assessments address depression, posttraumatic stress disorder (PTSD), generalized anxiety disorder, alcohol use and bipolar disorder. After an individual completes a self-assessment, s/he is provided with referral information including services provided through the Department of Defense and Veterans Affairs.

Military Pathways is provided by the nonprofit organization, Screening for Mental Health, Inc. and is funded by the Department of Defense.

IN PERSON EVENTS

“Our in-person event was an excellent, non-threatening way to determine how many of our soldiers may be experiencing symptoms of depression or posttraumatic stress disorder.”

*Yvonne Wilbanks,
Army Substance Abuse Program
Fort Benning, GA*



It is a core value of the DoD to provide steadfast support to troops and their families, particularly in relation to deployment. In-person events provide the opportunity to educate individuals about the signs and symptoms of mental health and alcohol use disorders, raise awareness about the resources available, and provide an opportunity for those at risk to speak with a clinician about their personal situations.

National Depression Screening Day® (NDSD) Program Kit

NDSD aims to increase help-seeking and reduce the stigma associated with a variety of common mood and anxiety disorders. In addition to depression screening, the program also offers screening and educational information on PTSD, generalized anxiety disorder, and bipolar disorder.

National Alcohol Screening Day® (NASD) Program Kit

NASD assesses at-risk drinking, encourages responsible alcohol use and promotes the importance of knowing, “How much is too much?”

Both the NASD and NDSD in-person kits include:

- “How to” guide of best practices for implementing and promoting an event
- Screening forms and scoring instructions
- Educational materials
- Promotional materials that direct participants to the online screenings
- Materials for up to 500 participants (Spanish kits for up to 50 participants)
- Facilitators are available to come to your installation to assist with your event

**Military Pathways materials
are provided to military
installations, units and
groups at no charge.**

*Funding is provided by Force Health
Protection and Readiness, Office of the
Assistant Secretary of Defense,
Health Affairs.*



ONLINE SCREENING

Military Pathways provides service members, veterans and their families with 24/7 access to free, anonymous online self-assessments.

The self-assessments screen for depression, PTSD, generalized anxiety disorder, alcohol use and bipolar disorder. A special questionnaire is also available for parents to become aware of signs and symptoms of depression and suicidality among children and adolescents.

In addition to the self-assessments, there is a robust learning and resources section with fact sheets, videos and additional referral information.

Visit the online screening at:
www.MilitaryMentalHealth.org



Online Screening

Sample questions in the self-assessments include:

- Have you lost pleasure in things you used to enjoy?
- Do you have trouble sleeping or eating?
- Have you ever tried to cut down on your drinking but found you couldn't?
- Are you having nightmares about something that happened in the past?

Once the self-assessment is completed, individuals are given immediate feedback as well as specific information about where they can get help, including services provided through the Department of Defense and Veterans Affairs.

Customized Online Screening

Installations, units and military groups can create a custom website that features specific resources available in your community, such as Tricare providers, installation chaplains and local family support groups.

A variety of free promotional materials are available to publicize your online program, including:

- wallet cards
- press releases
- advertisements
- posters



Did you know...

Over 70% of users said they would be likely to seek further information about a mental health/alcohol use concern as a result of using the online self-assessment.

FAMILY RESILIENCY KIT

“You want your spouse to come home and just open their arms and just hug you. And say, ‘I’ve missed you so much, and we’re going to just go on this merry road.’ But in fact, they’re dealing with a lot.”

Monique Turner, whose husband, a Marine, was deployed to Iraq in 2007

Military Pathways has a tool to help family groups address the emotional needs of military families. The Family Resiliency Kit includes educational materials on coping with the stress of deployment, building resiliency, recognizing signs and symptoms of mental health problems, reconnecting with children and how and when to access behavioral health services provided by the Department of Defense and Veterans Affairs.

The Family Resiliency Kit is perfect for family readiness groups, assistance centers, chaplains and other groups that help military families throughout the deployment cycle.



Military Pathways is a proactive program designed to help families and service personnel identify their own symptoms and access assistance, before a problem becomes serious.

Family Resiliency Kit Materials Include:

- *A Different Kind of Courage* DVD and implementers guide
- Educational materials addressing mood and anxiety disorders (for example PTSD and depression), alcohol use disorders, family resiliency and helping children cope
- Promotional materials such as posters and wallet cards that direct participants to the online screenings
- Optional questionnaires for clinicians to screen for various mental health disorders, alcohol misuse and for parents concerned about their adolescent's mental health
- Sesame Street's "Talk, Listen, Connect" DVD designed to support military families and children as they cope with the feelings, challenges and concerns experienced during different phases of deployment



A DIFFERENT KIND OF COURAGE

Real People

Through the use of real stories and dramatized vignettes, *A Different Kind of Courage* addresses the symptoms of mental health and alcohol disorders among military service members and families, and the importance of early help-seeking to protect one's career, family and health. It also provides useful information on how to convince a family member or friend to seek professional help.

Real Talk

The DVD is a vehicle to promote discussion about mental health issues. By listening to real service members and their families share their struggles and how awareness and treatment helped, *A Different Kind of Courage* reduces the stigma of mental health disorders.

Real Courage

Available for free for military behavioral health clinicians, unit commanders, Reserve unit leaders, chaplains, Family Readiness Group leaders, as well as other military groups who want to raise awareness and encourage help-seeking as an act of strength.

A Different Kind of Courage: Safeguarding and Enhancing Your Psychological Health

is a 25 minute educational DVD depicting how service members and their families may be affected by combat and deployment stress.

Use it to talk.

Use it to educate.

Use it to fight stigma.

“I don’t walk up to somebody and say, ‘Hey, my name is Chief, I sought help in the mental health system.’ But when you see somebody struggling, and they give you this, ‘Oh, you don’t know what I’m going through.’ Then that’s when you pull out that ace, and you say, ‘Yes, I do know what you’re going through.’”

CMSgt Manny Sarmina (Ret.) in a segment from A Different Kind of Courage



SOS SIGNS OF SUICIDE[®] PROGRAM

The SOS program is available for middle and high schools serving military children in the U.S. and overseas. Secondary schools participating in the program receive a kit of materials that includes:

- Educational DVD and discussion guide
- Screening forms for students (for optional use)
- Training video for staff (for high schools only)
- Parent information
- Educational materials and promotional items

The SOS program is the only school-based program proven to reduce suicide attempts in a randomized, controlled study.

American Journal of Public Health



Did you know . . .

Suicide is the third-leading cause of death for 11 to 18-year-olds in the United States (CDC).

Fortunately, the emotional crises that so often precede suicides are both recognizable and treatable, and good prevention programs can teach youth how to recognize the symptoms of depression, in themselves or a friend, before it's too late.

SOS Signs of Suicide is a nationally recognized and easily implemented suicide prevention and depression screening program designed for middle and high school students. It teaches students how to identify the symptoms of depression and suicidality in themselves or their friends, and encourages help-seeking through use of the ACT® technique (Acknowledge, Care, Tell).



OTHER OUTREACH INITIATIVES



“By inviting service members and their families to learn their Drinking IQ, this initiative helps raise awareness about at-risk drinking and helps individuals assess whether their drinking could be causing a problem.”

*Prevention & Education Promotion Specialist
Camp Lejeune*

Drinking IQ Initiative

In order to raise awareness about alcohol consumption and its effects on health, Military Pathways provides free give-away items inviting service members and their families to learn their Drinking IQ. As part of this campaign, sports water bottles and posters are being distributed with the message “Do you know your Drinking IQ?” Individuals are invited to take a free, anonymous online questionnaire about their alcohol use at www.DrinkingIQ.org and are referred to the appropriate prevention or treatment resources.

Technical Assistance

Military Pathways staff provide support in a variety of ways. We can help you:

- Plan your in-person event
- Promote the online program to your community members
- Set up your customized online screening program
- At your event, facilitators are available to come to your installation to assist with your event

Military Pathways has served well over a million military members, veterans and their families, since its launch in 2006.



Webinars

Free webinars on mental health with leaders in the field. Topics include:

- Building family resilience
- Posttraumatic stress disorder
- Conducting successful in-person events

Trainings

Learn how to make the most out of your educational events. A qualified facilitator is available to visit your installation to assist with implementation. In-person train-the-trainer sessions are offered to units and installations nationwide. Phone support is also available year-round.

Commissary Outreach

Every year Military Pathways offers unique promotional services. In 2008, Military Pathways partnered with the Defense Commissary Agency (DeCA) to raise awareness of the relationship between physical and psychological health. The campaign, “Good for your Body, Good for your Mind, Good for your Wallet,” was launched with more than 200 commissaries worldwide. Promotional materials included free eco-friendly grocery bags, refrigerator magnets and posters to distribute at local outreach events. The widely successful campaign stressed overall wellness, promoted commissary shopping and encouraged families to use the online self-assessments.

“Commissaries are always encouraging military families to make healthier food choices to improve their health, so joining efforts with Military Pathways to promote help-seeking for psychological health seemed like a perfect match.”

*Richard S. Page,
Chief Operating Officer, DeCA*



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www.MilitaryMentalHealth.org

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For more information:

Online Screening: MilitaryMentalHealth.org

Website: www.MilitaryPathways.org

Email: Military@MentalHealthScreening.org

Call: 781.239.0071