

END OF TERM REPORT 2017 - 2019: SECONDARY PTSD

The Secondary PTSD program (PTSD '2') addresses the emotional and practical needs of those affected by a loved one's PTSD. It defines secondary PTSD and provides information regarding its causes, its symptomologies and its relationship to stress and physical illness. While education is major component of the program, emphasis is on learning and applying the skill sets, ethics and behaviors required of a PTSD'2' peer facilitator.

OBJECTIVES:

1. Define of Secondary PTSD.
2. Provide an understanding of the PTSD/secondary PTSD relationship.
3. Provide information on the causes and symptomologies of secondary PTSD.
4. Provide an understanding of how prolonged exposure to the stressors coincident with secondary PTSD can produce physical manifestations
5. Introduce the concepts mindful self care and support networks.
6. Provide an understanding of the principles, limitations and moral responsibilities of peer support.
7. Provide the skill sets and tools necessary to organize, promote and maintain a functional peer support group.
8. Provide the skill sets and tools needed to effectively facilitate an ongoing peer support group.
9. Develop an ongoing network of facilitators who will share information at quarterly online meetings.

ACCOMPLISHMENTS:

1. Committee co-Chairs Elayne Mackey and Nina Schloffel, along with Drs. Tom Berger and Tom Hall, co-facilitated a support group at the 2017 New Orleans National Convention. By way of engaging in a series of communications exercises, the group was able to appreciate the effectiveness and value of peer support.
2. Committee co-Chairs Elayne Mackey and Nina Schloffel, and Dr.

Tom Hall, co-facilitated a support group at the 2018 Palm Springs Leadership Conference. Elayne Mackey began the session with a discussion of resilience in the face of trauma. Nina Schloffel followed with the importance of cultivating and a viable support network. Based on the success of the format used in New Orleans, Dr. Hall introduced the support group concept with communications exercises.

3. Conducted three, two- session facilitator training sessions.
4. Provided a Facilitator Toolkit.
5. Developed a resource library .
6. Maintaining two ongoing support groups in California.

FUTURE OF THE PROGRAM:

This program was born of out Elayne Mackey's passion for the plight of veterans with PTSD and the effect the disease has on the veteran's loved ones, friends, and families. With Elayne's illness, the program lost its momentum. The need for this program, however, has not diminished. In fact, such a program continues to be more needed than ever.

If the program is continued, Nina Schloffel hopes to present the revitalized Secondary PTSD Program to the new AVVA board at a future board meeting and will restart facilitator training shortly thereafter.

Nina Schloffel
Program Chair, Secondary PTSD