

**Post Traumatic Stress:
PTS Disorder
to
PTS Growth**

Auburn University
Center for Governmental Services

November 3 - 4, 2011
Mobile, Alabama

Conference Sponsors

Alabama Department of Mental Health
Alabama Department of Rehabilitation
Greenleaf
UAB School of Medicine

Conference Partners

Alabama National Guard
Alabama Department of Veterans Affairs
Alabama Department of Public Health
Alabama Department of Mental Health

**Raising Expectations:
Sport and Recreation
as an Intervention**

Faculty

Jeff Underwood
Lakeshore Foundation
Birmingham, Alabama



LAKESHORE
FOUNDATION

Mission

- To enable people with physical disability and chronic health conditions to lead healthy, active, and independent lifestyles through physical activity, sport, recreation and research

Select Partners

- U.S. Olympic and Paralympic Training Site
- Wounded Warrior Project
- Southeastern Conference
- UAB School of Health Professions

Lima Foxtrot

- A year round program of sport, fitness, and recreation opportunities for injured servicemen and women and their families

Lakeshore Foundation

- Living Fit
- Liberty and Freedom

Recreation Therapy

- The systematic use of recreational activity and experiences to achieve specific objectives...to enhance health, functional ability, independence, and overall quality of life

- Marla Knox, Recreation Therapist, CTRS, MA, NMCSD, San Diego, CA

Characteristics

- Inability to function in groups
- Detached, isolated
- Depressed
- De-masculinized
- Loss of camaraderie, brotherhood

- Marla Knox, Recreation Therapist, CTRS, MA, NMCSD, San Diego, CA.

Goals

- Build relationships with peers and family
- Comfort level with crowds, community, and civilians
- Learn new activities
- Reconnect with old self and with family

Goals

- Reconnect with new self
- Education
- Workforce

Lessons to Date...

Big Six

- **Rules for supporting service members, veterans, military families, and families of the fallen**
 1. **Actions and discussions are about THEIR needs, never about what you do**
 2. **Realize that each individual is unique and therefore has unique needs**

Big Six

3. **If you think you are doing it better than anyone else or the only one doing it, someone else is doing it and doing it better**
4. **Never make a commitment you cannot, do not, or will not keep**

Big Six

5. **Build for the long run and have a meaningful and personal impact**
6. **If you start to think it is about you, that is when it is time to get out**

- Channeling the "Sea of Goodwill" to Sustain the "Groundswell of Support"
Transitioning from Concept to Application. Captain Chris Manglicmot and Major Ed Kennedy and Colonel David W. Sutherland; Office of the Chairman of the Joint Chiefs of Staff Warrior and Family Support, September 2011.