

PTSD Through the Eyes of an Airman

**Satellite Conference and Live Webcast
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Faculty

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Objectives

- **Why do we continue to miss the mark with PTSD?**
- **My deployment**
- **Understanding and recognizing PTSD**
- **Paving the path to help**

The Aftermath

- **Trouble sleeping and / or feeling irritable**
- **Physical, mental, and emotional exhaustion**
- **Feelings of helplessness**
- **Feelings of guilt**
- **Avoidance**
- **Disconnection**
- **Recurring memories / flashbacks**

Warning Signs

- **Unusual or sudden changes in behavior**
- **Loss of interest in work and normal activities**
- **Neglecting responsibilities**
- **Isolation and withdrawal**
- **Depression**
- **Anxiety**
- **Agitation**
- **Nightmares**

Understand PTSD

- **Intrusion**
- **Avoidance**
- **Hyper - Arousal**
- **Dissociation**

When to Get Help

- **Persistent stress that is interfering with your daily life, either at work or at home**
- **Difficulty coping or functioning day to day**
- **Escalating alcohol use (or any drug use)**

When to Get Help

- **Feelings of worthlessness or hopelessness**
- **Thoughts about suicide**
- **Symptoms of traumatic stress that aren't improving or are getting worse**

The Road Blocks Within

- **I can handle it myself**
- **I'm not "that guy"**
- **All they're going to do is give me a pill**
- **If I get help . . . it means I'm weak**
- **HOW CAN THEY POSSIBLY KNOW HOW TO HELP ME?**
 - **They didn't go through what I did**

RISE to Resilience

- **Realize You Have A Choice And Commit To It**
- **Have Faith in the Bigger Purpose**
- **Use Your Experiences to Serve Others**
- **Find the Lesson in the Puzzle of Life**
- **Nurture and Live by Your Core**
- **Unpack What You Don't Need From Life's Suitcase**