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