



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by The Center for Health and Well-Being

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Veteran Well-Being



“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” -John F. Kennedy

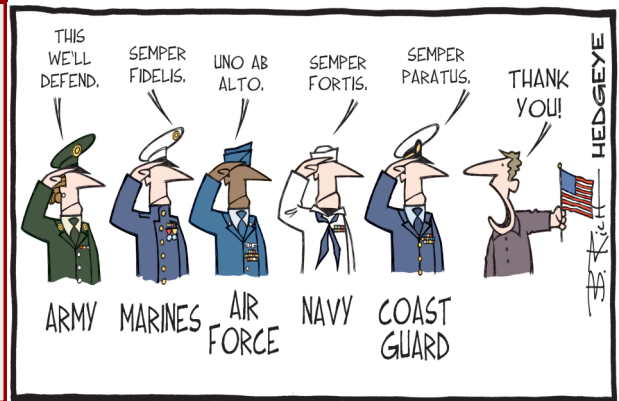
How Can You Support Veterans On and Off Campus?

Learn more about their military branch and the values and mission statement they follow.	Discussing mental health in general and not labeling their experiences.
Say “thank you” and mean it.	Donate your time to a veteran organization.
Listen to them and their experiences. Don’t push for them to share but offer your support if they want to talk at a later time.	Fight homelessness, eviction, and foreclosure among veterans. Visit Homes for Our Troops or the National Coalition for Homeless Veterans for more information.

You Aren’t Alone

At IUP, there are 920 military-affiliated students on campus – of that 350 are veterans or are currently in the military.

According to RAND, 1 in 5 U.S. Veterans of Iraq and Afghanistan experience PTSD or major depression. Fortunately, a growing body of research at RAND demonstrated that veterans who receive high-quality health care have the best chance in improving their mental health. IUP offers mental health services through the Counseling Center and the Center for Applied Psychology offers psychological services for students. For more information about research on veterans: RAND.org



What is PTSD?

Post Traumatic Stress and Post Traumatic Stress Disorder (PTSD) develops after a person has been subjected to a specific situation that causes stress and fear. This can include combat situations and sexual assault. Survivors may see, hear, or experience the situation firsthand. Any individual that has experienced life-changing trauma such as: terrorism, disaster, or violence/abuse may show signs of PTSD. Symptoms may include but are not limited to:

Recurring memories or nightmares	Negative mood related to the event
Avoidance of thoughts, feelings, memories or stimuli that remind you of the event	Hypervigilance, difficulty focusing or concentrating, and/or irresponsible or self-destructive activities

Substance Use

- Veterans who experienced trauma, were hospitalized, or injured during combat are at risk for increased drinking or drug use.
 - Veterans are more likely to use alcohol and report heavy alcohol use compared to their non-veteran counterparts.
 - Veterans with substance use disorder are 3-4x more likely to receive a PTSD or depression diagnosis (Teeters et al., 2017).
- Substances like alcohol, tobacco, and marijuana may feel like a way to cope with anxiety, depression, and/or PTSD. However, substance use can contribute to or worsen these symptoms. Alternative strategies include: lifting weights, running/walking, yoga, meditation, journaling, drawing/painting, listening to music, talking with a friend, and talking with a mental health professional.**

Resources

- If you are feeling keyed up, having flashbacks of an event, are avoiding reminders of the event, or are feeling numb to things you used to enjoy, there are resources on campus for you.
- The Military and Veterans Resource Center (MVRC) works with IUP programs and services to help military students transition to college life as well as achieve their goals.
Location and Contact: Pratt Hall, Rooms 101 and 102, 724-357-3009, lup-mrc@iup.edu
 - The Counseling Center offers individual and group counseling for students at IUP
Location and Contact: Suites on Maple-East, Room G31, 724-357-2621
 - The Center for Applied Psychology offers individual psychological services for students at IUP — Location and Contact: Uhler Hall, Room 238, 724-357-6228

Additional resources:

- The Veterans Crisis Line
 - * Dial 1-800-273-8255 and Press 1 to talk to someone.
 - * Send a text message to 838255 to connect with a VA responder.
- The #BeThere movement, <https://www.veteranscrisisline.net/support/be-there#reach-out>, website provides resources to individuals who may interact with veterans in order to decrease suicide rates in veterans and military members

