

# MILITARY CULTURE & MENTAL HEALTH

— 1 hour of CE —



**August 16 TH 1PM EST**



**Registration:**



## Learning Objectives

- ✓ Name 5 branches of the DOD and 3 Components
- ✓ Understand Unique challenges with Active duty, Veterans, Reserve components and dependents
- ✓ Identify unique clinical considerations for people who have served
- ✓ Recognize common DOD values
- ✓ Understand impact of stigma on help seeking behaviors

## Description

In this presentation, participants will gain insight into military history and culture and its intersection with mental health. Key topics include the branches of the DOD and its three Components, common DOD values, and the distinct challenges faced by Active Duty, Veterans, Reserve components, and dependents. Moreover, we'll explore unique clinical considerations for military personnel and suggest strategies for addressing them, alongside an examination of stigma's impact on help-seeking behaviors.



**Speaker: Sarah Skelton, Psy.D,**  
Student Veterans Coordinator

## Speaker Bio:

*Serves as a liaison for Military Affiliated students on campus. Developed and implemented student veteran program. Initiate and maintain relationships with campus and community key stake holders in veteran community. Train other psychologists and staff on clinical issues within veteran community and provide training on military culture and evidence-based practices.*

