

FACTS: You Need to Know about PTSD, TBI and Veteran/Service-Member Suicide.

Prevalence of Posttraumatic Stress Disorder

Out of 2.7 Million Afghanistan & Iraq Veterans, those reporting symptoms of PTSD:

- 1 in 11 (9%) post Deployment.
- 1 in 3 (31%) one year later!

Re: "Veterans statistics: PTSD, Depression, TBI, Suicide." Veterans and PTSD. September 20, 2015.

Number of Active-Duty & Veteran Suicides

- Vet: 20-22 a day, 7000-8000 each year!
- Active-Duty: Almost 1 a day.

Re: 2016 Suicide Date Report and Veterans Administration & DoD Quarterly Suicide Report

Undiagnosed & Untreated PTSD/mTBI can lead to:

- Drug and Alcohol Abuse
- Legal Issues
- Destructive Behaviors
- Domestic Issues
- Disciplinary Problems
- Suicide

Re: These are Symptoms, a full list of resources are available at www.summitforsoldiers.org

Early Detection & Treatment are KEY to Recovery

Take control; don't be controlled! All of the issues above can be prevented or corrected by seeking help early on.

Re: Early detection of PTSD vital, Vice Admiral Donald Arthur, Naval Surgeon General

***STIGMA must be Eliminated! YOU can make the Difference.**

Re: "Buddy to Buddy, a Citizen Soldier peer support program to counteract Stigma..."

POLICY: You Need to Know to Become the best Leader Possible.

The Defense Center of Excellence

Learn about DoD Policy along with many Resources



DCoE Fact Sheets: available at www.dcoe.mil

- Dispelling the Myths About Post-Traumatic Stress Disorder
- Dispelling the Myths About Depression
- Dispelling the Myths About Substance Use Disorder

Additional DoD Fact Sheets

- PTSD, What Unit Leaders Need to Know.
- Coping after a Suicide

All Fact Sheets Above are Available at:

www.summitforsoldiers.org
Info@summitforsoldiers.org

SF86 Security Clearance, Question 21

There are now changes to protect you, check on the latest instruction.

FYI:


www.SummitforSoldiers.org
info@SummitforSoldiers.org

RESOURCES: Unlimited, Free & Available

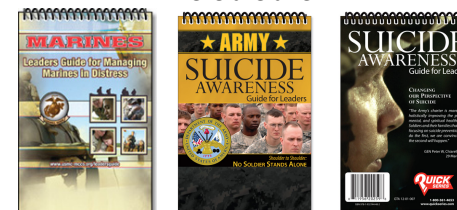


www.veteranscrisisline.net

Reference Guides for Leaders:

Many Service-Specific Quickbooks and downloads available at: www.quickseries.com

Here are a few:



- "The Army Suicide Awareness Guide for Leaders"
- "Leaders Guide for Managing Marines in Distress"

PTSD Coach Mobile App:



Download at:

www.ptsd.va.gov/public/materials/apps

Summit for Soldiers "Adven-Therapy"

It Actually Works: "Participation in Outdoor Recreation Program Predicts Improved Psychosocial Well-Being..."

- Military Medicine, 178, 3:254, 2013

You can Change the MINDSET... ... You can Change the FUTURE!

Many of our military's heroes admit to having issues with PTS, and they have learned that the best way to deal with it is to tackle the issue head-on, get treated and get back into the fight!

As a New or Future Leader you need your team to be:

- Responsive
- Dependable
- Efficient
- Focused
- Safe

All of these things and more are compromised by untreated PTS and TBI, which is the result of a stigma-inducing environment.

Stay in the FIGHT

- Kill the Stigma.
- Train your team to: Understand the Mechanism of Injury, the signs and symptoms, and where to turn for help.
- Early Detection and Treatment is key.
- Encourage your troops to come forward if they are struggling.

TAKE THIS SERIOUSLY:

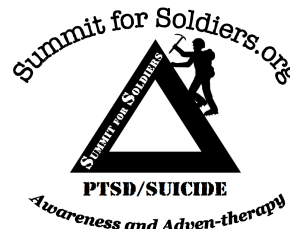
- **7000-8000** Veteran Suicides a Year...
- Up to **1 in 3** Suffer from PTSD
- **STIGMA** is the one thing that keeps most people from coming forward... and you have the power to Eliminate it!

The Choice is yours...

LIKE us on **Facebook** at
www.facebook.com/summitforsoldiers

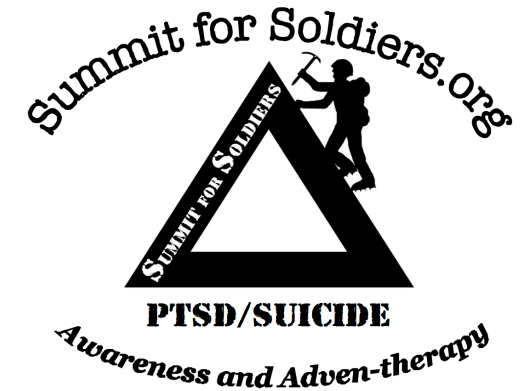
For more information contact us at:
info@summitforsoldiers.org
(844) 'RE'ABLED (732-2533)
www.summitforsoldiers.org

(Summit for Soldiers is a 501(c)(3) organization of combat veterans bringing Awareness to PTS/Suicide, connecting resources, and providing a therapeutic adjunct through Mountaineering/Adventure programs for veterans and their families through our Veterans Mountaineering Club.)



www.SUMMIT FOR SOLDIERS.ORG
501 (c)(3) organization

FUTURE & NEW LEADER RESOURCE GUIDE



Awareness...

Simplicity...

Encouragement...

**Information, Resources, & Facts to:
Save Lives & Change the Future
from the Ground Up!**

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