



Mental Health
and the Military
Experience

> WEBINAR SERIES

 mhp
Mental Health Professionals' Network


Australian Government
Department of Veterans' Affairs



Mental Health and the
Military Experience

> WEBINAR 4

Tips for the Effective Assessment,
Treatment and Management
of Substance Abuse
Amongst Veterans

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Australian Government
Department of Veterans' Affairs

Mental Health and the
Military Experience

Tonight's panel



Dr Matthew Frei
Addiction Medicine
Specialist



Prof Nicole Lee
Consultant Psychologist



Dr Jonathon Lane
Psychiatrist



Prof Mark Creamer
Clinical Psychologist
(Facilitator)



Mental Health and the
Military Experience

This webinar series

This webinar is the fourth in a series of six and has been made possible through funding provided by the Department of Veterans' Affairs.

Learn more about the Department of Veterans' Affairs by visiting:
www.dva.gov.au



Welcome to the upgraded webinar platform

- Same functions, different look.
- To access the chat box click the Open Chat tab on the bottom right hand corner of the webinar room. The chat box will open in a separate window.
- Supporting resources can be found in the Resource Library tab at the bottom right hand corner of the webinar room.
- Click the Technical Support FAQs tab for help with your technical issues.
- Your feedback is important, let us know how the platform worked for you in the Exit Survey which will appear as a pop up when the webinar ends.

Learning Outcomes

Through a facilitated panel discussion about Chris, at the completion of the webinar participants will have:

- a better understanding of the characteristics, prevalence and risks associated with substance abuse amongst military personnel and veterans
- heightened awareness of evidence-based psychological and medical approaches to treat and manage substance abuse amongst military personnel and veterans
- increased confidence in supporting and managing military personnel and veterans challenged by substance abuse.

Addiction Medicine Specialist Perspective

Chris – early years

- Importance of genetic loading
- Early childhood and relationship to alcohol
- Structure of navy vs. drinking culture



Dr Matthew Frei

Addiction Medicine Specialist Perspective

Chris: early adulthood

- Multiple drug use
- Risks vs rewards of ecstasy, ketamine
- Importance of setting & peers in drug use career



Dr Matthew Frei

Addiction Medicine Specialist Perspective

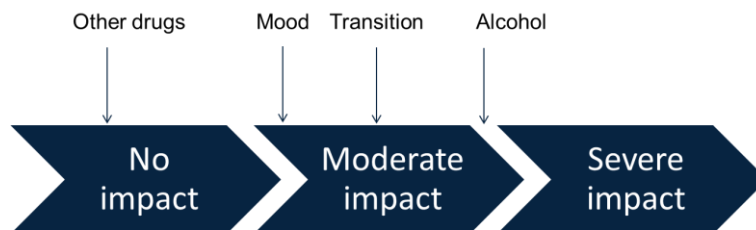
Chris: where to next?

- Progression of disorder
- Ambivalence about substance use
- Value of coercive treatment?



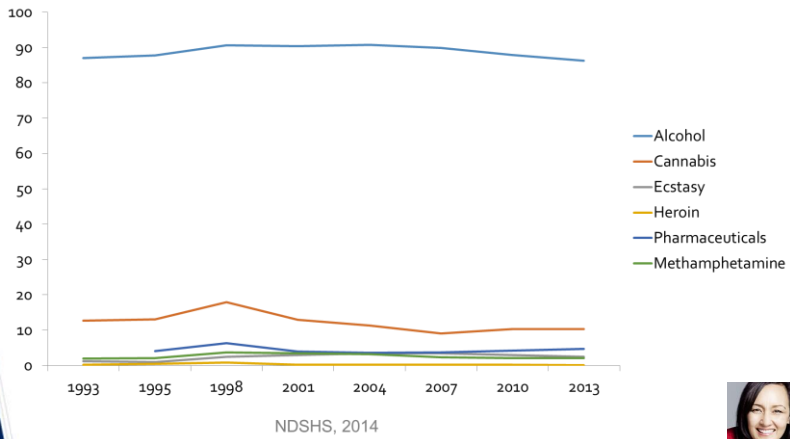
Dr Matthew Frei

Psychologist Perspective



Prof Nicole Lee

Psychologist Perspective



Prof Nicole Lee

Psychologist Perspective

	Irregular users <i>< once a month</i>	Occasional users <i>Once a month+</i>	Regular users <i>Once a week+</i>	Daily users
Meth	70%	15%	15%	
Cannabis	55%	15%	20%	10%
Alcohol	22%	35%	37%	6%

NDSHS, 2014



Prof Nicole Lee

Psychologist Perspective

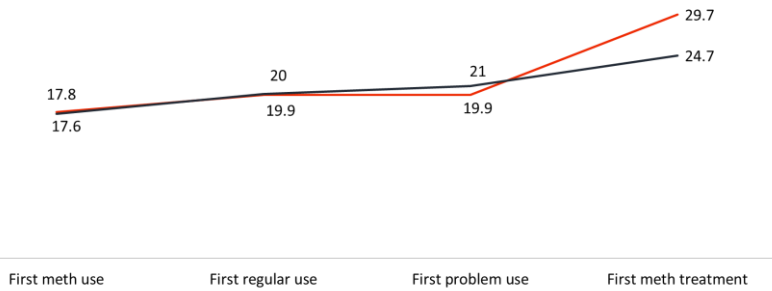
Use vs Harms



Prof Nicole Lee

Psychologist Perspective

— No MH treatment — MH treatment



Lee et al., 2012




Prof Nicole Lee


Mental Health and the Military Experience

Psychologist Perspective


What doesn't work in treatment



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What works in treatment



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**The most
common outcome
from treatment is
RELAPSE**



Prof Nicole Lee

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Psychiatrist Perspective

**The importance of role and purpose for
identity in military personnel**



Dr Jonathon Lane

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Psychiatrist Perspective

The concept of social connectedness



Dr Jonathon Lane

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Psychiatrist Perspective

The importance of pharmaceutical support in cessation and abstinence in alcohol abuse/dependence

- Risk of Korsakoff syndrome, risk of seizures
- Medications for abstinence are supportive, not curative



Dr Jonathon Lane

Questions and answers



Dr Matthew Frei
Addiction Medicine
Specialist



Prof Nicole Lee
Clinical Psychologist



Dr Jonathon Lane
Psychiatrist



Prof Mark Creamer
Clinical Psychologist
(Facilitator)

Help guide tonight's discussion

The following themes were identified from the questions you provided on registration:

- 1. Substance/s most commonly used**
- 2. Case management /sequencing treatment**
- 3. Influence of military culture**
- 4. Underlying trauma /chronic pain**
- 5. Therapeutic approaches**

A pop up will appear on your screen shortly listing the themes. Choose the one you'd most like the panel to discuss.

Local networking

- **Interested in leading a face-to-face network of mental health professionals with a shared interest in veterans' mental health in your local area?** MHPN can support you to do so.
- Provide your details in the relevant section of the feedback survey. MHPN will follow up with you directly.
- For more information about MHPN networks and online activities, visit www.mhpn.org.au.

Panellist and DVA recommended resources

- For access to resources recommend by the Department of Veterans' Affairs and the panel, view the supporting resources document in the documents tab at the bottom right of the screen.

Thank you for your participation

- Please complete the feedback survey before you log out (it will appear on your screen after the session closes).
- Attendance Certificates will be emailed within four weeks.
- You will receive an email with a link to online resources associated with this webinar in the next few weeks.
- Future topics in the series include; anger, families and partners.