



The Sentinel



Reserve Officers Association, Chapter 30

Chapter Officers

LTC Robert Dietrich
President

MAJ Henry DeWoskin
Exec Vice President

COL Corinne Bardgett
Membership Chairman

LTC Paul Dixon
Secretary

MAJ Stephanie Dick (Ret)
Treasurer

Membership: 519

Post-traumatic Stress Disorder Impacts Soldiers

It is normal for individuals to experience a variety of emotions for up to several weeks after any traumatic event. These can be relief, stress, fear and anger. It is common to keep thinking about the event and being keyed up. These reactions are part of the body's way of coping with an event and have nothing to do with how tough or strong a person is. Talking with your family and friends when you are ready to talk will help recover.

According to the VA, "Posttraumatic Stress Disorder (PTSD) is an anxiety disorder that can occur after you have been through a traumatic event". If the normal reaction to stress does not go away or the feelings intensify to the point that it is difficult to perform your daily activities, this may be PTSD.

Anyone who has experienced a traumatic event can develop PTSD; this includes crime victims, military members, accident victims and those who have been through a natural disaster.

It is important for family and military members understand what PTSD is and how to recognize the symptoms to ensure individuals that may be experiencing these issues receive treatment. Individuals suffering these symptoms should take these symptoms seriously and seek assistance immediately. Assistance can come from fellow soldiers, using your chain of command, religious support, community mental health service, primary care physicians, Military One Source, Tricare, VA, Army Substance Abuse Program, the Internet, and Army Community Services are just a few avenues for assistance.

Inside this issue:

- Post Traumatic Stress Disorder **3**
- Brain Injuries **3**
- Support our Troops **3**

Brain Injuries common with returning soldiers

The New England Journal of Medicine surveyed 2525 U.S. Army infantry soldiers within 3 to 4 months of returning from a year-long deployment to Iraq. They found that 15% of soldiers reported an injury that involved the loss of consciousness or altered mental status.

The Traumatic Brain Injury Task Force study completed last May found major gaps in treating traumatic brain injuries for returning soldiers. These issues include difficulty in identifying and treating soldiers with mild traumatic brain injuries.

Traumatic Brain Injury Symptoms include memory loss, difficulty with attention and reasoning, headaches, confusion, anxiety, irritability and depression.

The task force found that "10%-20% of Marines and soldiers returning from Afghanistan and Iraq may have suffered this wound". USA Today found that at least 20,000 U.S. service members returning Iraq and Afghanistan have been diagnosed or showed signs of brain injury.

The Traumatic Brain Injury Task Force has recommended that programs at Ft Carson and Walter Reed be used as models to treat mild to sever brain injuries.

The most common type of head injury seen in U.S. soldiers serving in Iraq is from the shock wave of high pressure caused by Improvised Explosive Devices (IED). There is little data available to the public on head injuries for soldiers servicing in Iraq. The long term impact of these brain injuries is unknown.

It is critical to identify, treat and prevent traumatic brain injuries as soon as possible. Mild traumatic brain injuries, or concussions, are serious and individuals impacted should seek treatment.

Don't forget to update your ROA membership information with your current address email address.

WWW.ROA.ORG

SERVICE MEANS YOUR RETIREMENT PRIORITIES ARE OUR PRIORITY.



INSURANCE

BANKING

INVESTMENTS

MEMBER SERVICES

AN IRA FROM USAA COMES WITH FREE ADVICE. Our financial advisors are not paid on commission. So they give you advice that serves your retirement interests, not theirs. That's just part of our commitment to helping you keep more of your own money. Because with USAA, you're more than a member, you're part of the family we serve.

» OPEN A NO-FEE IRA TODAY AT USAA.COM/IRA OR CALL 800.472.8722



We know what it means to serve.®

INSURANCE • BANKING • INVESTMENTS • MEMBER SERVICES

USAA.COM

Post-traumatic Stress Disorder Impacts Soldiers cont.

PTSD Signs/Symptoms

Severe Nightmares	Difficulties in expressing your feelings
Flashbacks (reliving the traumatic event)	Being jittery or keyed up
Insomnia	Drinking or drug problems
Increasing Social Isolation	Feelings of hopelessness, shame or despair
Avoiding situations that trigger memories	

PTSD symptoms can start after the traumatic event or months to years later. The symptoms can also come and go over many years. Some people with PTSD get better at some point; however, 30% of individuals that have PTSD continue to have symptoms. Treatment for PTSD allows individuals to continue with their normal activities.

Treatments for PTSD include various types of therapy (counseling). Cognitive-behavioral therapy (CBT) appears to be the most effective type of counseling for PTSD. In some cases medications can help.

More information can be found on PTSD and VA assistance at:

US Department of Veterans Affairs: <http://www.ncptsd.va.gov>

U.S Dept of Veterans Affairs Vet Center

Lewis L. Harris, MA CADC Readjustment Counselor, Lewis.harris@med.va.gov

618-397-6602 office

1265 N. 89th Street, Ste 5

East St. Louis, IL 62203

St. Louis VA Medical Center - 314-652-4100

Transition Patient Advocate Richard Ivy, Transition patient Advocate - 314-289-7634

Support Our Troops

If you are interested in supporting deployed soldiers but are not really sure how to do it, you may want to check out Operation Gratitude at <http://www.opgratitude.com>.

Operation Gratitude is a not for profit organization and all donations are tax deductible as provided by law.

This is a completely volunteer organization that you can donate financially by mail or online. You can also provide items that are listed on the wish list, write letters to be included in the care packages or organize a fundraiser.

Other organizations you can support our soldiers include Operation USO Care Package at www.operationusocarepackage.org and through Military.Com to name just a few.

**Don't forget to send in your
reservations for the
ROA Dept of Missouri
2008 Convention**

Long Tours Available

USTRANSCOM currently has long tours available for FY08. If you or anyone you know is interested, contact LTC Dietrich at 618-229-7084.

A special thanks to all those who support our Nation through their service.



**Reserve Officers Association,
Chapter 30**

3816 Via Miralesta
St Louis, MO 63125

Phone: 314-631-6915

E-mail: sjdick@charter.net



The Sentinel

The Reserve Officers Association of the United States was founded in 1922 and chartered by Congress in 1950. ROA's mission is to support and promote the development and execution of a military policy for the United States that will provide adequate National Security.

ROA provides a voice for the men and women who serve our Nation in the cause of freedom.

We're on the web!

www.roachapter30.org

WWW.ROA.ORG