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# Defense Health Board

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## Behavioral Health Lessoned Learned

4 NOV 2019

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## Behavioral Health

Two focused areas of DHB interest:

1. Female considerations in Behavioral Health Care
2. Behavioral Health Considerations for Recruiting



- Females tend to be highest victims of sexual assault related to a heavily male centric military population
- Sexual trauma symptoms vary significantly from typical combat trauma (i.e. females in treatment triggered by the presence of males)
- JBLM was selected as the MHS site for the female military sexual trauma Intensive Outpatient Program pilot
- Military sexual trauma is a focus area in VA care



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## BH Recruiting Consideration

- Standardized psychological testing potentially unethical and of little benefit to military recruiting
- ADHD waivers still produce highly effective Soldiers even if taking stimulants in a deployed setting
- Service Members hospitalized for BH reasons have high rates of childhood or other BH hospitalization prior to entering the military service
- Service members who complete suicides: 60% have a BH treatment history (could be childhood)



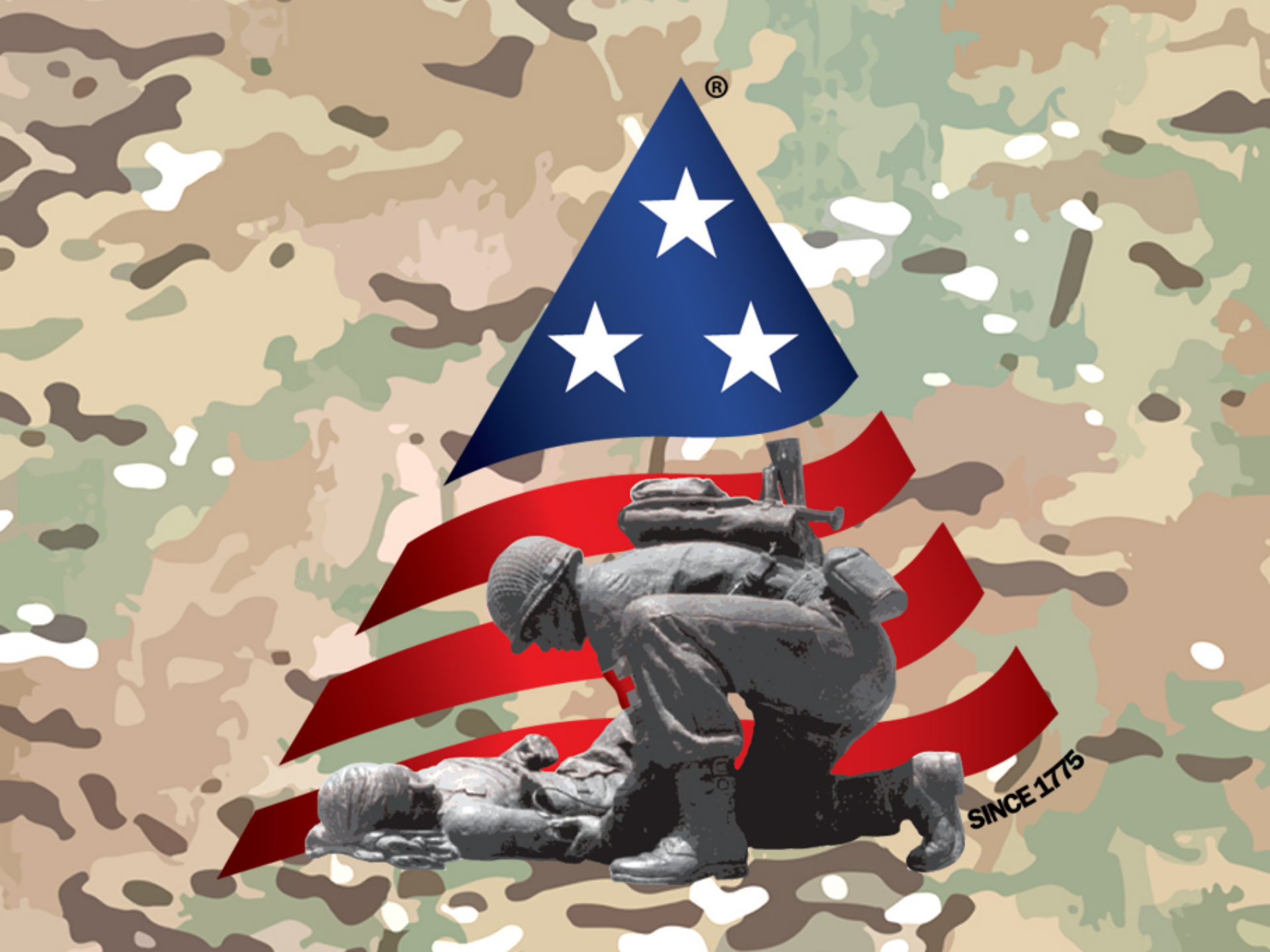
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## BH Recruiting Consideration (cont)

- When personal identity is dependent on external factors:
  - Relationships: The highest risk factor in completed suicides is relationship stressors (not visible to recruiting)
  - Military identity: Significant legal issues (career ending) have correlation in seasoned military members committing suicide
- Civilian young adults (18-24) are still at the highest risk for suicides



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