

Registration

Please use the following link to complete a registration form for this conference

[http://www.centraliowa.va.gov/Events/Transitions The War Back Home.asp](http://www.centraliowa.va.gov/Events/Transitions%20The%20War%20Back%20Home.asp)

E-mail the completed form to:

Mardelle.Barnes@va.gov

If you need to register directly, contact Mardi Barnes at the above e-mail address and be sure to include:

- Name
- Employer
- Profession
- License number
- If you are requesting continuing education units and type of unit (CEU or CME)

No Fees are associated with conference or CEU/CME

CEU's: Nursing CEU's, 0.7 and for Social Workers 7.0 hours of completion awarded.

This program has been approved by the VACIHCS, IBON Provide # 53, for 0.7 CEUs.

No partial credit will be awarded.

NOTE: If you require accommodation, please indicate this in the comment section of the registration form.

Planning Committee

Mardi Barnes - VACIHCS, Mental Health

Delores Braasch - VACIHCS, Learning Service

James Kastner - VACIHCS, Learning Service

SSG David Letcher - Iowa Army National Guard

Tyler Patterson - VACIHCS, Mental Health

Maj. Amy Price -- Iowa Army National Guard

SFC James Wheeler - Iowa Army National Guard

Our Keynote Speaker: Captain Dan Grinstead

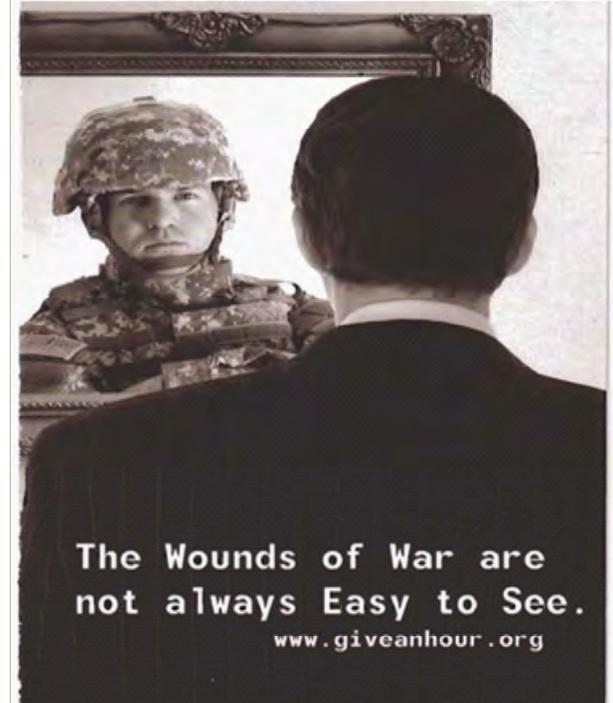


In the summer of 2007 after working thirty plus years as a Social Worker at the University of Iowa Hospitals and Clinics, Dan Grinstead decided he wanted to do more to help members of the military. After much soul searching, and with the support of his wife and daughters, he joined the Iowa Army National Guard. Commissioned as a First Lieutenant in March 2008, he was promoted to Captain in March 2010.

In August of 2010 CPT Grinstead was one of the nearly 3000 members of the Iowa Army National Guard who were deployed to Afghanistan in support of Operation Enduring Freedom. While in Afghanistan CPT Grinstead was based at Forward Operating Base Mehtar Lam where he was the Officer in Charge of a Combat Stress Clinic.

CPT Grinstead will describe what living in Afghanistan was like for our Iowa soldiers, the kind of missions they completed, and the day to day stresses faced by everyone. He will review several case scenarios illustrating the kind of problems soldiers faced, including: infidelity, suicidality, and survivor guilt. He will describe the clinical techniques he utilized to resolve these issues in an austere, dangerous environment. Lastly CPT Grinstead will describe the remarkable character and resilience exhibited by his fellow soldiers.

TRANSITIONS: THE WAR BACK HOME



The Wounds of War are
not always Easy to See.
www.giveanhour.org

May 4, 2012
Camp Dodge
7105 NW 70th Ave.
Johnston, Iowa

Presented by:



Purpose and Objectives

Purpose

To equip non-military providers with an understanding of the military mind and how combat experiences affect the everyday lives of Veterans as they transition to civilian life.

Objectives

- Provide education on the effects of mental health issues common to returning military service members.
- Provide education regarding pain and addiction issues common to military service members.
- Provide education on the effects of psychosocial stressors on families during the transition process.

It takes the courage and strength of a soldier to ask for help...



If you are in an emotional crisis
call 1-800-273-TALK

SUICIDE PREVENTION 1-800-273-TALK

TRANSITIONS: THE WAR BACK HOME

8:00-8:30 am

Welcome

Brigadier General Steve Altman
Iowa National Guard

Donald Cooper, Director
*VA Central Iowa Health Care System
(VACIHCS)*

8:30-9:30 am

Keynote Address

CPT Dan Grinstead, MSW, ACSW, LISW
*Officer in Charge, Combat Stress Clinic,
FOB Mehtar Lam, Afghanistan
Social Worker, Inpatient Adult Psychiatry Unit,
University of Iowa Hospitals and Clinics*

9:30 - 10:30 am

“Common Co-morbidities in Returning Veterans: Mild Traumatic Brain Injury and Insomnia”

Dr. Paul Essen, Psy.D
*Licensed Psychologist, TBI Coordinator,
VACIHCS*

10:30 -10:45 am

BREAK

10:45 - 11:30 am

“Battlemind, PTSD, and Evidence-Based Therapy”

Dr. John Wallace, Ph.D
*Licensed Psychologist, PTSD Program
Coordinator, VACIHCS*

11:30 - 12:15 pm

“The Combat Veteran’s Paradox”

SSG David Letcher
SFC James Wheeler
Major Amy Price, RN BSN
*Suicide Prevention Program,
Iowa Army National Guard*

12:15 - 1:15 pm

LUNCH

(On your own - Maps Provided)

1:15 - 2:00 pm

“Maintaining a Strong Family Unit”

Jeremy Van Wyk
*State Youth Coordinator,
Iowa Army National Guard
Audrey Giese, LMHC
Deputy State Youth Coordinator,
Iowa Army National Guard
Chaplain Gary Selof, M.Div
Iowa National Guard Support Chaplain*

2:00 - 3:15 pm

“Common Injuries and Special Injuries of Today’s Modern Warriors”

Dr. Jem Hof, M.D.
*Director of Physical Medicine and Rehabilitation
Services, Sioux Falls VA*

3:15 - 3:30 pm

BREAK

3:30- 3:45 pm

“Suicide Prevention Efforts in the Iowa National Guard”

Major Amy Price, RN, BSN
*Suicide Prevention Program Manager,
Iowa Army National Guard*

3:45 - 4:30 pm

“Suicide Prevention Efforts at the VA”

Mardi Barnes, LISW
*Suicide Prevention Program Coordinator,
VACIHCS
Tyler Patterson, ACSW, LISW
Suicide Prevention Case Manager, VACIHCS*