

Military Culture 101: Basics of Military Culture

CPT Lance Friis Behavioral Health Liaison California National Guard



U//FOUO/LES California National Guard Behavioral Health Outreach Liaison Program Mental Health Services Act



Funding

Support from the California Department of Mental Health via the Mental Health Service Act provides for the funding of two clinical officers and an agency coordinator.

Objectives

- To establish a process for better agency coordination between the CNG and county mental health departments throughout the state
- To improve access to mental health services at the county level to CNG service members returning from deployments
- To provide a uniformed resource for initial contact and early referral
- Provide a seamless referral to county mental health departments for treatment services for both brief and longer term therapeutic services
- To provide training by the CNG to county agencies in order to provide culturally competent services



- Branches
- Components
- **Rank Structure**
- Key Cultural Concepts
- **Controversial Topics**
- Resources
- **Deployment Cycle**
- Questions



- Army
- Navy
- Marine Corps
- Air Force
- Coast Guard



Army's Mission: "To fight and win our Nation's wars by providing prompt, sustained land dominance across the full range of military operations and spectrum of conflict in support of combatant commanders."

Motto: This We'll Defend.

Army Core Values

Loyalty Duty Respect Selfless Service Honor Integrity Personal Courage

Components: Active Duty, Reserves, and Army National Guard



Navy Mission: "To maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas."

Motto: Semper Fortis "Always Courageous"

Navy Core Values

Honor

Courage

Commitment

Components: Active Duty and Reserves



MARINE CORPS



Marine Corps Mission:

- The seizure or defense of advanced naval bases and other land operations
 to support naval campaigns
- The development of tactics, techniques, and equipment used by amphibious landing forces
- Such other duties as the President may direct (National Security Act of 1947)
- Motto: Semper Fidelis, "Always Faithful"

Marine Core Values

- Honor
- Courage
- Commitment

Components: Active Duty and Reserves



Air Force Mission: "To deliver sovereign options for the defense of the United States of America and its global interests to fly and fight in air, space and cyberspace."

Motto: Above All

Air Force Core Values

Integrity First Service Before Self Excellence In All We Do

Components: Active Duty, Reserves, and Air National Guard



Coast Guard Mission: "To protect the public, the environment, and the United States economic and security interests in any maritime region in which those interests may be at risk, including international waters and America's coasts, ports, and inland waterways."

Motto: Semper Paratus, "Always Ready".

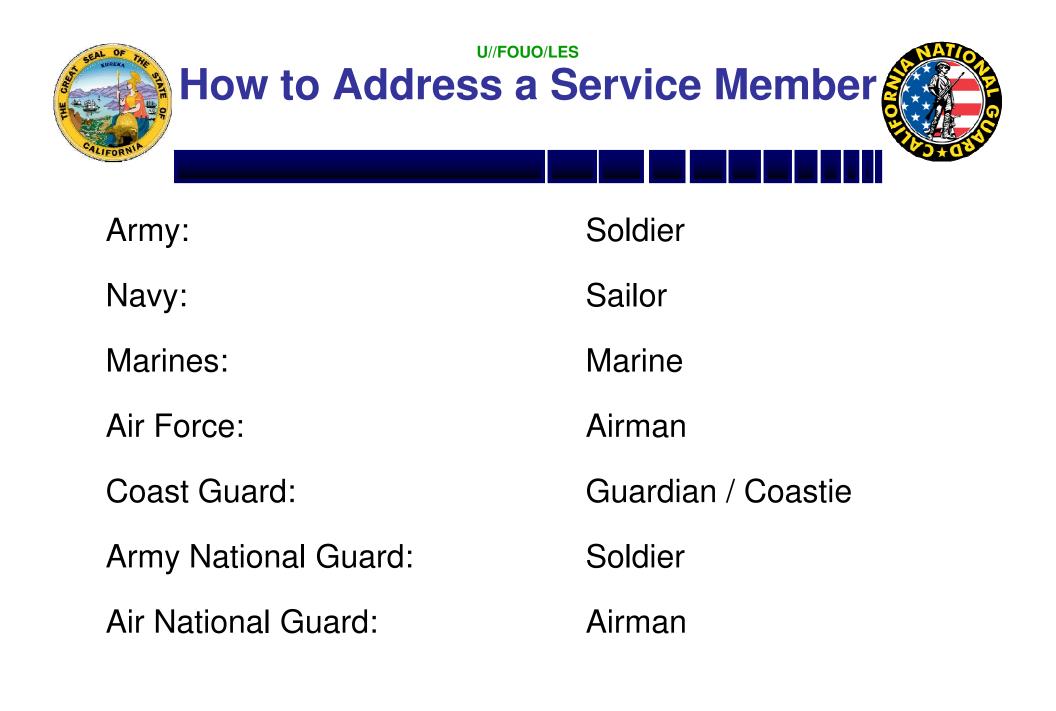
Part of Homeland Security, but can be absorbed by the Navy

Coast Guard Core Values

Honor Respect

Devotion to Duty

Components: Active Duty and Reserves





Three Components

Active Duty

Reserves

National Guard



Active Component

Works "full-time" for the military

Full time hours, full time benefits

On-call 24 hrs / day, 365 days a year

Permanent force of the military

1.41 million Active Duty members for 2010



Benefits for Active Component Service Members and Their Families

Competitive Salary and Bonuses

Healthcare

Annual Leave

Base Privileges

Retirement

Education



Common Stressors for Active Component Service Members and Their Families

Permanent Change of Station

Temporary Duty

Deployment

Foreign Residence

Risk of Injury or Death

Behavioral Expectations



Reserve Component

Part-time duties

- One weekend a month, 2 weeks a year (39 Days)
- Can be activated to augment Active Component

844,500 reserve members 2010

National Guard

"...the National Guard continues its historic dual mission, providing to the states units trained and equipped to protect life and property, while providing to the nation units trained, equipped and ready to defend the United States and its interests, all over the globe."



Benefits for Reserve Component Service Members and Their Families

Pay for Drill and Annual Training

Bonuses

Healthcare

Base Privileges

Retirement

Education



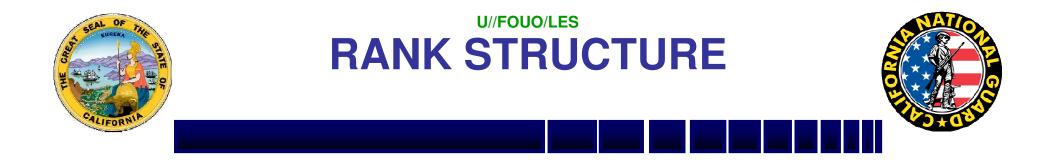
Stressors and Challenges for Reserve Component Service Members and Their Families

"Citizen Soldiers"

Mobilization and deployment

Separation from family, school, jobs,

Demobilization



Commissioned Officers

Warrant Officers

Enlisted







Enlisted

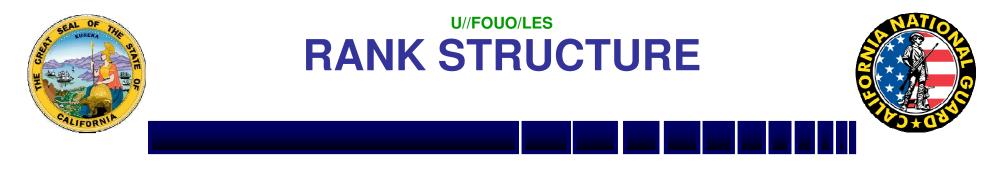
Majority of military personnel (84%)

Usually begin with a high school diploma (this often changes as service members progress, especially with reservists)

Typically perform specific job functions

Leadership responsibilities increase as rank increases

Non Commissioned Officers / Petty Officers ("backbone of the service")



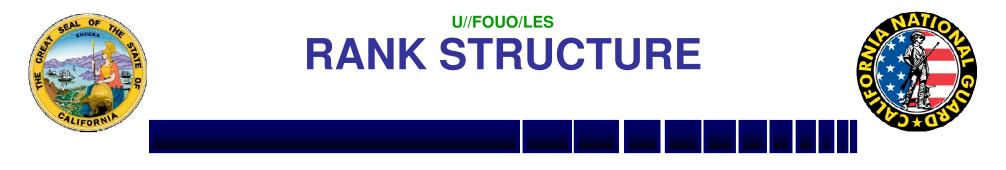
Warrant Officers

Highly specialized experts in specific career fields

Do not focus on command and staff duties

2% of military personnel

No warrant officers in the Air Force



Commissioned Officers

Highest ranks in the military

Presidential commissions that are confirmed by the Senate

They move up the ranks & gain experience with the goal of assuming command positions

Usually begin with a 4 year degree / Graduate degrees are encouraged

14% of military personnel







Distinctions Between Officers and Enlisted Personnel

Officers enjoy more privileges and responsibilities

- Fraternization between officers and enlisted is not permitted
- Rank difference is demonstrated in various ways (address, posture, greetings)
- A senior enlisted person (NCO or Petty Officer) with 20 years experience is outranked by a 22 year old officer



RANK STRUCTURE



Insignia of the United States Armed Forces – Enlisted

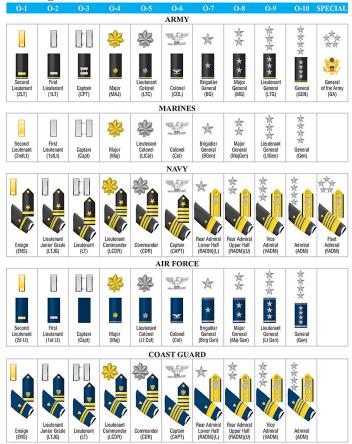




RANK STRUCTURE



Insignia of the United States Armed Forces – Officers



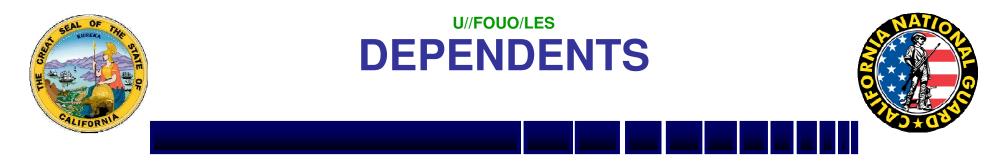


No longer applies to only former service members

Current reserve component troops who have deployed may seek care at the VA

VA considering serving active duty troops

Some agencies will not serve Vets no longer in military



Legally married spouse

Children (step-children may be dependents, but a process required)

Parents, siblings, significant others are not dependents

Dependents have an ID Card

Dependents are able to use base facilities, receive insurance, and other benefits





Tradition

Ritual

Courage

Honor

Commitment

Respect







Emphasis on Service / Duty

Service to Country Honor their Duty / Commitment "Just doing their job" / Not interested in pity

Camaraderie

Dedication & commitment to 'battle buddy'

Leadership Development regardless of rank End goal of all service members







Value being 'Squared Away'

- Appearance (Uniform)
- Readiness
- Willingness to meet challenges / obligations
- Emphasis on details ("Details Matter")

Unique Language Acronyms

Civilian / Service Member Divide



GENERAL TERMS



- PCS Permanent Change of Station (Relocating)
- TDY Temporary Duty
- MOS Military Occupational Specialty
- UA Unauthorized Absence (AWOL)
- Leave Off Duty (usually vacation)
- MEDEVAC Medical Evacuation
- SICKCALL Time allotted to see Doctor or PA
- Post Army installation
- Base Air Force or Navy Installation
- Camp Marine Corps Installation
- PX Post Exchange
- BX Base Exchange
- ACU, BDU, ABU Army Combat Uniform, Battle Dress Uniform, Airman Battle Uniform
- CO Commanding Officer
- CONUS/OCONUS Continental US, Outside Continental US
- MOB/DEMOB Mobilization/Demobilization



DEPLOYMENT RELATED TERMS



- OIF OEF Operation Iraqi Freedom, Operation Enduring Freedom
- BOG Boots on the ground
- Battlerattle body armor
- BIAP Baghdad International Airport
- CHU Containerized Housing Unit CHUville
- FOB Forward operating base
- GWOT Global War on Terrorism
- IED, VBED Improvised Explosive Device, Vehicle Borne Explosive Device
- Outside the wire Off the base
- Inside the wire On the base
- Down range Deployed
- Sandbox, sandpit Iraq
- AOR area of responsibility
- NBC Nuclear, biological, chemical
- MOPP Mission oriented protective postures
- DFAC mess hall
- UXO unexploded ordinance
- EOD explosive ordinance disposal U//FOUO/LES



DEPLOYMENT RELATED TERMS

- IBCT Infantry Brigade Combat Team
- SBCT Stryker Brigade Combat Team
- HBCT Heavy Brigade Combat Team
- HMMWV High Mobility Multi-purpose Wheeled Vehicle Humvee
- HEMTT Heavy Extended-Mobility Tactical Truck
- Kevlar Typically the helmet made of the material Kevlar
- MRE Meal Ready to Eat
- OPSEC Operational Security
- OPTEMPO Operations Tempo
- COSC Combat Operational Stress Control
- COSR Combat Operational Stress Response
- ROE Rules of Engagement
- Stop Loss Involuntary service beyond contract







Allowed gay & lesbian service members to serve as long as they don't announce it or engage in homosexual behavior Repealed DEC 2010 Implementation Pending

Women in Combat Roles

Currently not permitted in combat arms

(Navy changed 'no women on subs' policy FEB 2010) Current wars have changed environment / practicality Under review – Report due MAR 2011



Uniform Code of Military Justice

Military has own legal system

'Adultery' (especially chain of command incidents) is illegal & can result in punishment / discharge







Joint Services Support

Schedule of Yellow Ribbon Events http://www.jointservicessupport.org/

County Veteran Services Office

Veterans Organizations

Veterans of Foreign Wars American Legion AMVETS

Ask

Make it part of your standard intake



Department of Veterans' Affairs Services



Medical

Disability Compensation

Education Benefits (GI Bill & Vocational Rehab)

Readjustment Counseling (Vet Centers)

Home Loans

Burial Benefits

Benefit Eligibility based on service and discharge status

Limitations

NG troops without federal service are ineligible Active duty troops are currently ineligible

Reserve troops without Active Duty Service are ineligible

www.va.gov



U//FOUO/LES California Department of Veteran Affairs



Operation Welcome Home

CalVet Corps – Outreach effort to help our veterans find the opportunities and fulfill their dreams and hopes

Veteran Services

Responsible for administering a number of special programs, benefits and services for California veterans and their families

Home Loans

Vet Homes

Purpose is to provide the state's aged or disabled veterans with rehabilitative, residential, and medical care and services in a homelike environment at the California Veterans Homes

www.cdva.ca.gov



TriWest is the western region company

Available to all active duty service members and dependents

Reserve component soldiers may purchase TriCare Reserve Select

www.tricare.mil

www.triwest.com



California National Guard Behavioral Health Office

(916) 854-4492

Northern California

CPT (CA) Lance Friis 925-207-5367

lance.friis@us.army.mil

Southern California

CPT (CA) Dana Timmermans 562-965-6563 dana.timmermans@us.army.mil







- Give an Hour <u>www.giveanhour.org</u>
- The Coming Home Project www.cominghomeproject.net
- The Soldier's Project http://thesoldiersproject.org
- The Pathway Home www.thepathwayhome.org
- Swords to Plowshares http://swords-to-plowshares.org
- Vietnam Vets of California <u>www.vietvets.org</u>
- Stanford Vets Connect http://vetsconnect.stanford.edu
- Military One Source <u>www.militaryonesource.com</u>
- Defense Centers of Excellence <u>www.dcoe.health.mil</u> U//FOUO/LES



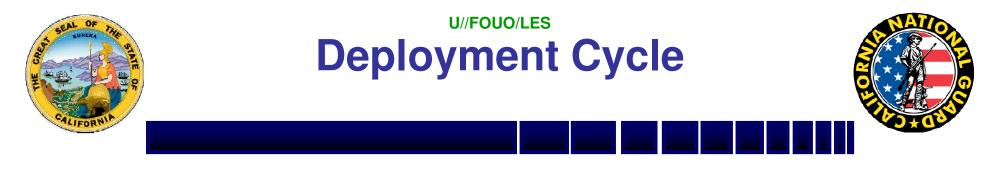
Pre-deployment (varies)

Deployment (1st month)

Sustainment (time in theater)

Re-deployment (last month)

Post-deployment (3-6 months after deployment)



Pre-Deployment

Begins with warning order (WARNO)

Time frame varies

The process – both personally & professional - begins





Anticipation of loss vs. denial

Train-up / long hours away

Getting affairs in order

Mental / Physical distance

Arguments





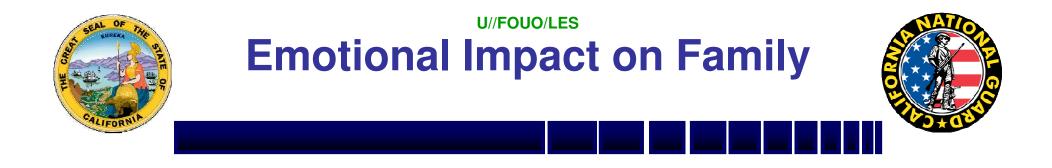


Sadness at leaving home

Concern for family during deployment

Concern for own safety & safety of unit

Apprehension

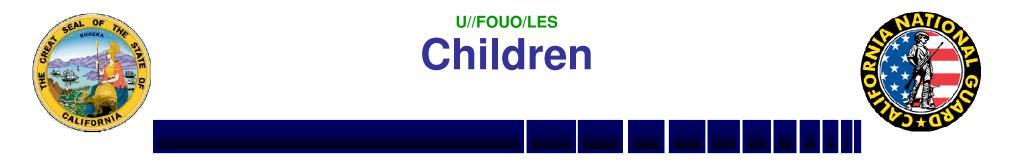


Worry

Stress

Anger

Sadness



Military kids tend to be resilient

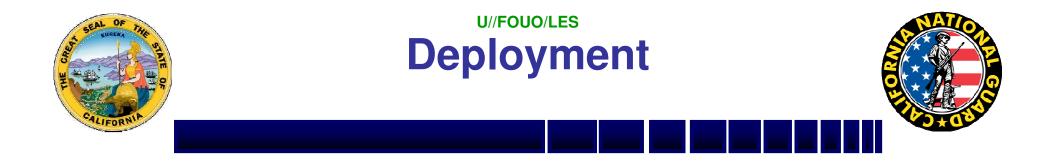
Military kids with intact & stable family structures tend to do well

Those with pre-existing issues (depression/anxiety) struggle more

Attachment issues for younger children

- Increase in behavior issues for younger children with increased deployments
- Military teens show less risky behavior than general population

Teachers & counselors report not being adequately prepared to deal with students deployment issues



Begins with departure for mobilization site

Can last 6 – 18 months

Individual Augmentees (IAs)



Period in theater

Focus on job

New family roles

Leave issue

Communication concerns



The process of coming home

Units can be extended

Sent from theater to de-mobilization site

Service members can get held up in country or the de-mob site



Also known as Re-Integration

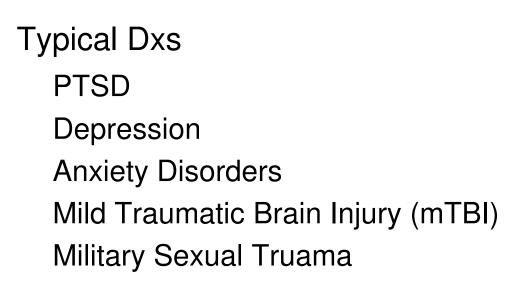
Starts with 'Homecoming'

Typically three to six months

Many issues for SM and family will emerge at this time



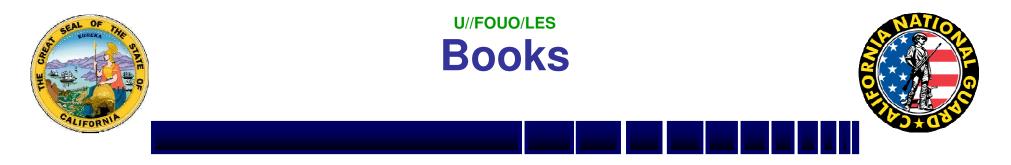
Mental Health Diagnoses



Approximately 20%

Not always a barrier to continued service

Stigma?



Soldier's Heart by Elizabeth D. Samet

Samet is an English professor at West Point. Good for non-prior service personnel as she describes an outsider's journey into the military culture.

Rule Number Two: Lessons I Learned in a Combat Hospital

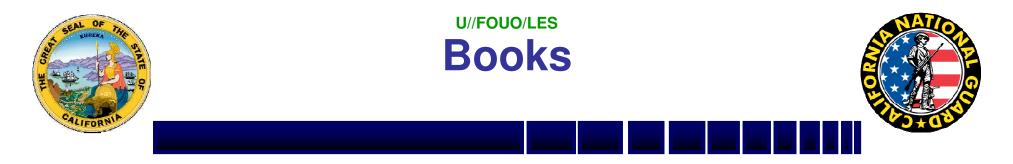
by Heidi Squier Kraft

Kraft is a former Navy psychologist who treated Marines in Iraq as part of a Naval Combat Surgical Company. It is a memoir rather than a clinical account and offers insight to the role of a clinician with combat troops, especially useful for non-prior service personnel.

One Bullet Away: The Making of a Marine Officer

by Nathaniel Fick

Fick tells of his journey from Dartmouth University to the USMC and tours of Afghanistan and Iraq.



<u>The Unforgiving Minute: A Soldiers Education</u> by Craig M. Mullaney A memoir of Mullaney's journey from West Point to Oxford and then to Afghanistan.

<u>War</u> by Sebastian Junger

A report of a journalist's time embedded with a unit in Afghanistan.

<u>They Fought for Each Other</u> by Kelly Kennedy Kelly report during her time embedded with a unit in Iraq.

On Killing by LTC Dave Grossman

Grossman is a retired Army Ranger officer and a clinical psychologist. This is a look at the psychological impact of killing.



'Taking Chance' – HBO film with Kevin Bacon

'Band of Brothers' – HBO Miniseries WW2

'The Pacific' – HBO Miniseries

'Saving Private Ryan'

'We Were Soldiers'

'Restrepo' - Companion to Junger's War





