RESILIENCE FOR THE CLASSROOM AND BEYOND:
Innovations in Educating and Empowering Military Students

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AGENDA

• HONOR TO WHO HONOR IS DUE

• RELEVANCE OF RESILIENCE

• “ROUTINE THINGS ROUTINELY” FOR OUR MILITARY

• MILITARY OUTREACH PROGRAMS

• HELPING VETERANS TRANSITION

Training Champions for Christ since 1971
Where Would We Be... Without THEM???

“One Boot in front of the Other...”

HOLLAND
September 1944
Operation Market Garden
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We Are All “Warriors”

WHAT DO WARRIORS DO?

➢ Warriors Fight...
➢ Warriors Get Wounded... SUFFERING!
➢ Warriors Bounce Back... RESILIENCE!
➢ Warriors Fight Again!
The Needs of the Hour

Operational Tempo

Operational Trauma

Divorce

Domestic Violence

Substance Abuse

Sexual Trauma

PTSD/TBI

Homelessness

Suicide

Reintegration Challenges

Civilian Transition: Education, Employment, Life Skills
Military Operational Challenges

- **Budgetary Free Fall**
  - Reduction in “Caring Programs”
    - Including Educational Programs
  - Deferred Maintenance & Force Modernization

- **Insufficient Forces for Missions**
  - Over commitment of Existing Force Structure

- **Cultural Battleground**

- **Human Dimension**
Education and Employment

Attrition Factors

• Veterans will seldom fail because of inadequate
  – Brains, Brawn, Expertise, or Experience Level

• “FIT” is a key factor, but...

• If veterans fail, the primary factors will be:
  – Low Emotional Quotient (EQ)
  – Weak relational skills
  – Unresolved Trauma
  – Poor Life Balance
  – Inadequate Stress Management

“Currently 50% of veteran students and employees attrit in the first year.”
Primary Reasons for Withdrawal?
Source: Liberty University

Deployment/Temporary Duty /Extended Duty
Family Commitments
Exhausted benefit eligibility
Lack of proper planning
Life interruptions
  Personal Trauma
  Family Crisis
Inability to Adjust
  Life Balance , Inconsistency over time
Reintegration Issues
Unmanageable symptoms
Post-traumatic Stress and Trauma

STRENGTHS:
Work Ethic
Maturity
Leadership & Teamwork
Structure & Discipline
Broad Perspective
Positive Influence
Character
Expertise
Some Familiar Terms...
From Military Resilience Training

RESILIENCE = A LIFE SKILL

BUILDING STRENGTH
- Physical
- Mental
- Spiritual
- Emotional
- Relational

SKILLS 1-12

MASTER RESILIENCE TRAINING
(Train the Trainer)

ACROSS ALL SERVICES

Activating Events, Thoughts, and Consequences
Avoid Thinking Traps
Detect Icebergs
Energy Management
Problem-Solving
Put It In Perspective
Real-Time Resilience
Character Strengths
Strengths in Challenges
Assertive Communication
Active Constructive Responding and Praise
Hunt the Good Stuff
RESILIENCE LIFE CYCLE©

Before

During

After

Building Resilience

Weathering the Storm

Bouncing Back
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LU Military Affairs Office

• **Staffed with over 50 professionals** who assist service members, veterans, military spouses and dependents, who are pursuing an education through Liberty University’s residential and online programs.

• **Routine Services include:**
  – **Education Counseling** on military and veteran educational benefits
  – **Advocate** to initiate and release funding for educational expenses
  – **Hosts** Military Emphasis Week each November / Others throughout year
  – **Military outreach** to meet the needs of students:
    • **Student Groups:**
      -- **Student Veterans Group** (for Servicemembers & Veterans)
      – **Students Behind our Soldiers** (for students who serve the military)
    • **Care packages** sent to deployed students:
    • **Prayer requests** and notes of encouragement
    – **Full integration of VA VetSuccess Counselor**
    – **Peer Mentoring** to assist or refer “at risk” military students
    – **Collaboration with LU Career Center** for employment opportunities
AFFIRMATION AND RESPECT

RECOGNITION OF LEADERSHIP EXPERIENCE AND UNIQUE LIFE POTENTIAL

RELEVANT CURRICULUM, INCLUDING MILITARY COURSES

TAILORED ACADEMIC PROGRAMS (DCP)

FLEXIBLE WORKLOAD

DIRECT ASSISTANCE AND INDIRECT REFERRAL:
  • REINTEGRATION
  • COUNSELING NEEDS
  • FAMILY ADJUSTMENT ISSUES
  • JOB PLACEMENT AND CAREER TRANSITION

MILITARY FRIENDLY CULTURE

ASSISTANCE NAVIGATING MILITARY BENEFITS
Advanced PTSD in the Classroom

- Attention Deficit Disorder (ADD)
  - Easily Distracted
  - Short Attention Span
  - Rapid Emotional Cycling
- Trouble with Eye Contact
- Physiology
  - Flushing, Sweating, Shaking
- Triggers
- Re-experiencing
- Avoidance
- Hyper vigilance

Potential Downsides:
- Early Withdrawal
- Social Isolation
- Emotional Extremes
- Lack of Consistency
- Strong opinions
- Hot Responses

NOTE: Corresponding “symptoms” exist in the online classroom.
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Training Champions for Christ since 1971
Established Veteran’s Day, 2011 (11.11.11)

Promote best military resilience practices among military students, family members, and veterans.

Three Primary Functions:

- **Military Resilience CURRICULUM**
  - Graduate and Undergraduate Cognates in Military Resilience
    - Resilient Warriors, Leaders, and Military Caregivers
    - Resilient Military Marriage & Family
    - Resilient Military Transitions
    - Resilient Military Mental and Behavioral Health
  - Corresponding Certificate Programs

- **Military Resilience RESEARCH**

- **Military Resilience OUTREACH**
Course Description: A broadly applicable, foundational study of the key definitions and factors related to the creation and maintenance of resilience in military veterans, troops, families, and the general population. Topics include the theology of suffering and trauma, posttraumatic growth; the Resilience Life Cycle©; the before, during, and after phases of Resilience; and a holistic approach to personal and spiritual maturity.

• (Module 1) “Theology of Suffering and Reality of Trauma”
• (Module 2) “Post Traumatic Growth and Resilience Life Cycle©”
• (Module 3) “Building Bounce BEFORE Trauma”
• (Module 4) “Weathering the Storm DURING Trauma”
• (Module 5) “Bouncing Back AFTER Trauma (Looking Back)”
• (Module 6) “Bouncing Back AFTER Trauma (Looking Forward)”
• (Module 7) “Learn & Adapt”
• (Module 8) “The Ultimate Resilient Warrior”

www.ResilienceTrilogy.com
IMR Webinars
www.LUOnline.com/IMR

2013-14 WEBINARS
1. PTSD, et al
2. Campus
3. Church
4. Family
5. Transition
6. Employment

2014-15 WEBINARS
1. Honor...
2. Military Research
3. Advocacy
4. Military Children
5. Chaplains
6. Employment
NEXT IMR WEBINAR
Thursday, February 12, 8 PM EST

“ADVOCATING FOR YOUR MILITARY VETERAN: What You Should Know and How to Get Services”

Dr Linda Mintle – widely published author, popular speaker, experienced military counselor and social worker, and academic chair at Liberty University – is also a military child, an advocate for her WWII father, one with a true heart for our nation’s military and their families, one who understands “the system.” For more -- www.DrLindaMintle.com

Linda Mintle, Ph.D.
Chair, Division of Behavioral Health
Department of Primary Care
Liberty University College of Osteopathic Medicine

Register at:
www.LUOnline.com/IMR
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HELPING VETERANS TRANSITION AND SUCCEED IN CORPORATE AMERICA

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Who are these employers and where can you find them?

Booz Allen Hamilton

AT&T Inc.

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Who are these employers and where can you find them?

www.liberty.edu/lunetwork

AND

www.linkedin.com
Liberty University - IVET Partnership

IVET = Institute for Veterans Education & Training

- CRAWL – WALK – RUN TO CREATE WIN-WIN RELATIONSHIP ON BEHALF OF STUDENTS AND VETERANS
- JOINTLY CONDUCTED WEBINAR ON VETERANS CAREER TRANSITION
- LIBERTY HOSTED IVET 2.0 SEMINAR (1 WEEK)
- ONGOING NETWORKING TO GROW RELEVANCE AND IMPACT
WORTH IT ALL!
Another Warrior on His Way...

Wounded Warrior Michael Mather

Shot by Sniper
TBI/PTSD, et al
Xavier University Student
Awesome Military Wife-
Liberty Student
IVET Graduate
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