



Defense Health Agency

**Webinar Resources for Deployment Health Clinical Center  
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury  
Psychological Health Webinar  
May 2016**

**Facilitating Help-Seeking Behavior for Psychological Health Concerns in Service Members**

**Webinar Resources:**

In April 2016 the Government Accountability Office (GAO) published, [Human Capital: Additional Actions needed to Enhance DoD's Effort to Address Mental Health Care Stigma](#). The report demonstrated the stigma related to mental health care within the DoD. GAO made seven recommendations stemming from the study and data analysis.

The [Interagency Task Force on Military and Veterans Mental Health](#), 2013 Annual Report is a comprehensive joint task stemming from [Executive Order 13625](#) from President Obama. This summary demonstrates the execution of that order by collaboration with the Departments of Defense (DoD), Veterans Affairs (VA), and Health and Human Services (HHS), in coordination with other federal agencies, to take steps to ensure that veterans, service members and their families receive the mental health and substance use services and support they need.

[Military OneSource](#) is a DoD -funded program available to all service members (including those in the National Guard and reserves), their families, and members of DOD's Civilian Expeditionary Workforce. The program provides confidential, short -term, non-medical counseling services both face-to-face and remotely, and information and resources on topics including deployments, parenting, and relationships.

**Additional supporting references:**

Burns, B., Grindlay, K., Holt, K. ,Manski, R., and Grossman,D. [Military Sexual Trauma Among US](#)

[Servicewomen During Deployment: A Qualitative Study](#). *American Journal of Public Health*. 104(2),

345-349. doi: 10.2105/AJPH.2013.301576



Committee on Prevention, Diagnosis, Treatment, and Management of Substance Use Disorders in the U.S. Armed Forces; Board on the Health of Select Populations; Institute of Medicine; Washington (DC): National Academies Press (US); 2013 Feb 21.

Henderson, C., Evans-Lacko, S., and Thornicroft, G. [Mental Illness Stigma, Help Seeking, and Public Health Programs](#). *American Journal of Public Health*, 103(5), 777-780. doi: 10.2105/AJPH.2012.301056

Mittal, D., Drummond, K. L., Blevins, D., Curran, G., Corrigan, Patrick & Sullivan, G. [Stigma associated with PTSD: Perceptions of treatment seeking combat veterans](#). *Psychiatric Rehabilitation Journal*. 36(2), 86-92. doi.org/10.1037/h0094976

Zinzow, H.M., Britt, T.W. McFadden, A.C, Burnetter, C.M. & Gillispie, S. (2012). [Connecting Active Duty and returning Veterans to Mental Health Treatment: Interventions and treatment adaptations that may reduce barriers to care](#). *Clinical Psychology Review*, 32(8), 741-753. doi: 10.1016/j.cpr.2012-09-002