



Shattered but Stronger than the Past

Interacting, Aiding, and Understanding Those with Post-Traumatic Stress Injury (PTSI)

Will begin at 2:00 p.m. Eastern Time

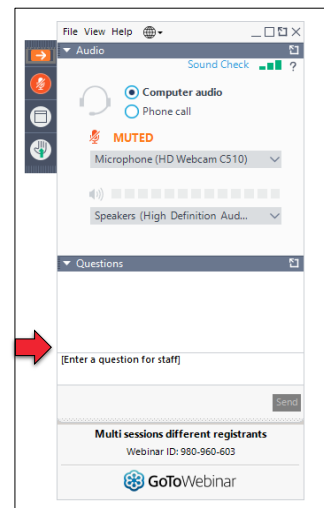
- Audio and visuals are provided through the online webinar platform
- Access to presentation handouts was included in the email reminder you received for this session
- This session will be open-captioned

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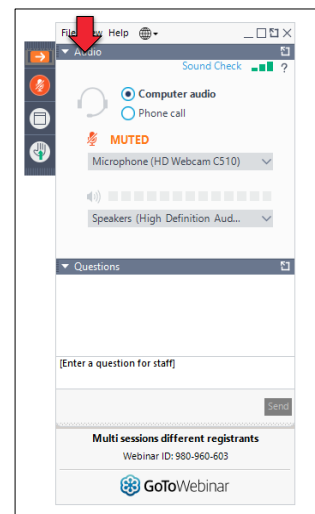
Technical Assistance

- If you experience technical difficulties
 - Use the QUESTIONS panel to let us know
 - Call 301-217-0124



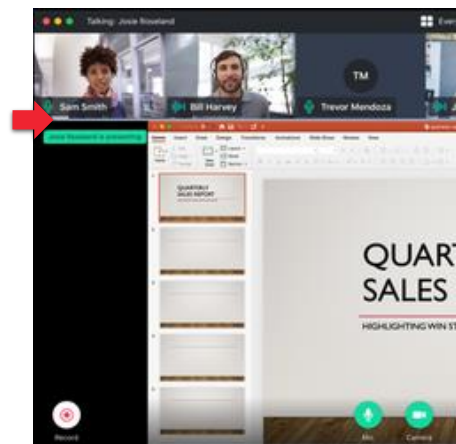
Audio

- Expand the audio panel to select computer audio or phone call



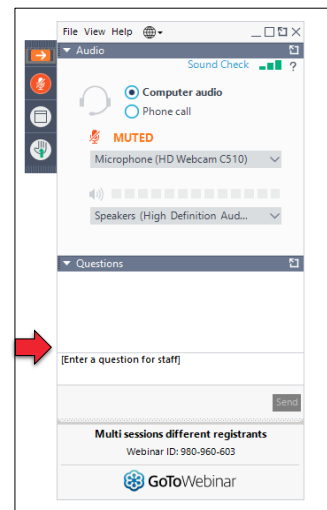
Video

- Use the divider line to enlarge or reduce the video feed



Questions and Comments

- Use the QUESTIONS panel



Archive

- This webinar is being recorded and can be accessed next week
 - You will receive an email with information on how to access the archive

About Your Presenters...

TransCen, Inc.

- Improving the lives of people with disabilities through meaningful work and community inclusion

- **Mid-Atlantic ADA Center**,
a project of TransCen, Inc.

- Funded by National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), Administration for Community Living, U.S. Department of Health and Human Services



SHATTERED BUT STRONGER THAN THE PAST

Interacting, Aiding and Understanding those with Post
Traumatic Stress Injury (PTSI)

OBJECTIVES

- Introduction
- What is Post Traumatic Stress?
 - PTS by the numbers
 - The effects of PTS
 - Who is effected by PTS
- PTS and the Americans with Disabilities Act
 - Interacting with the individual
 - Coming out on top
 - Closing
 - References

CRISIS



The Chinese character for the word “crisis” is a combination of the characters for “danger” and “opportunity”.

The danger part of the equation is well known, but the sense of opportunity is difficult to convey

MY JOURNEY

AN INTRODUCTION

WARRIOR SEMICOLON TATTOO

WARR;OR

THE LAST MATCH

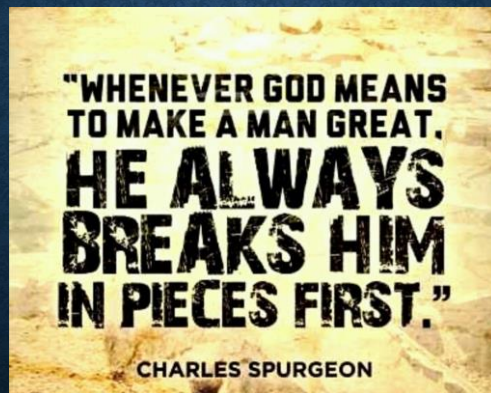


THE OPINION OF OTHERS



Don't allow the opinions of others
to determine the path of your
journey

CHARLES SPURGEON QUOTE

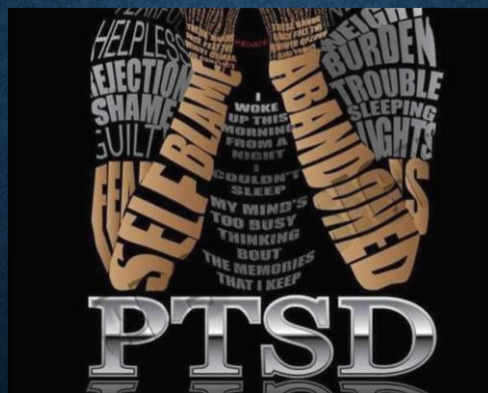


WE DON'T MEET PEOPLE BY ACCIDENT



WHAT IS POST TRAUMATIC STRESS (PTS)

PTSD



CAUSES AND SYMPTOMS OF PTS

- Triggered by a terrifying event.
- Symptoms last more than 30 days.
- Substantially limits one or more major life activities
 - Symptoms include:
 - Intrusive memories
 - Avoidance
 - Negative changes in thinking and mood
 - Changes in physical and emotional reactions

TO “D” OR NOT TO “D”

PTS BY THE NUMBERS

STATISTICS

- 60% of men and 50% of women experience at least one trauma in their lifetime.
- 8% of the population will have PTSD in their lifetime
- 10% of women and 4% of men will develop PTSD in their lifetime.

STATISTICS (CONT.)

- A 2017 research study found that nearly 1 million post 9/11 veterans were returning to college.
- 37% of part time and 16% of full time veterans dropped out within 9 months of enrollment.
- Hard transition from the structure of the military to college life.
- Military has a much more hands on approach to training.
- Many stated they found college more chaotic and confusing.
- Higher rate of substance abuse and mental disorders among veterans returning to college than those without military experience.

THE EFFECTS OF PTS

Not all injuries are visible...

WHO IS EFFECTED BY PTS?

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WHAT DOES PTS LOOK LIKE?

**A COORDINATED
COLLABORATION**

PTS AND THE AMERICANS WITH DISABILITIES ACT

- Accommodations
- Service Animals*
- Common Sense, Dignity and Respect

**INTERACTING WITH THE
INDIVIDUAL...
NOT THE INJURY**

**NOT JUST MILITARY AND
FIRST RESPONDERS**

**ONE VOICE CAN CHANGE THE
WORLD...
NO MATTER WHAT ANYONE
TELLS YOU**

COMING OUT ON TOP

**IF AN INDIVIDUAL HAS PURPOSE,
THEY HAVE MEANING.**

**THEY HAVE THE WILL TO PUSH
FORWARD NO MATTER HOW BAD
THEIR CIRCUMSTANCES.**

KINTSUGI



REFERENCES

- United States Department of Veteran Affairs.
www.PTSD.VA.Gov. October 2, 2018
- Moore, B.A. (2014 October 12). PTSD: Disorder or Injury.
Retrieved from:
<https://www.psychologytoday.com/us/blog/the-camouflage-couch/201410/ptsd-disorder-or-injury>.
- www.ADA.gov

Upcoming Webinars

The Impact of COVID-19 on Corrections and Law Enforcement: A Roundtable Discussion

([ADAinfo.org/training/impact-covid-19-corrections-and-law-enforcement-roundtable-discussion](https://adainfo.org/training/impact-covid-19-corrections-and-law-enforcement-roundtable-discussion))

- Monday, December 7, 2:00 – 3:30 p.m. Eastern

Now What? Reimagining and Rebooting Supports for People with Disabilities in Our New World

(transcen.yeslms.com/courses/description/27a499d1-87ce-4f7c-fa0c-08d884d7d22e)

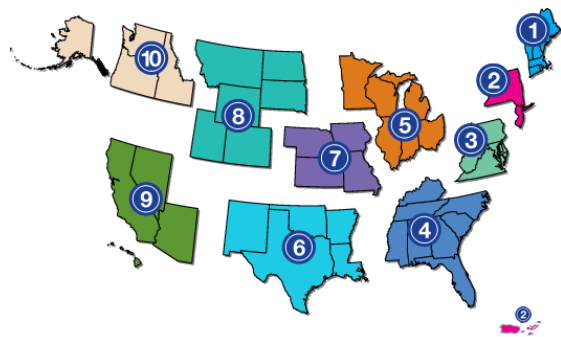
- Thursday, December 10, 2:00 – 3:30 p.m. Eastern

Certificates and Credits: CODE

- Check the reminder email you received about this session for instructions on obtaining a certificate of participation for this webinar
- Please email the code above to ADAtesting@transcen.org by **5 PM E.T. on November 29, 2020**

ADA National Network

- Ten regional centers provide guidance, training, and materials on the ADA
 - **1-800-949-4232**
 - ADAta.org



Thank You for Joining Us!

Mid-Atlantic ADA Center

Toll-free: **800-949-4232** (DE, DC, MD, PA, VA, WV)

Local: **301-217-0124**

ADAinfo@transcen.org

ADAinfo.org