



## 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**

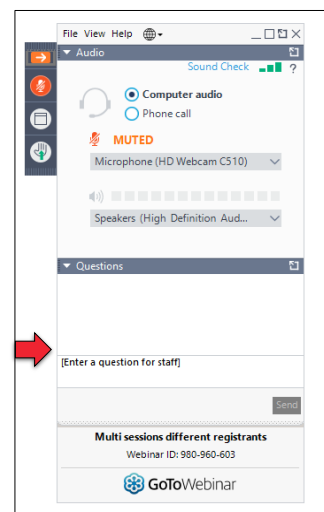
- Audio and visuals are provided through the online webinar platform
- Access to presentation handouts was included in the email reminder you received for this session
- This session will be open-captioned



1

## Technical Assistance

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

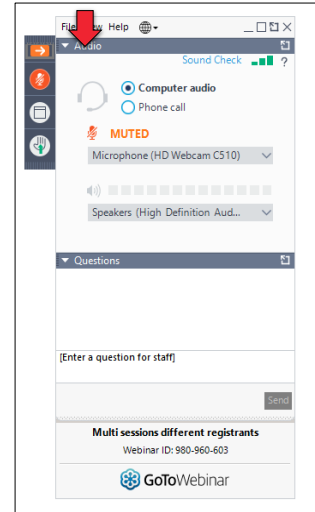


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## Audio

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

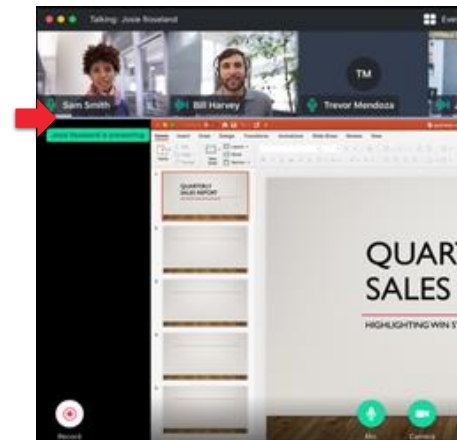


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## Video

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

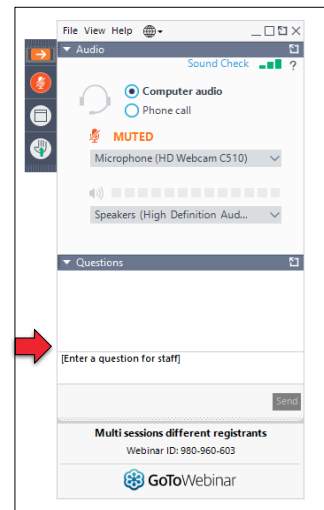


4



## Questions and Comments

- Use the QUESTIONS panel



5



## 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

6



## 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



7



# 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

9

## 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

10

# MY JOURNEY

AN INTRODUCTION

11

## WARRIOR SEMICOLON TATTOO



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12

## THE LAST MATCH



13

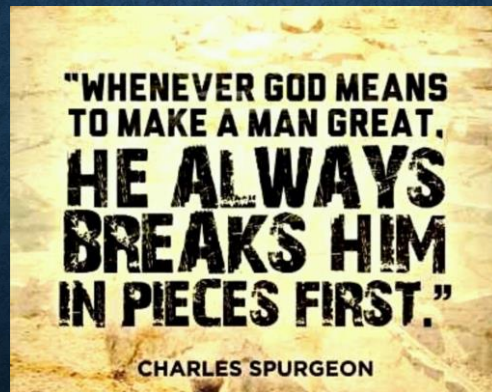
## THE OPINION OF OTHERS



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

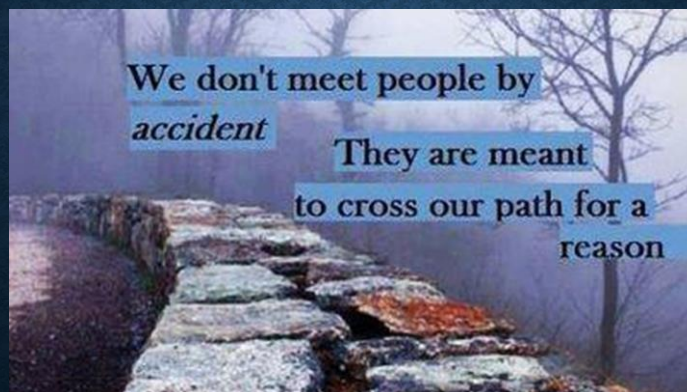
14

## CHARLES SPURGEON QUOTE



15

## WE DON'T MEET PEOPLE BY ACCIDENT



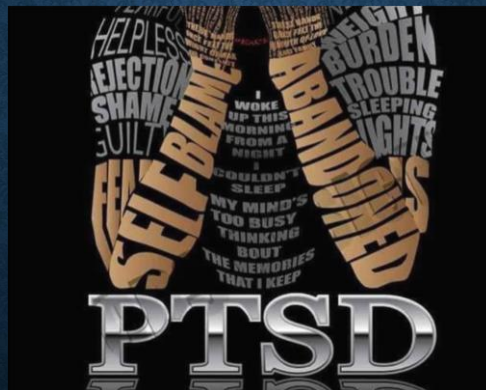
16



# WHAT IS POST TRAUMATIC STRESS (PTS)

17

# PTSD



18

## 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

19

TO “D” OR NOT TO “D”

20

# PTS BY THE NUMBERS

21

## 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.

22

## 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.

23

## THE EFFECTS OF PTS

Not all injuries are visible...

24

# **WHO IS EFFECTED BY PTS?**

25

# **WHAT DOES PTS LOOK LIKE?**

26

# **A COORDINATED COLLABORATION**

27

# **PTS AND THE AMERICANS WITH DISABILITIES ACT**

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

28

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

29

**NOT JUST MILITARY AND  
FIRST RESPONDERS**

30

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

31

**COMING OUT ON TOP**

32



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

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

33

## **KINTSUGI**



34

# 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](http://www.ADA.gov)

35

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

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

36

## Certificates and Credits: CODE

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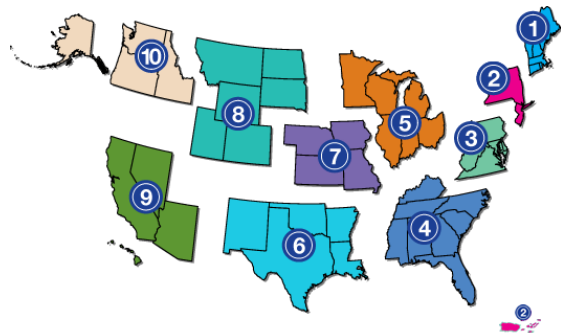
- Check the reminder email you received about this session for instructions on obtaining a certificate of participation for this webinar
- Please email the code above to [ADAtraining@transcen.org](mailto:ADAtraining@transcen.org) by **5 PM E.T. on November 29, 2020**

37



## ADA National Network

- Ten regional centers provide guidance, training, and materials on the ADA
  - **1-800-949-4232**
  - [ADAa.org](http://ADAa.org)



38



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](mailto:ADAinfo@transcen.org)

[ADAinfo.org](http://ADAinfo.org)

39

