



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

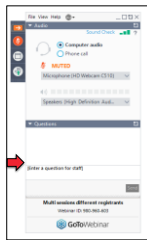
- Audio and visuals are provided through the online webinar platform
- Access to presentation handouts was included in the email reminder you received for this session
- This session will be open-captioned



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Technical Assistance

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



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Audio

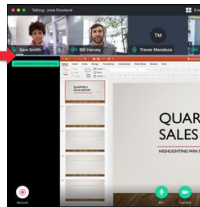
- Expand the audio panel to select computer audio or phone call



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Video

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

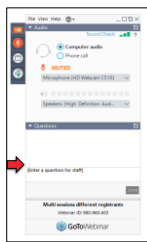


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Questions and Comments

- Use the QUESTIONS panel



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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

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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



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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

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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

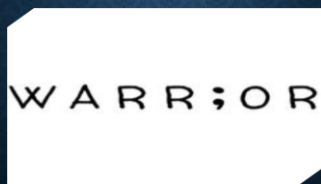
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MY JOURNEY

AN INTRODUCTION

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WARRIOR SEMICOLON TATTOO



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THE LAST MATCH



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THE OPINION OF OTHERS



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

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CHARLES SPURGEON QUOTE



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WE DON'T MEET PEOPLE BY ACCIDENT

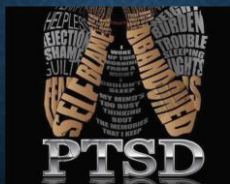


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WHAT IS POST TRAUMATIC STRESS (PTS)

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PTSD



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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

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TO “D” OR NOT TO “D”

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PTS BY THE NUMBERS

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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.

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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.

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THE EFFECTS OF PTS

Not all injuries are visible...

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WHO IS EFFECTED BY PTS?

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WHAT DOES PTS LOOK LIKE?

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**A COORDINATED
COLLABORATION**

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**PTS AND
THE
AMERICANS WITH DISABILITIES ACT**

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

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

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**NOT JUST MILITARY AND
FIRST RESPONDERS**

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

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COMING OUT ON TOP

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

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

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KINTSUGI



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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

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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)

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

[Now What? Reimagining and Rebooting Supports for People with Disabilities in Our New World](#)
 (transcenyesslms.com/courses/description/27a499d1-87ce-4f7c-fa0c-08d884d7d22c)

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

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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 ADAtraining@transcen.org by **5 PM E.T. on November 29, 2020**

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ADA National Network

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



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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

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