


**Holistically Caring for your Veteran Students:  
What Leadership and Academic Services Need to know**



Nancy L. Montgomery RN, MSN  
Director Health, Wellness & Veterans  
Irvine Valley College



**Pyramid of Fundamental Layers**

**Most fundamental levels of need is at the bottom**  
 \*\*\*Deficiency needs if they are not met... there may be a physical indication.

*Physiological*: physical requirement for human survival  
*Safety needs*: absent in war may experience PTSD  
*Love/belonging*: feelings of belongingness, part of a unit  
*Esteem*: All humans have a need to feel respected  
*Self-actualization*: persons full potential is "Be All That You Can Be"

**Maslow's Hierarchy of Needs**

A theory in psychology proposed by Abraham Maslow in his 1943 paper "A Theory of Human Motivation" in Psychological Review.

*Maslow studied what he called exemplary people rather than mentally ill or neurotic people writing that "the study of crippled, stunted, immature and unhealthy specimens can yield only a cripple psychology and cripple philosophy."*

Maslow studied the healthiest 1% of the college student population.

**Demographics of Veterans in colleges**

- Currently over 70,000 veterans enrolled in the California Community Colleges.
- 2.7 million troops have served or are serving in the 2 theaters of operation since conflicts in Iraq and Afghanistan.
- 1,939,959 OEF/OIF/OND Veterans have become eligible for VA Health care since 2002.
- Only 1,189,709 have used VA health care from this group at various health care entities not all health related.

PublicHealth.va.gov/epidemiology

## Medical Utilization

- 61 % of OEF/OIF/OND Veterans use VA Health care for:
- 3 most common diagnoses:
- 1) Musculoskeletal ailments
  - 2) Ill-defined conditions ( no obvious cause or isolated lab test abnormality)
  - 3) Mental Disorders

PublicHealth.va.gov/epidemiology

## Focus on Prevention

FOCUS.....

Little attention is given to prevent... or to intervene early to prevent issues from becoming chronic

Couple prevention with early intervention

Encourage wellness not disability

## Post Traumatic Stress/ Military Sexual Assault

About 11-20% who serve have PTSD in a given year (Rand Report estimates higher rates)  
23% women in the military report Sexual Assault  
55% women have experienced Sexual Harassment  
38% men have experienced Sexual Harassment while in the military

**Other stress factors include:** a combat situation can add more stress to an already stressful situation and contribute to PTSD which includes:

- 1) what you do in the war
- 2) the politics around the war
- 3) where the war is fought and the type of enemy you face

Prst.va.gov

## College Resources

### Utilize College Support Services

- VRC, Food Banks, Cal Fresh, Tutors, Certifying Official, Academic Counselor, MH Counselor, VSOC, Peer Navigators, Clothing etc.
- DSPS, computer programs, smart pens, Sonoset programs
- Health Center/Mental Health workshops/providers on campus
- Learning Lab Tutors, Basic Skills
- Invite faculty to events/educate staff/faculty about veterans and how to connect, offer Suicide Intervention Prevention Education
- Admissions assistance/EOPS-free books, bus passes, Financial Aid
- BECOME THEIR BEST FRIENDS!!!

SO NOW WHAT????

**HOW, WHEN,  
WHERE, WHO, WHAT**

## VA Resources

- Get the Booklet on VA Resources for your local medical facility
- Ask the Suicide Prevention Coordinator to present on campus
- Ask for a "back door number" for medical care
- Call VA and get appointments for veterans
- Attend local VA meetings
- Go to PTSD support groups at VA and learn, meet team members, learn how to access needed care avoid long waits

### Build a Holistic Environment

- Develop team sports: Softball teams, flag football etc
- Provide off site activities: baseball games, football games, K1 car racing, fishing trips, hiking
- Bring services to your site: Veterans do not go looking for care
- Have monthly Meet and Greets: builds camaraderie
- Invite staff to attend holiday events and support veterans
- BUILD A HOLISTIC CENTER THAT IS INVITING!!

### Thank you

***Nancy L. Montgomery RN, MSN  
Director Health, Wellness & Veterans  
Irvine Valley College  
nmontgomery@ivc.edu  
949-451-5273***



### Conclusion

If you find it in your heart to care for somebody else, you will have succeeded.....

Maya Angelou