



Fourth Annual Forward March Conference

*Moving Families Forward
During Challenging Times*

November 14-15, 2013

**SOUTHERN
REGIONAL AHEC**
AREA HEALTH EDUCATION CENTER

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Part of the NC AHEC Program

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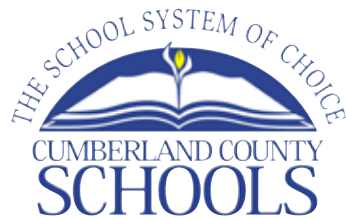
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National Military Family Association

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Partnership for Children of Cumberland County, Inc.

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Partnership for Children of Cumberland County, Inc.

Nathania Headley
Alliance Behavioral Healthcare

Kelly Henry
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Christina Hicks
Give an Hour-Community Blueprint Network

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Robbin MacGregor
Cumberland County Schools

Mark Marquez
Dept. of Social Work, Fayetteville State University

Maureen McNeill
Community Volunteer

Greg Perkins
*Dept. of Social Work, Fayetteville State University
Alliance Behavioral Healthcare*

Adrian Reeder
*U.S. Army John F. Kennedy Special Warfare Center
and School*

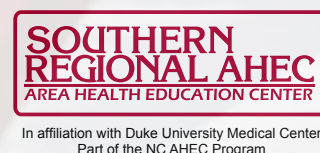
La-Lisa Hewett-Robinson
Southern Regional AHEC

Anna Rodriguez
Cumberland County Schools

Kim Sanborn
Fort Bragg--Garrison

Meg Wilkins
Community Volunteer, Moore County, NC

Thank You to
OUR HOSTS



IMPORTANT INFORMATION

Hotel Accommodations

Wingate by Wyndham
4182 Sycamore Dairy Road
Fayetteville, NC 28303
Tel: (910) 826-9200
Fax: (910) 826-9202
Email: wingatebywyndham1388@gmail.com



A block of rooms have been reserved at a discount rate of \$95.00 per night. The hotel offers several amenities for guest such as a 24-hour fitness facility, complimentary wireless internet access, and continental breakfast. Please contact the reservation desk at (910) 826-9200 or online at <http://wingatehotels.com/hotel/01388> for reservations use the corporate code "Forward March."

Contact

For information regarding program registration, please call (910) 678-7226. For questions regarding educational content or professional credit, please contact:

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For Continuing Education References concerning inclement weather, tobacco-free campus, and ADA requirements, please go to: <http://sr-ahec.org/ContinuingEd/CE.html>



PROGRAM INFORMATION

Dates and Times

November 14, 2013 & November 15, 2013
8 a.m. Registration 8 a.m. Registration
8:25 a.m. - 4:45 p.m. 8:25 a.m. - 4:45 p.m.

Wi-Fi Information

Wi-Fi Login: Snyderfh or Snyderlibrary
NO PASSWORD NEEDED

Location

Snyder Memorial Baptist Church
701 Westmont Drive
Fayetteville, NC 28305

Target Audience

The conference will be highly beneficial to social workers, counselors, psychologists, substance abuse professionals, case managers, clinicians, therapists, teachers, human service and behavioral health professionals, clergy, judicial and military affiliates. All other helping professionals are welcome to attend.

Description

We would like to welcome you to the Fourth Annual Forward March Conference. Over the past three years the Forward March Conference has been instrumental in increasing public awareness of the unique challenges faced by military families, especially in times of various conflicts and frequent deployments. The conference has been a model of collaboration between national, state, and local organizations. It has aided in breaking down silos, building better and more effective lines of communication, and creating collaboration between military and civilian professionals who serve military members and their families.

There are many challenges that military members and their families face on a daily basis. Identifying the tools and resources in the community is necessary to effectively address their needs. The annual Forward March conference continues to be a major catalyst for providing military and civilian resources in working with military families. We must not forget our service men and women as well as their families. These individuals continue to make sacrifices for our great nation. As Americans we need to remember that military families may continue to face adversity after transitioning out of their service roles. We will continue to support those affected by conflict and promote resiliency by honoring service members and their families.

To echo the sentiments of a great General, the strength of our men and women in uniform lies in strength of their families, and there is no better time than now to come together as a community to build strong coalitions in support of military families.

For more information about the conference please contact: La-Lisa Hewett-Robinson, MA, Southern Regional AHEC (910) 678-7293 or la-lisa.hewett-robinson@sr-ahec.org

For additional information about the conference or about "Living in the New Normal" please contact: John Freudenberg, Government & Military Affairs Liaison with the Partnership for Children (910) 826-3122 or jfreudenberg@ccpfc.org.

Credits

CEU: 1.2 • Contact Hours: 12.0

Credit will be awarded to participants who attend 100% of the program. SR-AHEC adheres to NAADAC Education Guidelines Provider #843 (Substance Abuse Credit). The program will provide 12.0 contact hours (category A) continuing education credit to NC Psychologists. Southern Regional AHEC is an NBCC-Approved Continuing Education Provider (ACEP™) and a cosponsor of this event/program. Southern Regional AHEC may award NBCC-approved clock hours for events that meet NBCC requirements. The ACEP maintains responsibility for the content of this event (Provider #5632).

No partial credit will be given. Individuals arriving 15 minutes or more after the program has started will not receive credit.

AGENDA

Thursday, November 14, 2013

8:25 a.m. Presentation of Colors - EE Smith High School
Color Guard
Pledge of Allegiance
National Anthem – Dr. Robert W. Williams,
Fayetteville State University

8:30 a.m. Welcome & Housekeeping - Fellowship Hall
(To include recognition of dignitaries.)
John Bigger, MS, LPC, Administrator of Mental Health CE, Southern Regional AHEC

8:40 a.m. Welcome to Snyder Memorial Baptist Church
Rev. John Cook, M.Div., MS, Pastor

8:45 a.m. “Ready & Resilient” & the Community Connection: Opportunities to Collaborate
LTG Joseph Anderson, XVIII Airborne Corps

8:55 a.m. Introduction of Opening Plenary
LTC Ronald Buryk, U.S. Army (Ret.)

9 a.m. Opening Plenary - Military Caregivers: Cornerstones of Support for Our Nation’s Wounded, Ill, and Injured Veterans
Terri Tanielian, MA, RAND Corporation

Objectives:

- Describe an overview of RAND Corporation research;
- Describe the role and effects of caregiving on military family caregivers; and
- Discuss the unique challenges and strengths of military caregivers.

10 a.m. Defining Moments: Video presentation of “What It’s Like to Be a Military Kid”
Ja’Kira Parks - Southview Middle School

10:05 a.m. Break

10:15 a.m. Breakout Sessions

Room B1045

A) Moving Military Families Forward: Implications from RAND Research
Terri Tanielian, MA, RAND Corporation

Objectives:

- Describe additional information regarding RAND studies on military families;
- Discuss new research findings and their implications for supporting military families; and
- Provide an overview of future phases of research on military families and caregivers in particular.

Chapel

B) Suicide Prevention and Military Students
Robbin MacGregor, MA; Anna Rodriguez, MS; and Nijelle Dixon, MA from Cumberland County Schools

Objectives:

- Describe statistics regarding the prevalence of suicide;
- Discuss ways to identify signs of suicidal ideation and the ways in which the ASSIST model can be utilized in a school setting to respond to threats of suicide; and
- Discuss Cumberland County Schools’ protocol for responding to suicidal

ideation.

Fellowship Hall

C) Facilitating Post-Traumatic Growth
Dr. Richard Tedeschi, UNC Charlotte

Objectives:

- Describe the five factors of post-traumatic growth;
- Discuss how the concept of post-traumatic growth differs from traditional methods;
- Identify how post-traumatic growth develops; and
- Discuss the expert companionship intervention model to facilitate post-traumatic growth.

Parlor

D) Coming Together Around Young Children from Military and Veteran Families for Early Care

Julia Yearry, ACSW, LCSW, Zero to Three

Objectives:

- Discuss the social and emotional needs of all infants and toddlers;
- Describe the strengths and unique challenges of military families;
- Explain how deployment and military life may affect young children; and
- Explain how caregivers can support young children and their military/veteran families.

11:45 a.m. Networking Break, Visit Exhibitors and Lunch

11:55 a.m. Introduction of Lunch Plenary Panel
CSM Isaia T. Vimoto, 18th Airborne Corps

12 p.m. Lunch Plenary - Breaking the Stigma
Moderator: Jerry Powell, DMin, LPC, LMFT, NCC
Harold Kudler, MD, DUMC; Clinical Center (MIRECC) for Deployment Mental Health and Medical Lead for the VISN 6
CSM Chris Faris, United States Special Operations Command, MacDill Air Force Base, FL
MAJ. Josh Stiltner, John F. Kennedy Special Warfare Center and School

Objectives:

- Describe how accessing mental health treatment has evolved past and present;
- Describe how military culture can be harnessed to break down barriers to accessing mental health treatment; and
- Describe the role the military plays in breaking stigma.

1:00 p.m. Break

1:15 p.m. Defining Moments: Video presentation of “What It’s Like to Be a Military Kid”
JL Benton - Union Pines High School

1:20 p.m. Preservation of the Force & Families In-Depth - A Holistic Approach to Building Resilience
LTC, MC Eugene H. Kim, M.D., Command Psychiatrist, U.S. Army Special Operations Command;
MAJ. Christopher J. Guenther, LCSW, BCD, MS, Deputy Chief, Behavioral Health Programs and Policy;
MAJ. Douglas Hoover, LMFT, LPC

Objectives:

- Describe the effects of transitions on children and families; and
- Discuss strategies to enhance and promote the characteristics of resiliency.

AGENDA

2:25 p.m. Break

2:35 p.m. Breakout Sessions

**Fellowship
Hall**

A) Building Resilient Families: Understanding the Impact of Military Transitions Through the Eyes of a Child

Angela Gray, PhD, and Nichole Johnson, LCSW, BCD - Booz Allen Hamilton

Objectives:

- Identify and discuss the multi-layered impact of military transitions on children and families;
- Describe how contemporary psychological theories contribute to our understanding of helping families cope with chronic stressors; and
- Explain and present systemic interventions and resources to increase military children and families' ability to cope with on-going change and loss.

Chapel

B) Building Communities of Care: Public Health Perspectives and Clinical Practices in Support of Military Children and Their Families

Harold Kudler, MD, Duke University Medical Center, Clinical Center (MIRECC) for Deployment Mental Health and Medical Lead for the VA VISN 6

Objectives:

- Describe how communities of care can maximize resilience and minimize health risks for military children and their families; and
- Identify community partnerships and resources for military families.

Parlor

C) Duty to Care: Supporting Young Children through Challenging Times

Julia Yeary, ACSW, LCSW, Zero to Three

Objectives:

- Discuss information about the core needs of infants and toddlers;
- Identify how to explore stress, trauma, grief, and loss stemming from complicated deployments, psychological and/or physical injury, and death of the service member might affect very young children and their families;
- Describe how to convene multidisciplinary professionals in an effort to enhance collaborative relationships and promote systems building within both the military and the surrounding civilian communities; and
- Discuss strategies to help buffer very young children from stress, trauma, grief, and loss and explore ways of promoting resilience during stressful, challenging times.

**Room
B1044**

D) Building Family Resiliency from a Faith and Spiritual Perspective

Rev. John P. Oliver, D.Min, BCC

Objectives:

- Discuss how faith communities can identify families facing transition-related challenges; and
- Discuss approaches faith communities can take in assisting families overcome transition-related challenges.

**Room
B1045**

E) Suicide Prevention: Everyone Has a Role

Amy LaClaire, PsyD., LP

Objectives:

- Discuss a general understanding of the scope of suicide within the United States;
- Identify the signs and symptoms of emotional crisis and suicide;
- Identify appropriate steps to assist someone in emotional crisis/suicidal crisis;
- Explain an environmental safety and best practices for suicide prevention; and
- Discuss resources available for those experiencing suicidal/emotional

crisis.

4:05 p.m. Break

4:10 p.m. Closing Plenary - Brothers at War Resiliency Program

**Fellowship
Hall**

Jake Rademacher

Objectives:

- Identify the strengths and challenges of a military family;
- Describe the Brothers at War Resiliency program and the impact that it fosters for service members and their family; and
- Discuss opportunities for growth and resources to support families.

4:45 p.m. Closing Remarks/Adjourn Day 1

Friday, November 15, 2013

8 a.m. Registration

8:25 a.m. Welcome and Introduction

Eva Hansen, Partnership for Children Cumberland County

Deborah Teasley, Ph.D., Southern Regional AHEC

8:40 a.m. Defining Moments: Video presentation of "What It's Like to Be a Military Kid"

Molly Beene - Terry Sanford High School

8:45 a.m. Opening Plenary - Beyond Budgets: Communities Coming Together to Support Military Children and Families

**Fellowship
Hall**

Debbie Bradbard, PhD, Deputy Director of

Research and Policy, Blue Star Families

Joyce Raezer, MA, Executive Director, National Military Family Association

Lt. Col Brian Gilman, Director, National

Organizations & Interagency Collaboration,

Warrior and Family Support Office of the Chairman of the Joint Chiefs of Staff

Objectives:

- Discuss Blue Star Families survey and research results which describe the challenges faced by military families; and
- Identify community resources to support and enhance military family resiliency.

9:45 a.m. Break

10 a.m. Breakout Sessions

Chapel

A) Post Traumatic Stress Disorder (PTSD) and Substance Abuse

Fernando A. Cobos, MD, Medical Director,

Substance Abuse & Outpatient Services,

FirstHealth of the Carolinas Behavioral Services

Objective:

- Describe how military transitions and life circumstances play a role with PTSD and substance abuse issues; and understanding military culture and the impact on the family.

Parlor

B) Relationship Dynamics in a Transitional Environment

Dr. Jerry Powell, DMin, LPC, LMFT, NCC

Objective:

- Discuss how military transitions impact family dynamics.

AGENDA

Room
B1045

C) Navigating the System Panel

*Dr. John Lesica, Womack Army Medical Center
Doug Webster, Cape Valley Health Systems
Department of Social Services Representative
Wilfredo Davila, Transition Patient Advocate,
Fayetteville VA Medical Center*

Objectives:

- Discuss a family case model to illustrate the needs, challenges and experiences of veterans, service members and their families as they navigate the system of care transitioning from active duty, Reserve and the National Guard.

Fellowship
Hall

D) Residual Effects of Trauma on Military Families

Dr. Greg Perkins

Objectives:

- Describe how to assist military families in recognizing secondary trauma as a result of exposure to traumatic events by active-duty, retired and prior service members;
- Identify coping strategies to reduce anxiety and other antecedents that may trigger symptoms for family members;
- Discuss the nature and course of post-traumatic stress, depression and social withdrawal; and
- Discuss treatment options.

Room
B1044

E) Working with Military Families from a Judicial and Law Enforcement Perspective

*Judge George Franks, Cumberland County District Court
Lt. Randy Podobinski, Fayetteville Police Department
Wayne Cannon, Cumberland County Sheriff's Dept.
Lt. Bernard McPhatter, Military Police Representative
Curtis Morrow, Veteran Justice Outreach Specialist, Health Care for the Homeless program, Fayetteville VA
Tom Hill, Fort Bragg Family Advocacy Program Manager*

Objectives:

- Discuss each department's judicial process in working with veterans, active duty service members and their families; and
- Identify how judicial departments collaborate in working with service members and their families.

11:30 a.m. Networking Break, Visit Exhibitors and Lunch

11:55 p.m. Lunch Plenary - Soldier 360: Promoting Resilience in Leaders, Families & Communities

Fellowship
Hall

COL Mary Lopez (Ret.)

Objectives:

- Describe an overview of Soldier 360, a brief history, and research outcomes; and
- Discuss how resiliency is enhanced through the Soldier 360 behavioral, spiritual, and physical holistic components.

12:55 p.m. Defining Moments: Video presentation of "What It's Like to Be a Military Kid"

Tayla Salazar - Union Pines High School

1 p.m. Break

1:10 p.m.

Breakout Sessions

Parlor

A) Soldier 360 In-Depth: Promoting Resilience in Leaders, Families & Communities

COL Mary Lopez (Ret.)

Objectives:

- Describe clinical and practical evidenced-based tools in working with military families; and
- Identify approaches to enhance resiliency, health, and wellness.

Chapel

B) Military Culture & Impact on Communications

Dr. Jerry Powell, DMin, LPC, LMFT, NCC

Objectives:

- Discuss communication barriers to treatment when working with military personnel; and
- Identify non-verbal and verbal communication strategies in working with military and civilian populations.

Fellowship
Hall

C) Mental Health First Aid: Working with Children

Robert Wilson, Jr., MA

Objectives:

- Identify potential risk factors, warning signs, and range of mental health problems in working with youth; and
- Discuss the prevalence of mental health disorders in the U.S. and the need to reduce stigma.

Room
B1045

D) Equine Assisted Psychotherapy: A

Growing Treatment Modality

Julie Costello, LMFT and Heather Wilkerson, MSW

Objectives:

- Describe how can horses be an effective treatment tool, especially with service members and their families; and
- Discuss how to involve this unique and growing modality in current programming for military families.

2:40 p.m. Break

2:50 p.m. Defining Moments: Video presentation of "What It's Like to Be a Military Kid"

Gretchen Evans - Pine Forest Middle School

2:55 p.m.

Fellowship
Hall

Introduction of Speaker

*COL Stephen Brewster, Commander
Womack Army Medical Center*

3 p.m.

Fellowship
Hall

Lieutenant General Patricia D. Horoho, The Surgeon General and Commanding General of the United States Army Medical Command

3:45 p.m.

Fellowship
Hall

Closing Plenary - From Soldier to Survivor: One Man's Life Changing Event

MSG Mark Vomund

Objective:

- Describe how challenges were overcome after being wounded by IED in Kandahar, Afghanistan
- Describe the strengths and challenges of being a wounded warrior; and
- Identify resources in working with wounded warriors.

4:35 p.m. Closing Remarks

4:45 p.m. Adjourn

SPEAKER BIOGRAPHIES



LTG Joseph Anderson, MS

Lieutenant General Joseph Anderson assumed command of the XVIII Airborne Corp and Fort Bragg on 6 June 2013 after commanding the 4th Infantry Division and Fort Carson, CO from November 2011 to March 2013. A native of New York, he is a 1981 graduate of the U.S. Military Academy.

He holds Masters degrees in Administration from Central Michigan University and National Security and Strategic Studies from the Naval War College. His military education includes the Infantry Officer Basic and Advanced Courses, the Combined Arms Services Staff School, the U.S. Army Command and General Staff College, and the U.S. Naval War College. General Anderson's awards include the Distinguished Service Medal with one Oak Leaf Cluster, Defense Superior Service Medal with one oak leaf cluster, Legion of Merit with two Oak Leaf Clusters, Bronze Star Medal with "V" Device, Bronze Star Medal with four Oak Leaf Clusters, Defense Meritorious Service Medal, Meritorious Service Medal with silver Oak Leaf Cluster, Joint Service Commendation Medal, Joint Service Achievement Medal, Army Commendation Medal with silver Oak Leaf Cluster and four bronze Oak Leaf Clusters, Army Achievement Medal with silver Oak Leaf Cluster, Armed Forces Expeditionary Medal with Arrowhead, NATO Medal with bronze service star, Kosovo Campaign Medal with two bronze service stars, Iraq Campaign Medal with one silver service star, Armed Forces Service Medal, GWOT Service and Expeditionary Medals, Expert Infantryman's Badge, Combat Infantryman's Badge (2d Award), Master Parachutist Wings with Bronze Star, Pathfinder Badge, Air Assault Badge, Ranger Tab, Army Staff Identification Badge, Recruiter Badge and Panamanian, Brazilian, German and Thai Jump Wings.



John Bigger, MS, LPC

John Bigger received his undergraduate degree in psychology from the University of Alabama and his Master's in Clinical Psychology in 1985. He has worked in a variety of clinical settings ranging from an outpatient state mental health program to a private in-patient treatment center. John's specialty areas include the treatment of chemical dependency, identification and treatment of eating disorders, and crises intervention.

He is also a Licensed Professional Counselor. John is currently the Administrator of Mental Health Continuing Education for Southern Regional AHEC and the Project Director for the North Carolina Evidence Based Practices Center in Fayetteville, NC. He is also the president of the Behavioral Health Professionals Association of Cumberland County.



Deborah Bradbard

Deborah Bradbard joined Blue Star Families as the Deputy Director of Research and Policy in October 2012. Dr. Bradbard received her B.S in Psychology from the University of Florida and her Ph.D in Counseling Psychology from Auburn University where she also completed specialized coursework and clinical training in marriage and family therapy. Along with her family, she has experienced at least 15 military moves (she's lost count) including PCS moves to both Germany and Japan. In 2012, Dr. Bradbard's husband completed his eighth operational deployment so she is personally familiar with the challenges of the military lifestyle and the emotional impact of deployment on families.

As the Deputy Director of Research and Policy and Blue Star Families, Dr. Bradbard was instrumental in writing the 2013 Blue Star Families Military Lifestyle Survey report which was presented before the congressional military family caucuses. She has provided subject matter expertise and facilitated numerous panel discussions on issues facing military families. Her work has included several "hand on" products that help interested person's learn more about military families and how to effectively provide support.

Colonel Stephen Brewster

COL Steven Brewster is a prior medical NCO who served with the 172nd Infantry Brigade in Fort Richardson, AK, and the 12th Special Forces Group (Reserve) in Seattle, WA. He received a bachelor's degree in biology from The Evergreen State College in Olympia, WA, in 1987, and his Doctor of Medicine from the Uniformed Services University of the Health Sciences in Bethesda, MD, in 1991. COL Brewster holds a Master of Public Health from the Harvard School of Public Health, and he completed a residency in Preventive Medicine at the Walter Reed Army Institute of Research (WRAIR) in Washington, D.C. He is board certified in both Preventive Medicine and Family Medicine.

Wayne Cannon, MS, LPA, HSP-PA

Wayne Cannon has worked as a psychologist in Cumberland County for the past 20 years. He began his career with Cumberland County Mental Health Center as a staff psychologist in the Child and Family Services unit. He later served as Supervisor of Community Based Services, Director of Screening, Triage and Referral, and Director of Clinical Services. During his tenure with the mental health center he was instrumental in the development of a local Crisis Intervention Team (CIT) program which equips law enforcement and other first responders to effectively intervene with persons experiencing a psychiatric crisis.

In January of 2013 he transitioned to the Cumberland County Sheriff's Office where he assumed full-time responsibility for Cumberland County's rapidly expanding Crisis Intervention Team program. He is also an adjunct professor in the graduate counseling program of Webster University at Fort Bragg.



Fernando A. Cobos, MD

Dr. Cobos has served as Medical Director for Substance Abuse & Outpatient Services for FirstHealth of the Carolinas Behavioral Services since 2005. He received his medical degree from Pontificia Universidad Javeriana in Bogota, Colombia, and completed his residency in psychiatry at Beth Israel Medical Center.

He completed a fellowship in addiction psychiatry at Harvard Medical School, and has been a psychiatry instructor for Harvard Medical School and attending psychiatrist at Mass General Hospital. Dr. Cobos also served as medical director of Detox/Rehab for Western Psychiatric Institute in Pittsburgh and assistant professor of Psychiatry for the University of Pittsburgh Medical School. He has served three tours of duty as an officer in the U.S. Army Reserve Medical Corps in a combat stress control unit in Iraq.

Dr. Cobos has become a "physician's physician" by treating other professionals who are dealing with addictions. He works closely with the Board of Nursing as well as other professional organizations that monitor providers in the health care arena. He is fluent in Spanish and has experience in treating Latino patients.

SPEAKER BIOGRAPHIES



Julie Costello

Julie Costello is a Licensed Marriage and Family Therapist and certified provider of equine assisted psychotherapy. She has been providing counseling services to the military community for over ten years with a focus on pre-deployment and reintegration. Ms. Costello currently serves as the Military Task Force Co-Chair for the Equine Assisted Growth and Learning Association (EAGALA). She is an Army wife of 13 years and is currently living near Ft. Stewart, GA.



Nijelle Dixon, MS

Nijelle Dixon is the 11th grade school counselor at Westover High School. She received her Bachelor's of Art degree in Psychology from the University of North Carolina at Greensboro and her Master of Education in School Counseling at the University of North Carolina at Chapel Hill. She was raised in Jacksonville, North Carolina, a military town and has been exposed

to the military lifestyle her entire life. She enjoys working with students and hopes to help each student reach their full potential.



Command Sergeant Major Chris Faris

Command Sergeant Major Chris Faris is currently serving as the Command Sergeant Major of the United States Special Operations Command, MacDill Air Force Base Florida. He has been serving in the military for the past 28 years. CSM Faris has received various military awards and decorations including the Defense Superior Service Medal, Legion of Merit Medal, Seven Bronze Star Medals, one with Valor

Device, and a Purple Heart.

Judge George Franks, PhD

Judge Franks was elected to the North Carolina District Court in Cumberland County and took office in 2007. He is a graduate of the Campbell University School of Law. As an attorney he worked as both a prosecutor and defense counsel in over twenty capital trials to a jury verdict.

He also worked as the attorney for the Cumberland County Sheriff's Department Judge Franks is currently a Family Court Judge and also hears misdemeanor criminal cases.

Prior to law school Judge Franks also received his PhD in Psychology from West Virginia University, was a research associate at the University of Illinois and completed a Clinical-Community Psychology Internship at the Palm Beach County Mental Health Center. He is a Licensed Practicing Psychologist and a Health Services Provider in Psychology.



Lieutenant Colonel Brian Gilman, MA

LTC Gilman received his baccalaureate degree from Montana College of Mineral Science and Technology, Butte, MT, where he majored in Environmental Engineering. He also earned a Master of Strategic Studies from the U.S. Army War College and a Master of Arts (with distinction) in National Security and Strategic Studies from the Naval War College. LTC

Gilman's military decorations include: the Bronze Star Medal with Combat Distinguishing Device and gold star in lieu of second award; the Meritorious Service Medal with gold star in lieu of third award; the Navy and Marine Corps Commendation Medal with

gold star in lieu of third award; the Army Commendation Medal; the Combat Action Ribbon with gold star in lieu of second award; and various unit awards.



Angela Gray, PhD

Dr. Angela Gray is a licensed clinical psychologist and Associate at Booz Allen Hamilton. Her primary responsibility is the application of psychological health expertise in support of the U.S. Special Operations Command (USSOCOM) Preservation of the Force and Family Resiliency and Human Performance Program at Fort Bragg. In this role, Dr. Gray

develops prevention, intervention, and treatment programs to assist SOF Service Members and their families in addressing psychological concerns and maintaining mission readiness. Dr. Gray has specialized training in trauma, mood disorders, and organizational consultation.

Major Christopher Guenther

has been a Licensed Clinical Social Worker for ten years and served in the U.S. Army for eight years as a Social Work Officer. He has deployed twice as part of Operation Iraqi Freedom and is a graduate of Walter Reed National Military Medical Center's Social Work Fellowship in Child and Family Practice. He focuses on helping children, adolescents and families cope with stresses they experience by focusing on resilience in order to emerge stronger. Major Guenther lives in Sanford, NC with his wife and three children.



Eva Hansen

Eva Hansen has 38 years of experience as a professional and volunteer working to improve the lives of children and their families. She has been involved with *Smart Start* since 1995 and has lead the Partnership for Children as the President for the 15 years. Her experience includes ten years working in delinquency prevention at the Youth Guidance Council in Rock Island, Illinois, first as a counselor then as the agency Director.

After moving to Fayetteville, NC in 1984 she was the Coordinator of The Rape Crisis Center followed by eight years developing and supervising the Treatment Foster Care Program at the Cumberland County Mental Health Center. In 1992, she became the Training Director for the Rumbaugh Clinic - Ft. Bragg Child and Adolescent Mental Health Demonstration Project. Ms. Hansen earned a B.S degree in Family Services from Northern Illinois University. Ms. Hansen is a past recipient of the Fayetteville-Cumberland Chamber of Commerce Athena Award and the North Carolina Partnership for Children's Karen W. Ponder Leadership Award.



Lieutenant General Patricia D. Horoho

Lieutenant General Patricia D. Horoho assumed command of the U.S. Army Medical Command on December 5, 2011 and was sworn in as the 43rd Army Surgeon General on December 07, 2011. Lieutenant General Horoho was born at Fort Bragg in 1960, and attended St. Ann Catholic School and St. Patrick Catholic School in Fayetteville, North Carolina and graduated from E.E. Smith High School in 1978.

She earned her Bachelor of Science in Nursing degree from the University of North Carolina at Chapel Hill in 1982. She received

SPEAKER BIOGRAPHIES

her Master of Science degree as a Clinical Trauma Nurse Specialist from the University of Pittsburgh. She is a resident graduate of the Army's Command and General Staff College and the Industrial College of the Armed Forces, where she earned a second Master of Science degree in National Resource Strategy. Lieutenant General. She served as the Head Nurse of Womack's Emergency Department when the hospital was awarded the Superior Unit Citation during the Pope AFB Crash in 1994. She is also authorized to wear the DA Staff Badge and is the recipient of the Order of Military Medical Merit Medallion.

Tom Hill

Tom Hill is the Fort Bragg Family Advocacy Program Manager since 2005. He is a Licensed Clinical Social Worker. Retired from Army in 2005 where Mr. Hill worked most of his 22 year service as a social worker, in the areas of combat and operational stress, behavioral health, family advocacy and medical social work. Married 31 years to wife Karen and they have two daughters.



Nichole L. Johnson, LCSW, BCD

Nichole Johnson is a licensed clinical social worker and advocate for military families and children. She has supported the Air Force, Army, Marines, and Navy as a Military Family and Life Consultant and private practice clinician. She is currently assigned to the U.S. Army Special Forces Command (Airborne) as an embedded social worker. She is an active member of the National Association of Social Workers and serves as Co-chair of the Fayetteville's Local Program Unit.

She is a Board Member of the NASW-NC Ethics Committee, a volunteer with the Highlands and Ft Bragg Chapters of the Red Cross, and a member of the Behavioral Health Professionals Association. Mrs. Johnson is an adjunct professor at Methodist University and holds a bachelor and master's degree in social work from Winthrop University.

LTC Eugene H. Kim, MD

Dr. Kim is currently the Command Psychiatrist for United States Army Special Operations Command (USASOC) at Fort Bragg, North Carolina. He served as a Staff Psychiatrist at Womack Army Medical Center, as well as Division Psychiatrist for the 82nd Airborne, overseeing the policy and delivery of behavioral healthcare for over 21,000 Paratroopers.

During his time with the 82nd, he deployed twice to Afghanistan serving as the regional behavioral health consultant. He trained at University of Hawaii, Walter Reed Army Medical Center, and the Uniformed Services University of the Health Sciences. Dr Kim is board certified in both general psychiatry and addiction psychiatry. He has published in the field of military psychiatry, and given numerous presentations on topics to include PTSD, concussion care, and addiction treatment in the military population.



Harold Kudler, PhD

Dr. Kudler trained at Yale and is Associate Clinical Professor at Duke. He has received teaching awards from the Duke Department of Psychiatry, the American Psychiatric Association, and the American Psychoanalytic Association. From 2002 to 2010, Dr. Kudler coordinated mental health services for a three state region of the U.S. Department of Veterans Affairs (VA) and from 2000 through 2005 co-chaired VA's Special Committee on PTSD which reports to

Congress. He founded the International Society for Traumatic Stress Studies' (ISTSS) PTSD Practice Guidelines taskforce and serves on the ISTSS Board of Directors. He co-led development of a joint VA/Department of Defense guideline for the management of posttraumatic stress.

Since 2006, he has co-led the North Carolina Governor's Focus on Returning Military Members and their Families. Dr. Kudler is Associate Director of the VA's Mid-Atlantic Mental Illness Research, Education, and Clinical Center (MIRECC) for Deployment Mental Health and Medical Lead for the VISN 6 Rural Health Initiative.



Amy LaClaire, PsyD, LP

Amy LaClaire was raised in New Smyrna Beach, Florida and earned her BS in psychology in 2004. She attended the Adler School of Professional Psychology (2004-2009) earning a Doctorate in Clinical Psychology. Her pre-doctoral internship and post-doctoral residency were completed at the River Valley Juvenile Detention Center in Joliet, Illinois.

In 2009, she moved to Columbia, South Carolina to work as a Suicide Prevention Coordinator at the WJB Dorn VA Medical Center. In 2011, she became the Lead Suicide Prevention Coordinator and Clinical Training Director of the Psychology Pre-doctoral Internship. She continues to dedicate her clinical time to these two dynamic, challenging and rewarding positions.

John J. Lesica, MD

John Lesica serves as a Child and Adolescent Psychiatrist at Womack Army Medical Center. He conducts outpatient assessment and treatment of children and adolescents. He is also an active participant in community education and is the Director of the Child Psychiatric Program.

He received his MD from Georgetown University School of Medicine in Washington D.C. and is Board Certified by the American Board of Pediatrics, the American Board of Psychiatry and Neurology and American Board of Psychiatry and Neurology in Child Psychiatry.



Colonel Mary S. Lopez (Ret.), PhD

COL Mary S. Lopez graduated from San Jose State University with a bachelor's degree in Occupational Therapy and was commissioned as a Second Lieutenant in the United States Army. COL(R) Lopez holds a Master of Health Administration from Baylor University and a PhD in Industrial Engineering—Human Factors and Ergonomics from Texas A&M University.

She has held a variety of positions in her assignments at Walter Reed Army Medical Center, Letterman Army Medical Center, Fort Ord, Brooke Army Medical Center, Fort Riley, the Center for Health Promotion and Preventive Medicine, the Uniformed Services University, and the Office of the Surgeon General, and the Europe Regional Medical Command.

COL Lopez served as the Assistant Chief, Army Medical Specialist Corps and the Chief, Occupational Therapist from August 2005 to July 2008. She retired from the military after 33 years of active service and is presently offering Soldier 360° courses at Joint Base Lewis McChord, WA and Fort Bragg, NC.

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Robbin MacGregor

Robbin MacGregor is the K-12 coordinator for 148 masters-credentialed counselors in the Cumberland County School System. She is a magna cum laude graduate of East Carolina University and an honor graduate of Campbell University's Masters in Education - Counseling Program.

Her prior experience encompasses administration of Adult Workforce Literacy and Family Literacy initiatives through Fayetteville Technical Community College, intake assessment services through Cumberland Psychiatric Hospital, and disability determination and case management through the North Carolina Department of Vocational Rehabilitation.

She is a strong student advocate who serves on the Counseling Advisory Committee for the Department of Public Instruction. She chairs the Cumberland County School's Anti-Bullying Task Force, Coordinates the district wide Academy of Scholars Program, and chairs the Amazing Acts of Character Program.



Curtis Morrow, MSW

Curtis Morrow received his Masters in Social Work from the University of North Carolina at Chapel Hill and his Bachelor of Science in Psychology, with a minor in Guidance & Counseling, Western Carolina University.

He served in the United States Air Force as a clinical Social Worker from 1997- 2011. Currently, he is the Veteran Justice Outreach Specialist, Health Care for the Homeless Veterans program at the Fayetteville Veterans Affairs Medical Center.



Reverend John P. Oliver, D.Min.

Reverend John P. Oliver is the Chief of Chaplain Service and a Clinical Pastoral Education Supervisor at the Durham Veterans Affairs Medical Center in Durham, North Carolina. He has provided spiritual support to Veterans, their families and loved ones since 1997.

John was raised in Colombia, South America. He and his wife Karin have three children. John earned his BA and BM degrees from Samford University, his Masters of Divinity from Southwestern Baptist Theological Seminary, and his Doctor of Ministry degree from Columbia Theological Presbyterian Seminary. John completed his Clinical Pastoral Education Supervisory Training at Duke University Medical Center. John's doctoral work focused on pastoral care to those who have experienced traumatic events. Much of John's energy has been dedicated to training clergy to care for people as they engage their spiritual resources. John finds great joy in making music.



Dr. Gregory E. Perkins

Gregory Perkins is a Diplomat of the Board, American College of Certified Forensic Counselors and credentialed as a Clinically Certified Forensic Counselor and Clinically Certified Juvenile Treatment Specialist with a specialty in youthful offender counseling. He is further certified by the North Carolina Department of Health and Human Services

as a Certified Forensic Screener and Evaluator.

As a Licensed Advance Practice Social Worker, Dr. Perkins has extensive experiences in working with the juvenile justice and

court systems; has engaged in direct practice with high and at-risk children and families; has provided parenting education and advocacy on behalf of family systems. He has served as a consultant and trainer to the National Resource Center for Children and Youth Services at the University of Oklahoma, Tulsa and visiting lecturer at the North Carolina Justice Academy. He is frequently featured in the local media regarding mental issues and has served as host to "Focus on Mental Health", a public affairs television program sponsored by the mental health center.



Lt. Randy Podobinski

Lt. Randy Podobinski is a native of Cumberland County and graduated from Fayetteville State University with a degree in Criminal Justice. He has served in the Fayetteville Police Department for the past 28 years. During that time, he has served in many capacities and is currently working as a sector Lieutenant.

In 2009, Lt. Podobinski was instrumental in starting the Crisis Intervention Team with the Fayetteville Police Department. Since that time, the FPD has trained over 400 law enforcement officers and dispatchers in effectively dealing with mentally ill subjects in an effort to divert them from jail and get them the help they need.

He currently works in conjunction with NAMI, Cape Fear Valley Hospital and mental health professionals within the region to expand the CIT program. His efforts recently earned him the first Crystal Award given by the Fayetteville Police Depart for his work with the mental health community. Lt. Podobinski loves working and serving the citizens of this great city.



Reverend Jerry Powell, D.Min.

Rev. Jerry Powell has been an ordained minister for 36 years and is a retired Army chaplain with 20 years of service in military ministry with a deployment to Iraq in 2005. Dr. Powell is a Licensed marriage and family therapist and a Licensed Professional Counselor and National Certified Counselor. He is an approved clinical supervisor and on the Counseling teaching faculty of Webster University on Fort Bragg.

His practice specializes in working with military personnel and families, and he has extensive experience serving soldiers and families when the soldier has returned from deployment. Dr. Powell holds a Master of Divinity degree, an MS in Community Counseling, and a Doctor of Ministry degree. He is in private practice as a mental health counselor in Fayetteville at Banner Consulting.



Jake Rademacher, Director/Producer

Jake Rademacher founded Metanoia Films, raised financing, embedded with four different combat units in Iraq, and collaborated with world-class professionals to create the award winning BROTHERS AT WAR. He co-wrote the BROTHERS AT WAR Resiliency Workbooks with Norman Powell, his producing partner.

He created and has facilitated BROTHERS AT WAR Resiliency Workshops for the US Army, Navy, National Guard, Army Reserves, and Department of Defense collectively serving over 12,000 Service Members and their families.

As a director and producer, Jake has also done work for the Gary Sinise Foundation and Nick Popaditch Congressional Campaign. As a professional actor, Jake's hours on stage

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and in front of the camera reach into the thousands. He has performed in over fourteen theatrical productions, played the lead in the independent film, *TURNING THE CORNER*, and has narrated numerous television documentaries and commercials.



Joyce Raezer

Joyce Raezer became the Executive Director of the National Military Family Association in 2007. In that position, she guides the management of the Association's programs and initiatives that serve the families of the seven Uniformed Services and that promote improvements in their quality of life.

She has represented military families on several committees and task forces for offices and agencies of the Department of Defense (DoD) and military Services, including the Department of Defense Education Activity (DoDEA), the U.S. Army Community and Family Support Center, the Defense Commissary Agency, and the TRICARE Management Activity (TMA). Joyce earned a B.A. in History from Gettysburg College, and a M.A. in History from the University of Virginia. An Army spouse and mother of two children, she has lived in the Washington, D.C. area (4 tours), Virginia, Kentucky, and California.



Anna Rodriguez, MS

Anna Rodriguez has a Masters of Science in School Counseling. She is currently the Military Family and Youth Liaison for Cumberland County Schools. Prior to that, she was a School Counselor for 15 years.

She is the mother of a soldier and the spouse of a retired soldier. She is certified through the National Board for Professional Teaching standards as well as Applied Control Theory. She has lived in the Fayetteville area since 1990.



Major Josh Stiltner

Major Josh Stiltner deployed to Operation IRAQI FREEDOM six times from 2003 to 2011 for a total of 47 months; once with 3rd ID in the initial invasion through the "Thunder Runs" into Baghdad and the collapse of the regime; once with XVIII Airborne Corps as a PSD Officer, and four with D Company,

9th PSYOP Battalion in support of 5th Special Forces Group, Combined Joint Special Operations Task Force – Arabian Peninsula.

He has served as a Platoon Leader twice, a Company XO, Battalion AS-3 twice, a PSD Officer, a Corps G-3 War Planner, a Tactical Product Development Detachment Commander, a Tactical PSYOP Detachment Commander, a Tactical PSYOP Company Commander, and the HHC, USAJFKSWCS Company Com-mander. His current assignment is the Group S-3 for the Special Warfare Education Group.



Terri Tanielian, MA

Terri Tanielian is a senior social research analyst at the RAND Corporation. Tanielian's areas of interest include military and veterans health policy; military suicide; military sexual assault; psychological and behavioral effects of combat, terrorism, and disasters; public health emergency preparedness; and risk

communication. She is currently leading a large prospective longitudinal study of military families across the deployment cycle, conducting a needs assessment of military caregivers, and examining community based models for expanding mental health care for returning veterans and their families.

As the former director of the RAND Center for Military Health Policy Research, she spent a decade overseeing RAND's diverse military health research portfolio. She was the co-study director for a large, donor-funded assessment of the psychological, emotional, and cognitive consequences of deployment to Iraq and Afghanistan entitled *Invisible Wounds of War: Psychological and Cognitive Injuries, Their Consequences, and Services to Assist Recovery*. She also completed a congressionally mandated evaluation of a TRICARE demonstration to expand access to mental health counselors.



Deborah Teasley, PhD, FACHE

Dr. Teasley holds a PhD in Health Administration from Texas A&M University and Bachelor's and Master's degrees in Nursing from The University of Texas Medical Branch in Galveston, TX. She is President and Chief Executive Officer (CEO) of the Southern Regional Area Health Education Center and adjunct Assistant Dean at Duke

University Medical Center. Dr. Teasley is a Fellow in the American College of Healthcare Executives and has served as a Regent for the college.



Richard Tedeschi, PhD

Dr. Tedeschi received his B.A. in Psychology from Syracuse University, his PhD in Clinical Psychology from Ohio University, and completed his Clinical Psychology Internship at The University of North Carolina School of Medicine.

Dr. Tedeschi is Professor of Psychology at the University of North Carolina at Charlotte, where he teaches personality and psychotherapy, and serves as Graduate Coordinator for the Clinical-Community Psychology program. He is a Licensed Psychologist specializing in bereavement and trauma, and has led support groups for bereaved parents for over twenty years.

Dr. Tedeschi serves as a consultant to the American Psychological Association on trauma and resilience, and as a subject matter expert for the US Army's Comprehensive Soldier Fitness Program. He was a finalist for the Bank of America Award for Teaching Excellence, and recipient of the Mary G. Clarke Award for Distinguished Service to Psychology given by the North Carolina Psychological Association, and is President of NCPA.



Command Sergeant Major Isaia T. Vimoto

Command Sergeant Major Isaia T. Vimoto entered the military under the COHORT program from the island of American Samoa in 1981. CSM Vimoto is currently Corps Command Sergeant Major.

CSM Vimoto's awards and decorations include the LOM, DSSM, DMSM, BSM (x2), MSM (5OLC), ARCOM (x6), AAM (x6), Good Conduct Medal (10th award), National Defense Service Medal, GWOT-SM, NCOPD (x4), Overseas Service Ribbon (x7), Army Service Ribbon, Expert Infantryman's Badge, Combat Infantryman's Badge, Ranger Tab, Master Parachutist, Air Assault Badge,

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Drill Sergeant Badge, German Jump Wings and Brazilian Jump Wings. He is a member of the prestigious Sergeant Morales and the Sergeant Audie Murphy Club. He was also awarded the Infantry Order of Saint Maurice, the Field Artillery Order of Saint Barbara, and Combat Spurs.



Mark Vomund

Mark Vomund is a senior noncommissioned officer in the brotherhood of Special Forces and has earned the right to wear the highly coveted Green Beret. He additionally volunteered to serve in one of the military's elite units and has deployed ten times into

the combat zones of Afghanistan and Iraq in this longest war in the history of our nation.

Although previously wounded and enduring many separations from his family, he was very content with his accomplishments and his career. In March 2010, in Kandahar, Afghanistan he experienced a life-altering event. While on a combat mission he and his military working dog, Herco, were severely wounded by an improvised explosive device (IED). His story is one of courage, tenacity and perseverance. The resolve of his family is inspiring.



Heather Wilkerson, MSW

Heather Wilkerson received her Master of Social Work in 2003 from New Mexico State University. In April 2006, she created her private practice, Hope-thru-Horses, Inc. (HTH, Inc.)

Heather is certified in Trauma Focused Cognitive Behavioral Therapy. By 2008, the program had grown so much that the Wilkerson's moved to a 20 acre farm, which they continue to develop to fit the program. In 2009, Heather began offering and providing corporate team-building opportunities to area companies, programs, and professional development for the U.S. Army.

In February 2010, Heather received her Advanced Certification with EAGALA. With that, she mentors other practitioners who practice equine-assisted psychotherapy using the EAGALA model. At Hope-thru-Horses, Inc.

She has also provided services to soldiers and their families from the Warrior Transition Battalion on Ft. Bragg.



Robert L. Wilson Jr., MA

Robert L. Wilson Jr., is a Director of Mental Health Continuing Education at Southern Regional Area Health Education Center and Project Coordinator for the NC Evidence Based Practices Center.

He received his Masters Degree in Sociology from Fayetteville State University and Bachelors Degree in Psychology from

Rowan University. Robert has a background in mental health, healthcare education, community development, integrated care, and working with at risk youth and their families.

He is a nationally certified Mental Health First Aid Instructor in adult and youth.



Doug Webster, MSW

Doug Webster is the Service Line Director for Behavioral Health at Cape Fear Valley Medical Center. Doug and his wife recently relocated to Fayetteville from Nashville where he was the CEO of a 100 bed Adolescent Treatment Facility. Originally from Miami Florida, he previously worked for a National Mental Health Management Company for seventeen years.

Doug has extensive experience in managing psychiatric hospitals, adult and gero-psychiatric facilities, partial hospital programs, as well as outpatient services.



Julia Yeary, ACSW, LCSW

Julia Yeary, received her Masters in Social Work in 1980 from the University of Hawaii. Currently, she is the Director of Training and Resources for Military Family Projects at **ZERO TO THREE**, and is working to establish stronger support for military families who have very young children including those who do not have access to services found on military installations.

Julia provides training and consultation for communities throughout the country, and has facilitated numerous webinars and distal trainings for multi-disciplinary professionals. Julia is the author of "Operation Parenting Edge: Promoting Resiliency through Prevention" (*ZERO TO THREE Journal*, July 2007), co-authored with Amy Kim "Making Long Term Separations Easier for Children and Families" (*Young Children*, September 2008) and co-authored with Sally Zoll and Kathy Reschke "When A Parent is Away: Promoting Strong Parent-Child Connections During Parental Absence" (*ZERO TO THREE Journal*, April 2012). She has presented at numerous workshops and conferences across the country and overseas.

Chaplain (Major) Doug Hoover

Chaplain (Major) Doug Hoover, LMFT, LPC, was born and raised in South Eastern Pennsylvania. He received a B.S. degree in Biology from Guilford College, Greensboro, NC. He also holds a Masters of Divinity degree from Columbia Biblical Seminary, Columbia, SC. In 1999 Chaplain Hoover entered the U.S. Army as a Battalion Chaplain. In 2009 he received an MS in Community Counseling from Columbus State University in Columbus, GA. For the next three years he served as the Ft. Benning, GA Family Life Chaplain. During that time he completed a Doctor of Ministry degree from Erskine Seminary, Due West SC. Since April 2012 he has been serving as the 95th Civil Affairs Brigade Chaplain at Ft. Bragg, NC. He has been deployed to Iraq, Afghanistan, Saudi Arabia, and Kuwait. Chaplain Hoover lives in Cameron, NC with his wife, Kathy and 4 of their 6 children.

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Session 1 - November 14 at 10:05 a.m.

- ☐ 1A Military Caregivers: Cornerstones of Support for Our Nation's Wounded, Ill, and Injured Veterans
- ☐ 1B Suicide Prevention and Military Students
- ☐ 1C Facilitating Post-Traumatic Growth
- ☐ 1D Coming Together Around Young Children from Military and Veteran Families in Early Care

Session 2 - November 14 at 2:35 p.m.

- ☐ 2A Building Resilient Families: Understanding the Impact of Military Transitions Through the Eyes of a Child
- ☐ 2B Building Communities of Care: Public Health Perspectives and Clinical Practices in Support of Military Children and Their Families
- ☐ 2C Duty to Care: Supporting Young Children Through Challenging Times
- ☐ 2D Building Family Resiliency from a Faith & Spiritual Perspective
- ☐ 2E Suicide Prevention: Everyone Has a Role

Session 3 - November 15 at 9:45 a.m.

- ☐ 3A PTSD and Substance Abuse
- ☐ 3B Relationship Dynamics in a Transitional Environment
- ☐ 3C Navigating the System Panel
- ☐ 3D Residual Effects of Trauma on Military Families
- ☐ 3E Working with Military Families from a Judicial and Law Enforcement Perspective

Session 4 - November 15 at 12:45 p.m.

- ☐ 4A Soldier 360 In-Depth: Promoting Resilience in Leaders, Families & Communities
- ☐ 4B Military Culture and Impact on Communications
- ☐ 4C Mental Health First Aid: Working with Children
- ☐ 4D Equine Assisted Psychotherapy: A Growing Treatment Modality

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