



VA/DoD Women's Mental Health Mini-Residency



- **Dates:** August 28-30, 2018 in Crystal City, VA
- **Faculty:** National subject matter experts representing both Departments
- **Participants:** 75 VA and 75 DoD mental health providers
 - Will include a broad range of clinical disciplines
 - Prescribers: psychiatrists, advanced practice nurses
 - Therapists: psychologists, social workers, counselors
- **Purpose:** Provide VA and DoD mental health providers with clinical knowledge and skills to provide gender-sensitive, foundational mental health services to Active Duty Servicewomen and women Veterans



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- **Broad curriculum:**
 - Evidence-based psychotherapies and psychiatric medications
 - Highly interactive sessions: small group workshops, case-based examples, demonstrations and role plays
- **Training outcomes:**
 - Participants will create and implement Action Plans to advance women's mental health care and suicide prevention at their local facilities after participation in the mini-residency
 - VA participants will serve as Women's Mental Health Champions (at least one per VA medical center)
- Core curriculum, conference structure and training objectives based on the highly successful VA Women's Mental Health Mini-Residency in 2016



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- **Sample lecture topics:**
 - Suicide Prevention in Servicewomen and women Veterans
 - Mental Health and the Menstrual Cycle
 - Pain, Mental Health and Gender
 - Complex Trauma
- **Sample breakout session topics:**
 - What Do You Do When An Active Duty Servicemember Discloses Sexual Assault?
 - Psychopharmacology for Depression and PTSD in Women
 - Parenting Skills Training in Affective and Interpersonal Regulation (Parenting STAIR)
 - Trauma-informed Safety Planning with Women Who Experience Intimate Partner Violence