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
VA/DoD Women’s Mental Health Mini-Residency

- **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