

**Defense Advisory Committee on Women in the Services (DACOWITS) 1**  
**Request for Information (RFI) – September 2018**  
**Association of the United States Army (AUSA) Conference Center**  
**2425 Wilson Boulevard, Arlington, VA 22201**

**RFI: DACOWITS requests a written response from the Air Force Women's Initiative Team and Veteran Affairs' Women's Health Services on the status and findings of the "Women's Health Workshop" pilot program for transitioning servicewomen. Details should include the following, but not be limited to:**

- a. Status of implementation/expansion to additional locations**
- b. Curriculum**
- c. Feedback from Participants**
- d. Assessment on value of program**
- e. Cost analysis/funding requirements and sources**

United States Air Force (USAF): Air Force Women's Initiative Team  
USAF POCs: Maj Alea Nadeem, Ms. Heather Meyer

Veterans Affairs (VA): Women's Health Services  
VA POCs: Dr. Nancy Maher, Dr. Sally Haskell

**(A) Status of Implementation/Expansion to Additional Locations**

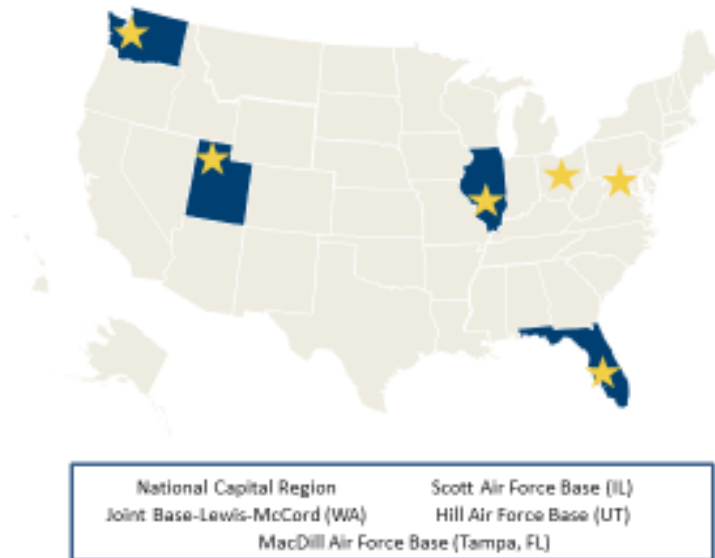
Beginning in July 2018, the Women's Health Transition Pilot Program was launched at five locations; (1) Pentagon, VA (2) Joint Base Andrews, MD (3) Scott AFB, IL (4) MacDill AFB, FL (5) Hill AFB, UT. Per the request of Wright-Patterson AFB, Airman & Family Readiness Center the AF-VA will be adding Dayton, OH as a sixth location. We are continuing to work with the Army and Navy on adding military installations to host the Women's Health Pilot TAP; however, the Army currently has their pilots on hold due to significant impediments (NFI) at the following installations: (1) Joint Base Lewis McChord, WA (2) Ft Meade, MD (3) Ft Belvoir, VA. Our team continues to engage with the Army, Transition Division - The Adjutant General Directorate for updates. Our team is working with the DoD-Transition to Veterans Program Office (TVPO) to look at implementing this pilot DoD-wide at all military installations.

**Defense Advisory Committee on Women in the Services (DACOWITS)  
Request for Information (RFI) – September 2018  
Association of the United States Army (AUSA) Conference Center  
2425 Wilson Boulevard, Arlington, VA 22201**

2

## Next Steps: Phase 2

The next steps include a six site pilot of the Women's Health Learning Session, curriculum updates based on participant feedback, and session evaluation.



**Created Evaluation Plan**  
Designed an evaluation plan to measure the long-term effectiveness of the course

**Pilot Sessions**  
Facilitate the course across the country for at least 5 sites for a total of 50 sessions over approximately 8.5 months

**Curriculum Update**  
Consolidate the participant feedback and make curriculum updates for future iterations

**Evaluate Session Effectiveness**  
Analyze the data from the pilot sessions to determine overall course effectiveness

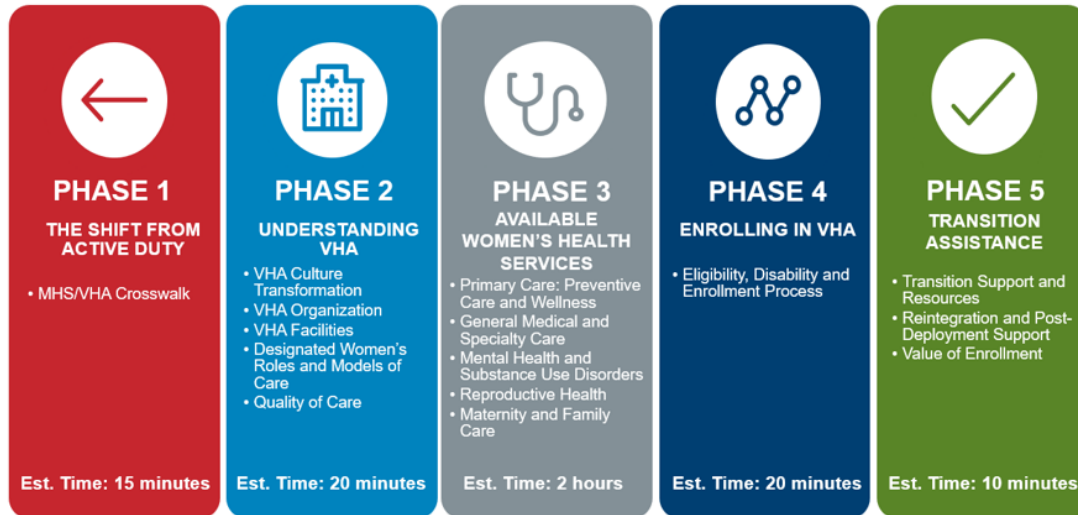


### **(B) Curriculum**

The full curriculum is attached. The course is a one-day course with the five phases that focus on:

- (1) Shift from the military health care system to VA health care system
- (2) Veteran Health Administration care system
- (3) Enrollment process & eligibility
- (4) Specific women's health care services available at VA
- (5) Determine if women post service will utilize the VA

## Women's Health Learning Session Content Overview








WHS worked with [HigherEchelon](#) and Deloitte to design and develop this curriculum

The session features interactive exercises designed to encourage the participants to engage with and personalize the material to their individual health care journey



**Defense Advisory Committee on Women in the Services (DACOWITS)**  
**Request for Information (RFI) – September 2018**  
**Association of the United States Army (AUSA) Conference Center**  
**2425 Wilson Boulevard, Arlington, VA 22201**

## Women’s Health Available Services at VA

 Primary Care: Preventive Care and Wellness	 General Medical and Specialty Care	 Mental Health/Substance Use Disorder Treatment	 Reproductive Health	 Maternity and Family Care
<ul style="list-style-type: none"> <li>• General Medical Care for Acute and Chronic Illness</li> <li>• Basic Reproductive health care, including contraception</li> <li>• <b>Preventive Care/Cancer Screenings</b> and Immunizations</li> <li>• <b>Cardiovascular Risk Assessment, Prevention, and Treatment</b></li> <li>• <b>Musculoskeletal Injury Evaluation and Treatment</b></li> <li>• Smoking Cessation</li> <li>• Nutrition</li> <li>• MOVE! Weight Management Program</li> <li>• Pain Management</li> <li>• <b>Whole Health/Complementary and Integrative Therapies</b></li> <li>• Social Support</li> <li>• Military Sexual Trauma and Intimate Partner Violence Screening</li> <li>• Post-Deployment Evaluation and Screening</li> </ul>	<ul style="list-style-type: none"> <li>• Medical Subspecialties                             <ul style="list-style-type: none"> <li>• Cardiology*</li> <li>• Endocrinology*</li> <li>• Gastroenterology*</li> <li>• Rheumatology *</li> <li>• Others*</li> </ul> </li> <li>• Surgical Subspecialties                             <ul style="list-style-type: none"> <li>• General Surgery*</li> <li>• Gynecology*</li> <li>• Urology*</li> <li>• Orthopedics*</li> <li>• Others*</li> </ul> </li> <li>• Other Services                             <ul style="list-style-type: none"> <li>• Optometry*</li> <li>• Audiology/Hearing Loss</li> <li>• Podiatry*</li> <li>• Dental</li> <li>• <b>Prosthetics, including gender specific items</b></li> <li>• Physical Therapy</li> <li>• Others*</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mental Health Services</b> <ul style="list-style-type: none"> <li>• Screening and Treatment for Depression, PTSD, and other Mental Health Conditions</li> <li>• In-patient and Outpatient Treatments available (Women’s Groups Available)</li> <li>• Suicide Prevention</li> </ul> </li> <li>• <b>Military Sexual Trauma Related Care</b> <ul style="list-style-type: none"> <li>• Outpatient and Residential Substance Use Disorder Programs</li> <li>• Gender Specific Treatment Groups at some sites</li> <li>• Women’s Residential Programs</li> <li>• TBI Screening and Treatment</li> <li>• Depression Screening and Treatment*</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Contraception</b></li> <li>• <b>Pre-conception planning</b></li> <li>• <b>Infertility</b></li> <li>• <b>Incontinence Treatment/Support</b> <ul style="list-style-type: none"> <li>• Pelvic Floor Physical Therapy (at some locations)</li> </ul> </li> <li>• Menopause Management</li> <li>• Gynecology Services</li> <li>• Pelvic pain*</li> <li>• Abnormal uterine bleeding*</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Maternity Care</b> <ul style="list-style-type: none"> <li>• Nursing Bras, Breast Pumps, and Maternity Belts</li> <li>• Newborn Care (Up to 7 days)</li> </ul> </li> </ul>



VA



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
 Patient Care Services  
 Women’s Health Services

### **(C) Feedback from Participants**

Feedback from participants has been overwhelmingly positive and pre & post survey data indicate substantial improvement in knowledge of the VA health care enrollment process and health services offered by the VA specifically for women.

*“Loved this! I enjoyed the group discussions/sharing experiences/etc. I don’t feel as overwhelmed starting my transition to retirement and civilian life. You have given me a few things to think about now and not later when I’m sure to be more stressed with moving, etc. Thank you so much for your time and expertise.”*

**Request for Information (RFI) – September 2018**

**Association of the United States Army (AUSA) Conference Center**

**2425 Wilson Boulevard, Arlington, VA 22201**

*“I didn’t know I could get other services for a co-pay, not [only] all service-related [care].”*

*“It is nice to ask questions about women’s issues, not around men.”*

*“I didn’t realize there was a need to have services specific to women that weren’t needed for men, so thank you.”*

*“I would recommend this course because so little in military service is focused on women, especially health, and this is a great/open environment to ask questions and get gender-specific information. I invited other women but they couldn’t attend – I will now highly recommend/insist that they attend the next offering.”*

*“This was extremely beneficial and an AMAZING resource for women separating from service.”*

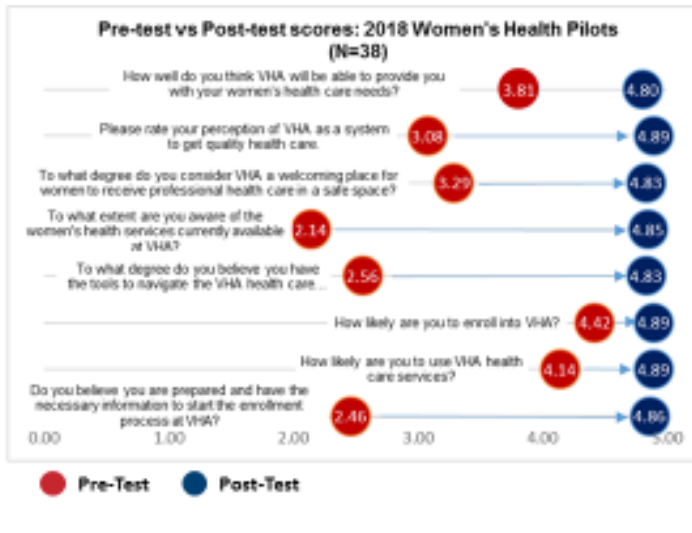
*“Very helpful. I started with about 5% of the information, and am walking away with confidence and armed with sufficient information to make informed decisions/conversations.”*

***Room for Improvement Feedback***




*“I would like to know more about disability and what I am specifically eligible for.”*

## Perceptions about VHA Care Changed Dramatically

Participants had improved perceptions about VHA in all eight pre/post test comparison questions. The largest increase was in awareness of available women’s health services at VHA.



### Pre/Post Session Findings

-  Course provides **relevant VHA health enrollment information** service members are **not retaining elsewhere**
-  Course describes **extent and depth of services offered** at VHA, especially **related to women's health**, that participants otherwise wouldn't know about
-  Course has **increased intent and confidence to enroll** and **increased perception of VHA** as a quality place to get care



### **(D) Assessment on Value of Program**

The evaluation of the program will be accomplished by pre and post training questionnaires that will focus on changes in perception of the VA as a quality institution to receive care; changes in perception of the VA as being welcoming to women; gains in knowledge about how to enroll in VA health care; gains in knowledge about women specific health care services available at the VA; gains in intent to enroll in VA health care in a timely manner and gains in intent to use the VA health care system. Longer term evaluation will focus on the actual increase in timely enrollment by participants over baseline as well as increase in the utilization of VA health care services by participants over baseline.

### **(E) Cost analysis/Funding Requirements and Sources**

The cost of the pilot is funded solely by the Veteran Health Administration (VHA) through May 2019. The results of the pilot evaluation will be presented to the TAP senior steering group (SSG) at the conclusion of the pilot period. If the SSG decides

**Defense Advisory Committee on Women in the Services (DACOWITS) 7**  
**Request for Information (RFI) – September 2018**  
**Association of the United States Army (AUSA) Conference Center**  
**2425 Wilson Boulevard, Arlington, VA 22201**

to adopt the women's health workshop as a permanent part of the TAP, it is anticipated that the costs of continuing the program will be funded through the same funding source.

**(F) Total Number of Training Participants**

Since the pilot began on July 16, 2018, we have had a total of 70 participants. Each session has averaged approximately 8 participants.