



COLORADO STATE UNIVERSITY
— GLOBAL —

PSY510: HISTORY, SYSTEMS, AND PHILOSOPHY OF MILITARY AND EMERGENCY RESPONDER PSYCHOLOGY

Credit Hours: 3

Contact Hours: This is a 3-credit course, offered in accelerated format. This means that 16 weeks of material is covered in 8 weeks. The exact number of hours per week that you can expect to spend on each course will vary based upon the weekly coursework, as well as your study style and preferences. You should plan to spend 14-20 hours per week in each course reading material, interacting on the discussion boards, writing papers, completing projects, and doing research.

Faculty Information: Faculty contact information and office hours can be found on the faculty profile page.

COURSE DESCRIPTION AND OUTCOMES

Course Description:

This course highlights the current psychosocial research and literature relevant to the mental health of military and responder populations, including influences of culture, age, and stigma on utilization of mental health services. Students will examine the personal, social, cultural, and organizational forces that affect the psychology of military and responder populations.

Course Overview:

This course is designed to enable students to utilize culturally competent attitudes and knowledge as clinicians when providing mental health services to military service members, family of service members, veterans, and emergency responders. American military and emergency responder ethos will be examined to recognize its influence on the success and vulnerabilities of mental health care. Additionally, military and emergency responder culture and history, to include survey of current events, will be analyzed to provide students with a better understanding of the personal, social, cultural, and organizational influences of military and responder populations.

Course Learning Outcomes:

1. Analyze the history and development of mental health awareness in military and responder culture.
2. Explain the integration of mental health awareness in military and responder culture into the broader discipline.
3. Assess individuals in the context of their environment and how the environment (geographical, institutional, cultural) affects functioning.
4. Interpret the influences of organization structure and culture that impact individual and agency functioning.

5. Synthesize applicable psychosocial research related to military and first responders.

PARTICIPATION & ATTENDANCE

Prompt and consistent attendance in your online courses is essential for your success at CSU Global Campus. Failure to verify your attendance within the first 7 days of this course may result in your withdrawal. If for some reason you would like to drop a course, please contact your advisor.

Online classes have deadlines, assignments, and participation requirements just like on-campus classes. Budget your time carefully and keep an open line of communication with your instructor. If you are having technical problems, problems with your assignments, or other problems that are impeding your progress, let your instructor know as soon as possible.

COURSE MATERIALS

Required:

None

NOTE: All non-textbook required readings and materials necessary to complete assignments, discussions, and/or supplemental or required exercises are provided within the course itself. Please read through each course module carefully.

COURSE SCHEDULE

Due Dates

The Academic Week at CSU Global begins on Monday and ends the following Sunday.

- **Discussion Boards:** The original post must be completed by Thursday at 11:59 p.m. MT and Peer Responses posted by Sunday 11:59 p.m. MT. Late posts may not be awarded points.
- **Critical Thinking:** Assignments are due Sunday at 11:59 p.m. MT.

WEEKLY READING AND ASSIGNMENT DETAILS

Module 1

Readings

- Brocklin, V. (2019). *Warriors vs. guardians: A seismic shift in policing or just semantics?* PoliceOne.com. <https://www.policeone.com/21st-century-policing-task-force/articles/warriors-vs-guardians-a-seismic-shift-in-policing-or-just-semantics-EXBkY2pEWCHi6Mni/>
- Ingram, J. R., Terrill, W., & Paoline, E. A. (2018). Police culture and officer behavior: Application of a multilevel framework. *Criminology*, 56(4), 780-811. doi:10.1111/1745-9125.12192.
- Redmon, S. A., Wilcox, S. L., Campbell, S., Kim, A., Finney, K., Barr, K., & Hassan, A. M. (2015). A brief introduction to the military workplace culture. *Work*, 50(1), 9-20. doi:10.3233/WOR-141987
- Substance Abuse and Mental Health Services Administration. (2010). *Understanding the military: The institution, the culture, and the people: Information for behavioral healthcare specialists working*

with veterans and service members.

https://www.samhsa.gov/sites/default/files/military_white_paper_final.pdf

Discussion (25 points)

Critical Thinking (75 points)

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission.

Note that while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

Option #1: Emergency Responder and Military Culture

The purpose of this assignment is to demonstrate your comprehension of emergency responder and military organizational structure and culture. For this assignment, synthesize the required readings and additional research to identify key components of emergency responder and military structure and culture and how they influence organizational and individual functioning.

Requirements

- Your paper should be at least 4-6 pages in length and conform to the CSU Global Writing Center. This does not include your title and reference pages.
- Include at least four current scholarly references in addition to the module reading assignments. The CSU Global Library is a good place to find these references.
- Consult the assignment template for a more complete list of requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center.
- Submit your Module 1 Critical Thinking Assignment as a single Microsoft Word document to the submissions area established for this purpose.

Option #2: Presentation of Military and First Responder Culture

You have been tasked by your agency to create a presentation for high school parents on the military and emergency responder culture. They are parents of high school students who are considering entering the military or emergency response profession. The presentation should be 30-45 minutes in length and discuss the military and emergency responder structure and culture and how they influence organizational and individual functioning.

Requirements

- The length of the presentation, beyond the title and reference slides, should be 6-8 slides with speaker notes.
- Present your content clearly, concisely, and cohesively. Include graphic content where appropriate. The presentation must be submitted as a completely self-contained file (e.g., PowerPoint or Prezi).
- In addition to the required readings, cite at least four current scholarly resources (peer-reviewed, official governmental reports, and other scholarly sources) to support your suppositions, assertions, and conclusions. To enhance your learning experience, scholarly resources are available from the CSU Global library.
- Format your submission per the CSU Global Writing Center standards, which includes an introduction and conclusion.

- You may wish to review the Visual Presentations section in the CSU Global Writing Center for help creating and formatting your presentation according to the requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center.

Portfolio Reminder

This course has a final Portfolio Project, due in Week 8. This week, review the Portfolio Project Options and Requirements as well as the Portfolio Project Grading Rubric in the Module 8 folder.

Module 2

Readings

- DeGryse, D. (2019). Mental health: Navigating your treatment options. *Fire Engineering*, 172(4), 105–110.
- Glover, W. J., Plmanabhan, J., Rhodes, D., & Nightingale, D. (2015). Architecting the future U.S. military psychological health enterprise via policy and procedure analysis. *Military Medicine*, 180(8), 898–909. <https://doi.org/10.7205/MILMED-D-14-00372>
- Hester, R. (2017). Lack of access to mental health services contributing to the high suicide rates among veterans. *International Journal of Mental Health Systems*, 11(1), 1–4. <https://doi.org/10.1186/s13033-017-0154-2>
- Leroux, T. C., Hye-Chung K., Dabney, A., Wells, R., & Kum, H.-C. (2016). Military deployments and mental health utilization among spouses of active duty service members. *Military Medicine*, 181(10), 1269–1274. <https://doi.org/10.7205/MILMED-D-15-00583>
- Sherman, E. (2018). Assessing fire service behavioral health programs. *Fire Engineering*, 171(5), 65–68.
- Whitmarsh, A. (2007). Distinguishing between shell-shocked veterans and pauper lunatics: The ex-services' welfare society and mentally wounded veterans after the Great War. *War in History*, 14(3), 347–371.

Discussion (25 points)

Critical Thinking (75 points)

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission.

Note that while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

Option #1: Proposal for Mental Health Care Funding

In recent years, budget cuts have drastically impacted an already inadequate public mental health system. This has reduced the availability of community- and hospital-based psychiatric care, housing, and access to medications.

You are a mental health care advocate of a municipal Veterans Affairs Office. Your municipality has experienced an increase in veteran and emergency responder suicides. Submit a proposal to the city council requesting additional funding for public mental health care services. The proposal should include the history of mental health care for US servicemembers, veterans, their families, and emergency responders. Additionally, the proposal should include an evaluation of the current mental health care system and identified areas of improvement that require additional funding.

Requirements

- Your proposal should be at least 4-6 pages in length and conform to the CSU Global Writing Center. This does not include your title and reference pages.
- Include at least four current scholarly references in addition to the module reading assignments. The CSU Global Library is a good place to find these references.
- Consult the assignment template for a more complete list of requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center.
- Submit your Module 2 Critical Thinking Assignment as a single Microsoft Word document to the submissions area established for this purpose.

Option #2: Community Mental Health Care Assessment

As a mental health care professional, you have been asked to examine and assess the current state of a mental health care system in your community (local, state, federal, or private). You will present your findings to a local mental health advocacy group. Indicate which system you are addressing in the title of your presentation. Identify the gaps in services and make recommendations to improve accessibility, quality, and care for either military servicemembers, veterans, or emergency responders.

Requirements

- The length of the presentation, beyond the title and reference portions, should be 6-8 slides with speaker notes.
- Please present your content clearly, concisely, and cohesively. The presentation must be submitted as a completely self-contained file (e.g., PowerPoint or Prezi).
- In addition to the required readings, cite at least four current scholarly resources (peer-reviewed, official governmental reports, and other scholarly sources) to support your suppositions, assertions, and conclusions. To enhance your learning experience, scholarly resources are available from the CSU Global library.
- Format your submission per the CSU Global Writing Center standards, which includes an introduction and conclusion.
- You may wish to review the Visual Presentations section in the CSU Global Writing Center for help creating, formatting, and recording audio for your presentation according to the requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center. Review the grading rubric to see how you will be graded for this assignment.

Module 3

Readings

- Bell, S., & Eski, Y. (2016). "Break a leg--It's all in the mind": Police officers' attitudes towards colleagues with mental health issues. *Policing: A Journal of Policy & Practice*, 10(2), 95–101. <https://doi.org/10.1093/police/pav041>
- Fraternal Order of Police & NBC-New York. (2018). Report on FOB/NBC survey of police officer mental and behavioral health. <https://fop.net/CmsDocument/Doc/OfficerWellnessSurvey.pdf>
- Niwako, Y., Kelly, C., Dresden, B. E., Busath, G. L., & Riley, C. E. (2016). The predictive effects of work environment on stigma toward and practical concerns for seeking mental health services. *Military Medicine*, 181(11), e1546–e1552. <https://doi.org/10.7205/MILMED-D-15-00489>

- Schreiber, M., & McEnany, G. P. (2015). Stigma, American military personnel and mental health care: Challenges from Iraq and Afghanistan. *Journal of Mental Health, 24*(1), 54–59.
<https://doi.org/10.3109/09638237.2014.971147>

Discussion (25 points)

Critical Thinking (75 points)

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission.

Note that while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

Option #1: Report on Barriers to Use of Mental Health Services for Police Officers

The local police chief has contracted you to implement a wellness program for police officers. The chief is concerned that officers may be hesitant to utilize the program and has asked you to prepare an exploratory report that addresses the following:

- Barriers to mental health services for police officers
- Stigma associated with accessing mental health services
- Best practices to overcome the barriers and stigma associated with accessing mental health services.

Requirements

- Your report should be 4-6 pages in length and conform to the CSU Global Writing Center. This does not include your title and reference pages.
- Include at least four current scholarly references in addition to the module reading assignments. The CSU Global Library is a good place to find these references.
- Consult the assignment template for a more complete list of requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center.

Submit your Module 3 Critical Thinking Assignment as a single Microsoft Word document to the submissions area established for this purpose.

Option #2: Report on Barriers to Use of Mental Health Services for Military Personnel

The military base in your state has seen an epidemic of suicides among returning servicemembers from Iraq and Afghanistan. The base commander has contacted you to examine the issue and complete an exploratory report that addresses the following:

- Mental health illness among returning warfighters and veterans
- Stigma associated with accessing mental health services
- Barriers to mental health services for returning warfighters and veterans
- Best practices to overcome the barriers and stigma associated with accessing mental health services.

Requirements

- Your report should be 4-6 pages in length and conform to the CSU Global Writing Center. This does not include your title and reference pages.

- Include at least four current scholarly references in addition to the module reading assignments. The CSU Global Library is a good place to find these references.
- Consult the assignment template for a more complete list of requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center.
- Submit your Module 3 Critical Thinking Assignment as a single Microsoft Word document to the submissions area established for this purpose.

Module 4

Readings

- Blow, A. J., Bowles, R. P., Farero, A., Subramaniam, S., Lappan, S., Nichols, E., Gorman, L., Kees, M., & Guty, D. (2017). Couples coping through deployment: Findings from a sample of National Guard families. *Journal of Clinical Psychology, 73*(12), 1753–1767. <https://doi.org/10.1002/jclp.22487>
- Lester, P., Aralis, H., Sinclair, M., Kiff, C., Lee, K.-H., Mustillo, S., Wadsworth, S., & Wadsworth, S. M. (2016). The impact of deployment on parental, family and child adjustment in military families. *Child Psychiatry & Human Development, 47*(6), 938–949. <https://doi.org/10.1007/s10578-016-0624-9>
- Vest, B. M., Heavey, S. C., Homish, D. L., & Homish, G. G. (2018). Alcohol misuse in reserve soldiers and their partners: Cross-spouse effects of deployment and combat exposure. *Substance Use & Misuse, 53*(5), 800–807. <https://doi.org/10.1080/10826084.2017.1385632>
- Veterans Affairs. (2019). What is deployment? https://www.mentalhealth.va.gov/communityproviders/docs/deployment_operational_experiences.pdf
- Walsh, T. B., Dayton, C. J., Erwin, M. S., Muzik, M., Busuito, A., & Rosenblum, K. L. (2014). Fathering after military deployment: Parenting challenges and goals of fathers of young children. *Health & Social Work, 39*(1), 35–44. <https://doi.org/10.1093/hsw/hlu005>

Discussion (25 points)

Critical Thinking (75 points)

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission.

Note that while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

Option #1: Military Deployment and Its Effect on Families

Analyze the current state of US military deployments throughout the world and its effects on the family. Conceptualize the relationship between military deployment and family violence. What does the current literature suggest is the causal relationship between the two? As a mental health provider serving the military community, how would you address this issue?

Requirements

- Your paper should be 4-6 pages in length and conform to the CSU Global Writing Center. This does not include your title and reference pages.
- Include at least four current scholarly references in addition to the module reading assignments. The CSU Global Library is a good place to find these references.
- Consult the assignment template for a more complete list of requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global

Writing Center. Submit your Module 4 Critical Thinking Assignment as a single Microsoft Word document to the submissions area established for this purpose.

Option #2: Presentation on Military Deployment and Substance Abuse

You have been asked by the Veterans Affairs office to present to military families the issues of frequent and extended military deployments and substance abuse. The presentation should include the following:

- Substance abuse and returning servicemembers
- Substance abuse prevention and treatment for returning servicemembers.

Requirements

- The length of the presentation, beyond the title and reference portions, should be 6-8 slides with speaker notes.
- Please present your content clearly, concisely, and cohesively. The presentation must be submitted as a completely self-contained file (e.g., PowerPoint or Prezi) or as a link to a hosted Internet site.
- In addition to the required readings, cite at least 4-6 current scholarly resources (peer-reviewed, official governmental reports, and other scholarly sources) to support your suppositions, assertions, and conclusions. To enhance your learning experience, scholarly resources are available from the CSU Global library.
- Format your submission per the CSU Global Writing Center standards, which includes an introduction and conclusion.

You may wish to review the Visual Presentations section in the CSU Global Writing Center for help creating, formatting, and recording audio for your presentation according to the requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center. Review the grading rubric to see how you will be graded for this assignment.

Module 5

Readings

- Hassell, K. D., Archbold, C. A., & Stichman, A. J. (2011). Comparing the workplace experiences of male and female police officers: Examining workplace problems, stress, job satisfaction and consideration of career change. *International Journal of Police Science & Management*, 13(1), 37–53. <https://doi.org/10.1350/ijps.2011.13.1.217>
- Horan, S., Bochantin, J., & Booth-Butterfield, M. (2012). Humor in high-stress relationships: Understanding communication in police officers' romantic relationships. *Communication Studies*, 63(5), 554–573. <https://doi.org/10.1080/10510974.2011.633297>
- McCoy, S. P., & Aamodt, M. G. (2008, October). *Divorce rates for law enforcement personnel: Another myth bites the dust* [PDF document]. Paper presented at the annual meeting of the Society for Police and Criminal Psychology, Walnut Creek, CA. <http://maamodt.asp.radford.edu/Research%20-%20Forensic/SPCP%202008%20-%20McCoy%20&%20Aamodt%20-%20Divorce%20Rates.pdf>
- Purba, A., & Demou, E. (2019). The relationship between organisational stressors and mental wellbeing within police officers: A systematic review. *BMC Public Health*, 19(1), 1–13.
- Violanti, J. M., Fedulegn, D., Hartley, T. A., Charles, L. E., Andrew, M. E., Ma, C. C., & Burchfiel, C. M. (2017). Highly rated and most frequent stressors among police officers: Gender differences. *American Journal of Criminal Justice*, 41(4), 645-662. <https://doi.org/10.1007/s12103-016-9342-x>

Discussion (25 points)

Critical Thinking (75 points)

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission.

Note that while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

Option #1: Group-based Identities and Stress Factors

Choose one of the following:

- Gender
- Race
- Sexual Orientation
- Religion.

How can organizational climate negatively impact the psychological well-being of emergency response employees who identify with a group based on one of the categories above? How might this affect interpersonal relationships? Identify additional stressors for emergency response employees who identify with one of these groups. As a mental health practitioner, how would you promote wellness in relation to the associated stresses?

Requirements

- Your paper should be 4-6 pages in length and conform to the CSU Global Writing Center. This does not include your title and reference pages.
- Include at least four current scholarly references in addition to the module reading assignments. The CSU Global Library is a good place to find these references.
- Consult the assignment template for a more complete list of requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center.
- Submit your Module 5 Critical Thinking Assignment as a single Microsoft Word document to the submissions area established for this purpose.

Option #2: Proposal for a Wellness Program

You have been contacted by the local fire chief to implement a wellness program for firefighters and paramedics. Your proposal should include the following:

- A summary of the current literature on emergency responder stress and interpersonal relationships
- The impact of organizational climate on emergency responder psychological well-being, including how that climate relates to group-based identities
- The importance of wellness programs in emergency response organizations.

Requirements

- Your proposal should be 4-6 pages in length and conform to the CSU Global Writing Center. This does not include your title and reference pages.
- Include at least four current scholarly references in addition to the module reading assignments. The CSU Global Library is a good place to find these references.

- Consult the assignment template for a more complete list of requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center.
- Submit your Module 5 Critical Thinking Assignment as a single Microsoft Word document to the submissions area established for this purpose.

Portfolio Reminder

Remember that you will have a final Portfolio Project due in Week 8. Go to the Module 8 folder to familiarize yourself with the two options and project requirements.

Module 6

Readings

- Bartlett, B. A., Jardin, C., Martin, C., Tran, J. K., Buser, S., Anestis, M. D., & Vujanovic, A. A. (2018). Posttraumatic stress and suicidality among firefighters: The moderating role of distress tolerance. *Cognitive Therapy & Research*, 42(4), 483–496. <https://doi.org/10.1007/s10608-018-9892-y>
- Dworkin, E. R., Bergman, H. E., Walton, T. O., Walker, D. D., & Kaysen, D. L. (2018). Co-occurring post-traumatic stress disorder and alcohol use disorder in U.S. military and veteran populations. *Alcohol Research: Current Reviews*, 39(2), e1–e9.
- Trevillion, K., Williamson, E., Thandi, G., Borschmann, R., Oram, S., Howard, L., & Howard, L. M. (2015). A systematic review of mental disorders and perpetration of domestic violence among military populations. *Social Psychiatry & Psychiatric Epidemiology*, 50(9), 1329–1346. <https://doi.org/10.1007/s00127-015-1084-4>
- Zavala, E., & Kurtz, D. L. (2016). Applying differential coercion and social support theory to police officers' misconduct. *Deviant Behavior*, 37(8), 877–892. <https://doi.org/10.1080/01639625.2016.1153365>

Discussion (25 points)

Critical Thinking (75 points)

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission.

Note that while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

Option #1: Stress and Behavioral Issues

This assignment requires some creative visualization. Imagine that you are making a presentation about military and responder stress to concerned citizens at a local library. You will be explaining the correlation between military and responder stress and substance abuse, family violence, misconduct, and suicide. Using Word, create a SmartArt graphic to show the significance of each issue. The graphic presentation should include talking points that correlate the relationship between each variable.

Requirements

- To create the graphic in Microsoft Word, go to Insert, SmartArt. Choose the Relationship or Matrix category, then choose the graphic that best suits your conceptualization. You can use both text and images/pictures in your presentation.
- The talking points can appear on a separate page and may be formatted as a list.

- Include title and reference pages that conform to the CSU Global Writing Center. Note: If you use images from the internet, be sure to cite those appropriately as well.
- Include at least four current scholarly references in addition to the module reading assignments. The CSU Global Library is a good place to find these references.
- Submit your Module 6 Critical Thinking Assignment as a single Microsoft Word document to the submissions area established for this purpose.

Option #2: Assessment of Wellness Programs

For this assignment, you will select and analyze a public safety or military wellness program. Identify the program and give a brief description of it in your introduction. In your analysis, identify areas of success and areas of needed improvement. Specifically, discuss how these programs address military and/or responder alcohol and substance abuse, family violence, misconduct, and suicide.

Requirements

- Your paper should be 4-6 pages in length and conform to the CSU Global Writing Center. This does not include your title and reference pages.
- Include at least four current scholarly references in addition to the module reading assignments. The CSU Global Library is a good place to find these references.
- Consult the assignment template for a more complete list of requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center. Review the grading rubric to see how you will be graded for this assignment.
- Submit your Module 6 Critical Thinking Assignment as a single Microsoft Word document to the submissions area established for this purpose.

Module 7

Readings

- Leppma, M., Scott, O., Mnatsakanova, A., Sarkisian, K., Adjero, L., Andrew, M. E., ... Violanti, J. M. (2018). Stressful life events and posttraumatic growth among police officers: A cross-sectional study. *Stress & Health: Journal of the International Society for the Investigation of Stress*, 34(1), 175–186. <https://doi.org/10.1002/smi.2772>
- Rice, V., & Liu, B. (2016). Personal resilience and coping Part II: Identifying resilience and coping among U.S. military service members and veterans with implications for work. *Work*, 54(2), 335-350. <https://doi.org/10.3233/WOR-162301>
- Salinas, C. R., & Webb, H. E. (2018). Occupational stress and coping mechanisms in crime scene personnel. *Occupational Medicine*, 68(4), 239–245. <https://doi.org/10.1093/occmed/kqy030>
- Shakespeare-Finch, J., Rees, A., & Armstrong, D. (2015). Social support, self-efficacy, trauma and well-being in emergency medical dispatchers. *Social Indicators Research*, 123(2), 549–565. <https://doi.org/10.1007/s11205-014-0749-9>
- Tait, R., Currier, J. M., & Harris, J. I. (2016). Prayer coping, disclosure of trauma, and mental health symptoms among recently deployed United States veterans of the Iraq and Afghanistan conflicts. *International Journal for the Psychology of Religion*, 26(1), 31–45. <https://doi.org/10.1080/10508619.2014.953896>

Discussion (25 points)

Module 8

Readings

- Chopko, B. A., Palmieri, P. A., & Adams, R. E. (2015). Critical Incident history questionnaire replication: Frequency and severity of trauma exposure among officers from small and midsize police agencies. *Journal of Traumatic Stress, 28*(2), 157–161. <https://doi.org/10.1002/jts.21996>
- Currier, J. M., Stefurak, T., Carroll, T. D., & Shatto, E. H. (2017). Applying trauma-informed care to community-based mental health services for military veterans. *Best Practice in Mental Health, 13*(1), 47–64.
- Garner, N., Baker, J., & Hagelgans Mo, D. (2016). The private traumas of first responders. *Journal of Individual Psychology, 72*(3), 168–185.
- Litz, B. T. (2007). Research on the impact of military trauma: Current status and future directions. *Military Psychology (Taylor & Francis Ltd), 19*(3), 217–238. <https://doi.org/10.1080/08995600701386358>
- Woods, T., & Munger, D. (Producers). (2013). *Homecoming: Conversations with combat PTSD* [Video file]. University of Southern California, MVA Collection. <https://video-alexanderstreet-com.csuglobal.idm.oclc.org/watch/homecoming-conversations-with-combat-ptsd>

Discussion (25 points)

Portfolio Project (350 points)

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission.

Note that while there are two options for the Portfolio Project, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

Option #1: Proposal for Community Services

As a mental health provider for a community counseling practice, you've recognized a need in your city to provide more services to military personnel, emergency responders, and their families. Your board of directors has asked you to write a proposal explaining the need, creating a vision statement, and identifying the necessary services to become a recognized and accessible resource for these populations. Your proposal should include the following sections:

- Introduction and vision statement
- Analysis of need
- History of treatment for these populations
- Overview of primary mental health challenges
- Overview of barriers and strategies to address them
- Proposals for services to be offered
- Resources needed: personnel, training, facilities
- Conclusion.

Requirements

- Your report should be 10-12 pages long, in addition to the required title and reference pages, and formatted per the CSU Global Guide to Writing & APA. Use subheadings for sections to make information readily accessible.
- Present your content clearly, concisely, and cohesively.

In addition to the required readings, cite at least 10 current scholarly resources (peer-reviewed, official governmental reports, and other scholarly sources) to support your assertions and conclusions.

Option #2: Mental Health Care Packet

You have been asked to create a mental health care packet for volunteer search and rescue responders travelling to the western United States in response to a major earthquake. The search and rescue unit is composed of military, emergency responders, and civilians, and has been tasked with the recovery of bodies in disaster areas. The packet will be presented to the search and rescue workers prior to their departure. The search and rescue coordinator has asked you to inform the volunteers of the psychological impact of the mission, specifically:

- Psychological trauma commonly experienced by the volunteers
- Long-lasting effects of trauma
- The impact of trauma on families and relationships
- The most effective ways to deal with trauma and stress
- Detrimental coping skills
- When to seek mental health treatment
- The benefits of mental health treatment.

Requirements

- The mental health care packet should be professional in appearance, and include a cover page, table of contents, and visuals/graphics.
- Your packet presentation should be 10-12 pages in length and conform to the CSU Global Writing Center. This does not include visuals, title page, table of contents, and reference page.
- Include at least 10 current scholarly references. The CSU Global Library is a good place to find these references.
- Consult the assignment template for a more complete list of requirements. If you need assistance with your writing style or you need writing tips or tutorials, visit the CSU Global Writing Center. Review the grading rubric to see how you will be graded for this assignment.

COURSE POLICIES

Grading Scale	
A	95.0 – 100
A-	90.0 – 94.9
B+	86.7 – 89.9
B	83.3 – 86.6
B-	80.0 – 83.2
C+	75.0 – 79.9
C	70.0 – 74.9
D	60.0 – 69.9
F	59.9 or below

Graduate Course Grading	
20%	Discussion Participation
45%	Critical Thinking Assignments
35%	Final Portfolio Project

IN-CLASSROOM POLICIES

For information on late work and incomplete grade policies, please refer to our [In-Classroom Student Policies and Guidelines](#) or the Academic Catalog for comprehensive documentation of CSU Global institutional policies.

Academic Integrity

Students must assume responsibility for maintaining honesty in all work submitted for credit and in any other work designated by the instructor of the course. Academic dishonesty includes cheating, fabrication, facilitating academic dishonesty, plagiarism, reusing /re-purposing your own work (see CSU Global Library page Citing & APA Resources, Avoiding Common Plagiarism Mistakes for percentage of repurposed work that can be used in an assignment), unauthorized possession of academic materials, and unauthorized collaboration. The CSU Global Library provides information on how students can avoid plagiarism by understanding what it is and how to use the Library and Internet resources.

Citing Sources with APA Style

All students are expected to follow the CSU Global guidelines for citing in APA format (based on the APA style manual, 7th edition) for all assignments. For details on CSU Global APA style, please review the APA resources within the CSU Global Library under the Citing & APA Resources link. A link to this resource should be provided within most assignment descriptions in your course.

Disability Services Statement

CSU Global is committed to providing reasonable accommodations for all persons with disabilities. Any student with a documented disability requesting academic accommodations should contact the Disability Resource Coordinator at 720-279-0650 and/or email ada@CSUGlobal.edu for additional information to coordinate reasonable accommodations for students with documented disabilities.

Netiquette

Respect the diversity of opinions among the instructor and classmates and engage with them in a courteous, respectful, and professional manner. All posts and classroom communication must be conducted in accordance with the student code of conduct. Think before you push the Send button. Did you say just what you meant? How will the person on the other end read the words?

Maintain an environment free of harassment, stalking, threats, abuse, insults or humiliation toward the instructor and classmates. This includes, but is not limited to, demeaning written or oral comments of an ethnic, religious, age, disability, sexist (or sexual orientation), or racist nature; and the unwanted sexual advances or intimidations by email, or on discussion boards and other postings within or connected to the online classroom. If you have concerns about something that has been said, please let your instructor know.