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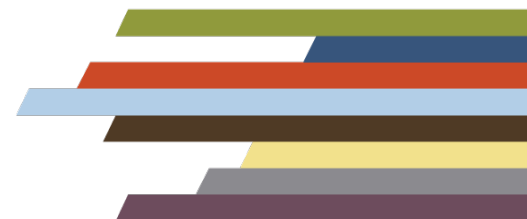
PTSD and Trauma in Hispanic and Latino Military Families

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Veteran and Military Family Research Laboratory,
Loyola Marymount University

May 28, 2020

1:00PM EDT



Author Disclose Conflicts of Interest

The presenter has no financial conflicts of interest to disclose concerning the presentation.

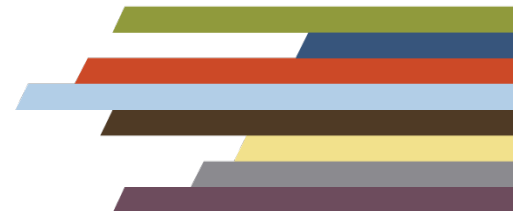


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Hispanic? Latino? Latinx?

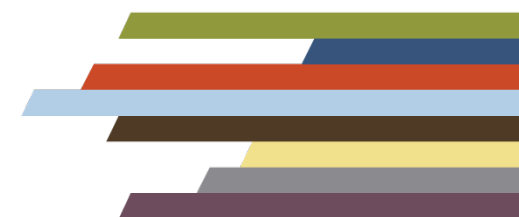
- Not homogeneous group
- So, who is considered Hispanic/Latin@/ Latinx in the United States?
- For the presentation I will use Latino as an overarching umbrella term.



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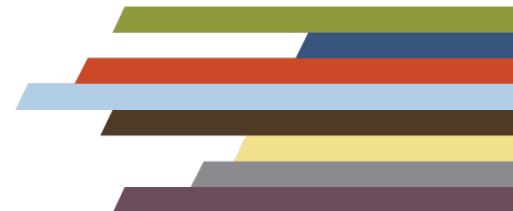
My Latino Military Family



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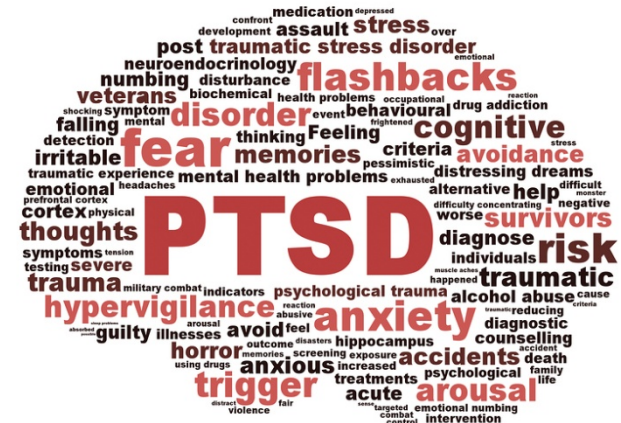
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Presentation Outline

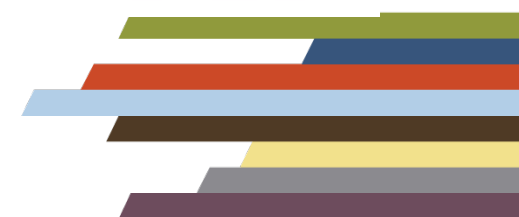
- I. By the numbers...
- II. Trauma
- III. PTSD
- IV. Research on Military Families
- V. Stress, Trauma, PTSD, and Family Violence
- VI. Future Research & Suggestions for Practitioners



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Learning Objectives

LO1: Discuss the intersection between PTSD, trauma, and family violence in Latino military families.

LO2: Discuss the development of family violence that manifests among mono and interracial Latino families.

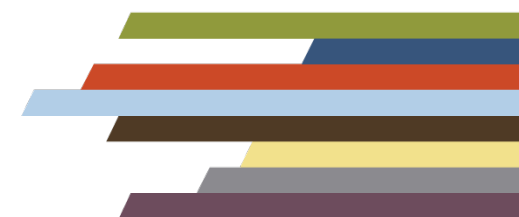
LO3: Learn strategies to prevent and treat IPV among Latino military families.



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By the numbers...



~
22000



36%

Citations: Caughey & Holmes, 1999; Chavez, 2002; Cancio, 2018a; U.S. Department of Defense, 2017; Pew Research Center tabulations of 2017 American Community Surveys; Arminio, Grabosky, & Lang, 2014



More numbers...

Chicago Tribune

Subscribe

36,000 veterans were asked if they'd recently considered suicide. A third of them said yes.

BY ALISON BOWEN
NOVEMBER 8, 2019 · 3 MIN READ

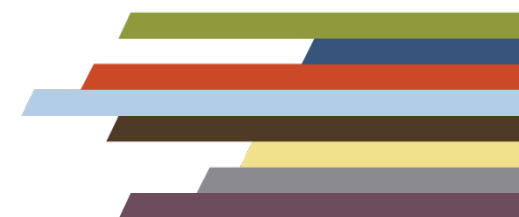
Dan Miller didn't ask for help when he woke up shouting from nightmares about war. He didn't ask for help after his 1991 deployment in Operation Desert Storm, or after two deployments to Iraq in 2004 and 2008.



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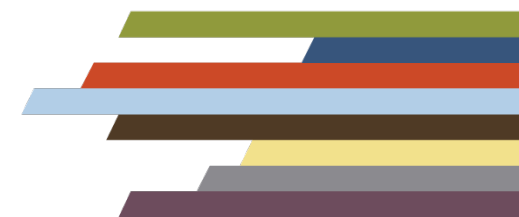
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What is Trauma?

- Traumas are: “shocking and emotionally overwhelming situations that may involve actual or threatened death, serious injury, or threat to physical integrity.”
- Psychological trauma common elements:
 - Unexpected
 - Unprepared
 - Nothing the person could do to prevent
- Traumatic events overwhelm the mind and body.
- Symptoms can occur immediately, or it may be months or years after a traumatic event



What is PTSD?

Posttraumatic stress disorder (PTSD) is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal assault.



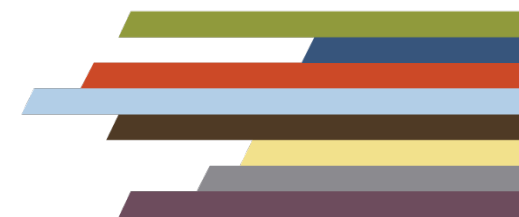
Citations: Cancio 2017; Weathers et al., 2013; Santiago et al., 2013; Pacella et al., 2013



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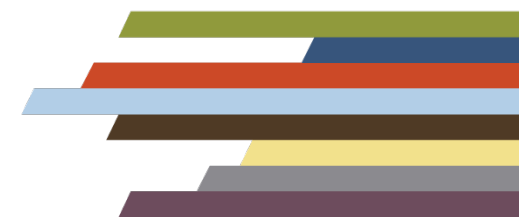
What is PTSD? Cont.

People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended.

A diagnosis of PTSD requires exposure to an upsetting traumatic event.



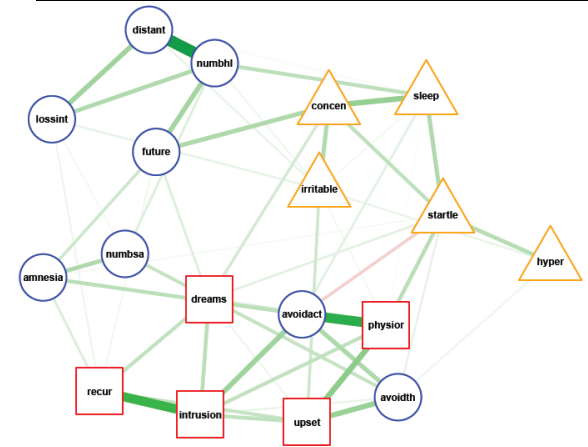
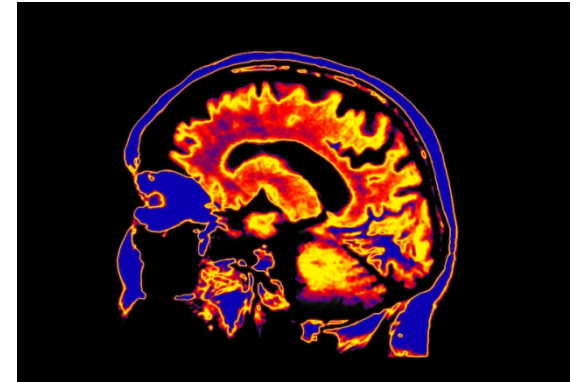
Citations: Cancio 2017; Weathers et al., 2013; Santiago et al., 2013; Pacella et al., 2013



What is PTSD? Cont.

Symptoms of PTSD fall into four categories:

1. Intrusive thoughts
2. Avoiding reminders of the traumatic event
3. Negative thoughts and feelings
4. Arousal and reactive symptoms



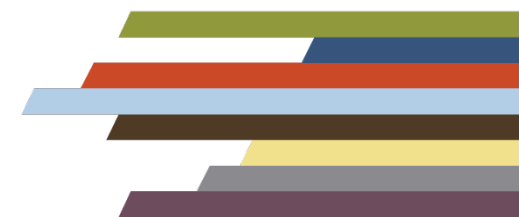
Citations: Cancio 2017; Weathers et al., 2013; Santiago et al., 2013; Pacella et al., 2013



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PTSD...Family

20% of military members who've served in Iraq and Afghanistan have PTSD.

Mental health issues don't just affect the service member.

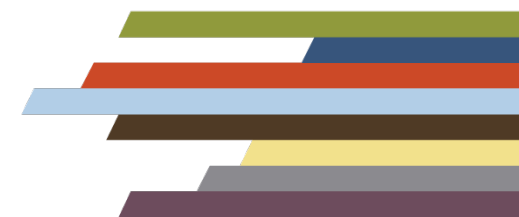
It can affect all members of the family.



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What is a Family?

Family: how members relate to one another than on a strict configuration of status roles

Gilding outlines three main ways in which families can be defined.

1. Defined in reference to objective characteristics.
2. Fulfilling social roles and functions.
3. Personal meanings people assign to them.



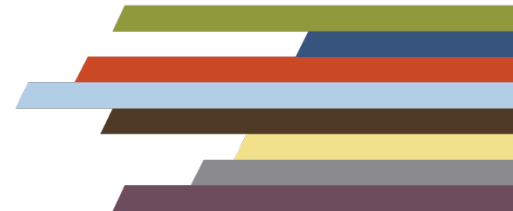
Citations: Webb, 2017; Barkan, 2011; Gilding, 1997; Lindsay & Dempsey, 2009



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What about *Familia*?

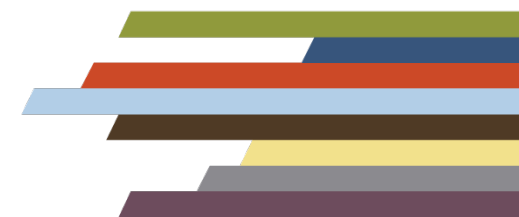
- The family is a complex and important social structure
- There is no single Latino family type
- Key element of Latino families
 - *FAMILISMO*
 - *RESPETO*
 - HIERARCHY IN LATINO FAMILIES
 - *FATALISMO*
 - *SIMPATIA AND PERSONALISMO*
- There is no single prototype of a Latino family
- Latino families are as varied as families in every other cultural group



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Research on Families

- Research on family instability has rapidly expanded beyond the scope of low-wage and minority families
- A large amount of literature has been dedicated to exploring the effects of family instability
- Some dimensions of family instability have not been fully explored



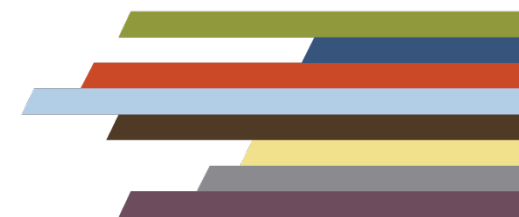
Citations: Cherlin, 2010; e.g., Fomby & Cherlin, 2007; Jaffee et al., 2003; Kim, 2011; Stanley et al., 2010; e.g., Bowers et al., 2016; Avellar & Smock, 2005; Fomby & Bosick, 2013



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Stats on Military Families

- Around ½ or all service personnel are married
- 2,627,805 family members
 - two-thirds are children
 - 70% are <11 years
 - one-third are spouses
 - two-thirds are 35 or younger
 - 9/10 female



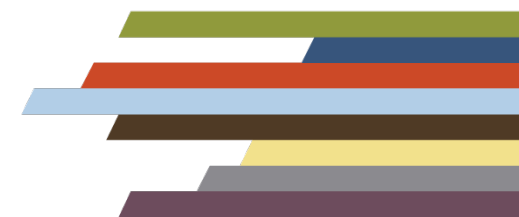
Citation: U.S. Department of Defense, 2018



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Military Families



Citations: Bowen et al., 2013; Segal, 1986; Cancio, 2017; Finley et al., 2010; Jakupcak et al., 2007

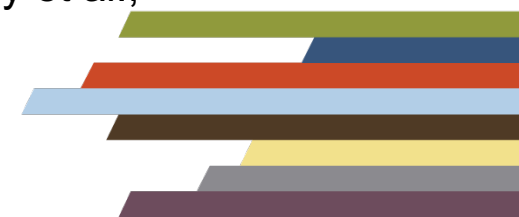


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Why Study Military Families?

Military is a social niche where the phenomenon of the family is also affected by other macro institutions.

Research focused primarily on its consequences for men, overlooking its consequences for wives and partners.



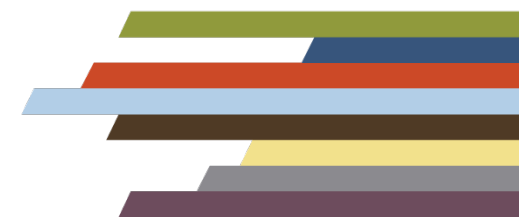
Citations: Cancio 2018b; e.g., Cancio, 2015, 2018; Heerwig & Conley, 2013; Teachman et al., 2015



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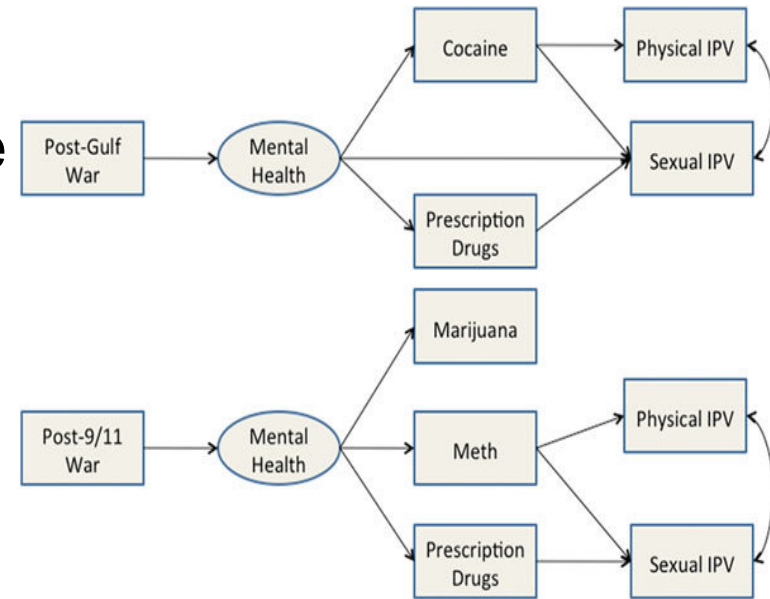
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Trauma and PTSD in Military Families

- Military families' most stressful challenges can undermine family well-being
- ↑31% (~8,000-troop increase) since President Trump took office
- Military deployments place service members at high risk for trauma, PTSD, and intimate partner violence (IPV) perpetration
- IPV is getting worse among military families



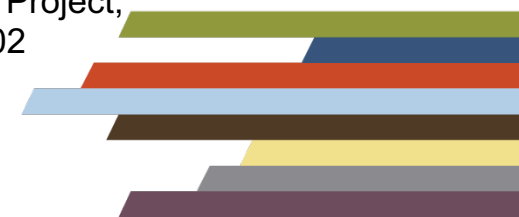
Citations: Cancio, 2020; U.S. Department of Defense, 2019; U.S. Department of Defense, 2018; Hosek et al., 2006; MacGregor et al., 2012; Pew Research Center, 2011; Finley et al., 2010; Jakupcak et al., 2007; Women's Justice Project, 2011; Fontana & Rosenheck, 2010; Black, 2011; Coker et al., 2002



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Military Stress, Trauma, PTSD, and Family Violence

- Occupational-related stress manifests differently between civilian and military occupations.
- Veterans are more likely to employ an overly hostile interpretation of events and will override ability to self-monitoring aggressive reactions.
- Stress experience changes in how veterans view the world.



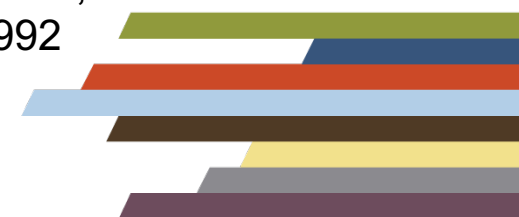
Citations: Campbell & Nobel, 2009; Cancio, 2015; Grossman, 1995; Gewirtz et al., 2010; Taft et al., 2011; Novaco & Chemtob, 2015; Heyman et al., 2012; Heinz et al., 2015; Campbell, 1992



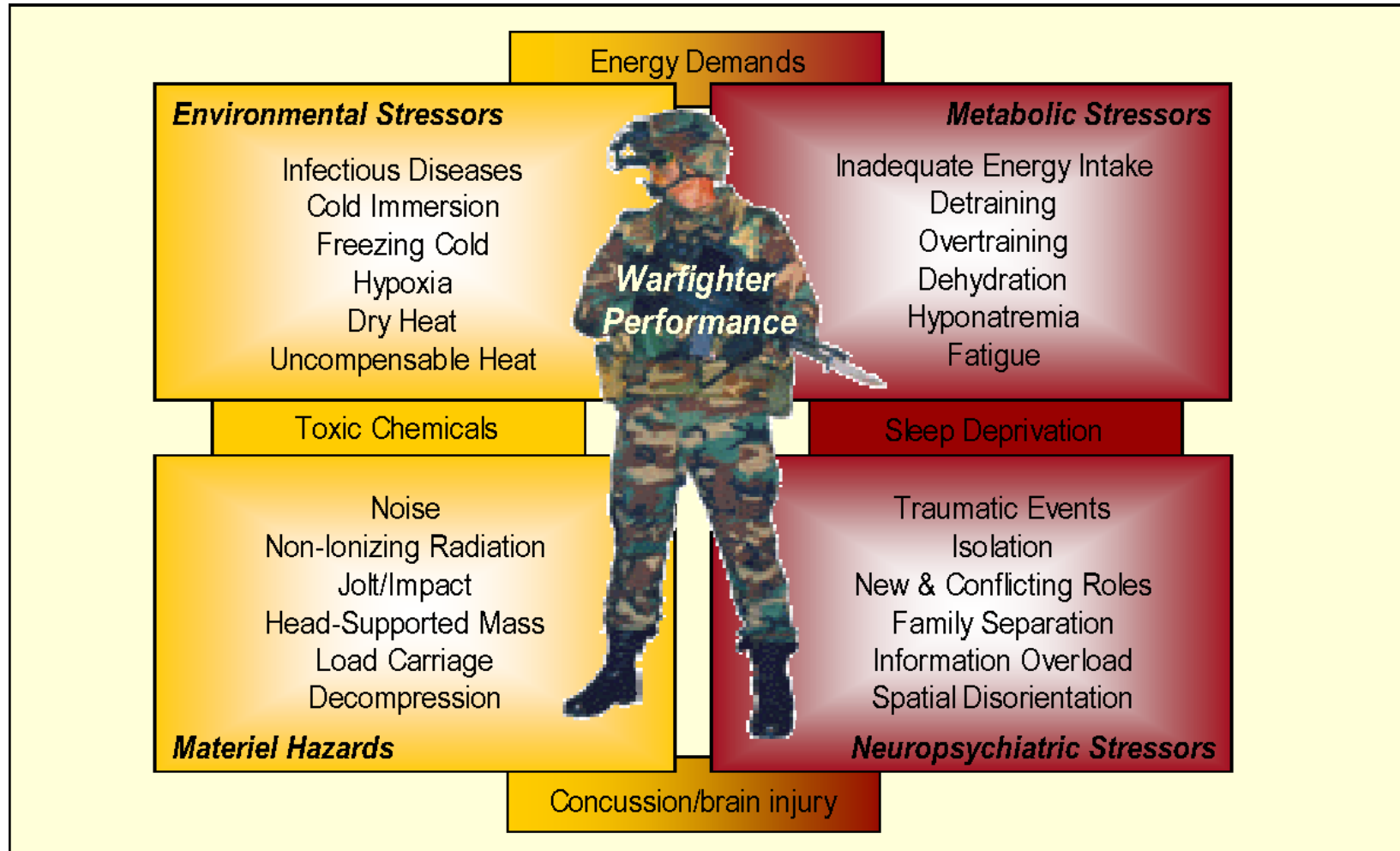
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What about culture and context?





IPV Research

Veteran Generation	Type of IPV	Notes
Pre-Gulf War (1980-89)	Sexual	Stimulants were most sig. (Cancio, 2017)
Post-Gulf War (1992-2000)	Mental/Verbal	Cocaine & Prescription Meds sig. MH: Anxiety and Depression Non-mil: Physical & Sexual IPV (Cancio, 2019a)
Pre 9/11 (1994-2000)	Mental/Verbal & Sexual	Alcohol most sig. (Cancio, 2019b)
Post-9/11 (2001-2008)	Mental/Verbal & Sexual	Marijuana most sig. Meth sig. MH: PTSD and Depression ↑ IPV in interracial relationships than monoracial and Latinos overall (Espinoza & Cancio, 2020)

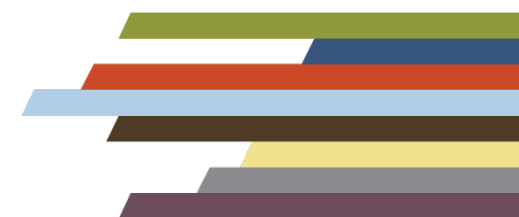


Spouse Research

Table 5: *Intersections between Race/Ethnicity*

Race/ Ethnicity	Military Group	Managing Worries	Being on an Emotional Roller Coaster	Living with Worries	Living his Rank & Social Status	Finding Support
Latina	 OFFICER	<ul style="list-style-type: none"> -Awareness -Expressive activities -Use social support systems 	<ul style="list-style-type: none"> -Anxiety - Stress 	<ul style="list-style-type: none"> - Death, Injury -Family life -Career 	<ul style="list-style-type: none"> -Identify military family -Officers wife -Have roles and expectations 	<ul style="list-style-type: none"> -Family -Other officers -Base Resources -Spirituality -Belonging to a military community
	 ENLISTED	<ul style="list-style-type: none"> -Avoidance -Expressive Action -Keeping busy -Exercising 	<ul style="list-style-type: none"> -Depressed -Stress -Sadness 	<ul style="list-style-type: none"> -Single parent - Death, Injury -Finances -Family depends on spouse - Conforming to traditional gender roles 	<ul style="list-style-type: none"> --Military wife -Latina -Woman 	<ul style="list-style-type: none"> -Other wives -Family -Technology -Prayer -Belonging to a military community -Hispanic cultures/values as sources of strength

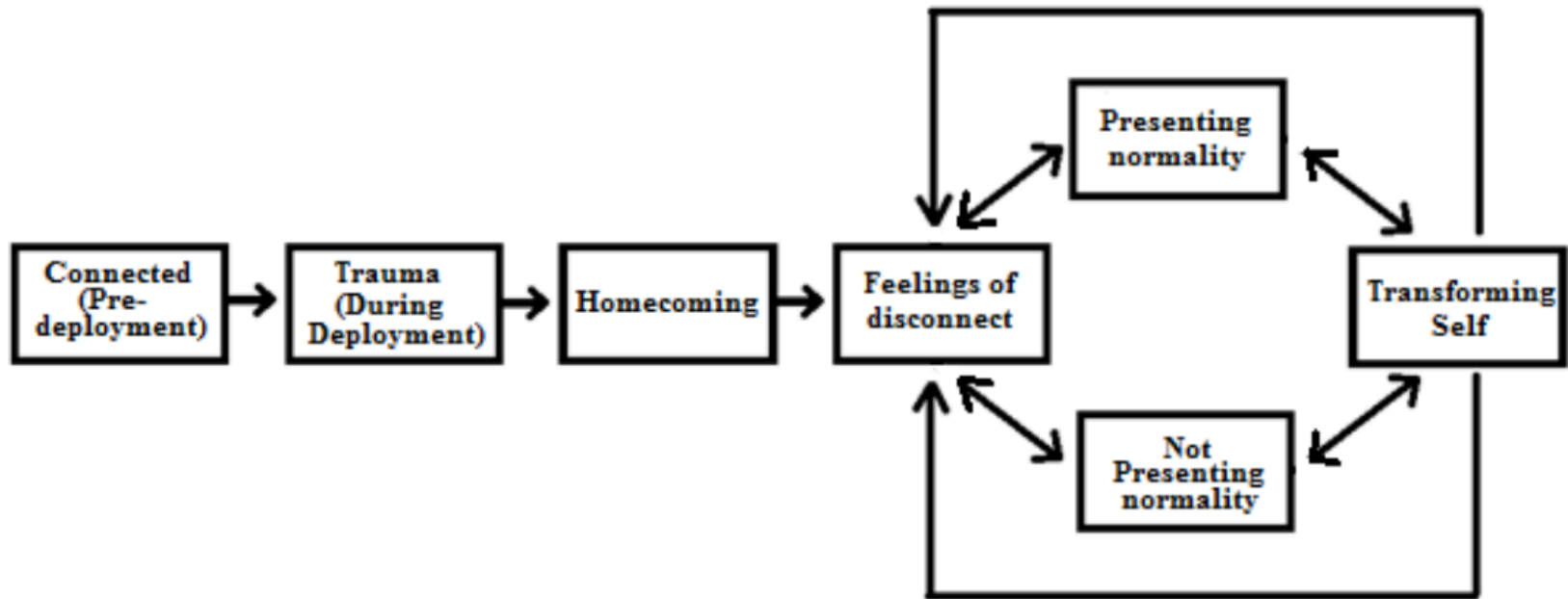
Among Latina participants, different coping mechanism, features of identity and stressors manifest in different ways depending on their spouse's rank.



Trauma Research

Figure 5.1 The Transforming Self & the Continuous Processes of Feeling

Disconnected



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Citation: Cancio, 2015

Current Research Projects

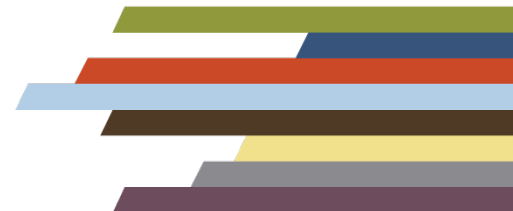
- Monoracial & Interracial IPV
- IPV Reciprocation
- IPV Social Media Machine Learning Intervention
- Risk and Protective Factors for Delinquent Behaviors among Military Youth
- Homeless Trans Veterans: Suicide and Stigma



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Future Research

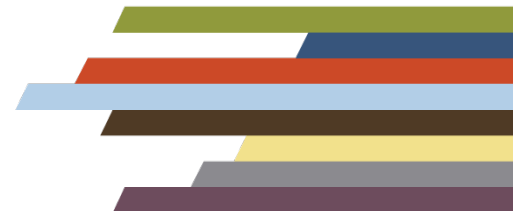
- CPBR with Military Communities (Co-create culturally-tailored and nuanced interventions)
- Mapping Stress and Trauma on health outcomes for military families following separation from the military (Longitudinal)
- Women in the Military to Women Married into the Military



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Recommendations for Practitioners

5 recommendation for practitioners:

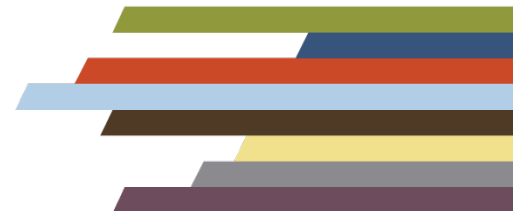
1. Integrate Latino Values into the Therapeutic Process
2. Engage Families
3. Include *Personalismo*, *Simpatía*, and *Respeto* throughout the Treatment Process
4. Incorporate CBPR in Order to Create Practice-Based Evidence Services
5. Power of Faith



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Conclusion



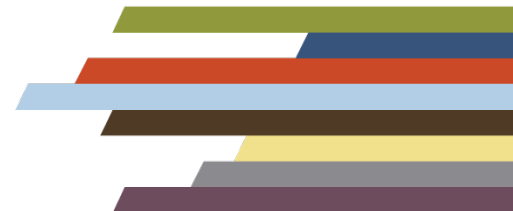
Mental health research and services should be at the forefront of protecting and helping Latino military families.



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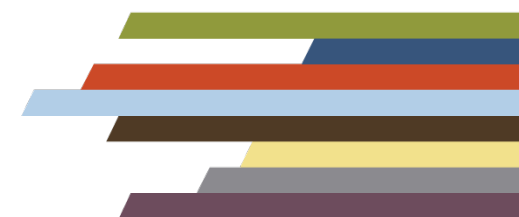
**Denise Espinoza
Toni Williams
Ambar G. Guerrero**



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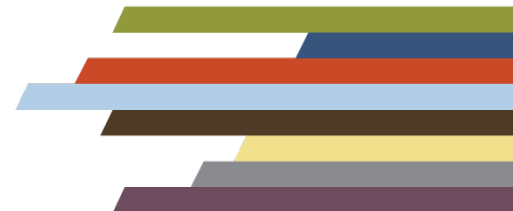
Questions?



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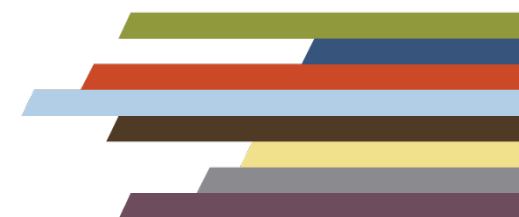
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