

They Served Us; Now We Must Serve Them

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What is the cost?

Types of Wounds

- Posttraumatic Stress Disorder (PTSD)
- Physical
- Suicide
- Traumatic Brain Injury (TBI)

Brief History of Wars in which these occur-1

- The Trojan War c. 1194–1184 BC
- Chinggis Khan c. 1174-1227
- Hundred Years War 1337-1454
- War of the Roses 1456-1487
- American Revolution 1775-1783
- Indian Wars 1817-1898
- American Civil War 1861-1865
- World War I 1914-1918

Brief History of Wars in which these occur-2

- World War II 1939-1945
- Korean War 1950-1953
- Vietnam War 1955-1975
- Gulf War 1990-1991
- War in Afghanistan 2001-2014
- Iraq War 2003-2011
- In September, Dean, age 7, asked his father, a veteran: “Will there ever be a World War III?”

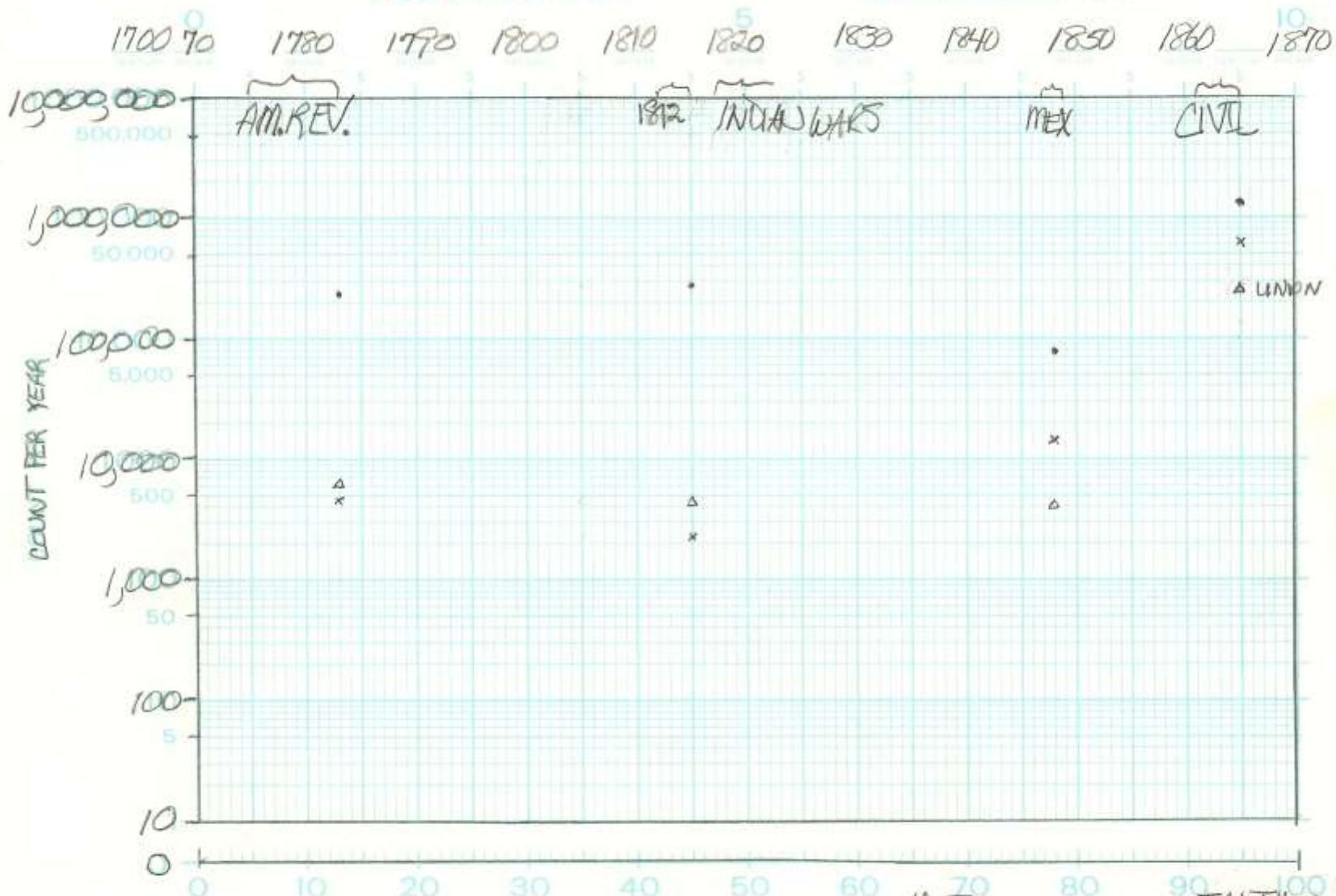
History of US Wars

- In theatre
- Wounded, non-mortal
- Deaths (look at relative differences between wars)
 - KIA
 - Other
 - Disease
 - Suicide
 - Died later of wounds

CALENDAR DECADES



U.S. NAVY BENEVOLENT SOCIETY INC. (U.S. NAVY B.S.)
 100 YEARS OF SERVICE
 1862-1962



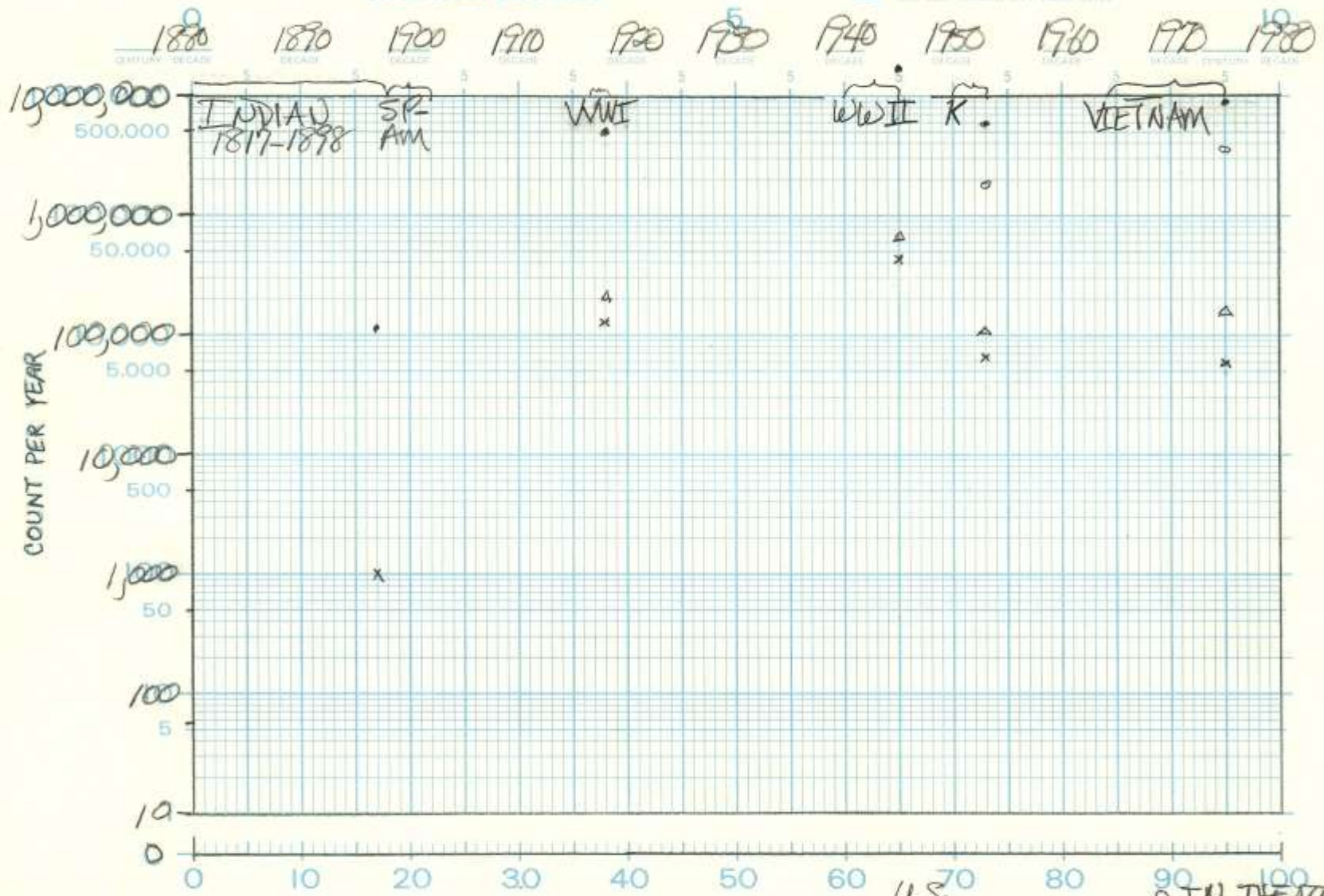
A. B. CALKIN
 SUPERVISOR ADVISER MANAGER
<http://www.infolease.com/lpa/Adopt4615.html>
 POSITIONS AGENCY TIMER COUNTER

U.S. SERVICE MEMBERS
 BEHAVIOR AGE LABELED CHARTER
 A. B. CALKIN
 IN THEATRE WOUNDED NON MORTAL DEATHS-KIA & OTHER

CALENDAR DECADES



YEARLY BEHAVIOR CHART (Y.C. 128)
 6 CYCLE - 100 YEARS (18 DECADES)
 BEHAVIOR RESEARCH CO.
 BOX 1501 - KANSAS CITY, MO 64102



A.B. CALKIN

SUPERVISOR ADVISER MANAGER

SUCCESSIVE CALENDAR YEARS

<http://www.infoplease.com/ipa/A0004615.html>

DEPOSITOR AGENCY TIMER COUNTER

U.S. SERVICE MEMBERS

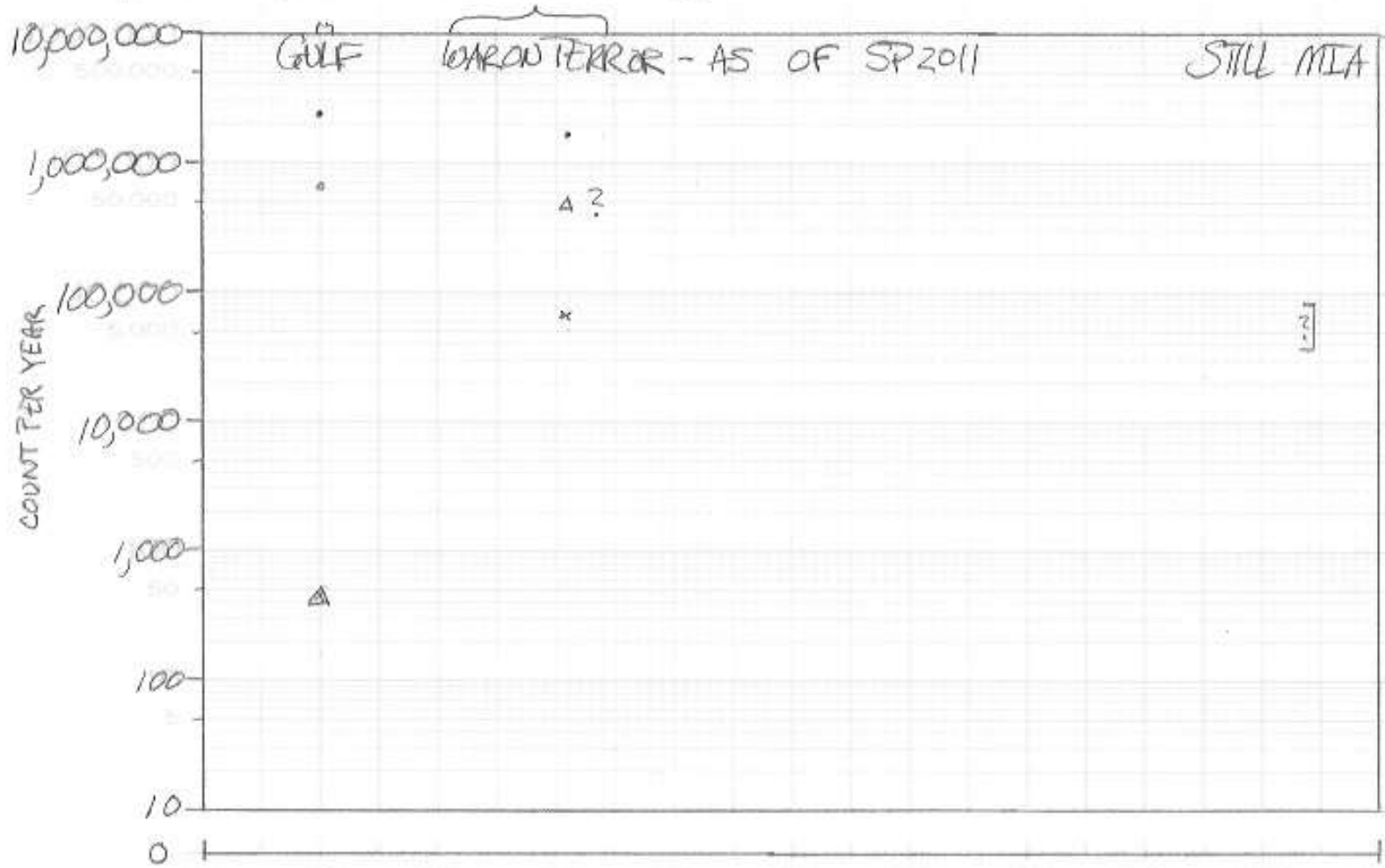
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BEHAVIOR AGE LABEL CHARTER

○ IN THEATRE
 △ WOUNDED
 ○ NON MORTAL
 × DEATHS - KIA& OTHER

CALENDAR DECADES

1980 1990 2000 2010 2020



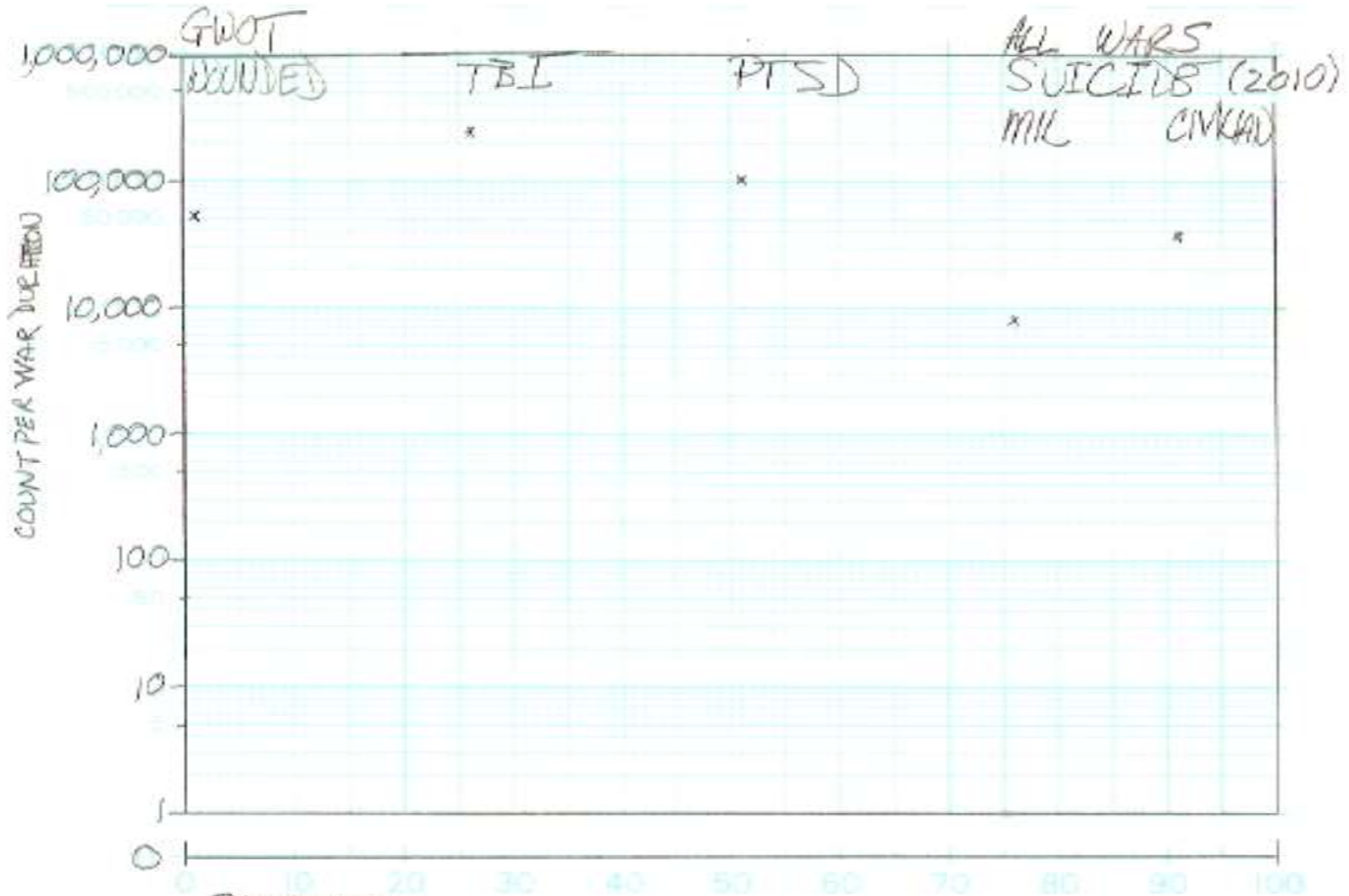
A.B. CALKIN
<http://www.infoplease.com/1yr2/Aapp4615.html>

U.S. SERVICEMEMBERS
 A.B. CALKIN

○ IN THE ATRE
 △ WOUNDED
 NOW MIA/AL
 × DEATHS - KIA OR
 OTHER

Statistics

- GWOT
 - Wounded
 - TBI
 - PTSD
- Suicides from WW II & ff.



SOURCES:
 AB. GALKIN. [www.dodc.osd.mil.dcas...gwt...html](http://www.dodc.osd.mil/dcas...gwt...html) US MILITARY
www.afsp.org CALKIN

- Picture yourself...



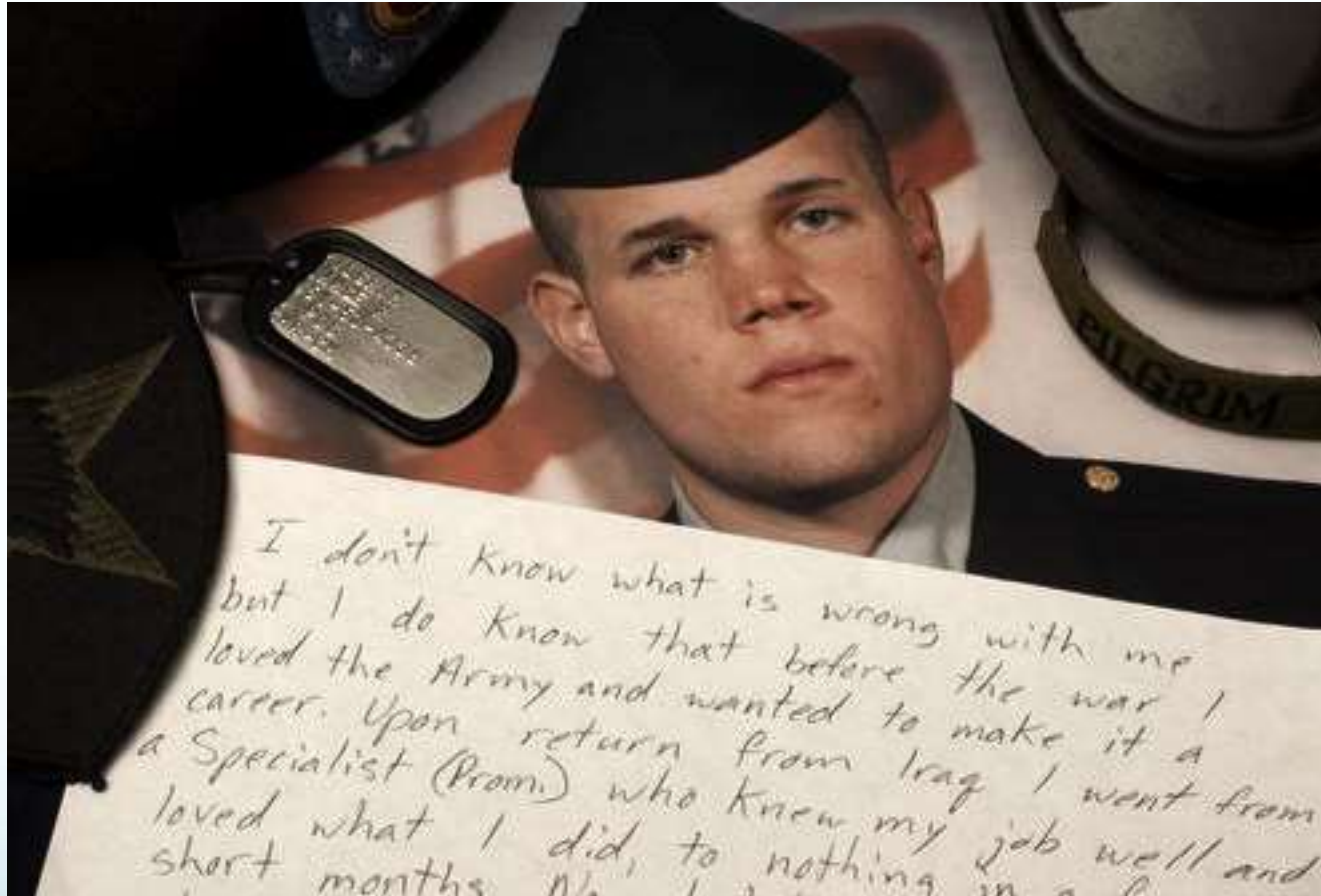
THE **WAR** COMES HOME



**WASHINGTON'S BATTLE AGAINST
AMERICA'S VETERANS** AARON GLANTZ

A soldier in a combat uniform is kneeling on the ground, head bowed in prayer. The soldier is wearing a tan uniform with a black strap across the chest. In the background, a large American flag is visible, with the stars and stripes clearly shown. The scene is lit with a warm, golden light, suggesting a sunset or sunrise. The overall mood is solemn and reflective.

MILITARY *SUICIDES*



I don't know what is wrong with me
but I do know that before the war I
loved the Army and wanted to make it a
career. Upon return from Iraq I went from
a Specialist (Prom.) who knew my job well and
loved what I did, to nothing in a
short months. No...



Suicides

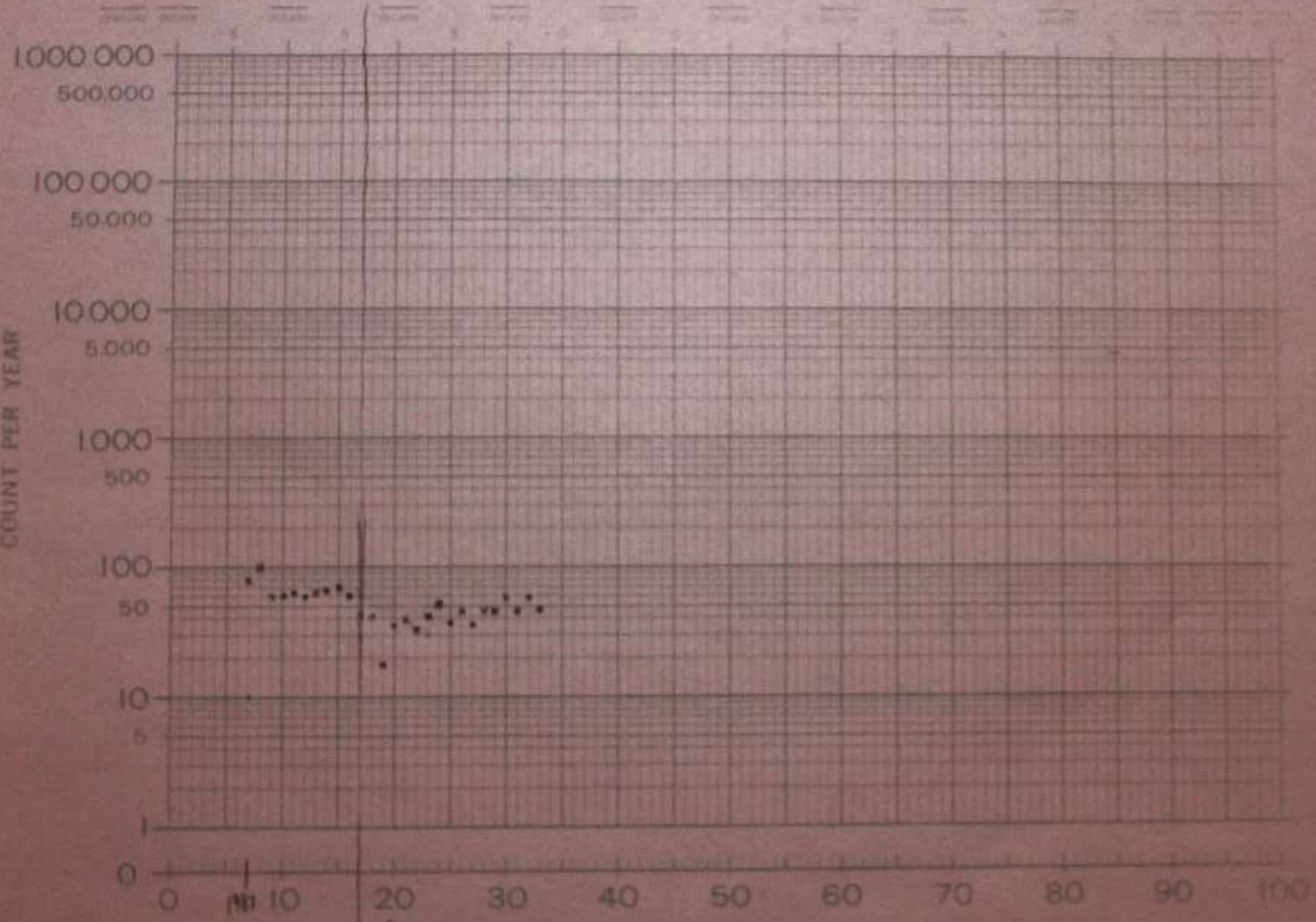
- US Air Force has kept the best records.

1980

5

10

CALENDAR DECADES



11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35

SUCCESSIVE CALENDAR YEARS

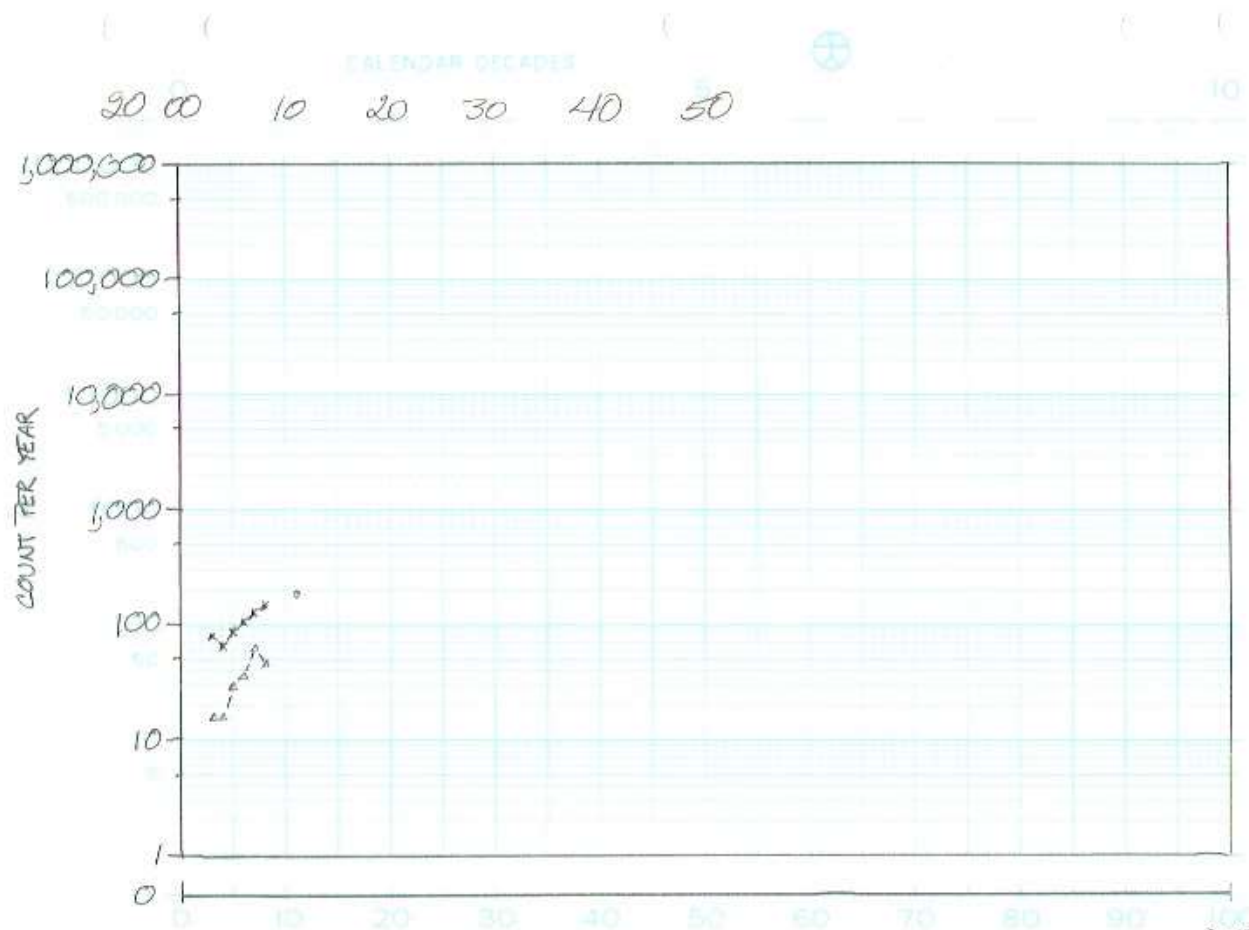
115 A: E...

x 5/11

Some Facts

- Killed in action
 - Iraq, 3,519
 - Afghanistan 1,843
- Suicides over same time period
 - Veterans 110,000 (est.)
 - Active Duty 3,500 (est.)
- Suicides per day—20 (a revised statistic)
 - How many of you do 20 pushups a day?

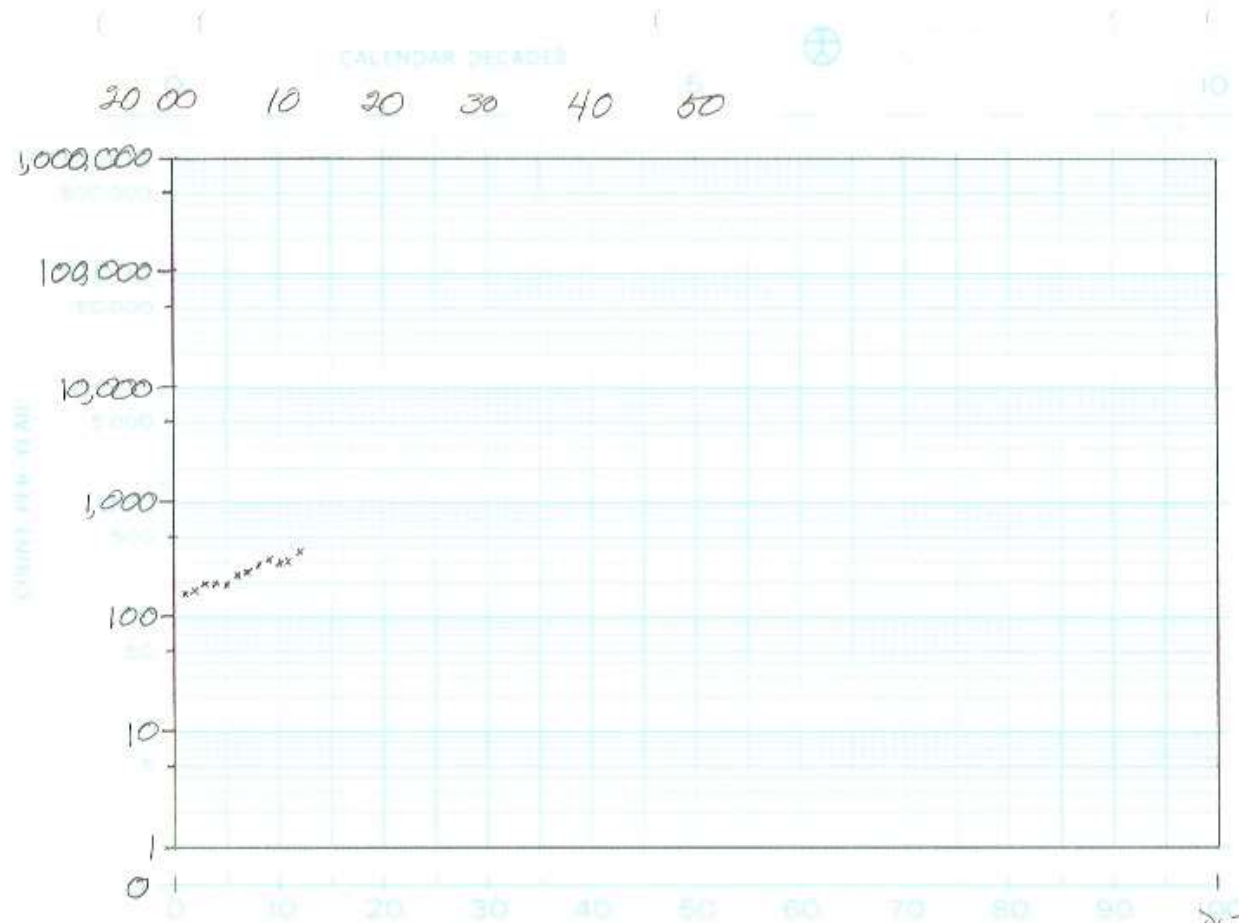




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www.militaryhealthmatters.pbworks.com

ARMY ACTIVE x DIE BY SUICIDE
 A.B. CALKIN RESERVE Δ
 $\sum = 0$



A.B. CALKIN

www.woundedtimes.blogspot.com

MILITARY
A.B. CALKIN

DE BY
SUICIDE



PTSD

PTSD Causes

- Experts are not entirely sure, but many think it happens when a person is confronted by a traumatic event, and your mind is not able to process all the thoughts and feelings as it usually does. Scientists studying the brain think there may be some differences in the brain structure or chemistry of those with PTSD. For example, certain areas of the brain involved with feeling fear may be hyperactive in people with PTSD. Other researchers have focused on the hippocampus, the area of the brain responsible for memory and for how we deal with stress, and are investigating whether changes in that area also appear in people with PTSD. (University of MD Medical Center)
- I say let's also look at the behavioral aspects.

Those most at risk

- Have a history of sexual or physical abuse
- Work in a high-risk occupation, e.g., firefighting, military, or law enforcement
- Have a history of depression or other psychological disorder
- Abuse drugs or alcohol
- Do not have adequate social support

Those most at risk

- Are women. Women are twice as likely as men to show signs of PTSD
- Are veterans of war
- Are civilians who survived unexpected events such as car wrecks, fires, or terrorist attacks.
- Are depressed
- Survived of natural disasters

PTSD Behaviors—p. 1

- Intrusive thoughts recalling the traumatic event
- Nightmares
- Flashbacks
- Efforts to avoid feelings or thoughts that trigger memory of the traumatic event
- Feelings of detachment or inability to connect with loved ones
- Depression, hopelessness
- Feelings of guilt (from belief that you were responsible for the traumatic incident)
- Irritability or angry outbursts

PTSD Behaviors—p. 2

- Hypervigilance (being overly aware of possible danger)
- Hypersensitivity, including at least two:
 - sleep difficulty
 - anger
 - difficulty concentrating
 - startling easily,
 - a physical reaction (rapid heart rate or breathing, increase in blood pressure)
- Headache
- Disrupted sleep, insomnia

Traumatic Brain Injury (TBI)

TBI definition

- Traumatic brain injury occurs when an external mechanical force causes brain dysfunction.
- Traumatic brain injury usually results from a violent blow or jolt to the head or body. An object penetrating the skull, such as a bullet or shattered piece of skull, also can cause traumatic brain injury.
- Mild traumatic brain injury may cause temporary dysfunction of brain cells. More serious traumatic brain injury can result in bruising, torn tissues, bleeding and other physical damage to the brain that can result in long-term complications or death.

TBI Causes

- Damage to brain cells may be limited to the area directly below the point of impact on the skull.
- A severe blow or jolt can cause multiple points of damage because the brain may move back and forth in the skull.
- A severe rotational or spinning jolt can cause the tearing of cellular structures.
- A blast, as from an explosive device, can cause widespread damage.
- An object penetrating the skull can cause severe, irreparable damage to brain cells, blood vessels and protective tissues around the brain.
- Bleeding in or around the brain, swelling, and blood clots can disrupt the oxygen supply to the brain and cause wider damage.

(www.mayoclinic.org)

- In my opinion, Mark Sundberg & Ted Hoch are best in ABAI at this.

TBI Symptoms

- Persistent headaches
- Convulsions
- Weakness or numbness in fingers and toes
- Loss of coordination
- Speech impairment
- Profound confusion and/or agitation
- Memory and concentration problems
- Mood swings

- Let's take a look at Behavior Analysis and Inner Behavior with PTSD and suicide in mind.

Behavioral definition

- Respondent
- Operant

The role of respondent & operant conditioning

- Thoughts
- Feelings
- Urges
- Depression

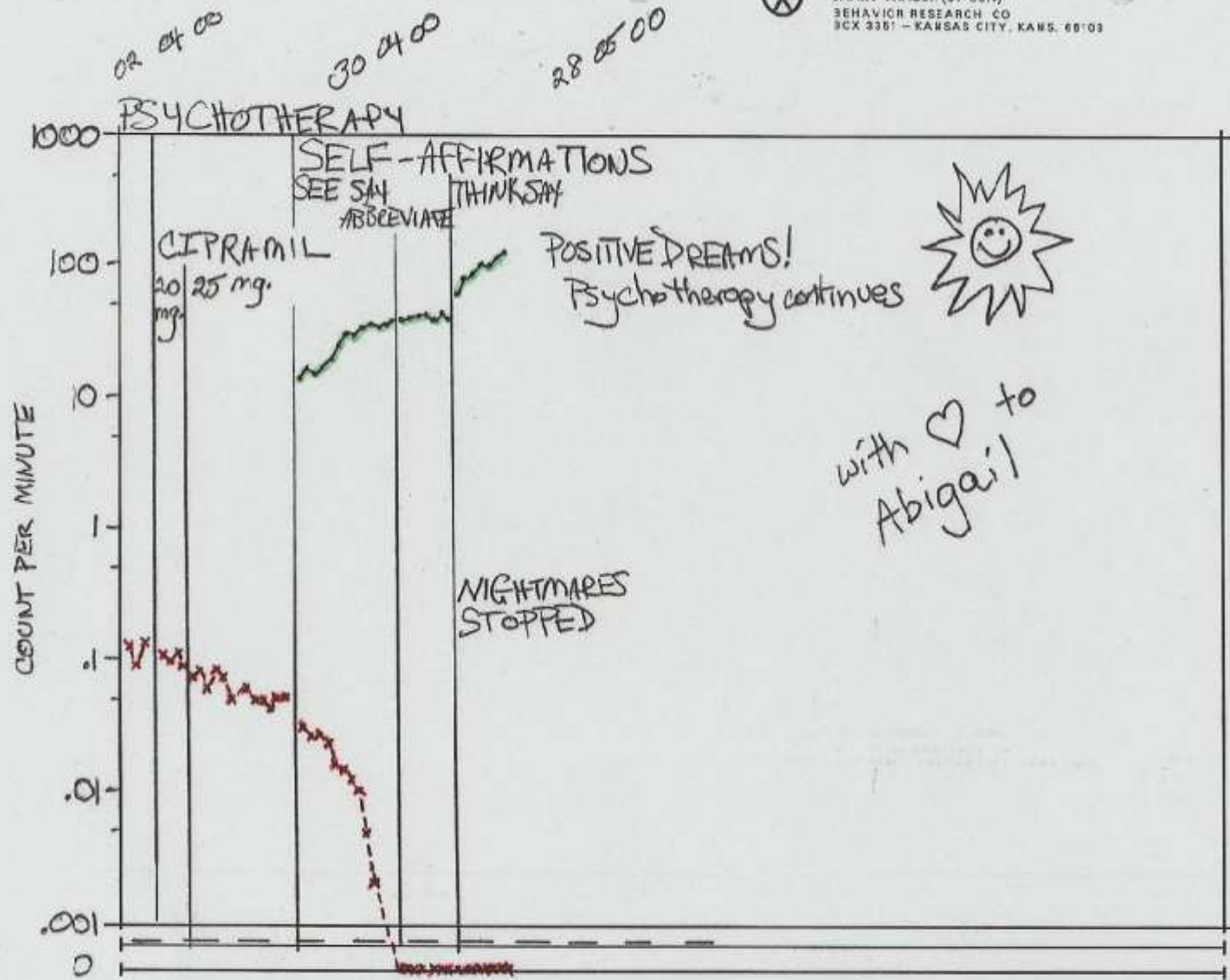
Table 1. Inner Behavior Research Projects.

Researcher	Date	Total Charts	Total People
Kandel	1971	12	12
Behavior Bank	1971, 1974	219*	unknown
Sokolove	1973	281**	281***
Dean	1973	312**	34
Calkin	1979	161	105
Calkin	1992	35	35
Kubina	1994	2	2
Kostewicz	2000	2	1
Clore	2006	0	10
Cobane	2006	27	22
Patterson	2008	6	9
Rich	2009	3	3
Total		1,060	514

- Inner behavior charts in the Behavior Bank in addition to those Sokolove and Dean deposited.
- ** Sokolove's and Dean's studies separated the positive and negative behaviors, whereas the others usually combined the acceleration, deceleration, and the 1-min timings on the same chart.
- *** Caveat: Sokolove lists hers as phases, so it is unclear if these are all individual people.

Two Charts

- The two charts are civilians, but with inner behaviors they have in common with veterans
 - suicide
 - anger and aggression

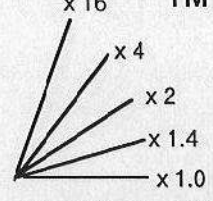


A.B. CALKIN AB. CALKIN JUDY

JUDY JUDY JUDY JUDY 21+ SELF-AFFIRMATIONS
 X SUICIDE THOUGHTS

CALENDAR WEEKS

Actual Charts available from: BEHAVIOR RESEARCH CO.
 BOX 3351 - KANSAS CITY, KS 66103-3351 FAX ORDERS 913 362
 5900

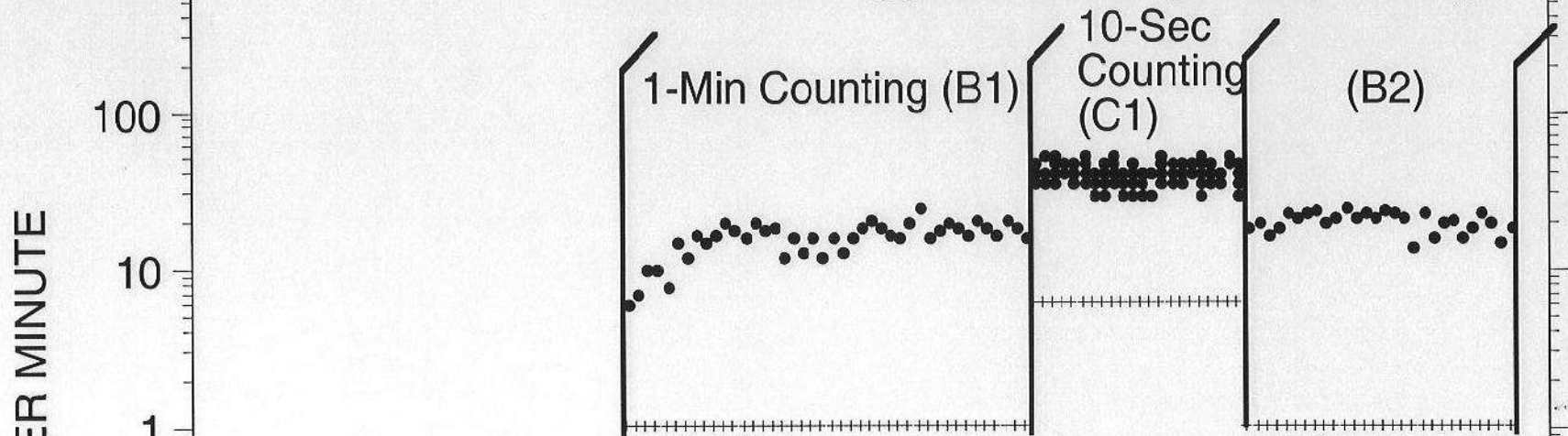


13 | Oct 96 10 | Nov 96 8 | Dec 96 5 | Jan 97 2 | Feb 97

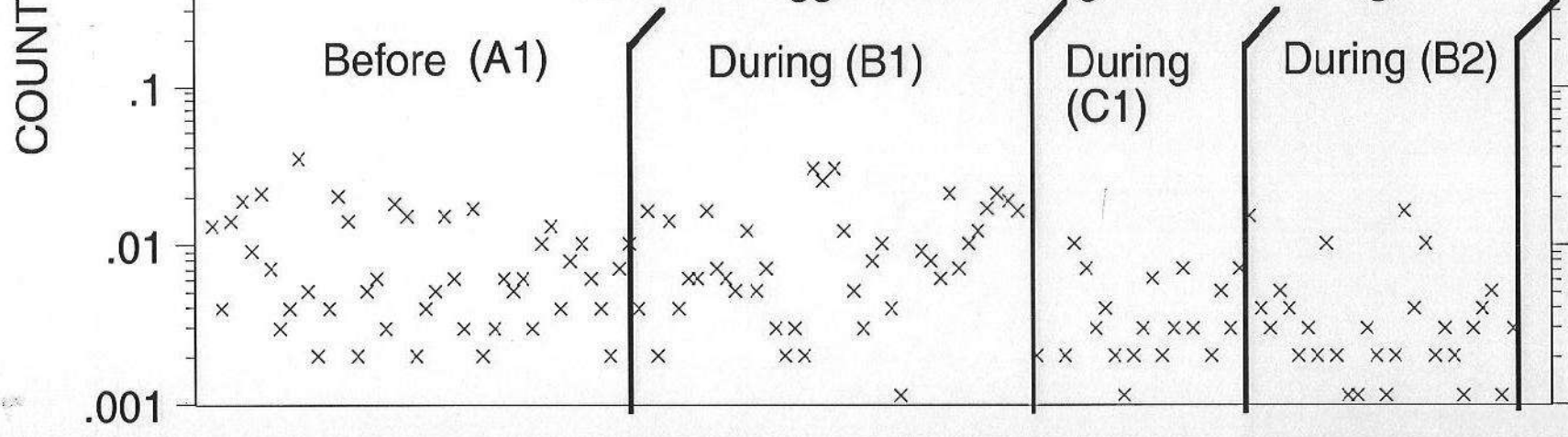
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0 4 8 12 16 20

Counts of Non-aggressive Thoughts and Feelings



Counts of Aggressive Thoughts and Feelings



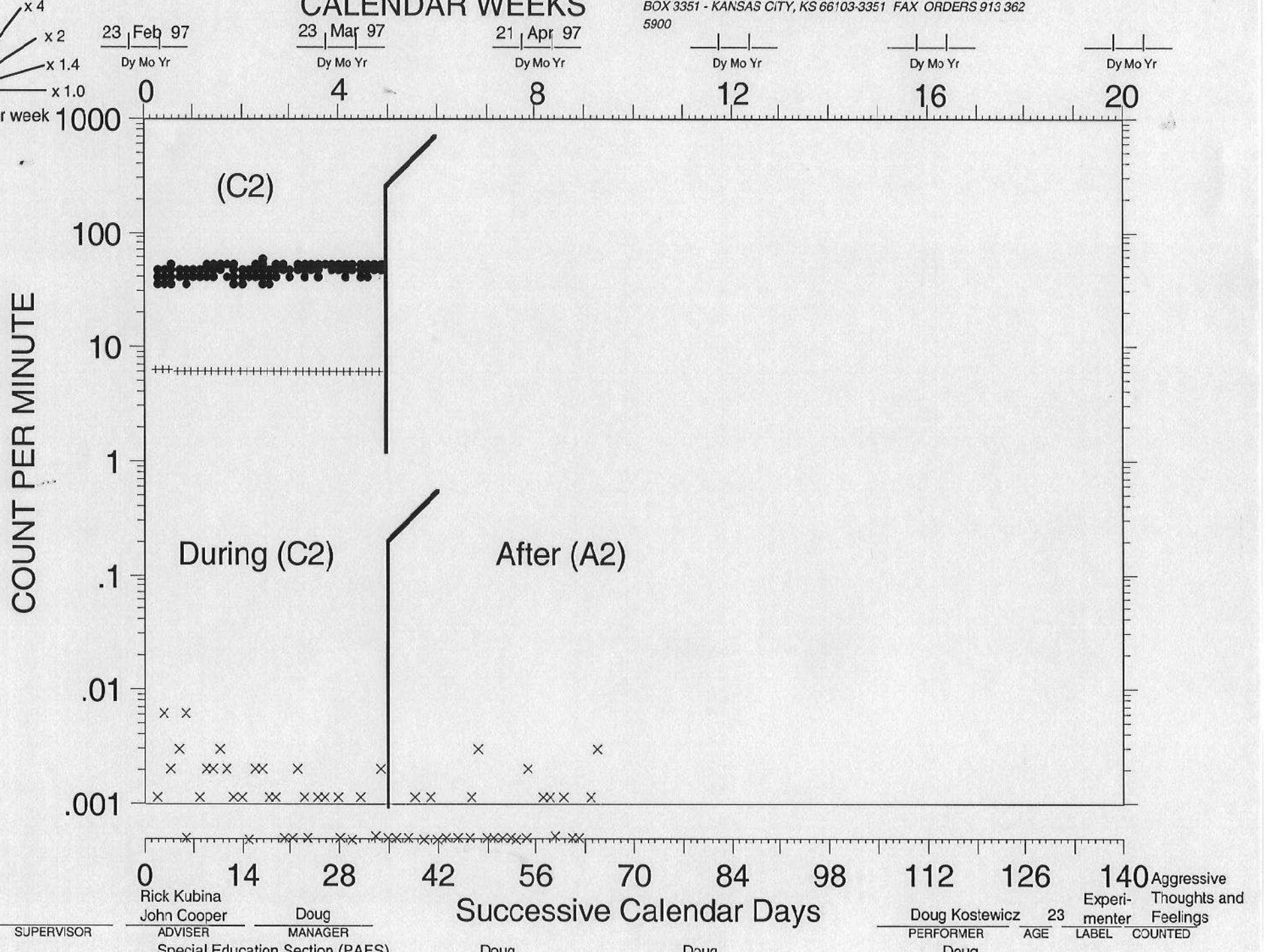
0 14 28 42 56 70 84 98 112 126 140

Rick Kubina Doug Doug Kostewicz 23

John Cooper Experimenter

Successive Calendar Days

Agg Tho Fee

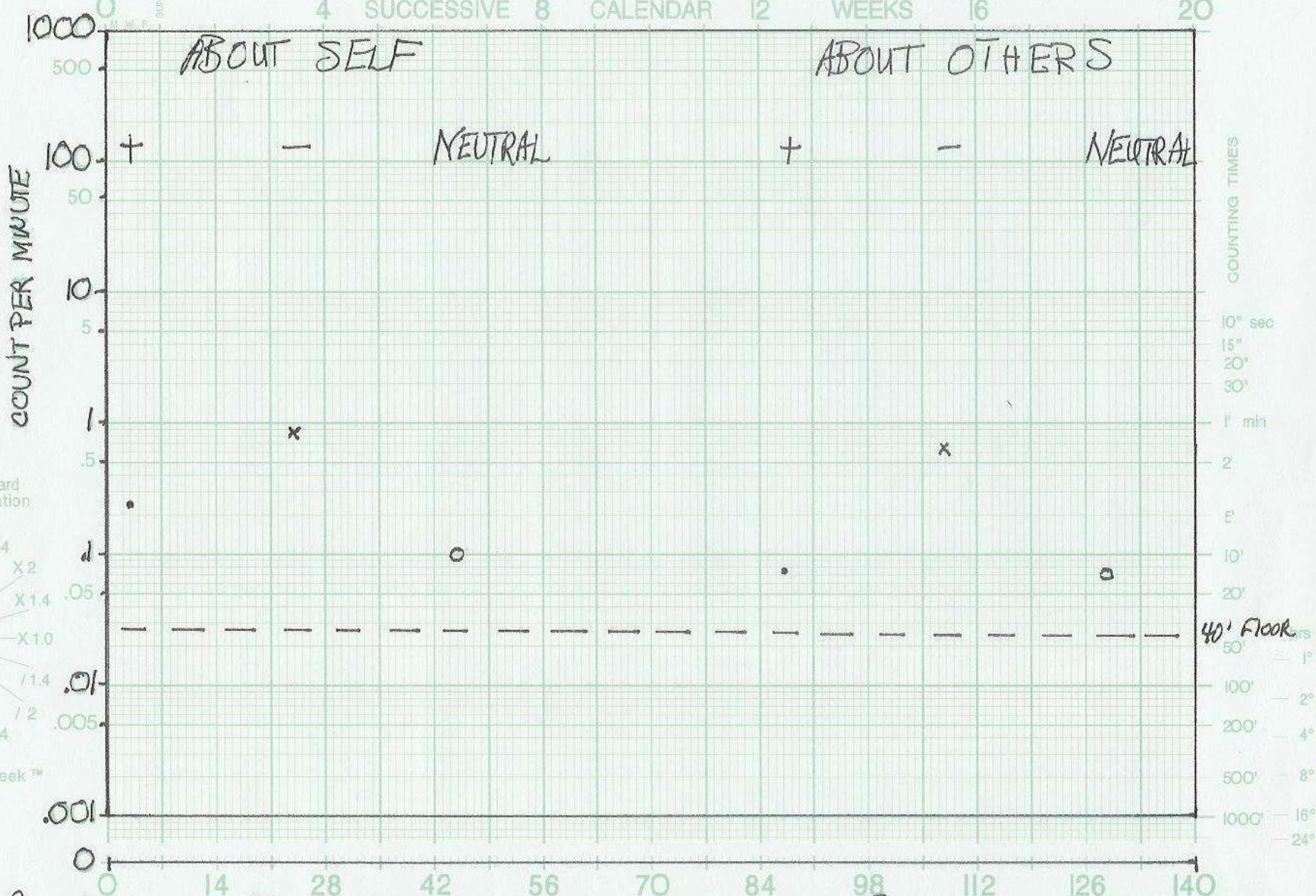


Transition to Civilian Life Affects One's Self-Identity

During transition, veterans may become slightly confused about themselves as job and life change and wonder:

- Who was I when I served in the war?
- Who am I now that I no longer serve?
- Who will I be in the future?

Resultant PTSD



Standard celebration:
 X16
 X4
 X2
 X1.4
 X1.0
 /1.4
 /2
 /4
 /16
 per week™

B. CALKIN
 SUPERVISOR
 ARMY
 ORGANIZATION

ADVISER
 DIVISION

PHIL FLANDERS
 MANAGER
 PTD GROUP CALKIN
 ROOM

SUCCESSIVE CALENDAR DAYS
 TIMER
 CALKIN
 COUNTER

8 SOLDIERS
 PERFORMER
 CALKIN
 CHARTER

COMMENTS
 POSITIVE
 XNEGATIVE
 O NEUTRAL

Resultant Suicide

- The US Army, Air Force, Navy, and Marines have lost more troops to suicide over the past 10 years than the US and its many allies have lost to combat in Afghanistan. Since 2003, at least 3,429 American troops have taken their own lives, compared with 3,254 combat deaths.
 - Army 1,939
 - Air Force 643
 - Navy 492
 - Marine Corps 355

What's happening in the field?

What's happening in the field?

- Verbal mapping w/ TBI
- Ted Hoch, GMU, VA
- Suicide prevention
- ANG with ABA
- Mil/Vet ABAI SIG
- Facebook page
- PTSD
- Abigail and others in ABAI working on it
- Returning adjustment
- Darlene Crone-Todd, SSU, MA
- SAFMEDS

They Served Us; Now We Must Serve Them

- To learn more or express interest in assisting, contact Abigail B. Calkin at abc@abigailbcalkin.com