

***“The Only Easy Day Was Yesterday” –
Rehabilitation and Recovery for Veterans
and their Families***

John A. Javis

Director of Behavioral Health

Nassau-Queens PPS

(516) 296-2278

jjavis@nq-pps.org

What if we served veterans using a strengths based Rehab and Recovery and Peer Support philosophy?



BREACHING



What is holding you back?

- **Something is keeping the door locked (PTSD, Substances, Trauma)**
- **There is HOPE on the other side of that locked door.**
- **The “breacher” is not alone – there is a team behind him**
- **ACTION is taken**

Resiliency

- In 2015 a study published in JAMA Psychiatry indicated that those who were deployed to Iraq / Afghanistan had no significant higher suicide rates than those who were not deployed.
- Also those that were deployed multiple times had lower suicide rates than those deployed less often.

GOAL SETTING: Micro-goals

- **GOAL SETTING: Setting “Micro-goals”**
- **12 Step focuses on “1 Day at a Time”**
- **Don’t worry about not using 4 years from now**
- **For someone with depression, Micro-goals might be to get out of bed, take care of hygiene, go outside etc.**



Crawl, Walk, Run

- SEALS go through a progression when learning new skills



20X Factor

- **Mark Divine: You can do 20X as much as you think you can.**



Mental Imagery

- (Ex.) Job Interview:
- Imagine yourself succeeding – envision the moment (i.e. Getting offered the job)
- “Dirt Dive” – Mentally rehearse what you will do and say (i.e. practice the interview questions and your responses)



“Self-Talk”

- How you speak impacts your brain
- Fear / Depression / Anxiety would result in negative self-talk: “Can’t”, “Try”, “Failed”, “Maybe”
- This results in tight muscles and shallow breathing
- Use positive words: “I will do it”, “I will succeed”

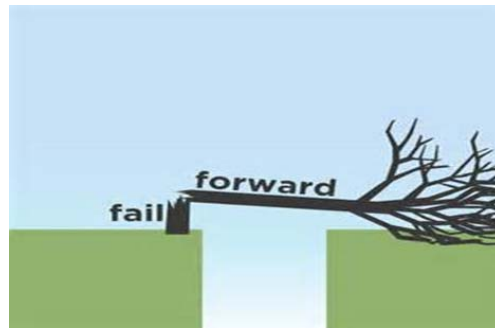
No Whining!

- **David Rutherford: “Whining.....serves absolutely no function whatsoever...Whining is a crack in your emotional armor...It can infect your Swim buddy, your fire team...and once the whining starts is spreads like the plague”**



Fail Forward Fast

- Mark Divine: “Failure is not as shameful as it once might have been – it’s almost commonplace” (Due to the fast-paced environment)
- From failure can come growth- should not be seen as an “all stop” event.



Peer Support

- In the military one's "buddy" is known as a: "Wingman", "Swim Buddy" or "Ranger Buddy"
- David Rutherford: (Your Buddy) *"Is the human being who reaches out with a loyal hand and grabs hold of your battered soul and lifts it off the ground..."*

