**What is MVP?**

In 2010 Hamilton Center began efforts to learn about and educate staff on Military Culture to better serve those clients that were in the military or have served in the military.

Our President and CEO Mr. Burks recognized a need in our community and State and began working to find a way to meet that need.

The Military Family Research Institute at Purdue University (MFRI), the Center for Deployment Psychology (CDP) and the Indiana National Guard (INNG) created StarProviders.org where clinical staff, non-clinical staff and community organizations could receive free training and allow service members and veterans to search a registry for free, for Licensed Therapists and Psychologist in their area that have taken courses to better understand the Military culture and mindset along with specific Psychotherapies designed with the military in mind.

Community Care Mental Health Centers (CCMHC) are offered an opportunity to earn recognition as a “Star Rated Facility”. Star Behavioral Health Providers (SBHP) has four Star levels, each level requires the facility to have and implement specific policies, procedures, and data recording to serve those currently in the military, previously in the military, or the immediate family members of both, that have a Behavioral Health, Addiction, or Illness, related to service in the armed forces.

SBHP also requires a certain percentage of both clinical and non-clinical staff to be trained. Clinical staff have three tiers of training available to them, Tier One is a one-day class that provides information on military culture and deployments. Tier Two is a two-day class covering six different subjects such as PTSD and TBI, Tier Three offers seven different two-day trainings in specific psychotherapies such as CBT, CPT, ACT, and PE. Clinicians can also take up to nine different Sustainment trainings that cover various subjects like moral injury, Chronic pain, and opioid use disorder to name a few. Fifty clinical staff amongst the twelve offices have completed Tier training of at least Tier One, and Eighteen are at Tier Three.

Currently at Hamilton Center all staff are required to take a four-hour class on Military Culture Competency (MCC) instructed by the Military Veteran Program Coordinator and at times, with an adjunct instructor. There are approximately 316 non-clinical staff trained in MCC. Hamilton Center has also added a On Demand course to Health Stream to assist with training non-clinical staff when needed, though the face-to-face training is preferred.

Hamilton Centers Military Veteran Program (MVP) currently serves over 400 clients with some type of military affiliation though not all have a service-related condition. Whether a service member has recently returned or has been home for years, returning service members frequently suffer in silence and are reluctant to reach out for help. Family members can be a valuable resource for providing front-line support to their loved ones, however, they often need guidance and education to assist in coping with the changes in their family relationships. By learning healthy coping methods, families may reach a new level of understanding which can calm a disrupted household.

Military family members frequently become overwhelmed by stress, worry, and additional responsibilities that arise when their hero is absent. This added pressure can have a significant negative impact on the entire family’s mental health, especially spouses, partners, and children. Separation from loved ones is especially difficult for children in a military family. Their needs are unique and may need to be professionally addressed. A 2010 study showed an increase of over 30% in binge drinking and marijuana use for High School aged adolescents of deployed parent/s over nonmilitary adolescents, and in 2013 they reported that adolescents with deployed siblings had an increase of over 40% in the same areas.

Mental health issues do not simply disappear over time. If left untreated these issues will likely worsen and may cause significant long-term problems at home, with friends, or in the workplace. Seeking help early is always best but it is never too late to reach out. Addressing the issues, even years later, allows mental health counselors the opportunity to assist with a positive treatment plan to provide some light at the end of the tunnel. The key is to identify the need for help and to seek assistance.

Suicide rates among military and veterans have reached epidemic proportions in the United States. At one point, there were 22 veterans completing suicide every day. That number has since dropped to approximately 18 per day but at Hamilton Center we believe one is too many and that zero is an attainable goal.

MVP at Hamilton center provides services for everyone that is military affiliated and in need of mental health, addictions, and emotional support for PTSD and Adjustment Disorders, Frustration Control, Problem Solving, Transition and Reintegration, Grief Counseling, Survivors Guilt, Depression, Anxiety, Attachment Issues, Abandonment Issues, Suicide Prevention & Awareness Training, Military Specific Mental Health First Aid, and QPR.