

ANOTHER KIND OF  
**VALOR**

# TRAIN THE FACILITATORS

**Do you or a close family member have military experience?**  
**Do you have good clinical skills?**  
**Are you able to present well in front of audiences?**

If so, now is your opportunity to become a facilitator for *Another Kind of VALOR* trainings.

CiMH will be hosting train the facilitators sessions in both Northern and Southern California.  
Each session will be two-day trainings and limited to 24 participants.

If you are interested in becoming a facilitator to conduct Another Kind of Valor trainings, contact Ed Diksa, ScD., at (916) 556-3480, ext. 104 or [ediksa@cimh.org](mailto:ediksa@cimh.org).



Another Kind of Valor is learning system designed to help community members begin to understand the military culture, gain insight into the impact of war experiences, learn about effective interventions, and understand the engagement skills necessary to connect with veterans, their spouses and their children. In the coming years there will be over 100,000 veterans returning to California. Over 60,000 of them will be from the National Guard and Reserves. Estimates of the incidence of PTSD run to 40%. They will be coming to our doors. Their spouses will be coming to our doors. Their children certainly will be coming to our doors. We also need to realize that a diagnosis of PTSD is only a point on a continuum. A person scores the “right” on the test and they receive a diagnosis. How many people will “miss” by a point or two? We need to be prepared for this influx of new clients to all of our systems. This learning system can be adapted to fit a multitude of audiences: the general public interested in veteran’s issues, first responders, human service agency staff, mental health clinicians, and can be used as a catalyst to engage communities in discussions leading to better coordination of community resources to meet the needs of veterans and their families.

## **Another Kind of Valor: Train the Facilitators**

Another Kind of Valor is a learning system designed to help community members

- begin to understand the military culture
- gain insight into the impact of war experiences
- identify the symptoms of war related PTSD and its impacts on the veteran and his/her family
- learn about effective interventions, and
- understand the engagement skills necessary to connect with veterans, their spouses and their children.

In the coming years, there will be over 100,000 veterans returning to California. Over 60,000 of them are members of the National Guard and Reserves. Estimated incidences of PTSD among this population run to 40%. They will be coming to our doors. Their spouses will be coming to our doors. Their children certainly will be coming to our doors. We need to be prepared for this influx of new clients to all of our systems.

We need to realize that a diagnosis of PTSD is only a point on a continuum. A person scores the “right” on the test and they receive a diagnosis. How many people will “miss” by a point or two?. Another Kind of Valor is a learning system that can be adapted to fit a multitude of audiences, such as members of the general public who are interested in veteran’s issues, first responders, human service agency staff, and mental health clinicians. The system can be used as a catalyst to engage communities in discussions that lead to better coordination of community resources to meet the needs of veterans and their families.

CiMH will be hosting Train the Facilitators sessions in both the Northern and Southern regions of the state. Each session will be two days in length and will offer the trainees a chance to get familiar with the material and to practice presenting it to their peers. Selected facilitators will be expected to hold a training within two weeks of attending a session, as we will hold a follow up day within one month to help the new facilitators hone their skills and provide support to overcome any difficulties experienced in their first training. The criteria for selecting facilitators are as follows: persons with military experience or close family members with military experience, good clinical and presentation skills.

Each session will be limited to 24 participants. The sessions will occur November 17 - 18, 2008, in Sacramento and December 10 – 11, 2008, in Santa Ana. The hours will be from 10:00 AM to 6:00 PM on day one and 9:00 AM to 4:00 PM on day two. The cost is \$3,000 per MHP. This entitle you to send two staff to attend the two-day train the facilitators session, a one day follow up for new facilitators, individual technical assistance to new facilitators,10 copies of the Another Kind of Valor DVD/CD package and a all materials and curricula needed to provide a facilitated session for local audiences.

For additional details, contact Ed Diksa, ScD., at 916-556-3480, ext.,104 or [ediksa@cimh.org](mailto:ediksa@cimh.org).