

**The Veterans Health Alliance of Long Island  
in Collaboration with Community Strong  
Present:**

# **Breaking Down Barriers**

*Long Island's Symposium Dedicated to Supporting Military  
Members, Veterans, and Families*

## Agenda

8:00-9:00 Registration and Networking

9:00-9:15 Opening Remarks and Presentation of Colors

9:15-11:30 Keynote Address and Panel Discussion

### Morning Plenary Address

**Anthony M. Szema, MD, FCCP, FAAAAI, FACP**

#### **“Burn Pit Exposure as a Cardinal Feature of Iraq/Afghanistan War Lung Injury”**

Dr. Szema will provide a state-of-the-art review of New-Onset Respiratory Symptoms Post-Deployment to Iraq and Afghanistan. He will review the research on this subject and provide insight on future directions for better understanding and treating these conditions.

#### Panel Discussion

#### **Toxic Exposure Talk**

11:30-12:15 Lunch and Networking



## 12:30-2:00 Breakout Sessions

### Moral Injury

This workshop will cover various topics related to military culture, Air National Guard, veteran identity, moral injury, and best care practices for treating military members. Attendees will learn bio-psycho-social-spiritual implications of military service on identity and family, as well as progressive treatment options that are effective in treating service trauma, addiction, and mental health challenges. The concept of Moral Injury will be clearly defined, as it relates to clinical trends and case examples. Speaker will discuss service-related trends, PTSD, Moral Injury, transitional challenges, reintegration to community, and impact on family.

### Addiction Trends and Proactive Solutions

This panel presentation will show an in-depth look at the many complex layers of addiction and self-medication within the veteran community. Topics will cover the social elements of addiction, the benefits of peer mentoring, the relevance of treatment courts, and the importance of progressive services. The epidemic of addiction will be discussed through micro, macro, and mezzo lenses, as these concepts relate to ongoing trends of addiction and overdose in the community. Panelists will include experts from a variety of treatment settings, who will discuss best care practices and treatment outcomes.

### Expanding Care for Veteran Families

This presentation will highlight gaps in care for veteran families and identify strategies for addressing these gaps through the use of Emotionally Focused Therapy for Couples (EFT) and Families OverComing Under Stress (FOCUS). Emphasis will be placed on the need to address veteran well-being by including the family. Presenters from the Steven A. Cohen Military Family Center, NYU Langone Health will introduce and review EFT to highlight challenges and effective treatment with veteran couples. Presenters from the Northwell Health Unified Behavioral Health Center for Military Veterans and their Families will introduce and review FOCUS to explore the needs of veteran families and highlight methods for assisting them as a unit. Both presentations will include case vignettes to help ground application of these models in common veteran family presentations.

### Alternative Treatments for PTSD

Current evidence based treatments for veterans with PTSD are effective, but veterans often struggle with completion of treatment and sometimes experience residual symptoms. To help address these gaps, Equine Therapy and Transcendental Meditation (TM) will be discussed as adjunctive treatment approaches for veterans with PTSD. This presentation will include an overview of the Columbia University Equine Therapy for PTSD (EAT-PTSD) project for veterans with PTSD and an overview of a recent Northwell Health Transcendental Meditation study for veterans with PTSD. The presenters will then discuss the utility of Equine Therapy and TM with PTSD and explore future directions for these programs.

## **2:00-2:30 VHALI and Community Strong Awards & Naloxone Training**

## **2:30-3:00 Closing Remarks & Raffles**

**Where:** Suffolk County Community College: Van Nostrand Theater

Michael J. Grant Campus  
Sagtikos Building  
1001 Crooked Hill Road  
Brentwood, NY 11717

**When:** Friday, August 10, 2018

**Time:** 8:30am – 3:30pm

**Registration:** [www.vhalicomunitystrong.ezregister.com](http://www.vhalicomunitystrong.ezregister.com)

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