

An Overview of PTSD and Treatment Perspectives Among Native American Veterans

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History of PTSD and Native American Veterans

- What is PTSD
- History of PTSD
- A brief history of Native American veterans

Literature Review

- 5 to 17% of returning Veterans suffer from combat related Post Traumatic Stress Disorder (PTSD)
- Research regarding Native American Veterans is lacking
- Native Veterans greatly underutilize services to treat PTSD
- Equine Therapy is becoming more popular for treatment of PTSD

Purpose and Participants

This study seeks to gain an understanding of :

- Attitudes toward PTSD
 - Perceptions about PTSD
 - Willingness to engage in therapy
 - Barriers to seeking treatment
 - Facilitators of treatment
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- Sample - 588 individuals who identify themselves as Native American Veterans.
 - 478 male
 - 110 female
 - represent all branches of the U.S. military.

Instruments

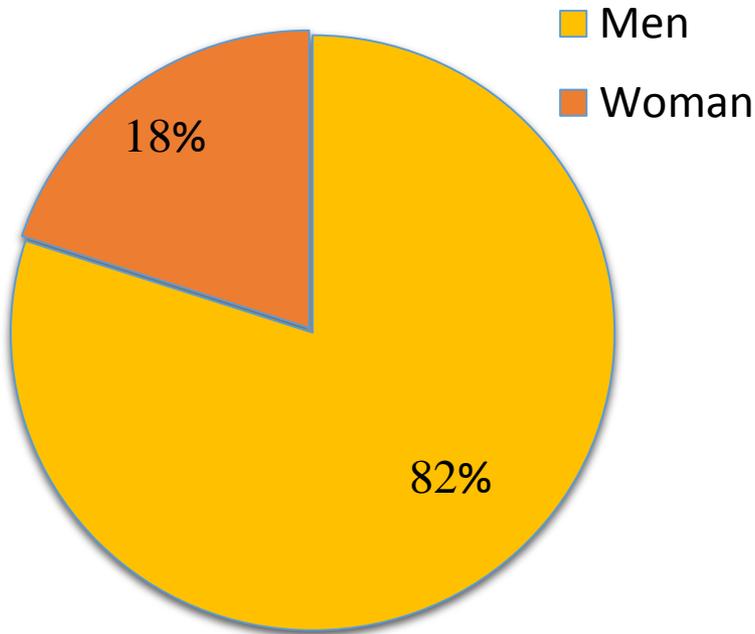
- cross-sectional survey design
- Containing 40 items
- 39 quantitative
- 1 qualitative
- Administered via Survey Monkey.

Procedure

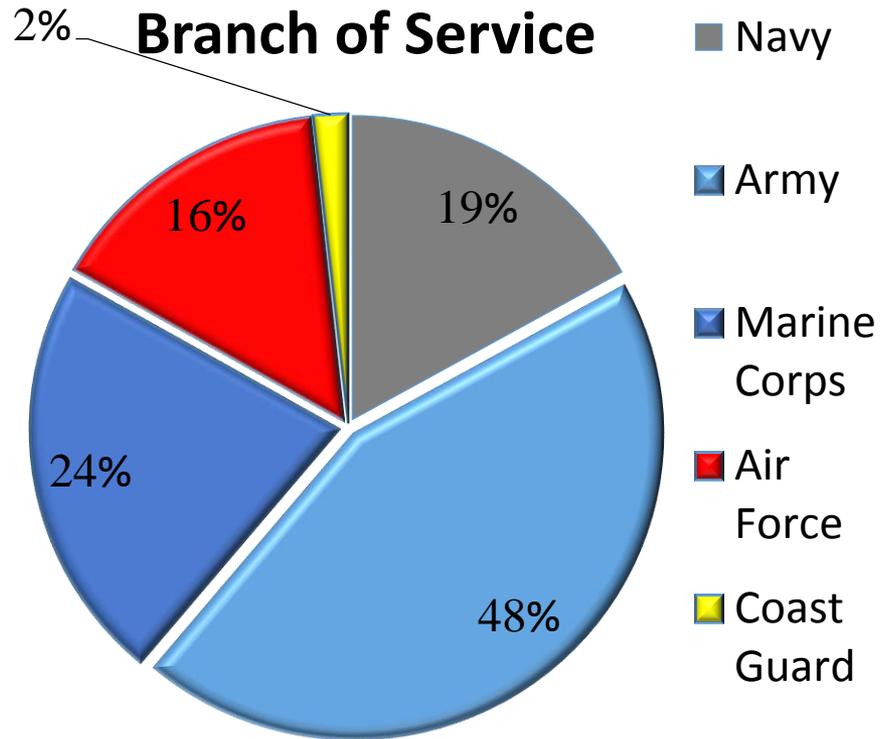
- Contacted social media sites for :
- All federally recognized Veteran Service Organizations
- All state and federally recognized Native American Nations
- Organizations and nations were asked to help circulate word of the study
- Participants had the option of requesting a hard copy
- Results were imported into SPSS
- Descriptive statistics of data ran.
- A content analysis was conducted on qualitative data

Results

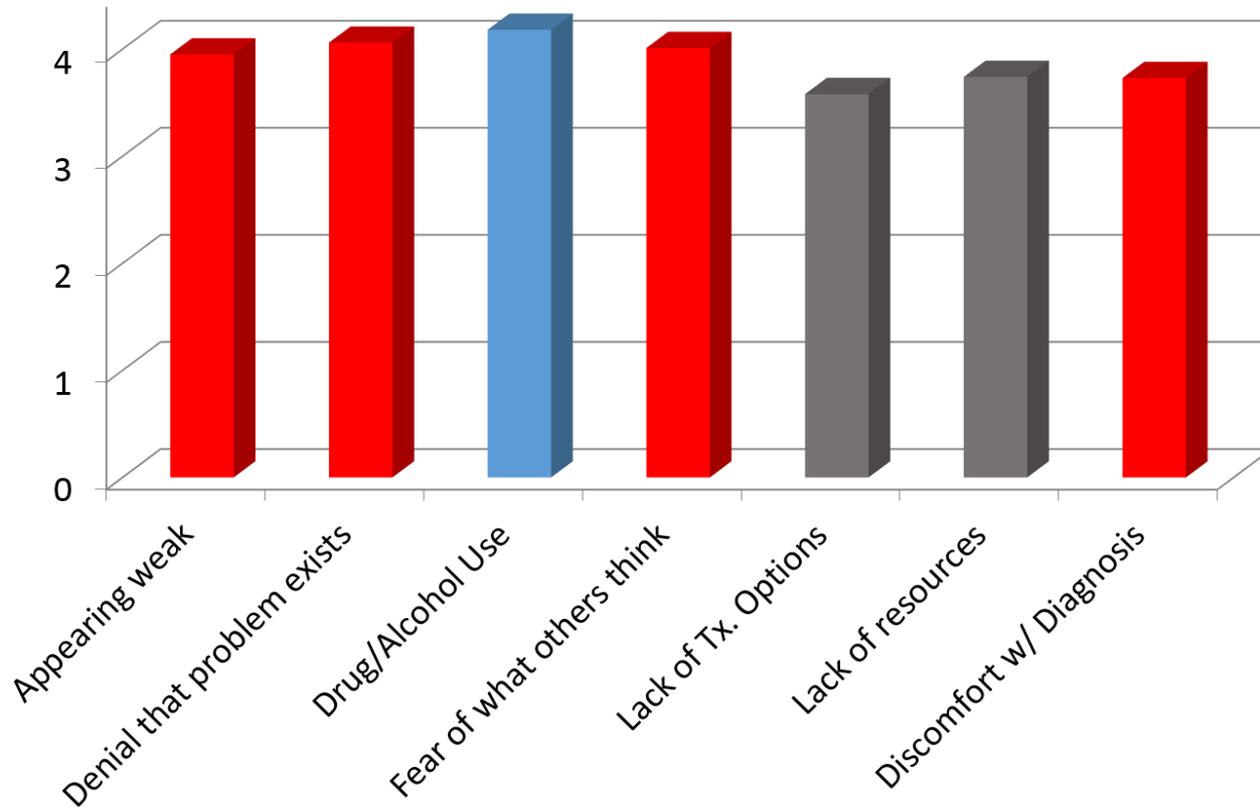
Gender



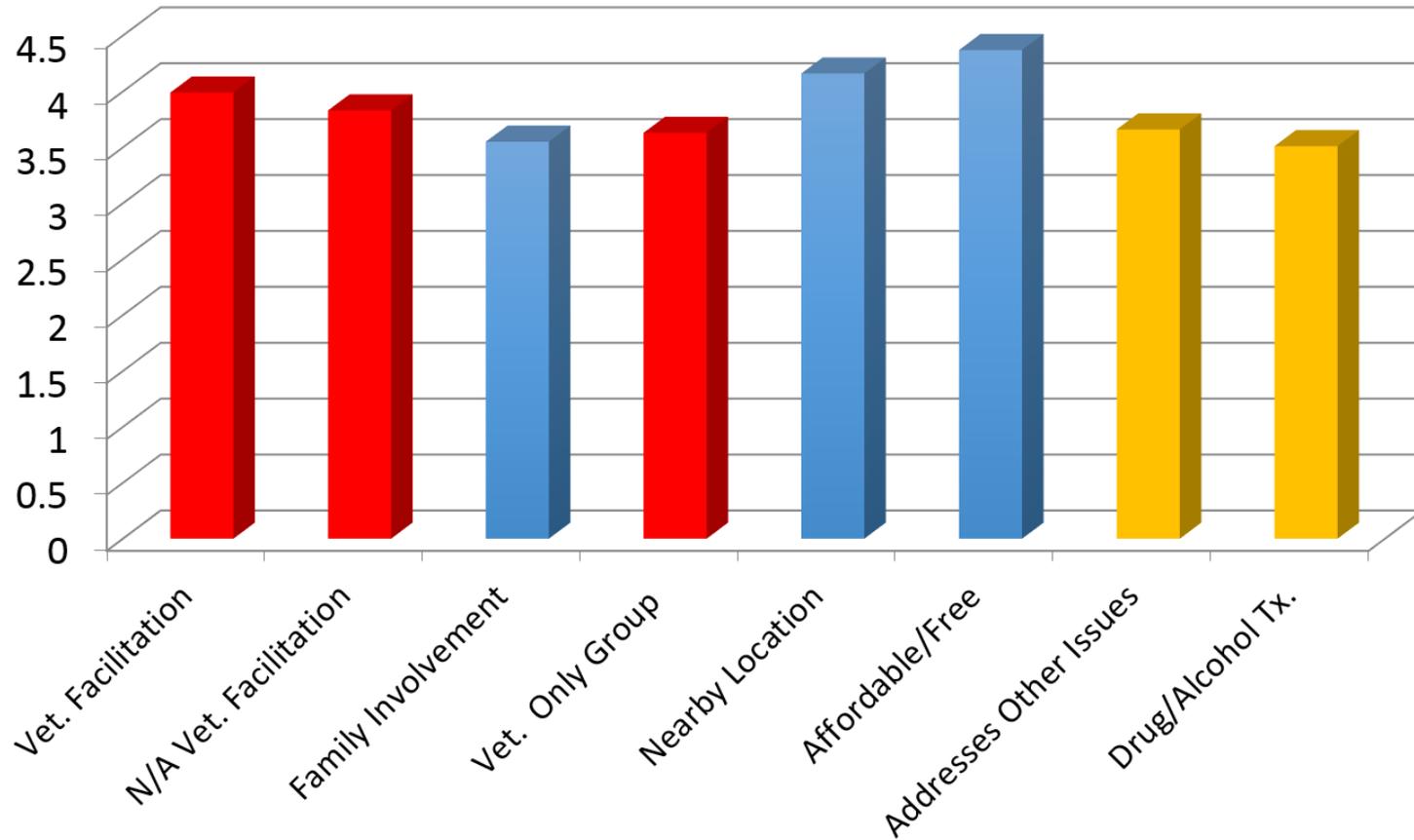
Branch of Service



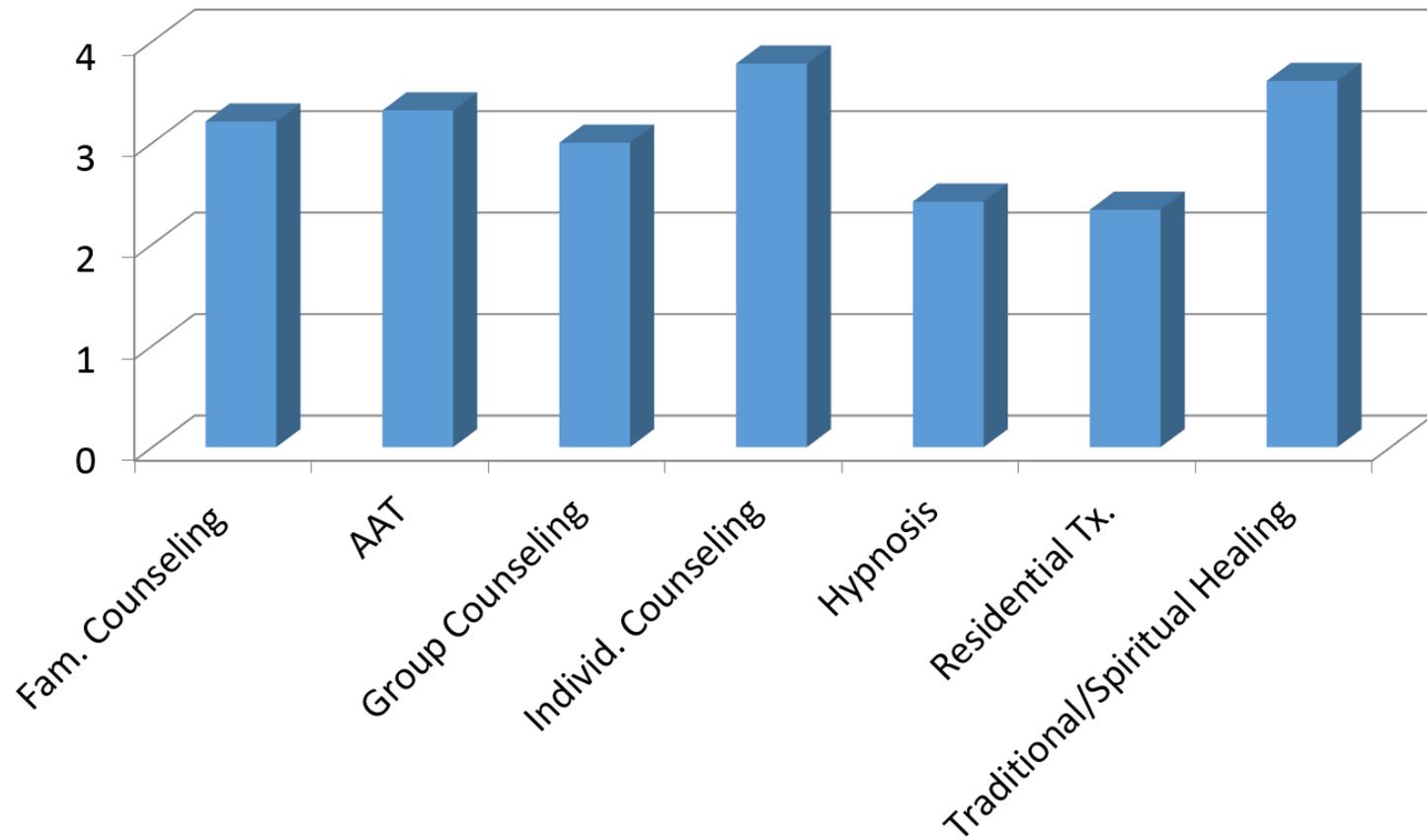
Results: Barriers to treatment



Results: facilitators of Tx.

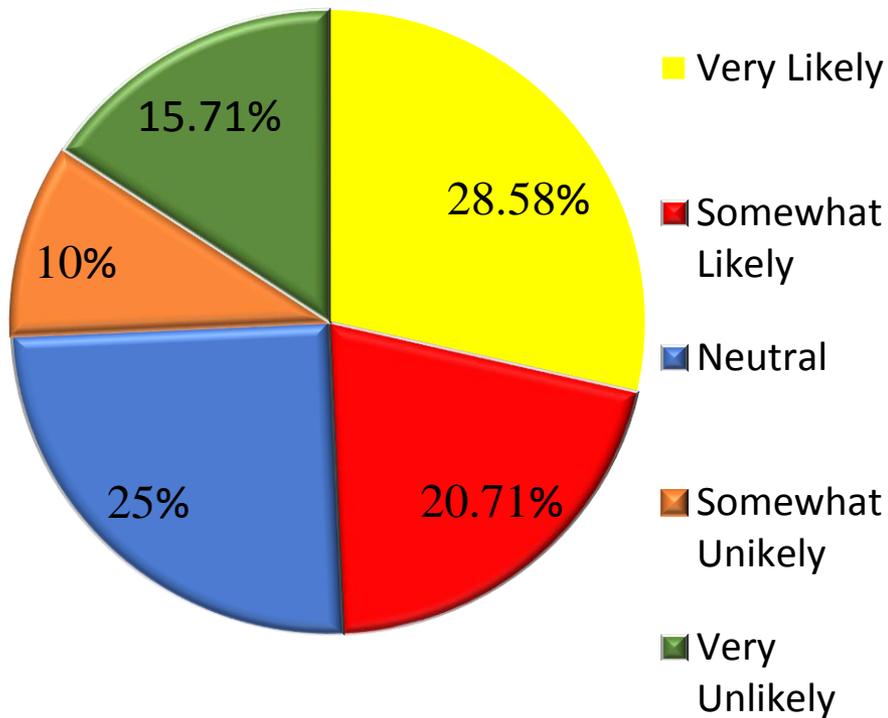


Results: likeliness to engage in TX./healing

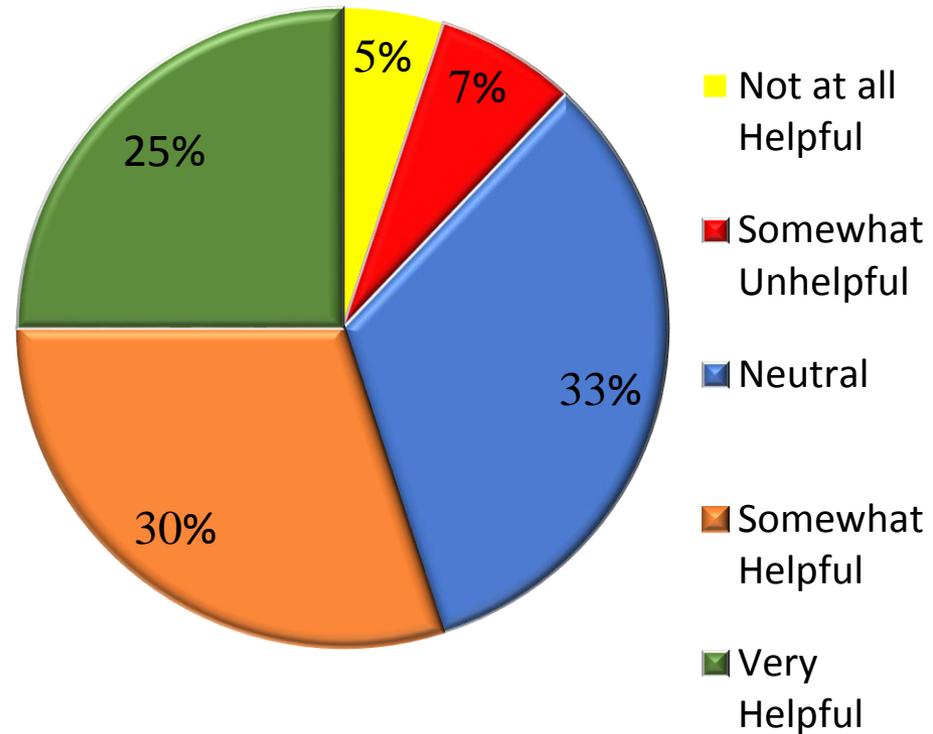


Results

Likelihood to Engage in AAT

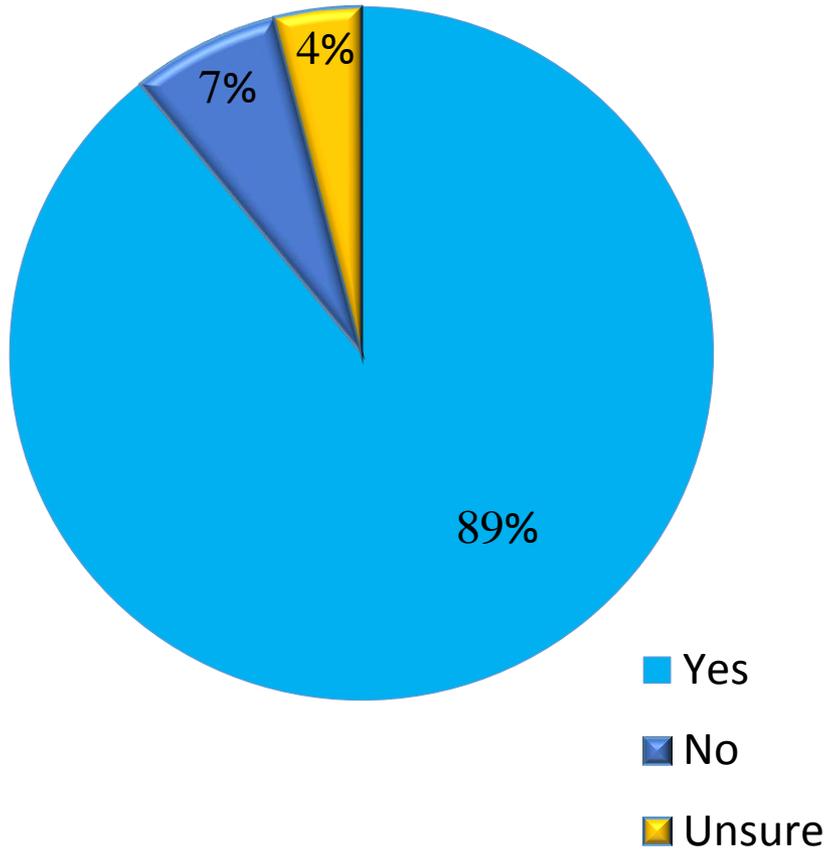


Perceived Helpfulness of AAT

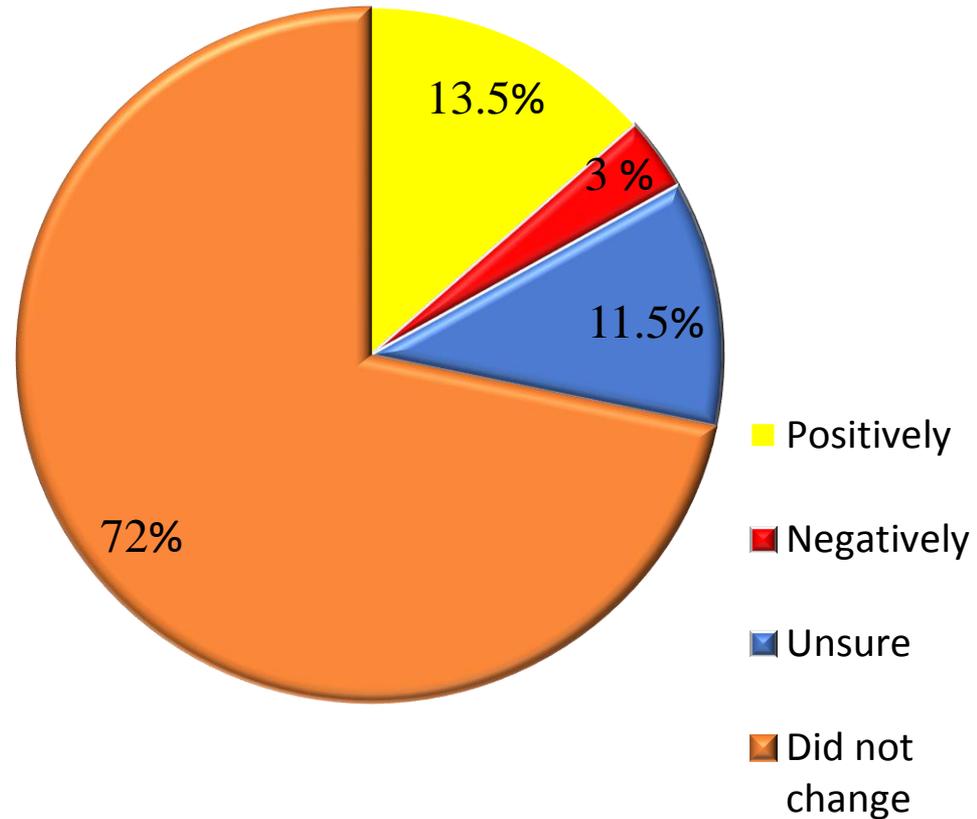


Results

Aware of others diagnosed with PTSD

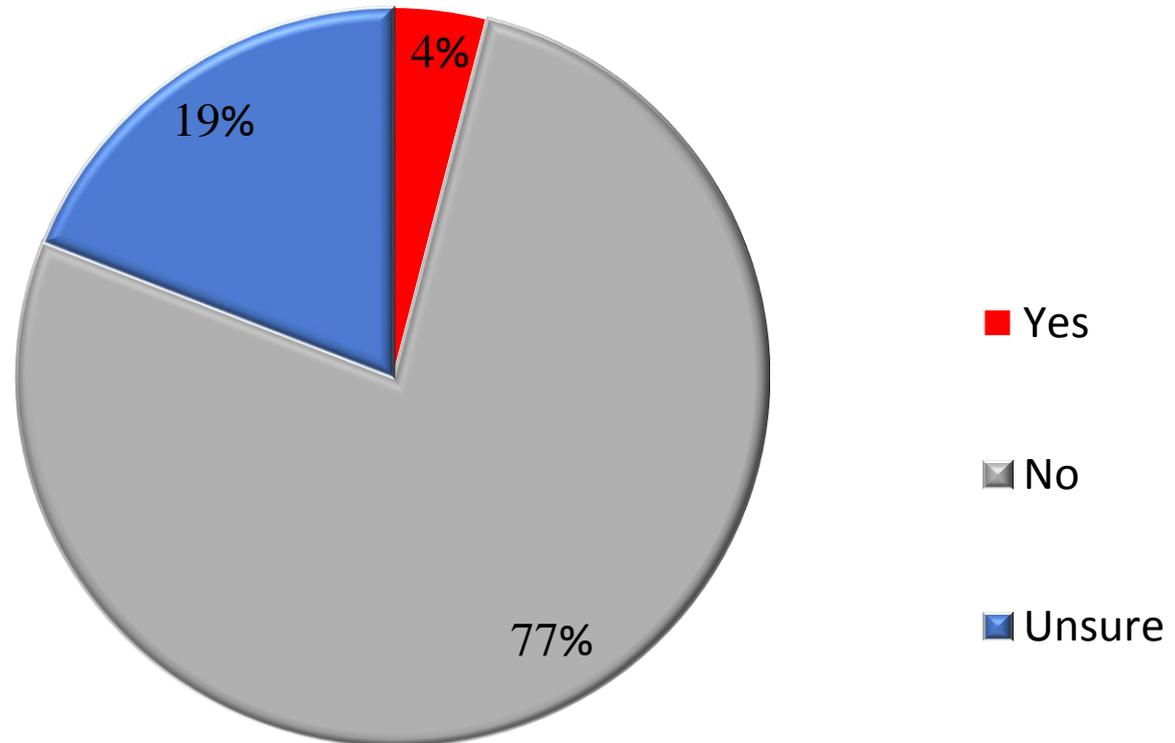


Did your perception of this person change?



Results

Do most veterans who suffer from PTSD receive adequate treatment?



Veterans' Voices

- Natives need a different approach to treatment. A trusted brother, a friend, etc. It needs to be based on the old ways included with modern technology.8
- There are so many barriers to getting help that it's not worth the frustration of the process. I want to see an open forum group where it's completely anonymous, no paperwork necessary to get help. 12
- Native veterans will open and trust other native veterans, military veterans speak a different language. I would only go to Groups run by veterens.13

Veterans' Voices

- There is extreme bias experienced by this person from counselors. The counselors ... lack a knowledge and experience with military and native peoples. 77
- The distance to travel for treatment is very bad. Most don't have anyone to go to who understands. 37
- A well grounded knowledge of the cultural background of the patient will be of great assistance and would give focus toward the healing process. 175

Discussion

- Native Veterans are generally unsatisfied with services provided them and view them as being inadequate.
- They desire programs that have staff that are veterans and who can understand their experiences in the military as well as their Native background.
- More facilities and programs designed to treat PTSD should be formed near major populations of Native Veterans.
- Cost for participation in programs should be significantly reduced or free to participants.
- Programs should be designed to address both primary and secondary symptoms of PTSD, such as drug or alcohol abuse.
- Native American Veterans are not likely to have other Native Veterans view them negatively due to having PTSD.

Limitations and Future Directions of Study

- The survey relied on self-report
- Native American are not a homogenous group, cultural aspects can differ slightly from tribe to tribe.
- More studies needed to replicate and strengthen research
- A more detailed look at differences between cohorts should be conducted to see if preferred aspects of treatment differ
- Qualitative study should also be done to provide depth of information on key findings
- Pilot studies should be conducted

For more information regarding results from the survey please contact Greg Urquhart at Greg.Urquhart@wsu.edu