

**SANTA CLARA COUNTY
EXPANDED COURSE OUTLINE
POLYTRAUMA AND POST TRAUMA STRESS DISORDER**

Course: Polytrauma and Post Trauma Stress Disorder (PTSD)
Hours: 4

Objective: This course is designed to increase awareness of the issues faced by military personnel returning to their lives/assignments after active duty, the effects of Polytrauma and Post Trauma Stress Disorder (PTSD) on returning veterans, and the danger it can pose if untreated, to the veteran, their loved ones, peers, and the general public. As a result of this training participants will be able to list symptoms, causes, and factors associated with Polytrauma/PTSD, rule out other diagnoses, and identify coping strategies and interventions.

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I. Course Overview

A. Course Introduction

1. Instructors/Students
2. Course Objectives

II. Polytrauma/PTSD

A. PTSD

1. Signs and Symptoms
2. Depression and Veterans
3. Cues to Seek Professional Help

B. Other Polytrauma - Trumatic Brain Injury (TBI) and its Primary Causes

1. Transportation/vehicle crashes
2. Falls
3. Other/Unknown
4. Non-Firearm Assaults
5. Firearms

III. Transitioning from “War zone” to “Home zone”

A. WAR/Survival Coping Skills

1. Why a briefing on reintegration?
2. Mission Stressors
3. WAR/Survival Coping Skills
4. Safety & Trust

B. HOME Skills

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1. Physical, emotional, and behavioral signs/symptoms
2. Readjustment
3. Coping and Problem-Solving

IV. Benefits of Managing Reintegration

A. HELP Recognize Behaviors That May Need Intervention

1. Reasons Service Members Don't Seek Help
2. Specific Emerging Issues
3. *Alcohol and Drug Use*
4. Re-entering the Workforce

B. Helping veteran's service members and families in the reintegration process

1. How have family members changed/family dynamics
2. Readjustment
3. Reestablishing roles
4. Getting back to work and school
5. Next Steps

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Hourly Distribution

Polytrauma and Post Trauma Stress Disorder (PTSD)	
Time	Content
0800-0815	Course Overview
0815-0900	Polytrauma/PTSD
0900-1100	Transitioning from “War zone” to “Home zone”
1100-1200	Benefits of Managing Reintegration