



# ***Kentucky's 2019***

# **OPERATION IMMERSION**

**May 7-10, Wendell H. Ford Regional Training Center**

## **Frequently Asked Questions**

### **INTRODUCTION**

Operation Immersion, an innovative four-day training event is designed to expand the knowledge base and skills of professionals and providers who support Kentucky's Service Members, Veterans and their Families (SMVF). This unique training event gives participants the opportunity to experience, first hand, what life is like on a military facility. Operation Immersion combines the best of both worlds with classroom and field training sessions led by experts to keep you motivated and engaged.

This event is presented by the Kentucky Cabinet for Health and Family Services, Kentucky Department for Behavioral Health, Developmental & Intellectual Disabilities and the Kentucky National Guard.

To see how others have benefitted from this training read the testimonials/quotes at the bottom of this document from providers and professionals like you.

### **EVENT LEARNING OBJECTIVES**

Operation Immersion is designed to:

1. Equip professionals and service providers with knowledge and skills that increase their capacity to provide quality care and support the SMVF population.
2. Promote integrated care and support systems by connecting behavioral health providers and professionals with military and veteran's resources.
3. Provide all participants with a clearer understanding of the particular underlying causal factors (multiple deployments, Post Traumatic Stress, Traumatic Brain Injury and suicidal ideation) which put the SMVF population at risk for substance misuse, suicide and behavioral health disorders.

## LOCATION/EVENT INFORMATION

### Location:

The Wendell H. Ford Regional Training Center (WHFRTC) is located at [4675 State Route 181N, Greenville, KY 42345](#), in the Central Standard Time (CST) zone. Please consider time changes when estimating travel time. Please use the google link provided above for directions as the address for the training center may not work correctly with GPS units. Participants are responsible for arranging their own transportation to and from the training location.

### Event Information:

**Please plan to arrive at 10 a.m. (CST) for check in on Tuesday, May 7. The training will begin promptly at 11:00. Training concludes at 1:00 p.m. on Friday, May 10.**

A typical day begins with a Physical Training (PT) work out modified for civilians. (Don't worry, you can do it!) this will be followed by classroom sessions or military awareness training from experts in their field. During this training, you will have the unique opportunity to experience some of the following: team leadership events, and combat missions training (including paintball).

Some of the training sessions will occur outdoors with experiences compatible to a moderate hike in the woods. Be prepared to experience dirt, grass, insects, wildlife and the elements.

**Note:** Regarding physical training participation, staff and trainers will encourage you to do your personal best. It is not about what *others* can do, but what *you* can do. If at any point that you feel unable to complete a task, please feel free to step aside and encourage others.

## DRAFT AGENDA

*(All times are listed as **Central Standard Time**, this is a draft agenda and is subject to change)*

Tuesday May 7		Wednesday & Thursday May 8-9		Friday May 10	
10:00-11:00	Check in/Registration	05:00-07:30	Rise & Shine, PT, Breakfast	05:00-07:30	Rise & Shine, Commanders
11:00-6:30	Welcome Session, Classroom & Field Training Activities	07:30-10:00	Classroom or Military Awareness Training Activities	07:30-12:30	Inspection, Breakfast Classroom Training Activities
6:30-10:00	Dinner, Networking			12:30-1:00	Safety Briefing, Dismissal
10:00	Lights Out	10:00	Lights Out		

## **OI 2019 TOPICS**

- MILITARY CULTURAL COMPETENCY TRAINING AS IT RELATES TO BEHAVIORAL HEALTH
  - THERAPEUTIC RISK MANAGEMENT OF THE SUICIDAL PATIENT (TRMSP)
    - FIELD LEADERSHIP REACTION TRAINING
- ADVERSE CHILDHOOD EXPERIENCES (ACES) AND THEIR IMPACT ON CURRENT SERVICE MEMBERS
  - ROLE OF BEHAVIORAL HEALTH IN THE MILITARY
- INTRODUCTION TO URBAN COMBAT AND IMPROVISED EXPLOSIVE DEVICES
  - COMBAT MISSIONS TRAINING EXPERIENCE WITH PAINTBALL
- MILITARY CONNECTED YOUTH: AN AT RISK POPULATION FOR OPIOID ABUSE AND SUICIDE
  - INSOMNIA AND SUICIDE RISK
- COMBAT STRESS AND THE IMPACT OF DEPLOYMENT CYCLES
  - SUICIDE PREVENTION - LIVED EXPERIENCE
  - MILITARY CHAPLAINCY
- AN INTRODUCTION TO CONCEPTUALIZING MORAL INJURY
  - SOLDIER EXPERIENCES IN TODAY'S NATIONAL GUARD

## **WHAT TO WEAR**

Clothing for the training is casual (jeans, sweats, shorts, t-shirts, tennis shoes, toiletries, medications, etc.). A letter outlining more specific packing instructions will be sent to registrants closer to the training date.

## **LODGING**

Lodging will be provided in National Guard barracks on the nights of May 7, 8 and 9. The facilities include separate sleeping quarters, bathrooms and showers for men and women. Showers are bay-style and open. Barracks are furnished with bunk beds and military linens (two sheets, pillow, pillowcase and a footlocker for securing your items). This is all part of the military experience.

If you use a Continuous Positive Airway Pressure (CPAP) machine, feel free to bring it. Electrical outlets are located next to the bunk beds for your convenience.

## **MEALS / SPECIAL DIETARY NEEDS**

You will have the opportunity to experience military meals during this training. Meals are served in the dining hall for breakfast and dinner. For lunch, you will have an opportunity to enjoy Meals Ready to Eat (MRE). We will have a limited ability to accommodate special dietary needs, so please bring food/snacks as appropriate for your dietary needs.

Please plan to eat lunch prior to arriving on Tuesday; Tuesday's dinner will be provided. Breakfast, lunch and dinner will be provided for Wednesday and Thursday, as well as Friday's breakfast. Snacks will be provided at the training site, but you are welcome to bring your own.

## **MILITARY BACKGROUND CHECK / ACCIDENT WAIVER / RELEASE OF LIABILITY / MEDIA RELEASE / ADDITIONAL SECURITY INFORMATION**

### **PLEASE BE ADVISED OF THE FOLLOWING:**

- 1. (Regarding background check): Per military regulations, we must collect confidential personal information in order for you to gain security clearance and access onto the military installation.** This information is for Operation Immersion vetting purposes only. Your information will remain confidential and will only be shared with the registration team and the military security vetting office. Operation Immersion leadership will contact you directly if additional security clarification is needed regarding your access to the installation. Please DO NOT contact the Kentucky National Guard or the training site directly.
- 2. At check in/registration you will be required to complete an “ACCIDENT WAIVER / RELEASE OF LIABILITY / MEDIA RELEASE FORM” in order to attend the training.**
- 3.** All civilians must have identification including driver's license, vehicle insurance and registration.
- 4.** Everyone in the vehicle over the age of 15 must present photo identification upon entering the gate.
- 5.** Your vehicle is subject to search at any time while on the training center property.
- 6.** Cell phone use is **prohibited** while operating a vehicle at the Wendell H. Ford Regional Training Center.

### **CEUs BOARDS LISTED**

Contact Hours/Continuing Education (CE) Units are being requested for the following boards: Alcohol and Drug Counselors, Long-Term Care Administrators, Nursing, Pastoral Counselors, Professional Art Therapists, Psychology, Social Work, Licensed Professional Counselors, Licensed Marriage and Family Therapist. Information will be available for other specialties and those not pre-approved, to submit CE information to your respective entities. **KBN Provider Number 5-0051 Expires December 31, 2019**

### **ELIGIBILITY REQUIREMENTS**

All individuals must be 18 years old or older and:

#### **New for 2019: By registering for Operation Immersion, You are agreeing to the following terms:**

- You are currently, or plan to in the near future (within 12 months), serve the SMVF population in Kentucky.
- To participate in a pre- and post-event evaluation process, including a six and twelve month's follow-up survey.
- Your photograph, electronic video image, or likeness may be utilized for future publicity and training opportunities by CHFS, DBHDID and Kentucky National Guard.
- Your professional contact information including: name, title, organization, email, and contact number will be shared with Operation Immersion participants, staff, presenters and the Kentucky National Guard.

## TESTIMONIALS/QUOTES

*"I can honestly say that this was the single most valuable learning experience that I have ever encountered. The amount of learning and growth achieved during the four days is difficult to fully measure, as it is vast and deep." -Susan M. Scully-Hill, Ph.D., -2017 OI Participant*

*"OI is not just beneficial to us and our soldiers, but also to any veterans who receive services from providers who go through our program." -Brigadier General (Ret.) Charles Jones, Kentucky National Guard*

*"It was challenging. It was emotional. I was tired. And yet, it did not even begin to approximate what our soldiers and military personnel experience. As the second day unfolded, I was enthralled and motivated to learn and grow as much as I possibly could...By the end of the program, I felt deeply connected to the other participants and the staff and did not want the experience to end." -2017 OI Participant*

*"All aspects added to our understanding of the military experience, from experiencing ropes courses/leadership training, barracks life, common showers, field experiences, mobile units, roll-over Humvee activities and PT in the early morning. I feel that I have gained valuable insights into interacting in a more sensitive way with our military personal." -OI Participant*

*"As I drove home, I reflected on the immense amount of information and knowledge we had all gained as mental health professionals. This training was invaluable in providing us with skills to help soldiers as they return from difficult and sometimes horrific experiences." -Dr. Janet Fain Morgan, -2016 OI Participant*

*"The environment that was cultivated between the session members and trainers allowed intense collaboration and information sharing. The ability to experience real-life trainings that military members endure has enhanced my ability to understand the story and context of service members and families with whom I work." -OI Participant*

*"The hard work and coordination among you and the staff and volunteers was immaculate and helped me as a participant to get the most out of this experience. I want to thank you for fostering an environment in which teamwork, camaraderie and genuine connection with the presented materials could take place. Operation Immersion has forever changed my life both professionally as a clinical therapist, and personally as a military wife." -Selena Stanberry, MA, LMHC, LPC, -2017 OI Participant*

**If you have questions regarding registration, please contact:**

Stephanie Turner

Division of Behavioral Health Phone:

502-782-6194

[stephanie.turner@ky.gov](mailto:stephanie.turner@ky.gov)

**If you have additional questions, please contact us at: [operationimmersion@ky.gov](mailto:operationimmersion@ky.gov)**