



February 28, 2018

My fellow Veterans, Grace and peace to you and your family.



PTSD is a mental health issue that is often associated with a great deal of stigma, both in military and civilian populations.

Several myths about the condition appear to contribute to these beliefs.

3 common misunderstandings about PTSD to reconsider

**1** PTSD is a sign of mental weakness

PTSD can happen to anyone. It is not a sign of weakness. A number of factors can increase the chance that someone will have PTSD, many of which are not under that person's control. For example, having a very intense or long-lasting traumatic event or getting injured during the event can make it more likely that a person will develop PTSD. PTSD is also more common after certain types of trauma, like combat and sexual assault.

**2** People with PTSD are dangerous

Although PTSD is associated with an increased risk of violence, the majority of Veterans and non-Veterans with PTSD have never engaged in violence. When other factors like alcohol and drug misuse, additional psychiatric disorders, or younger age are considered, the association between PTSD and violence is decreased.

**3** Nothing can be done for people with PTSD

There are more effective PTSD treatment options than ever. Effective treatments for PTSD include different types of psychotherapy (talk therapy) or medication. Studies have shown that for some people, these treatments can get rid of symptoms altogether. Others find they have fewer symptoms or feel that their symptoms are less intense.

Learn more about PTSD and PTSD treatment

- [Watch a 4 minute video](#) explaining PTSD and its symptoms
- Learn about and compare treatment options with the [PTSD Treatment Decision Aid](#)
- Download and share [Understanding PTSD and PTSD Treatment](#) (PDF - 13.6MB)

## Consult with PTSD Experts

The National Center's [PTSD Consultation Program](#) offers free PTSD consultation to any provider who treats Veterans in any setting.



## PTSD Lecture Series

### March 2018 Lecture

- **March 21, 2 PM ET:** *What We Know about PTSD and Opioids*, Elizabeth Oliva, PhD and Jodie Trafton, PhD

**Free continuing education credits** for our monthly lecture series.

**Download** a [calendar reminder](#) to save the date for the 3rd Wednesday of each month at 2 pm ET.

Subscribe

[Subscribe](#) to receive monthly emails that include a registration link and instructions for joining the live lectures.

## Seven Marines court-martialed in wake of Marines United scandal



In total, the investigation has identified 119 potential culprits — 97 of whom are Marines — in the wake of the scandal, according to Marine Corps officials. (Staff Sgt. Gabriela Garcia/Marine Corps)

One year after the [Marines United](#) scandal leaped into the public spotlight, the Corps has armed itself with new policies and tools to go after perpetrators involved in revenge porn-related offenses and social media misconduct.

To date, the Corps has carried out 80 dispositions of cases linked to the crackdown on online-related misconduct during the past year. It includes seven

[courts-martial](#), 14 nonjudicial punishments, six administrative separations and 28 adverse administrative actions. In total, the investigation has identified 119 potential culprits — 97 of whom are Marines — in the wake of the scandal, according to Marine Corps officials.

“There’s been accountability, probably not to the satisfaction of some,” Gen. Robert B. Neller, commandant of the Marine Corps, said at the Center for Strategic and International Studies in January, when pressed about progress since the scandal broke.

Charges have ranged from nonconsensual posting of images, extortion, to distribution of filmed sex acts without knowledge of the victim.

For example, on Aug. 10, 2017, a lance corporal was convicted at a special court-martial of Article 127 for threatening to distribute sexually explicit photographs and video unless he received something valuable. The junior Marine was also brought up on a whole slew of other charges to include destruction of government property, theft and assault. He received a bad conduct discharge and was reduced to private

On Sept. 26, 2017, a sergeant was convicted at a special court-martial for Article 80 for attempting to broadcast video a victim’s private area and Article 81 for conspiracy to distribute the recording. He pled guilty and received a bad conduct discharge, 90 days confinement and reduction to private.

On Jan. 31, a lance corporal was convicted at a special court-martial for Article 120C for filming and broadcasting of a sex act. He received a bad conduct discharge, 30 days confinement and reduction to private

By: [Shawn Snow](#)

**Study: Private sector may not be ready for new veteran patients**

WASHINGTON — Lawmakers appear poised to send tens of thousands of [veterans in the private sector for health care](#) in an effort to provide [quicker, more convenient appointments](#) for an array of medical needs.

But a new study casts doubt on whether private care providers can do that.

[Researchers from the Rand Corp.](#) on Thursday released a new study of New York state medical providers that noted the majority of physicians working outside Veterans Affairs programs “know little about the military or veterans, are not routinely screening for conditions common among veterans, and are unfamiliar with VA.”



Though restricted to one state, the findings echo [concerns among critics of the White House](#) push to send more veterans outside the VA’s medical system to receive care: that easing access for veterans appointments may bring with it a host of other, unintended problems.

House and Senate lawmakers are currently crafting separate but similar measures which would ease access for veterans to receive health care from doctors in their communities at the federal government's expense.

VA already pays for a significant amount of community care among its patients — last year, about one-third of all medical appointments were at sites outside the Veterans Health Administration — but the new realignment would push even more resources into those private-sector appointments and reduce administrative restrictions on veterans' eligibility to access them.

Conservative groups have pushed for President Donald Trump to go even further and adopt a system where veterans could choose whether to skip VA services altogether in favor of their own local physicians but still have federal agencies pay for the costs.

Meanwhile, VA Secretary David Shulkin has repeatedly stated he is not in favor of privatizing his department's duties or services, but does believe that the future of veterans health care depends on a network of federal and private-sector providers to ensure reliable access and quality care.

### **Texas man accused of theft in dead uncle's military pension**



A Texas man was charged in federal court for pocketing his uncle's military retirement pay for the 20 years after his uncle had died. (baona/Getty Images)

RICHMOND, Texas — A recently retired county jail guard in Texas has been charged with pocketing two decades worth of military pension checks sent to his long deceased uncle.

The Houston Chronicle reports that Burnie Joseph Haynes is accused of theft of federal funds for taking more than \$286,000 from his late uncle's bank account, which was receiving military pension checks for service in the U.S. Air Force.

He's set to appear in federal court Tuesday.

Haynes was a detention officer for the Fort Bend Sheriff's Office until about two weeks ago.

Court documents show Haynes' uncle, Joseph McKinley Wells, died in 1996. He didn't list any benefactors on his account, but Haynes had signatory authority through a power of attorney.

Federal officials allege Haynes stole money from 1996-2016 in the form of retirement pay from the Defense Department.

## The Obama era is over. Here's how the military rates his legacy



President Barack Obama greets members of the U.S. military during a rally with troops at Elmendorf Air Force Base in Anchorage, Alaska, Thursday, Nov. 12, 2009. (AP Photo/Pablo Martinez Monsivais)

President Barack Obama will step down after eight years as commander in chief with one of the most influential tenures leading the U.S. military, but not necessarily the political support of service members.

His moves to slim down the armed forces, move away from traditional military might and overhaul social policies prohibiting the service of minority groups have proven divisive in the ranks. His critics have accused him of trading a strong security posture for political points, and for allowing the rise of terrorists like the Islamic State group whom the wars in Iraq and Afghanistan were supposed to silence.

But Obama's supporters define him as the Nobel Peace Prize winner who ordered the elimination of Osama bin Laden and refocused military strategy while wrestling with an uncooperative Congress and unprecedented budget restrictions. They insist the military is more nimble now, and more prepared to deal with unconventional warfare against non-traditional threats across the globe.

More than half of troops surveyed in the latest Military Times/Institute for Veterans and Military Families poll said they have an unfavorable opinion of Obama and his two-terms leading the military. About 36 percent said they approve of his job as commander in chief.

Their complaints include the president's decision to decrease military personnel (71 percent think it should be higher), his moves to withdraw combat troops from Iraq (59 percent say it made America less safe) and his lack of focus on the biggest dangers facing America (64 percent

say China represents a significant threat to the U.S.)

But more than two-thirds support Obama's mantra that securing America means building strong alliances with foreign powers. And more than 60 percent think his use of drones and special forces teams for precision strikes — instead of large-scale military operations — has helped U.S. national security.

That's a conflicted response to a president who entered the White House vowing to end U.S. involvement in Iraq and Afghanistan but instead leaves as the first American president to oversee two full terms with combat troops deployed to hostile zones.

### **New Veterans for Christ, Inc. Chapter coming soon in Bethlehem, Ga.**

The Veterans for Christ, Inc. will be starting a new chapter in the Athens area in the coming months to help veterans less fortunate than ourselves.

For further information on this new chapter email David McKinney at [gtp0.148@gmail.com](mailto:gtp0.148@gmail.com)

### **YOU TOO CAN BE A MEMBER OF THE VETERANS FOR CHRIST, INC.**

Sign up online to become an associate member. The annual associate membership of \$120.00 which can be used as a tax deduction for supporters. Registration fees can be paid online through our PayPal account. You will get a free VFC T-shirt with your associate membership. Your tax deductible membership fee will support the VFC mission.

All Honorably Discharged Veterans are welcome to come and observe the VFC; feel free to ask questions and learn more. If we don't know the answer we know someone who does. Please browse our web site [www.veteransforchristinc.org](http://www.veteransforchristinc.org). There you'll find information on many subjects of interest to veterans. You'll also find a Newsletter for your branch of service and links to Social Security and many other links with an abundance of information.

Our monthly meetings are held at the God's Amazing Grace Christians Ministries 3576 Covington Hwy, . Decatur, Ga. Our meetings are the third Tuesday of every month and start at 6:30 (PM) for approximately one hour and a half, unless otherwise advertised. We will be respectful of your time.

Thank you for your interest in the VFC. We look forward to communicating and fellowshiping with you soon. We are looking for a corporate sponsor for our VFC Gerald Prince College Scholarship which is donated each September at our Anniversary Luncheon

"Be on your guard, stand firm in the faith, being men of courage, be strong." 1Cor 16:13

Sincerely,

*William A. Harris, Jr.*

William A. Harris, Jr., USAF Retired  
President, Veterans for Christ, Inc.

[www.veteransforchristinc.org](http://www.veteransforchristinc.org)