

THE SOUTHWEST COUNCIL, INC.

The Southwest Council is a private, non-profit health agency which provides prevention and education services to the counties of Cumberland, Salem, and Gloucester. The Southwest Council is a member of the New Jersey Prevention Network, a state-wide corporation linking preventative services throughout the entire state of New Jersey.

Founded in 1991 as a primary Alcohol, Tobacco, and Other Drug (ATOD) prevention services provider, The Southwest Council's sole mission is to reduce the incidence and prevalence of the illegal use, misuse, and abuse of these harmful substances.

The Southwest Council's goal is to increase awareness about ATOD-related problems in our communities, schools, businesses, and professional organizations, as well as to assist families and individuals by offering services and referrals whenever possible.

For more information about the Southwest Council, its programs, services or events, visit the council's website at

www.southwestcouncil.org

Non-Profit Organization
US POSTAGE PAID
Permit #0570
Vineland, NJ

The Southwest Council, Inc.
645 N. Delsea Drive
Vineland, New Jersey 08360

The Southwest Council, Inc.

"Where the Science of Prevention Meets the Needs of the Community"

Presents

The Battle Beneath:

THE CAMOUFLAGE CONTINUES

The Plight of Returning Vets

A Conference for the Community and Health Professionals

Friday, June 5, 2009

9:30 am—3:30 pm

(registration begins at 9:00 am)

Veteran's Memorial Home

524 North West Boulevard

Vineland, NJ 08360

Continuing Education

Credits Available

www.southwestcouncil.org

THE BATTLE BENEATH . . . THE CAMOUFLAGE CONTINUES - THE PLIGHT OF RETURNING VETS

When many of us think of disabled veterans of war we immediately go to an image of a Vietnam era veteran missing a limb. The image of the modern day war veteran is however, quite different. While returning troops do still suffer from the more obvious and well known scars of war, twenty percent of U.S. troops returning from Iraq and Afghanistan are affected by traumatic brain injury (TBI) and/or post traumatic stress disorder (PTSD).

Blasts are a leading cause of brain injury for active duty military personnel in war zones, but brain injury can also occur through bullets and fragments, falls, motor vehicle crashes, and assaults. As a result of improvements in battle gear and medicine and the increasing use of improvised explosive devices (IEDs), traumatic brain injuries are more prevalent now than in any other war and affect hundreds of thousands of our troops.

TBI is a highly individualized injury. The severity of a TBI depends on the nature of the injury, strength of the force that caused it and the area of the brain that was affected. This individuality often makes it difficult to identify and diagnose TBI, so it is important for everyone to be aware of the manifestations of TBI. Even a mild TBI can cause problems with balance, coordination, speech and vision. Depression, impulsivity and lack of judgment are also common manifestations of TBI.

PTSD is an anxiety disorder that can manifest after a person has been through a traumatic event, such as war. Like TBI, PTSD is also a highly individualized injury. Symptoms of PTSD include depression, anxiety, alcohol and drug abuse and family dysfunction.

While these often hidden disabilities have become the signature injuries of the conflicts in Iraq and Afghanistan, the good news is that help is available from many sources. These sources include mental health professionals in military treatment facilities, counselors at veterans affairs centers, military chaplains and private, civilian doctors, counselors and other health professionals.

Keynote Presenter

Melissa Arnott, Ed.D. LPC NCC CAC

A counselor and educator, Dr. Arnott maintains a private counseling practice for individuals, families and groups. She is a Licensed Professional Counselor in NJ and PA, a Nationally Certified Counselor (NCC) and Certified Addictions Counselor Diplomat in PA.

Dr. Arnott holds an International Certification for Advanced Alcohol and Other Drug Abuse Counselor. As an educator, working as a Director of the Academic Success Center at Rowan University, she has developed a coaching program designed to assist university students in achieving academic success. She was instrumental in starting the second Veteran Student Organization in the country which addresses some of the needs of student veterans. Dr. Arnott is committed to supporting individuals in succeeding in all aspects of their lives.

Dr. Arnott earned a BA in Liberal Studies, with a concentration in Psychology from Neumann College, a Master of Science degree in Counseling Education from West Chester University and her Doctorate degree in Counseling Psychology from Argosy University.

Dr. Arnott presents nationally on the topics of Disability, Addictions and Mental Health and Coaching programs.

REGISTRATION

A Free Conference sponsored by The Southwest Council, Inc.

Name _____

Agency/Affiliation _____

Address _____

Phone _____

E-mail _____

One registrant per conference registration form.

Pre-registration is Required!

You will receive registration confirmation.

To register, mail or fax this completed form to:

THE SOUTHWEST COUNCIL, INC.
JB Campbell Family & Fitness Center

118 Walnut Street
Salem, NJ 08079

Fax 856-935-7946

For more information, call Beth Mayers, Salem County Resource Center Coordinator, at 1-856-935-0182, x11

To view the conference agenda, visit our website:
www.southwestcouncil.org

THE SOUTHWEST COUNCIL, INC.

645 N. Delsea Drive
Vineland, New Jersey 08360
Phone: 856-794-1011
Fax: 856-794-1239
1-800-856-9609

