

## AN UPDATE ON WORKING TOWARD PEACE BY PROVIDING CIVILIAN HEALTH AND MENTAL HEALTH SERVICES TO ACTIVE DUTY MILITARY PERSONNEL.

PRESENTED AT THE PEACE CAUCUS OF THE  
AMERICAN PUBLIC HEALTH ASSOCIATION ANNUAL CONFERENCE  
11/5/2013 CHICAGO, IL  
MARIO CRUZ, M.D., DEPARTMENT OF PSYCHIATRY  
BRYANT SHUEY, BA, UNIVERSITY OF NEW MEXICO SCHOOL OF MEDICINE  
HOWARD WAITZKIN, M.D., PH.D., DEPARTMENT OF SOCIOLOGY AND  
ROBERT WOOD JOHNSON CENTER FOR HEALTH POLICY  
UNIVERSITY OF NEW MEXICO

macruz@salud.unm.edu

## PRESENTER DISCLOSURES

Mario Cruz, M.D.

(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

"No relationships to disclose"

## LEARNING OBJECTIVES

- Describe the characteristics of active duty GIs and veterans who seek civilian health and mental health services;
- Explore the relationships between their selected characteristics;
- Discuss if not peace, should we move to a draft to ensure equity in war?

macruz@salud.unm.edu

## WAR ADVERSELY IMPACTS SOCIETY

### For the individual:

- Health
- Employment
- Quality of Life
- Family burden
- Linked to suicide rate of children

### For society:

- Homelessness
- Public safety
- Incurred health care costs
- Loss of creative potential

macruz@salud.unm.edu



macruz@salud.unm.edu

## CIVILIAN MEDICAL RESOURCE NETWORK (CMRN)

### Objectives of CMRN:

1. To provide civilian medical or mental health evaluations and treatment for people serving on active duty with the military.

- Activities may include case coordination, counseling by phone, and referrals to professionals who work in the GI's geographical area.
- The professionals who conduct the evaluations do so at no or reduced charge if the GI does not have usable insurance coverage and cannot afford to pay customary fees.

macruz@salud.unm.edu

## CIVILIAN MEDICAL RESOURCE NETWORK (CMRN) (CONT'D)

2. To collaborate with the GI Rights Hotline, the Military Law Task Force, and other organizations for outreach to improve medical and psychological services in the civilian sector for active-duty GIs.

macruz@salud.unm.edu

7

## METHODS

- **Sample:**
- Quantitative data - 207 CMRN complete client records 2009-6/30/2015.
- Exploratory, retrospective review of de-identified data.

macruz@salud.unm.edu

8

## DEMOGRAPHIC CHARACTERISTICS

macruz@salud.unm.edu

9

	<i>n</i> (%)
<b>Gender</b>	
Female	36 (17.2)
Male	173 (82.8)
<b>Age (18-30 yrs)</b>	156 (75.4)
<b>Race</b>	
White	127 (60.8)
Non-white	82 (39.2)
<b>Military Branch</b>	
Army	134 (64.4)
Marines	26 (12.5)
Navy	29 (13.9)
Air Force	16 (7.7)
Other	2 (1.3)

macruz@salud.unm.edu

10

	<i>n</i> (%)
<b>Rank</b>	
E1	37 (18.1)
E2-4	111 (54.4)
E5-7	34 (16.7)
<b>Education</b>	
HS/GED + Some College	161 (77.8)
<b>AWOL</b>	48 (19.3)

macruz@salud.unm.edu

11

	<i>n</i> (%)
<b>Pre-Military Mental Health Problem</b>	49 (21.5)
<b>Pre-Military Health Problem</b>	51 (24.4)
<b>Pre-Military Trauma</b>	98 (46.9)
<b>Military Trauma</b>	153 (73.2)
Combat related	80 (38.3)
Non-combat related	89 (42.6)

macruz@salud.unm.edu

12

	<i>n</i> (%)
<b>Military Treatment</b>	<b>145 (69.4)</b>
Medical	43 (20.6)
Mental Health	101 (58.4)
Both	21 (10.5)
<b>Civilian Treatment</b>	<b>74 (35.4)</b>
Medical	36 (17.2)
Mental Health	35 (16.8)
Both	10 (4.8)

macruz@salud.unm.edu

13

## IMPORTANT PRESENTATION CHARACTERISTICS

macruz@salud.unm.edu

14

<b>DIAGNOSES/SYMPATOM</b>	<b>n</b> (%)
Major Depressive Disorder	151(71.9)
Post Traumatic Stress Disorder	127(61.1)
Suicidal Ideation	99(48.3)
Alcohol Abuse	55(26.3)
Panic Disorder	52(25.0)
Generalized Anxiety Disorder	44(21.0)

macruz@salud.unm.edu

15

## QUANTITATIVE FINDINGS

macruz@salud.unm.edu

16

### TRAUMA

#### Post Traumatic Stress Disorder

- AWOL  
(OR=2.6, 95%CI 1.06 6.23, p=.04)
- Noncombat trauma  
(OR=3.1, 95% 1.6 6.1, p=.00)
- Combat Trauma  
(OR=5.4, 95% CI 2.6 11.2, p=.00)

macruz@salud.unm.edu

17

### TRAUMA

#### Noncombat Trauma

- Race (Latino and Asian)  
(OR=1.4, 95% CI 1.0 1.8, p=.04)
- Age  
(OR=1.3, 95% CI 1.1 1.6, p=.00)
- Panic Disorder  
(OR=2.2, 95% CI 1.1 4.3, p=.02)

macruz@salud.unm.edu

18

## TRAUMA (CONT'D)

### Combat Trauma

- Rank (E2, E3, specialist and PV2)  
(OR=2.1, 95% CI 1.5 3.1, p=.00)
- Military Health Problems  
(OR=3.1, 95% CI 1.5 6.6, p=.00)
- Military Mental Health Problems  
(OR=5.4, 95% CI 1.6 18.3, p=.01)
- PTSD  
(OR=3.4, 95% CI 1.7 7.0, p=.00)

macruz@salud.unm.edu

19

## GENERALIZED ANXIETY DISORDER

**College degree or more**  
(OR=1.7, 95% CI 1.1 2.5, p=.02)

**Lack of Insurance**  
(OR=.27, 95% CI .13 .56, p=.04)

**Premilitary Health Problem**  
(OR=2.3, 95% CI 1.0 5.0, p=.00)

macruz@salud.unm.edu

20

## PANIC DISORDER

### Combat Trauma

(OR=2.1, 95% CI 1.1 4.0, p=.02)

macruz@salud.unm.edu

21

## SUICIDAL IDEATION

**22 years of age or younger**  
(OR=.4, 95% CI .2 .8, p=.01)

**Panic Disorder**  
(OR=2.6, 95% CI 1.3 5.2, p=.01)

**Generalized Anxiety Disorder**  
(OR=4.9, 95% CI 2.2 10.8, p=.00)

macruz@salud.unm.edu

22

## AWOL

**Younger Age**  
(OR=.6, 95% CI .5 .9, p=.00)

**Army**  
(OR=2.7, 95% CI 1.1 6.2, p=.02)

**Post Traumatic Stress Disorder**  
(OR=3.9, 95% CI 1.6 9.3, p=.00)

macruz@salud.unm.edu

23

## CONCLUSIONS

### Peace

- Ease disease burden
- Reduce ethical dilemmas
- Improve public safety

### Draft

- Ensure equity in war burden
- Pulls entire country into conversation
- Reduces families of warriors

macruz@salud.unm.edu

24

"I FEAR THEY DO NOT KNOW US. I FEAR  
THEY DO NOT COMPREHEND THE FULL  
WEIGHT OF THE BURDEN WE CARRY OR  
THE PRICE WE PAY WHEN WE RETURN  
FROM BATTLE."

ADM. MIKE MULLEN, CHAIRMAN OF THE JOINT CHIEFS OF STAFF,  
FROM ADDRESS TO WEST POINT GRADUATING CLASS IN THE SPRING OF 2011

macruz@salud.unm.edu

25

## ACKNOWLEDGMENTS

(APOLOGIES TO ANYONE UNINTENTIONALLY LEFT OUT)

**Coordinator of mental health component Information Technology Specialist**  
Marylou Noble, Portland, OR  
Geoff Petrie

**Project coordinators**  
Darrin Kowitz, Tajikistan  
Joseph Garcia, Albuquerque, NM  
Razel Roman, Albuquerque, NM  
Jeff Englehart, Taos, NM

**Intake specialists**  
Emily Berthold, Albuquerque, NM  
Dorah Rosen, Santa Cruz, CA  
Lauren Zielinski, Portland, OR  
Albert Randall, Los Angeles, CA  
Jack Zepeda, Albuquerque, NM

**Therapists**  
Deborah Duckworth, Chatham, New York  
Marty Schoen, Minneapolis, MN  
Mario Cruz, Albuquerque, NM  
Sara McGee, Albuquerque, NM  
Amileah Davis, Las Cruces, NM  
Hans Buwalda, Chicago, IL  
Elizabeth Stinson, Portland, OR  
Lesh Arndt, Milwaukee, WI  
Harlan Johnson, Rockford, IL  
Ginny Hughes, Washington, DC  
Kami Hines, Rockford, IL

**Advisers in psychiatry**  
Mario Cruz, Albuquerque, NM  
Joel Yager, Denver, CO  
Harvey Donderstine, Palo Alto, CA  
Judith Broder, Los Angeles, CA

**Advisers in law**  
Ron Morgan, Albuquerque, NM  
Kathy Gilberd, San Diego, CA  
Jane Kaplan, Oakland, CA  
Military Law Task Force

**GL Rights HOTLINE**  
25 peace and faith-based organizations

**Financial support**  
RESIST

Faculty senate, University of New Mexico  
Robert Wood Johnson Foundation Center for  
Health Policy, University of New Mexico

My part-time medical practice (Taos Medical Group)  
Many people making small contributions  
Allende Program in Social Medicine (fiscal  
intermediary)

26