

Highlights of the BH-RADR: 2013-2014



Of Soldiers that had deployed within 5 years of the PHA:
10% screened positive for symptoms of **depression** and **13%** screened positive for symptoms of **PTSD**.

These Soldiers may experience:

- moderate to severe PTSD and/or depression symptoms, making it difficult to function.
- strained relationships with their spouses/partners, children, and friends. The Soldier's spouse/partner is also at risk for anxiety and depression, and their children are at greater risk for behavioral problems.



16% of Soldiers screened positive 90-180 days post-deployment for **hazardous drinking**.

These Soldiers may:

- experience feelings that make it extremely difficult to function, affecting unit readiness.
- self-medicate with drugs/alcohol in an attempt to sleep or to cope with painful memories. Problems with sleep can result in tardiness or missing formations, trouble concentrating on work, irritability, and withdrawal from those around them.

For your Consideration...

BH support is essential to helping Soldiers who screen positive or have concerning changes in behavior. Soldiers should be made aware of the BH care available to them and their Families and know exactly where to go to get caring, compassionate, and respectful assistance on the installation.

Leaders play a key role in the health of Soldiers; minimizing stigma is as important as reaching out when observing concerning changes in behavior.

