Be(YOU)tiful

I am a woman.
I served in the military.
I am a veteran.

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PTSD/MST is an increasing problem in the military that is overlooked. Studies of females who serve in the US military shows:
- 30% are raped
- 71% sexually assaulted
- 90% sexually harassed

The community project was intended to build self-esteem to women Veterans who suffer from PTSD/MST.

Rationale for Project
As professional social workers the role we serve is to create awareness and educate the community about the MST (Military Sexual Trauma)

To be the support for these women and to let them know that they are not alone

Role of Social Workers
Goals

- To combat the psychological negative effects of PTSD/MST, the intervention consisted of a workshop discussing influence self-esteem has on self-care.

Objectives

- Female veterans’ will increase their knowledge of the Women’s Mental Health Clinic RENEW program at the VA, Long Beach.

- Participants will increase their knowledge of self-esteem and self-care.

- Participants will be more knowledgeable in their self-image after attending self-esteem workshop.
We had great volunteers!
Changes, Successes, and Challenges of Implementing the Community Project
Vendor Poster Survey Guest Speaker (Self Care) Self-Esteem vs. MST/PTSD Awareness

Changes
Vendors (Almost 1 : 1 Ratio)
Veterans Appreciation (Feed back before, during, and after)
Local Community Support
Desire for replication @ VA San Diego and VA West LA

Successes
“To the Cal State University Social Work Students: Thank you so much for a pleasant afternoon. It was so nice to see some of my fellow group members so happy for a change – and me to. Thank you.”

It was a little strange to hear about MST because we lived it, but it was really great to see their (Cal State students) enthusiasm for learning about it.

The students from Long Beach were very professional. The team was very nice and pleasant.
Attendance RSVP: Contact Info
Pictures: Privacy and Outside Vendors
Location and Direction
Room Size
Talking about MST to the victims

Challenges
An Evaluation of the Community Project: Women Veterans & Trauma

Confidential Self Esteem Questionnaire Post Survey Results
ETHNICITY
- American Indian/Native American: 7.1%
- Asian Pacific Islander: 0%
- Black/African American: 50%
- Latino/Hispanic: 7.1%
- White (non-Hispanic): 14.3%
- Multi Ethnicity: 21.4%

AGE: 47
YEARS IN THE MILITARY: 8.3

BRANCH OF SERVICE
- Army: 57%
- Navy: 14.3%
- Air Force: 21.4%
- US Marines: 7.1%

Demographics
I am aware of the resources available at the Women’s Mental Health Clinic.

- 80% Agree

I am comfortable seeking help at the VALB for PTSD/MST.

- 86% Strongly Agree

I know where to find a social worker within VALB

- 64% Agree

I am aware that PTSD/MST is a mental health diagnosis that may qualify me for VA benefits.

- 85% Agree

I am aware of the eligibility requirements of the RENEW Program

- 100% Agree

Resources & Seeking Help
Positive Feelings about themselves
☞ I feel that I have a number of good qualities.
    ☞ 77% Agreed

Negative Feelings about themselves
☞ I feel that I am a person of worth, at least on equal plane with others. 51% were Neutral/Disagreed
☞ I take a positive attitude toward myself
    ☞ 90% Disagreed/Neutral
☞ On a whole, I’m satisfied with myself
    ☞ 33% Disagreed, 33% Neutral, 33% Agreed

Self Esteem
I am able to identify at least 2 ways in maintaining self care
77% Agreed
I can identify 3 things that fill my soul with joy
50% Agreed; 25% Disagreed
I have time in my week to pursue pleasurable activities.
40% Agrees; 25 Disagreed
Self care is something I practice everyday.
54% Disagreed; 23% Neutral

Self Care
Women Veterans who suffer from PTSD and MST are familiar about available resources.

- Women’s Mental Health Clinic
- RENEW Program
- Qualifies for mental health benefits

Most of the women have low self esteem as expected with this trauma.

Most of the women realize that self-care is important to building self-esteem; yet they don’t practice it daily

Themes from Survey
Support from VA Women’s Mental Health Clinic

Survey “I believe that self-care is important to building self-esteem”
- 77% Overall Agree = 55% Strongly Agree + 23% Agree

12 vendors from the community donated their time
- Professional Stylist
- Professional Massage Therapist
- 5 Hairstylists
- 4 Manicurists
- Makeup Artist
- Caterer

Corporate donations
As Social Workers we will be tasked to come up with creative ways to help our clients....

We believe our project was a Success!