

Post-Traumatic Stress

Below is an abridged version of a paper prepared by Professor David Forbes, Director, Phoenix Australia Centre for Post-Traumatic Mental Health, Department of Psychiatry, University of Melbourne. A full version of the paper can be found at: <http://anzaccenatary.sa.gov.au/2015/08/opinion-editorial-post-traumatic-stress-disorder/>

Psychiatric casualties in war have been recognised for centuries, with literature as far back as the ancient Greeks describing what we understand today as post-traumatic stress. Terms such as shell shock, war neurosis, and battle fatigue were coined over the last hundred years as health professionals struggled to understand these reactions. It was not until 1980 that post-traumatic stress disorder (PTSD) was formally recognised by the psychiatric community.

In 1995, the Department of Veterans' Affairs (DVA), in collaboration with the University of Melbourne, established the National Centre for War Related PTSD to facilitate development of specialist veteran mental health treatment services. Working with hospitals and clinics across Australia, a unique, integrated national network of specialist treatment programs was established. The Repatriation Hospital at Daw Park was, of course, one of the original facilities in this network of services, not only providing care for veterans with mental health problems in South Australia, but also contributing high levels of knowledge and expertise to help improve care for veterans around Australia.

We need to recognise and respond to the challenges of engaging, supporting and treating our younger serving personnel and veterans. Their needs are not the same as those of the earlier generations for whom these treatment models were developed. We tend to see more acute mental health problems in younger veterans, often with complex presentations that may include anger, substance abuse, and physical injury, combined with the additional challenges of young families and geographical mobility. There needs to be greater emphasis on occupational rehabilitation in the broadest

Funding Opportunities

To assist ex-service organisations, Veterans SA has put together a consolidated list of funding opportunities that governments, both State and Commonwealth, are offering to the veterans' community.

Please telephone my office on 8226 8552 should you require any further information about these funding opportunities.



Artist's Impression of proposed Centre for Excellence for Post-Traumatic Stress

sense of the phrase. These young men and women have many years of productive life ahead – we must help them to ensure their lives have meaning and value into the future. We also need to recognise that the needs of our Vietnam and Second World War veterans are changing. Our treatment models need to evolve as those veterans increasingly confront the physical health challenges that can emerge over time.

We need to develop innovative strategies to address these changing needs and to improve our existing treatment paradigms. While the existing inpatient, day patient and outpatient treatment models will remain an important component, the fact remains that not all veterans benefit from these approaches. We need to learn more about those who do not benefit and how to adapt treatment to meet their needs, drawing on research from biological, psychological, and social domains to drive these innovations. We need to make increased use of technology through web-based and social media platforms, making treatment and self-help initiatives more accessible to those who feel more comfortable with those modalities. We need to encourage innovative peer based and complementary programs that provide important support and broaden quality of life and functional outcomes. Critically we need to continue to consider interventions and service structures to promote early intervention. Early intervention not only has the potential to short circuit the accumulation of mental health problems and suffering for veterans, but also to improve the lives of their families,

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preventing the cascade effects of family distress, breakdown and transgenerational consequences.

Going forward initiatives that incorporate and build on the current high levels of expertise, experience and understanding of veteran and military mental health have the potential to play a key role in these developments. They provide opportunities not only to meet the existing needs of veterans locally, but also to play a strong role in a national network of cutting edge services across Australia - improving service models, embedding clinical research as a core pillar and contributing knowledge to treatment developments internationally. There is also considerable potential in the planning of new mental health initiatives to consider support to, evaluation of and levels of integration with innovative peer based and complementary programs. We have come a long way in veteran and military mental health over the last twenty years. The next twenty years have the potential to produce even better outcomes for the men and women of our Defence Force and their families.

VETERANS' SUPPORT WALK



On Sunday 25th October to walk, run or roll around the River Torrens at 0930 hours

Funds are needed to continue Trojan's Trek, a program to help with the rehabilitation of young veterans returning from combat duties.

- Free parking, partners and pets welcome, coffee, sausage sizzle & BIG Raffle draw
 - \$100 Cash prize for first male and first female across the line
 - \$200 Cash prize for first team of 3 across the line, and
 - \$50 Cash x 2 spot prizes
- Entry \$30 per person includes a T-Shirt
Visit www.trojanstrek.com for program info & registration details



WOULD YOU LIKE TO SUPPORT OUR YOUNG VETERANS?

Trojans' Trek is a program which helps with the rehabilitation of young veterans returning from combat duties. All funds raised will contribute to its all-important continuation.



Veterans' Voice

A Message from the Minister for Veterans' Affairs



Welcome to the Spring Edition of Veterans' Voice.

The Centenary of Anzac has already provided many opportunities to remember the brave men and women from South Australia whose service in all wars, conflicts and peace operations have preserved the way of life we enjoy today.

In August I had the privilege of representing South Australia at the centenary commemoration of the Battle of Lone Pine in Gallipoli as part of a bi-partisan parliamentary and veteran delegation. The August offensive, as it became known, was designed to break the stalemate that had occurred on the Gallipoli Peninsula since the landings on 25 April, 1915. It saw some of the most brutal fighting of the campaign. The Lone Pine Memorial, standing over the centre of the Turkish trenches and tunnels where more than 300 diggers were found in an area no bigger than three tennis courts, had a profound effect on me personally. I was privileged to lay a wreath during the commemorative service on behalf of all South Australians.

On Sunday, 6 September, 2015 I joined His Excellency the Honourable Hieu Van Le AO, Governor of South Australia, and Dr Duncan McFetridge MP, Shadow Minister for Veterans' Affairs, at a commemorative service to mark the centenary of the unveiling of the Australasian Soldiers Dardanelles Cenotaph, believed to be Australia's first significant memorial to those who lost their lives during the Gallipoli campaign. We can only imagine the grief experienced in South Australia when the

Cenotaph was unveiled by then Governor-General, Sir Ronald Munro Ferguson, on 7 September, 2015. South Australia had lost 270 of its finest young men in a four month period with many more wounded or suffering from disease. Shortly before the unveiling the names of those killed in the Battle for Hill 60 during the August Offensive had been made public.

After receiving advice from the Veterans' Advisory Council, the State Government has proposed that the Dardanelles Cenotaph be relocated to a place of prominence at the northern end of the Anzac Centenary Memorial Garden Walk – near the Torrens Parade Ground and intersecting with the Pathway of Honour. The final decision to move the Cenotaph rests with the Adelaide City Council.

Following the Expert Advisory Panel Report on the Centre for Excellence for Post Traumatic Stress Disorder, the Glenside Campus has been announced as the location for the new \$15 million veteran mental health precinct. The expert panel also made recommendations about current and future veterans mental health needs, the model of care for Post-Traumatic Stress Disorder treatment services for the veteran community of South Australia and links to broader services.

The State Government has earmarked the Repatriation General Hospital site for healthcare, ageing, teaching and community related purposes. An Expression of Interest process to seek formal proposals from organisations will be undertaken and decisions about the future of the site are likely to be made in the first half of 2016. Community feedback about the future of the site will be an important part of the process and decision-making.

The Chapel, Museum and Remembrance Garden will be retained for their considerable significance, particularly to Second World War veterans and their families.

During the Centenary of Anzac we will reflect upon the families and communities that were changed forever by World War One and subsequent conflicts. I recently

spent some time with the young men and women who serve with the 7th Battalion, Royal Australian Regiment (7RAR) at Horse Shoe Lines, Edinburgh Defence Precinct at a ceremony to mark the 50th anniversary of the formation of 7RAR and the consecration of a Memorial Rose Garden. These impressive young soldiers are the newest custodians of the Anzac tradition and we must support them, their families, carers and communities to the best of our ability. It's the least we can do to say thank you for their service, sacrifice and dedication to our nation.

Yours sincerely

Hon Martin Hamilton-Smith MP
Minister for Veterans' Affairs



Minister Hamilton-Smith with Private Jaiden Granada from 7RAR laying a poppy for Private Edward Francis Brophy, Killed in Action serving with 7RAR in Vietnam on 6 August, 1967, at the Memorial Rose Garden, Horse Shoe Lines, Edinburgh

Cheer-Up Hut to be recreated in South Australia for Anzac Centenary



Above: A large contingent of uniformed and armed soldiers seated at tables for a dinner in one of the Cheer-Up Huts in South Australia; volunteer helpers stand in the background circa 1916. Courtesy of the State Library [PRG 280/1/18/31] circa 1916.

The Cheer-Up Hut is a uniquely South Australian concept. Established in 1915 by South Australia's Cheer-Up Society, the huts were entirely self-funded with donations made by country branches, farmers, outback stations and businesses across the state. Cheer-Up Huts of varying sizes were established along the railway lines and other transport routes around South Australia during the First World War. Veterans SA, via its Anzac Centenary Coordination Unit (ACCU), plans to re-create Cheer-Up Huts in key locations throughout the state as part of a state-wide regional engagement strategy designed to encourage South Australians to connect more deeply with the Anzac Centenary.

The project is a collaboration between the state government and the community with more than 12 partners involved, including:

Local Government (via its Regional and Metropolitan Council's Network), History SA, Country Arts SA, RSL SA, RSL Virtual War Memorial (VWM), Legacy, Country Women's Association, Barossa Light Horse Association, State Library of South Australia, City Library and local library network across the state, as well as local history societies, cultural heritage officers, community development officers and community arts professionals.

The idea to use the Cheer-Up Hut as the basis of the state government's regional engagement strategy came after seeing how successfully the concept was received at the City of West Torrens, which re-created a Cheer-Up Hut as their commemoration of the Anzac Centenary. The City of West Torrens Cheer-Up Hut at Hamra Library attracted an estimated 4,000 visitors during the month long festival

including: schools, community groups, and individuals. All were taken by what the Cheer-Up Hut represented - South Australia's homefront response to the impact of the First World War.

Consultant to the re-creation is Christeen Schoepf, an Historical Archaeologist and Community Historian from South Australia who specialises in the Cheer-Up Society and Violet Day. Christeen will work closely with Veterans SA to ensure the hut re-creations are as authentic and accurate as possible.

Cheer-Up Huts were funded extensively by the annual sale of buttons. The Adelaide Hut was further assisted by the sale of bunches of violets, buttons and poetry books sold by members of the Society in what became known as Violet Day - the first being held on 2 July, 1915. Violet Day continued annually in South Australia until 1970.

The Anzac Centenary Cheer-Up Huts, re-created in key regional locations throughout South Australia, will bring people together to learn about World War 1 and the impact it had on the home front, while encouraging the stories of our servicemen and women to be documented for future generations during this period of national reflection.

The Cheer-Up Huts will create the spirit and layout (as close as practicable) of the Adelaide Hut known as the 'Burra Hall' established in 1915 on the banks of the River Torrens where the Festival Centre now stands.

Right & Below: The City of West Torrens Cheer-Up Hut at Hamra Library with Cheer-Up Hut Society member Sue Cummins dressed in a typical uniform.

"The Cheer-Up Hut re-creations will encourage individuals, groups and communities to work as a collective to recreate their local huts and to come together to tell their local Anzac Stories, so these can be documented during this important period of national reflection."



Each Cheer-Up Hut re-creation will reflect the same layout as those set up 100 years ago, including an entertainment area featuring a piano, a kitchen zone, and a sleeping zone. The hut will also feature portraits of those in the community who enlisted with a special 'Lest We Forget Zone' honouring those who died on active service. A Cheer-Up Guest Book will circulate to each regional hut to capture the comments and reflections of all who visit. There will also be a Violet Memorial Wall where visitors can attach their own violet, adding a memorial message.



A Cheer-Up Hut Kit will be made available to key contact persons in participant communities. It will contain a list of items that will be supplied and outline those that ideally will be sourced via the community. For example, tables and chairs, a piano and piano player, secured display case, etc. The huts will remain in each regional location for approximately 3 days over a Friday, Saturday and Sunday. During this time there will be opportunities for biographies to be filmed and/or audio recorded onsite, photos of memorabilia to be taken, and content uploaded directly onto the RSL Virtual War Memorial and Anzac Centenary websites.

The Cheer-Up Hut Club will also be re-created as part of the Community Zone within the national 'Spirit of Anzac Centenary Experience' exhibition coming to South Australia in March and November next year. The first of these will be held in Adelaide and the second in Port Augusta. The Cheer-Up Hut Regional Engagement Strategy provides an opportunity for individuals to become part of the Cheer-Up Hut Club. The Club will have online membership benefits including information on how to research, prepare and write a biography of a relative who has undertaken active service in any conflict Australia has participated over the last 100 years.



Cheer Up Hut Burra Hall - Courtesy of the State Library [SRG 6/34/14] circa 1918.

Before the poppy the violet was South Australia's 'symbol of perpetual remembrance'



We cannot visit their graves to lay thereon any symbol of our loving gratitude, but we may all wear near our hearts the lowly and beautiful little flower, in proud and tender remembrance of Australia's best and bravest.

- Amy L. Tomkinson, Advertiser, 16 August 1916, p. 9.

The Anzac Centenary website is a South Australian community interactive website.

You're invited to contribute your family's and community's Anzac stories and memorabilia to become part of this state-wide time capsule.

anzaccentenary.sa.gov.au



Anzac Centenary Competitions

Specially curated video, imagery and audio resources relevant to the Anzac Centenary for South Australia will be available for download from the Anzac Centenary website from early next year. These can be used to enhance digital stories for entry into the Anzac Centenary South Australia competitions, details of which will be announced in January, 2016.

Be Kept Up To Date

To be kept up to date with the Cheer-Up Hut Regional Engagement Strategy including accessing the Kit and information on how to join the Club, subscribe to www.anzaccentenary.sa.gov.au or phone Veterans SA on (08) 8226 8544.