

HJR

30

<TARGET><BILL>HJR 30</BILL><SUBJECT>HJR
30</SUBJECT><COMM>HMLV29</COMM></TARGET>

HOUSE JOINT RESOLUTION NO. 30

IN THE LEGISLATURE OF THE STATE OF ALASKA

TWENTY-NINTH LEGISLATURE - SECOND SESSION

BY REPRESENTATIVES HERRON, Tuck

Introduced: 2/19/16

Referred: House Special Committee on Military and Veterans' Affairs, State Affairs

A RESOLUTION

1 Urging the American Psychiatric Association to change the term "post-traumatic stress
 2 disorder" or "PTSD" to "post-traumatic stress injury" or "PTSI"; and urging the
 3 governor to support usage of the term "post-traumatic stress injury."

4 **BE IT RESOLVED BY THE LEGISLATURE OF THE STATE OF ALASKA:**

5 **WHEREAS** the brave men and women of the armed forces of the United States who
 6 proudly serve the nation and risk their lives to protect the freedom of its citizens deserve
 7 empathy for and attention to their physical, mental, and emotional well-being; and

8 **WHEREAS** hundreds of thousands of American service members have been
 9 clinically diagnosed with post-traumatic stress disorder, and the injury affects an estimated
 10 total of 7,700,000 Americans; and

11 **WHEREAS** it is estimated that thousands of Alaskans suffer from combat-related
 12 post-traumatic stress injury; and

13 **WHEREAS**, during the American Revolutionary War, a post-traumatic stress injury
 14 was called "nostalgia"; during the American Civil War it was known as "soldier's heart";
 15 during World War I, it was called "shell shock"; during World War II, it was called "battle

1 fatigue"; during the Korean War, it was called "gross stress reaction"; and during the Vietnam
2 War, it was called "Vietnam combat reaction"; and

3 **WHEREAS** a post-traumatic stress injury occurs after a person has experienced a
4 trauma and can result from the stress of combat, as well as rape, sexual assault, battery,
5 torture, confinement, child abuse, car accidents, train wrecks, plane crashes, bombings, or
6 natural disasters, and is characterized by numerous symptoms, including flashbacks,
7 avoidance, hypervigilance, nightmares, re-experiencing, anxiety, emotional numbness,
8 alienation, cognitive deficits, irritability, insomnia, fatigue, and thoughts of suicide; and

9 **WHEREAS** post-traumatic stress can occur at any age, including in childhood; and

10 **WHEREAS** post-traumatic stress has historically been viewed as a mental illness
11 caused by a preexisting flaw in the person's brain or character; and

12 **WHEREAS** many people still believe post-traumatic stress injury is incurable; and

13 **WHEREAS**, in fact, post-traumatic stress is a very common injury to the brain that is
14 treatable and repairable; and

15 **WHEREAS** the United States Department of Defense, the United States Department
16 of Veterans Affairs, and the National Institute of Mental Health have made significant
17 advances in the prevention, diagnosis, and treatment of post-traumatic stress injury and its
18 symptoms; and

19 **WHEREAS** the term "post-traumatic stress disorder" carries a stigma of
20 misconceptions that the injury is a disorder that is not repairable or treatable; and

21 **WHEREAS** that stigma discourages people who suffer from post-traumatic stress
22 from seeking proper medical treatment; and

23 **WHEREAS** service members, veterans, first responders, and victims of abuse, crime,
24 and disaster, as well as their family members, see that the negative associations of having a
25 psychological disorder keep some people from seeking treatment; and

26 **WHEREAS** efforts should continue to be made to make the condition less
27 stigmatizing and more honorable to increase the number of those affected voluntarily to seek
28 help and assistance; and

29 **WHEREAS** proper and timely treatment can reduce suicide rates among all citizens,
30 particularly veterans; and

31 **WHEREAS** all citizens who suffer from post-traumatic stress injury deserve

1 recognition, and those who have received those wounds while serving to defend the right to
2 freedom deserve respect and special honor; and

3 **WHEREAS** the American Psychiatric Association uses the term "post-traumatic
4 stress disorder" in the latest edition of the Diagnostic and Statistical Manual of Mental
5 Disorders;

6 **BE IT RESOLVED** that the Alaska State Legislature believes that the term "post-
7 traumatic stress disorder" should be universally changed to "post-traumatic stress injury"; and
8 be it

9 **FURTHER RESOLVED** that the Alaska State Legislature urges the American
10 Psychiatric Association to change the term "post-traumatic stress disorder" to "post-traumatic
11 stress injury" in the next revision of the Diagnostic and Statistical Manual of Mental
12 Disorders; and be it

13 **FURTHER RESOLVED** that the Alaska State Legislature urges the Governor to
14 support usage of the term "post-traumatic stress injury."

15 **COPIES** of this resolution shall be sent to the Honorable Barack Obama, President of
16 the United States; the Honorable Ashton B. Carter, United States Secretary of Defense; the
17 Honorable Robert A. McDonald, United States Secretary of Veterans Affairs; General Joseph
18 F. Dunford, Jr., Chair, United States Joint Chiefs of Staff; the Honorable Bill Walker,
19 Governor of Alaska; Brigadier General Laurel J. Hummel, Commissioner, Department of
20 Military and Veterans' Affairs; the Honorable Valerie Davidson, Commissioner, Department
21 of Health and Social Services; the Honorable Craig Stowers, Chief Justice of the Alaska
22 Supreme Court; Renée Binder, M.D., President, American Psychiatric Association; and the
23 Honorable Lisa Murkowski and the Honorable Dan Sullivan, U.S. Senators, and the
24 Honorable Don Young, U.S. Representative, members of the Alaska delegation in Congress.

Representative Bob Herron

Rep.Bob.Herron@akleg.gov

State Capitol • Juneau, Alaska 99801-1182
Phone: (907) 465-4942 • Fax: (907) 465-4589



House District 38
Kuskokwim, Yukon & Johnson Rivers
Kuskokwim Bay & Nelson Island

HJR 30

Urging the American Psychiatric Association to change the term "post-traumatic stress disorder" to "post-traumatic stress injury"; and urging the governor to support usage of the term "post-traumatic stress injury"

Sponsor Statement

HJR 30 urges discontinuing the usage of the term "post-traumatic stress disorder" and encouraging the usage of the term "post-traumatic stress injury."

A post-traumatic stress injury occurs after a person has experienced a trauma resulting from the stress of combat, as well as rape, torture, child abuse, and other traumas and is characterized by numerous symptoms; including flashbacks, nightmares, insomnia, and thoughts of suicide.

Hundreds of thousands of American service members have been clinically diagnosed with post-traumatic stress disorder and the injury affects an estimated total of 7.7 million Americans, as well as thousands of Alaskans.

The term post-traumatic stress disorder carries a stigma of misconceptions that the injury is an untreatable disorder – it is, in fact, a treatable injury. HJR 30 joins other national efforts to continue to make post-traumatic stress less stigmatizing in order to increase the number of those affected to voluntarily seek help and assistance. Proper and timely treatment can reduce negative outcomes and, in particular, suicide rates among all citizens, particularly our veterans.

HJR 30 specifically resolves that the Alaska State Legislature:

- Believes that the term "post-traumatic stress disorder" be universally changed to "post-traumatic stress injury"
- Urges the American Psychiatric Association to consider changing the term "post-traumatic stress disorder" to "post-traumatic stress injury" for the next revision of the Diagnostic and Statistical Manual of Mental Disorders
- Urges the Governor to support the usage of the term "post-traumatic stress injury"

Akiachak
Akiak
Aniak
Atmautluak
Bethel
Cheforak
Chuathbaluk
Crooked Creek
Eek
Goodnews Bay
Kasigluk
Kipnuk
Kongiganak
Kwethluk
Kwigillingok
Lower Kalskag
Marshall
Mekoryuk
Mertarvik
Napakiak
Napaskiak
Newtok
Nightmute
Nunapitchuk
Oscarville
Platinum
Quinhagak
Russian Mission
Toksok Bay
Tuluksak
Tununak
Tuntutuliak
Upper Kalskag

Fiscal Note

State of Alaska
2016 Legislative Session

Bill Version: HJR 30
Fiscal Note Number: _____
() Publish Date: _____

Identifier: HJR30-LEG-SESS-03-14-16
Title: POST-TRAUMATIC STRESS INJURY
Sponsor: HERRON
Requester: House Military & Veteran's Affairs

Department:
Appropriation:
Allocation:
OMB Component Number: 0

Expenditures/Revenues

Note: Amounts do not include inflation unless otherwise noted below. (Thousands of Dollars)

	FY2017 Appropriation Requested	Included in Governor's FY2017 Request	Out-Year Cost Estimates				
			FY 2018	FY 2019	FY 2020	FY 2021	FY 2022
OPERATING EXPENDITURES	FY 2017	FY 2017	FY 2018	FY 2019	FY 2020	FY 2021	FY 2022
Personal Services							
Travel							
Services							
Commodities							
Capital Outlay							
Grants & Benefits							
Miscellaneous							
Total Operating	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Fund Source (Operating Only)

None							
Total	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Positions

Full-time							
Part-time							
Temporary							

Change in Revenues

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Estimated SUPPLEMENTAL (FY2016) cost: 0.0 (separate supplemental appropriation required)
(discuss reasons and fund source(s) in analysis section)

Estimated CAPITAL (FY2017) cost: 0.0 (separate capital appropriation required)
(discuss reasons and fund source(s) in analysis section)

ASSOCIATED REGULATIONS

Does the bill direct, or will the bill result in, regulation changes adopted by your agency?
If yes, by what date are the regulations to be adopted, amended or repealed?

Why this fiscal note differs from previous version:

N/A Initial Version. One Page. Zero Note.

Prepared By: <u>Jessica Geary, Finance Manager</u>	Phone: <u>(907)465-6626</u>
Division: <u>Legislative Affairs Agency</u>	Date: <u>03/14/2016 11:55 AM</u>
Approved By: <u>Pam Varni, Executive Director</u>	Date: <u>03/14/2016</u>
Agency: <u>Legislative Affairs Agency</u>	

Fiscal Note

State of Alaska
2016 Legislative Session

Bill Version: HJR 30
Fiscal Note Number: _____
() Publish Date: _____

Identifier: HJR030-MVA-OVA-03-12-16
Title: POST-TRAUMATIC STRESS INJURY
Sponsor: HERRON
Requester: House Special Committee on MVA

Department: Department of Military and Veterans' Affairs
Appropriation: Military and Veterans' Affairs
Allocation: Office of the Commissioner
OMB Component Number: 414

Expenditures/Revenues

Note: Amounts do not include inflation unless otherwise noted below. (Thousands of Dollars)

	FY2017 Appropriation Requested	Included in Governor's FY2017 Request	Out-Year Cost Estimates					
			FY 2017	FY 2018	FY 2019	FY 2020	FY 2021	FY 2022
OPERATING EXPENDITURES								
Personal Services								
Travel								
Services								
Commodities								
Capital Outlay								
Grants & Benefits								
Miscellaneous								
Total Operating	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Fund Source (Operating Only)

None								
Total	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Positions

Full-time								
Part-time								
Temporary								

Change in Revenues

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Estimated SUPPLEMENTAL (FY2016) cost: 0.0 *(separate supplemental appropriation required)*
(discuss reasons and fund source(s) in analysis section)

Estimated CAPITAL (FY2017) cost: 0.0 *(separate capital appropriation required)*
(discuss reasons and fund source(s) in analysis section)

ASSOCIATED REGULATIONS

Does the bill direct, or will the bill result in, regulation changes adopted by your agency? No
If yes, by what date are the regulations to be adopted, amended or repealed? N/A

Why this fiscal note differs from previous version:

Not applicable, initial version.

Prepared By: <u>Ronald G. Clarke</u>	Phone: <u>(907)428-6007</u>
Division: <u>Office of the Commissioner</u>	Date: <u>03/12/2016 08:30 PM</u>
Approved By: <u>Robert A.K. Doehl, Deputy Commissioner</u>	Date: <u>03/12/16</u>
Agency: <u>Department of Military and Veterans' Affairs</u>	

FISCAL NOTE ANALYSIS

STATE OF ALASKA
2016 LEGISLATIVE SESSION

BILL NO. HJR 30

Analysis

HJR 30 states the Alaska State Legislature believes the term "post-traumatic stress disorder" should be universally changed to "post-traumatic stress injury." It urges the American Psychiatric Association (APA) to change the term "post-traumatic stress disorder" to "post-traumatic stress injury" in the next revision of the Diagnostic and Statistical Manual of Mental Disorders, and encourages the Governor to support using the the term "post-traumatic stress injury" instead of "post-traumatic stress disorder."

HJR 30 is intended to 1) bring greater public awareness to the plight of people suffering from post-traumatic stress injuries, 2) encourage both the public and service providers to recognize and reject the stigma associated with terminology describing a medical condition as a disorder rather than an injury caused by an external source or event, 3) encourage the Alaska Departments of Military and Veterans' Affairs and Health and Social Services and agencies nationwide to continue educating service members and veterans, victims of abuse, crime, and natural disaster, their families, and the public about the causes, symptoms, and possible treatment of post-traumatic stress injuries, and 4) support the nationwide effort now under way to change the convention of referring to post-traumatic stress from a disorder to an injury in order to increase awareness, remove the stigma, and help more Americans get the help they need to recover from post-traumatic stress injuries.

The Alaska Department of Military and Veterans' Affairs applauds any effort to raise public awareness of post-traumatic stress injuries in both military and civilian populations, and welcomes broader understanding of their causes, effects, and treatments. While it is conceivable and even desirable more sufferers of post-traumatic stress injuries would seek treatment as a result of the passage of this bill, the Department's Office of Veterans' Affairs anticipates no measurable increase in service demand. OVA personnel and Veteran Service Officers assist tens of thousands of veterans each year and are equipped to address whatever case load increase might result. Further, unless and until the APA, medical providers, and federal and state administrators adopt the naming convention of "post-traumatic stress injury," medical diagnoses and treatment will continue to be prescribed and carried out under existing terminology, and there will be no effect on anyone seeking, receiving, or providing treatment under the old terminology. Consequently, the Department anticipates no fiscal impacts from the passage of this bill.



THE STATE
of **ALASKA**
GOVERNOR BILL WALKER

**Department of Military and
Veterans Affairs**

Office of the Commissioner

P.O. Box 5800
JBER, AK 99505-0800
Main: 907.428.6003
Fax: 907.428.6019

The Honorable Bob Herron
Alaska State Legislature
406 Alaska State Capitol
Juneau, AK 99801

Dear Representative Herron:

Thank you for introducing House Joint Resolution 30 encouraging use of the term "Post-Traumatic Stress Injury" instead of "Post-Traumatic Stress Disorder." We support this and, indeed, any effort to increase awareness of psychological injuries in all their forms, especially the emotional trauma of military combat.

As you correctly note in your resolution, combat veterans and other military service members often struggle with post-traumatic stress, sometimes for decades. The personal, familial, and societal costs of allowing these injuries to go untreated can be enormous, in both human and economic terms. It is in Alaska's greater interest to help Soldiers, veterans, and others confront and surmount psychological injuries; understanding they are indeed injuries and not individual shortcomings is a significant step toward bettering our collective mental health.

As your Resolution points out, we have seen significant advances in the prevention, diagnosis, and treatment of Post-Traumatic Stress Injuries, yet many sufferers remain reluctant to seek assistance. People seeking treatment for mental health challenges are too often seen as personally responsible for their conditions. This discourages people from asking for help, especially those from a military culture that expects strength, self-reliance, and resilience, even in the face of the violent chaos of military combat.

The stigma attached to the term "Post-Traumatic Stress Disorder" carries the implication the person suffering is at fault or somehow inadequate to deal with the aftermath of an externally applied injury. We appreciate your Resolution's intent to dispel that notion and eliminate the stigma of psychological injuries caused by external events. Your resolution is an important step toward recognizing and diminishing the long-standing injustice of this inaccurate and outdated term.

Please let us know how we may assist you in passing HJR 30 through the Alaska State Legislature.

Sincerely,

A handwritten signature in cursive script that reads "Laurel J. Hummel".

Laurel J. Hummel
Brigadier General, Alaska National Guard, and
Commissioner, Alaska Department of Military and Veterans' Affairs



March 11, 2016

Representative Bob Herron
Alaska House of Representatives
State Capitol
Juneau, AK 99801

RE: HJR 30 – Post-Traumatic Stress Injury Resolution

Dear Representative Herron,

Please accept our sincere gratitude for your efforts in the fight to overcome the public stigma and discrimination associated with post-traumatic stress, and help bring honor and parity to all those who have been wounded in action against an enemy of the United States. With the number of service members and veterans, as well as their families now suffering from invisible wounds and their unwarranted consequences, the importance of your efforts here cannot be overstated.

In the end the fight against stigma is a war of words and the more voices to be heard, the larger the arsenal. The presentation of HJR 30 legitimately makes Alaska a pioneer in this resolve. Only fitting from the state whose motto is *North to the Future*.

Respectfully,

Thomas Mahany
Executive Director
Honor for ALL



March 11, 2016

Representative Bob Herron
Alaska House of Representatives
State Capitol
Juneau, AK 99801

RE: HJR 30 – Post-Traumatic Stress Injury Resolution

Dear Representative Herron,

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Respectfully,

Thomas Mahany
Executive Director
Honor for ALL



THE STATE
of **ALASKA**
GOVERNOR BILL WALKER

**Department of Military and
Veterans Affairs**

Office of the Commissioner

P.O. Box 5800
JBER, AK 99505-0800
Main: 907.428.6003
Fax: 907.428.6019

The Honorable Bob Herron
Alaska State Legislature
406 Alaska State Capitol
Juneau, AK 99801

Dear Representative Herron:

Thank you for introducing House Joint Resolution 30 encouraging use of the term "Post-Traumatic Stress Injury" instead of "Post-Traumatic Stress Disorder." We support this and, indeed, any effort to increase awareness of psychological injuries in all their forms, especially the emotional trauma of military combat.

As you correctly note in your resolution, combat veterans and other military service members often struggle with post-traumatic stress, sometimes for decades. The personal, familial, and societal costs of allowing these injuries to go untreated can be enormous, in both human and economic terms. It is in Alaska's greater interest to help Soldiers, veterans, and others confront and surmount psychological injuries; understanding they are indeed injuries and not individual shortcomings is a significant step toward bettering our collective mental health.

As your Resolution points out, we have seen significant advances in the prevention, diagnosis, and treatment of Post-Traumatic Stress Injuries, yet many sufferers remain reluctant to seek assistance. People seeking treatment for mental health challenges are too often seen as personally responsible for their conditions. This discourages people from asking for help, especially those from a military culture that expects strength, self-reliance, and resilience, even in the face of the violent chaos of military combat.

The stigma attached to the term "Post-Traumatic Stress Disorder" carries the implication the person suffering is at fault or somehow inadequate to deal with the aftermath of an externally applied injury. We appreciate your Resolution's intent to dispel that notion and eliminate the stigma of psychological injuries caused by external events. Your resolution is an important step toward recognizing and diminishing the long-standing injustice of this inaccurate and outdated term.

Please let us know how we may assist you in passing HJR 30 through the Alaska State Legislature.

Sincerely,

A handwritten signature in cursive script that reads "Laurel J. Hummel".

Laurel J. Hummel
Brigadier General, Alaska National Guard, and
Commissioner, Alaska Department of Military and Veterans' Affairs



THE STATE
of **ALASKA**
GOVERNOR BILL WALKER

Department of Military and
Veterans Affairs

Office of the Commissioner

P.O. Box 5800
JBER, AK 99505-0800
Main: 907.428.6003
Fax: 907.428.6019

The Honorable Chris Tuck
Alaska State Legislature
404 Alaska State Capitol
Juneau, AK 99801

Dear Representative Tuck:

Thank you for introducing House Concurrent Resolution 25 to designate June 27, 2016, as "Post-Traumatic Stress Injury Awareness Day." We support this and, indeed, any effort to increase awareness of psychological injuries in all their forms, especially the emotional trauma of military combat.

As you correctly note in your resolution, combat veterans and other military service members often struggle with post-traumatic stress, sometimes for decades. The human and economic costs of allowing these injuries to go untreated can be enormous, on a personal level, for sufferers' families, and to Alaska society in general. It is in our greater interest to confront and surmount psychological injuries; understanding they are indeed injuries and not individual shortcomings is an important step toward bettering our collective mental health.

Treatments for these injuries are steadily improving, but many sufferers remain reluctant to seek assistance. People seeking treatment for mental health challenges are too often seen as personally responsible for their conditions, which does not inspire people to ask for help, especially those from a military culture that expects strength, self-reliance, and resilience in the face of everything a hostile world can throw at them. The stigma attached to the term "Post-Traumatic Stress Disorder" carries the implication the person suffering is at fault or somehow inadequate to deal with the aftermath of an externally applied injury. Anything we can do to eliminate that stigma is worth pursuing. This resolution represents one more step toward recognizing and diminishing this long-standing injustice.

Please let us know how we may assist you in gaining the necessary support to pass this measure through the Alaska State Legislature.

Sincerely,

A handwritten signature in cursive script that reads "Laurel J. Hummel".

Laurel J. Hummel
Brigadier General, Alaska National Guard, and
Commissioner, Alaska Department of Military and Veterans' Affairs

Office of Vet. Affairs
Honor For All

HJR 30 - MLV 3.15.16

FTR, Rob Earl Staff to Chair Herron

HJR 30 urges changing the term "post-traumatic stress disorder" or PTSD to "post-traumatic stress injury" or PTSI

GA, IN 10WA PMS

Just a little background:

- PTSI can result from any traumatic experience, including combat, sexual assault, torture, child abuse, and other traumas
- PTSI is characterized by symptoms that can include: flashbacks, nightmares, insomnia, thoughts of suicide and many others
- Hundreds of thousands of American service members have been diagnosed with PTSI; and
 - An estimated 7.7 million Americans total suffer from PTSI
 - We don't know how exactly many Alaskans suffer from it, but given the large number of veterans in Alaska and the high rates of child abuse and domestic and sexual violence, the number of Alaskans suffering from PTSI is certainly in the thousands.

NO DIFF. in Diagnosis for PTSD RSD

Sargent Joe Beedle

How define a disorder

Curing the Stigma

- Regarding the term "post-traumatic stress *disorder*" – the word disorder carries a stigma and many who suffer from PTSD consider the word degrading:
 - Disorder makes it sound like its untreatable or something someone was born with
 - PTSI is in fact a *treatable* injury.
- Also, Post-traumatic stress disorder has historically been viewed as a mental illness caused by a pre-existing flaw in an individual's brain or character. Changing the term to Injury will help make it clear that this is not accurate.
- The stigma of the word Disorder discourages some of those afflicted from seeking proper medical treatment. And timely treatment is very beneficial to curing cases of PTSD – especially critical given the number of suicides associated with this condition.

NO OMYA REP. OTHER (RSD) YES) disorder anyway ^{psychos respn is} _{brunck} treatable

MR
FTR
20's occurrence
Letters of support
FNs

IS DISORDER
TREATABLE?

DISORDER
NOT TIED
TO AN
EVENT

DEF. of Disorder
abnormal

physical or mental condition

///

APA
depression
deviation from
normal

As you can see at the bottom of the Sponsor Statement or the end of the Resolution, HJR 30 specifically resolves that the Alaska State Legislature:

- Believes that the term "post-traumatic stress disorder" should be universally changed to "post-traumatic stress injury", and
- The Legislature Urges the American Psychiatric Association to consider changing PTSD to PTSI for the next revision of the (DSM) Diagnostic and Statistical Manual of Mental Disorders, and
- Urges the Governor to support the usage of the term "post-traumatic stress injury"

ENDNOTES

- Post-traumatic stress has been around since antiquity

HJR 30 specifically resolves that the Alaska State Legislature:

Believes that the term "post-traumatic stress disorder" should be universally changed to "post-traumatic stress injury"

Urges the American Psychiatric Association to change the term "post-traumatic stress disorder" to "post-traumatic stress injury" in the next revision of the Diagnostic and Statistical Manual of Mental Disorders

Urges the Governor to support usage of the term "post-traumatic stress injury"

Harry Percy having terrible nightmares in which he murmurs "tale of iron wars," and talks to his "bounding steed." And when he's awake, Harry is like a ghost. She says to him:

Tell me, sweet lord, what is't that takes from thee
Thy stomach, pleasure, and thy golden sleep?
Why dost thou bend thine eyes upon the earth,
And start so often when thou sit'st alone?
Why hast thou lost the fresh blood in thy cheeks,
And given my treasures and my rights of thee
To thick-eyed musing and cursed melancholy?

There's also that speech in Macbeth, where he asks, "Canst thou not minister to a mind diseased/Pluck from the memory a rooted sorrow?" Likewise, Trimble notes, Samuel Pepys describes his trauma after the Great Fire of London, which left him with "dreams of the fire and the falling down of houses." He had a hard time sleeping due to his "great terrors of fire," and actually considered suicide.

History

- The universality of human experience across space & time logically dictates that PTSD has been an outcome of war and other traumatic experiences since antiquity.
- Some thought that Socrates suffered from PTSD later in life after traumatic war-time experiences in his youth.
- The brutality of warfare as depicted in movies like *Braveheart* make it hard to imagine that PTSD wasn't even more common back then.
- Shakespeare accurately describes PTSD in *Henry IV Part 2*, as Lady Percy observes post-battle symptoms in her son, Hotspur
- PTSD has been called many things the years. It's my hope that we can encourage the continuing evolution of this term and start calling it PTSI.

ALBANY
NY

Chia

Page 2, line 3:

The amendment just adds the word "many" before "men and women" in the first WHEREAS on Page 2 – since not ALL military personnel are subject to daily traumatic events. This was suggested by a veteran from the Military Order of the Purple Heart.

No objections to adopting amendment?

Before I open public testimony: staff tried to get someone from the American Psychiatric Assn to testify or submit written testimony, but their bureaucracy is less than nimble, to say the least, and APA was unable to get clearance for anyone to testify, even with almost a week's notice. We did include in the supplemental bill packet an opposing argument from Dr Friedman.

Open Public Testimony

- Kent Hall, Honor for All (Q's only)
- Thomas Mahany, Honor for All (Q's only)
- DMVA folks – (Q's only)
- Gen Peter Chiarelli – testimony (if he calls in)
- Anyone else who didn't testify before

Close Public Testimony

<Further Committee Discussion?>

Assuming you want to move the Bill:

The chair would entertain a motion to move HJR 30 from committee.

- version number (as amended?) with individual recommendations and
WITH ATTACHED ZERO FISCAL NOTES

Take At Ease and remind members to sign the committee report

It's 3:47 and we are adjourned.

HOUSE COMMITTEE REPORT

(7)

Date Referred to Committee: February 19, 2016

FURTHER REFERRALS: State Affairs

Date of Committee Action: MARCH 22, 2016

The HOUSE SPECIAL COMMITTEE ON MILITARY AND VETERANS' AFFAIRS considered: HJR 30

HOUSE JOINT RESOLUTION NO. 30

Urging the American Psychiatric Association to change the term "post-traumatic stress disorder" or "PTSD" to "post-traumatic stress injury" or "PTSI"; and urging the governor to support usage of the term "post-traumatic stress injury."

HJR 30-POST-TRAUMATIC STRESS INJURY

Recommends it be replaced with HCS or CS for HJR 30 (MLV)
 For Senate Bills with new title: Technical Title New Title: HCR _____ Same Title New Title

- attach amendments
- add new referral to _____ Committee
- Letter of Intent _____ Committee

List of Abbrev for Depts.:
 ADM
 AJS
 CED
 COR
 EED
 DEC
 DFG
 GOV
 DHS
 LWF
 LAW
 LEG
 MVA
 DNR
 DPS
 REV
 DOT
 UA

NEW FISCAL NOTES				
*FN# is assigned by Chief Clerk's Office				
*FN#	List by Dept(s):	Fiscal	Indet.	Zero
	LEG			X
	MVA			X

PREVIOUS FISCAL NOTES				
FN#	List by Dept(s):	Fiscal	Indet.	Zero

Signing with recommendations	Printed Last Name	DP	DNP	NR	AM
	Spohnweber 2	X			
	Truck	X			
	LeDout Couver	X			
	MNN Hughes	X		X	
Chair:	Heeren	X			

Supp. Bill Packet

3.22.16

Representative Bob Herron

Rep.Bob.Herron@akleg.gov

State Capitol • Juneau, Alaska 99801-1182

Phone: (907) 465-4942 • Fax: (907) 465-4589

House District 38

Kuskokwim, Yukon & Johnson Rivers

Kuskokwim Bay & Nelson Island



Akiachak

Akiak

Aniak

Atmautluak

Bethel

Chefornak

Chuathbaluk

Crooked Creek

Eek

Goodnews Bay

Kasigluk

Kipnuk

Kongiganak

Kwethluk

Kwigillingok

Lower Kalskag

Marshall

Mekoryuk

Mertarvik

Napakiak

Napaskiak

Newtok

Nightmute

Nunapitchuk

Oscarville

Platinum

Quinhagak

Russian Mission

Toksook Bay

Tuluksak

Tununak

Tuntutuliak

Upper Kalskag

CS HJR 30 Version (E)cho

Urging the American Psychiatric Association to change the term "post-traumatic stress disorder" to "post-traumatic stress injury"; and urging the governor to support usage of the term "post-traumatic stress injury"

Sponsor Statement

HJR 30 urges discontinuing the usage of the term "post-traumatic stress disorder" and encouraging the usage of the term "post-traumatic stress injury."

A post-traumatic stress injury occurs after a person has experienced a trauma resulting from the stress of combat, as well as rape, torture, child abuse, and other traumas and is characterized by numerous symptoms; including flashbacks, nightmares, insomnia, and thoughts of suicide.

The term post-traumatic stress disorder carries a stigma of misconceptions that the injury is an untreatable disorder – it is, in fact, a treatable injury. HJR 30 joins other national efforts to continue to make post-traumatic stress less stigmatizing in order to increase the number of those affected to voluntarily seek help and assistance. Proper and timely treatment can reduce negative outcomes and, in particular, suicide rates among all citizens, particularly our veterans.

HJR 30 specifically resolves that the Alaska State Legislature:

- Believes "post-traumatic stress disorder" be universally changed to "post-traumatic stress injury"
- Urges the American Psychiatric Association to consider changing the term "post-traumatic stress disorder" to "post-traumatic stress injury"
- Urges the Governor to support the usage of "post-traumatic stress injury"
- Requests that Alaska's Congressional Delegation champion this change of terminology in Congress
- Designates June 27, 2016 as PTSI Day
- Encourages DMVA and DHSS to continue PTSI education programs

29-LS1483\E
Shutts
3/15/16

CS FOR HOUSE JOINT RESOLUTION NO. 30()
IN THE LEGISLATURE OF THE STATE OF ALASKA
TWENTY-NINTH LEGISLATURE - SECOND SESSION

BY

Offered:

Referred:

Sponsor(s): REPRESENTATIVES HERRON, Tuck, Millett

A RESOLUTION

1 Urging the American Psychiatric Association to change the term "post-traumatic stress
2 disorder" or "PTSD" to "post-traumatic stress injury" or "PTSI"; urging the governor
3 to support usage of the term "post-traumatic stress injury"; respectfully requesting that
4 the Alaska delegation in Congress champion this change of designation in the United
5 States Congress; and designating June 27, 2016, as Post-Traumatic Stress Injury
6 Awareness Day.

7 BE IT RESOLVED BY THE LEGISLATURE OF THE STATE OF ALASKA:

8 WHEREAS the brave men and women of the armed forces of the United States who
9 proudly serve the nation and risk their lives to protect the freedom of its citizens deserve
10 empathy for and attention to their physical, mental, and emotional well-being; and

11 WHEREAS hundreds of thousands of American service members have been
12 clinically diagnosed with post-traumatic stress disorder, and the injury affects an estimated
13 total of 7,700,000 Americans; and

14 WHEREAS it is estimated that thousands of Alaskans suffer from combat-related

1 post-traumatic stress injury; and

2 ^{MANY} **WHEREAS** combat-related post-traumatic stress is significantly pronounced, given
3 that men and women in the armed forces are highly exposed, often daily, to traumatic events,
4 including life-and-death situations, for weeks, months, and even years; and

5 **WHEREAS** service members and veterans often struggle with combat-related post-
6 traumatic stress for years after leaving service; and

7 **WHEREAS** the extreme survival skills and defensive behaviors acquired as a result
8 of service are often difficult to manage; and

9 **WHEREAS**, during the American Revolutionary War, a post-traumatic stress injury
10 was called "nostalgia"; during the American Civil War it was known as "soldier's heart";
11 during World War I, it was called "shell shock"; during World War II, it was called "battle
12 fatigue"; during the Korean War, it was called "gross stress reaction"; and during the Vietnam
13 War, it was called "Vietnam combat reaction"; and

14 **WHEREAS** a post-traumatic stress injury occurs after a person has experienced a
15 trauma and can result from the stress of combat, as well as rape, sexual assault, battery,
16 torture, confinement, child abuse, car accidents, train wrecks, plane crashes, bombings, or
17 natural disasters, and is characterized by numerous symptoms, including flashbacks,
18 avoidance, hypervigilance, nightmares, re-experiencing, anxiety, emotional numbness,
19 alienation, cognitive deficits, irritability, insomnia, fatigue, and thoughts of suicide; and

20 **WHEREAS** post-traumatic stress can occur at any age, including in childhood; and

21 **WHEREAS** post-traumatic stress has historically been viewed as a mental illness
22 caused by a preexisting flaw in the person's brain or character; and

23 **WHEREAS** many people still believe post-traumatic stress injury is incurable; and

24 **WHEREAS**, in fact, post-traumatic stress is a very common injury to the brain that is
25 treatable and reparable; and

26 **WHEREAS** the United States Department of Defense, the United States Department
27 of Veterans Affairs, and the National Institute of Mental Health have made significant
28 advances in the prevention, diagnosis, and treatment of post-traumatic stress injury and its
29 symptoms; and

30 **WHEREAS** the term "post-traumatic stress disorder" carries a stigma of
31 misconceptions that the injury is a disorder that is not repairable or treatable; and

1 **WHEREAS** that stigma discourages people who suffer from post-traumatic stress
2 from seeking proper medical treatment; and

3 **WHEREAS** service members, veterans, first responders, and victims of abuse, crime,
4 and disaster, as well as their family members, see that the negative associations of having a
5 psychological disorder keep some people from seeking treatment; and

6 **WHEREAS** efforts should continue to be made to make the condition less
7 stigmatizing and more honorable to increase the number of those affected voluntarily ^{WHO} to seek
8 help and assistance; and

9 **WHEREAS** proper and timely treatment can reduce suicide rates among all citizens,
10 particularly veterans; and

11 **WHEREAS** all citizens who suffer from post-traumatic stress injury deserve
12 recognition, and those who have received those wounds while serving to defend ^{OUR COUNTRY} the right to
13 ~~freedom~~ deserve respect and special honor; and

NATION

14 **WHEREAS** the American Psychiatric Association uses the term "post-traumatic
15 stress disorder" in the latest edition of the Diagnostic and Statistical Manual of Mental
16 Disorders;

17 **BE IT RESOLVED** that the Alaska State Legislature believes that the term "post-
18 traumatic stress disorder" should be universally changed to "post-traumatic stress injury"; and
19 be it

20 **FURTHER RESOLVED** that the Alaska State Legislature urges the American
21 Psychiatric Association to change the term "post-traumatic stress disorder" to "post-traumatic
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FURTHER RESOLVED that the Alaska State Legislature encourages the Department of Military and Veterans' Affairs and the Department of Health and Social Services to continue educating service members and veterans, victims of abuse, crime, and natural disaster, their respective families, and the public about the causes, symptoms, and possible treatment of post-traumatic stress injury.

COPIES of this resolution shall be sent to the Honorable Barack Obama, President of the United States; the Honorable Ashton B. Carter, United States Secretary of Defense; the Honorable Robert A. McDonald, United States Secretary of Veterans Affairs; General Joseph F. Dunford, Jr., Chair, United States Joint Chiefs of Staff; the Honorable Bill Walker, Governor of Alaska; Brigadier General Laurel J. Hummel, Commissioner, Department of Military and Veterans' Affairs; the Honorable Valerie Davidson, Commissioner, Department of Health and Social Services; the Honorable Craig Stowers, Chief Justice of the Alaska Supreme Court; Renée Binder, M.D., President, American Psychiatric Association; and the Honorable Lisa Murkowski and the Honorable Dan Sullivan, U.S. Senators, and the Honorable Don Young, U.S. Representative, members of the Alaska delegation in Congress.

ADD
NAME &
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WHILE SERVING OUR NATION AND
DEFENDING ~~THE RIGHT TO~~
OUR
FREEDOM

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ALASKA STATE LEGISLATURE



Representative Bob Herron State
Capitol Building, Room 406 Phone
(907) 465-4942
Rep.Bob.Herron@akleg.gov

HJR 30, PTSI

Explanation of Changes from HJR 30 ver "W" to HJR 30 ver "E"

P.1, lines 3-6

INSERTED: "respectfully requesting that the Alaska delegation in Congress champion this change of designation in the United States Congress; and designating June 27, 2016, as Post-Traumatic Stress Injury Awareness Day."

P. 2 lines 2-8

INSERTED:

"**WHEREAS** combat-related post-traumatic stress is significantly pronounced, given that men and women in the armed forces are highly exposed, often daily, to traumatic events, including life-and-death situations, for weeks, months, and even years; and
WHEREAS service members and veterans often struggle with combat-related post-traumatic stress for years after leaving service; and
WHEREAS the extreme survival skills and defensive behaviors acquired as a result of service are often difficult to manage; and"

P.3, line 26 to P.4 line 6

INSERTED:

"**FURTHER RESOLVED** that the Alaska State Legislature respectfully requests that the Alaska delegation in Congress champion this change of designation in the United States Congress, and be it

FURTHER RESOLVED that the Alaska State Legislature designates June 27, 2016, as Post-Traumatic Stress Injury Awareness Day to bring awareness to the people suffering from post-traumatic stress injury and encourages people to reach out to their fellow citizens to provide support and eliminate the stigma associated with this injury; and be it

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Representative Bob Herron

Rep.Bob.Herron@akleg.gov

State Capitol • Juneau, Alaska 99801-1182
Phone: (907) 465-4942 • Fax: (907) 465-4589



House District 38
Kuskokwim, Yukon & Johnson Rivers
Kuskokwim Bay & Nelson Island

Akiachak
Akiak
Aniak
Atmautluak
Bethel
Chefnak
Chuathbaluk
Crooked Creek

CS HJR 30 Version (E)cho

Urging the American Psychiatric Association to change the term "post-traumatic stress disorder" to "post-traumatic stress injury"; and urging the governor to support usage of the term "post-traumatic stress injury"

Sponsor Statement

Eek
Goodnews Bay
Kasigluk
Kipnuk
Kongiganak
Kwethluk
Kwigillingok
Lower Kalskag
Marshall
Mekoryuk
Mertarvik
Napakiak
Napaskiak
Newtok
Nightmute
Nunapitchuk
Oscarville
Platinum
Quinhagak
Russian Mission
Toksook Bay
Tuluksak
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Tuntuliak
Upper Kalskag

HJR 30 urges discontinuing the usage of the term "post-traumatic stress disorder" and encouraging the usage of the term "post-traumatic stress injury."

A post-traumatic stress injury occurs after a person has experienced a trauma resulting from the stress of combat, as well as rape, torture, child abuse, and other traumas and is characterized by numerous symptoms; including flashbacks, nightmares, insomnia, and thoughts of suicide.

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8 **WHEREAS** the brave men and women of the armed forces of the United States who
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ALASKA STATE LEGISLATURE



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HJR 30, PTSI

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CHANGES

In your supplemental bill packets you should have a one page document "Explanation of Changes from HJR 30 Whiskey to HJR 30 Echo."

The new CS adds 3 WHEREASs and 3 RESOLVEDs. All the WHEREASs and 2 of the RESOLVEDs were incorporated verbatim from Rep. Tuck's HCR 25 that we heard last week. The first RESOLVED that was added is the one NOT from HCR 25. Go through 3 RESOLVEDs.

AMENDMENT

Conceptual amendment: In the middle of the first WHEREAS on P.2 you will see (on line 3) "...given that men and women in the armed forces are highly exposed, often daily, to traumatic events..."

The amendment is to INSERT the word "many" before "men and women". So that it would read: "...given that MANY men and women in the armed forces are highly exposed, often daily, to traumatic events..." This would be more accurate, since not every person in the Armed Forces has these experiences.

Add AK APA, Joshua Sonness, m

~~Many~~
~~CS (Echo)~~
add NAME



DART CENTER FOR JOURNALISM & TRAUMA

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Home › Resources › An Injury, Not A Disorder

An Injury, Not A Disorder

September 19, 2012 by Frank Ochberg

Post-Traumatic Stress Disorder has been an accepted diagnosis since 1980. It's time for clinicians to adopt a new name - Post-Traumatic Stress Injury - that is more accurate, hopeful and honorable.

Post-Traumatic Stress Disorder – PTSD – has been an accepted diagnosis since 1980. And that's a good thing. So why is it now making controversial headlines? Why are some clinicians like myself – along with a wide range of veterans' advocates, women's groups and others – arguing for changing the name of the diagnosis, PTSD, to PTISI – for Post-traumatic Stress Injury?

In large part this argument has been inspired by retired General Peter Chiarelli, the former Vice Chief of Staff of the U.S. Army. After two tours in Iraq, Gen. Chiarelli grew alarmed by rising suicide rates in the Army. He reviewed every case, and came to the conclusion that many service men and women hate the term "disorder," and suffer in silence rather than endure that label. "For a soldier who sees the kinds of things soldiers see and experience on the battlefield today, to tell them what they're experiencing is a disorder does a tremendous disservice," he has said. "It's not a disorder. It's an injury."

Jonathan Shay, MD, PhD – whose pioneering studies of veterans earned him a MacArthur Fellowship – and I agreed with Gen. Chiarelli. We wrote to the American Psychiatric Association President, John Oldham, MD, on April 7, 2012, proposing that the new edition of the Diagnostic and Statistical Manual, currently under review, adopt the PTISI name. We wrote that there is a crisis of suicide, stigma, and misunderstanding affecting young veterans. Anything that helps them seek help is worth consideration. We then argued that the name affects civilian survivors of trauma as well – crime victims, women who are raped and battered, and others who develop the syndrome. Finally, we explained how the injury model applies to the history, theory and treatment of this condition.

(That includes journalists who cover war and have high rates of PTSD. We believe journalists, too, are injured on the job and are more like the physically wounded than the chronically mentally ill.)

Since April, this new language has received endorsements of this proposal from a wide spectrum of individuals, some of whom speak for veterans groups, some for women's issues, and others who represent organizations that advocate for the needs of traumatized populations.

Women who survive rape, incest and battering plead with the APA for recognition of their dignity. They ask the APA to keep the basic concept behind Post-Traumatic Stress Disorder intact, but to improve the name to a phrase that they find more accurate, hopeful and honorable.

Many endorsers are men and women who have received a PTSD diagnosis, who are grateful for the help they have received, but who ask the APA, on their behalf, to re-name the condition an injury. They tell us that they will feel less stigmatized. But they also explain how the concept of an injury, rather than a disorder, does justice to their experience. Once they were whole. Then they were shattered. When their counselors, employers, friends and loved ones behaved as though they were survivors of injuries, with lingering wounds, they could heal. When they felt like mental patients and were treated as persons with pre-existing weakness, they could not heal.

Among those who share this concern are longtime leaders in understanding the impact of violence – including a previous director of National Institutes of Mental Health, Bertram S Brown, MD, MPH; the founding president of the International Society for Traumatic Stress Studies, Charles Figley, PhD; leading feminists such as Gloria Steinem; several authors of books documenting their traumatic struggles, and military and VA mental health professionals.

Jonathan Shay and I shared these letters of endorsement with the APA. We hope those who have the power to name psychiatric syndromes will eventually be persuaded, whether or not the change is adopted for this version of the DSM.

To date, we have heard the following arguments against a name change from members of the DSM-5 committee:

- A name change will make no difference;
- There are far more important ways to combat stigma;
- Disorder is a term in the DSM and it is clearly defined in ways that apply to the reality of PTSD;
- The U.S. Department of Defense can use any name it likes – the Canadian military, for instance, refer to Operational Stress Injury. The DOD, not the APA, should change names;
- The Purple Heart will confer honor and recognize psychological injury. Let's work on that for PTSD received under eligible conditions;

- PTSD has genetic elements and changing the name could reduce emphasis on biological etiology and biological remedy.

In response to the six arguments we hear from the DSM-5 committee members, we offer these observations:

- A name change will make a difference to the hundred-plus people whose letters have been submitted to the APA and to the thousands they have heard from directly on the issue. People who are labeled "disordered" tell us why being labeled PTSI would improve their lives. This is evidence that should be acknowledged, whether or not it means that more will come forward to seek treatment.
- Certainly there may be other important ways to combat stigma. Let's work on all of those. Let's also realize that an APA name change will signal something very positive to those who look to us for leadership. It will mean, "We take this seriously. We listen to our patients. We join the movement to speak with respect about those who have invisible wounds."
- The APA, in the DSM, has defined disorder in ways that apply to PTSD. We agree. But PTSI is at least equally applicable as a label. We have diagnoses in the DSM that use names other than disorder. Because "disorder" seems innocuous to those who write the DSM, we should not deny evidence that the term is degrading to so many who carry the label.
- Canada's military and veterans agencies did change the titles of their clinics to "Operational Stress Injury" services and they did find that a successful move. Take that as evidence that names and titles do matter. Instead of simply saying "let DOD change" (a change that would do nothing for traumatized civilians), use the Canadian experience of beneficial name change to move us forward, not to hold us back.
- The Purple Heart will confer honor, and when the APA changes PTSD to PTSI, the fight for the Purple Heart will be far easier to win. We base this conclusion on soundings we have taken in the US and Canada. Canada does have a Sacrifice Medal for PTSD, stemming from military service under carefully defined circumstances. But the Pentagon needs more ammunition to change the rules for a Purple Heart. Leaders have told us that PTSI will be critical.
- Biological psychiatrists have no reason to fear that a name change to PTSI will inhibit research on genetic factors. There are constitutional factors at play in determining who becomes injured after exposure to traumatic events, and who has difficulty recovering. There is biological vulnerability and biological resilience. The scientific community will have just as much impetus to conduct research and treatment studies on ways to prevent and ameliorate the injury after PTSD is renamed PTSI.

There is another concern we must address. Some actually believe that we who advocate a

name change are motivated by a desire to reduce benefits because we are associated with the military or the government. This is a red herring. Changing the name to injury is motivated by a conviction that there are many who deserve help, including benefits, and they closet themselves due to stigma and fear. The APA will change the elements of the diagnosis as outlined in DSM-5 drafts. These changes are of far more consequence than a name change to third-party payers who may seek an excuse to limit resources.

Indeed, if the APA changes the name to PTSI, all of us must make it clear that we are doing this because our patients, our potential patients, and their advocates have convinced us that this is accurate and honorable and hopeful. But we are NOT suggesting that the consequences of traumatic stress are any less significant, painful, and capable of creating disability. In fact, we believe a name change will help protect benefits by securing broader public awareness and support for those who suffer from the signature psychological injury of war, violence and human cruelty.

In sum, PTSI is a better term than PTSD. It is accurate. It does justice to the condition. It is preferred by those who contend with the condition. The APA would bring credit to itself and respect to its patients by adopting this improvement in diagnostic terminology.

PTSD & Mental Health Featured Articles PTSD post-traumatic stress disorder (PTSD) Traumatic Brain Injury (TBI)
PTSI Special Report



Frank Ochberg

Frank Ochberg, M.D. is a founding board member of the International Society for Traumatic Stress Studies and recipient of their highest honor, the Lifetime Achievement Award. He edited the first text on treatment of post-traumatic stress disorder (PTSD), and served on the committee that defined PTSD. Ochberg founded and secured the funding for the Dart Center for Journalism and Trauma, served as its first chairman and now is chairman emeritus of the Center. He helps journalists understand traumatic stress and he helps traumatic stress experts understand journalists.

He was associate director of the National Institute of Mental Health and director of the Michigan Mental Health Department. At Michigan State University, he is clinical professor of psychiatry, formerly adjunct professor of criminal justice, and adjunct professor of journalism.

Ochberg developed, with colleagues, the National Center for Critical Incident Analysis, Global Youth Connect (a young persons' human-rights organization), Gift From Within (a charity for persons with PTSD), and the Committee for Community Awareness and Protection (responding to serial-killer threats). For the latter activity, he is the first physician to receive the Law Enforcement Medal of the Sons of the American Revolution. As a Red Cross volunteer, Ochberg has helped families at sites of earthquakes, floods, fires and aircraft disasters. He represents the Dart Foundation and directs their support of victimization programs around the world.



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PTSD is "PTSD"

September 19, 2012 by Matthew Friedman, M.D., Ph.D.

Changing the name of PTSD won't eliminate stigma or make sufferers more likely to seek treatment.

[Note: This article represents the opinion of the author alone. It does not, in any way, reflect official policy or opinions of the American Psychiatric Association (APA), the US Department of Veterans Affairs or the Department's National Center for Posttraumatic Stress Disorder (PTSD).]

I don't believe the American Psychiatric Association (APA) should change the name Post-Traumatic Stress Disorder (PTSD) to Posttraumatic Stress Injury (PTSI) because I don't believe that such a change will make a significant difference with regard to stigma or make sufferers more likely to seek treatment. I further believe that Canada's military has come up with the right solution: classification of post-traumatic stress as an Operational Stress Injury (OSI). This policy effectively addresses any stigma-related problems without changing the PTSD diagnostic label. In other words, we can have it both ways: keep the PTSD diagnostic term and have it regarded as an injury.

Why does it matter? First, let's consider the term "injury," which is a sufficient description for many purposes. But if I'm the clinician who is asked to treat an "arm injury," I must know more. Is it a bone fracture, a puncture wound, a serious abrasion or a scratch? If it's a fracture, what bone was broken? Is it a compound fracture or a Greenstick fracture, and so on? Do we need antibiotics? Should a tetanus shot be given? In other words "injury" may be a sufficient description for an after-action report following a specific military mission. But it is much too imprecise for medical diagnosis and the reason we need an accurate diagnosis is to be able to provide the needed treatment.

What was so remarkable when PTSD was first introduced in 1980 was the recognition that the specific nature of the traumatic stress didn't seem to matter. Whether it was combat, rape, child abuse, surviving the Nazi Holocaust – the symptoms were the same: traumatic nightmares, avoidant behavior, hypervigilance, etc. PTSD was PTSD. Thirty-two years of research have fortified the robustness and importance of the original DSM-III diagnosis. The basic construct – that overwhelming stress can produce a consistent pattern of profound and enduring changes in brain function, cognition, emotions and behavior has stood the test

of time.

PTSD is PTSD: Abnormalities in brain function, neurobiological reactivity and psychological mechanisms observed in combat veterans apply equally to rape victims or motor vehicle accident survivors with PTSD. PTSD is PTSD: treatments originally developed for female rape victims rank among our most effective treatments for service members with PTSD.

Changing the name to PTISI in an attempt to reduce stigma among soldiers would reverse years of research and suggest that PTISI is something entirely different.

I don't think the change would reduce stigma and improve treatment-seeking behavior. PTISI would still be included in APA's Diagnostic and Statistical Manual, alongside all the other mental disorders. Service members with PTISI might still be relieved of certain assignments, such as going out on patrols that might further expose them to combat trauma. Service members with PTISI would still know their wounds are invisible. They'd still know that they weren't eligible for a Purple Heart even though their combat-related disability might be permanent and life-changing, whereas many Purple Heart recipients recover from their physical wounds completely and go on without any chronic impairment.

The argument for PTISI is that an injury is a physical wound whereas a disorder isn't. So the "I" would indicate an honorable injury whereas the "D" connotes a dishonorable disorder. But that is simply inaccurate. A disorder, whether PTSD or depression, reflects a disturbance in the biological, as well as the psychological or developmental processes underlying mental function. We know from abundant research that PTSD is clearly associated with biological alterations, especially in brain function. So is depression. According to this logic, we should call depression suffered in the war zone a "major depressive injury" to split it off from other depressive episodes.

There is also the matter of appropriate research and evaluation. There needs to be strong empirical evidence to support any changes from past diagnoses. And, to my knowledge, there is no scientific evidence that changing the name of any disorder will produce the desired changes in terms of stigma reduction and increased treatment-seeking behavior.

Rather than debating what to call this disability, we should be considering how to substantially and meaningfully reduce stigma so that service members with PTSD will come forward for treatment. We already know that affected military personnel recognize that they are not the man or woman they had been before the onset of their deployment-related PTSD. We don't have to convince them that there is something wrong.

What we have to do is: 1) help them understand what is wrong – is it PTSD or something else; 2) help them understand that this is a treatable condition; and 3) help create an environment through military and social policy that will reduce barriers to seeking treatment. I think the real challenge is changing the environment.

The US is making substantial progress via social media platforms, public health campaigns,

and through collaborative partnerships between the Department of Veterans Affairs and the Department of Defense as well as community organizations. There is still much more work that needs to be done in this country. We need to do a better job through public education and risk communication, to increase awareness about our very effective treatments for PTSD. We should look at what has been accomplished by the Canadian military as an example of how major changes in official policy regarding PTSD can make a substantive difference in reducing stigma and increasing treatment seeking without changing the medical diagnosis PTSD. In short, I believe we can accomplish even more.

In Canada, PTSD is classified as an Operational Stress Injury (OSI), along with other injuries to any part of the body sustained in combat. Those with an OSI are eligible for Canada's Sacrifice Medal, the equivalent to America's Purple Heart, whereas Americans with war-related PTSD are not eligible for this honorable recognition. The cornerstone of the OSI model involves many levels of peer support from colleagues who have developed PTSD or some other mental disorder in the line of dangerous combat duty. In Canada, there is widespread public education for service members, their families and the general public, which includes a very active speakers bureau where service members or veterans with PTSD spread the word about the program and their own personal experiences. This education program also includes a specific educational effort directed towards military leaders: generals and colonels at the company and battalion level down to Non-Commissioned Officers at the platoon level. This is crucial because the enlightened behavior of military leaders is a key positive influence on attitudes towards mental health and stigma reduction. There is no wrong door. Any Canadian service member with an OSI due to PTSD will find his or her way to the OSI social support network.

I believe there are many actions being taken, and many more that need to be taken to reduce the stigma of PTSD among service members so they will request effective treatments. I believe reducing the stigma is precisely where we should direct our collective focus because the likelihood of success is much greater than can be realistically expected from calling PTSD something else.

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