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## Oral history Service Learning: Veterans Studies and SOSA

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# **Veterans Studies and Student Occupational Science Association Synopsis**

**By: Amanda S. Hansford COTA/L, OTS**

## **Introduction**

When I began my capstone, my original plan was to get a group of individuals from the Student Occupational Science Association (SOSA) and help increase their knowledge of veterans through interviews. There are so many misconceptions of veterans and I wanted to provide the opportunity for more individuals to learn about veterans so that we can try and break the stereotypes. To get started with my project I spoke with Neil Kasiak and Clay Howard to gain some direction of where to research and what the best way to go about developing my project.

## **Methods**

I utilized some assignments I had in other classes to research more about veterans and learn as much as I could. I was particularly interested in their reintegration into society and the more I learned about how difficult reintegration can be for veterans the more I wanted others to understand. I wanted members of SOSA to be involved to learn more about veterans. In Occupational Therapy whether an individual works in pediatrics, geriatrics, or outpatient or anywhere inbetween they may interact with veterans whether they have coworkers, clients, or family members of clients that are veterans it is an excellent area to learn more about. As future Occupational Therapists we will interview individuals regularly to build rapport and learn about what they like and what they don't and what may be difficult for them to do. So, through this protocol SOSA would also have the opportunity to increase their interviewing skills as they learn

more about the veteran culture. Then the interviews could be donated to the William H. Berg Oral History Center where others may benefit from hearing the veteran stories.

### **Protocol**

As I went throughout this project and collaborated with my advisors the idea for the development of a protocol emerged. With this protocol there will be a google folder that contains all the information that may be needed in order to interview veterans and gain a better understanding of the processes to go through in order to have a successful interview. This folder will have required release forms and sample questions and a video describing the protocol and its importance. It will also go over the Model of Human Occupation and how to use it. The goal is to require SOSA members to complete at least one veteran interview a semester and this can be done in groups. Then at the completion of this project then the individuals will have increased their interviewing skills and the interview will be donated to the William H. Berg Oral History Center.

### **University Presentation Showcase**

I got the opportunity to present a poster at the University Presentation Showcase where I spoke about utilizing the Model of Human Occupation (MOHO) as the driving force behind my desire to develop this protocol where others would have the opportunities to learn about veterans. MOHO is about the volition, habituation, and performance capacity of occupations. It dives in deeper to the why and how people do what they do on a day-to-day basis.

## **Conclusion**

This project helped increase my understanding of the veteran population and I have gained resources and insight on how to interview the veteran population. I enjoyed presenting at the University Presentation Showcase and telling others about my capstone. I will be handing my capstone to the next SOSA executive team, and I hope it will help increase knowledge of veterans and the importance of listening to oral histories and interviewing. Interviewing is something as Occupational Therapy Practitioners we will use on a regular basis as we learn about our clients. If we don't record the oral histories, then these individuals' valuable stories may be lost forever.

## References

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Cramm, H., Edgelow, M., Craig, L., Brown, H., Tam-Seto, L., Taylor, L., Lapointe, J. (2016). Special feature-occupational therapy: Addressing performance and participation issues for military personnel, veterans and their families: [1]. *Occupational Therapy Now*, 18(6), 25-26. Retrieved from <https://libproxy.eku.edu/login?url=https://www.proquest.com/trade-journals/special-feature-occupational-therapy-addressing/docview/1845772130/se-2?accountid=10628>

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Kerr, N. C., Ashby, S., Gerardi, S. M., & Lane, S. J. (2020). Occupational therapy for military personnel and military veterans experiencing post-traumatic stress disorder: A scoping review. *Australian Occupational Therapy Journal*, 67(5), 479–497. <https://libproxy.eku.edu/login?url=https://doi.org/10.1111/1440-1630.12684>

Kreider, C., Ahonle, Z. J., Hale-Gallardo, J. L., Castaneda, G., Findley, K., & Romero, S. (2021). A Role for OT Collaboration With Vocational Rehabilitation Specialists Providing

Individualized Community-Based Services to Younger Rural Veterans?...American Occupational Therapy Association (AOTA) INSPIRE 2021 (Virtual), April 6-30, 2021.

American Journal of Occupational Therapy, 75 (Sup2), 1.

<https://libproxy.eku.edu/login?url=https://doi.org/10.5014/ajot.2021.75S2-RP252>

Picon, L., & MacLennan, D. (2017). Speech-Language Pathology Care for Military Traumatic Brain Injury in the Department of Veterans Affairs. Perspectives of the ASHA Special Interest Groups, 2(2), 31–45.

<https://libproxy.eku.edu/login?url=https://doi.org/10.1044/persp2.SIG2.31>

# Appendix A: University Presentation Showcase Spring 2022

## ORAL HISTORY SERVICE LEARNING: VETERANS STUDIES AND SOSA

Amanda S. Hansford OTS  
 ☒Department of Occupational Science and Occupational Therapy, College of Health Sciences, Eastern Kentucky University

### INTRODUCTION

As professionals it is important to promote interprofessional education and collaboration as it fosters learning and understanding among various disciplines. The purpose of my project was connecting the department of Veteran Studies and the department of Occupational Science and Occupational Therapy. An oral history protocol was developed between the Student Occupational Science Association (SOSA) and Veteran Studies that would promote learning and understanding of the Veteran community and increase leadership and interviewing skills. This project provided the resources for SOSA's members to develop interviewing skills and provide information on veterans culture.

### Model of Human Occupation

**Components**

- Volition
- Habituation
- Performance Capacity

**Volition**

- People are motivated to choose their daily occupations.
- Personal causation
- Values
- Interests

**Habituation**

- Patterns and routines of everyday activities.
- Habits
- Roles

**Performance Capacity**

- How mental and physical abilities are used and experienced in occupational performance.

### Implications

As we collaborate with professors and/or professionals of various disciplines then we will enhance our learning and understanding. As emerging professionals in the Occupational Science program it is important to practice our interviewing skills as this skill will help us in our professional life. The veterans population is one population that is prevalent in various areas so it is imperative that we understand veteran culture and this project will increase learning and understanding of the veteran population. This project uses the Model of Human Occupation (MOHO) approach. In the veteran population it is important to understand the various occupations they participate in and what motivates them to engage in these occupations.

### CONCLUSIONS

My project developed a protocol that was piloted within the SOSA organization. With this protocol it will bring a greater understanding of the veteran population. It will also enhance professionalism by providing the resources required to increase interviewing skills. This project also emphasizes the importance of intercollegiate collaboration as I have collaborated with Veterans Studies, Occupational Science, and EKV Crabbie Library to develop this project. These interviews will also be donated to the William H. Berg Oral History center to benefit future students.

### References

Gaudin, P. (2019). Physical Therapy to the Rescuer: A veteran finds that is valuing more and more. *PT in Motion*, 11(2), 10-12.

Gamm, H., Edgelow, M., Craig, L., Brown, H., Lim-Soltes, L., Taylor, L., Lapanorte, J. (2016). Special Features: Occupational Therapy Addressing Performance and Participation Issues. *Journal of Occupational Therapy*, 39(1), 1-26. Retrieved from <https://ajph.org/ajph/article/doi/10.1093/ajph/39.1.1>

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Kreider, C., Abadie, Z., Hale, Galardo, J., Casarredo, G., Finley, A., & Romero, S. (2021). A Pilot of Collaboration With Vocational Rehabilitation Specialists Providing Occupational Therapy Services to Veterans. *Journal of Occupational Therapy*, 44(1), 1-10. Retrieved from <https://doi.org/10.1177/0022022120949272>

Irwin, L., & Mori Irwin, D. (2017). Speech-Language Pathology Care for Military Traumatic Brain Injury in the Department of Veterans Affairs: Perspectives of the ASHA Special Interest Group. 203, 31-45. <https://doi.org/10.1044/s1092-1331-16-00231>

### Process

Faculty resources were utilized to develop a blackboard template for service organizations to independently organize teams to collect veterans oral histories to be donated to the William H. Berg Oral History archives.

Interprofessional collaboration facilitates enhanced learning and increases professionalism skills. This allows students to build foundation skills to be prepared for the workforce.

The model of human occupation (MOHO) guided aspects to help define the importance of discovering the motivation behind individuals' occupations.

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Gaudin, P. (2019). Physical Therapy to the Rescuer: A veteran finds that is valuing more and more. *PT in Motion*, 11(2), 10-12.

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Gamm, H., Edgelow, M., Craig, L., Brown, H., Lim-Soltes, L., Taylor, L., Lapanorte, J. (2016). Special Features: Occupational Therapy Addressing Performance and Participation Issues. *Journal of Occupational Therapy*, 39(1), 1-26. Retrieved from <https://ajph.org/ajph/article/doi/10.1093/ajph/39.1.1>

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Frank, M., & Nola, L. (2021). Transitions from Military to Civilian Identity: social context, challenges, and value in webinars. *Phis One*, 16(12), 4020-1534. <https://doi.org/10.1371/journal.pone.0251634>

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## Appendix B: SOSA and Veterans Studies PowerPoint

# SOSA and Veterans Studies

By: Amanda Hansford (2022)

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## **THE MODEL OF HUMAN OCCUPATION AND SOSA/VETERANS ORAL HISTORY**

Modified by Susan Skees Hermes & Geela Spira

Originally by Kirsty Forsyth, Renée R. Taylor, Jessica M. Kramer, Susan Prior, Lynn Ritchie, Jane Melton

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Overview Google Slides: <https://docs.google.com/presentation/d/1oKUWnOpD->

[FjrmcGmZIZAcnLyuE7rbf586teYLIYW\\_A/edit?usp=sharing](https://docs.google.com/presentation/d/1oKUWnOpD-FjrmcGmZIZAcnLyuE7rbf586teYLIYW_A/edit?usp=sharing)

THE MODEL OF HUMAN OCCUPATION AND SOSA/VETERANS ORAL HISTORY

Google Slides: [https://docs.google.com/presentation/d/1YX95M62ZcHzOSf\\_fNKj7vGd4P7808-FN/edit?usp=sharing&ouid=115205252210290562157&rtpof=true&sd=true](https://docs.google.com/presentation/d/1YX95M62ZcHzOSf_fNKj7vGd4P7808-FN/edit?usp=sharing&ouid=115205252210290562157&rtpof=true&sd=true)

## Appendix C: Annotated Bibliography

Bohnert, K. M., Sripada, R. K., Ganoczy, D., Walters, H., & Valenstein, M. (2018). Longitudinal patterns of PTSD symptom classes among US National Guard service members during reintegration. *Social Psychiatry & Psychiatric Epidemiology*, 53(9), 911–920. <https://libproxy.eku.edu/login?url=https://doi.org/10.1007/s00127-018-1542-x>

This study discusses the course and structure of PTSD symptomology during the servicemembers first year of reintegration. The participants were divided into four groups based on severity and there were movement between the classes but the class numbers stayed around the same. The participants would benefit from continued screenings but they would not require intensive interventions.

Dindo, L., Roddy, M. K., Boykin, D., Woods, K., Rodrigues, M., Smith, T. L., Gonzalez, R. D., & True, G. (2021). Combination outreach and wellness intervention for distressed rural veterans: results of a multimethod pilot study. *Journal of Behavioral Medicine*, 44(4), 440–453. <https://libproxy.eku.edu/login?url=https://doi.org/10.1007/s10865-020-00177-8>

In this study veterans were chosen from nonprofits to identify distressed rural veterans and provide them with a mental health workshop. They provided a one day Acceptance and Commitment Therapy (ACT) group workshops. This study identified veterans who had limited access to mental health care. This workshop showed promising results and veterans said they would recommend this workshop to others. They also desired to have further sessions where they could reinforce their strategies learned.

Griffith, J. (2015). Homecoming of soldiers who are citizens: Re-employment and financial status of returning Army National Guard soldiers from Operations Iraqi Freedom (OIF)

and Enduring Freedom (OEF). *Work*, 50(1), 85–96.

<https://libproxy.eku.edu/login?url=https://doi.org/10.3233/WOR-131794>

This study examined civilian employment among Army National Guard soldiers who had recently returned from Operation Iraqi Freedom (OIF) and Enduring Freedom (OEF). Few soldiers reported having financial struggles during deployment and after. Not being able to return to a pre deployment job resulted in financial struggles. Seeing others wounded or killed in combat were associated with increased financial struggles.

Kukla, M., Rattray, N. A., & Salyers, M. P. (2015). Mixed methods study examining work reintegration experiences from perspectives of Veterans with mental health disorders.

*Journal of Rehabilitation Research & Development*, 52(4), 477–490.

<https://www.rehab.research.va.gov/jour/2015/524/pdf/jrrd-2014-11-0289.pdf>

This study discusses the difficulties for veterans to reintegrate into the workforce. Being in combat effected how those veterans formed their self-concept which shaped their work success and community reintegration. They illustrated how skills learned during their military service were mismatched with what employers desired of their employees. In this study it seemed that individuals who had friends, family, and significant others helped the veterans compensate for difficulties and supported reintegration into civilian life.

Lang, K. P., Veazey-Morris, K., Berlin, K. S., & Andrasik, F. (2016). Factors Affecting Health Care Utilization in OEF/OIF Veterans: The Impact of PTSD and Pain. *Military Medicine*, 181(1), 50–55. <https://libproxy.eku.edu/login?url=https://doi.org/10.7205/MILMED-D-14-00444>

This study evaluates the impact of PTSD and pain severity on how veterans utilize VA medical and mental health care services. It suggests the need for interdisciplinary pain clinics that are able to address overlapping concerns of pain and mental health conditions. The results of this study point towards the importance of addressing pain as part of PTSD treatment.

Morgan, N. R., Aronson, K. R., Perkins, D. F., Bleser, J. A., Davenport, K., Vogt, D., Copeland, L. A., Finley, E. P., & Gilman, C. L. (2020). Reducing barriers to post-9/11 veterans' use of programs and services as they transition to civilian life. *BMC Health Services Research, 20*(1), 1–14.

<https://libproxy.eku.edu/login?url=https://doi.org/10.1186/s12913-020-05320-4>

This study identified barriers and barrier reduction strategies to programs that exist to support veterans transitioning to civilian life. Veterans reported that getting help to receive their veterans administration benefit was extremely helpful. There is often a misalignment between barrier reduction components that are offered and components that veterans find most helpful. Veterans who are at most risk for poor civilian reintegration are also least likely to engage programs that offer barrier reduction components. Organizations should increase their efforts of aligning what veterans need and what is offered to further enhance reintegration into civilian life.

Orazem, R. J., Frazier, P. A., Schnurr, P. P., Oleson, H. E., Carlson, K. F., Litz, B. T., & Sayer, N. A. (2017). Identity Adjustment Among Afghanistan and Iraq War Veterans with Reintegration Difficulty. *Psychological Trauma: Theory, Research, Practice & Policy, 9*, 4–11. <https://libproxy.eku.edu/login?url=https://doi.org/10.1037/tra0000225>

This study took a sample of individuals that served in Afghanistan and Iraq and asked them to describe their reintegration difficulties. 100 individuals were randomly selected if they

repeated having at least a little reintegration difficulty. This study explored the differences in subjective experiences of reintegration by gender and military component. They found the reintegration programs should focus on changes in roles and sense of self that individuals may face when they leave the military.

Plach, H., & Sells, C. (2013). Occupational Performance Needs of Young Veterans. *American Journal of Occupational Therapy*, Vol. 67(1), 73–81. doi:  
<https://doi.org/10.5014/ajot.2013.003871>

This study uses the Canadian Occupational Performance Measure (COPM) with the veteran population. Even though this study was done in regard to veterans the outcomes in regards to the occupation performance challenges were similar to those of the shelter and homeless population. The top issues that needed to be addressed was education and relationships. This study noted that because of their life experiences it did make reintegrating back into civilian life difficult. This population can benefit from Occupational Therapy since Occupational Therapy Practitioners can have roots in both the psychological and the physical field.

Vogt, D., Smith, B., Fox, A., Amoroso, T., Taverna, E., Schnurr, P., Smith, B. N., Fox, A. B., & Schnurr, P. P. (2017). Consequences of PTSD for the work and family quality of life of female and male U.S. Afghanistan and Iraq War veterans. *Social Psychiatry & Psychiatric Epidemiology*, 52(3), 341–352.  
<https://libproxy.eku.edu/login?url=https://doi.org/10.1007/s00127-016-1321-5>

This study discusses how combat related PTSD can affect quality of life and how it can affect readjusting to their post-military life. The purpose of this study was to document veterans' employment and family circumstances, and how they function and their satisfaction within these

domains, and to evaluate the gender-specific impact of PTSD on veterans' work and family quality of life. Even though most of the veterans in this study reported high quality of life it does note that there are impairments in intimate relationships and occupational functioning.

Webster, J., Kim, J. H., Hawley, C., Barbir, L., Barton, S., & Young, C. (2018). Development, implementation, and outcomes of a residential vocational rehabilitation program for injured Service members and Veterans. *Journal of Vocational Rehabilitation, 48*(1), 111–126. <https://libproxy.eku.edu/login?url=https://doi.org/10.3233/JVR-170919>

Traumatic Brain Injuries (TBI) and Post-Traumatic Stress Disorder (PTSD) are the two most common factors that affect successfully transitioning back into the workforce. The Service member Transitional Advanced Rehabilitation program (STAR) program was designed specifically for injured Service members and Veterans who require a comprehensive residential rehabilitation to successfully reintegrate into work and the community. After completing the STAR program improvement were noted in mobility, mental health, vocational functioning.

# Appendix D: BlackBoard SOSA/Veteran Studies Home Page

The screenshot displays the BlackBoard interface for the course "Occupational Therapy - SOSA/ Veterans Studies Oral History". The top navigation bar includes "Announcements", "Information", "Oral History Project", "Discussions", "External Links", "Tools", and "Help". The main content area is titled "Announcements" and contains the following text: "New Announcements appear directly below the repositionable bar. Reorder by dragging announcements above the repositionable bar to pin them to the top of the list and prevent new announcements from superseding them. The order shown here is the order presented to students. Students do not see the bar and cannot reorder announcements." Below this text is a "Create Announcement" button. A dashed line separates the text from a large empty box containing the message "No Announcements found." The bottom of the screen shows a Windows taskbar with the date and time "9/9/2022 12:59 PM" and a weather widget for "Partly sunny" at "69°F".