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Mental Health Support Available for Service Members Transitioning to Life after Military Service

Take Mental Health To Heart campaign from Magellan Health Services, National Military Family Association and Horizon Healthcare Services provides information and support formembers of the military and their families

AVON, Conn.--(BUSINESS WIRE)-- Returning home to family, friends and regular routines after an extended tour of military service is often an exciting time for our nation's service men and women and their loved ones. For many, however, the transition home can present challenges both for the returning service members and their families and can create an environment where mental health challenges emerge. Difficulty coping with this transition may manifest in a service member in a number of ways, including angry outbursts, difficulty sleeping, depression or substance abuse. The National Institutes of Health estimates that as many as one in five returning active soldiers may need some form of mental health treatment.

May is both National Mental Health Awareness Month and National Military Appreciation Month, and Magellan Health Services (NASDAQ: MGLN) has launched an initiative called [Take Mental Health To Heart](#), in conjunction with the National Military Family Association and Horizon Healthcare Services, Inc., to raise awareness about the distinct and complex mental wellness issues that affect the military community by striving to create an understanding of the military population's challenges, while working to combat the stigma that too often accompanies mental illness.

Transitioning Home After Service

Members of the military who have been away for several months can expect to come home to an environment that may have changed significantly since they were last home. Relationships may have changed or been strained, families may have new routines and friends may be different. Service members may have also changed based on their experiences while away. While homecoming is a happy time, it's also a period of disruption and transition in which everyone involved has to adjust to having their loved one home again.

"Families and service members alike have to prepare themselves in a variety of ways when a loved one returns home from deployment because, along with the joy of reunion, there are also a variety of challenges they can face during the transition period," said Anthony Kotin, M.D., chief medical officer at Magellan Health Services. "Spouses and children have to adjust to having their partner or parent back in the daily household routine, and service members may need to acclimate to a lifestyle that is very different from their 'combat-ready' training and stress of the past several months."

To prepare for homecoming, military families can do the following:

- Plan something special to welcome a loved one home. Make a welcome banner, prepare a favorite dessert, or plan some time to meet with family and friends to come for a visit, but be understanding and flexible if your loved one is too tired to notice.
- Give returning service members time to adjust to being home and practice patience. They may not do things exactly as before, or may feel uncomfortable sharing their experiences. Service members may have some initial discomfort adjusting, but this doesn't mean they are unhappy with family members.
- Understand that returning service members may be a little hurt by how well their spouse or partner was able to run the household or manage the children without them. Let them know that your preference is to share family and household responsibilities with them no matter how well you did on your own.
- Expect that children may test the limits of the family rules when a parent returns. It's normal for children to want to find out how things may have changed by acting up a bit. Consistent enforcement of family rules and even-handed discipline are essential to dealing with acting-out.
- Although it may seem simple, make sure to allow the returning service member time to sleep. Sleep deprivation is often the root of many miscommunications. Recognize that the service member has spent days traveling and has crossed many time zones. In your celebrations, make sure you've

planned for some down time.

For the returning service member:

- Plan on spending some time with the entire family, but be flexible if family members have other plans. In addition to spending time with the whole family, plan individual time with each family member to do something special.
- Show interest and pleasure in how your family members have grown and mastered new skills in your absence, and resist the tendency to criticize. Let them know you are proud of them and comment on positive changes.
- Expect it will take a little time to become re-acquainted with your spouse or partner. Be sure to tell them just how much you care about them and plan some time when just the two of you can focus on strengthening your relationship.
- Take time to understand how your family may have changed during the separation. Go easy on child discipline and get to know what new rules your spouse may have set before you jump into enforcing the household rules.
- Expect that it may take some time to “feel normal” in your home environment and overcome some of your combat instincts. You may be startled when you hear a loud noise, feel uncomfortable leaving home without a weapon, or find driving stressful. These feelings are normal during transition, but if they disrupt your life or linger for several months, you may want to speak with a behavioral health specialist.
- Be mindful of signs you may be having difficulty adjusting to life at home. Symptoms of post traumatic stress (PTSD), extreme difficulty sleeping for extended periods, and alcohol or substance abuse are warning signs that you may need to seek professional help to cope.

For more on this topic and other mental wellness information for members of the military, veterans and their families, visit www.TakeMentalHealthToHeart.com.

Spreading the Word for a Good Cause

The interactive section of [TakeMentalHealthToHeart.com](http://www.TakeMentalHealthToHeart.com) features free electronic “post cards” with a variety of images, messages and a link to additional campaign resources. Cards are available to recognize Memorial Day or to offer words of support and appreciation to members of the military community, reminding recipients to make mental health a priority. Visitors can also send a card to Magellan that will be shared with the National Military Family Association and their members. For every e-card sent, Magellan and Horizon Healthcare Services, Inc. will each donate \$1 to support the National Military Family Association, up to a combined total of \$50,000. The site also features a digital message wall where visitors can share their stories, encouragement and words of gratitude for members of the military and their families.

About *Take Mental Health To Heart*: In honor of Mental Health Awareness Month this May, Magellan Health Services has launched *Take Mental Health To Heart*, a program to promote good mental health as a key component to total wellness. The theme for the inaugural 2011 program focuses on mental wellness for members of the military and their families. The website www.TakeMentalHealthToHeart.com provides mental health resources and information on topics from various phases of military service such as preparing family and friends for a loved one’s deployment; mental wellness on duty; dealing with trauma, loss and grief; and the transition to life after service, in addition to videos, online assessment tools and interactive elements.

About the National Military Family Association: The National Military Family Association is the leading nonprofit organization committed to strengthening and protecting the families of the men and women currently serving, retired, wounded or fallen. The Association provides families of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Commissioned Corps of the USPHS and NOAA with information, work to get them the benefits they deserve, and offer programs that improve their lives. With more than 40 years of service and accomplishments, the National Military Family Association is a trusted resource for military families and the Nation’s leaders. To learn more, visit www.MilitaryFamily.org.

About Horizon Healthcare Services, Inc.: Horizon Healthcare Services, Inc., New Jersey’s oldest and largest health insurer, is a not-for-profit health services corporation. Horizon Healthcare Services, Inc., serves approximately 3.6 million members and is headquartered in Newark with offices in Wall, Mt. Laurel, and West Trenton. Horizon Healthcare Services, Inc., provides a wide variety of health and dental insurance products and services, including Medicare and Medicaid products, for businesses and individuals.

About Magellan Health Services: Headquartered in Avon, Conn., Magellan Health Services, Inc., is a leading specialty health care management organization with expertise in managing behavioral health, radiology and specialty pharmaceuticals, as well as public sector pharmacy benefits programs. Magellan

delivers innovative solutions to improve quality outcomes and optimize the cost of care for those we serve. Magellan's customers include health plans, employers and government agencies, serving approximately 31.5 million members in our behavioral health business, 18.5 million members in our radiology benefits management segment, and 4.9 million members in our medical pharmacy management product. In addition, the specialty pharmaceutical segment serves 41 health plans and several pharmaceutical manufacturers and state Medicaid programs. The Company's Medicaid Administration segment serves 25 states and the District of Columbia. For more information, visit www.MagellanHealth.com.

Photos/Multimedia Gallery Available: <http://www.businesswire.com/cgi-bin/mmg.cgi?eid=6737634&lang=en>

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