



June 23, 2016



Post Traumatic Stress Disorder

Post Traumatic Stress Disorder (PTSD) is a mental health problem that can occur after someone has gone through a traumatic event or events, such as war-related combat stress, sexual or physical assault, or a natural or man-made disaster. Because of the way this disorder can affect not only the person who suffers from it, but those who are around them, it is incredibly important that we educate and promote awareness about this condition.

- 1.9% of active duty Airmen have been diagnosed with PTSD at least once in their military career.
- Each installation has a Behavioral Health Optimization Program (BHOP) with credentialed mental health providers in primary care to improve management of behavioral health conditions.
- As of 13 Nov 2015, all mental health patients are required to be screened for depression and PTSD, in accordance with AFI 44-172, *Mental Health*.

Air Force PTSD Prevention Efforts

- 1) Pre/Post Deployment Training
- 2) Pre-Exposures Preparation
- 3) Routine medical screening
- 4) Disaster Mental Health teams
- 5) Deployment Transition Center
- 6) Behavioral Health Optimization Program
- 7) Master Resilience Trainers/Assistants

For more information about PTSD research and education [click here](#).

Risk Management

Let's take it up a notch by encouraging our Airmen to consider, "what might happen next" on all matters large or small. New personnel, new tasks or even new off-duty adventures warrant consideration of "how does this change things?" Take a few seconds to manage the risk. Some tools Airmen have at their fingertips to assess activities or events for possible hazards include Check 3GPS and Air Force risk management [videos](#).

► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](http://www.af.mil)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association
Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment
Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

June 23-24, 1952 – Combined air attacks by the Air Force, Navy and Marines nearly destroyed the electric power potential of North Korea.

June 24, 1963 – The Strategic Air Command, with the 66th Missile Squadron, accepted the first flight of 10 Minuteman I (Model B) intercontinental ballistic missiles at Ellsworth Air Force Base, South Dakota.

June 25, 1996 – Terrorists bombed Khobar Towers near King Abdul-Aziz Air Base, Saudi Arabia, killing 19 Air Force personnel and injuring 300 others. It was the worst terrorist attack against American military personnel since the 1983 bombing of a U.S. Marine barracks in Lebanon. Air Force personnel were in Saudi Arabia to support Operation Southern Watch.

June 26, 1942 – The F6F Hellcat, the preferred carrier-borne fighter, first flew, and it subsequently saw action against the Japanese in September 1943.

June 27, 1976 – Airmen at Vandenberg Air Force Base, California, launched the first Titan II intercontinental ballistic missile with a Universal Space Guidance System.

June 28, 1917 – Langley Field, named for aviation pioneer Samuel Pierpont Langley, and located adjacent to Hampton and Newport News, Virginia, was authorized as an experimental air station.

June 29, 1950 – President Harry Truman authorized Gen. Douglas MacArthur to dispatch air forces against targets in North Korea.

The OPM data breach, massive in its identity theft implications, gives rise to other crimes, and often one crime can result in two more. For example, phishing scams can morph into credit card fraud and social security abuse. Learn how to protect yourself [here](#).

To learn more about the Office of Personnel Management data breach, legitimate assistance being provided to impacted individuals, and to understand cybersecurity as it is grounded in the Air Force tradition, please go to the specially created [Air Force Cybersecurity](#) web page.



For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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