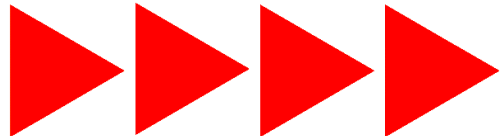
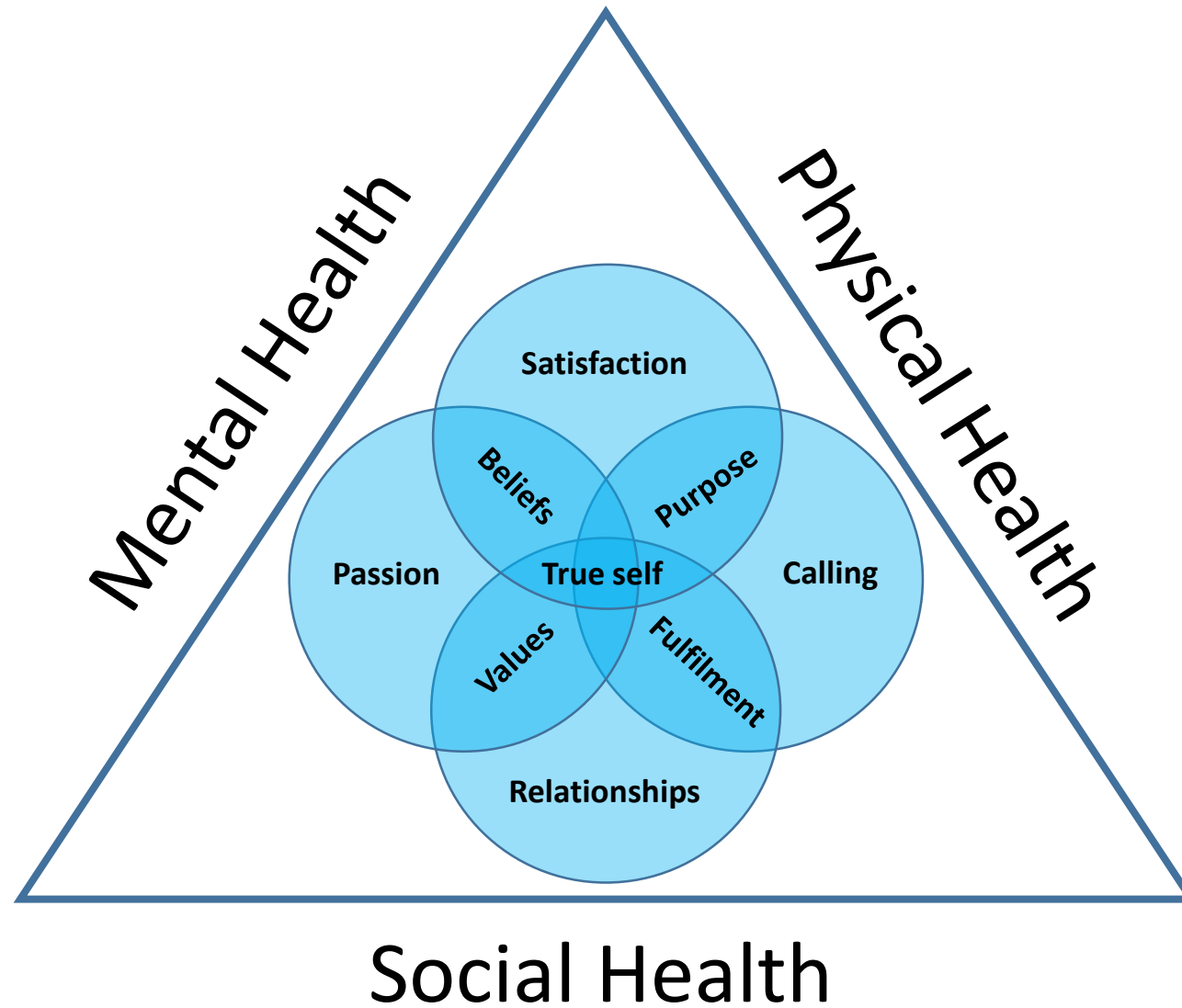


**DANNY NELSON**  
Senior Strategic Advisor, RNZRSA

Mental / Social Health &  
Complex Case Management





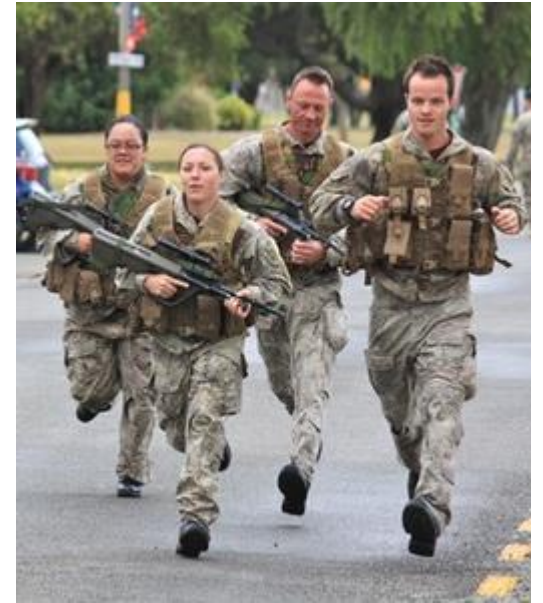
# Complex Issues

- Physical Health – training and operational
- Mental Health – PTSD, depression, etc.
- Social Health – Isolation and disconnectedness



# Demographics

- Approx. 41,000+ Returned people
- Approx. >10,000 WW2 to Vietnam Aged
- Approx. <31,000+ Post-Vietnam
- Between 500 - 800 Service people leave each year
- Over 140,000+ people with military service.



# Continuous, multiple operations

- 44 + Operational Deployments
- Service people with multiple deployments
- **Modern operational factors leading to complex issues;**
  - Unidentifiable enemy.
  - Civilians are the aggressors
  - Large numbers of civilian victims – women and children
  - Large humanitarian suffering
  - Objectives ill-defined or unachievable
  - Continual exposure – no rest
- **Moral Injuries**



# Mental Health

## CAUSES OF **OPERATIONAL STRESS INJURIES**



# Mental Health Study

- Bosnia 1995
- Kiwi Company subject group
- Three Control groups



“Results from the current study suggest that the mental health of personnel who deploy on peacekeeping missions can be adversely effected by service”

“Not only did PTSD and Depression symptoms increase significantly over the stages of the study for those soldiers who deployed to Bosnia, but this increase was not observed in any of the control groups”

# Social Health

Interactive activities supports the social and mental health of service and ex-service people, by encouraging personnel engagement with fellow military people - strengthening social bonds through shared experiences and understanding



Assistance  
Dogs



Residential  
recovery  
programmes



Equine  
therapy



Supporting  
events



## Transition

- Impacts Mental and Social Health
- Effects are wider than the individual
- Poor Transition costs Society
- Mental health effects may be reported years after leaving NZDF

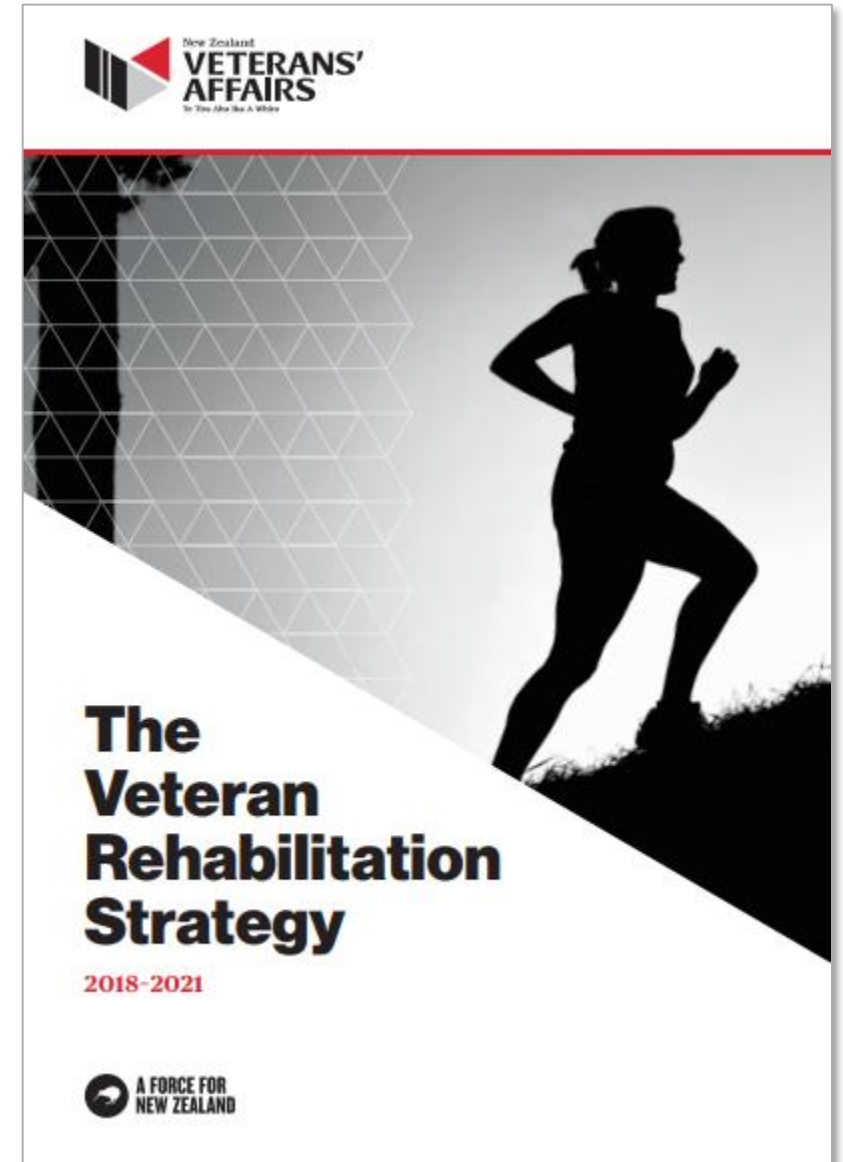


POST TRANSITION LTD.  
SERVING YOU

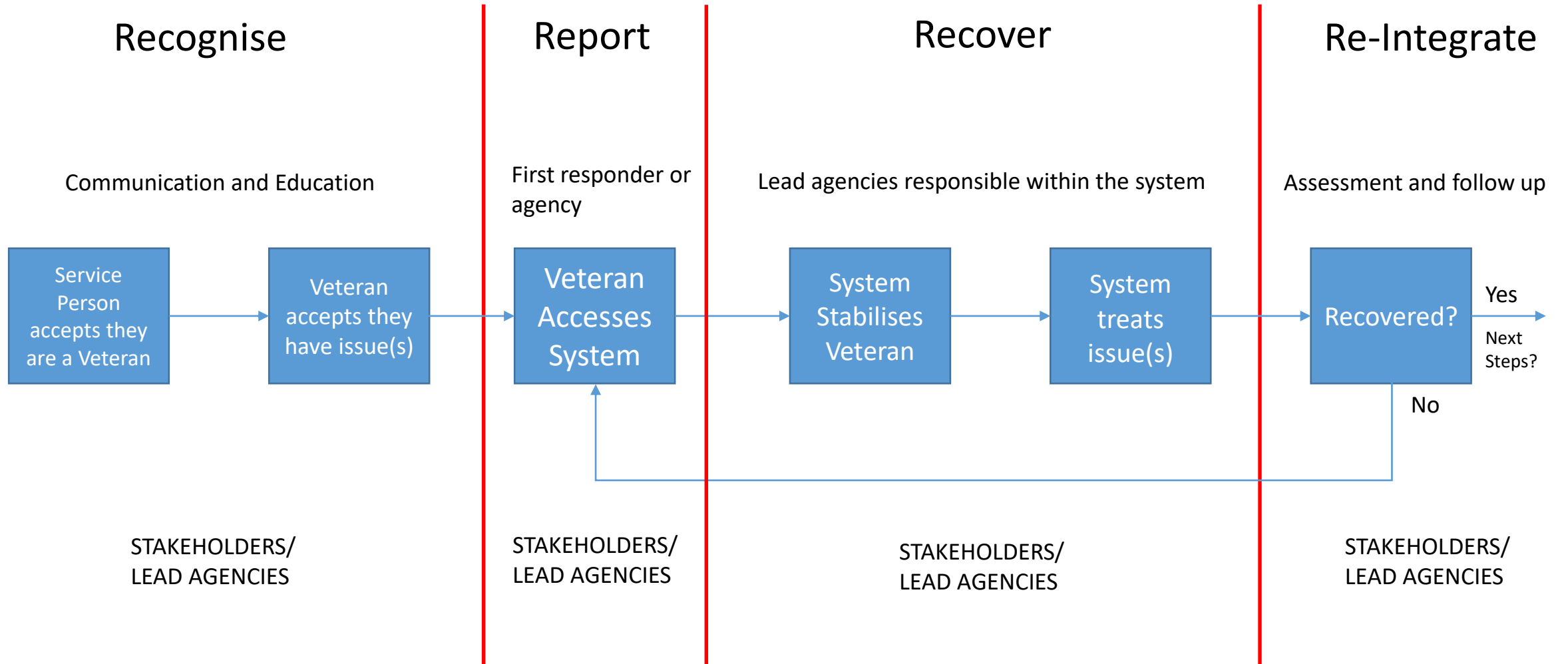


# Rehabilitation Strategy

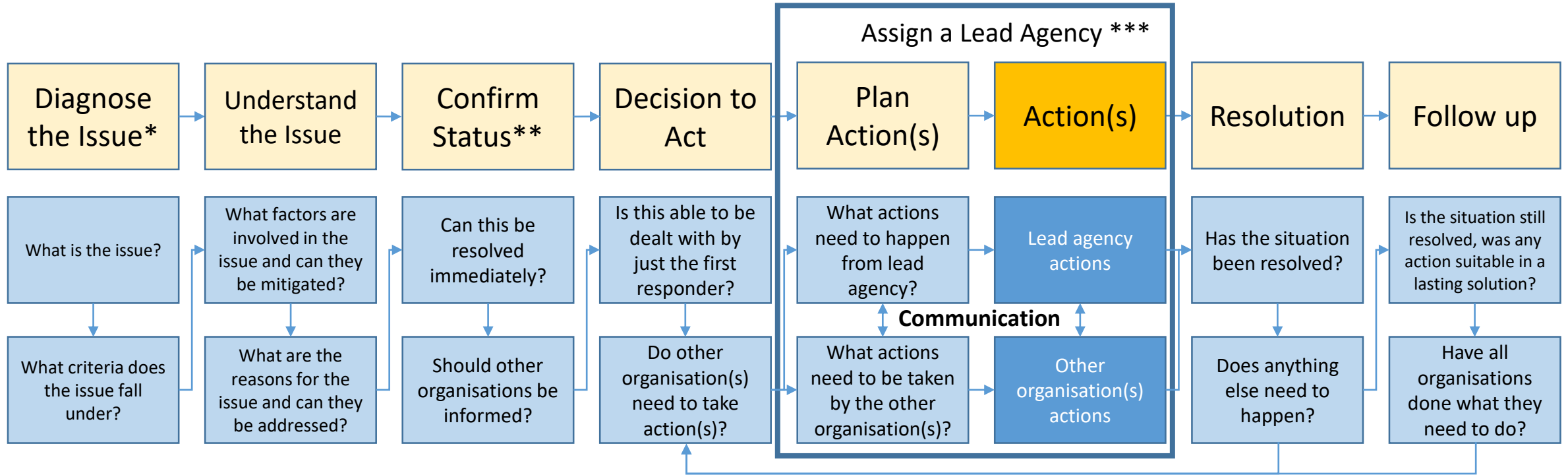
- Veteran-Centric
- Trusted
- Integrated
- Collaborative



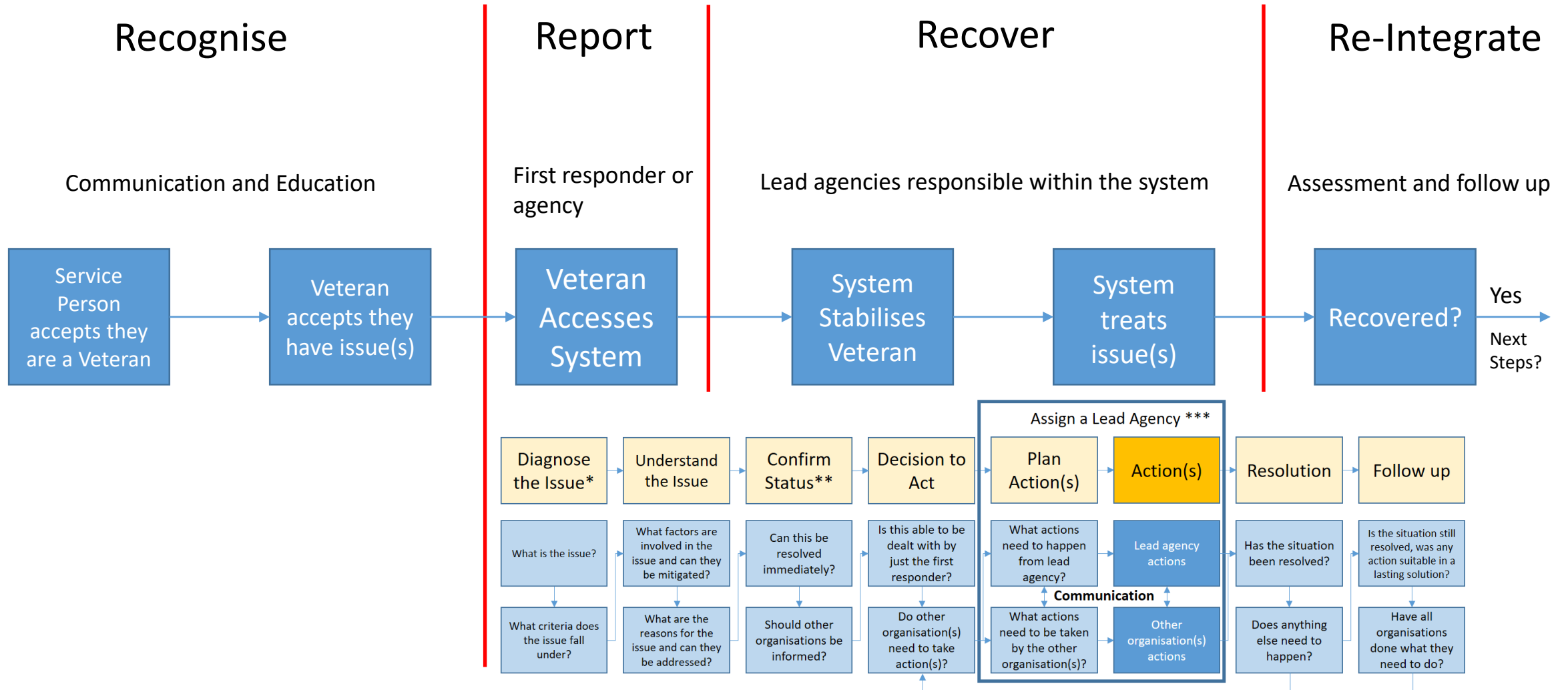
# Pathway

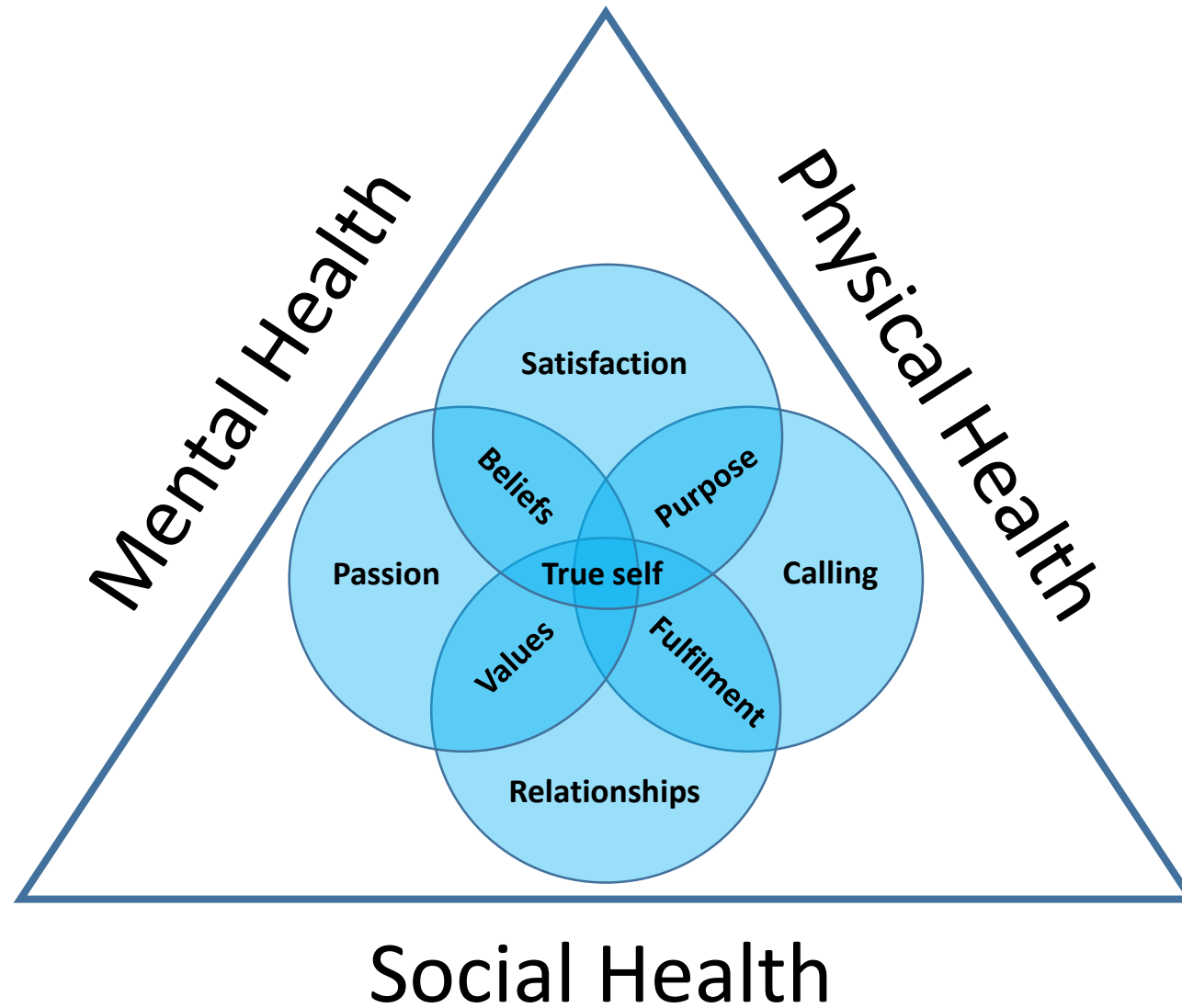


# Complex Case Management



# Complex Case Study





# Complex Case Study

