



Not Every Mental Health Problem Requires a Mental Health Response

Air Force Lt. Col. (Ret.) Kirk L. Rowe, Ph.D., A.B.P.P.

Clinical Neuropsychologist

U.S. Air Force School of Aerospace Medicine

Wright-Patterson Air Force Base

27 October 2022

1020 – 1120 (ET)

Presenter

Air Force Lt. Col. (Ret.) Kirk L. Rowe, Ph.D., A.B.P.P.

Clinical Neuropsychologist

Integrated Operational Support Team

U.S. Air Force School of Aerospace Medicine

Wright-Patterson Air Force Base, Ohio



Medically Ready Force... Ready Medical Force



Air Force Lt. Col. (Ret.) Kirk L. Rowe, Ph.D., A.B.P.P.



Air Force Lt. Col. (Ret.) Kirk L. Rowe currently serves as a neuropsychologist at Wright-Patterson Air Force Base hospital in the School of Aerospace Medicine as part of the Operational Support Team (OST). He spent 14 of his 24 years on active duty at Wright-Patterson and was the Clinical Psychology Training Director for nine years.

Lt Col Rowe has always had an eye for preventative health. In 2006, he became interested in the impact of childhood obesity and how obesity has impacted the mission of the Air Force. He created a Wingman Day brief at Misawa Air Base to help address negative trends of technology use on interpersonal relationships in 2008. Lt Col Rowe has been an invited guest speaker for Martin Luther King Day, the 2010 commencement address for his alma mater, Lincoln University, talks about the psychology of climate change and energy, and speaks quarterly at the OST workshop on the issue of embedded care and the challenges of too much mental health need.



Medically Ready Force... Ready Medical Force



Disclosures

- Lt. Col. Rowe has no relevant financial or non-financial relationships to disclose relating to the content of this activity.
- The views expressed in this presentation are those of the author and do not necessarily reflect the official policy or position of the Department of Defense, nor the U.S. Government.
- This continuing education activity is managed and accredited by the Defense Health Agency, J-7, Continuing Education Program Office (DHA, J-7, CEPO). DHA, J-7, CEPO and all accrediting organizations do not support or endorse any product or service mentioned in this activity.
- DHA, J-7, CEPO staff, as well as activity planners and reviewers have no relevant financial or non-financial interest to disclose.
- Commercial support was not received for this activity.



Medically Ready Force... Ready Medical Force



Learning Objectives

At the conclusion of this activity, participants will be able to:

1. Explain Generation Z (Gen-Z) and how they are unique from any other generation before them in the history of humanity.
2. Comprehend the facts that make Gen-Z unique
3. Identify the parenting practices and technological advances that got us here
4. Describe ways to meet Gen-Z where they are and then move them towards confidence and competence



Overview

- Depth Of Thought Is Needed
- The Environment
- Internet Generation (I-Gen) &.....
- What It Means For Us
- The Overwhelming Stats
- Diagnosis
- Life Skills
- Tribe
- Competence & Confidence



(Bing.com, n.d.)



Medically Ready Force... Ready Medical Force



Test Pattern



(Bing.com, n.d.)



Recall this toy from the 60's-70s?

Solving hard problems requires an empty 9th tile.

8	6	3
4	7	2
5	1	

(DeMarco, 2001)



Medically Ready Force... Ready Medical Force



11.1% better use of space has most organizations looking like this

1	2	3
4	5	6
7	8	9

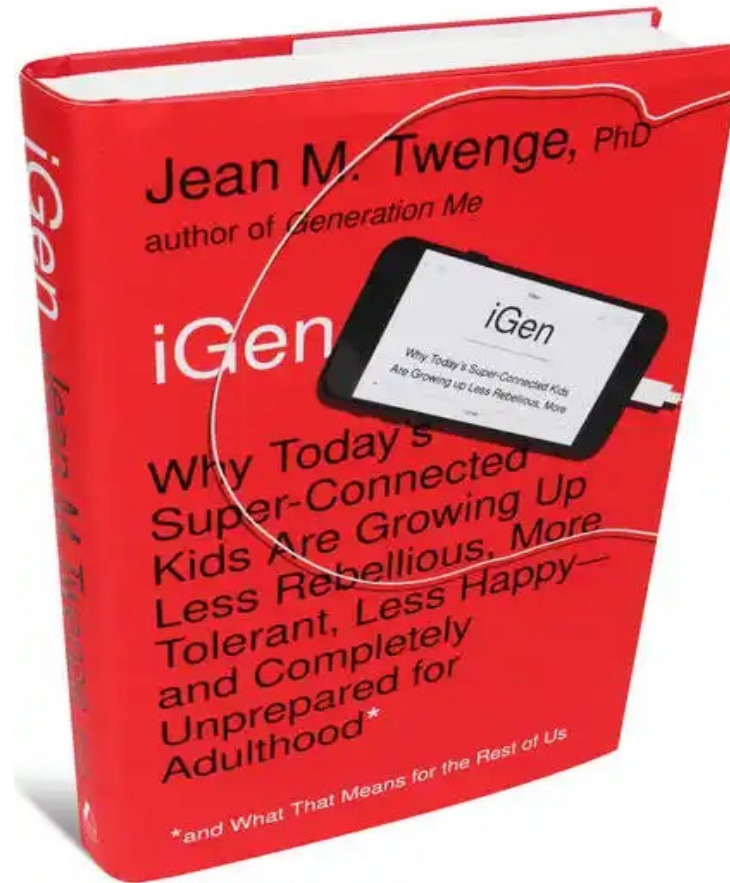
(DeMarco, 2001)



Medically Ready Force... Ready Medical Force



A Must Read



(Twenge, 2017)



Medically Ready Force... Ready Medical Force



The Facts

- Born in 1995, they don't remember life before the internet
- They are 1 in 4 Americans, and they are here
- They arrived on college campus in 2013, and in the military
- For college students, every indicator of mental health issues reached all time highs in 2016
- Feeling overwhelmed up 51% since 2009
- Expecting to seek counseling up 64%
- Feeling depressed up 95%
- 57% more teens were sleep deprived 2015 than 1991
- Between 2012-2015, boy's depression increased by 21%, girls up 50% for 8th, 10th and 12th graders
- 46% more 15–19-year-olds killed themselves in 2015 than 2007
- We could go on, but we won't



Medically Ready Force... Ready Medical Force



The Facts Meet Reality

- They are growing up more slowly
- Less likely to go out without their parents
- Date
- Get a driver's license
- Have sex
- Work
- Read
- Drink alcohol
- Smoke
- Fight with their parents
- Run away
- And more likely to have daily contact with parents when away at college
- 18-year-olds look like 14-year-olds
- 14-year-olds look like 12- and 10-year-olds



Medically Ready Force... Ready Medical Force



Why This Failure to Thrive

- More screen time has led directly to more unhappiness and depression
- More screen time has led to less in person social interaction which then led to unhappiness and depression
- More screen time has led to less print media use, leading to unhappiness and depression
- In the end, all of the mechanisms come back to new media screen time in one way or the other
- Studies have shown that more screen time causes more anxiety, depression, loneliness, and less emotional connection
- Another possibility is that they are unprepared for adolescence and early adulthood due to lack of independence



DSM-II, 1968

- Inadequate Personality
- This behavior pattern is characterized by ineffectual responses to emotional, social, intellectual, and physical demands. While the patient seems neither physically or mentally deficient, he does manifest inadaptability, ineptness, poor judgment, social instability, and lack of physical and emotional stamina
- This group of disorders is characterized by deeply ingrained maladaptive patterns of behavior
- Does this seem to fit?



Teach Life Skills

- A person hand-held through life, where things are always taken care of for them doesn't have the opportunity to develop the concept of mastery at the heart of psychology professor Albert Bandura's theory of "self-efficacy."
- First we do it for you
- Then we do it with you
- Then we watch you do it
- They you do it completely independently



Teach Life Skills

- Don't do for your kid what your kid can already do, or can almost do. When we overparent, we delay moving from the first bullet point to the second and further down the line.
- **Ages 10 – 13**
 - Ironing, mowing, looking after younger siblings, plan and prepare a meal, set a table, make beds, wash clothes, go to the store and buy things independently
- **Ages 14 – 18**
 - Fill car with gas, add air, change a tire, wash and vacuum car, add oil and windshield wiper fluid, clean house, change vacuum cleaner bag, prepare meals, shop with a long list



Teach Life Skills

- Young Adults
- How to make phone calls, what do I say?
- Make doctor appts
- Managing/understanding money, how to give change
- Buying a car
- How to dress
- How to drive
- Work out
- Yoga
- How to volunteer
- How to talk to people/veterans at a VA hospital
- Write better
- Cook
- Clean
- Share books/podcasts
- Gratitude
- The Daily Stoic



Medically Ready Force... Ready Medical Force



Teach Life Skills

- Letting go of Perfect
- This can be a big sticking point for many parents.
- Perfection is not the enemy of the good, it's the enemy of adulthood.
- When kids start to learn how to do things at a young age, it gives them purpose, this idea that I can fend for myself
- We undermine how they think when we praise them at every turn, taking their side over the teacher or judge and calling every effort perfect.
- Stop holding their hand and make them responsible.



Tribe

- Who checks on you?
- Who takes responsibility for you?
- Who do you take responsibility for?
- Humans don't mind hardship, in fact they thrive on it; what they mind is not feeling necessary
- Modern society has perfected the art of making people not feel necessary.
- How does that apply in the Air Force, today?
- Some say 9/11 happened due to a failure of imagination by our intelligence leaders.
- Are we failing to imagine the way forward?
- How do we help create structure and purpose?



(Bing.com, n.d)



Medically Ready Force... Ready Medical Force



Imagine The Way Forward

The Four C's

- Consistency
- Competence
- Confidence
- Connection



(Bing.com, n.d.)



Medically Ready Force... Ready Medical Force



Fixing Problems: Physical Fitness Works at Dover AFB



(Courtesy of Lt Col Rowe)

- 90 in 90 days at Dover Air Force Base (AFB)
 - For those who attend 75-100% of classes, 100% pass fitness test
 - 70% received a 90 at completion of session
 - 56% received a 90 for the first time in their career
 - All participating members have averaged a 12.3-point increase on Fitness Assessment
- “I am now 7 weeks into it and seriously can’t believe the changes. Not just physically but also mentally.”
- “90 in 90 is a program that made me excited to get out of bed in the morning given the positive results it provided me both mentally and physically.”
- The scientific evidence is clear that exercise significantly reduces depression and anxiety. Competence/confidence
- We have been animals that move for a lot longer than we have been animals that talk and convey concepts.



Medically Ready Force... Ready Medical Force



Imagine The Way Forward

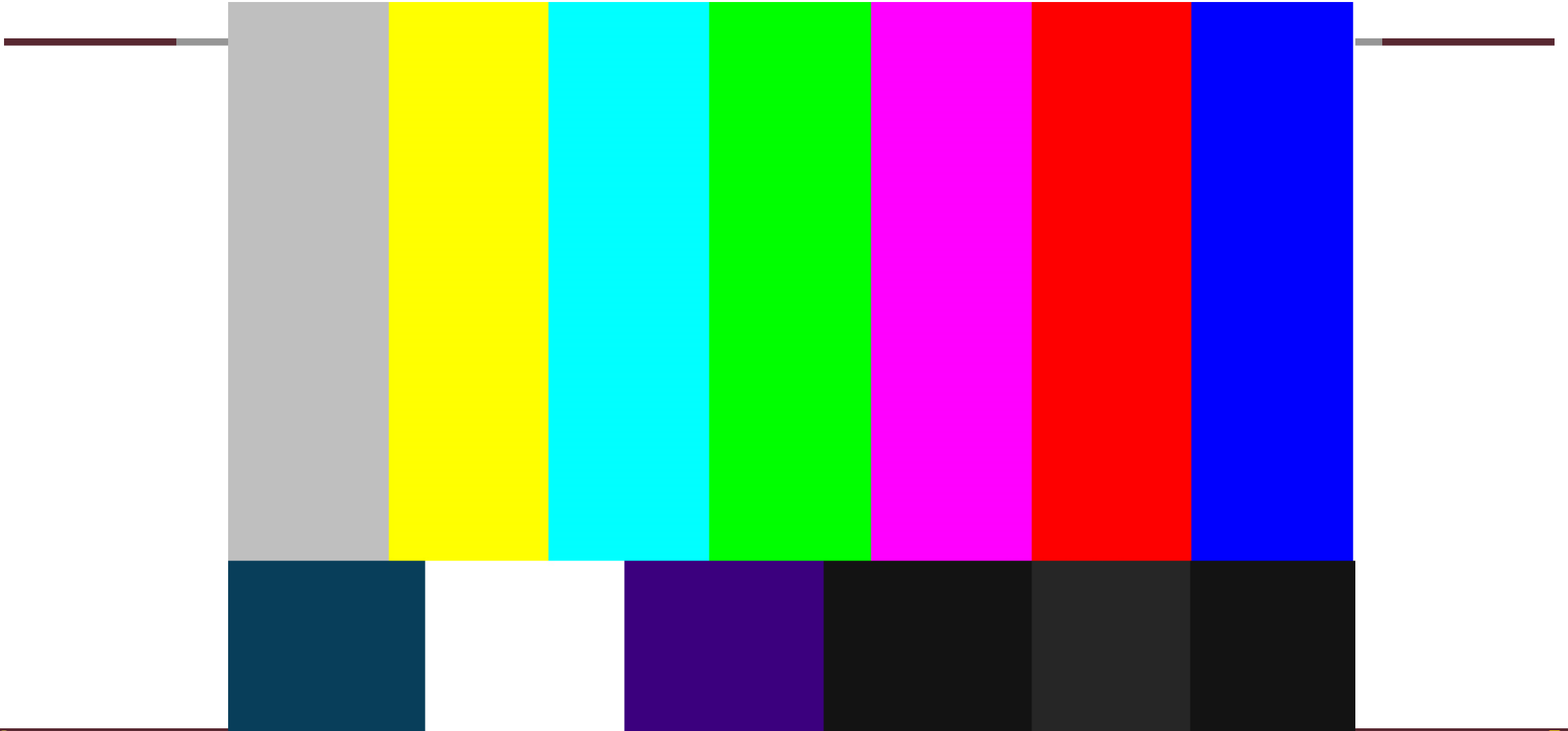
- We're fighting self-centeredness, LFT, and neediness
- Mature people invariable thank their harder parent, law driven church, kick ass coach, and most demanding professors, but usually much later.....the military?
- More type 2 fun
- Healthily conservative people tend to grow up more naturally and more happily than those who receive only free-form, "build it yourself" worldviews, in my studied opinion. Richard Rohr



Medically Ready Force... Ready Medical Force



Test Pattern



Medically Ready Force... Ready Medical Force



Key Takeaways

- Stop doing so much for our Airmen and children.
- Remove the location sharing ability from your phone (for your kids).
- Put the phone down for periods of time during the day so you can think, and earnestly engage with other people.
- Get up, get out and get moving like all the other animals on the planet are doing and have always done



Summary

- Depth Of Thought Is Needed
- The Environment
- I-Gen &.....
- What It Means For Us
- The Overwhelming Stats
- Diagnosis
- Life Skills
- Tribe
- Competence & Confidence



(Bing.com, n.d.)



Medically Ready Force... Ready Medical Force



References

American Psychiatric Association (1968). *Diagnostic & Statistical Manual of Mental Disorders, second edition*. Washington D.C.

American Psychiatric Association. (2022). *Diagnostic & Statistical Manual of Mental Disorders, fifth edition*. (2022). Washington D.C.

DeMarco, T. (2002). *Slack: Getting Past Burnout, Busywork and the Myth of Total Efficiency*. Broadway Books.

Hari, J. (2018). *Lost Connections: Why You're Depressed & How to Find Hope*. Bloomsbury Publishing.

Holliday R., & Hanselman, S. (2016). *The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living*. Penguin Random House.

Junger, S. (2016). *Tribe: On Homecoming and Belonging*. Hachette Book Group.



References

Levine, M. (2006). *The Price of Privilege: How Parental Pressure and Material Advantage are Creating a Generation of Disconnected and Unhappy Kids*. Harper Collins.

Lukianoff G., & Haidt, J. (2018). *The Coddling of the American Mind: How Good Intentions and Bad Ideas are Setting up a Generation for Failure*. Penguin Books.

Lythcott-Haims, J. (2015). *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare your Kid for Success*. St Martin's Press.

Rohr, R. (2011). *Falling Upwards: A Spirituality for the Two Halves of Life*. Jossey-Bass.

Twenge, J. M. (2017). *I-Gen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy – and Completely Unprepared for Adulthood, and What that Means for the Rest of Us*. Simon & Schuster.



Questions?



Medically Ready Force... Ready Medical Force



How to Obtain CE/CME Credits

To receive CE/CME credit, you must register by 0800 ET on 28 October 2022 to qualify for the receipt of CE/CME credit or certificate of attendance. You must complete the program posttest and evaluation before collecting your certificate. The posttest and evaluation will be available through 27 November 2022 at 2359 ET. Please complete the following steps to obtain CE/CME credit:

1. Go to URL: <https://www.dhaj7-cepo.com/content/oct-2022-ccss>
2. Search for your course using the Catalog, Calendar, or Find a course search tool.
3. Click on the REGISTER/TAKE COURSE tab.
 - a. If you have previously used the CEPO CMS, click login.
 - b. If you have not previously used the CEPO CMS click register to create a new account.
4. Follow the onscreen prompts to complete the post-activity assessments:
 - a. Read the Accreditation Statement
 - b. Complete the Evaluation
 - c. Take the Posttest
5. After completing the posttest at 80% or above, your certificate will be available for print or download.
6. You can return to the site at any time in the future to print your certificate and transcripts at: <https://www.dhaj7-cepo.com/>
7. If you require further support, please contact us at: dha.ncr.j7.mbx.cepo-cms-support@health.mil

