



## Defense Health Agency (DHA) Clinical Communities Speaker Series

### OCT 2022 CCSS: Military Health Care: Innovative Health Care Delivery for a Ready Medical Force

#### S03: Not Every Mental Health Problem Requires a Mental Health Response

##### Resource List

[Patient experience in the digital age: An investigation into the effect of generational cohorts](#) (2020)

examines how digital technology, i.e., use of patient health care portal, has affected patient experience in various generational cohorts. This study highlights the relevance of generational cohort differences, on a patient's experience by understanding how patient experiences with healthcare technology are shaped by perceptual differences based on the generational cohort, shedding light to attitudes and behavior in the health care setting, and providing practical managerial implications to healthcare professionals and technology designers for better technology development and implementation

[What soldiers want: The Gen Z perspective](#) (2022) studied and interviewed Generation Z (Gen Z) junior enlisted soldiers in order to provide them with their preferred leadership style. In addition to helping NCOs adapt their leadership styles, the data collected also enabled those who develop noncommissioned officer (NCO) training and leadership schools to inculcate meaningful change to the current design or curriculum. Overall, there were a total of six themes that best represented the respondents' answers to the research question of how Gen Z Soldiers wish to be led. They were Army Values, fairness, role models, confidence, motivation and inspiration, and empathy.

Our nation's young people are facing an unprecedented mental health crisis. The pandemic exacerbated mental health issues, disrupting learning, relationships, and routines and increasing isolation – especially among our nation's young people. The [FACT SHEET: Biden-Harris Administration Announces Two New Actions to Address Youth Mental Health Crisis](#) (2022) provides a snapshot on how to tackle this national crisis, and calls for a major transformation in how mental health is understood, accessed, treated, and integrated – in and out of health care settings.

[Protecting youth mental health: The U.S. Surgeon General's advisory](#) (2022) offers recommendations for supporting the mental health of children, adolescents, and young adults. The Advisory includes essential recommendations for the institutions that surround young people and shape their day-to-day lives— schools, community organizations, health care systems, technology companies, media, funders and foundations, employers, and government. They all have an important role to play in supporting the mental health of children and youth.



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### References

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- Hanks, R. (2022). What soldiers want: The Gen Z perspective. *NCO Journal*.  
<https://www.armyupress.army.mil/Journals/NCO-Journal/Archives/2022/February/What-Soldiers-Want/>
- The White House. (2022). *Fact sheet: Biden-Harris administration announces two new actions to address youth mental health crisis*. <https://www.whitehouse.gov/briefing-room/statements-releases/2022/07/29/fact-sheet-biden-harris-administration-announces-two-new-actions-to-address-youth-mental-health-crisis/>
- U.S. Department of Health & Human Services (2022). *Protecting youth mental health: The U.S. Surgeon General's advisory*. <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf>