**Veterans and Mental Problems**

**Introduction**

My choice of the topic is to create public awareness and seek government remedy on addressing the mental challenges experienced by veterans. A majority of military personnel who participates in wars experience numerous sensitive problems ranging from harsh working environment, diseases, witnessing horrifying deaths, traumatic injuries, sexual problems, sleep haunts, separation from their families, drug and substance abuse and addiction and many other issues.

A medical examination involving a 66-year-old former Somalia veteran suffering from a mental health disorder revealed several factors.  His homelessness state resulting from family rejection spearheaded the upheaval. He was reported to have proved mentally unfit to co-exist with other members of the society. Markedly, the veteran had been on the battlefield for 20 years without even seeing his family. The feeling of rejection added an emotional injury to the vet hence sparked the mental disorder. One on one talk with the patient whose communication skills were sound listed several factors for his worsening condition.  As a soldier on duty, he had earlier on experienced a mental disorder which he was reluctant to share due to embarrassment, fear, stigma and logistical problems. The explanation shows that the patient‘s status had started earlier on and had worsened due to an emotional issue emanating from the family (Elbogen, et al., 2008).

**Mental Health Treatment**

The appropriate treatment to help in the recovery of such patient would involve psychotherapy by a trained mental health professional. The type of therapy would help identify the nature of the present thoughts, feelings and behavior pattern with the aim of improving the patient’s wellbeing. Medication is also suitable for the patient since it assists in the symptoms management. Incorporated in the medicine is the case management which would also help to evaluate, organize and implement several strategies to facilitate the process of recovery. The patient hospitalization is primarily to enhance close monitoring, specific ailment diagnosing and create medical adjustments in case the illness becomes worse to improve wellness. The involvement of other nonprofessionals such as family members and those who have experienced a similar situation would further realize recovery. Another option for treating such mental disorder involves the use of complementary and alternative medicine or CAM. The practices applied here are not connected with the standard health practices. However, they are used in place of other healthcare activities. A patient can also trigger recovery by adopting a self-help plan. Through the program, a patient takes part in the addressing wellness, healing, triggers or warning symptoms. All these options could help to address the challenge facing the mentioned patient (Henschel & McDevitt-Murphy, 2016).

**Roles of Stakeholders in the Recovery Process**

My plea to the patient’s family, relatives and friends are to participate fully in the recovery process of their loved ones to live a healthy life again. The presence of such members during the process of recovery has been found useful. The patient would feel loved and cared for hence recovering sooner than expected. Providing support of any kind, financial or material assistance is significant in the recovery process. During the period a patient’s mental stability depends on many areas that in turn rely on the support they receive. Therefore, it is essential to offer help of any kind when the need arises (Chokshi, 2014).

The government’s policy of giving a retired soldier monetary benefits and health coverage is a good move but must go further by providing necessary legislation to make guidance and counseling mandatory to every military personnel who is about to leave the service. In a critical scenario such as the one contained in this report, the government should also be involved in the recovery process in the most suitable way. The main reason for its participation is that the patient’s condition was as a result of state duty hence as a retiree, he should still be under the government’s care. The responsibility of researching dealing with the mental health of the citizens including the military and post-military personnel is one of the leading pillars of governance (Macmanus & Wessely, 2013).

**Conclusion**

Soldiers and other military personnel are ordinary people who need to live a healthy life. The state duty may sometimes submit them to choices that separate them from their families. The only reason for such persons to continue forging ahead is the family.  Therefore, it is unfortunate that a family rejects such member by separation. People should instead be received warmly to make them live a healthy life.  Moreover, the society should contribute to the wellbeing of such people by embracing and providing them with other development activities. Such activities would help them forget their horrific past thus embracing the future. The government must not be left behind in catering for the welfare of these individuals. Favorable policies are established and implemented to foster normalcy in the lives of the veterans. By doing this, those who aspire to be soldiers will get motivation while those who are on duty would to direct their quest to keep our borders safe.

**References**

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