



Student Services Council  
August 28, 2012  
Meeting Notes

**Present**

Amber Lemiere, Anna Brodt, Bunpa Lim, Casey Tilton, Rheba Harp, Chad Meadors, Christina Jungers, Dani Trimble, Donegal Fergus, Donna Walker, Jennifer Houge, Jodi Dahlke, Kami Bair, Kanna Hudson, Linda Wilson, Megan Jasurda, Megan Wiggins, Meghan Averette, Nichole Seroshek, Sandie St. Onge, Stefanee Bunn, Stephanie Peerboom, Steven Chapman, Tamra Bell, Taneka Washington, Traci Fuller, and Traci Hilligoss

**Not Present**

Aaron McNabb, Ashley Bemm, ASLCC representative, Betty Hayes, Betty Sjoblom, Breanne Tomalin, Brian Isbell, Carmilla Rollins, Crystal Heitz, Grady Tweit, Harlan Crusier, Heidi Hamer, Jenny Smith, Jim Roffler, Judith Chapar, Kara McElroy, Karla Rivers, Kelly Johnsen, Kirc Roland, Lynn Lawrence, Marcy Gilchrist, Marisa Garrison, Marisa Greear, Pat Boerner, Ronda Manick, Roxana Ahmadifard, Sandie St. Onge, Selah Mitchell, Shalaina Joiner, Shannon Wachob, Wyler Beterbide, Yvonne Martin, and Lisa Matye Edwards, Chair

➤ **Veteran's Services Presentation**

- This was a special professional development training/Student Services Council meeting devoted entirely to a presentation by Peter Schmidt on services for Veterans.
- Peter provided information on the differences between “battle mind” and “home mind”, discussed the skills necessary for a GI to survive a deployment or a war zone, the stressors faced by soldiers, how their survival skills and experiences transfer to civilian life, the difficult transition phase after deployment, and how LCC can enhance the healing process for our veterans.
- A video was shown that provided emotional and thought provoking insight.  
[Http://Vimeo.com/4954724](http://Vimeo.com/4954724)
- A resource PowerPoint provided additional information for veterans returning from active duty. That information can be found at [Prevail.com](http://Prevail.com).
- See handouts for further information. The handouts came from the Veterans Training Support Center at Edmonds Community College.  
[www.veteranstrainingsupportcenter.org](http://www.veteranstrainingsupportcenter.org)
- LCC is creating a Veterans Corner in the Student Center and has an active Veteran's Club. It is all about support and providing a safe and friendly environment for veterans.

Distributed by e-mail on 9/24/12

Also available at: <http://lowercolumbia.edu/internal/committees/student-services/>

- How would a veteran know LCC is “veteran friendly?” What are our signs and symbols? Do we have a checklist, steps to follow, a mentor? Veterans need a time to readjust after an outbreak of anger. LCC needs a liaison/ombudsman for veterans. A safe place. Feel free to “welcome back” a veteran, but get to know them and their story before you thank them for their service. Otherwise, it is just hollow words to them. A simple welcome is always correct!

➤ **Group Discussion Highlights -**

- What skills are necessary to survive a deployment or war zone?
  - Ability to compartmentalize
  - Ability to follow orders/lead
  - Ability to ask for help/support
  - Sense of purpose –
    - Team member
    - Communication
    - Morale
    - “It’s not just me, it’s we” – brotherhood, taking a bullet for a friend
    - Self-discipline
    - Mental toughness
    - Adaptability
    - Affairs in order, prepared
    - Technology know how
    - Quick thinking, decision making
    - Reason to return – support system at home
- What stressors are faced?
  - Extreme heat - 120° plus
  - Exhaustion
    - Heavy back packs
    - Lack of sleep
    - Inadequate food and water
  - Isolation
  - Deadly snakes
  - Insects whose bite cause flesh eating diseases or are toxic
  - Sand storms
- What issues are faced in the transitional phase from military to home life?
  - The five day after-deployment decompression phase is “too long” for veterans wanting to return to their families and “too short” to be truly helpful. Services need to be on-going and readily available.
  - Only 5% of the general population has ever served in the military. The public sector does not understand the mindset of a veteran.
  - Transition to civilian life is difficult
    - Isolation and avoidance
      - Little trust

- Little relevance at home to training
- Don't want to burden their families
- Vigilant about surroundings
- Anxious in crowds
- There are no grey areas, the world is absolute
- Frustration
  - Need structure
  - Details are important
  - Processes are important
  - Trivial social interactions are not important
  - Quick reactions may be wrong for the setting
- Guilt and loss
  - Second think decisions made
  - Interactions are inflexible
  - Emotional control affects relationships