

*CPC-CBT:  
U.S. ARMY  
GARRISON-LEVEL IMPLEMENTATION: POSITIVES,  
ADAPTATIONS, AND CHALLENGES*

SHIRLEY A. SMITH, LCSW, FAMILY ADVOCACY PROGRAM TREATMENT  
MANAGER, WILLIAM BEAUMONT ARMY MEDICAL CENTER, FORT BLISS, TX  
ANNIE ISENBERG, LCSW, FAMILY ADVOCACY PROGRAM TREATMENT  
MANAGER, WILLIAM BEAUMONT ARMY MEDICAL CENTER, FORT BLISS, TX

- ▶ Overview of Fort Bliss and local area
- ▶ Overview of William Beaumont Army Medical Center
- ▶ Overview of WBAMC FAP

## CONTEXT OF OUR WORK

- ▶ FAP STAFF
- ▶ Department of Behavioral Health (DBH)
- ▶ WBAMC

PROVIDING EDUCATION



- ▶ Texas Department of Family and Protective Services (DFPS)
- ▶ El Paso Children's Hospital
- ▶ Individual DFPS case managers

PROVIDING OUTREACH

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

- ▶ Staying alert regarding possible cases
- ▶ Individual follow-up with clinicians
- ▶ Meeting and discussing treatment with client(s) while they are seeing FAP treatment manager

## TREATMENT PLANNING: CLINICIAN AND CLIENT BUY-IN

- ▶ Flexibility/Scheduling
- ▶ Acceptance of treatment by clinicians
- ▶ Support
- ▶ Office space and materials
- ▶ Length of treatment

## OVERVIEW OF CHALLENGES AND SOLUTIONS



- ▶ Father/Son (age 10)
- ▶ Mother/daughter (age 4/5)

## CASE EXAMPLE

- ▶ 33 year old single mother, active duty SSGT
- ▶ 4 year old daughter
- ▶ No other active parent/caregiver

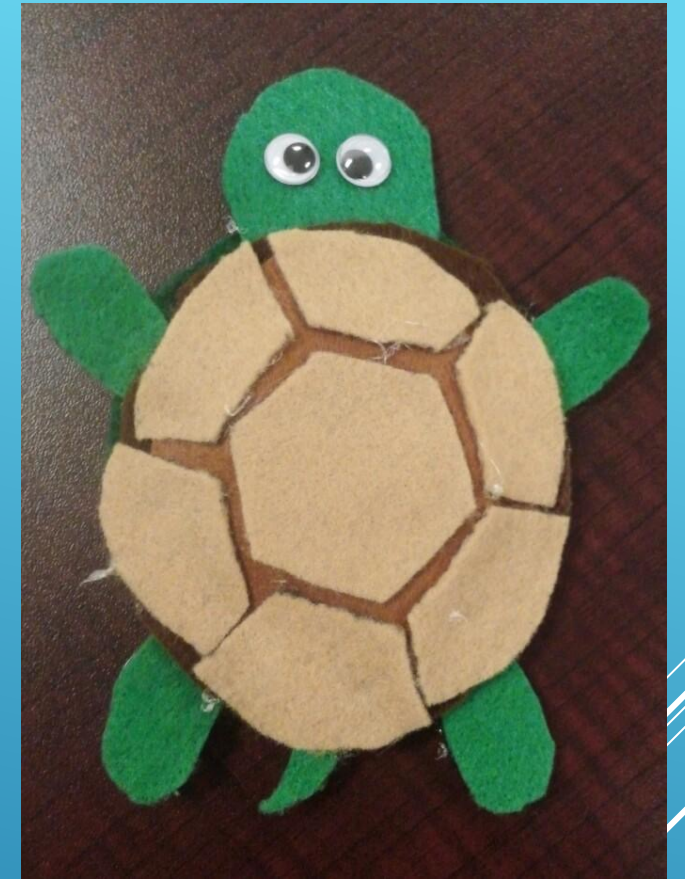
## CASE #1: 2 CLINICIANS



Working with command-complications re: UCMJ vs. State charges  
and competing command pressures on mother  
Fighting the common solution of “sending child away”  
Mother’s own trauma and mental health issues

MOTHER

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.



DAUGHTER: CREATIVITY IN PRESENTING MATERIAL

# LETTER DAUGHTER TO MOM

Dear Mom,

You came to my school because I was running around. You smacked me and hit me with your hat 3 or 4 or 16 or 1100 times. We went home and in my room you hit me a lot of times with your hairbrush. I had five bruises that I could see.

My school called CPS and I went to a shelter. I missed you mom. But I got to play outside and there were lots of fun kids there. They had a chair swing.

I was sad, worried and scared and mad (I don't like to talk about mad because then the mad goes on forever).

Now Miss Paula comes to our house. Just one CPS not all of CPS.

I'm never wanting that to happen again.

You are losing your job because I told you hit me and you won't be able to get another job. I'm sad we have to live in the streets.

Sometimes you have been really, really mean. That makes me really angry and really sad if you don't love me. You said things like shut up, I'll send you away and that you don't love me. You used bad words like "motherfucker" and "bitch".

I feel like the worst kid in the whole wide world.

I still worry that I might have to go to a shelter and will never see my mommy again.

I'm glad and happy when you don't do those things anymore. Sometimes you lock your door or ignore me.

I'm happy for the fun things we do like travel, go to the park and play and jump on the bed.

Love you mommy.

- ▶ 33 year-old SSGT Father. Married with 2 children and spouse expecting their third child
- ▶ 10 year old son

## CASE #2: 1 CLINICIAN

Mother not participating and continuing to see no progress

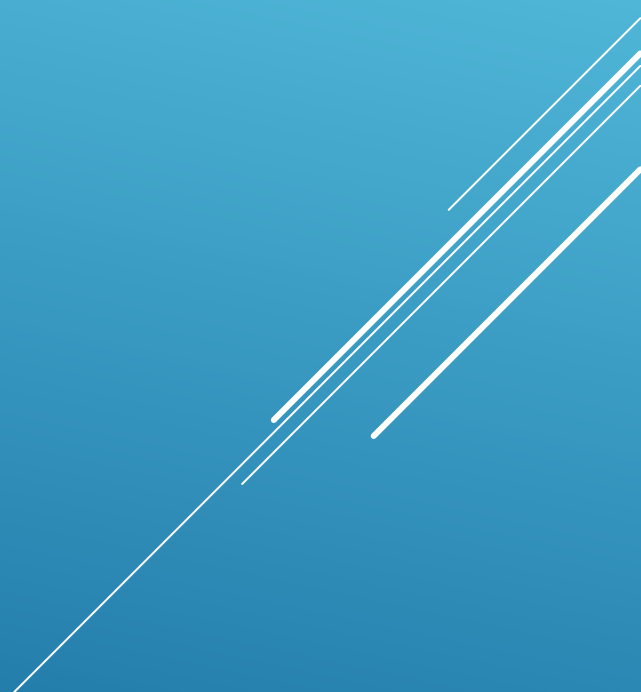
Father's career fears

Father's fear of charges

Child's comfort level with treatment

Scheduling issues

# CHALLENGES



On April 4, 2017 I had discovered you had taken food and electronics without permission. Upon this discovery I proceeded to discipline you by spanking and smacking your hands and your face. The marks left on you should never have happened. There is no excuse for what I did to you. I do not want you to feel that this is in any way your fault anymore. I can't say it enough; this was not your fault. From here on I am hopeful that we will eventually be able to put this incident behind us and grow closer as father and son. I hope these sessions will enable both of us to become more open and honest with each other in turn allowing us to have more candid conversation. I love you so much and there is nothing I wouldn't do for you to ensure your success in life. Again I'm so sorry to have done what I did and I will continue to work on never allowing this to happen again.

Love, Dad

# LETTER FROM FATHER TO SON



# LETTER FROM SON

That day when you hit me and left bruises it felt like I was in a horror movie, not scary but like in a nightmare being beat up by a monster. When you stopped I was crying. I was glad that you came back to my room and apologized. I don't think you recognized how hard you hit me until the next day when there were bruises. When mom saw the bruises she seemed sad but showed no emotions. She took pictures and sent them to you. Mom called you and you said sorry again.

Grown-ups asked me all day at school what happened and I told the counselor because I trusted her. She said she might have to tell someone. When the police came I was scared I did something wrong. I hated to see you cry.

Sometimes I feel like the worst kid in the world.

I see a difference that you are trying. You are still hitting but not as often. It makes me scared and makes me still flinch. You talk to me in a good way and are not rude unless you are playing around.

I like all the things we do as a family. I have tried to be more fun and responsible. I hope I can learn to lose my temper and not have to become the Hulk. I hope I can be a better person and fix my mistakes.

I want to play sports in high school and college and have my family watch. Love,