

Service Women Action Network (SWAN) Summit

I recently attended the SWAN Summit in Washington DC to learn, share, and exchange resources and information regarding women veteran's mental health. "The goal of the Summit is twofold. First, it is to better understand the mental wellness needs of military women by examining existing research and new data through a series of presentations and focus group discussions. Second, it is to develop and recommend solutions to fill gaps in research and care for military women during working group sessions. The Summit is not a wellness retreat and participants are expected to actively participate in focus and working groups discussions".

Before the private working groups broke out into their sessions, we had the opportunity to examine the survey that was taken and the subsequent results. Women veterans among all age groups are being seen for a variety of issues such as depression, PTSD, anxiety, eating disorders, and dissociate disorders. The results and recommendations to address these issues will be published as SWAN continues their research.

SWAN has published their 2016 report (another link under my messages from Women Vet Rep) and has great information throughout its whole site. Please take a look at the findings and surveys at: <http://www.servicewomen.org/>