Treating Young Veterans: Promoting Resilience Through Practice and Advocacy

This volume examines the multiple challenges awaiting the new generation of young veterans returning to civilian life, and provides strategies for mental health professionals to assist them in the process of readjustment. It incorporates multidisciplinary, state-of-the-art research to present practice and advocacy opportunities that facilitate a healthy and socially engaged reintegration into society for both traditional veterans (enlisted and career military personnel) and nontraditional veterans (reservists, national guardsmen, and women) aged 18 to 40 years.

The volume is divided into three sections: Assessment and Practice Approaches to Promote Resilience; Outreach and Practice With Special Communities, and Advocacy Practice to Promote Young Veterans' Well-Being. Each section includes an introduction highlighting the chapters, and an epilogue delineating important steps in practice, outreach, and advocacy.