

USU



Uniformed
Services
University

Breaking Barriers

COL Jeff Hutchinson

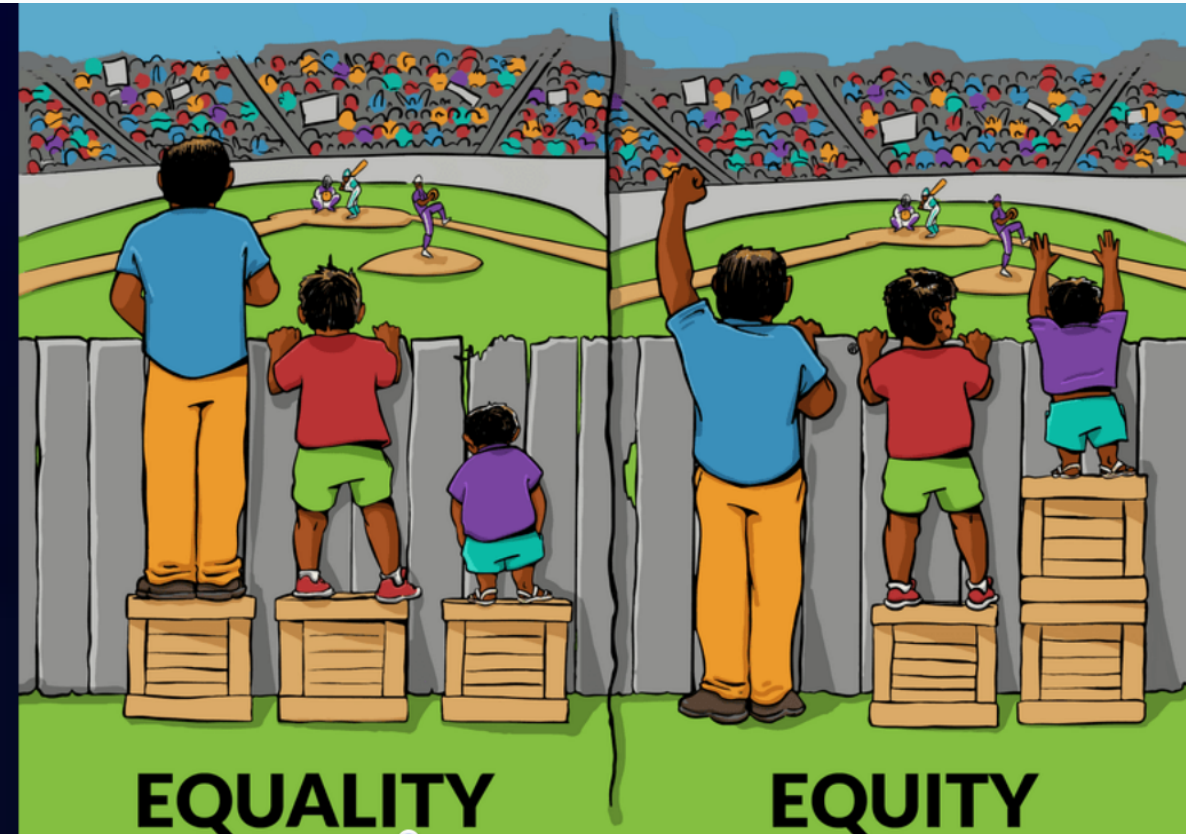
A dark grey arrow points to the right from the left edge of the slide. Below it, several thin, curved lines in shades of blue and grey sweep across the left side of the slide.

I have nothing to disclose

Equality



Equity



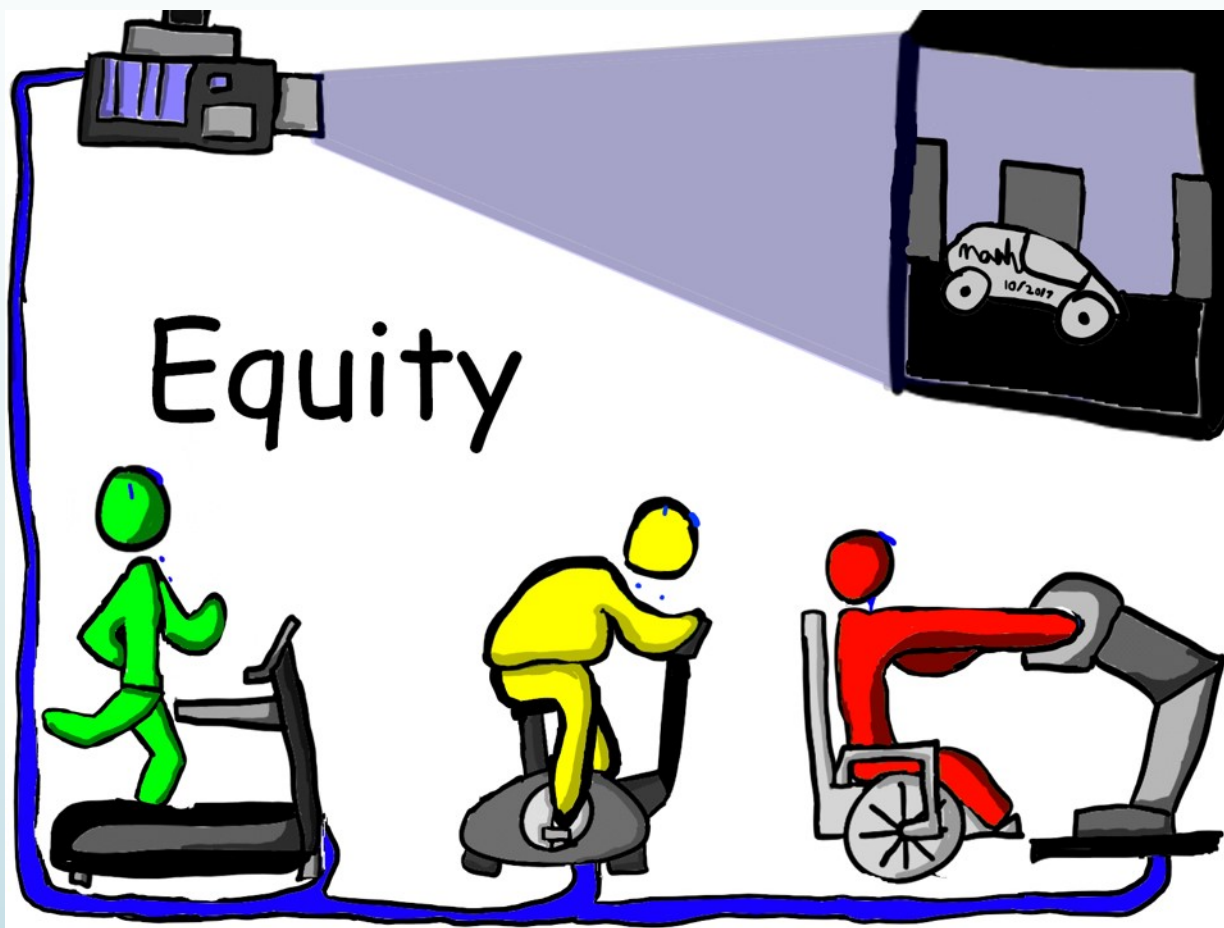
EQUALITY

EQUITY

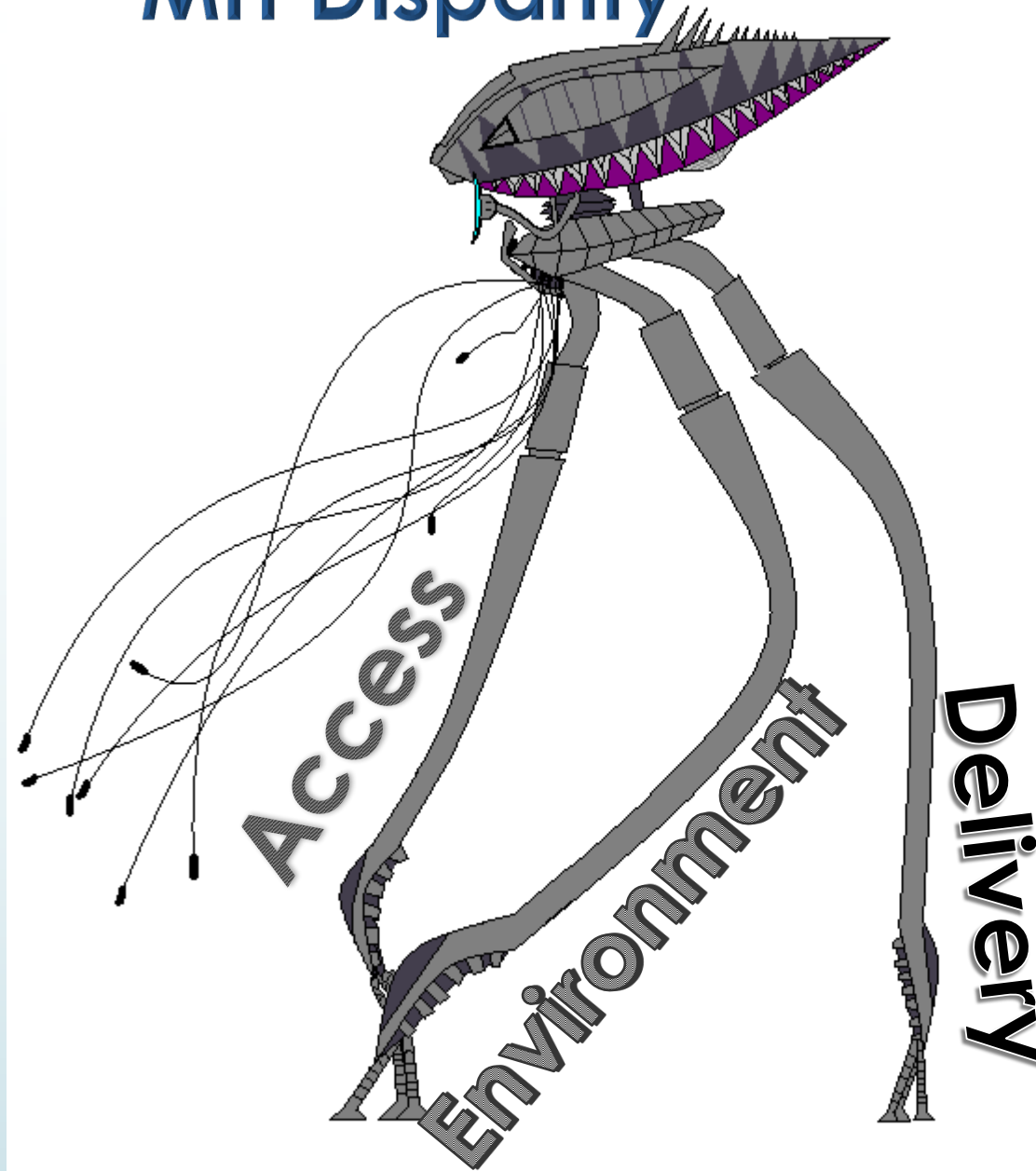
Equality



Equity



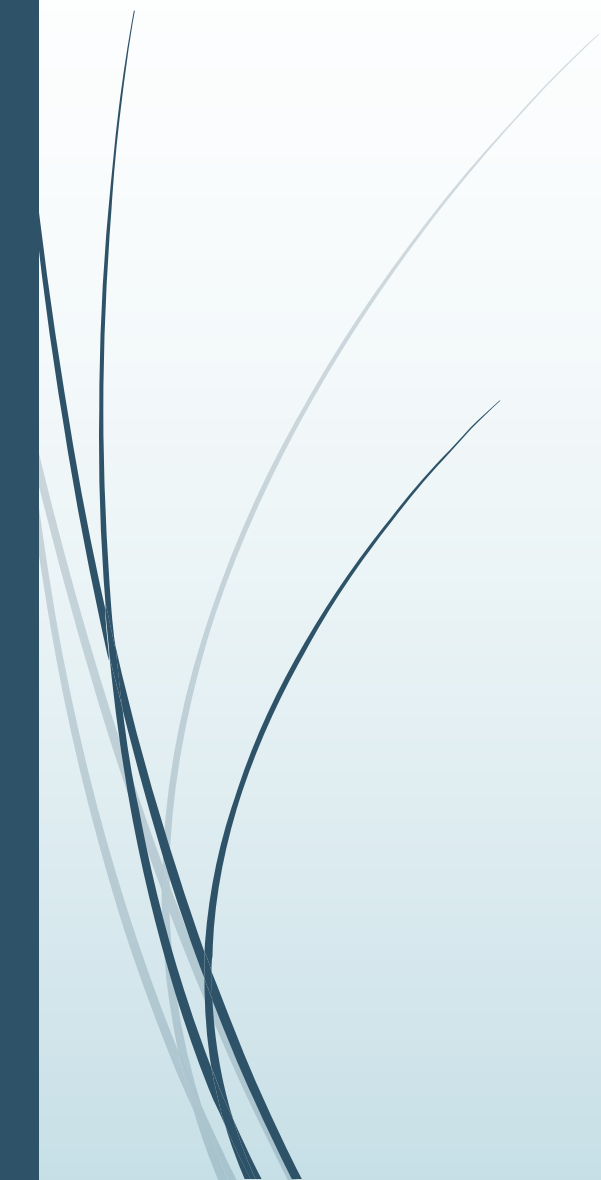
MH Disparity



GAME THERAPY PTSD



USU





HURTS ONE. AFFECTS ALL.



REAL WINGMEN ACT
Intervene when someone crosses the line with your fellow Airman.

PREVENTING SEXUAL ASSAULT IS EVERYONE'S DUTY.


Your Sexual Assault Response Coordinator (SARC):

MyDuty.mil

READINESS = RESPECT

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ARMYSTRONG



ACE

U.S. ARMY Suicide Intervention

A 

Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g., Are you thinking of killing yourself?

C **Care for your buddy**

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

E **Escort your buddy**

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider

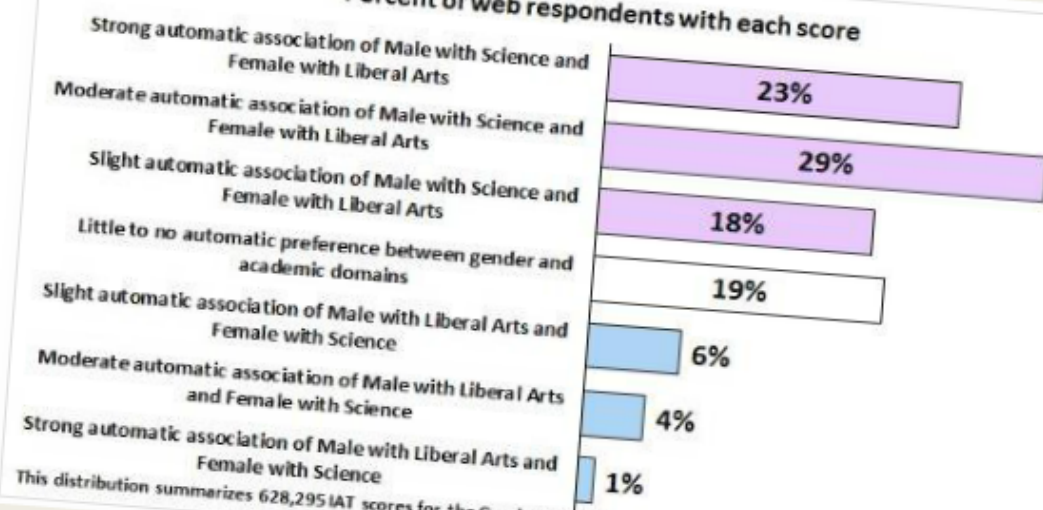
GTA 12-01-003 May 2008


A

USACHPPM <http://chppm-www.apgea.army.mil/>

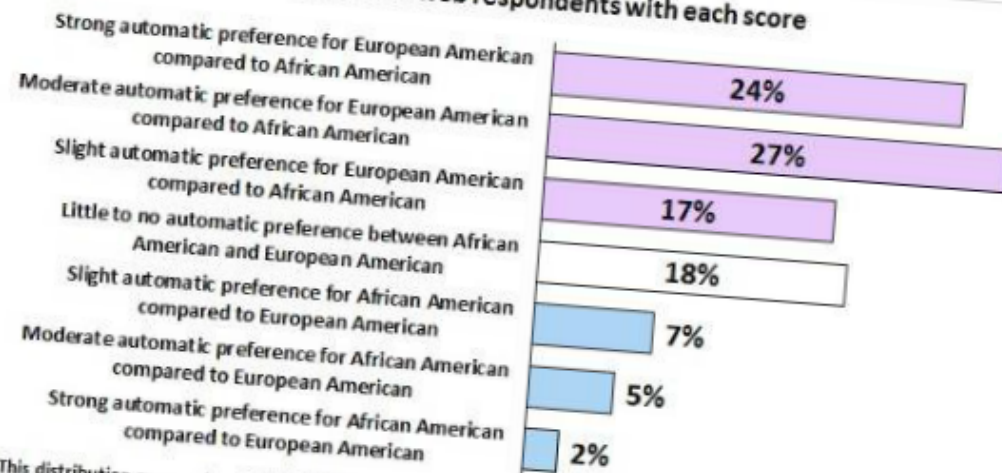


Percent of web respondents with each score



This distribution summarizes 628,295 IAT scores for the Gender-Science task completed between January 2003 and December 2015

Percent of web respondents with each score



This distribution summarizes 3,314,277 IAT scores for the Race task completed between December 2002 and December 2015.





Attribution bias





What can we do?

- Don't strive for the impossible goal of cultural competence, be culturally curious
- **Have doubt.** The role culture may be overstated
- Step out of our comfort zone to experience what our patients experience
- Insist on an inclusive culture, "Our patients"

Recommended Reading

- **Thinking, Fast and Slow**

- Daniel **Kahneman**

- **Nudge**

- Richard H. **Thaler**, and Cass R. **Sunstein**

- **Blink**

- Malcolm Gladwell

- Thought provoking podcasts

- “Code Switch” and “Hidden Brain”