

A RESOLUTION

1 Designating the month of May 2013 as "Military Service-Related
2 Post-Traumatic Stress Disorder Awareness Month" in
3 Pennsylvania.

4 WHEREAS, The month of May has been designated by the Congress
5 of the United States as National Military Appreciation Month to
6 remember those who gave their lives in defense of freedom and to
7 honor the men and women of the United States Armed Forces who
8 have served and are now serving this country; and

9 WHEREAS, Beginning with the ravages of the Civil War, a war-
10 related syndrome has been identified and called various names:
11 in World War I, it was "shell shock"; in World War II, it was
12 "battle fatigue"; and since the Vietnam Conflict in the 1960s
13 and 1970s, the syndrome has been known as post-traumatic stress
14 disorder (PTSD); and

15 WHEREAS, Veterans currently returning from service in
16 Afghanistan and Iraq are experiencing a high incidence of PTSD;
17 and

18 WHEREAS, A study published in 2010 in the *American Journal of*

1 *Public Health* revealed that more than one-third of returning
2 soldiers from Afghanistan and Iraq received a diagnosis of
3 having a mental health disorder, of which nearly 22% were
4 diagnosed with PTSD; and

5 WHEREAS, Caused by the horrors experienced during war, PTSD
6 has an insidious effect on the health of individuals; and

7 WHEREAS, PTSD causes emotional, social, physical, spiritual
8 and communication challenges for both the veterans suffering
9 from the disorder and their loved ones; and

10 WHEREAS, Persons with PTSD have difficulty sleeping and
11 experience all the tangential mental and physical effects of
12 sleep deprivation, feel more irritable and are prone to
13 unexpected or inexplicable outbursts of anger, have difficulty
14 concentrating, expect the worst, feel that danger is lurking and
15 are easily startled; and

16 WHEREAS, Families of persons who have PTSD experience more
17 unhappiness, marital strife, anxiety and childhood and
18 adolescent behavioral problems than families that do not have to
19 cope with this disorder; and

20 WHEREAS, The National Center for Posttraumatic Stress
21 Disorder within the Department of Veterans Affairs aims to
22 advance the clinical care and social welfare of United States
23 veterans through research, education and training on PTSD and
24 stress-related disorders and provides educational resources for
25 veterans and also for health care providers, researchers and the
26 general public through its Internet website; and

27 WHEREAS, It is fitting, during this month in which VE Day,
28 Military Spouse Day, Loyalty Day, Armed Forces Day and Memorial
29 Day are observed, to reflect on this serious disorder that
30 affects many of our veterans and their families, so that we may

1 renew and increase our awareness of PTSD; therefore be it
2 RESOLVED, That the House of Representatives designate the
3 month of May 2013 as "Military Service-Related Post-Traumatic
4 Stress Disorder Awareness Month" in Pennsylvania.