

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

A List of Services for Leaders, Service Members, Veterans & Families

The Defense Centers of Excellence (DCoE) exists to support Leaders, Service members, Veterans, and Families and assist them in preventing and recovering from psychological health problems and traumatic brain injury. In support of this, we offer the following services which may be of benefit. This is not a complete list, but highlights some of our most popular services. As a "Center of Centers", many of our services are provided by our component centers, as noted below. For additional assistance, please call us at 1-301-295-3257 or 1-866-966-1020 (24/7), and we will do everything we can to support you.

DCoE Central Office

Website: www.dcoe.health.mil

Contact Us: <http://www.dcoe.health.mil/contactus.aspx> (online form)
resources@dcoeoutreach.org
877-291-3263

1. **DCoE Outreach Center** (1-866-966-1020; resources@dcoeoutreach.org; access via chat button at www.realwarriors.net) is a 24/7/365 call center that is staffed by experienced and compassionate health resource consultants to provide confidential answers, tools, tips and resources about psychological health issues and traumatic brain injury.
2. **Real Warriors anti-stigma campaign** (www.realwarriors.net) seeks to eliminate the stigma associated with seeking assistance for concerns related to PH and TBI (POC Ms. Julie Hughes - Julie.hughes.ctr@tma.osd.mil; 703-696-9460).
3. **Sesame Workshop/DCoE DVD series** (www.sesameworkshop.org/tlc) for families of deployed, injured, and deceased service members. "Talk, Listen, Connect: Deployments, Homecomings, Changes" (POC CAPT Russell Shilling, russell.shilling@tma.osd.mil; 703-696-9460).
4. **Sesame Workshop/DCoE "Sesame Street Family Connections" Web site** (www.sesamestreetfamilyconnections.org), which allows service members and their families to stay connected in a safe, online environment when distance makes

communication difficult (POC CAPT Russell Shilling - russell.shilling@tma.osd.mil; 703-696-9460).

5. **Building Bridges** is a community collaboration project designed to bring groups together to work for military families. Building Bridges resources that support military and veteran families include audience-specific resource guides and monthly webinars that spotlight family support agencies or initiatives. (POC CAPT Yvonne Anthony - yvonne.anthony@tma.osd.mil; 703-696-9460).

6. **Review and Evaluation of new concepts/ideas proposed by external entities.** If you are contacted regarding a new idea for preventing/treating psychological health or TBI issues, we can provide information and a review of the claims. We also have a library of past reviews available (POC dcoe.tasks@tma.osd.gov; 301-295-3257).

7. **Best Practice/Program Evaluation.** We assist with program evaluation, helping to determine if programs are effective, advise on implementation of best practices, and provide consultation and technical assistance to improve effectiveness / outcomes for clinical programs (POC for Psychological Health, Dr. Eric Carbone - eric.carbone@tma.osd.mil; 301-295-3257; POC for Traumatic Brain Injury, MAJ Megumi Vogt - megumi.vogt@tma.osd.mil; 301-295-3257).

8. **Media Inquiries/Speakers Bureau.** We can provide information or speakers upon request (subject to availability and funding) for media requests and requests for speakers (POC media requests, Judith Evans – Judith.evans.ctr@tma.osd.mil; 703-696-9460; POC for speaker request, Heather Miller – heather.miller.ctr@tma.osd.mil; http://www.dcoe.health.mil/Speaker_Request_Form.aspx; 703-696-9460).

Center for Deployment Psychology (CDP):

Website: www.deploymentpsych.org

Contact Us: cdp@usuhs.mil; 301-295-1598.

1. Training and continuing education for DoD and Civilian Behavioral Health providers in deployment related psychological health issues affecting Service members and their families.

- a. Two week intensive course, *Topics in Deployment Psychology*, held five times a year in Bethesda, MD. This course, primarily for Active Duty providers, brings together CDP staff and other nationally known, civilian and military subject matter experts for intensive training and education in deployment related mental health issues. Dates and registration at

deploymentpsych.org. (POC Dr. Paula Domenici - paula.domenici.ctr@usuhs.mil; 301-295-1599).

- b. The one week course, *Addressing the Psychological Health Needs of Warriors and Families*, is held at different locations around the country and overseas at least eight times a year. This course, geared towards civilian mental health providers, offers courses in Military Cultural Competence and training in empirically supported treatments for PTSD among others. Dates and registration at deploymentpsych.org. (POC Dr. Ted Bonar - ted.bonar.ctr@usuhs.mil; 301-295-0231).
 - c. Speakers for presentations and half and whole day seminars based on our training modules are available upon request (subject to availability and funding). Representative course modules are available in our course catalog on our website at deploymentpsych.org. (POC Dr. William Brim - William.brim.ctr@usuhs.mil; 301-295-0023 to request a seminar or workshop).
2. **Training in evidenced-based therapies for PTSD and Insomnia.** Courses in Prolonged Exposure Therapy, Cognitive Processing Therapy and Cognitive Behavioral Therapy for Insomnia. Available in two and three day workshops. (POC Dr. William Brim - William.brim.ctr@usuhs.mil; 301-295-0023).
 3. **Online Services:** Online training and education courses for Behavioral Health providers and online provider support and consultation is available at www.deploymentpsych.org . (POC Dr. Diana Steele - Diana.steele.ctr@usuhs.mil; 301-295-4158).

Center for the Study of Traumatic Stress (CSTS)

Website: www.centerforthestudyoftraumaticstress.org

Contact Us: cstsinfo@usuhs.mil; 301-295-2470

1. **Resource sheets and other information for the aftermath of a disaster or other traumatic event.** Available at www.centerforthestudyoftraumaticstress.org.
2. **Disaster Consultation, Preparedness and Response Training, and Just-in-Time Educational Materials after a traumatic event.** The CSTS is a leader in knowledge of trauma, war, disaster and terrorism. The CSTS provides real-time disaster consultation, preparedness and response training, and just in time educational materials for DoD and

critical national infrastructure (organizations, states, worksites/workers). (POC Robert Gifford PhD - rgifford@usuhs.mil; 301 295-2470).

Defense and Veterans Brain Injury Center (DVBIC)

Website: www.dvbic.org

Contact Us: <http://www.dvbic.org/Contact-Us.aspx> (online form)
1.800-870-9244 or 202-782-6345

1. **Immediate online consult services** for OCONUS and CONUS providers who have questions about care of their TBI patients (TBIConsult.org; POC Kim Meyers - kim.meyers@us.army.mil; 202-782-6345)
2. **Hard copy and electronic TBI teaching and educational materials** for SMs, their families, and to Military and civilian health care providers. This includes the 4 volume printed/electronic Family Caregiver Guide for family members of those with moderate – severe TBI (Office of Education; POC Meg Campbell-Kotler - mckotler@dvbic.org; 202-782-6345).
3. **Organizational consultation to MTFs** for establishment of new and effective TBI programs (Office of Clinical Initiatives; POC Donald Marion, MD - donald.marion@us.army.mil; 202-782-6345).
4. **CONUS and OCONUS TBI surveillance data.** (Division of Informatics; POC Jay Mansfield - jmansfield@dvbic.org; 202-782-6345).
5. **Surge teams** to assist in TBI screening and evaluations during crisis situations (DVBIC HQ; POC Col Michael Jaffee - michael.jaffee@us.army.mil; 202-782-6345).
6. **Online information about preventing, treating, and living with TBI** (www.BrainLine.org).

Deployment Health Clinical Center (DHCC)

Website: www.pdhealth.mil

Contact Us: <http://www.pdhealth.mil/contact.asp> (online form); 202-782-6563

1. **Behavioral health/primary care integration.** Implementation support for RESPECT-Mil, which integrates PH into primary care, to include training, site visits,

manuals, and symptom measurement methodologies (POC Mr. Timothy McCarthy - Timothy.McCarthy@amedd.army.mil; 202-356-1012; ext. 40907).

2. **Specialized PTSD treatment program.** Clinical care for service members with PTSD and/or idiopathic symptoms: one-week clinical evaluation followed by three-week, multi-disciplinary, outpatient program (POC Mr. Daniel Bullis – daniel.bullis@us.army.mil; 202-782-8937).

3. **One week educational seminar for spouses and significant others** of service members with PTSD including group therapy, relaxation techniques, and education on stress symptoms (POC Mr. Daniel Bullis - daniel.bullis@us.army.mil; 202-782-8937).

4. **Toll-free helplines** for (1) service members, veterans, and families and (2) military clinicians providing clinical consultation, referral services, and CPG implementation guidance (POC Mr. Daniel Bullis - daniel.bullis@us.army.mil; 202-782-8937).

National Center for Telehealth & Technology (T2)

Website: www.t2health.org

Contact Us: t2.health@us.army.mil; (253) 968-1914

1. **Online self-care tools** (www.afterdeployment.org) for a range of adjustment concerns including PTSD, sleep, anger, communication. (POC: Dr. Robert Ciulla – robert.ciulla@us.army.mil; 253-968-2849)

2. **Clinical training for military and VA providers on telehealth and technology-based interventions**, such as Virtual Reality Exposure Therapy (VRET). (POC: Dr. Greg Reger – greg.reger@us.army.mil; 253-968-2910)

3. **DoD Suicide Event Report (DODSER) reporting system and DODSER Annual Report.** The DODSER standardizes the data collected on all military suicide events worldwide, allowing for detailed DoD-wide reports. The DoDSEr permits an examination of trends or purported risk and protective factors that may vary across military branches. These data can inform prevention efforts and may provide opportunities to evaluate the effectiveness of suicide prevention programs and policies. (POC: Dr. Mark Reger – mark.reger@us.army.mil; 253-968-2493)

4. **Innovative solutions to improving access to care**, such as Transportable Telehealth Units (TTU) in American Samoa to facilitate care for SMs and Veterans in the Pacific Islands. (POC: Dr. Matt Mishkind – matt.mishkind@us.army.mil; 253-968-2884)

5. **Research and validation of new technologies** to ensure the highest quality of care to Service Members, Veterans, and their Families and to test the safety and efficacy of

innovative approaches to care. Examples include the use of mobile apps, such as www.afterdeployment.org on the iPhone and Droid and use of SMS texting for delivery of daily behavioral health tips.

(POC: Dr. Mark Reger – mark.reger@us.army.mil; 253-968-2493)

National Intrepid Center of Excellence (NICoE)

Website: under construction

1. Three-week residential program for service members/veterans with complex mental health and TBI issues. This new program, which will accept patients starting in the fall of 2010, will provide a state-of-the-art evaluation and treatment plan development with a goal of returning the patient to their home of choice for ongoing treatment.