



“WRAIR Forward”

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COMMANDER’S CORNER



I have had the pleasure these past three years of working with the most productive group of professionals I have ever met. Although small in number, USAMRU-E continues to have a large impact on the resilience and behavioral health of Soldiers in Europe and

throughout the US Army. I would like to thank each and every one of the staff for their hard work and dedication during my time in Command. This has been the best job of my Army career. Three years have gone by much too quickly.

-MAJ(P) Dennis McGurk

RESILIENCE TRAINING DEVELOPMENT

USAMRU-E continued to refresh and adapt resilience training as part of Comprehensive Soldier Fitness’s (CSF) resilience training program. Modules include training for the deployment cycle and across the Army’s Professional Education System.

MASTER RESILIENCE TRAINER (MRT) COURSE

- MAJ McGurk conducted Sustainment Resilience Training, DAY 9 of the 2-week MRT Course, as part of ongoing development and refinement of the training material (15 APR 10; 12 MAY 10; Philadelphia).
- MAJ McGurk conducted facilitator training for MRTs on 27 APR 10 (Philadelphia); Mr. Keller (WRAIR) and Dr. Adler conducted facilitator training for MRTs on 3 JUN 10 (Philadelphia).

OTHER RESILIENCE TRAINING DEVELOPMENT MEETINGS

- MAJ McGurk and Dr. Adler met with ILE Training Developer Mr. Tolmachoff to revise resilience training for senior leaders (26 APR 10; Philadelphia).
- MAJ McGurk and Dr. Adler met with WRAIR staff to develop resilience training for professional military education (10-11 MAY 10; Philadelphia).
- Dr. Adler attended a CSF Subject Matter Expert meeting on Comprehensive Resilience Modules (on-line training modules paired with Global Assessment Tool [GAT] results; 14-15 MAY 10; Crystal City, VA).

USAMRU-E BRIEFS UNIT WORK

- CPT Wood briefed MG Rubenstein, Chief, U.S. Army Medical Service Corps, on USAMRU-E activities and the way forward (14 APR 10; Heidelberg).
- Dr. Adler and MAJ McGurk presented “Initiatives in Resilience Training” to counselors, USAREUR Department of Defense Education Activity (30 APR 10; Heidelberg).
- CPT Wood briefed MG Horoho, Army Deputy Surgeon General, on unit research activities (4 JUN 10, Heidelberg).

USAMRU-E EVALUATES RESILIENCE TRAINING FOR JUNIOR OFFICERS

Dr. Adler worked with TRADOC instructors to assess a pilot program of resilience training being conducted with Lieutenants and Warrant Officers as part of their Basic Officer Leader Course – B (BOLC-B) (WRAIR protocol 1734).

- The first assessment of surveys and group discussions was conducted with BOLC-B Military Intelligence Officers at Fort Huachuca, AZ (8 MAY 10).
- The second assessment was conducted with BOLC-B Aviation Officers in Fort Rucker, AL (1-2 JUN 10). Additional surveys will be administered by BOLC-B staff as part of an effort to assemble systematic feedback for LTG Hertling, Deputy Commanding General, Initial Military Training, TRADOC.



ROTC PLANS FOR RESILIENCE TRAINING

Dr. Adler and MAJ Thomas, Chief, Department of Military Psychiatry, WRAIR, met with LTC Gramig, Chief, Curriculum Development Division, Cadet Command, and his instructional systems specialists, to determine a plan for integrating resilience training for Reserve Officer Training Command college courses (6 MAY 10, Ft Knox, KY).



RESILIENCE TRAINING COORDINATION

MAJ McGurk and Dr. Adler participated in a series of CSF coordination meetings designed to:

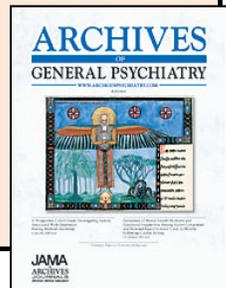
- Update CSF on the TRADOC Resilience Training being developed by WRAIR (20 & 21 APR 10; Crystal City, VA).
- Develop an implementation brief for MRTs to receive during the MRT meeting (28 APR 10; Philadelphia).
- Draft resilience training guidance per a request from senior Army leaders and CSF (24 APR 10; Bethesda, MD).

MENTAL HEALTH PROBLEMS AT 12 MONTHS POST-DEPLOYMENT

(New Publication)

Study led by the WRAIR Department of Military Psychiatry

Thomas, J.L., Wilk, J.E., Riviere, L.A., McGurk, D., Castro, C.A., & Hoge, C.W. (2010). Prevalence of Mental Health Problems and Functional Impairment Among Active Component and National Guard Soldiers 3 and 12 Months Following Combat in Iraq. *Archives of General Psychiatry*, 67, 614-623.



INTERNATIONAL TECHNICAL PANEL CONDUCTS COOPERATIVE RESEARCH



- Technical Panel 13 (TP13), *Psychological Health and Operational Effectiveness*, a TP with The Technical Cooperation Program (TTCP) met in San Francisco (12-16 APR 10). Dr. Adler attended with TP13 chair, COL Castro, Director, US Army Military Operational Medicine Research Program.
- Dr. Adler and LTC(P) Bliese (WRAIR) were invited to discuss analyses of the UK group randomized trial of post-deployment Battlemind Training at the Academic Centre for Defence Mental Health, King's College London (23-24 JUN 10; London, UK). This study was the result of TP13 activities.
- TP13 published a joint research study demonstrating that the pattern of mental health problems being linked to greater concerns about stigma in the military could be replicated in 5 nations (Australia, Canada, New Zealand UK, & US; see box below for the full reference).

STIGMA AND MILITARY MENTAL HEALTH: 5 NATION COMPARISON (New Publication)

Gould, M., Greenberg, N., Adler, A., Zamorski, M., Castro, C., Hanily, N., Steele, N., & Kearney, S. (2010). Do stigma and other perceived barriers to mental health care differ across Armed Forces? A comparison of USA, UK, Australian, New Zealand and Canadian data. *Journal of the Royal Society of Medicine*, 103, 148-156.



NATO MEETS ON MEDICAL RESEARCH

- MAJ McGurk and Dr. Adler attended the Research Task Group (HFM-RTG 203) on *Mental Health Training* in Ottawa, Canada (19-21 MAY 10). The research group is chaired by COL Castro.
- Dr. Wright hosted the NATO Research Task Group (RTG-Exploratory Team-103) meeting on *Suicide in the Military* (1-3 JUN 10; Heidelberg).

COMMAND-DIRECTED STUDY CONTINUES

The Europe Regional Medical Command (ERMC) command-directed program evaluation for the 172nd BCT reintegration continued this quarter. The evaluation assesses the impact of two different behavioral health assessment strategies during the Post-Deployment Health Assessment (PDHA) phase and is being conducted by USAMRU-E in conjunction with ERMC Soldier and Family Support Services (SFSS).

Approximately 4,000 surveys were collected during the 4-month follow-up (MAR-APR 2010), and data from behavioral health care utilization, the PDHA and the Post Deployment Health ReAssessment are being merged into a database for comprehensive program evaluation. Dr. Wright (project lead) forwarded an information paper to MG Horoho, Deputy Surgeon General (7 JUN 10).

CHANGE OF COMMAND AT USAMRU-E

On 22 JUN 10, LTC Sipos assumed command of USAMRU-E from MAJ(P) McGurk (photo). COL Kester, Commander, Walter Reed Army Institute of Research (WRAIR), presided over the ceremony in the Rose Garden, Nachrichten Kaserne (Heidelberg). In attendance were COL(P) West, Commander, Europe Regional Medical Command, SGM Mangra, WRAIR, and LTC(P) Bliese, Director, Center for Military Psychiatry and Neuroscience, WRAIR.



USAMRU-E CHANGE OF COMMAND -- 22 JUN 10
(LEFT TO RIGHT SGT MARTINEZ, SSG WILLIAMS (NCOIC), LTC SIPOS, COL KESTER, MAJ(P) MCGURK, CPT WOOD)

Outgoing commander MAJ(P) McGurk's new assignment is Chief, Resilience Training Research Office, WRAIR in Silver Spring, MD. Incoming Commander LTC Sipos is the unit's 11th commander since its inception in 1977. Prior to assuming command, LTC Sipos was the Chief, Research Division, U.S. Army Medical Research Institute of Chemical Defense (USAMRICD), Aberdeen Proving Ground, MD.

RESEARCH PROGRAM MEETINGS HELD

- Dr. Adler attended the Integrating Integrated Project Team (IIPT) meeting (6-7 APR 10; Frederick, MD).
- Dr. Wright attended the first DOD Suicide Prevention Work Group to discuss funded projects (8 APR 10; Frederick, MD).

RESEARCH PSYCHOLOGISTS CONVENE

MAJ McGurk attended the Research Psychology Post-Graduate Short Course (22-23 APR 10; Bethesda, MD). CPT Wood could not attend because volcanic ash led to flight cancellations.

USAMRU-E AND ERMIC

- CPT Wood and SGT Martinez participated in the Europe Regional Medical Command (ERMC) Change of Command Ceremony between outgoing commander MG Gallagher and incoming commander COL(P) West (13 MAY 10; Heidelberg).
- MAJ McGurk attended the ERMC Spring Commanders Conference (1-3 JUN 10; Bayreuth).

PERSONNEL UPDATES

- SSG Williams reenlisted (Schwetzingen; 17 MAY 10).
- MAJ(P) McGurk was awarded the Meritorious Service Medal (22 JUN 10).

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