



“WRAIR Forward”

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COMMANDER’S CORNER

Deployment Psychology: Evidence-Based Strategies to Promote Mental Health in the Military, the new book published by the American Psychological Association, highlights the many contributions made by WRAIR researchers in developing programs and strategies to enhance warfighter resilience in the face of adversity and during the reintegration home. *Deployment Psychology* is a must read for mental health professionals, and I encourage its addition to your professional reading list. While missions such as the Joint Mental Health Advisory Team focus on supporting resilience in deployed warfighters, our research efforts in garrison also allow us to assess the impact of alternate reintegration strategies and resilience training on behavioral health outcomes following combat deployments. We continue to explore ways to expand behavioral health assessment to include neurocognitive measures in the future. Our efforts in each of these areas are reported in this edition of the *WRAIR Forward*.

-LTC Maurice Sipos

J-MHAT 7 OUTBRIEFS LEADERSHIP

LTC Sipos and COL Bliese, Team Leader, Joint Mental Health Advisory Team (J-MHAT 7), briefed MG Gilman, Commander, Medical Research and Materiel Command, (Frederick, MD; 18 OCT 10) and COL Kester, Commander, WRAIR (Silver Spring, MD; 19 Oct 10) on the J-MHAT 7 report. COL Bliese and J-MHAT 7 members will continue to brief senior leadership; the final report is expected to be released early next year.

RESILIENCE RESEARCH PRIORITIES

- Dr. Adler co-chaired the first Comprehensive Soldier Fitness (CSF)/WRAIR Research Steering Committee meeting with LTC McBride, CSF (Silver Spring, MD; 8 NOV 10). The goal of this committee is to prioritize and advise on the development of resilience training and related research.
- LTC Sipos and Dr. Adler attended a Program Steering Committee Meeting between USAMRU-E and the WRAIR Military Psychiatry Branch (9 NOV 10; Bethesda, MD).
- Dr. Adler, MAJ(P) McGurk and MAJ Thomas (WRAIR) participated in a Social Fitness Training development meeting with University of Chicago and Arizona State University researchers (13-14 DEC 10; Tempe, AZ).

SLEEP PROBLEMS EXACERBATE IMPACT OF COMBAT EXPOSURE POST- DEPLOYMENT

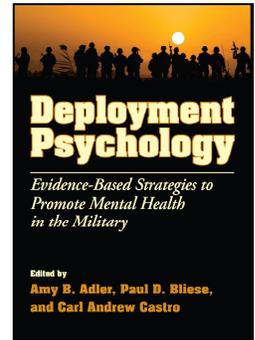
(New Publication)

Wright, K. M., Britt, T. W., Bliese, P. D., & Adler, A. B. (2010). Insomnia severity, combat exposure and mental health outcomes. *Stress and Health*. Advance online publication. doi:10.1002/smi.1373



APA PUBLISHES BOOK SHOWCASING WRAIR

A new book published by the American Psychological Association (APA), showcases WRAIR research. The volume was developed and edited by Dr. Adler, and two former USAMRU-E Commanders: COL Bliese, Director, Center for Military Psychiatry and Neuroscience, WRAIR, and COL Castro, Director, Military Operational Medicine Research Program, Medical Research and Materiel Command.



DEPLOYMENT PSYCHOLOGY (New Publication)

A.B. Adler, P.B. Bliese, & C.A. Castro (Eds.). (2011). *Deployment psychology: Evidence-Based Strategies to Promote Mental Health in the Military*. Washington, D.C.: American Psychological Association.

Chapters involve many current or former USAMRU-E staff:

- Adler, A. B., Bliese, P. D., & Castro, C. A. An introduction to deployment psychology. (pp. 3-13).
- Adler, A. B., Zamorski, M., & Britt, T. W. The psychology of transition: Adapting to home after deployment. (pp. 153-174).
- Bliese, P. B., Adler, A. B., & Castro, C. A. The deployment context: Psychology and implementing mental health interventions. (pp. 103-124).
- Bliese, P. B., Wright, K. M., & Hoge, C. W. Preventive mental health screening. (pp. 175-193).
- Castro, C. A., & Adler, A. B. Re-conceptualizing combat-related posttraumatic stress disorder as an occupational hazard. (pp. 217-242).

Other chapters include:

- Broadening behavioral health Services in a deployment environment (MAJ Warner & Colleagues)
- Peer support and leaders (Surgeon Commander Greenberg, Royal Navy, and MAJ Jones, British Army)
- Public Health Strategies and Treatment of Service Members with Combat-Related Mental Health Problems (COL (Ret.) Hoge)
- The impact of deployment on military families (Dr. Riviere & Ms. Merrill)
- Psychological recovery of physically wounded service members (COL Roy and Dr. Francis)
- Addressing posttraumatic stress disorder in veterans following military discharge (Dr. Keane and colleagues)

ERMC COMMANDER VISITS USAMRU-E

BG West, Commander, Europe Regional Medical Command (ERMC) and US Army, Europe Surgeon, visited the unit (29 Nov 10, Heidelberg). LTC Sipos, Dr. Adler and Dr. Foran briefed BG West on unit research activities.



US-ISRAEL MEDICAL RESEARCH MEETING

USAMRU-E was asked by the Medical Research and Materiel Command (MRMC) to attend the biennial US-Israel “Shores” meeting on military medical

research (24-29 OCT 10; Ramat-Gan, Israel). Dr. Adler presented two talks at the meeting:

- Castro, C. A. & Adler, A. B. (2010, October). Occupational health model for PTSD.
- Adler, A. B. (2010, October). Resilience Training Research and Implementation in the US Army.

NEUROSCIENCE MEASURES PLANNED

As a follow-up to the Shores Meeting, LTC Sipos and Dr. Adler, met with COL Bliese and Dr. Bar-Haim, Professor of Psychology, Tel Aviv University, to discuss plans to implement neurocognitive measures and interventions associated with anxiety and posttraumatic stress in future WRAIR research (1-3 DEC 10; Heidelberg).

USAMRU-E CONSULTS WITH ERMC

LTC Sipos and Dr. Wright met with LTC Humphries and CPT(P) Sensiba from Soldier and Family Support Services (SFSS), ERMC to discuss the Comprehensive Behavioral Health System of Care Campaign Plan (CBHSOC-CP). LTC Sipos and CPT Wood will continue to support two CBHSOC-CP working groups (the Program Evaluation and Research Working Groups) as the ERMC representatives (15 NOV 10).

The CBHSOC-CP is an Army initiative that will standardize, synchronize, and optimize the numerous behavioral health policies, procedures, and programs across the US Army Medical Command to better identify, prevent, treat, and track behavioral health issues that affect Soldiers and Families.

Dr. Wright, CPT Wood, Ms. Salvi, and Ms. Eckford met with MAJ(P) Sensiba and CPT Payne, SFSS, to discuss data processing and oversight of the 100% Behavioral Health Care Contact program evaluation (6 DEC 10).

TRAUMATIC STRESS STUDIES PANEL

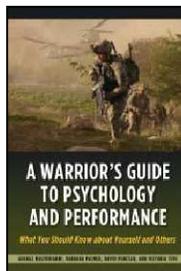
Dr. Adler participated in a panel at the International Society for Traumatic Stress Studies (ISTSS) meeting (4-7 NOV 10; Montreal, Quebec).

Adler, A. B., Bliese, P. D., McGurk, D., Hoge, C. W., & Castro, C. A. (2010, November). Post-Deployment Battlemind Debriefing and Resilience Training with Soldiers Returning from Iraq: Study Results and Implications. In J. Ruzek (chair), Review and Integration of Evidence-Based Approaches to Early Trauma-Focused Interventions.



NEW BOOK INCORPORATES USAMRU-E MATERIAL

A new self-help book was released this quarter entitled “A Warrior’s Guide to Psychology and Performance: What You Should Know about Yourself and Others” published by Potomac Books. The book, edited by Drs. Mastroianni, Palmer, Penetar and Tepe, incorporated sections written by WRAIR scientists Dr. Adler, Dr. Wright, COL Castro, and Dr. Lang (former USAMRU-E contractor).



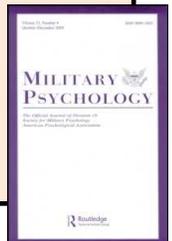
TTCP MEETING ON RESILIENCE TRAINING



Dr. Adler participated in a meeting of opportunity as a member of Technical Panel 13 (TP13), *Psychological Health and Operational Effectiveness*. TP13 is part of The Technical Cooperation Program (TTCP), a 5-nation initiative. TP13 collaborates on behavioral health-related topics such as resilience, early interventions, and behavioral health-related stigma. The focus of the mid-year meeting included an international comparison of satisfaction surveys following post-deployment resilience training (4-5 OCT 10; Portsmouth, UK).

BALANCING EFFORTS AND REWARDS MATTER FOR RESERVISTS (New Publication)

Lang, J., Bliese, P. D., Adler, A. B., & Hölzl, R. (2010). Effort-reward imbalance for Reservists on a military deployment. *Military Psychology*, 22, 524 - 542.



USAMRU-E MEETS WITH WRAIR STAFF

LTC Sipos, SSG Williams, and Mr. Rahey met and coordinated with key WRAIR headquarters personnel and budget officers (18-22 OCT 10; Silver Spring, MD).

RESILIENCE TRAINING DEVELOPMENT CONTINUES

- In response to an invitation from Comprehensive Soldier Fitness (CSF), Dr. Adler attended CSF meetings with MAJ(P) McGurk to develop a senior executive resilience training course (7 OCT 10, 17 NOV 10; Philadelphia, PA).
- WRAIR Research Transition Office (formerly the Resilience Training Transition Office) held planning sessions that Dr. Adler attended as a senior advisor (8 OCT 10, 19 NOV 10, and 17 DEC 10; Silver Spring, MD).

ARMY SCIENCE BOARD: PRESENTATION

Dr. Adler was invited by the Army Science Board to present the WRAIR’s resilience research program (10 NOV 10; Arlington, VA).

PERSONNEL UPDATES

- Dr. Foran began working at the unit as a research psychologist under the CACI contract (1 OCT 10; Heidelberg).
- CPT Wood completed the Captains Career Course Phase II (18 SEP – 24 Nov 10; San Antonio, TX).

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