



WRAIR FORWARD

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COMMANDER'S CORNER

The US Army, Europe is currently undergoing a major transformation -- military communities are closing, downsizing, or, in some cases, growing. All this change is typical of the military, which is constantly evolving to meet the needs of our country's national security and military strategy.

Here in Europe, the transformation permeates all aspects of community life. Listening to conversations in the halls or dining facilities, transformation is often at the heart of the conversation. Remarkably, unlike transformation in corporate America (often called "downsizing"), the entire spectrum of military support services (schools, grocery stores, libraries, etc.) are also caught up in transformation. Transformation has the potential to affect the health and well-being of Soldiers, military Families, and civilian employees.

For this reason, USAMRU-E has initiated a project to benchmark the health effects of transformation. In the coming months, with the support of Installation Management Command-Europe (IMCOM-E), we'll study several affected communities in USAREUR and provide the Army with evidence-based recommendations for future military transformation.

Force structure changes routinely ebb and flow in response to the country's strategic goals; it's time to examine the impact from a community health perspective.

LTC Jeffrey L. Thomas



UPDF participants with LTC Thomas and Dr. Adler—Jinja, Uganda.

PTSD MEASUREMENT IN OCCUPATIONAL HEALTH CONTEXT

(New Publication)



Adler, A. B., Keane, T. M., & Bliese, P. D. (2013). Measurement of Post Traumatic Stress Disorder in an Occupational Health Context. M. Wang, L. Tetrick, & R. Sinclair (Eds.). *Research Methods in Occupational Health Psychology: State of the Art in Measurement, Design, and Data Analysis* (pp. 122-137). New York: Routledge Academic.

TALKING ABOUT RESILIENCE IN UGANDA



At the request of US Army, Africa (USARAF), LTC Thomas led a Traveling Contact Team (TCT) to Uganda (UGA 1330). LTC Thomas and Dr. Adler participated in an information exchange on resilience training program development with the Uganda People's Defence Forces (UPDF) from 19-22 FEB 13 at Junior Command Staff College in Jinja, Uganda.



Exchange with UPDF participants (LTC Thomas and Dr. Adler standing).

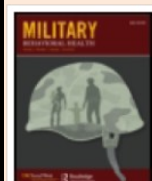
The 22 UPDF participants were mental health experts (psychiatrists, psychologists, psychiatric nurses and enlisted/warrant officer medical staff). The mental health consultant to the UPDF also took part.

The four-day exchange focused on lessons learned from the US Army's Comprehensive Soldier and Family Fitness (CSF2) program. USAMRU-E also facilitated discussion related to developing resilience training across the deployment cycle and implementation strategies for initiating resilience training programs.

Throughout the exchange, UPDF participants discussed future directions in building a resilience program aimed at alleviating the psychological stress of continuous deployments both outside and inside Uganda.

MODEL OF OCCUPATIONAL MENTAL HEALTH FOR THE MILITARY

(New Journal; Lead Article)



Adler, A. B., & Castro, C. A. (2012). The Occupational Mental Health Model for the Military. *Military Behavioral Health*, 1, 1-11. DOI: 10.1080/21635781.2012.721063

RESEARCH PROGRAMS REVIEWED

The annual Review and Analysis (R&A) of the three task areas managed by USAMRU-E staff was held in a two-day conference call (6-7 FEB 13). Hosted by LTC Thomas, the R&A covered the Task Areas funding the unit and the Military Psychiatry Branch at WRAIR (W1 and W1-A). Participants included Dr. Adler, Task Area Manager for W1 and W1-A, and COL Bliese, LTC Sipos, LTC McGurk, Dr. Hoge, Dr. Wilk, and Dr. Riviere from WRAIR. In the R&A for W2 (Suicide), Task Area Manager Dr. Wright organized the meeting with various extra-mural grant recipients presenting their research. The R&A was conducted by COL Castro, the Director of the Military Operational Medicine Research Program (MOMRP), and Dr. Nassauer, also at MOMRP.

As part of planning for the future of the research program, Dr. Adler presented the task area plans at the Integrating Integrated Product Team (IIPT) meeting in Frederick, MD (12-13 MAR 13).

GOVERNMENT CANCELS CONFERENCE PARTICIPATION IN NATO MEETING ON SUICIDE

The semi-annual NATO RTG 218 Meeting on Military Suicide Research was held in Amsterdam but because of new travel guidance, Dr. Wright and other US representatives were not allowed to attend. As a consequence of these strict fiscal policies, the US could not fully participate in the development of NATO-wide recommendations for managing suicide-related behaviors in units.



SOCIAL FITNESS STUDY UNDERWAY

A new study with at-risk units returning from combat was initiated in JAN 13 to assess the efficacy of social fitness training. Previous

WRAIR research led by LTC Thomas has demonstrated that National Guard units are at elevated risk for adjustment problems at post-deployment relative to active duty units. Given potential difficulty in maintaining unit cohesion in National Guard units, WRAIR developed social fitness training as a way to promote resilience (LCDR Toblin, lead).

Trainers were provided by Comprehensive Soldier and Family Fitness (CSF2). The trainers, who participated in a train-the-trainer program at WRAIR 22-23 JAN 13, are all members of the CSF2-Performance Enhancement (PE) program. This cooperative arrangement reinforces the importance research plays in planning future resilience training modules for dissemination through CSF2.

Dr. Adler supported the train-the-trainer meeting and served as senior advisor on the first field data collection in Chico, CA (22-24 JAN 13); LTC Thomas supported a data collection conducted in Oroville, CA (22-25 MAR 13). Dr. Riviere is the Principal Investigator, WRAIR.

MRMC COMMANDER VISITS USAMRU-E

BG (P) Carvalho, Commander, Medical Research and Materiel Command, together with COL Erickson, Commander, WRAIR, and LTC Chapman, Director, Overseas Labs, WRAIR, met with unit staff, discussed unit updates and met with senior US Army, Europe leaders, including LTG Campbell, Commander, USAREUR, Ms. Marin, Chief, IMCOM, USAREUR, and Europe Regional Medical Command (ERMC) leadership (27-28 MAR 13).

The visit comes in the midst of planning for USAMRU-E relocation to Sembach, Germany in JUL 2013, furloughs of civilians in government service during Fiscal Year 2013, and new civilian rotation policies.



(Standing L-R)
Dr. Adler, Mrs. Wood, MAJ Wood, LTC Thomas, BG(P) Carvalho, Mr. Rahey, SPC Blackwell, Mrs. Rahey; (Kneeling) COL Erickson.

TRANSFORMATION STUDY PLANNED

What impact does relocation and significant changes in a military community have on the well-being of Soldiers, civilians and Family members? While the Army has a history of transforming, little research has documented the impact or provided evidence-based recommendations to leaders for how to mitigate the negative outcome.

The US Army, Europe is in the midst of significant changes. Traditional military communities are closing (such as Heidelberg) and other communities are growing (such as Kaiserslautern). USAMRU-E (MAJ Wood, Principal Investigator) is working with senior USAREUR leaders to evaluate the impact of the transformation. Survey and interview data collection is expected to begin in the Summer of 2013.

RESILIENCE RESEARCH PROGRAM

Dr. Adler co-led the CSF2-WRAIR Research Steering Committee to plan, update, and prioritize field studies to support dissemination of validated resilience training materials through CSF2(11 MAR 13; Silver Spring, MD).

Dr. Adler conducted data analysis meetings to support the field study Advanced Transition Training Strategies for post-deployment with Dr. Herrell and COL Bliese (14-15 MAR 13; Silver Spring, MD).

PERSONNEL UPDATES

SSG Martinez returned to the unit following a 6-month assignment to Guantanamo Bay, Cuba (SEP 12-MAR 13).

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