



WRAIR FORWARD



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COMMANDER'S CORNER

Transformation Study: Hitting Close to Home

It is with some irony that I highlight a major effort of USAMRU-E this past quarter. Led by MAJ Wood, we had multiple data collections in the Schweinfurt and Bamberg military communities studying the effects of transformation and force restructuring on community behavioral health--after we too experienced the effects of transformation with our departure from Heidelberg and our relocation to Sembach Kaserne!

Addressing the challenges of moving our unit and losing many of the basic services that one takes for granted as the old location closed certainly gave us an appreciation for the stressors experienced by Soldiers, Spouses, and Department of the Army (DA) Civilians in Schweinfurt and Bamberg. There is little empirical data, however, on how military communities are affected by this kind of change. In our case, the challenge of transformation continued with integrating into a growing community: the Kaiserslautern Military Community. Our next step will be to see how growing communities, like KMC, manage the challenge of expansion. As a small unit, we have found a good new home in the hills of Sembach and with access to many military services across the KMC footprint.

LTC Jeffrey L. Thomas

STUDY WITH TROOPS IN AFGHANISTAN AND THE DEPLOYED READY RESERVES

Despite all of the deployment-related data collections conducted over the course of the past decade, USAMRU-E research team and the larger program has not assessed Soldiers working as part of the rear detachment. This quarter, however, this important group was assessed in parallel with their counterparts down range.



In all, 950 surveys were administered to 2CR units in Vilseck while more than 2,600 surveys were distributed by 2CR in Afghanistan.

A NEW HOME IN SEMBACH



On 29 JUL 13, USAMRU-E opened its doors on Sembach Kaserne. Serving a population of approximately 2,000 Service Members, DoD Civilians and contractors, Sembach is part of the Kaiserslautern Military Community (KMC) and is situated in a small town in the Pfalz region. The KMC community, with a population of around 53,000, is the largest U.S. military community outside of the United States. Other units sharing the Sembach location include the Europe Regional Medical Command (ERMC) and the 30th Medical Brigade, both of which were also relocated from Heidelberg along with USAMRU-E.



The unit's new location is in Sembach/Hueberg, about 30 minutes east of Landstuhl Hospital and Ramstein Air Base (see accompanying map).

INTENT TO DIVORCE POST-DEPLOYMENT: THE ROLE OF COMBAT EXPOSURE AND PTSD SYMPTOMS

(New Publication)



Foran, H. M., Wright, K. M., Wood, M. D. (2013). Do combat exposure and post-deployment mental health influence intent to divorce? *Journal of Social and Clinical Psychology*, 32, 917-938. doi: 10.1521/jscp.2013.32.9.917

TRANSFORMATION STUDY UPDATES ACROSS USAREUR

HEIDELBERG. LTC Thomas and MAJ Wood (PI) briefed results of the pilot study, conducted over the summer 2013, to COL DeCoster, HD-MH Commander, on 7 NOV 13. Findings revealed that for Soldiers, community cohesion and good leadership during transformation (e.g., sharing information regularly, being open and honest about changes) was associated with lower levels of stress. For DA Civilians, transformation-related job concerns (e.g., employment insecurity, RIFs, etc.) were related to higher levels of depression and anxiety, resulting in higher stress levels compared to Soldiers.



SCHWEINFURT. MAJ Wood and Ms. Salvi briefed Mr. Adkins, Schweinfurt Garrison Commander, on the Transformation Study and presented details on the study to unit leadership at a Schweinfurt town hall meeting (9 OCT 13; Schweinfurt). The study received active support; an OPORD to facilitate survey and focus groups was constructed the following week.

The next month, LTC Thomas, MAJ Wood, Ms. Salvi, Ms. Eckford, and Ms. Stephens conducted a data collection with the Schweinfurt community (18-20 NOV 13; Schweinfurt). Besides interviews and focus groups, 425 Soldiers, 50 Spouses, and 70 civilians provided survey responses.

BAMBERG. MAJ Wood and Ms. Salvi briefed LTC Bienias, Bamberg Garrison Commander, as well as Bamberg community leadership about the Transformation Study (12 NOV 13; Bamberg). Data collection then occurred from 9-12 DEC 13 (Bamberg) with LTC Thomas, MAJ Wood, Ms. Salvi, Ms. Eckford, and Ms. Stephens. Surveys were collected from 357 Soldiers, 7 Spouses, and 54 civilians. Focus groups and interviews with key leaders were also conducted.

KAISERSLAUTERN. Dr. Adler briefed the Kaiserslautern community Health Promotion council (Chaired by 21st TSC Commander, MG O'Connor) regarding the Transformation Study. MAJ Wood is currently working with the Kaiserslautern community and COL DeCoster to collect data in 2014.

CO-AUTHOR ON TALK AT ISTSS

Zamorski, M. A., Adler, A. B., Castro, C. A., Greenberg, N., Sudom, K., & Sadler, N. (2013 November) An International Consensus Definition of Psychological Resilience for Military Organizations. International Society for Traumatic Stress Studies. Philadelphia, PA.

TARGETING RESEARCH AND TRANSITIONING RESILIENCE PRODUCTS

Dr. Adler participated in the first meeting to develop a specialized Master Resilience Trainer (MRT), specifically for medical staff (MRT-Medical). This new type of MRT would be trained to deliver not only traditional MRT resilience material but also material targeting secondary traumatization, burnout and compassion fatigue among medical staff. This approach integrates pieces of the former Provider Resiliency Training. The MRT-Medical subcommittee included LTC Whalen (Chief, RTO) and Dr. Feerick (Research Transition Office; RTO), Mr. Campbell (Comprehensive Soldier and Family Fitness-Performance Expert [CSF2-PE]), and Dr. Landry from the Army Medical Department Center and School (AMEDDC&S; 3-5 DEC 13; Silver Spring, MD).



Dr. Adler co-chaired the CSF2/WRAIR Research Steering Committee (29 OCT 13; Silver Spring, MD).

MEETINGS WITH MEDICAL LEADERSHIP

LTC Thomas participated in several key meetings with medical leadership this quarter, including:

- Army Medicine in Europe meeting (15 NOV 13; Vilseck).
- MRMC 's Commander's conference (3-4 DEC 13; Fort Detrick, MD).
- Army Medicine in Europe Senior Leader Conference (6 NOV 13; Sembach VTC).

USAMRU-E TRANSFORMATION CONTINUES

As part of an initiative to determine the best location for USAMRU-E in the coming years, LTC Thomas, COL Bliese, and LTC Chapman briefed MRMC senior staff, COL Starrs and Mr. McRae, on potential relocation sites and planning considerations (30 OCT 13; Fort Detrick, MD).

LTC Thomas also met with COL Braverman, WRAIR Commander to discuss the unit's future in Germany (20-21 AUG 13; Silver Spring, MD).

COORDINATING WITH WRAIR

Mr. Rahey, USAMRU-E's budget analyst, met with WRAIR staff to address personnel and budget issues (9-13 DEC 13).

PERSONNEL UPDATES

SGT Mailhot, NCOIC, departed the unit as part of a compassionate reassignment (5 DEC 13).

Ms. Stephens transitioned from GS employee to a contractor with CACI (1 NOV 13).

Dr. Adler was inducted into the Order of Military Medical Merit (OM3) in a ceremony conducted by COL Braverman, Commander, WRAIR (5 DEC 13; Silver Spring, MD).

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