



WRAIR FORWARD



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COMMANDER'S CORNER



LTC Thomas (née CPT Thomas) and Dr. Adler Kosovo, 2000

After 22 years of service to USAMRU-E, Dr. Amy Adler relocated stateside to Silver Spring, MD in July and is now working at the WRAIR, our parent organization in D.C. Writing this, I have the impossible task of trying to articulate all that Amy has meant to this organization and to the team here over the years. Suffice it to say that her impact has been enormous all the way to DOD-level where her research has improved the lives of countless Soldiers and Families through validated training and

research-informed behavioral health policy. As a result of her incredible productivity and impact, Amy is now recognized as the one of the Army's leading behavioral health researchers, bar none. Along the way, she has helped and inspired us all with her passion for the mission, her performance, mentorship, intellect and wit. For me, these traits are embodied in the above photo of us in Kosovo on a data collection in 2000. This photo is always displayed in my office as a daily reminder of the importance of dedication to the mission and to teamwork.

Dr. Amy Adler has truly left an indelible mark on USAMRU-E. Her fingerprints are all over USAMRU-E as she helped guide and shape the entire program of research. I've joked with many of the former USAMRU-E Commanders that perhaps we should have dropped the 'E' from USAMRU-E a long time ago and replaced it with an 'A' for Adler! While all of us at USAMRU-E are sad that she has moved, we take comfort in knowing she remains within our research program and is only a phone call or email away. Best of luck Amy!

-LTC Jeffery L. Thomas

SOLDIERS REPORTING RELATIONSHIP IMPAIRMENT MAY BENEFIT FROM EMBEDDED BH PROVIDERS DURING DEPLOYMENT
(New Publication)



Russell, D. W., Whalen, R. J., Riviere, L. A., Clarke-Walper, K., Bliese, P.D., Keller, D. D., Pangelian, S., & Thomas, J. L. (2014). Embedded behavioral health providers: An assessment with the Army National Guard. *Psychological Services, 11*, 265-272. doi:10.1037/a0037005

WRAIR'S FUNCTIONAL IMPAIRMENT SCALE PUBLISHED
(New Publication)



Herrell, R. K., Edens, E. N., Riviere, L. A., Thomas, J. L., Bliese, P. D., & Hoge, C. W. (2014). Assessing functional impairment in a working military population: The Walter Reed Functional Impairment Scale. *Psychological Services, 11*, 254-264. doi:10.1037/a0037347

BETTER MENTAL HEALTH OUTCOME FOR SOLDIERS WHOSE LEADERS PROMOTE COMBAT STRESS MANAGEMENT
(New Publication)



Adler, A. B., Saboe, K. N., Anderson, J., Sipos, M. L., & Thomas, J. L. (2014). Behavioral health leadership: New directions in occupational mental health. *Current Psychiatry Reports*. Published online August 27, 2014.

SOLDIERS REPORTING LESS STIGMA FOR MENTAL HEALTH SERVICES
(New Publication)



Quartana, P. J., Wilk, J. E., Thomas, J. L., Bray, R. M., Rae Olmsted, K. L., Brown, J. M., Williams, J., Kim, P. Y., Clarke-Walper, K., & Hoge, C. W. (2014). Trends in mental health services utilization and stigma in US soldiers from 2002 to 2011. *American Journal of Public Health*, Published online ahead of print July 17, 2014.

2CR STUDY: POST-DEPLOYMENT PHASE CONCLUDES



The post-deployment phase of the 2CR Behavioral Health Leadership study concluded this quarter when LTC Thomas and USAMRU-E team members Ms. Eckford, Ms. Kreilein, Ms. Stephens, SPC Thomas, and SPC Lee returned to Vilseck to administer surveys for a 4-month follow-up (21-25 JUL 14). CPT Saboe, from the Military Psychiatry Branch at WRAIR, who is the study's lead analyst, was on hand to support the data collection. With the inclusion of a Squadron surveyed in June, a total of 2,528 Soldiers consented to participate in this fourth data collection.

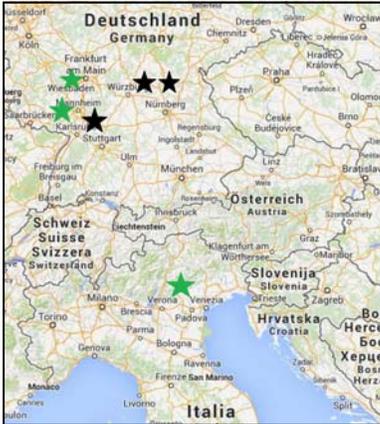


CPT Saboe provides survey instructions to 2CR Soldiers.

While in Vilseck, LTC Thomas briefed COL Meyer, the new commander of 2CR, on the study and recent findings; they also discussed mutual interest in continuing to survey 2CR units as Soldiers adjust to life in garrison (22 JUL 14). As a result, the study is being amended to include a couple of more data collections.

The results of the 2CR study are particularly important because they help inform a response to a directive from the 2014 National Defense Authorization Act requesting evidence of the efficacy of Army resilience training. Results from the 2CR study address the relationship between 2CR's resilience training, entitled Dragoon Total Fitness, and behavioral health and unit climate. Data has shown that Dragoon Total Fitness participation is correlated with better unit climate, and leadership support for resilience training is associated with enhanced perceptions of the training by soldiers.

TRANSFORMATION STUDY UPDATE



Green stars indicate expanding communities; black stars, closing

The Transformation study remained in high gear as multiple data collections continued throughout this quarter. The goal of the study is to evaluate how Army community transitions (e.g., closures or expansions) affect Soldiers, Spouses, and DA Civilians within the US Army Europe footprint. To date, 30 units have participated with 2,000 Soldier surveys, 500 civilian surveys, and 200 Spouse surveys collected. Data collection in Kaiserslautern and Wiesbaden continues, with Vicenza slated to begin in October.

In August MAJ Wood presented study results of closing communities at the USAREUR Army Community Services Directors meeting (27 AUG 14). Key findings revealed that community cohesion, positive transformation leadership behaviors, and helpful community support services were related to better health outcomes, such as less anger and distress, and fewer sleep problems.

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MRMC COMMANDER VISITS USAMRU-E

MG Carvalho, Commander, Medical Research and Materiel Command (MRMC), along with CSM Akana, Command Sergeant Major, MRMC, met with unit staff and were briefed on the unit's research activities (9 JUL 14). MG Carvalho shared his views of the unit's potential relocation stateside. In addition, he presented coins to LTC Thomas, MAJ Wood, Dr. Adler, Mr. Rahey, and CPL Thomas.



Dr. Adler with MG Carvalho

UNIT RELOCATION UPDATE

LTC Thomas and Mr. Rahey met with Telehealth and Technology leadership at Joint Base Lewis-McChord to discuss USAMRU-E relocation and to tour proposed space (10-11 AUG 14; Ft. Lewis, WA). The following day, LTC Thomas and Mr. Rahey flew to WRAIR, where they were joined by CPL Thomas, to meet with the Overseas Director and relocation counterparts. While at the headquarters, LTC Thomas attended science/program meetings and CBE planning meetings for FY15, factoring in relocation (12-14 AUG 14; D.C.). On 28 AUG 14, the AR 5-10 Restationing Package was submitted through MEDCOM. The projected date for relocation is June 2015.

MEETINGS AND WORKSHOPS

CPL Thomas was one of 11 Soldiers selected from USAREUR medical commands to have lunch with CSM Chandler, Sergeant Major of the Army (2 JUL 14; Landstuhl).

LTC Thomas provided consultation to the PTSD Services Research IPR as a Subject Matter Expert and panelist (8-10 SEP; Ft. Detrick, MD).

LTC Thomas attended 2CR Commander's Officer Professional Development seminar on Cycles of Combat and Soldier/Unit Adjustment (18-19 SEP; Vilseck).



CPL Thomas and CSM Chandler

SENIOR LEADER BRIEFING



LTC Thomas briefed BG Coots, Commander ERMC, on the results of the Deployed Medical Staff Study conducted with 30th MED (25 SEP 14; Sembach). The brigade was deployed last year to Afghanistan in support of OEF. The study served to assess resilience skills in deployed medical staff.

PERSONNEL UPDATES

SPC Thomas was laterally promoted to Corporal (18 JUL 14). On 27 JUL 14, Dr. Adler departed USAMRU-E on a management directed reassignment to WRAIR's HQ. Joining the unit in



Dr. Adler and LTG Campbell, Commander of USAREUR, who presented her with a Coin of Excellence (10 JUL 14).



BG Coots, ERMC Commander, presents Dr. Adler with his Commander's Coin (14 JUL 14).

1992, Dr. Adler has served as a principal investigator, science coordinator, and has been the Deputy Director of Science since 2004, in addition to serving as Task Area Manager for the Army's resilience research program. During her tenure at the unit, she has published over 70 peer-reviewed articles; co-edited six books on deployment psychology; and presented at numerous conferences, events, and panels worldwide, often as the key-note speaker. In addition, she has been honored with several distinguished service awards including being selected as MRMC's Civilian Employee of the Year in 2011. She was recognized most recently, prior to her departure, by Commanders within USAREUR and MRMC. Dr. Adler has been instrumental in shaping the USAMRU-E into what it is today, and, without a doubt, will continue to lead and inspire in her position in D.C.