



REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH



Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury

About DCoE

The **Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury** became operational on November 30, 2007. DCoE seeks to identify best practices and quality standards for suicide prevention and the treatment of psychological health conditions, combat stress and traumatic brain injury for servicemembers. DCoE leads a groundbreaking collaborative effort that includes Veterans Affairs, civilian agencies, community leaders, advocacy groups, clinical experts and academic institutions that are dedicated to expanding the state of knowledge of psychological health and TBI.

Structure

DCoE falls under the purview of DoD's Military Health System, which provides a continuum of care from the time servicemembers join the military through deployments and final separation. DCoE Interim Director **Dr. Michael E. Kilpatrick** serves as special assistant to the Assistant Secretary of Defense for Health Affairs. Kilpatrick is supported by a diverse staff of senior military officers from all services and civilian experts, leading six component centers and eight headquarters.

Services

DCoE maintains a **24/7 outreach center** staffed by health resource consultants who provide psychological health and TBI resources for servicemembers, veterans and their families. Information can be accessed by calling a toll-free number, 866-966-1020, by e-mailing resources@dcoeoutreach.org or by going online to chat in real time with a health resource consultant. The outreach center also supports DCoE's **Real Warriors Campaign**, a multimedia public education initiative designed to break down the barriers to psychological health and TBI care and to encourage servicemembers, veterans and families to reach out for appropriate care. As of September 1, 2010, the website received 127,246 visits and 916,347 page views since being launched in May 2009. DCoE also manages the **inTransition** program to ensure that servicemembers who receive psychological health care do not "fall through the cracks" when moving from one duty station to another, deploying or transitioning from

DoD to VA care. DCoE disseminates family-oriented materials through its partnership with **Sesame Workshop** addressing issues such as deployments and injured parents.

Activities

DCoE focuses on developing and continuously improving a patient-centered network to treat psychological health conditions and TBI. DCoE introduced the **Military Acute Concussion Evaluation** tool to assess mild TBI and published clinical guidelines for its use in theater. Working with VA, DCoE has trained more than 2,700 providers to treat post-traumatic stress and TBI using an evidence-based psychotherapy standardized training curriculum. DCoE also worked with VA to create an evidence-based guideline to assist health care professionals with the management of post-traumatic stress. DCoE has participated in blast mitigation studies to explore new ways to lessen the effect of severe head injuries due to blasts or blunt trauma. DCoE also provided significant support to DoD and VA efforts to establish the Federal Care Coordination program and created a TBI care coordination system to integrate local, state and federal resources in order to eliminate gaps in care for patients in transition between DoD and VA.

The DCoE website contains **online resources** for psychological health care for servicemembers, veterans, families and health professionals, and since its launch in October 2009, it has garnered 823,846 visits and 8,904,997 page views. DCoE participates in training events and conferences, hosts webinars, maintains a **blog** and issues **newsletters** containing helpful information on psychological health and TBI. Outreach efforts also include DCoE's **Facebook** and **Twitter** social media accounts, providing additional opportunities for people to engage in conversation and access resources.

Results

DCoE's vital programs seek to build resiliency in warriors, veterans and their families to facilitate recovery from psychological health injuries and TBI and to ensure their successful reintegration back into their own communities.

DCoE Component Centers

Center for Deployment Psychology

www.deploymentpsych.org



CDP's mission is to train military and civilian psychological health professionals to provide the high quality care necessary to address the deployment-related psychological health needs of servicemembers and their families. CDP offers one and two-week training programs, military treatment facility based training, mobile training teams, two to three-day intervention workshops and online training and education services.

Center for the Study of Traumatic Stress

www.centerforthestudyoftraumaticstress.org



CSTS's mission is to provide knowledge, leadership and applications for preparing, responding to and recovering from the consequences of disaster and trauma. The center focuses on: military psychiatry, disaster psychiatry, children and family, family violence, neuroscience and public education. CSTS leads a collaborative team of four universities in carrying out the largest study of suicide and psychological health among servicemembers ever undertaken.

Defense and Veterans Brain Injury Center

www.dvbic.org



DVBIC's mission is to serve active-duty servicemembers, their dependents and veterans with TBI through state-of-the-art medical care, innovative clinical research initiatives and educational programs. DVBIC serves thousands of patients through a comprehensive network of 17 physical sites throughout DoD and VA, including two civilian sites. The Center provides education to clinical providers, families, the public and line leadership; conducts a robust research program providing primary expertise to DoD on TBI issues and ensures optimal outcomes for warriors and veterans with all levels of TBI severity and in every environment of care. DVBIC developed MACE, the officially adopted in-theater screening tool and worked with the Brain Trauma Foundation to develop the "Guidelines for the Field Management of Combat-related Head Trauma."

DCoE is committed to ensuring servicemembers, veterans and families who are experiencing challenges related to psychological health or traumatic brain injury have easy access to high quality treatment, rehabilitation and reintegration programs.

Deployment Health Clinical Center

www.pdhealth.mil



DHCC's mission is to provide hands-on medical and psychological health care to servicemembers and veterans while simultaneously serving as a catalyst and resource center for the continuous improvement of deployment health care across the Military Health System. DHCC developed RESPECT-Mil, a collaborative care model that enables health care providers to screen patients for post-traumatic stress and depression in primary care clinics using an evidence-based systematic process of care. As a result of the RESPECT-Mil screening process, more than 13,000 soldiers with previously unmet behavioral health needs have been referred for care. Since the program's inception, RESPECT-Mil has identified 2,528 soldiers with suicidal ideation and provided appropriate intervention and care. FY2009 saw RESPECT-Mil implemented in 36 clinics at 15 Army MTFs and an expansion in FY2010 to 95 clinics at 34 Army MTFs.

National Center for Telehealth & Technology

www.t2health.org



T2's mission is to lead the development of telehealth and technology solutions for psychological health conditions and TBI to improve the lives of the nation's warriors, veterans and their families. T2 assisted in developing mobile telehealth units, mobile applications and developing Afterdeployment.org, a wellness resource to address post-deployment reintegration for all servicemembers, veterans and families. The program provides web-based tools that focus on common post-deployment concerns such as post-traumatic stress, depression, anger and relationship issues. Users can take assessments, view video-based testimonials and access narrator-guided workshops.

National Intrepid Center of Excellence

www.dcoe.health.mil/ComponentCenters/NICoE.aspx



NICoE is a facility dedicated to the research, diagnosis and treatment of servicemembers and veterans experiencing psychological health conditions and TBI. The Center seeks to be a national leader in advancing world-class psychological health and TBI treatment, research and education in a supportive, healing environment. To provide warriors with the best possible care, NICoE is nearing completion of its hiring effort, which is focused on staffing a select group of approximately 90 seasoned professionals specializing in psychological health and TBI.