



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

CD included **Information Kit**



NICoE
National Intrepid
Center of Excellence



Overview

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is committed to ensuring servicemembers, veterans and families who are dealing with psychological health (PH) or traumatic brain injury (TBI) challenges have easy access to high quality treatment, rehabilitation and reintegration programs.

DCoE leads a groundbreaking collaborative effort that includes the Department of Veterans Affairs, civilian agencies, community leaders, advocacy groups, clinical experts and academic institutions that are dedicated to expanding the state of knowledge of PH and TBI. DCoE is part of the Department of Defense's Military Health System, which provides a "continuum of care"—from initial accession to deployment to separation—providing comprehensive health care for all servicemembers. This system is firmly committed to ensuring that every warrior receives excellent care across the spectrum of resilience, prevention, diagnosis, treatment, recovery and reintegration.

DCoE brings together eight directorates and six component centers that identifies promising practices and implements quality standards for the treatment of PH and TBI issues within the DoD. Working as an integrated group of experts, DCoE is increasing the overall effectiveness of treatment, research and education in PH and TBI to meet the needs of all warriors and their families.

- Directorates**
- ★ Clearinghouse, Outreach and Advocacy
 - ★ Communications
 - ★ Psychological Health Clinical Standards of Care
 - ★ Research, Quality Assurance, Program Evaluation, & Surveillance
 - ★ Resilience and Prevention
 - ★ Strategy, Plans and Programs
 - ★ Training and Education
 - ★ Traumatic Brain Injury Clinical Standards of Care

Component Centers

DCoE oversees six component organizations; each of which contributes unique insights, standards, clinical tools and research products to the field of PH and TBI. To ensure consistency and limit redundancy, DCoE consolidates information and data regarding research, training and clinical services from the component centers. DCoE shares this critical data and lessons learned to inform stakeholders within DoD, other federal agencies and public entities on promising practices and to improve services that support the members of our U.S. Armed Forces, veterans and their families.

- ★ Center for Deployment Psychology
- ★ Center for the Study of Traumatic Stress
- ★ Defense and Veterans Brain Injury Center
- ★ Deployment Health Clinical Center
- ★ National Center for Telehealth & Technology
- ★ National Intrepid Center of Excellence



Center for Deployment Psychology

www.deploymentpsych.org



CDP trains military and civilian psychologists as well as other mental health professionals to provide high-quality deployment-related behavioral health services to military personnel and their families. CDP is an innovative DoD training consortium that was created to promote the education of psychologists and other behavioral health specialists about issues pertaining to the deployment of military personnel.

Goals + Objectives

To achieve its mission, CDP has established the following goals and objectives:

- ★ Develop and conduct courses for military and civilian behavioral health professionals, residents, interns and other professionals-in-training on the treatment of military personnel, veterans and their family members throughout the deployment cycle.
- ★ Promote a multidisciplinary approach to the behavioral health care and treatment of military personnel and their families.

U.S. Air Force photo by
Staff Sgt. Robert Barney

Center for the Study of Traumatic Stress



www.centerforthestudyoftraumaticstress.org

CSTS was established in 1987 to address Defense Department concerns about psychological, behavioral and health care consequences resulting from threat or exposure to weapons of mass destruction, as well as more common accidents among military and civilian populations. CSTS conducts research and provides education and consultation on the psychological effects and health consequences of traumatic events.

Goals + Objectives

- ★ Train behavioral health providers to address the unique needs of underserved military populations including reserve component members, retirees and their family members.
- ★ Increase the awareness of the deployment-related behavioral health needs of servicemembers and their families.
- ★ Conduct research on the deployment-related needs of servicemembers and their families, in addition to the interventions aimed at addressing these needs. Make recommendations and proposals that support deployment-related policy and program development, operations and management based on psychological research.

Goals + Objectives

To achieve its mission, CSTS has established the following goals and objectives:

- ★ Develop and carry out research programs to extend knowledge of the medical and psychiatric consequences of trauma, disaster, terrorism and bioterrorism.
- ★ Educate public and private agencies on how to prevent or mitigate negative consequences.
- ★ Consult with the private sector and government agencies on medical care of trauma victims, their families and communities, and their recovery following traumatic events, terrorism and bioterrorism.
- ★ Maintain an archive of medical literature on the health consequences of trauma, terrorism and bioterrorism for individuals, families, organizations and communities.
- ★ Provide opportunities for post-doctoral training of medical scientists to research the health consequences of trauma, disaster, terrorism and bioterrorism.

Defense and Veterans Brain Injury Center



www.dvbic.org

DVBIC provides state-of-the-art medical care, innovative clinical research initiatives and professional educational programs for TBI through collaboration with the military, VA and civilian health partners, local communities, families and individuals affected by TBI. The center brings together a comprehensive network of 19 sites throughout DoD and VA (including two civilian sites) and conducts a robust research program providing expertise to the Defense Department on TBI issues.

Goals + Objectives

To achieve this mission, DVBIC has established the following goals and objectives:

- ★ Develop and provide advanced TBI-specific evaluation, treatment and follow-up care for all military personnel, family members and veterans with brain injury.
- ★ Conduct clinical research that defines optimal care and treatment for individuals with TBI.
- ★ Develop and deliver effective educational materials for the prevention and treatment of TBI and management of its long-term effects.

U.S. Air Force photo by
Tech. Sgt. Jason W. Edwards



**Deployment
Health Clinical
Center**

www.pdhealth.mil



DHCC provides care assistance and medical advocacy for military personnel and families with deployment-related health concerns. DHCC serves as a catalyst and resource center for the continuous improvement of deployment-related health care across the military health care system. Located at Walter Reed Army Medical Center in Washington DC, DHCC is designed to assist clinicians in the delivery of post-deployment health care by fostering a trusting partnership between military men and women, their families and their health care providers to ensure the highest quality care for those who make sacrifices in the world's most hazardous workplace.

Goals + Objectives

To achieve this mission, DHCC has established the following goals and objectives:

- ★ Provide direct health service delivery through referral care for individuals with deployment-related health issues, clinical consultation and primary health care quality improvement programs.
- ★ Conduct outreach and provider education by developing and disseminating deployment health care promising practices through clinical practice guidelines, health information, health risk communication strategies and clinical education programs.
- ★ Perform deployment-related clinical and health services research that uses science to advance the effective delivery of deployment-related health care.

National Center for Telehealth & Technology (T2)



www.t2health.org

T2 was established as a DCoE component center in 2007 with the charter of operating a comprehensive program to develop, evaluate, research, standardize and deploy new and existing technologies for PH and TBI. The center trains and equips providers with promising practices for the treatment and prevention of PH and TBI problems using state-of-the-art technology. T2's central focus is identifying and advancing emerging telehealth technologies within DoD, and ensuring their integration in a manner that improves access to optimal care. It also serves as the central coordinating agency for DoD research, development and implementation of technologies for providing enhanced diagnostic, treatment and rehabilitative services.

To achieve this mission, T2 has established the following goals and objectives:

- ★ Develop PH and TBI telehealth standards, processes and review mechanisms.
- ★ Act as a DoD resource for use of advanced technologies for PH and TBI care.

Goals + Objectives

Goals + Objectives

- ★ Coordinate telehealth services to educate, prevent, screen, assess and treat PH and TBI by researching, evaluating, validating and deploying technological approaches to PH and TBI care.
- ★ Train PH and TBI providers on best practice treatment and prevention approaches using state-of-the-art technological application

National Intrepid Center of Excellence



NICoE was dedicated in June 2010. It is designed to be the leader in advancing world-class PH and TBI research, treatment and education for servicemembers, veterans and their families. Ideally situated on the National Naval Medical Center campus, this facility has close access to the Uniformed Services University, the National Institutes of Health and the National Library of Medicine. NICoE was built and equipped through the generosity of the Intrepid Fallen Heroes Fund, the Fisher family and the American public. It will provide the best in assessment, diagnosis, treatment planning and long-term follow-up for PH and TBI. It will be a proving ground for the initiatives, guidelines and training developed by DCoE and provide a base for clinical research into the PH and TBI issues that impact our servicemembers and their families.

Goals + Objectives

NICoE is committed to providing long-term follow-up and family contact.

It will serve as:

- ★ The hub for PH and TBI promising practices.
- ★ The referral center for patients with complex care needs.
- ★ The model of interdisciplinary diagnostic and treatment planning in a family-focused, collaborative environment.
- ★ The exemplar of hospitality in support of physical, mental and spiritual healing.
- ★ The knowledge source that applies evidence-based medicine and approaches which elevate the highest level of care on a global scale.
- ★ The education platform for the dissemination of next generation standards of care.
- ★ The repository for neuro-cognitive military and civilian academic research.



DoD photo by
Cherie Cullen

DCoE works to support warriors and their families throughout the entire deployment cycle and beyond. In order to provide the best care and resources available, DCoE participates in a wide variety of initiatives. Below is a snapshot of what DCoE accomplishes; for a complete list and description go to www.dcoe.health.mil/WhatWeDo.

Provides resources for servicemembers, veterans, families, clinicians, educators, support personnel, clergy and researchers.

DCoE provides a range of resources to both the military and the general public on PH and TBI concerns, including, but not limited to, the Real Warriors Campaign, the DCoE Outreach Center, afterdeployment.org, the inTransition program, the Sesame Street Talk, Listen, Connect initiative, monthly educational webinars on various topics and more. Learn about all of DCoE's projects at www.dcoe.health.mil.

Coordinates and facilitates research activity.

DCoE plays a leadership role in the development of research investment strategies for agencies that have funds, such as Congressionally Directed Medical Research Programs and the Army's Telemedicine and Advanced Technology Research Center. DCoE assumes this role by leveraging collaboration of evolving science to benefit servicemembers; facilitating the translation of research into practice; and minimizing the redundancy of PH and TBI research efforts.

Develops and updates clinical practice guidelines (CPGs) that establish DoD standards of care.

CPGs are recommendations that improve the consistency of available treatments based on evidence from systematic review and synthesis. DCoE worked closely with its component centers to create CPGs for the management and treatment of TBI in-theater and to develop evidence-based guidelines for comprehensive care for severe injuries and clinical guidance related to cognitive rehabilitation. DCoE also partners with the VA, DoD and the military services to develop CPGs on mild TBI, major depressive disorder, substance abuse, PTSD, bipolar disorder and chronic opioid dependence.

DCoE collaborates with the services and DoD to develop in-theater protocols to ensure early identification and intervention for those exposed to potentially concussive events and those with psychological health concerns.

DCoE collaborated with the services and DoD to revise in-theater guidelines for the management of concussion in order to facilitate early detection and treatment and minimize the effects of concussion. The revised guidelines were codified in a directive-type memorandum.

Trains medical providers to deliver evidence-based modalities.

Through CDP, T2 and DVBIC, DCoE trains providers from DoD, federal agencies and the civilian sector in the use of state of the art, evidence-based treatments for PTSD and virtual reality exposure therapy; and provides TBI train-the-trainer education to health educators. DVBIC developed a mild TBI training module for nursing students at the Uniformed Services University of the Health Sciences; hosts an annual TBI military training event to train military and civilian providers on evidence or consensus-based treatments of TBI; trained providers and psychologists in the use of the Automated Neuropsychological Assessment Metrics; and trains and facilitates access to TBI grand rounds at Walter Reed Army Medical Center to all treatment facilities.

Furtheres the use of telehealth services to increase access to care for warriors and their families.

DCoE established a Federal Partners Exploratory Committee on telemental health to create a collaborative network of care for rural and underserved locations. This network of care provides various rural patients with treatment via telehealth technologies, which includes web-based applications. Additionally, T2 led in the coordination and development of Tricare's web-based assistance program.

Contributes to suicide prevention efforts.

The loss of any servicemember to suicide is one too many. Using the Suicide Prevention and Risk Reduction Committee as its vehicle, DCoE consolidates standard surveillance information regarding suicide events across the services, including risk and protective factors. The SPARRC ensures that suicide prevention is a coordinated, joint service effort.

Partners with DoD, VA and a national network of military and civilian agencies, community leaders, advocacy groups, clinical experts and academic institutions to improve available resources for PH and TBI.

Examples of DCoE's collaboration efforts include working relationships with the Department of Labor's America's Heroes at Work program; the Telemedicine and Advanced Technology Research Center; and Community Based Warrior Transition Units. DCoE is sponsoring multiple studies with RAND, Inc., and conducting an evaluation of the top 20 most promising PH and TBI programs.

Outreach Center 24/7

The DCoE Outreach Center provides confidential assistance, tools, tips and resources dealing with psychological health issues and traumatic brain injury. Trained psychological health care professionals are available 24/7 to help navigate and find pertinent resources and services for servicemembers, veterans, families, health care providers, military leaders and employers when they need it most.

Call: 866-966-1020

E-mail: resources@dcoeoutreach.org

Chat: www.dcoe.health.mil/24-7help.aspx

Real Warriors Campaign

The Real Warriors Campaign is a DoD-sponsored public education initiative designed to encourage help-seeking behavior among servicemembers and veterans with invisible wounds. DCoE launched the campaign to eradicate the belief that seeking care could harm warriors' careers; cost them the respect of their unit leadership or fellow warriors; or make them appear weak. The campaign creates an environment in which asking for help is a sign of strength. Through public service announcements the campaign reaches more than one million servicemembers each week via the Armed Forces Radio and Television Service, national television and radio stations.

Check out the Real Warriors Campaign website at www.realwarriors.net to learn more about the campaign, view video profiles of warriors who have received care, and find valuable resources.

Get Involved!

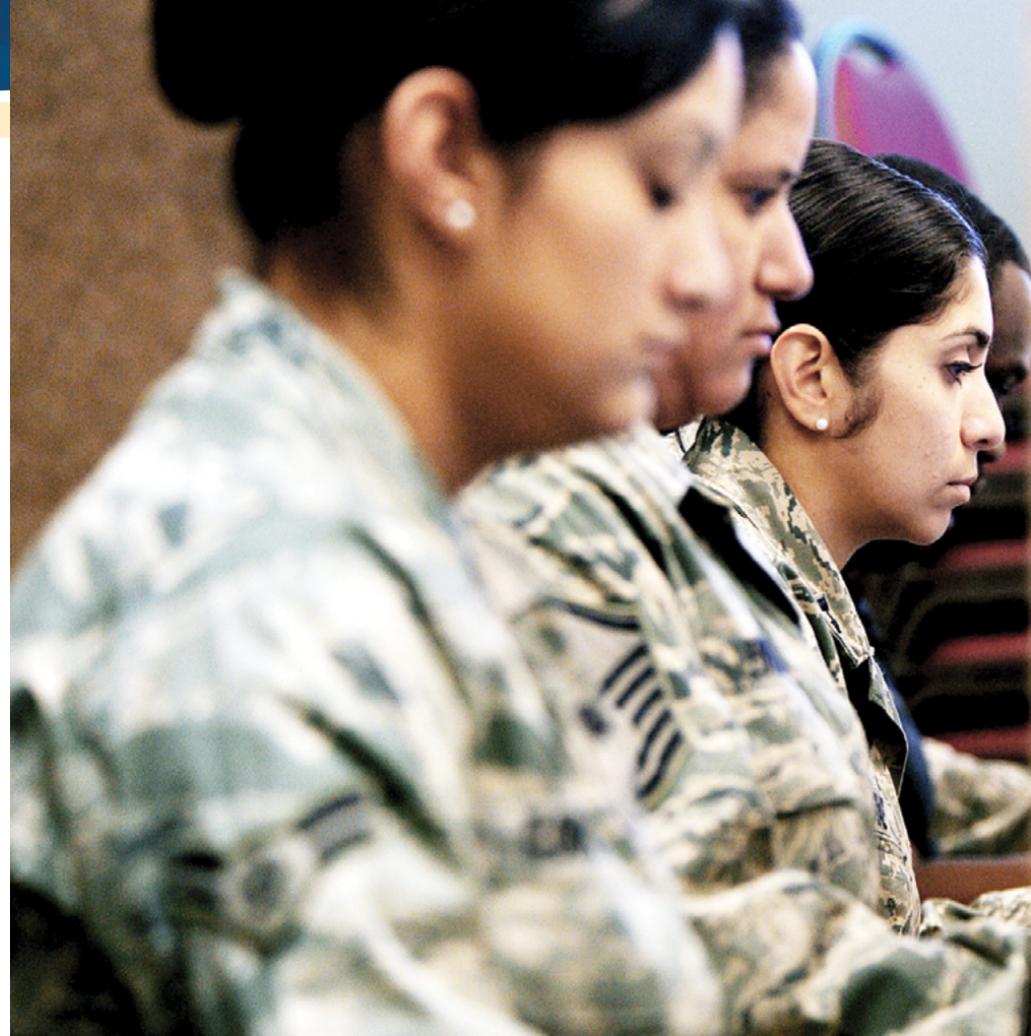
Conferences and Training

DCoE hosts and co-hosts conferences throughout the year, including the Suicide Prevention Conference, the Warrior Resilience Conference and the Trauma Spectrum Disorders Conference. Additionally, DCoE holds monthly webinars on a wide range of topics that impact servicemembers, veterans and families. To find up-to-date information about DCoE's conferences, webinars and training events visit www.dcoe.health.mil/training.

"DCoE in Action" Newsletter

DCoE publishes monthly e-newsletters to provide information on current DCoE initiatives, spotlight leadership and promising practices, and encourage innovation in PH and TBI. To subscribe to "DCoE in Action," please visit www.dcoe.health.mil/subscribe.

U.S. Air Force photo by
Airman 1st Class Joshua Green



Media Inquiries To set up an interview with a subject matter expert or to find out more about DCoE, members of the media should contact DCoEmedia@tma.osd.mil.

Online www.dcoe.health.mil
DCoE's website provides resources and information for warriors, veterans, families and health care providers.

afterdeployment.org
This website provides educational resources and skills-development exercises aimed at overcoming challenges to the adjustment process following a deployment.

Social Networking Do you tweet? Are you on Facebook? Or maybe just an avid blog reader? Check out DCoE's social media efforts!
 www.facebook.com/dcoepage | www.facebook.com/realwarriors
 twitter.com/dcoepage | twitter.com/realwarriors
 www.dcoe.health.mil/blog

Real Warriors Watch videos of warriors sharing their experiences, download valuable resources and learn more about the Real Warriors campaign at www.realwarriors.net.



Online

www.dcoe.health.mil
www.realwarriors.net



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