The CENTER for DEPLOYMENT PSYCHOLOGY

Preparing Providers to
Care for Warriors and Their Families

Presented by David Riggs
at
The APA Education Leadership Conference
September, 2010

Mission

To train military and civilian mental health providers to deliver high quality deployment-related behavioral health services to military personnel and their families

The Impact of Deployment

Approximately 4 Million Parents have had a child Deployed

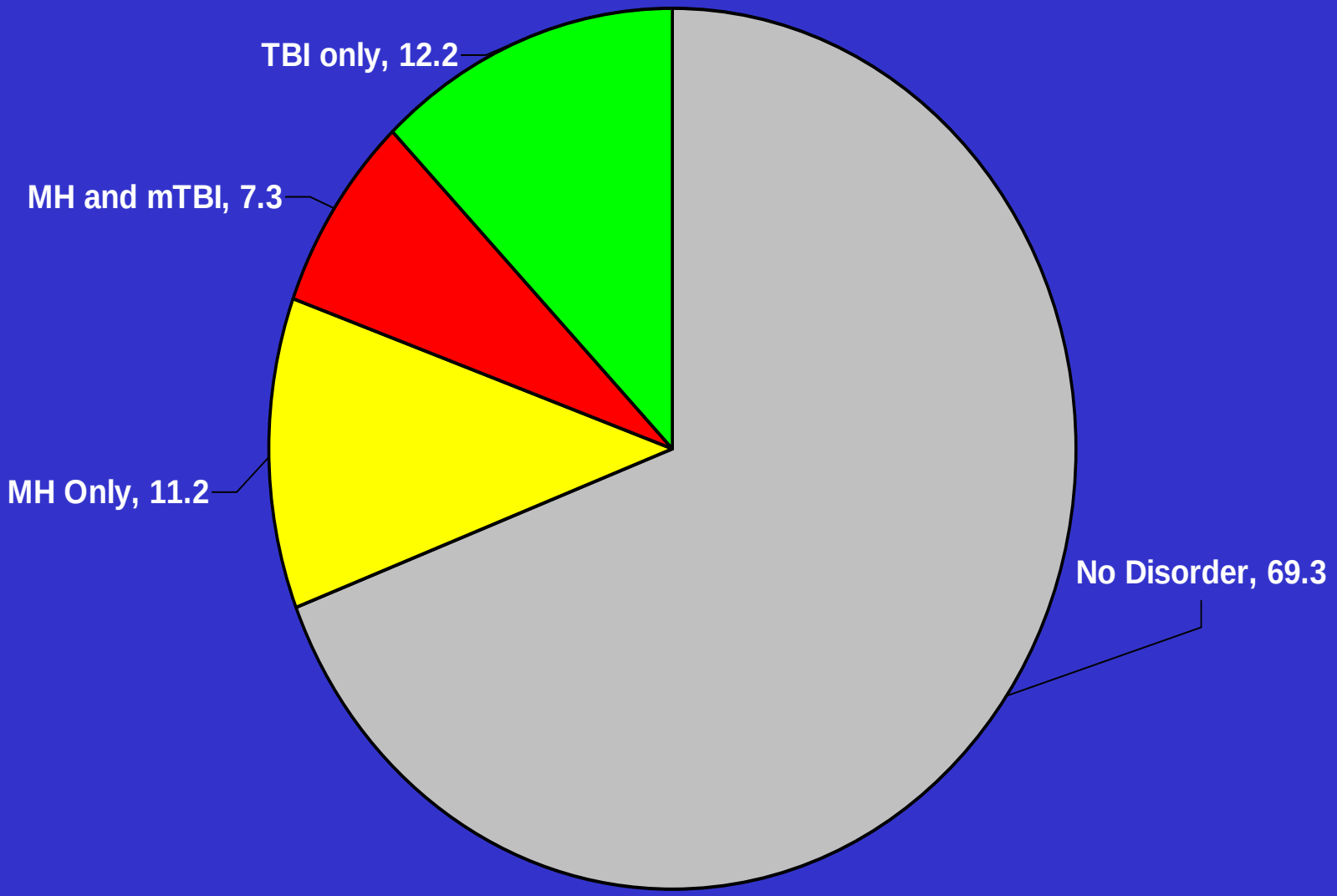
Approximately 2 Million People with a Sibling Who has Deployed

Approximately 2 Million Service Members Deployed

Approximately 1 Million Spouses Coping with Deployment

Approximately 2 Million Children have had a Parent Deployed

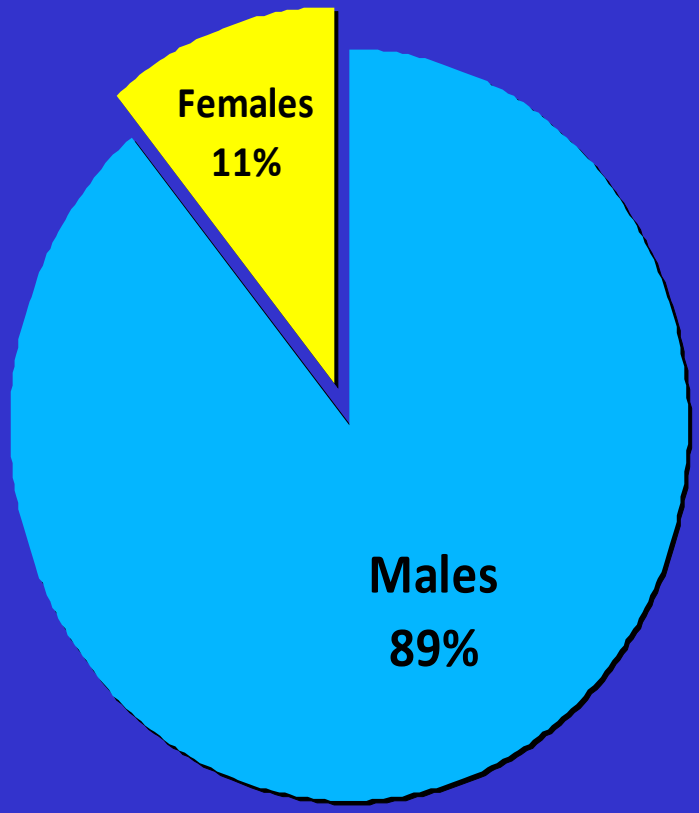
Emotional Distress Reported from RAND Report



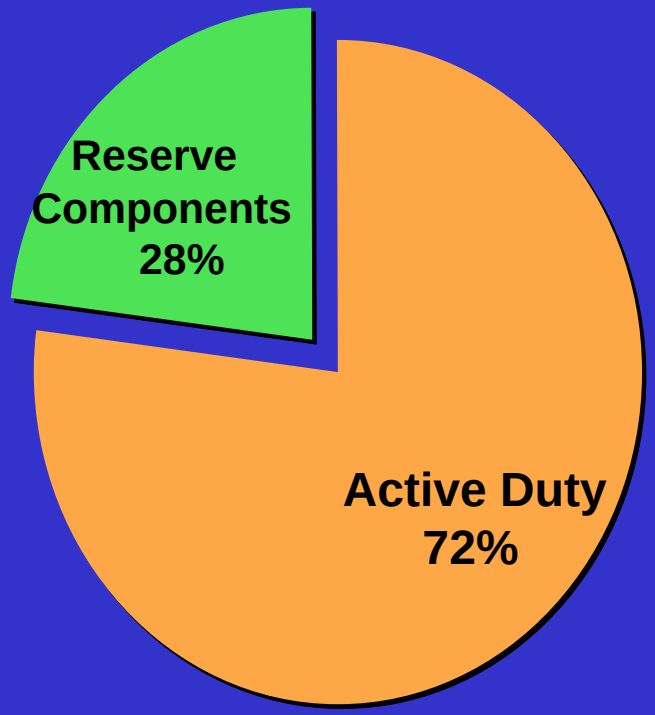
Total Deployed to OIF & OEF

1,991,578 as of 31 AUG 2009

Gender

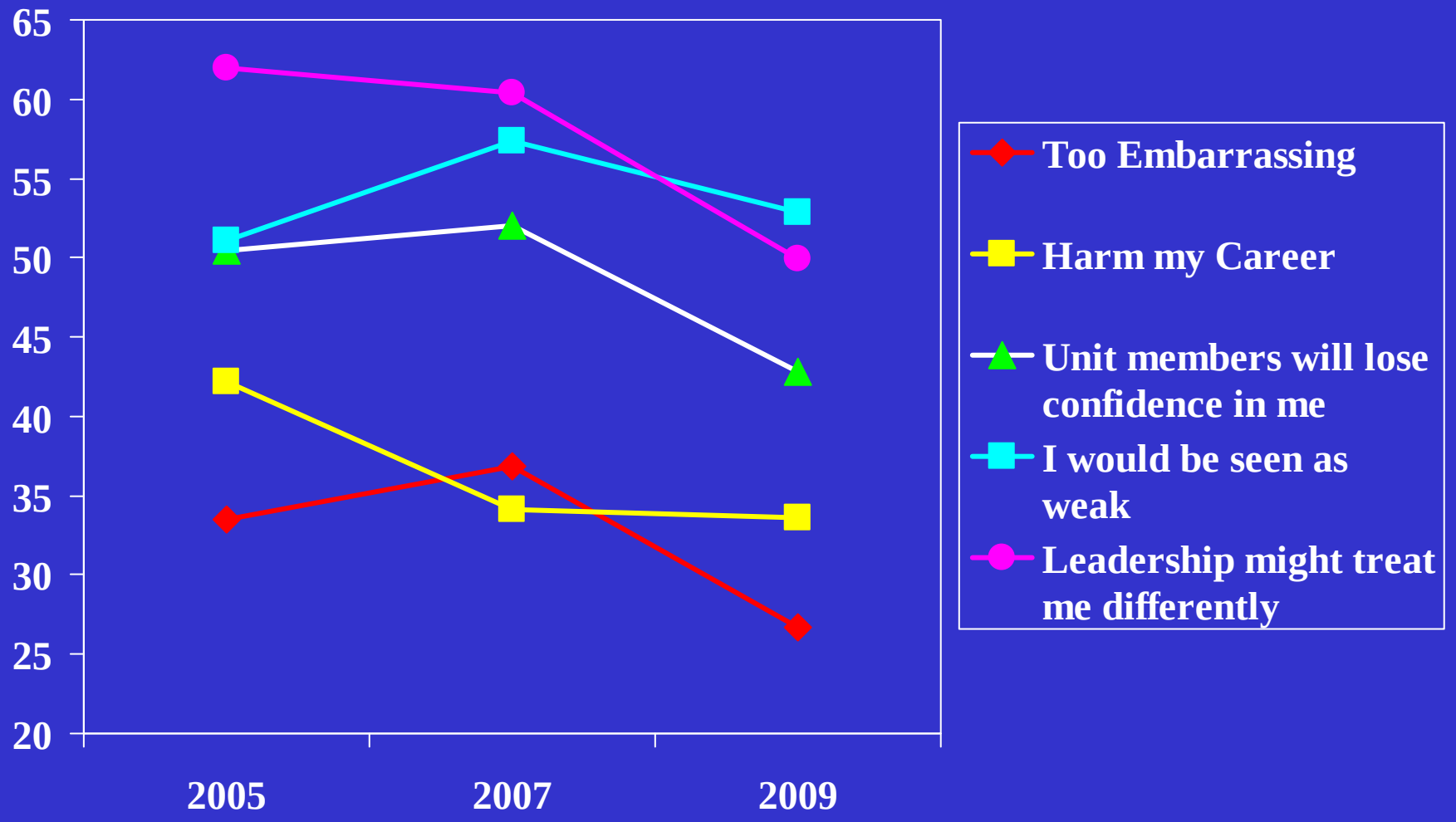


Active Duty vs Reserve Components



Data from Defense Manpower, Office of the Asst Sec of Def for Public Affairs

Stigma Issues Reported by OIF Service Members



Perceived Stigma

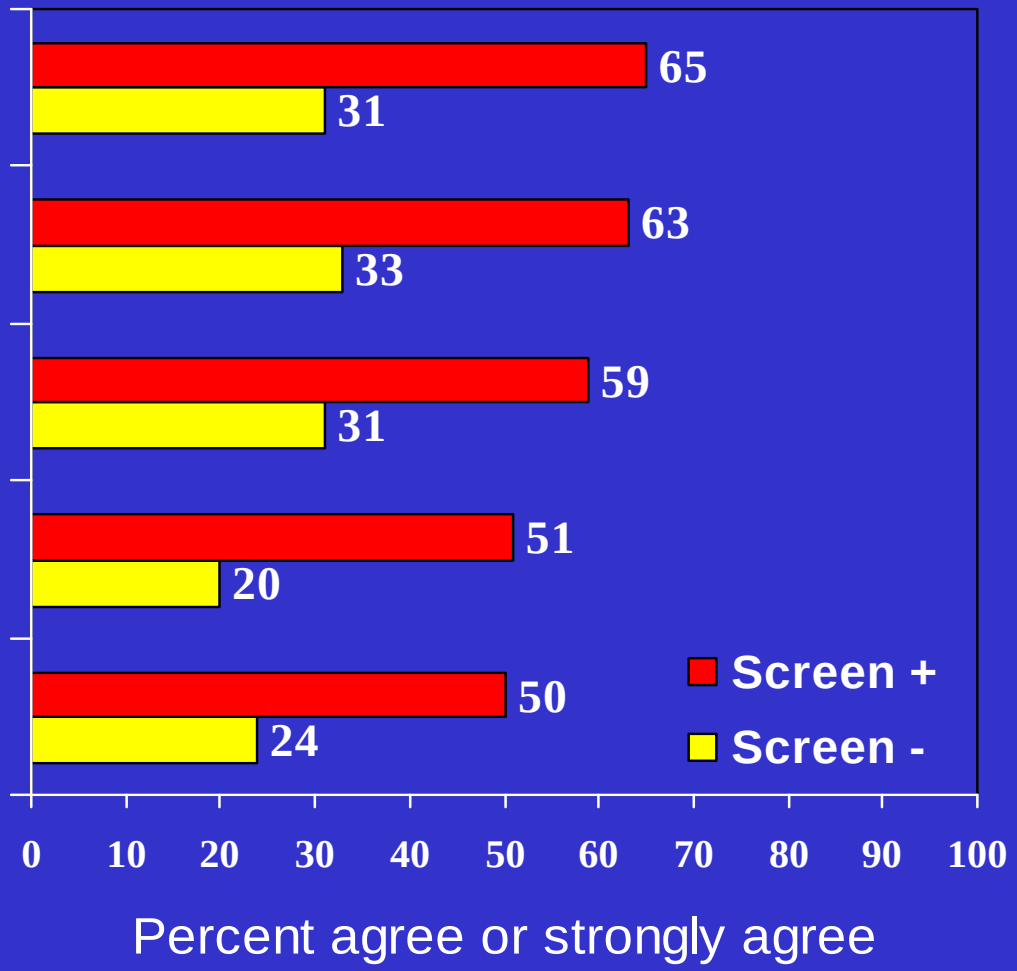
I would be seen as weak.

My unit leadership might treat me differently.

Members of my unit might have less confidence in me.

My leaders would blame me for the problem.

It would harm my career.



- From Hoge, et. al, New Engl J of Med, 2004

Other Perceived Barriers to Mental Health Care

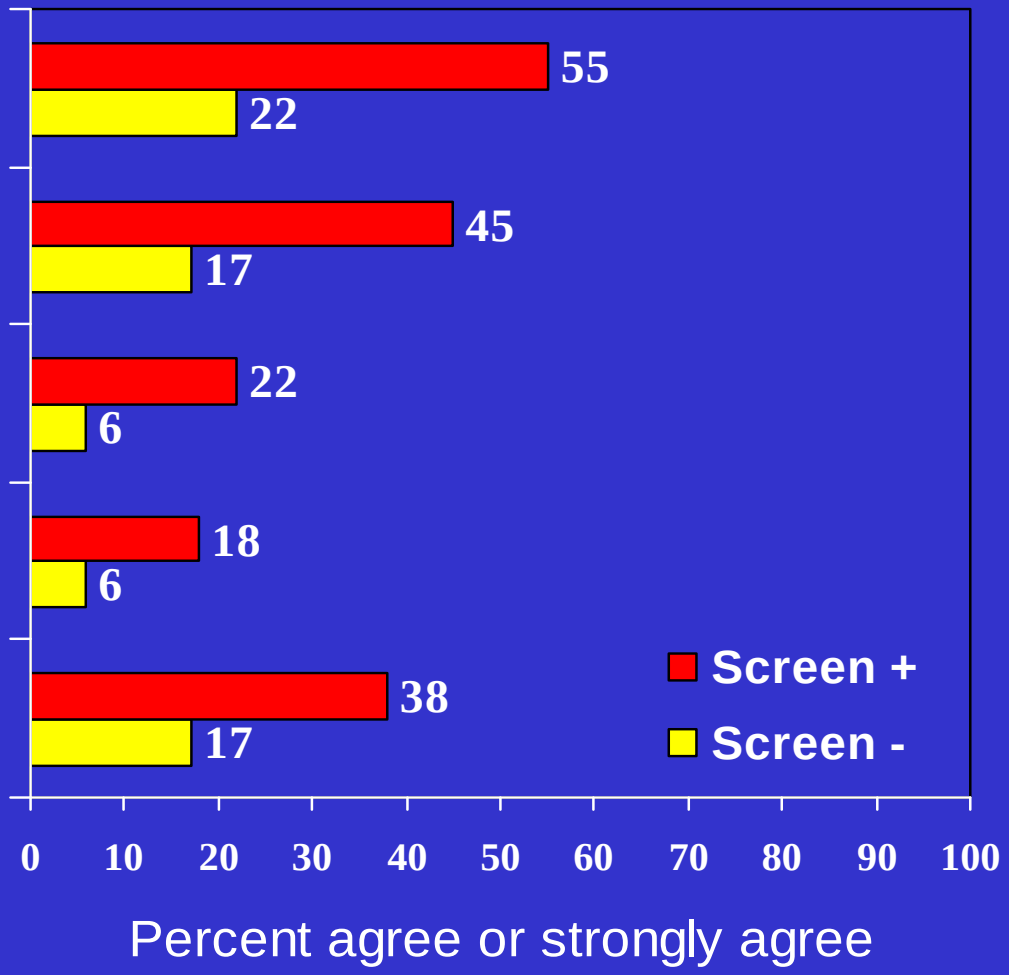
There would be difficulty getting time off work for treatment.

It is difficult to schedule an appointment.

I don't know where to get help.

I don't have adequate transportation.

I don't trust mental health professionals.



• From Hoge, et. al, New Engl J of Med, 2004

Development of the Center for Deployment Psychology

- Collaborative effort: Army, Navy, Air Force, USUHS, HMJF, and 10 MTF's
- Planning committee including senior psychologists from the Army, Navy, Air Force, USUHS and APA
- Established model of intensive training workshop
- Identified four areas of emphasis for training programs
  - Deployment stress through the deployment cycle
  - Trauma and Resilience
  - Families and Reintegration
  - Serious physical injuries
- Curriculum Planning Conference brought together SMEs from military, VA and civilian communities

Center for Deployment Psychology Structure

Hub and spoke model

Hub at USUHS
- Headquarters
- Advanced Training Institute

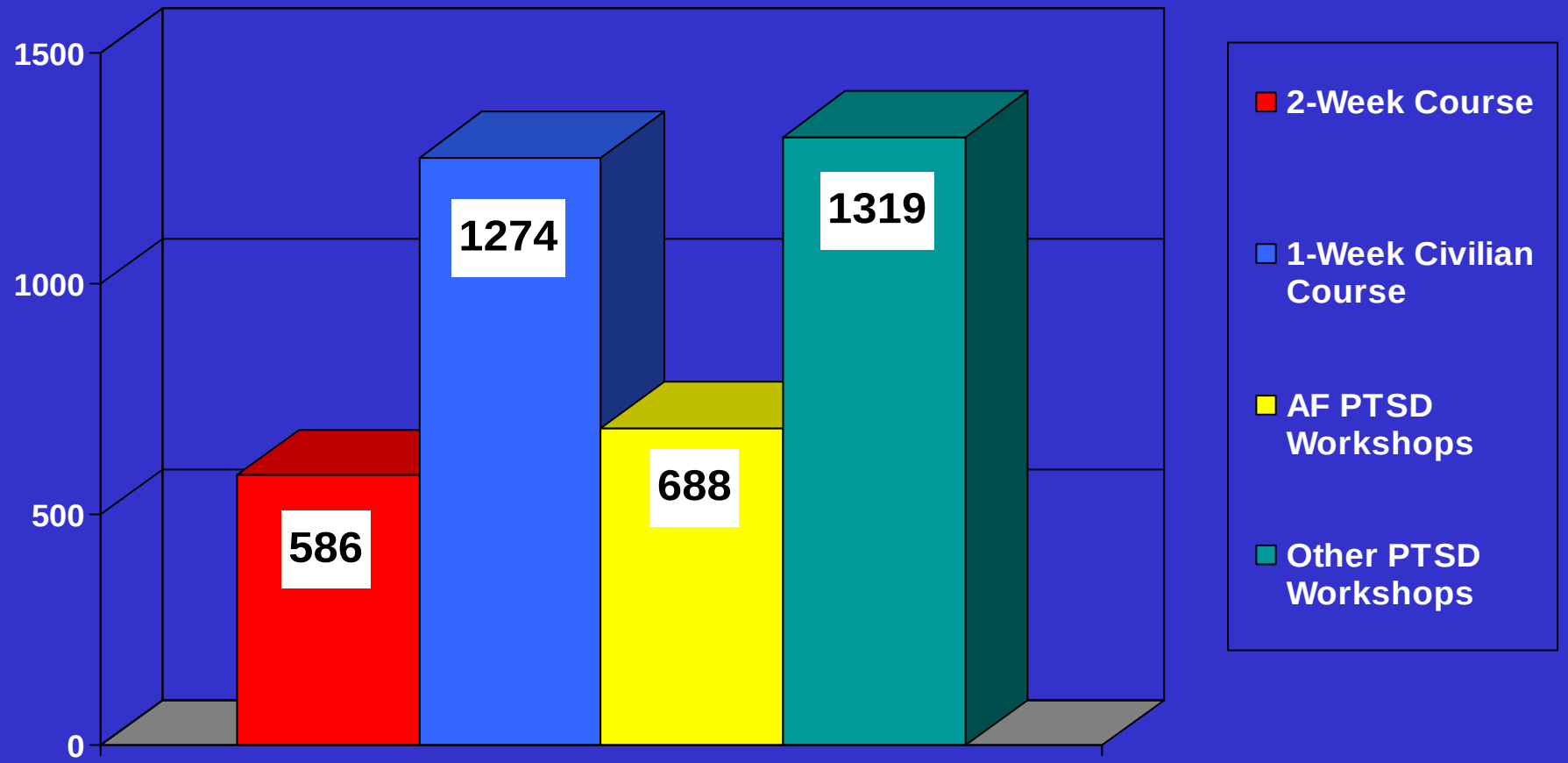
Spokes at each of 11 MTFs
- Sites of DoD APA-accredited clinical psychology internship programs



Center for Deployment Psychology Programs

- **Two-week Course – Military/DoD audience**
  - ***Topics in Deployment Psychology***
- **One-week Course - Civilian Provider audience**
  - ***Addressing the Psychological Health of Warriors and Their Families***
- **Mobile Training Teams –**
  - **Evidence-based treatment programs**
  - **Continuing education programs**
- **University Counseling Center Program**
- **Online Education and Provider Support**
- **Continuing Education and Consultation**

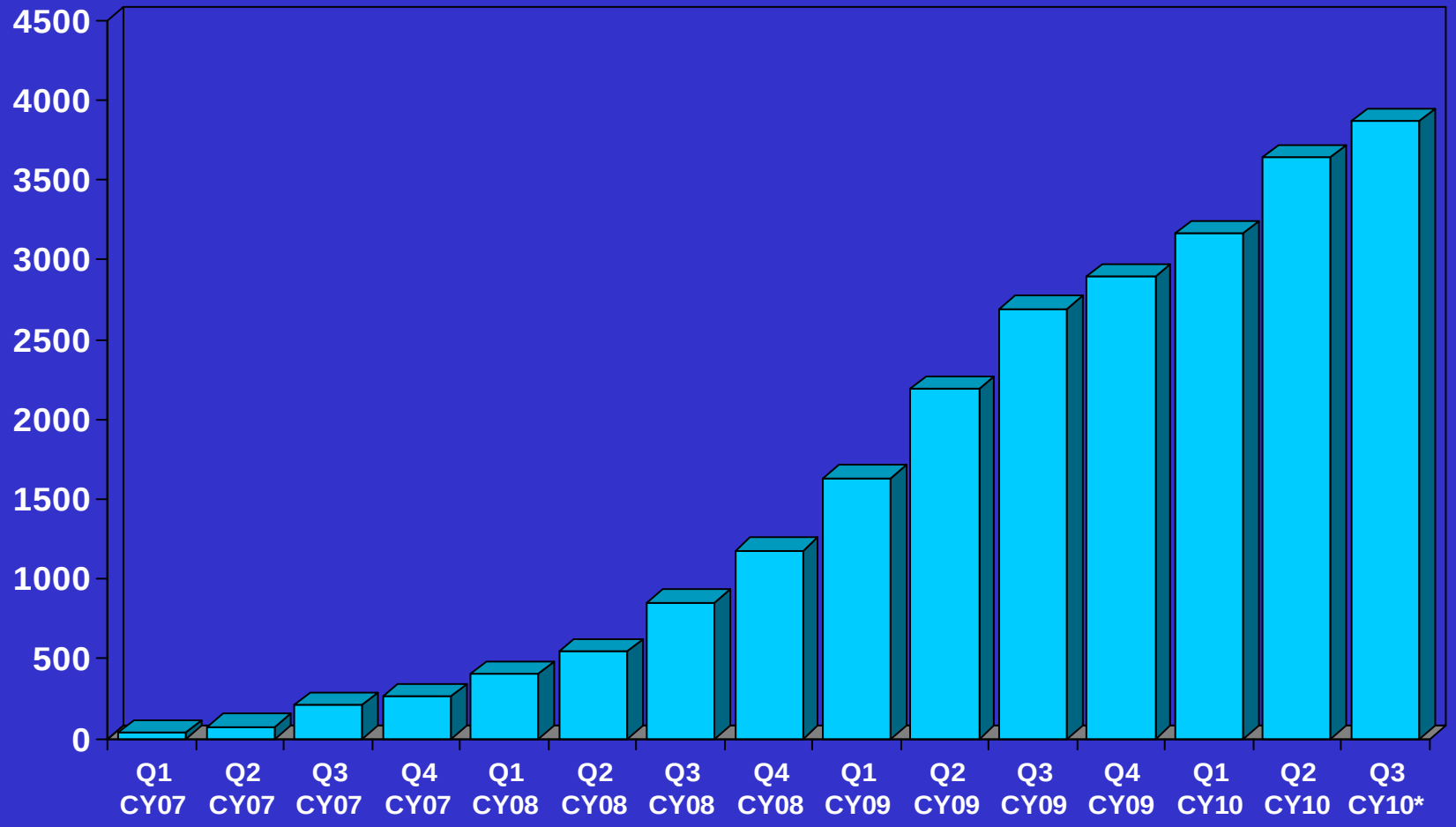
Providers Trained in EBT for PTSD through CDP Training Programs



NOTE: 2-Week and 1-Week courses include PTSD workshop material and training. Stand-alone PTSD workshops are conducted in partnership with other organizations (e.g., Services, MTFs, VA) and providers trained may be counted by those organizations as well as the CDP

Total in all training programs N = 3867

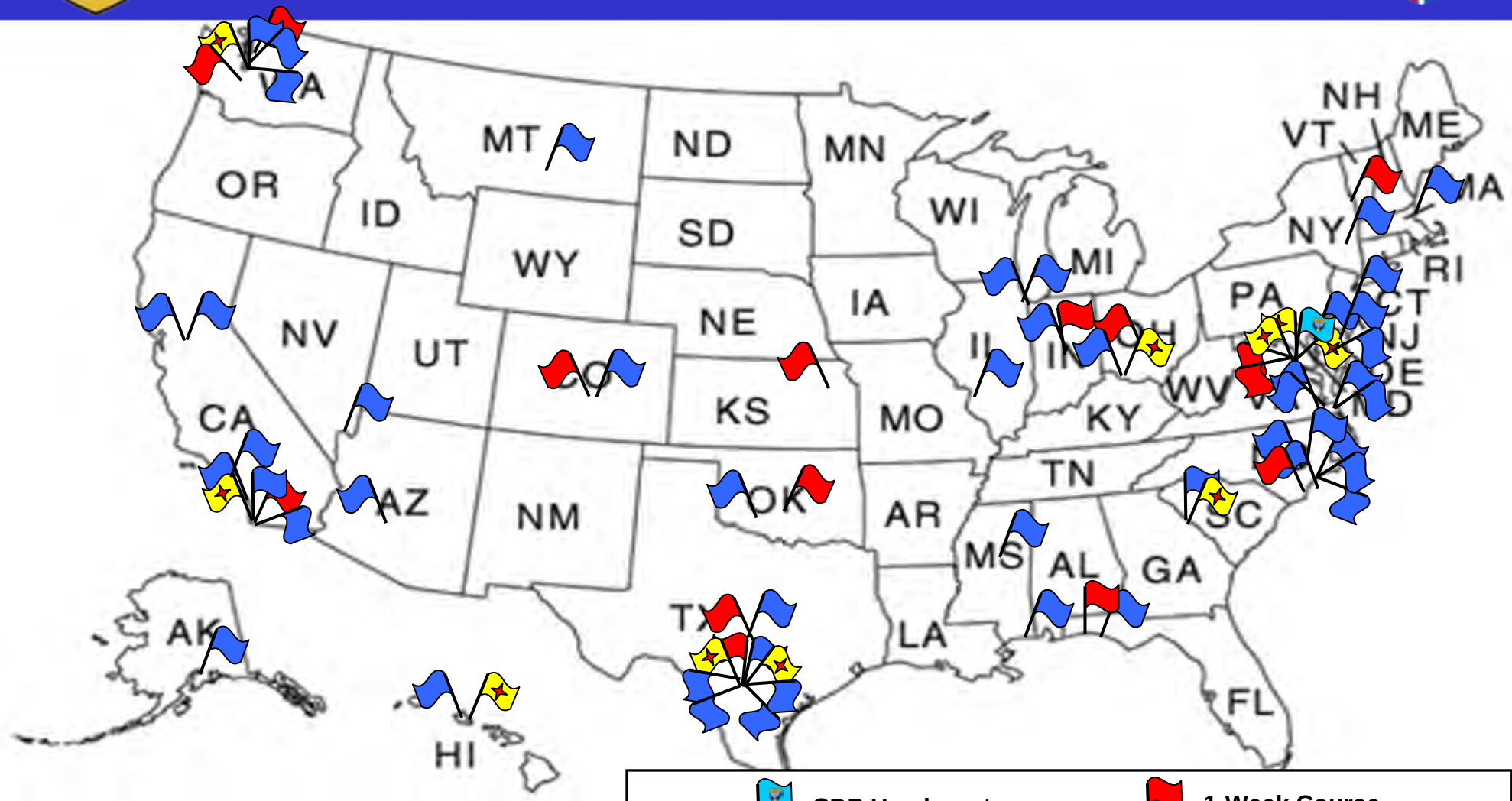
Providers Trained by CDP Cumulative Totals



Total in all training programs N = 3867

* Quarter incomplete

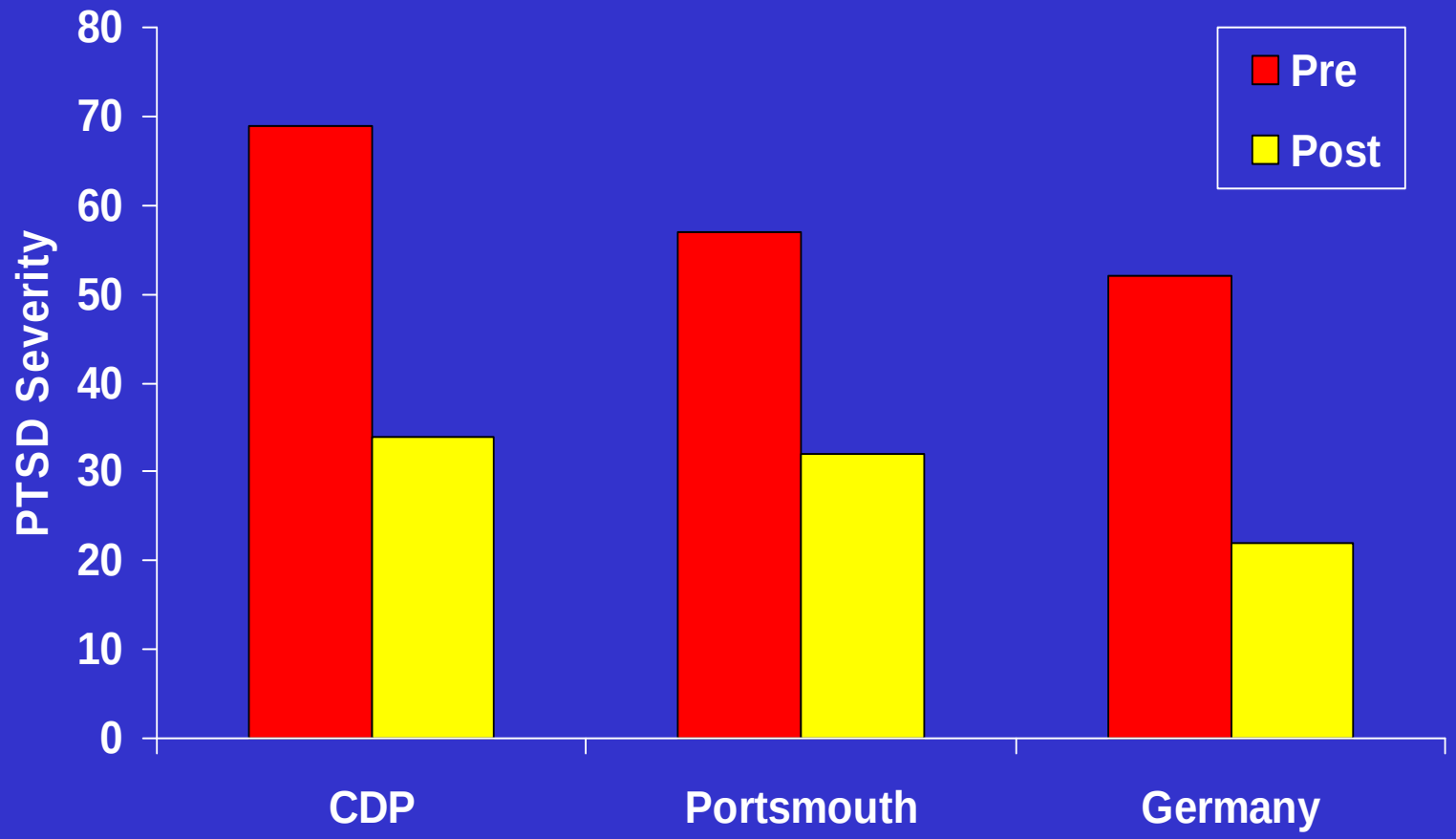
CDP Training Activities



- CDP Headquarters
- CDP Spoke Site
- 1-Week Course
- PTSD Treatment Workshop

5 Additional PTSD workshops held in Japan, England and Germany

PTSD Symptoms in OEF/OIF Service Members Treated with PE



Recent Accomplishments

March – August 2010

- **17 Workshops completed in states, Germany and Japan**
  - 750 providers trained in evidence-based treatment for PTSD
- **Partnerships with National Guard State Directors of Psychological Health (DPH)**
  - Conducted training for civilian providers in Indiana, Kansas, Washington
  - Scheduled training for civilian providers in California, Minnesota, Georgia
  - Working with Indiana and Kansas DPHs to identify trained providers to develop a referral list for service members and families
- **Initiated University Counseling Core Competency (UC3) program**
  - Over 150 University staff at 5 locations educated about experience and possible needs of Service members and veterans returning from deployment
  - Five additional locations identified and scheduled
- **Launched New CDP website (deploymentpsych.org)**
  - New online learning module
    - Families and Deployment Stress: Focus on Children
  - Two new online modules under development
    - Mild Traumatic Brain Injury
    - Provider Self-Care: An Ethical Obligation
  - New Provider Portal
    - Online consultation
    - Provider resources
- **Developed new Training workshop in evidence-based treatment and insomnia**
- **Partnered with VA and T2 to develop mobile Apps to facilitate PTSD treatment**

New Initiatives and Programs

- Partnering with State agencies to provide multiple seminars across Maryland, Pennsylvania, and Virginia

- Collaboration with National Intrepid Center of Excellence (NICoE) on training and education efforts

- Collaboration with Centers for Disease Control (CDC) to produce dissemination materials related to deployment health and mental health

- Consultation with George Mason University on a Military Mental Health Track for their graduate training programs in psychology and social work