



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury



DoD Suicide Prevention Task Force Meeting

Defense Centers of Excellence for Psychological Health
and Traumatic Brain Injury (DCoE)



Agenda

- **Road to DCoE**
- **DCoE Overview**
- **Key Accomplishments**
 - Theater of War
 - Respect-Mil
 - Real Warriors
 - Afterdeployment.org
 - 24/7 Outreach Center
- **Suicide Prevention Oversight/Surveillance**
- **Suicide Research Studies**



Road to DCoE

PH/TBI Program Requirements

Task Force Documents

Emerging Requirements

Five Guiding Principles

- Furnish strong, visible leadership and the necessary resources
- Create, disseminate, and maintain excellent standards of care
- If best practices are unavailable, conduct pilot or demonstration projects to better inform quality standards
- Monitor and revise access, quality, and program implementation to ensure standards and consistent quality are executed
- Construct a system where each individual can expect and receive the same level of service and quality of service regardless of Service, Component, status, or geographic location

Seven Strategic Goals

- 1 Expand Access to Care
- 2 Improve Quality of Care
- 3 Support Transition and Coordination of Care
- 4 Improve Screening & Surveillance
- 5 Build Resilience
- 6 Conduct Research
- 7 Build a strong culture of Leadership & Advocacy

Strategic Initiatives and Milestones → **Programs** → **Supporting Projects**

What is DCoE?

- DCoE is a DoD organization that, in close partnership with the Department of Veterans Affairs, leads a national and international collaborative network of other governmental organizations, military and civilian agencies, community leaders, advocacy groups, clinical experts and academic institutions in helping service members with psychological health and traumatic brain injury issues.
- DCoE's work focuses on assessing, validating, overseeing and facilitating programs which aid service members with resilience, recovery and reintegration for psychological health and traumatic brain injury issues.

Our core messages

- You are not alone
- Psychological and spiritual injuries are on par with physical injuries
- Treatment works. The earlier the intervention, the better
- Reaching out is an act of courage and strength

Beyond Military Medicine

A cultural transformation initiative aimed at transforming military culture to a proactive method of operations from entry to transition out of Service. It seeks to increase force readiness by strengthening individuals and units, assessing and treating physical, psychological and spiritual concerns early, and providing support networks for successful reintegration.

➤ **Resilience**

- A set of actions and attitudes that prepare individuals and groups for adapting to challenging situations; establishing a “new normal;” and realizing one’s potential for growth

➤ **Recovery**

- Assessing and treating physical, psychological and spiritual issues

➤ **Reintegration**

- Providing support networks for successful reintegration

DCoE: Center of Centers

DCoE's Six Component Centers

- **Center for Deployment Psychology**
 - <http://www.deploymentpsych.org/>
- **Center for the Study of Traumatic Stress**
 - <http://www.centerforthestudyoftraumaticstress.org/>
- **Defense and Veterans Brain Injury Center**
 - <http://www.dvbic.org/>
- **Deployment Health Clinical Center**
 - <http://www.pdhealth.mil/>
- **National Center for Telehealth & Technology**
 - <http://www.t2health.org/>
- **National Intrepid Center of Excellence**
 - Opening in Spring 2010, [Web site coming soon](#)
 - “Global network of networks”

Scope of DCoE

Directorates

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

Theater of WAR

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RESPECT-Mil

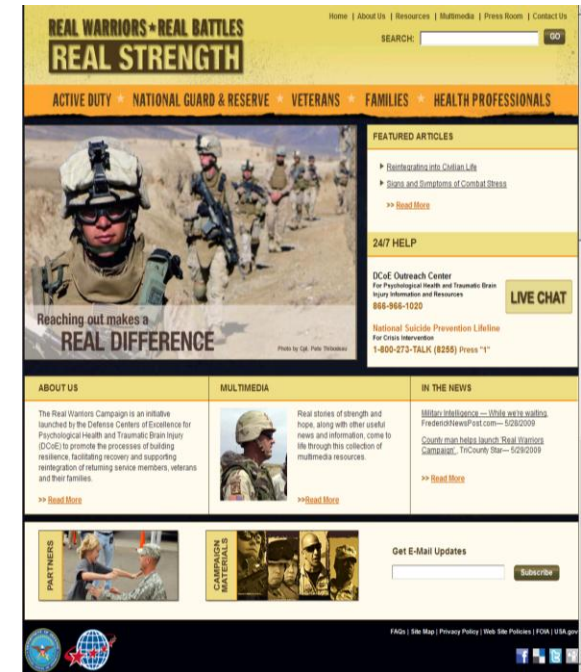
- **RESPECT-Mil** stands for *Re-Engineering Systems of Primary Care Treatment in the Military*
 - A treatment model designed by the Deployment Health Clinical Center (DHCC) to screen, assess and treat active duty Soldiers with depression and/or PTSD
 - Uses the Three Component Model (3CM) of care, featuring the coordination of Primary Care Providers, Care Facilitators and Behavioral Health Specialists in the unique service of Soldiers with behavioral health needs
 - The US Army Medical Command has directed wide implementation of RESPECT-Mil in Army primary care facilities. Tri-service implementation is in the planning stages.

Web site: www.pdhealth.mil/respect-mil

Real Warriors Campaign

“Real Warriors. Real Battles. Real Strength”

- Realwarriors.net, includes information for
 - Active duty service members
 - Guard & Reserve
 - Veterans
 - Families/Loved ones
 - Health professionals
- The Web site includes
 - Feature articles/Message board/Blog
 - Chat Function
 - Profiles featuring Real Warriors telling their stories
 - Complete deployment cycle guidance and resources
 - Links to resources including the **24/7 DCoE Outreach Center**, National Suicide Prevention Lifeline
 - Multimedia products/Campaign materials



Call 24/7: 866-966-1020

- **Afterdeployment.org (AD)** is a wellness resource for the entire military community
 - An online mental wellness and behavioral health Web site created in collaboration with the National Center for Telehealth and Technology (T2) to address post-deployment issues for all service members, veterans and military families
 - Provides web-based tools that focus on common post-deployment problems such as PTSD, depression, anger, and relationship issues
 - Users can take assessments, view video-based testimonials, and access narrator-guided workshops

Web site: www.afterdeployment.org

DCoE's 24/7 Outreach Center

- Assist service members, veterans, families, leaders, health care providers to navigate the system of care and connect them with the resources needed to promote resilience, recovery and reintegration
- **Ways to connect for support:**
 - Toll-free: **866-966-1020**
 - E-mail: Resources@dcoeoutreach.org
 - Online Chat at the Real Warrior Campaign's Web site: RealWarriors.net

DoD/VA Suicide Prevention Conference

2nd DoD/VA 2010 Suicide Prevention Conference: *Building Strong and Resilient Communities*

- Expand knowledge of suicide prevention and leadership training to quickly identify and support service members in distress
- Offer four focused tracks: clinical intervention, multi-disciplinary, practical applications/tools and research
- Share stories about the struggles and triumphs in dealing with suicide issues
- Provide a collaborative forum to discuss all prevention and risk-reduction activities, policies and best practices

January 10-14, 2010

Hyatt Regency Washington (D.C. – Capitol Hill)

To register, please visit:

<https://www.eiseverywhere.com/ereg/index.php?eventid=6885>



Suicide Prevention Oversight

The DoD Suicide Event Report (DoDSER)

- Managed by the National Center for TeleHealth and Technology (T2), one of DCoE's six component centers
- Provides over 250 data points per suicide with details, summaries and analysis of a wide range of potential factors contributing to suicide attempts and completions

Suicide Prevention and Risk Reduction Committee (SPARRC)

- SPARRC is a forum for developing /expanding partnerships
- Committee's goal is to improve policies, programs and systems across DoD
- Group provides support for medical, line, and community leaders
- SPARRC includes representatives from all Services, VA, SAMHSA, CDC, Medical Examiners, Chaplains, Telehealth/Technology and National Guard/Reserves

Suicide Prevention Studies

RAND Center and the National Defense Research Institute (NDRI)

Collect, study, review and catalog suicide prevention activities in DoD and identify potential enhancements for current programs.

The Caring Letter Pilot Project

The Caring Letter Pilot Project is a suicide prevention outreach program that involves sending brief letters of concern and reminders of treatment availability to inpatients at high risk for suicide following psychiatric hospitalization.

The National Institute of Mental Health (NIMH)

An interdisciplinary team of four research institutions will carry out the largest study of suicide and mental health among military personnel ever undertaken, with \$50 million in funding from the U.S. Army.

Suicide Prevention and Counseling Research (SPCR)

Grant by the U.S. ARMY Medical Research and Materiel Command Military Operational Medicine Research Program. The main aim of the grant is to compare suicide rates among non-veterans (general population) and service members/veterans with and without a history of deployment in support of OIF/OEF.

QUESTIONS

