

BUMED Oral History Interview Synopsis and Key Words
Captain Richard D. Bergthold, Ph.D., Captain, MSC, USN; Deputy
Head, Wounded, Ill, and Injured Programs, Bureau of Medicine
and Surgery, U.S. Navy, Washington, D.C.

Date and Location of Interview: BUMED, Washington, D.C., 25 July 2011

Interviewer: COL Richard V.N. Ginn, USA, Ret.

SYNOPSIS

Captain Bergthold was born in 1960 in Santa Cruz, California. He graduated from Socal High School and attended Biola University on a music scholarship, majoring in piano. After two years, he changed his major to psychology, a subject that had attracted him in high school, particularly psycho-dynamic approaches to psychotherapy and understanding of the human person. He graduated with a BA in 1984, and for three years was the director of camping for a youth camp in the Santa Cruz Mountains. In 1988 he was accepted by the Rosemead School of Psychology, California, where he earned his PhD in clinical psychology in 1994.

In 1993, while still a graduate student, he married Billie Battles, was commissioned as a lieutenant, USNR, completed the Officer Development School at Newport, Rhode Island, and began his psychology internship at the National Naval Medical Center (NNMC), Bethesda, Maryland. This was followed by assignment in 1994 as a clinical psychologist and later as Head, Mental Health Department, Naval Hospital Charleston, South Carolina. Subsequent assignments were as Head, Substance Abuse Treatment Facility, Rota, Spain, 1997-2000; Assistant OIC, Navy Drug and Alcohol Program Management Activity, 2000-2003; Director of Mental Health for the Marine Corps Recruit Depot, San Diego, 2003-4; and Director, Drug and Substance Abuse, Naval Medical Center, San Diego, 2004-6.

In 2004 Captain Bergthold deployed to Iraq for a year aboard the *USS Belleau Wood* with the 11th MEU as part of Expeditionary Strike Group Three. He was the only mental health provider for 6,500 Marines, and he split his time between the *Belleau Wood* and the Marines ashore. Upon his return, he was reassigned to the Naval Medical Center, San Diego as head of the Navy's largest substance abuse rehabilitation program. In 2006 he was reassigned to BUMED in Washington, D.C, as Chief of Staff and later as Deputy Chief of the Wounded, Ill, and Injured Directorate. During this period he deployed to Kuwait from November 2009 to May 2010 as Head, Mental Health Department, Navy Expeditionary Medical Facility (EMF). In 2012, Captain Bergthold was assigned to the Walter Reed National Medical

Center as Deputy Director of Education and Training, National Intrepid Center of Excellence (NICoE), Bethesda, MD.

KEY WORDS

CNO 2006 Memorandum on Mental Health
Cognitive Processing Therapy (CPT)
Combat and Operational Stress Control (COSC)
Naval Hospital, Rota, Spain
Operational and Stress Control and Readiness (OSCAR)
Prolonged Exposure Treatment (PET)
Psychology in the Navy

GLOSSARY

BHNAS: Behavior Health Needs Assessment Survey
BTIF: Bagram Theater Internment Facility, Afghanistan
CAPMED: Joint Task Force National Capital Medical Region (JTF CapMed)
Castro, Carl A., M.D., COL, MC, USA, co-author with Charles Hoge, "Combat Duty in Iraq and Afghanistan" (See Charles Hoge)
CISM: Critical Incident Stress Management
CNO: Chief of Naval Operations
CNO Memo 2006: Memorandum, CNO for VCNO, Subject: Mental Health 28 August 2006: memo directs development and implementation of a plan to address mental health and PTSD for personnel serving in Iraq and Afghanistan, and identifies nine tasks.
Comprehensive Soldier Fitness Program; an Army initiative to develop psychological resiliency in Soldiers; fielded in 2009 under leadership of BG Rhonda Cornum, the first director.
COPSFA: Combat and Operational Psychological First-Aid Programs, U.S. Navy
COSC: combat and operational stress control
COSR: combat and operational stress reaction
CPT: cognitive processing therapy
DCoE: Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE for PH/TBI)
Cusack, John, M.D., Captain, MC, Retired; psychiatrist, Director, substance abuse treatment program, Medical University of South Carolina
DSG: Deputy Surgeon General
Ellison, Riki: former linebacker for the San Francisco 49ers and Oakland Raiders; founder and chairman of the Missile Defense Advocacy Alliance
ESG-3: Expeditionary Strike Group 3
Flaherty, Karen, RADM (Upper Half), USN, Deputy Chief, BUMED & Deputy Surgeon General, U.S. Navy

Greenert, Jonathan W., ADM, USN, Commander, U.S. Fleet Forces Command, 2007-9; Vice Chief of Naval Operations, 2009-2011; CNO, 2011 to present.

Hodges, John Reed, General, USA, CG Third Army during the Korean War.

Hoge, Charles W. M.D., Colonel, MC, USA, psychiatrist; Hoge and Carl A. Castro, et al, "Combat Duty in Iraq and Afghanistan: Mental Problems and Barriers to Care, *New England Journal of Medicine*, 1 July 2004, Vol 3, No.1, pp. 13-22.

Kass, Sara, MD, CAPT, MC; Deputy Chief, Wounded, Ill and Injured, BUMED

Koffman, Robert L., M.D., CAPT, MC; Deputy Director Clinical Operations, National Intrepid Center of Excellence, Bethesda, MD

Laraway, Lori A., CAPT, NC; Coordinator, U.S. Navy Operational Stress Control Program

M 35: Deputy Chief BUMED for Operations, Fleet Programs, M 35

Mateczun, John M., MC, VADM, USN, Commander, Joint Task Force, National Capital Region Medical

MCT: mobile care team

Medina, Joseph V., BG, USMC; CG Expeditionary Strike Group 3/Belleau Wood and Combined Task Force-58 in support of OIF-5 2003-5

MEU: marine expeditionary unit: smallest combined arms force; consists of a reinforced infantry battalion. A composite helicopter squadron, and a logistics combat element (LCE); about 2,200 Marines, commanded by a colonel.

MHAT: Mental Health Advisory Team (Army)

M&RA: Deputy Commandant for Manpower and Reserve Affairs, HQ USMC; most of the staff is located in the John Wesley Marsh Center at the Marine Corps Base, Quantico.

Mobile Care Team (MCT):

MTF: medical treatment facility

Mullen, Michael G., ADM, USN, Chairman, Joint Chiefs of Staff, October 2001-September 2011.

Nash, William P., CAPT, MC, USN; 2005-8, Director of Combat and Operational Stress Control, HQ, USMC, Quantico, VA

Navy Personnel Command (NPC): Millington, Tennessee

NCCOSC-Naval Center for Combat and Operational Stress Control

NICoE: National Intrepid Center of Excellence, Bethesda, Maryland; its mission is "to be the leader in advancing world class psychological health and traumatic brain injury treatment, education and research"

NICU: Neonatal Intensive Care Unit

OOD: Officer on Deck; analogous to Army Officer of the Day (OD)

OSCAR: Operational Stress Control and Readiness, a Marine Corps

program

OTSG: Office of the Surgeon General, U.S. Army
Pearce, Jack S., M.D., CAPT, MC; in 1998 as Division
Psychiatrist, 2d MARDIV, initiated development of OSCAR
program, and from 2001-2004 was assigned to HQ, USMC,
Washington, D.C., to develop OSCAR program for the Marines;
currently assigned as XO, Naval Health Clinic, Patuxent
River, MD.

PRT: provincial reconstruction team

Psychological Health Pathways (PHP): a standardized program
developed by NCOSC for care of wounded, ill or injured
service members based on three components: clinical
pathway, care management, and data management

Ritchie, Elspeth Cameron, M.D., COL, MC, Psychiatry Consultant
for the Army Surgeon General

Role 3 hospital: NATO Role III Multinational Medical Unit,
Kandahar, Afghanistan

Shortridge, Jack L., Ed.D.: in 2011, Regional Counseling
Director, Webster University, Charleston, S.C.

SPRINT-Special Psychiatric Rapid Response Intervention Teams
Sutton, Loree K., M.D., BG. MC, USA; first Director, Defense
Centers of Excellence for Psychological Health and
Traumatic Brain Injury (DCoE for PH/TBI)

USS *Belleau Wood*, LHA-3: amphibious assault ship, decommissioned
25 October 2005; sunk as a target 13 July 2006.

Walter Reed National Military Medical Center: under the
provisions of the 2005 Base Realignment Act (BRAC), the
Walter Reed Army Medical Center, Washington, D.C., was
closed and consolidated at Bethesda, Maryland, with the
National Naval Medical Center, Bethesda and renamed the
Walter Reed National Military Medical Center.

Westphal, Richard J., Ph.D., CAPT, NC, USN, Ret.

UNIQUE EXPRESSIONS AND TERMINOLOGY

- Fleet up: take on more responsibility; be promoted
- Lesson Learned in Patient Care: *It takes more time to try to pawn a patient off to somebody else than to just do it yourself. When a patient needs to be seen, when the work is there, do the work, do the right thing. Don't try to turf, which is a bit of a science in our field. Don't try to turf it; it will take twice as long to successfully hand it off, you could have done it two, three, four times in the time it takes you just to turf. (A lesson APT Bergthold attributes to a mentor, CAPT John Cusack, M.D., MC, USN, Ret.)*

- On standing watch officer duty as Officer on Deck, an administrative responsibility expected of all Medical Service Corps officers: *I also had the privilege -- and when I say that, I really mean that -- of standing the watch like our MSC health administrator counterparts. On my very first watch, not four months after coming into the Navy and knowing absolutely nothing about what I was doing as an administrator, my first task was to do a decedent affairs interview, with the decedent in the room along with her husband. I didn't think about this in the moment, but I look back on that now and I realize that's precisely what has kept me in the Navy. Not really just that incident, but the opportunity for exposure to a wide range of opportunities that go well beyond the delivery of mental health care. I don't know that I could do 40, 50, 60 hours a week of just seeing patients all the time. I never really thought that I would do that, or envisioned myself doing that. I like the variety, and I love the variety that being a naval officer brings, because it's not just about seeing patients.*
- To "turf" a patient: refer a problematic patient to another provider in order to lighten your load.

R. Ginn 5/26/12 as Reviewed RDB 6/6/12