

BUMED Oral History Project
Commander Jean F. Fisak, NC, USN
Deputy Director, Naval Center for Combat and
Operational Stress Control
San Diego, California

Telephonic Interview: 22 January 2014

Interviewer: André Sobocinski, Medical Historian, BUMED

SYNOPSIS

Commander Fisak was born in the Philippines and grew up in Hawaii. In 1993 she earned a B.S.N. with honors from San Jose State University, and was commissioned as an ensign, USN Nurse Corps in 1995. Her initial assignment was at the Naval Medical Center San Diego (NMCS D) where she served in the inpatient surgical sub-specialty unit and the mental health directorate. This was followed by assignment to Makakawa Health Clinic in Hawaii, where she was selected in 2002 for the Navy Duty Under Instructions Program, and commenced graduate studies in psychiatric and mental health nursing at University of Hawaii at Manoa.

After graduating with honors in 2004, she returned to NMCS D, where she functioned as the inpatient mental health clinical nurse specialist (CNS) and as a department head (DH) from 2004-7. During that period, she spearheaded an "inpatient short-stay model" that focused on stabilization of acute mental health symptoms and implementation of a seven-day inpatient treatment program. This was followed by assignment at the Naval Hospital Okinawa as the inpatient mental health DH and CNS. She led the development of the command's CNS group and stood up the Navy's first Caregiver Occupational Stress Control (CgOSC) team, providing training to 100 percent of command personnel. CDR Fisak also developed a "Stress-O-Meter" dashboard designed to measure stress levels across the command.

In 2010, CDR Fisak was transferred to the Naval Hospital Camp Lejeune (NHCL), where she served as the Division Officer, Inpatient Mental Health, and was the senior nurse in the Directorate for Mental Health. She deployed to Afghanistan in 2012 as the Officer in Charge of Mobile Care Team 7, for which she was awarded the Bronze Star for meritorious service, the third Navy Nurse receive this award since Vietnam.

In 2013, CDR Fisak was appointed Deputy Director of the Naval Center for Combat & Operational Stress Control (NCCOSC). She also serves as the Navy's Psychiatric/Mental Health Nurse Specialty Leader, a position she has held since October 2011.

She is married to Alexander Fisak, CPO, USN, Ret., and they have three children.

KEY WORDS

Behavioral Health Technician, Navy enlisted specialty
BHNAS: Behavioral Health Needs Assessment Survey
Caregiver Occupational Stress Control (CgOSC)
Combat and Operational Stress Control (COSC)
Dual Military Couples
Individual Augmentee (IA)
Medical Care Team (MCT)
Mental Health Clinical Nurse Specialist
Mental Health Inpatient Short-Stay Model
Mental Health Inpatient Ward Design
Naval Center for Combat and Operational Stress Control (NCCOSC)
Navy Medicine
Navy Nurse Corps
Operation Enduring Freedom (OEF)
Psychiatric Advanced Practice Nurse
War in Afghanistan (OEF)

R. Ginn 6/6/14