

BUMED Oral History Project
Commander Delthenia T. Mahone, NC, USN
Department Head, Deployment Health Center
Naval Hospital, Camp Pendleton, California

Date and Location of Interview: 4 June 2013, Camp Pendleton, California

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

SYNOPSIS

CDR Mahone was born and raised in Lorain Ohio, a small town outside of Cleveland near Lake Erie. She is one of six children (a seventh died as an infant). Her father, Harold Wilson, was an electrical engineer, and with his brother founded a general and electrical contracting firm for which her mother, Thomasena Wilson, was a mainstay as the company's secretary. Harold was also active in local politics, and was the president of the northeastern Ohio branch of the NAACP. CDR Mahone has three children: Nichole who is a pre-med student in college, Joshua, a computer software engineer who is entering graduate school, and Andre, an attorney.

CDR Mahone attended the University of Cincinnati after graduation from high school in 1981, but found that she was not ready to be a serious student. Impressed by the recruiting slogan "Be All You Can Be, she enlisted in the Army in 1983. After basic training at Fort Jackson, SC, and dental assistant AIT at Fort Sam Houston, TX, she was assigned to the Fort Campbell, KY Dental Activity, where she was stationed until her discharge from the Army in 1986. Back in civilian life, she completed a two-year ADN degree from Lorain County Community College in 1990, and worked as an RN at St Joseph Hospital in Lorain until her appointment as a Navy warrant officer nurse in October 1991.

Her initial Navy assignment from 1991-1996 was at the Naval Hospital Portsmouth, Virginia, where she initially worked in the internal medicine ward, and later, the psychiatric ward. In this latter duty she found that her calling was in mental health nursing. From 1996-1998 the Navy sent her as a full time student to Norfolk State University where she earned her BSN, followed by her commission as a lieutenant, Nurse Corps, in December 1998. She was then assigned to the Naval Hospital, Roosevelt Roads, Puerto Rico, followed by duty from 2001-2003 as a full time student at Wayne State University in Detroit, Michigan where she earned an MSN.

CDR Mahone's master's degree concentration was in psychiatric and mental health nursing, which has been her specialty since then with assignments at the Navy hospitals in Rota, Spain from 2003-6 and Pensacola, Florida from 2006-11. She assumed her current duties at Camp Pendleton in 2011. She has had two deployments. The first was to OIF in 2009, and then to OEF in 2012 as the OIC of Mobile Care Team Six. She was the first Nurse Corps officer to serve in that role, and this interview includes a discussion about that experience.

KEY WORDS

combat and operational stress control
military medicine
Mobile Care Team
Navy Medicine
Navy Nurse Corps
Navy warrant officer nurse
mental health/psychiatric nursing
OEF/OIF

KEY FIGURES

Adams, Barry, Ph.D., CAPT, MSC, USN; research psychologist; OIC
Mobile Care Team Five
Campbell, Justin, Ph.D., CDR, MSC, USN; research psychologist
Findalay, Rolanda, Ph.D., LT, MSC, USN; research psychologist
Gerardi, Robert D, HMCM, USN, Ret., Assistant Department Head,
Programs, Naval Center for Combat and Operational Stress
Control (NCCOSC), San Diego, CA 1998
Gilles, Phillip Jean, HM1, USN, psychiatry technician, one of
five final contestants for BUMED Sailor of the Year, 2011
Goldberg, Ruth, CDR, MSC, USN; medical social worker, Walter
Reed National Military Medical Center, Washington, D.C.
Horton, Philip A., M.D., CAPT, MC, USA, psychiatrist; Medical
Director, Residential Treatment facility, Dwight David
Eisenhower Army Medical Center, Fort Gordon, GA
Litchle, Kendra, HM2, USN; psychiatry technician
Nardulli, Patrick J., HMC, USN, Ret., Military Training
Specialist, NCCOSC, San Diego, CA
Niemyer, Elizabeth S., RADM, NC, USN: Director Nurse Corps, and
Deputy Director, Wounded Ill and Injured, M9, BUMED.
Riley, Frank E., LCDR, Chaplain, USN: Selected by the Reserve
Officers Association as the 2013 Chaplain of the Year for
his support of Mobile Care Team Six in Afghanistan.
Smullen, Brian D., M.D., CAPT, MC, USN, Ret; psychiatrist, Camp
Lejeune, NC
Wright, Sara, Ph.D., MAJ, USAF; psychologist.

Zinder, Daniel D., M.D., CAPT (P), MC; in 2013 Commander, NATO Role 3 Hospital, Kandahar, Afghanistan

GLOSSARY AND ACRONYMS

AIT: advanced individual training; MOS producing school attended by Army enlistees following basic training.

A-Line: a thin catheter inserted directly into an artery, most commonly used in intensive care medicine and anesthesia to monitor the blood pressure real-time (rather than by intermittent measurement), and to obtain samples for arterial blood gas measurements.

AMWR: Army MWR

AnySailor, AnySoldier: AnySoldier.Com is a website established by Marty and Sue Horn as a means to provide support in the form of care packages, etc., for their son, Army SGT Brian Horn and his fellow paratroopers of the 173d Airborne Brigade in Afghanistan; and later expanded to all branches of the military.

battle rattle: GI term for protective ensemble, weapon, etc.

BHNAS: Behavioral Health Needs Assessment Survey

black road condition: Movement prohibited for all U.S. Government vehicles.

BOG Tracker: Boots on the Ground Tracker, a report used in Afghanistan to identify the location of IAs.

Camp Leatherneck, 1,600 acre USMC base in Helmand Province, Afghanistan

COB: contingency operating base

DFAC: Army Dining Facility

DFIP: Detention Facility in Parwan, Afghanistan

DUINS: duty under instructions

ECP: entry control point

Farah: PRT Farah, an FOB located in Farah, an Afghanistan province located in the western part of the country on the border with Iran.

FOB: forward operating base

Forrest Gump: A slow-witted, good-hearted character in a 1994 movie by the same name starring Tom Hanks.

Humvee: High Mobility Multipurpose Wheeled Vehicle (HMMWV); four-wheel drive light tactical military vehicle produced by AM General LLC.

IA: Individual Augmentee: sailors who support or "augment" another Navy, Marine Corps or Army command. IAs usually go to their assignment on temporary or TAD orders and return to their current or "parent" command once they complete their assignment. Assignments vary in length from a few months to a year or more. In January 2011, there were 9,532 Navy IAs; 4,793 Active Duty and 4739 Reserve

(Navy IA Facebook page)

IOTV/IBA: Improved Outer Tactical Vest/Interceptor Body Armor, an improvement of the Outer Tactical Vest introduced by the US Army in late 2007 in OIF. It is a variant of the Interceptor Body Armor; all of which were Army developments.

IRR: Individual Ready Reserve, a category of the Reserve Component of the United States composed of former active duty or Reserve military personnel. Every individual who assumes active duty in the military automatically incurs an eight-year mandatory service obligation. When they leave active duty, they're transferred into the reserve components to fulfill the remainder of their obligation. The IRR is one of several ways soldiers may fulfill their remaining years of mandatory service. IRR members, unless called up, do not drill with a specific unit.

KAF: Kandahar Airfield, a NATO organization commanded by a USAF brigadier general.

Kunduz PRT: a Bundeswehr PRT base in the northern Afghanistan city of Kunduz.

MCT: Mobile Care Team: A typical MCT has five members, including a research psychologist as analyst, one or two social workers or clinical psychologists, a corpsman in the psychiatry technician rating, and in some cases a chaplain.

MMA: Mixed Martial Arts

MRAP: mine resistant ambush protected vehicle, military tactical designed to survive IED attacks or ambushes.

MWR: morale, welfare and recreation

NAMI: Naval Aerospace Medical Institute, Pensacola, Florida

NCCOSC: Navy Center for Combat and Operational Stress Control, San Diego, California

NHRC: Naval Health Research Center, San Diego, CA: conducts expeditionary medical research, development, test and evaluation for the NMRC, NMSC and BUMED.

NIACT: Navy Individual Augmentee Combat Training, a course conducted at Fort Dix, New Jersey; Fort Jackson, South Carolina; and other Army posts.

NAVCENT Forward: a forward deployed headquarters based at Kandahar with the principal mission of managing the IA population in Afghanistan. CAPT Dan Forney, USN, was the OIC in January 2012.

PDF: Parwan Detention Facility, a U.S run prison in Afghanistan located next to the Parwan Airfield. In June 2011 it had 1,700 prisoners.

PASGT: Protective Armor System for Ground Troops, consisting of a vest and a Kevlar helmet; used by the U.S. military

from the mid-1980s to the mid-2000s.

PRT: provincial reconstruction team. The PRT initiative was first established in 2002 in Afghanistan. The PRT leader is a civilian who reports to the State Department. Membership includes military, State Department, and subject matter experts. Training is currently conducted at the Joint Maneuver Training Center at Camp Atterbury, an Indiana National Guard training base.

Role 3: The Role 3 Multi-National Medical Unit, Kandahar; the primary trauma center for NATO forces in Afghanistan; located on the Kandahar Airfield.

RP: religious program specialist (chaplain assistant)
SAPI plates: small arms protective ceramic inserts for individual body armor

Sewell's Point: a peninsula in Norfolk, VA, located at the mouth of the port of Hampton Roads, and the site of the Naval Station Norfolk.

Shindand Air Base: located in Herat Province, in western Afghanistan.

Tank Hill: a hill with a large water tank at the top used for PT runs during basic training at Fort Jackson.

UPS: United Parcel Service

USO: United Service Organizations; a non-profit organization that provides programs, services and live entertainment to members of the U.S. military

WOOTN: "Want out of the Navy"