

BUMED Oral History Project
Mark C. Monahan, Ph.D., Commander USN, Ret.
Neuropsychologist,
Comprehensive Combat and Complex Casualty Care (C5) Facility
Naval Medical Center, San Diego, California

Date and Location of Interview: 2 March 2011, NMCS
Interviewer: COL Richard V.N. Ginn, USA, Ret.

SYNOPSIS

Dr. Monahan was born in Denver, Colorado in 1956, and graduated high school in Grand Rapids, Michigan in 1974. He attended junior college in Grand Rapids and Business College in Davenport, MI, where he studied hospitality management, but money was short, so he dropped out of school and worked as a member of the Teamsters Union in a grocery warehouse for two and a half years. He saved up his money and enrolled in Michigan State University where he majored in psychology, earned a bachelor's degree in 1983, and was married the same year. He then attended graduate school at the University of Southern Mississippi in Hattiesburg, Mississippi where he earned his PhD in psychology 1990. While there he learned of the advantages of an internship in the Navy. He was commissioned as a lieutenant in 1989, and completed his internship at the Naval Medical Center, Bethesda, Maryland in 1990.

Dr. Monahan's first duty station was at Pearl Harbor, Hawaii where shortly after he arrived in 1990 he was appointed treatment director of the Navy's Alcohol Rehabilitation Center, after four directors before him quit or were fired in rapid succession. After Pearl Harbor, Dr. Monahan served as a psychologist at the Naval Branch Clinic of the Naval Submarine Base New London, Groton, Connecticut from 1994 to 1997. During this time he was deployed in 1995 to Guantanamo Bay, Cuba for humanitarian support of Cuban and Haitian refugees. In 1997 he entered a neuropsychology post-doctoral fellowship at the University of Florida in Gainesville, Florida.

In 1999, he was assigned to the Naval Medical Center, San Diego initially as staff neuropsychologist, and in 2003 as Director of the Substance Abuse and Rehabilitation Program at the Naval Base Point Loma, near San Diego. In 2004 he moved to Norfolk, Virginia as the psychologist for the aircraft carrier *USS Theodore Roosevelt*, including a deployment to the Persian Gulf from September 2005-February 2006. He returned to NMCS in 2007 as a neuropsychologist with the Comprehensive Combat and Casualty Care Facility (C5), and during this assignment deployed to Camp Liberty, Iraq in August 2008 as an Individual Augmentee with the Army's 98th Medical Detachment (Combat Stress Control).

After his tour in Iraq, Dr. Monahan returned to San Diego where he retired in 2010, and is currently employed as the neuropsychologist for C5 as a Navy civilian.

Of particular interest is Dr. Monahan's deployment to Iraq that highlighted an aspect of operational stress that involved at that point neither direct combat exposure nor operational experience in the theater, but movement to the theater itself. His account of his trip to Iraq included a layover at a remote air base in the wee hours of the morning and a moving experience that continues to resonate with him.

Key Terms

Combat and Operational Stress Control
Comprehensive Combat and Complex Casualty Care (C5), NMCSO,
California
Fort Hood Shootings by MAJ Nidal Hassan, MC, 5 November 2009
Guantanamo (Gitmo), Cuba, 1995
IA-Individual Augmentee
Naval Medical Center, San Diego
Navy psychologist
OIF
Operation Sea Signal
operational stress
substance abuse rehabilitation
USS Theodore Roosevelt (CVN-71), aircraft carrier

GLOSSARY

98th Medical Detachment (CSC): Army combat stress control unit from Fort Lewis, Washington
ARC: alcohol rehabilitation center; a Navy line unit inpatient facility (Note: see SARP for current Navy policy).
ARD: alcohol rehabilitation department of a medical treatment facility (Note: see SARP for current Navy policy).
Boomer: nuclear missile submarine
Camp Liberty: Military installation northeast of Baghdad; part of the Victory Base Complex
Camis: camouflage uniform
CIWS: Phalanx Close in Weapons System, six barrel M61A1 Gatling machine gun, fires 4,500 rounds per minute
Charlies: Marine Corps Class C service uniform; green trousers, tan shirt, no tie.

KEY WORDS

Clapp, John, Ph.D., Psychologist, NC-COSC (Navy Center for Combat and Operational Stress and Control), San Diego, California, 2011

Comfort: USNS *Comfort* T-AH-20: hospital ship based in Baltimore, Maryland

COSC: Combat and Operational Stress Control

Comprehensive Combat and Complex Casualty Care (C5): a program of care that manages a severely injured or ill patient from medical evacuation through inpatient care, outpatient rehabilitation, and eventual return to active duty or transition from the military.

Deming, W. Edward, Ph.D.: statistician and management consultant; famed for Total Quality Management; his basic theme was that the problem in American business is poor management

DEPMEDS: Deployable Medical Systems, a complex of air transportable units assembled to meet a specific mission. Critical modules are housed in rigid aluminum ISO-standard shelters, including laboratory, radiology, pharmacy, sterilization departments and operating rooms. Auxiliary functions are housed in TEMPER units (Tent, Expandable, Modular, Personnel) as well as vans. DEPMEDS was developed post-Vietnam, and used in Operation Desert Storm.

ear-pro: ear protection

Fort Irwin: Army post located 37 miles north east of Barstow, California; home of the National Training Center for desert operations.

Guantanamo (Gitmo), Cuba, 1995, Operation Sea Signal humanitarian mission to support mass exodus of Cuban and Haitian migrants; over 50,000 refugees were processed.

Holley, Helen Ann Napier, Ph.D., CDR, MSC, USN; Psychologist, Marine Corps Recruit Depot, San Diego, California, 2011

LPO: Leading Petty Officer (cf Army Non-Commissioned Officer)

MRE: Meal Ready to Eat; field ration

MSW: Master of Social Work graduate degree

NMCS: Naval Medical Center, San Diego, California; located adjacent to the 1,200 acre Balboa Park

OC: obsessive compulsive

OIF: Operation Iraqi Freedom

OIS: Officer Indoctrination School (later renamed Officer Development School), U.S. Navy Training Command, Newport, Rhode Island

Old Lyme, Connecticut was set off from Saybrook, Connecticut in 1665

Point Loma: Naval Base Point Loma, California; home base for six nuclear submarines.

PTSD: post traumatic stress disorder. Trauma-focused psychotherapies for PTSD approved by DOD: Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Eye Movement Resensitization and Reprocessing (EMDR. Source:

VA/DOD Clinical Practice Guidelines for the Management of Post Traumatic Stress, 2010

POWER Program: NMCS D Program of Wellness, Education and Recovery

SARP: Substance Abuse Rehabilitation Program; BUMED program that includes screening, therapy, and outpatient and inpatient treatment of alcohol and substance abuse at any Navy medical treatment facility or branch medical clinic.

Source: OPNAVIST 5330.4D, Navy Alcohol and Drug Abuse Prevention and Control, 4 June 2009.

TAD: Temporary Additional Duty

TQL: Total Quality Leadership; a management program for improvement of work processes adopted by the Navy in the early 1990's.

TRICARE: Department of Defense health care program for active duty, National Guard, and Reserve military members, retirees, families and survivors.

Vaughan, Freda K., Ph.D., CAPT, MSC, USN

WATA: web-based assessment and test analysis

RVNG 1/30/12