



NAVY BUREAU OF MEDICINE AND SURGERY (BUMED) • NAVAL CENTER FOR COMBAT & OPERATIONAL STRESS CONTROL (M95)



## DEPUTY DIRECTOR - COMMANDER JEAN FISAK

COMMANDER JEAN FISAK graduated from San Jose State University, with honors, in 1993. She received her commission in 1995 and was assigned to Naval Medical Center San Diego (NMCS), serving in the inpatient surgical subspecialty unit and the mental health directorate.

Following assignments in Hawaii, CDR Fisak was selected in 2002 for the Navy Duty Under Instruction Program and commenced graduate studies in psychiatric and mental health nursing at University of Hawaii at Manoa. After graduating with honors, she reported to NMCS, where she functioned as the inpatient mental health clinical nurse specialist (CNS) and as department head (DH). During that period, CDR Fisak spearheaded the “inpatient short-stay model” that focused on stabilization of acute mental health symptoms and implementation of a seven-day inpatient treatment program.



CDR Fisak transferred in 2007 to Naval Hospital Okinawa, where she served 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 (CoOSC) 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 transferred to Naval Hospital Camp Lejeune (NHCL), where she served as division officer and CNS, inpatient mental health and senior nurse, directorate for mental health. She deployed to Afghanistan as the officer in charge of Mobile Care Team 7 from November 2012 to August 2013.

CDR Fisak was named deputy director of the Naval Center for Combat & Operational Stress Control (NCCOSC) in October 2013. She continues to serve as the Psychiatric/Mental Health Nurse Specialty Leader, a position she has held since October 2011.

CDR Fisak has been awarded the Bronze Star Medal, Afghanistan Campaign Medal, the NATO Medal, the NCCOSC Epictetus Leadership Award, the Navy-Marine Corps Commendation Medal (three awards), the Navy-Marine Corps Achievement Medal (two awards) and the San Diego Advance Practice Psychiatric Nurse of the Year 2005-2006.