



COSC

CONFERENCE 2012

PROGRAM GUIDE

JOINING FORCES TO STRENGTHEN RESILIENCE



NAVY AND MARINE CORPS COMBAT & OPERATIONAL STRESS CONTROL CONFERENCE



NAVAL CENTER
COOSC
 COMBAT & OPERATIONAL STRESS CONTROL

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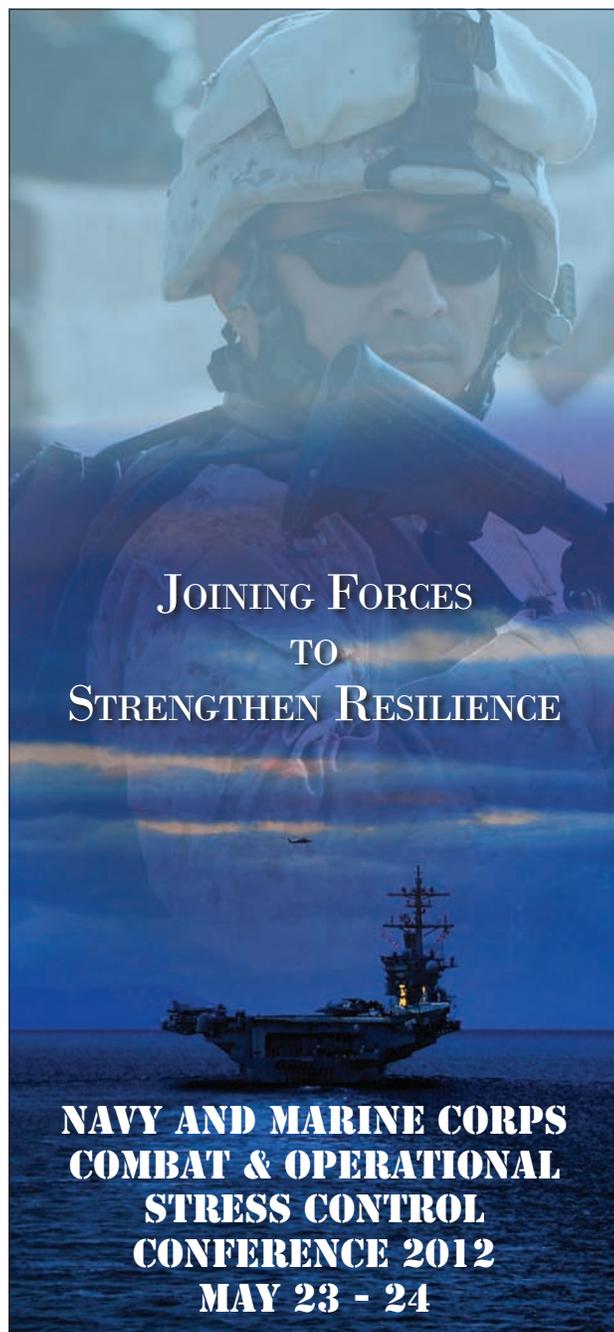
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*Town and Country Resort & Convention Center
 San Diego, California*



NAVAL CENTER

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COMBAT & OPERATIONAL STRESS CONTROL

WELCOME LETTER

CAPT. SCOTT L. JOHNSTON, MSC, USN

Welcome and many thanks for attending the Navy and Marine Corps Combat & Operational Stress Control Conference 2012. This is a distinctive event because it is the only one of its kind that brings together such a diverse audience that is singularly united in its passion to help ensure the psychological well-being of our Sailors and Marines.

Current events increasingly remind us that even as our armed conflicts wind down, the stresses and demands on our service members and their families continue. They are not likely to abate for some time, and all are being called upon to do more with less. Clearly, the need to build and preserve psychological resilience has never been more critical.

Over the next two days, we will have excellent opportunities to learn from one another about how — by joining forces and working collaboratively — we can best do this.

Line leaders will help the medical community to understand the realities of readiness and operational needs. Healthcare providers, in turn, will inform leaders of the best ways to identify stress and to mitigate it. Researchers will share findings from important studies that are under way, and there will be information on new treatments that show promise in helping our Sailors and Marines. These insights all will aid family members, whose support is so vital to the mission, in understanding and supporting their service members and in learning new skills that they can use to help themselves.

It's also noteworthy that this year's conference includes a presenter from our ally Great Britain, as well as a special Joint Service Panel that includes representatives from all branches of the U.S. armed forces. I hope you will take the opportunity to hear these individuals and learn from their experiences.

In short, this conference provides a unique educational forum for the many communities of our Navy and Marine Corps. I'm confident that when you return to your professional roles, you'll do so with more insight and a renewed purpose in doing what is best for the psychological welfare of our valued warfighters.

Thank you for your attendance, and thank you for your wholehearted support to help our Sailors and Marines effectively manage combat and operational stress. Our brave men and women deserve nothing less.

*By Capt. Scott L. Johnston,
Ph.D., ABPP, MSC, USN,
Director, NCCOSC*





CONFERENCE PURPOSE, OBJECTIVES AND INFORMATION

Purpose & Objectives

Purpose

The purpose of this conference is to bring together subject-matter experts and stakeholders in the combat and operational stress control (COSC) process and to present, examine and become informed on COSC policies, programs and practices specifically tailored for Sailors, Marines and their families. This year’s theme, inspired by a recent mental health initiative, is “Joining Forces to Strengthen Resilience.” It was chosen to emphasize the important role that collaboration brings to our common interest in promoting psychological wellness to prevent, identify and intervene when there are combat and operational stress injuries. The program’s agenda will examine COSC practices, programs and policies specifically tailored for Marines, Sailors and their families. The conference is the result of a unique partnership between HQMC M&RA COSC Branch, Navy OSC and BUMED to bring together stakeholders and subject-matter experts in the Navy and Marine Corps COSC process. The 2012 USN-USMC COSC conference will improve collaboration in pursuit of these goals.

Objectives*

After completing this activity, the participant should be better able to:

- Recognize a continuum of stress responses ranging from optimal wellness to diagnosable illness using the Operational Stress Control (OSC) Continuum Model as it pertains to units, individuals, family and healthcare providers.
- Assess the increased awareness of co-morbidity with other psychiatric disorders, including how to incorporate clinical practice guidelines and current best practices in treating these disorders.
- Assess treatment methods and intervention strategies known to promote improvement for individuals with psychological health conditions and traumatic brain injuries.
- Recognize the Five Core Leader Functions and acquire leadership tools to address stress issues in active-duty members.

*More information listed on page 24 in the Accreditation Statement.

General Information

Registration Hours

Golden Pacific Foyer

Tuesday, May 220700 – 1700
 Wednesday, May 230700 – 1700
 Thursday, May 240730 – 1530

Exhibits Hours

Golden Pacific Ballroom

Wednesday, May 230930 – 1700
 Thursday, May 240930 – 1700
 Closed Daily.....1300 – 1400

Poster Display Hours

Atlas Foyer

Wednesday, May 230800 – 1700*
 Thursday, May 240800 – 1700

Uniform of the Day

Marine CorpsSummer Service Charlies
 Navy Chiefs and Officers.....Summer Whites
 Navy E1-E6.....Year-round Service Uniforms
 CiviliansBusiness Casual

Speaker Ready Room

Prior to presenting, all speakers are asked to visit the Speaker Ready Room, located in Terrace Salon 3, to review and approve their presentations. The Speaker Ready Room is available:

Tuesday, May 220700 – 1700
 Wednesday, May 230700 – 1700
 Thursday, May 240700 – 1700

Speaker Presentations

To access all conference proceedings, including handouts, PowerPoint presentations and video recordings, please visit the NCCOSC website (www.nccosc.navy.mil) to link to the Live Learning Center. You will need to create a login in order to download handouts and PowerPoint files. Video and audio recordings will be available post-conference.

*Presenters at Posters from 1440 – 1510



CONFERENCE EVENTS

Awards & Recipients

This year we are offering three awards: Navy Epictetus Leadership Award, Marine Corps Epictetus Leadership Award and the NCCOSC Peabody Caregiver Award.

Epictetus Leadership Award:

Epictetus was a Greek philosopher and Roman slave who lived in the first century. He was an astute observer of human behavior and often used nautical metaphors to dispense his philosophy. The impetus for this leadership award comes from the metaphor of the ship’s captain at the helm of the vessel in turbulent seas: “Anyone can hold the rudder when the sea is calm.” The clear inference here is that it takes a strong, confident and undeterred leader to keep the ship afloat, on course and the crew safe.

This award acknowledges leadership characteristics in an individual who models behavior for other aspiring leaders to emulate, who maintains mission focus at all times and who demonstrates concern and a caring attitude for “shipmates.”

2012 NAVY EPICTETUS LEADERSHIP AWARD:

Presented to Cmdr. Jean Fisak, NC, USN for exemplary leadership in the United States Navy in guiding and caring for Sailors and Marines.

2012 MARINE CORPS EPICTETUS LEADERSHIP AWARD:

Presented to Sgt Michael P. Hodge, USMC for exemplary leadership in the United States Marine Corps in guiding and caring for Marines.

NCCOSC Peabody Caregiver Award:

The award was derived from a 1925 lecture to medical students at Harvard University in which Dr. Francis W. Peabody ended the lecture with the essential healing component in all treatment: “For the secret of the care of the patient is in caring for the patient.”

The honoree exemplifies the spirit of Dr. Peabody’s teaching. In addition to demonstrating competent mental health skills, the recipient’s values, attitudes and behavior embody compassionate concern and caring for patients.

2012 NCCOSC PEABODY CAREGIVER AWARD:

Presented to Suzanne Dundon, M.D., for the consistent and compassionate care of Marines and Sailors suffering from combat and operational stress.

Evening Event

Wednesday, May 23

Tiki Pavilion

1715 - 2000

“Meet the Heroes” Social and Awards Ceremony

Featuring Medal of Honor Recipients

All attendees and guests welcome

See page 28 for details





BIOGRAPHIES

VICE ADMIRAL RICHARD W. HUNT

COMMANDER, NAVAL SURFACE FORCES
COMMANDER, NAVAL SURFACE FORCE, U.S. PACIFIC FLEET

Vice Adm. Hunt graduated from the University of Wisconsin-Madison and was commissioned in February 1976 through the Officer Candidate School Program in Newport, R.I. He received a Master of Science degree in telecommunications systems management from the Naval Postgraduate School.

Vice Adm. Hunt served on USS *Sampson* (DDG 10), USS *Underwood* (FFG 36) and USS *Roark* (FF 1053) and as commanding officer of USS *Crommelin* (FFG 37) and USS *Philippine Sea* (CG 58). Additionally, he served as assistant chief of staff for operations and plans for commander, Cruiser Destroyer Group 2; Air Warfare commander for the *Enterprise* battle group; commander, Carrier Strike Group 6; commander, Combined Joint Task Force-Horn of Africa, United States Central Command; and commander, U.S. 3rd Fleet. He assumed command as commander, Naval Surface Forces, commander, Naval Surface Force, U.S. Pacific Fleet in June 2011.



Shore assignments include: assistant professor Naval Reserve Officers Training Corps Unit, Ohio State University; communications systems officer for Command, Control, Communications and Computer Systems Directorate (J6), Joint Staff; executive assistant to director, Surface Warfare (N86); executive assistant to deputy chief of staff of Naval Operations for Resources, Requirements and Assessments (N8), and executive assistant to Chairman, Joint Chiefs of Staff. He additionally served as Deputy Director, Strategy & Policy, Joint Staff (J5) and Director, Programming Division (N80), Navy Staff.

Personal decorations include the Navy Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit, Defense Meritorious Service Medal, Meritorious Service Medal and other service medals and unit awards.

VICE ADMIRAL GERALD R. BEAMAN

COMMANDER, U.S. THIRD FLEET

VADM Beaman, a native of Hammond, In., graduated from Marquette University and commissioned through the NROTC in 1974. He was designated a naval flight officer in April 1975.

Beaman flew in the F-4J Phantom before transitioning to F-14A Tomcat in 1976. Highlights of his assignments include being embarked aboard USS *John Kennedy*, USS *Dwight Eisenhower*, USS *America* and USS *Theodore Roosevelt*. During Operation *Desert Storm*, he served as OIC of the Navy Fighter Weapons School Detachment in Riyadh, Saudi Arabia. He commanded VF-211 Fighting Checkmates aboard USS *Nimitz* and commanded CVW 2



aboard USS *Constellation* in support of Operation *Southern Watch*. Beaman was selected as a CNO Strategic Studies Group Fellow for SSG XXI and was Chief of Staff to CNAF. He holds a master's degree in national security and strategic studies from the Naval War College and served as a special agent with the Federal Bureau of Investigation (1981-84).

Selected to Admiral in 2004, Beaman's first flag assignment was Commander, NNSOC in Dahlgren, VA, followed by command of CSFTP in June, 2006. His next assignment was Deputy Chief of Staff Operations, JFC-Naples, Italy in January 2008. In September 2009, he reported to USFF as Deputy Chief of Staff Global Force Management, Joint Operations and Fleet/Joint Training (N3/N5/N7). In April 2011, he assumed command of THIRDFLT in San Diego.

Beaman has over 3,500 flight hours, 1,067 carrier landings. He wears the DSSM, LOM (5), DMSM, MSM, Strike/Flight Air Medal (2), NCM (3), NAM, and various unit, campaign and service awards.



BIOGRAPHIES

REAR ADMIRAL ELIZABETH S. NIEMYER

NURSE CORPS, UNITED STATES NAVY
 DEPUTY CHIEF, WOUNDED, ILL, & INJURED
 DIRECTOR, NAVY NURSE CORPS

Rear Adm. Elizabeth Niemyer is currently assigned as the Deputy Chief, Wounded, Ill, & Injured, Bureau of Medicine and Surgery, and the 23rd Director, Navy Nurse Corps.

Rear Adm. Niemyer is a native of Annapolis, Md., and attended the University of Maryland, where she received a Bachelor of Science in nursing in 1978. She was commissioned a lieutenant in the Navy Nurse Corps in 1981.

In her distinguished career, Rear Adm. Niemyer has held numerous clinical nursing and nursing leadership positions. She holds a Master of Science in human resource management from Chapman University, and a Master of Arts in education with an emphasis in education technology from San Diego State University.

Rear Adm. Niemyer has held the following executive positions: National Naval Medical Center, Bethesda, Md., where she served as director for managed care; Naval Hospital Rota, Spain, as the executive officer and the commanding officer; TRICARE Area Office—Europe, as the executive director; the Bureau of Medicine and Surgery as the assistant deputy chief of staff for operations; the TRICARE Regional Office—West, as the regional director; and the Bureau of Medicine and Surgery as the deputy chief, installations and logistics.

Rear Adm. Niemyer is a graduate of the Naval War College, non-resident program. Her personal decorations include the Defense Superior Service Medal (Bronze Oak Leaf), Legion of Merit Medal (Gold Star), Meritorious Service Medal (Gold Star), Navy Commendation Medal, Navy Achievement Medal and National Defense Medal (Bronze Star).



BRIGADIER GENERAL ROBERT F. HEDELUND

DIRECTOR OF MARINE AND FAMILY PROGRAMS DIVISION
 MANPOWER & RESERVE AFFAIRS
 HQ MARINE CORPS

A native of Florida, Brig. Gen. Hedelund received his bachelor's degree from Florida Atlantic University and was commissioned a second lieutenant in 1983. He was designated an unrestricted naval aviator in 1985.

As a CH-46E pilot, Brig. Gen. Hedelund has had numerous overseas deployments with HMM-264 (1985-1988), HMM-365 (1991-1994) and HMM-162 (2001-2003). He also served as a basic and advanced helicopter flight instructor at Helicopter Training Squadron 18 at NAS Whiting Field from 1989-1991, earning the Flight Instructor of the Year Award for 1990. Brig. Gen. Hedelund has also served as an instructor and assault support department head at Marine Aviation Weapons and Tactics Squadron One (MAWTS-1) in Yuma, AZ.



Command assignments include commanding officer, headquarters squadron, Marine Aircraft Group 29, MCAS New River in 2000. In 2001, he assumed command of HMM-162. The Golden Eagles deployed with Marine Aircraft Group 29 to the Northern Arabian Gulf region in support of major offensive combat operations during Operation Iraqi Freedom from January to May 2003. Brig. Gen. Hedelund also served as the commanding officer of MAWTS-1 from 2006 to 2008. From 2009 to 2011, Brig. Gen. Hedelund served as the commanding general of the Marine Corps Warfighting Laboratory and concurrently as the Vice Chief of naval research at the Office of Naval Research.

Brig. Gen. Hedelund is a distinguished graduate of The Basic School and the Marine Corps Command and Staff College, where he earned a master's of military studies degree, and he attended the Air War College, where he earned a master's of strategic studies degree. He has also attended the Joint Forces Staff College.



BIOGRAPHIES

REAR ADMIRAL MARTHA HERB

DEPUTY, NAVY PERSONNEL COMMAND
DIRECTOR, PERSONNEL READINESS AND COMMUNITY SUPPORT

Rear Adm. Herb is the deputy of Navy Personnel Command and the director of Personal Readiness and Community Support. She is a diving and salvage officer in the explosive ordnance disposal community and surface warfare qualified.

Rear Adm. Herb was commissioned via Officer Candidate School. During her active service, she became one of the first three women officers to graduate from the Naval School of Diving and Salvage in Washington, D.C. Subsequent tours included assignments with Mobile Diving and Salvage Unit One Detachment One, USS *Samuel Gompers* (AD 37); Officer-in-Charge, commander, Navy Surface Fleet Atlantic Second Class Diving School, and Explosive Ordnance Disposal Testing and Evaluation Unit Two.



She completed various unit and staff tours, including five command tours: Mobile Diving Salvage Unit Two Detachment 608; Afloat Training Group Detachment 212; Naval Ordnance Safety and Security Activity; Naval Cooperation and Guidance of Shipping (NCAGS) Detachment A; and Reserve Component Commander, Navy Region Southeast.

Her NATO experience includes service as Officer-in-Charge of a joint cadre supporting the U.S. military delegation to the NATO Military Committee in Brussels, Belgium. Selected to flag rank in 2010, she completed a 14-month mobilization in Afghanistan as a member of the International Security Assistance Force as the chief of the Military Technical Agreement Branch.

Rear Adm. Herb holds a Doctorate of Education, specializing in counseling and military families, from George Washington University and a Master of Arts in education and human development. She is a Maryland licensed clinical professional counselor and a national certified counselor.

CAPTAIN SCOTT L. JOHNSTON, MSC, USN

DIRECTOR, NAVAL CENTER FOR COMBAT & OPERATIONAL STRESS CONTROL (NCCOSC)

Capt. Scott L. Johnston, a native Californian, received his bachelor's degree from the University of California at Davis and his Ph.D. in clinical psychology from the Pacific Graduate School. He also completed a post-doctoral fellowship in pediatric psychology at Harvard Medical School. A licensed clinical psychologist since 1995, he is board certified in both forensic and clinical psychology.



Capt. Johnston was commissioned in 1993. He has served at Naval Medical Center San Diego (NMCSD), Naval Hospital Yokosuka Japan, Marine Barracks Washington, Presidential Helicopter Squadron One, and Naval Health Clinic Hawaii. He deployed with the USS *Constellation* Expeditionary Strike Group to the Persian Gulf; 31st Marine Expeditionary Unit; Charlie Surgical Company to Fallujah, Iraq; 3rd Battalion, 8th Marine Regiment to Ramadi, Iraq; 3rd Marine Regiment to Haditha, Iraq; and Joint Task Force, Guantanamo Bay, Cuba. In addition to his current duties at NCCOSC, he serves as the assistant specialty leader for Navy Clinical Psychology.

Academically, Capt. Johnston has published and lectured around the world on treatment of combat-related PTSD, building resilience in Marines and Sailors and transitional interventions for returning warriors. He is currently investigating virtual reality treatments for PTSD, stress injuries in detention operations and use of meditation in substance-abuse treatment.

Capt. Johnston's awards and decorations include the Meritorious Service Medal (three awards), Joint Service Commendation Medal, Navy Commendation Medal (two awards), Navy Achievement Medal, Iraqi Campaign Medal (Fleet Marine Force) and Global War on Terrorism Expeditionary Medal (Fleet Marine Force).



BIOGRAPHIES

CAPTAIN KURT SCOTT, USNR

DIRECTOR, N135H BEHAVIORAL HEALTH, OPNAV

Capt. Kurt Scott is the director of the Navy's behavioral health branch, reporting to the Chief of Naval Personnel (N1). In this role, he brings operational experience to the CNO's Operational Stress Control and Suicide Prevention programs. He has served for more than 30 years in active and reserve tours.

Capt. Scott qualified on submarines and deployed as weapons officer in the Pacific before transitioning to the Reserves. He has served as Officer-in-Charge and commanding officer with Reserve submarine units before transitioning to Reserve Joint units. He also has served as squadron duty officer in both SUBPAC and SUBLANT fleets, crisis watch captain for Hurricane Katrina in the Navy Operations Center (Pentagon) and as battle watch captain for USSOUTHCOM.

Returning to active duty after Sept. 11, 2001, Capt. Scott served with Joint and Service Commands, including operations director for anti-terrorism/force protection with CINCLANTFLT for Operation Noble Eagle; crisis cell chief at USSOUTHCOM for Operation Secure Tomorrow (Haiti); program deputy for AT/FP with OPNAV/N3 at the Pentagon; Deputy Operations Director for Standing Forces Joint Force Headquarters (SJFHQ) at USJFCOM with Operation Enduring Freedom; Civil Military Operations (CMO) Director for CJTF-Horn of Africa in USCENTCOM; and Director N33/Current Operations with U.S. Fleet Forces Command supporting USNORTHCOM and USSTRATCOM. At USFF he led operational support to Operation Unified Response (Haiti earthquake), Operation Podium (maritime security for the Vancouver Olympics), NATO EW Trials (Canada) and various DSCA support in CONUS.

Capt. Scott was commissioned at the U.S. Naval Academy and earned an MBA from the University of Chicago. He also is a graduate of various Joint and Staff colleges.



SERGEANT MAJOR C. A. ADAMS, USMC

SERGEANT MAJOR OF MANPOWER & RESERVE AFFAIRS
HQ MARINE CORPS

Sgt. Maj. Adams joined the Marine Corps in February 1982 at Parris Island, S. C. After field artillery school, Private First Class Adams reported to 10th Marines and deployed to Norway. In 1984, Lance Corporal Adams transferred to 12th Marines as howitzer section chief, then to Okinawa, Japan, deploying to the Republic of Korea, where he was meritoriously promoted to corporal.

In 1985, Adams was assigned howitzer section chief at the Basic School, Quantico, and was meritoriously promoted to sergeant. He transferred to MCRD Parris Island in 1986 as a drill instructor and senior drill instructor, with meritorious promotion to staff sergeant.

Adams transferred in 1990 to 10th Marines as platoon sergeant, deploying with the 24th MEU to Iraq in support of Operation Provide Comfort. He received orders to Auburn University as assistant marine officer instructor and was promoted to gunnery sergeant. After promotion in 1999, he served as company first sergeant with 2D Light Armored Reconnaissance Battalion and deployed for Operation Enduring Freedom and Operation Iraqi Freedom.

After promotion, he was the recruiting station sergeant major, Springfield, Mass., Marine Air Control Group-18 sergeant major, 1st Marine Aircraft Wing, Okinawa and the Marine Corps Bases Japan and Marine Corps Base Smedley Butler sergeant major before assuming his current post as Manpower and Reserve Affairs sergeant major in April 2011.

Sgt. Maj. Adams' personal awards include the Legion of Merit, Meritorious Service Medal (two gold stars), Navy Commendation Medal, Navy Achievement Medal (three gold stars) and the Combat Action Ribbon.





BIOGRAPHIES

KEITA FRANKLIN, PhD

BEHAVIORAL HEALTH BRANCH HEAD
HQ MARINE CORPS

Dr. Keita Franklin is the Behavioral Health Branch Head at HQ Marine Corps and is charged with leading the integration of USMC behavioral health programs. She has worked for both the Air Force and the Army, supervising family programs at the installation and regional levels, at stateside installations and in Germany.



MS. PATRICIA POWELL

SECTION HEAD
COMBAT AND OPERATIONAL STRESS CONTROL PROGRAM
HQ MARINE CORPS

Patricia Powell specializes in developing new and emerging programs to support behavioral change. Her career spans across government and commercial initiatives in Australia, England and the United States developing campaigns for some of the world's most prestigious organizations, including Oxford University.

Powell has served as a principal strategist on several high-profile projects including a contract vehicle re-compete valued in excess of \$2 billion. Since relocating to the United States in 2003 with her husband – a former US Army Special Forces Soldier – Powell has focused on developing service headquarters level prevention and preparedness programs supporting the unique needs of military populations worldwide. She has supported the Army, Navy and Coast Guard using a public health approach to enhance warfighter and family readiness.

Powell served as the program lead and primary advisor for Headquarters Department of the Army G-3/5/7 on all-hazards emergency preparedness issues during the H1N1 outbreak and the shooting at Fort Hood. Patricia assumed responsibility as the Section Head at Headquarters Marine Corps Combat and Operational Stress Control (COSC) in June 2011 where she leads the institutionalization of COSC concepts to enhance leadership development across the Corps.



NAVY AND MARINE CORPS COMBAT & OPERATIONAL STRESS CONTROL CONFERENCE 2012

Please visit:

Exhibitors
in the Golden Pacific Ballroom
and
Posters
in the Atlas Foyer

Please attend:

“Meet the Heroes”
Social and Awards Ceremony
Wednesday Evening, 1715 to 2000





NAVAL CENTER

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COMBAT & OPERATIONAL STRESS CONTROL

CONFERENCE SCHEDULE

Tuesday, May 22 Pre-Conference Workshops

- 0800-1030** Regional Training Coordinators (RTC) Roundtable
Town and Country Room
- 0800-1200** Frontline Supervisors Course for Suicide Prevention Coordinators
Pacific Salon 6 & 7
- 0800-1600** Navy OSC Leader
California Room
- 0800-1600** Stress Research Meeting
San Diego Room
- 0800-1600** **Assessment and Treatment of Sleep Disturbance in Military Members
Pacific Salon 1 & 2
- 0800-1600** Utilizing Prevention Strategies to Manage Operational Stress
Pacific Salon 3
- 0800-1600** Resilience Service Chiefs Meeting
Tiki Pavilion
- 0800-1630** OSCAR Team Training
Golden West Room
- 1300-1500** OSCAR Master Trainer Workshop
Town and Country Room
- 1500-1700** Marine Leaders' Track Speaker Workshop
Town and Country Room

Course Evaluation Information

To receive a completion certificate for attending COSC 2012, please complete the Conference Evaluation on-line prior to 27 JUN 2012

<http://ceu.experient-inc.com/cos121>
or visit www.nccosc.navy.mil

Wednesday Morning May 23, 2012

Joining Forces to Strengthen Resilience

Ensuring the well-being of Marines and Sailors includes not only strengthening them, but keeping them strong, monitoring their condition, applying first aid when they are injured, and returning them to full fitness as soon as possible. Caring and preserving their psychological health is as much a war-fighting issue as it is a sacred duty and it is of paramount concern to mission readiness. Success stories will be shared where leaders fostered resilience, prevented stress, recognized when stress problems had occurred and eliminated the stigma associated with accessing appropriate care.

PLENARY SESSION - MAY 23

Grand Hall

- 0800-0815** **Opening Ceremony and Invocation
Third Marine Aircraft Wing Band
NMCS Color Guard
Lt. Cmdr. Paul Tremblay, CHC, USN
- 0815-0825** **Welcome
Capt. Scott L. Johnston, MSC, USN
- **Opening Remarks**
Rear Adm. Elizabeth S. Niemyer, NC, USN
- 0825-0845** **Joining Forces to Strengthen Resilience
Vice Adm. Gerald R. Beaman, USN
- 0845-0930** **Joint Service Panel:
COSC/OSC Initiatives
Lt. Lisseth C. Calvo, USN
Master Gunnery Sgt. Adam Muncy, USMC
Master Chief John Dunn, USCG
Maj. Joseph Kelly, NC, USAF
Maj. James Bolton, USA
- 0930-1000** Network Break



CONFERENCE SCHEDULE

**Wednesday Afternoon
May 23, 2012**

Breakout Sessions

NAVY TRACK - MAY 23

Navy Personal Readiness Summit

The Navy Personal Readiness Summit provides command leadership and their program assistants an integrated approach to more effectively administering and assessing their programs by offering a practical, optimized approach to managing these programs inside the constraints of current instructional requirements. OPNAV N135 subject matter expert staff conduct these interactive presentations. The format and content of the leadership training has been revised to better illustrate an integrated approach to administering personal and family readiness programs that could include all quality of life programs at the unit level. This concept will enable commands to more effectively and efficiently administer and assess their programs by offering a practical, optimized approach to managing these programs inside the constraints of current instructional requirements. The audience for the PR summit includes command leadership, alcohol and drug control officers (ADCO), drug and alcohol program advisors (DAPA), urinalysis program coordinators (UPC), sexual assault prevention and response (SAPR) POCs, command financial management specialists (CFM), command fitness leaders (CFL), suicide prevention coordinators (SPC), command managed equal opportunity (CMEO) coordinators, family advocacy program (FAP) representatives and associated Navy installation support teams.

1000-1050 PR Summit for COs/XOs/CMCs and Program Assistants – “The Importance of Building a Resilient Command”

Grand Hall

Vice Adm. Richard Hunt, USN, CNSF
Capt. Kurt Scott, USNR
Leanne Braddock, MA

1050-1100 Speaker Transition

1100-1150 PR Summit for COs/XOs/CMCs – “Resilience Team Approach”

Grand Hall

Capt. Kurt Scott, USNR
Daryl Charles

PR Summits for Command Program Assistants – Program Updates

Pacific Salon 3

N135 Program Managers -
Master Chief Amanda Alston, USN
Steve Holton
Mike Auckerman

1150-1250 Lunch

1250-1340 PR Summit for COs/XOs/CMCs – Program Updates

Grand Hall

N135 Program Managers -
Master Chief Amanda Alston, USN
Steve Holton
Mike Auckerman

PR Summit for Command Program Assistants – “Resilience Team Approach”

Pacific Salon 3

Daryl Charles

1340-1350 Speaker Transition

1350-1440 Command Stress Assessment

Grand Hall

Leanne Braddock, MA
Paul Rosenfeld, PhD
Geoffrey Patrissi, MA

A command-level stress assessment was created in 2011 to facilitate tracking of stress levels across commands. Beginning in February 2012, the stress assessment was included as part of the Defense Equal Opportunity Climate Survey (DEOCS), allowing command leaders to assess

continued on next page

*** Continuing Education Credits provided*



CONFERENCE SCHEDULE

the stress within their commands. This session will provide command leaders information about this assessment and how it can be used within the command to help identify and mitigate command stressors.

The following breakout sessions are for Drug and Alcohol Program Advisors (DAPAs), Command Fitness Leaders (CFLs), and Command Suicide Prevention Coordinators (SPCs).

1350-1440 N135 NADAP Program Manager

Pacific Salon 3

Mike Auckerman, USN, (Retired)

N135 Physical Readiness Program Manager

Pacific Salon 6 & 7

Master Chief Amanda Alston, USN

N135 Suicide Prevention Program

Pacific Salon 4 & 5

Steve Holton

Daryl Charles

1440-1510 Network Break

Posters will be manned

1510-1600 Navy Expeditionary Combat Command: How Navy Operational Stress Control Leader (NAV OSC Lead) Training Worked for Us

Grand Hall

Capt. Lori Laraway, NC, USN

Navy Expeditionary Combat Command (NECC) is the only TYCOM in the Navy that has mandated Navy OSC Leader training. Based on a successful pilot in 2010, NECC Commander's Guidance directed all Echelon IV and V commands to conduct training. This was followed by NECC including the NAVOSC Leader course in the FY12 Foundational Training requirements. Over 1200 NECC E7 and above personnel have received the course to

date; six month follow-up survey data will be presented. Highlights include comments from survey respondents and data that support the validity of the training. This session would be recommended for people who already have a basic understanding of the OSC program.

The following breakout sessions are for Drug and Alcohol Program Advisors (DAPAs), Command Fitness Leaders (CFLs), and Command Suicide Prevention Coordinators (SPCs).

1510-1600 N135 NADAP Program Manager for Command DAPAs

Pacific Salon 3

Mike Auckerman, USN, (Retired)

N135 Physical Readiness Program Manager for Command Fitness Leaders (CFLs)

Pacific Salon 6 & 7

Master Chief Amanda Alston, USN

N135 Suicide Prevention Program for Command Suicide Prevention Coordinators (SPCs)

Pacific Salon 4 & 5

Steve Holton

1600-1610 Speaker Transition

1610-1700 ** Navy Smart Phone Stress Apps

Grand Hall

Carol Newell, MA

Paul Rosenfeld, PhD

The ongoing heightened operational tempo of the military for the past decade has led to an increase in the number of stress-related issues. In response to this, funding has increased to ensure adequate resources (providers, programs, training, etc.) are available. As the military is now comprised of a large percentage of young adults who have grown up in a highly technological



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environment, utilizing technology-based tools is seen as an effective way to communicate and provide resources to personnel. To address this issue, the National Center for Telehealth & Technology (T2) has developed a number of stress-related and resilience smartphone apps geared towards the military. Navy OSC program was developed to ensure that Sailors are adequately trained on how to handle stress. Recent surveys document that Sailors are getting this training; however, they may not always consider or remember training on how to navigate stress when stressful situations occur. Apps may be useful to young Sailors who are more likely to have smartphones. The purpose of this research is to determine the perceptions of the currently available T2 apps, features that would be useful in a stress app, and the effectiveness of these apps in minimizing Sailor stress. In addition, this study seeks to develop a Navy resilience app to promote Sailor resiliency. Research findings to date will be discussed.

MARINE TRACK – MAY 23

Town and Country Room

1000-1050 Marine Total Fitness Panel
 Brig. Gen. Robert Hedelund, USMC
 Keita Franklin, PhD
 Lt. Cmdr. Paul Tremblay, CHC, USN
 Ms. Ann Crittenden
 Cmdr. Steven Parks, NC, USN
 Ms. Cathy Ficadenti

The goal is a totally fit Marine who is resilient in all areas of life including the physical, psychological, social, and spiritual dimensions.

1050-1100 Speaker Transition

1100-1135 Behavioral Health Integration

Keita Franklin, PhD

Integration of: Combat Operational Stress Control, Suicide Prevention, Family Advocacy, Substance Abuse and Sexual Assault Prevention and Response.

1135-1150 TECOM Implementation

Cmdr. Steven Parks, NC, USN

1150-1250 Lunch

1250-1340 OSCAR Master Trainer Recognition

Brig. Gen. Robert Hedelund, USMC
 Lt. Col. Curtis Strader, USMC

The goal is to recognize Operational Stress Control and Readiness (OSCAR) Master Trainers that have significantly contributed to the success of rolling out OSCAR to the Marine Corps.

1340-1350 Speaker Transition

1350-1440 OSCAR Master Trainer Panel

Maj. David Cheek, USMC

Provide a forum for Marine leaders to hear from OSCAR Master Trainers concerning the roll out of OSCAR to include implementation, trainer certification processes and training efforts to assist local units.

1440-1510 Network Break

Posters will be manned

1510-1600 OSCAR Extenders and the Chaplain

Lt. Cmdr. Paul Tremblay, CHC, USN

Presents the role of the Religious Ministry Team in relation to OSCAR Extenders. Presentation will cover community-specific areas for chaplains and religious program specialists.



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1600-1610 Speaker Transition

1610-1700 COSC Unit Panel

Lt. Col. Terry Johnson, USMC (CO, 1/5)

Unit members describe internal unit COSC best practices and lessons learned during a recent deployment.

RESEARCH CLINICAL A TRACK – MAY 23

San Diego Room

1000-1050 ****The Effectiveness of Residential Care for Combat-Related PTSD in an Active Duty Military Population**

Lt. Cmdr. Paul Sargent, MC, USN

Intramural treatment programs for combat-related PTSD have a growing evidence base to support their efficacy in treatment-resistant cases. Lessons learned and clinical updates from several programs will be discussed.

1050-1100 Speaker Transition

1100-1150 ****Occupational Model of PTSD**

Amy Adler, PhD

This session will focus on the occupational model of PTSD (not thinking of PTSD as a victim-based problem but as an occupational framework). Recent research outcomes in terms of resilience training randomized trials. The transition of post-deployment beyond PTSD — how other adjustment reactions predict outcomes over time.

1150-1250 Lunch

1250-1340 ****Resilience and Prevention: Retrospective Studies**

Colanda Cato, PhD

Retrospective studies can provide insight into

trends, behaviors, or events that might help ensure positive psychological outcomes both pre-/post-deployment. A de-identified dataset of over 1 million records was developed by the Armed Forces Health Surveillance Center and other sources. Results are presented on risk factors associated with adverse outcomes post-deployment.

1340-1350 Speaker Transition

1350-1440 ****Suicide Trends and Predictors of Suicide in the Military**

Cynthia Thomsen, PhD
Christine Glasheen, MPH

This presentation explores the interrelationships among predictors of suicidal ideation (i.e., suicidal thoughts and plans), including adverse experiences (pre-deployment trauma, combat exposure, and deployment stressors) as well as behavioral/mental health problems (PTSD symptoms, depression symptoms, alcohol abuse and illegal drug use).

1440-1510 Network Break

Posters will be manned

1510-1600 ****The Effect of Killing Versus Witnessing on PTSD Symptom Development in US Army Combat Medics**

Barbara Pitts, PhD

We have found that killing in combat predicts the development of PTSD symptoms in Vietnam veterans. Surprisingly though, this finding did not extend to a sample of recently deployed US Army Medics. The possible causes of this disparity and the implications of this resiliency will be discussed.

1600-1610 Speaker Transition



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1610-1700 ****Bath Salts: Emergence of an Epidemic**
Lt. George H. Loeffler, MC, USN
“Bath salts” are “legal highs”— designer drugs similar to cocaine or methamphetamine which have risen to prominence in the United States, including the US military. We explore the historical emergence, pharmacology, clinical presentation and legal response to bath salts, including our own current research.

RESEARCH CLINICAL B TRACK – MAY 23

California Room

1000-1050 ****Risk and Protective Factors for Post-Deployment Aggression**
Eric Elbogen, PhD
Presentation will present data from nationally representative survey of Iraq and Afghanistan war veterans on risk and protective factors for post-deployment aggression. Specifically, areas of psychosocial and physical functioning will be shown to reduce violence risk, even in the presence of risk factors. As such, the results will allow military personnel to both assess and manage aggression in veteran populations.

1050-1100 **Speaker Transition**

1100-1150 ****Predicting PTSD, TBI and Major Depression among Marines in Military Treatment Facilities**
Jean Slosek, MS
Increasing surveillance efforts are focused on timely and accurate identification of PTSD, TBI and major depression. Surveillance data are generated to assess burden and impact on MTFs and operational readiness. This information is being used to predict future burden and incidence of PTSD, TBI and MDD diagnoses at regional MTFs.

1150-1250 **Lunch**

1250-1340 ****Depression and Pain: Independent and Additive Relationships to Anger Expression**
Marcus Taylor, PhD
Anger and anger expression are prevalent in the military population. We examined unique and additive relationships of depression and pain to anger expression in military personnel. Multiple regression analyses confirmed that depression and pain demonstrate positive independent and additive relationships to anger expression.

1340-1350 **Speaker Transition**

1350-1440 ****Psychological and Organizational Resilience: Applications to the Military**
Stephanie Booth Kewley, PhD
A brief history and background on the concept of resilience and a summary of research on this topic will be provided. Individual and social/organizational factors that promote psychological resilience will be discussed. Findings from the presenter’s research with military combatants will be discussed within the context of a resilience framework.

1440-1510 **Network Break**
Posters will be manned

1510-1600 ****Efficacy of Mindfulness Tools for Managing 21st Century Stress**
Susan Lindau, MSW
Participants in this seminar will learn about research demonstrating the power of using mindfulness tools in managing the stresses of the 21st century. They will be guided to learn the techniques on which the research was based. Additionally, they will receive handouts so that they can continue using these skills.

1600-1610 **Speaker Transition**



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1610-1700 ****After Deployment Activation and Problem-Solving Therapy (ADAPT): A Primary-Based Psychotherapy for OEF/OIF/OND Veterans with PTSD and Comorbid Conditions**

Matthew Jacupcak, PhD

Dr. Jakupcak will present findings from a VA funded randomized clinical trial comparing ADAPT to usual care delivered in specialty outpatient PTSD clinics. Preliminary results suggest that ADAPT is better tolerated and, as a result, more effective at reducing PTSD symptom severity compared to referral to specialty PTSD care for newly VA enrolled OEF/OIF/OND Veterans.

FAMILY TRACK – MAY 23

Golden West Room

1000-1150 ****Child Developmental Changes and the Effect of Deployment Panel**

Dorinda Williams
Patricia Lester, PhD
Krystal White, PhD
Julia Yeary, LCSW

The audience will be able to better understand how deployment affects children from birth to adolescence, what signs/challenges to look for and parenting techniques to address these challenges.

1150-1250 **Lunch**

1250-1340 ****Equine Assisted Psychotherapy – A Growing Treatment Modality**

Lynn D. Thomas, LCSW
StarrLee Heady

How can horses be an effective treatment tool, especially with service members and their families? Learn more about this unique and growing approach - how it works, the different

approaches, and how to involve this modality in current programming.

1340-1350 **Speaker Transition**

1350-1700 ****Building Resilience in Military Affiliated Children and Teens**

Dr. Kenneth Ginsburg, MD

This presentation will offer an overview of strategies to support positive youth development and resilience of teens. It will discuss both effective parenting strategies and effective coping strategies for teens.

SPECIALTY TRACK – MAY 23

Pacific Salon 1 & 2

1000-1150 ****Mobile Care Team**

Cmdr. Alan Nordholm, MSC, PhD
Lt. Cmdr. Katie Shobe, MSC, PhD
Lt. Cmdr. Marlo Narro, MSC
Lt. Cmdr. Justin Campbell, MSC, PhD
Petty Officer 3rd Class Elisha Greasham

Sailors deployed in support of OEF have expressed overwhelming support for the Navy's Mobile Care Team (MCT), a small group of mental health providers and scientists that visit IAs across the country to assess unit and individual behavioral health. This panel will present viewpoints from previous MCT members.

1150-1250 **Lunch**

1250-1700 ****Combat and Operational Stress First Aid (COSFA)**

Cmdr. Jean Fisak, NC, USN
Capt. Richard J. Westphal, PhD, RN, NC, USN (Retired)

Combat and Operational Stress First Aid (COSFA) is a core construct of the Maritime



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COSC doctrine. COSFA is designed to fill the gap between the leader-based resilience-building and clinical treatment. This presentation will cover COSFA foundations and practical skills to preserve life, prevent further harm, and promote recovery.

Thursday Morning May 24, 2012

Breakout Sessions

NAVY TRACK – MAY 24

Grand Hall

0800-0850 ****Sleep, Stress and Alternative Watch Schedules**

Nita Shattuck, PhD
Lt. Matthew Yokeley, USN

Lack of sleep causes changes in performance similar to those experienced by elevated blood alcohol levels. This session will give the overview of the latest findings in this area and discuss the consequences of sleep debt on crew and mission effectiveness. Attendees will be given practical applications for use in operational settings including results from recently completed work aboard USN destroyers. Attendees will have the opportunity to evaluate their own sleep and discuss how lack of adequate sleep may affect crew response time and mission readiness.

0850-0900 **Speaker Transition**

0900-0950 **What's In Your Seabag?**

Katie Suich
Lorna Geggis
Rose Riggs, PhD

According to the Behavioral Health Quick Poll

(BHQP), stress from their personal life resulting from deployment is one of the primary sources of stress for many Sailors. The goals of the OSC Program include preventing stress injuries by building solid psychological resilience in Sailors, their families and their units, and helping them foster effective responses to stress reactions. To reach these goals, it is important that Sailors and their families understand how to identify stress and stress reactions and where to get help. The OSC Stress Continuum Model will be presented through video clips. The four videos that will be presented in this session depict a family's journey from the green zone before deployment to the red zone after deployment. Participants will be asked to identify characteristics of each zone that are evident in the videos, and then consider possible solutions. OSC team members will guide the discussion to appropriate solutions.

0950-1020 **Network Break**

1020-1110 **Panel: How OSC is Working in the Fleet**

Daryl Charles

Navy line leaders will discuss how they are applying operational stress control in everyday situations in the fleet and what the benefits are to Sailors, families and commands.

1110-1120 **Speaker Transition**

1120-1210 ****Organizational Resilience**

Edward Powley, PhD

Resilience is a critical capacity for military units at home or deployed as together they face a multitude of stressors and risks which require strength and fortitude to remain intact. In 2011 research began to track the organizational resilience of military units (departments, divisions, squadrons and so forth). The quality of relationships among unit members can determine

continued on next page

*** Continuing Education Credits provided*



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whether and how the unit will deal with setbacks and challenges. Secondly, positive assessments of resilience should be associated with sailors' engagement, commitment and overall performance (i.e., mission accomplishment). The early data collected from this research will be discussed in an attempt to answer key questions including: What can the command do to increase resilience of its individual units? What areas of resilience are most significant and in need of development? What strategies might be available for the unit leaders to strengthen resilience within the unit? How might the command strengthen leadership among its junior officers and senior enlisted?

1210-1310 Lunch

1310-1400 **** What the Behavior Quick Poll Tells Us about Stress**

Paul Rosenfeld, PhD

The Behavioral Health Quick Poll (BHQP) has been administered Navy-wide for the past three years providing a clear and scientific indication of the primary sources of stress and what Sailors are doing to navigate stress.

1400-1410 Speaker Transition

1410-1450 **** Operational Stress Studies and Assessments: Research Navy Leaders Can Use**

Paul Rosenfeld, PhD

1450-1520 Network Break

MARINE TRACK – MAY 24

Town and Country Room

0800-0820 OSCAR Overview

Lt. Col. Curtis Strader, USMC

Provide an overview of OSCAR curriculum,

implementation, trainer certification requirements and training efforts to assist commanders and Marines in the operating forces.

0820-0825 Speaker Transition

0825-0850 **Transitioning from OSCAR Psychology and Psychiatry to OSCAR Team**

Lt. Yaron Rabinowitz, MSC, USN

Lt. Russell Balmer, USN

The OSCAR concept relies on two doctoral-trained providers – a prescriber and a non-prescriber – working in conjunction. The manner in which they do so can have a significant impact on quality of care, the degree to which the OSCAR team fully embeds with the unit, and the overarching success of the OSCAR mission. The aim of the presentation is to present a collaborative model which emphasizes shared responsibility, collaboration and consultation, and team treatment. Several interesting case examples will be provided which illustrate the mechanism and benefits of the approach.

0850-0900 Speaker Transition

0900-0950 **Marine Resiliency Study**

Dewleen Baker, MD

The presentation begins with a description of the goals and methods of the Marine Resiliency Study (MRS) within the context of current stress research. Early MRS findings will be presented, along with discussion of how they may apply to prevention, early intervention or treatment.

0950-1020 Network Break

1020-1110 **Programs Addressing Psychological Health for Service Members and their Families**

Christine Vaughan

This presentation will discuss a recent study of



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programs that address psychological health for service members, describing the study methodology, program content and recommendations. In addition, the presentation will include an overview of the current evaluation of the Marine Corps Operational Stress Control and Readiness (OSCAR) program.

1110-1120 Speaker Transition

1120-1210 Mitigation of Combat Stress: Clues from Research

Jerry Larson, PhD
Stephanie Booth Kewley, PhD

The presentation will summarize findings from the Warfighter Status project and other research efforts, and highlight modifiable factors that influence warfighter resilience. Topics to be discussed include leadership, environmental stressors, homefront concerns and unit cohesion. Each of these factors helps to shape the warfighter's perceptions of combat experiences.

1210-1310 Lunch

1310-1400 TBI 101: PME For Marine Corps Leaders

Capt. David A. Tarantino, MC, USN

TBI is an invisible injury of this war, making this an important topic for Marine Corps leadership to understand and recognize in their personnel. This presentation will de-mystify blast-induced TBI, as well as offer Military Leadership specific recommendations for fostering post-combat unit cohesion and optimum recovery of their Marines.

1400-1410 Speaker Transition

1410-1450 COSC Leader Panel

Lt. Col. Curtis Strader, USMC
Lt. Col. Seth Folsom, USMC
Lt. Col. Thomas Savage, USMC
Sgt. Maj. Peter Siaw, USMC
Sgt. Maj. John Ploskonka, USMC

Leaders discuss their experiences, how combat and operational stress affected them and/or their unit, what they did about it, what went well, what could have been done better and what they learned from the experience.

1450-1520 Network Break

RESEARCH CLINICAL A TRACK – MAY 24

San Diego Room

0800-0850 **Redeployment Restoration: A New Approach to Re-Deployed Marines

Lt. Cmdr. Amy Canuso, MC, USN

When I was at Bastion, Helmand Providence, I MEF Division and the MLG support were having multiple casualties and deaths. There was talk that upon return to Camp Pendleton there would be a mass screening beyond normal post-deployment screens. My concern was that we would be pathologizing normal responses instead of screening for safety and that we may actually be "turning off" a great many Marines who might eventually need our services. I found that while I was there serving, the most helpful thing one could do for those in the acute setting was to try to highlight the meaning in the experience and focus on the wisdom that was gained. Instead of "curing" or "making symptoms go away" the focus is on accepting, and finding a way to make the new normal ego-syntonic.

0850-0900 Speaker Transition

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0900-0950 ****Virtual Reality Goes To War: New Technology for Addressing the Wounds of War**
Albert Skip Rizzo, PhD

These presentations will detail how virtual reality applications are being designed and implemented across various points in the military deployment cycle to prevent, identify and treat combat-related PTSD in OIF/OEF service members. Projects that deliver VR PTSD Exposure Therapy and Stress Resilience training will be presented.

0950-1020 **Network Break**

1020-1110 ****Differences in Symptom Presentation for Service Members Seeking Mental Healthcare: Preliminary Results from the Psychological Health Pathways Program**
Jennifer Webb-Murphy, PhD
Capt. Scott Johnston, MSC, USN
Liz Vishnyak, MA

Due to the rise of mental healthcare demands resulting from ongoing wars in Iraq and Afghanistan, the military has stood up numerous new treatment programs. However, this rapid increase in program development has led to a fragmented system with no centralized database describing the psychological healthcare needs of military service members seeking mental healthcare. In this presentation we aim to 1) give an overview of the demographics and psychological symptom severity for service members seeking mental health treatment, and 2) to capture a clinic-specific view of what patients look like when presenting to the PHP program. This information will be beneficial to military leadership in making decisions on military mental health care system and resource allocation, ultimately improving the mental healthcare service members receive.

1110-1120 **Speaker Transition**

1120-1210 ****The Predictive Validity of the Post-Deployment Health Assessment/ Post-Deployment Health Reassessment**
Diane Williams, PhD

PTSD questions from the PDHA predict subsequent diagnosis of PTSD at 83.8 percent. PTSD symptom endorsement is much more likely to result in a diagnosis of PTSD on the PDHRA than the PDHA. The majority of Marines subsequently diagnosed with PTSD do not endorse any PTSD symptoms on the PDHA.

1210-1310 **Lunch**

1310-1400 ****Take Care: A Biblical Basis for the Importance of Self Care**
Cmdr. Robin Lewis, MSC, USPHS

As those that care for the soul, we often know what we should do for others, but have a difficult time practicing what we preach. This presentation will focus on the ease of caring for others and the difficulty of taking care of self. Using research and specific revelation, together we will consider some general causes of self-neglect and importance of setting self-care goals so that we can continue to serve others.

1400-1410 **Speaker Transition**

1410-1450 ****Defense Automated NeuroBehavioral Assessment - A Deployable Assessment for Concussion and Combat Distress**
James L. Spira, PhD

The Defense Automated NeuroBehavioral Assessment Tool (DANA) is the first automated support tool developed specifically to be used by medical personnel in combat-deployable environments in order to detect decreased performance due to concussion, psychological distress and deployment exhaustion. This presentation will report on its proven reliability and expected utility.



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1450-1520 Network Break

RESEARCH CLINICAL B TRACK – MAY 24

California Room

0800-0850 ****Application of Acceptance and Commitment Therapy (ACT) in the Integration of Chaplain and Mental Health Care Services**

Cmdr. Bill Cantrell, CHC, USN
Jason Nieuwsma

Acceptance and Commitment Therapy (ACT) will be discussed as an evidence-based, non-stigmatizing approach to caring for military personnel. Presentations from a VA psychologist and a VA / Navy Reserve chaplain will highlight how ACT can be a tool for facilitating the integration of chaplain and mental health care services.

0850-0900 Speaker Transition

0900-0950 ****Mind-Body-Spiritual Approach for Managing PTSD Symptoms: Mantram Repetition**

Jill Bormann, PhD, RN

This presentation describes one of the largest randomized clinical trials of a meditation-based intervention for PTSD to date. Veterans with PTSD (N=146) were assigned to either the Mantram Repetition Program with usual care or to usual care alone. Results demonstrated improvements in PTSD symptoms, quality of life and spiritual wellbeing.

0950-1020 Network Break

1020-1110 ****The Role of Modern Learning Theory in Understanding Resilience to Trauma**

Jeffrey Cook, PhD

This presentation will discuss combat related

PTSD from the perspective of modern learning theory and will provide insight into the prevention, onset, maintenance and relapse of the disorder. The content is designed to be accessible to both mental health providers and non-providers and will provide clear examples and definitions for these potentially complex topics.

1110-1120 Speaker Transition

1120-1210 ****Small Unit Operational Stress Tool**

Geoffrey Patrissi, PhD
Paul Rosenfeld, PhD

In connection with the Defense Equal Opportunity Climate Assessment, commanders/commanding officers have been able to assess the stress level of their commands. This tool can tell a CO the current stress level of his/her unit, where it compares to other like units and communities and overall with the fleet. The CO can take appropriate measures to alleviate potentially destructive levels of stress before they become dysfunctional.

1210-1310 Lunch

1310-1400 ****The Problem of Therapeutic Alliance When Treating Combat-Related PTSD**

Cmdr. Russell Carr, MC, USN

The presentation will be a discussion of therapeutic alliance in treating PTSD from a contemporary psychodynamic perspective. It will give examples of difficulties in establishing an alliance. It will offer a conceptualization of trauma, based on intersubjectivity theory, which indicates a way to empathically approach difficult patients.

1400-1410 Speaker Transition

1410-1450 TBD



CONFERENCE SCHEDULE

1450-1520 Network Break

FAMILY TRACK – MAY 24

Golden West Room

0800-0850 ****Military Spouse Panel**

Denise Thomson
 Bianca Strzalkowski
 Wendy Poling

Our spouses receive years of training to prepare them to accomplish the mission. As spouses our training is “on the job,” and we are expected to adapt and overcome immediately. In this panel we will empower attendees with information, provide support with our raw honesty to our own challenges and enlighten them with support. Join us to learn strategies to better navigate the obstacles of military life, deployments, frequent moves, juggling roles as Mom and Dad, being caregivers, etc.

0850-0900 **Speaker Transition**

0900-1110 ****Navigating Stress in Difficult Times – “When You Have No Time”**

Kathie Hightower
 Holly Scherer

Lessons from stress experts and the real stress experts – other military spouses. From simple and quick to more challenging and long term, you’ll walk away with lots of tools to reduce your stress and pump up your energy every day. We’ll test run a lot of these during the session today. Join us to learn tools to carry with you throughout your military life.

1110-1120 **Speaker Transition**

1120-1210 ****Storied Leadership of Military Spouses**
 Denise Thomson

Have you ever benefitted from hearing the stories of others? This interactive and experiential workshop will demonstrate how the stories we choose to tell about ourselves helps define our personal leadership style. Learning to “shift the conversation” from the stressors to the strengths of the military lifestyle can be a valuable tool.

1210-1310 **Lunch**

1310-1400 ****Family Matters: Examining Mental Healthcare Utilization among Navy Beneficiaries**

Laura E. Straw, MPH

Active duty family members face stressors unique to military culture, therefore it is important that policy-makers and health professionals understand care-seeking practices and service utilization. This presentation explores clinical care for Navy and Marine Corps family members diagnosed with a mental health disorder.

1400-1410 **Speaker Transition**

1410-1450 ****Thriving Not Just Surviving in the Military Lifestyle**

Mollie Gross

Mollie explores ways to thrive not just “survive” being a military wife. By focusing on the healing power of laughter, Mollie teaches wives how the simple act of changing perspective and attitude can help them get through life’s challenges. Mollie helps wives to find “themselves” while still serving beside their husbands.

1450-1520 **Network Break**



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SPECIALTY TRACK – MAY 24

Pacific Salon 1 & 2

0800-1200 ****Combat and Operational Stress First Aid (COSFA)**
 Cmdr. Jean Fisak, NC, USN
 Capt. Richard J. Westphal, PhD, RN, NC, USN (Retired)

1210-1310 **Lunch**

1310-1450 **** The UK Third Location Decompression Experience and Operational Mental Health Research**
 Capt. Mohammad Fertout

This presentation reviews the use of psychological decompression as applied to UK troops returning from active service in operational theatres. Definitions of the term are considered and a brief history of its use in UK forces as part of the post-operational stress management process is presented. Current policies and practices are described. The evidence base for the efficacy of decompression is examined in light of a number of UK studies since 2008 with some conclusions drawn as to its future utility as an immediate post deployment intervention.

1450-1520 **Network Break**

Thursday Afternoon May 24, 2012

Building Resilience

Leaders at all levels are responsible for preserving the psychological health of their Marines, Sailors and family members, just as they are responsible for preserving their physical health. Leaders must also actively foster resilience, prevent stress problems as much as possible, recognize when

stress problems have occurred and eliminate the stigma associated with accessing appropriate care.

Psychological health is a broad concept that goes far beyond the more limited concepts of mental health and readiness. Among its many components are a healthy lifestyle, strength of body and mind, moral and spiritual fitness, positive relationships with oneself and others and confidence based on real competence. The leadership responsibilities and tasks that directly contribute to psychological health comprise the mission of combat and operational stress control (COSC) in the Marine Corps and operational stress control (OSC) in the Navy.

PLENARY SESSION - MAY 24

Grand Hall

1520-1540 ****Critical Role of Small Unit Leaders**
 Sgt. Maj. C.A. Adams, USMC

1540-1610 ****Program Updates**
 Marine Corps COSC – Ms. Patricia Powell
 Navy OSC – Capt. Kurt Scott, USNR
 NCCOSC – Capt. Scott L. Johnston, MSC, USN

1610-1700 ****Track Leader Wrap Up & Overview of Track Trends**
 Capt. Scott L. Johnston, MSC, USN
 Capt. Kurt Scott, USNR
 Lt. Col. Curtis Strader, USMC
 Dr. David Mather
 Dr. Robert McLay
 Kirsten Woodward, MSW

1700-1710 ****Closing Remarks**
 Capt. Scott L. Johnston, MSC, USN
 Rear Adm. Elizabeth S. Niemyer, NC, USN

Benediction

Lt. Cmdr. Paul Tremblay, CHC, USN



ACCREDITATION STATEMENTS

This activity is jointly sponsored/co-provided by Postgraduate Institute for Medicine and the Naval Center for Combat & Operational Stress Control.



Target Audience

This activity has been designed to meet the educational needs of healthcare professionals, including physicians, registered nurses, psychologists, social workers, marriage counselors, family therapists and case managers involved in the care of patients with combat and operational stress injuries and illnesses.

Overall Educational Objectives

After completing this activity, the participant should be better able to:

- Recognize a continuum of stress responses ranging from optimal wellness to diagnosable illness using the Operational Stress Control (OSC) Continuum Model as it pertains to units, individuals, family and healthcare providers.
- Assess the increased awareness of comorbidity with other psychiatric disorders, including how to incorporate clinical practice guidelines and current best practices in treating these disorders.
- Assess treatment methods and intervention strategies known to promote improvement for individuals with psychological health conditions and traumatic brain injuries.
- Recognize the Five Core Leader Functions and acquire leadership tools to address stress issues in active-duty members.

Physician Continuing Education

Credit Designation

The Postgraduate Institute for Medicine designates

this live activity for a maximum of 20.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation Statement

This activity has been planned and implemented in accordance with the essential areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Postgraduate Institute for Medicine and the Naval Center for Combat & Operational Stress Control. The Postgraduate Institute for Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Nursing Continuing Education

Credit Designation

These educational activities for up to 20.4 contact hours are provided by the Postgraduate Institute for Medicine.

Accreditation Statement

The Postgraduate Institute for Medicine is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

California Board of Registered Nursing

The Postgraduate Institute for Medicine is approved by the California Board of Registered Nursing, Provider Number 13485, for up to 20.4 contact hours.

Psychologist Continuing Education

APA Division 18 is approved by the American Psychological Association to sponsor 20.75 continuing education for psychologists. APA Division 18 maintains responsibility for this program and its content.

Social Worker/Marriage Counselor/ Family Therapist Continuing Education

Course meets the qualifications for up to 20.75 hours of continuing education credit for MFTs or LCSWs as required by the California Board of

Behavioral Sciences. The Postgraduate Institute for Medicine, Provider Number 5114.

Case Manager Continuing Education

This organization has applied for approval for up to 20.75 CEUs through the Commission for Case Manager Certification.

A statement of credit will be issued only upon receipt of a completed activity evaluation.

Fee Information

There is no fee for this educational activity.

Disclosure of Unlabeled Use

This educational activity may contain discussion of published or investigational uses of agents that are not indicated by the FDA. PIM and NCCOSC do not recommend the use of any agent outside of the labeled indications.

The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of PIM and NCCOSC. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications and warnings.

Disclaimer

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patients' conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information and comparison with recommendations of other authorities.

**** Notes the sessions in which Continuing Education Credits are provided**

A Note from NCCOSC:

NCCOSC welcomes a variety of ideas to help improve the psychological health of service members. However, the opportunity to present at our conference is not necessarily indicative of an endorsement of the program or viewpoints shared. Presentations at the conference may be based on personal experience, theory, opinion, preliminary data or established evidence-based practices. NCCOSC supports the use of best practices. Evidence-based practice means that healthcare providers are using evaluation and treatment that has been shown to be effective through research. NCCOSC fosters an environment where clinicians, leadership, scientists and service members work together to integrate measurement into programs to mitigate and treat operational stress injuries. We strive to build a consensus between science and practical applications that takes into account the expertise of providers, the need to demonstrate effectiveness and the characteristics of the individual(s) and their unique needs. Over the course of the conference, we encourage you to consider these issues as you listen to the presentations and hear new ideas.



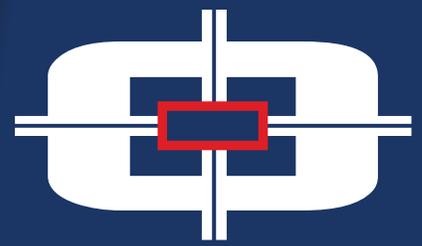
GET CONNECTED!

Find out more about NCCOSC through our digital media

The Facebook page shows the NCCOSC profile with 509 likes and a post about Santa Cruz Verde. The Twitter page shows the NCCOSC profile with 348 tweets, 109 followers, and 112 following. A tweet from NCCOSC is visible: "#Navy Develops Operational Stress Control Mobile Training Team".

The website features the NCCOSC logo and navigation tabs for Service Members, Leaders, Health Professionals, and Families. A prominent banner for the "NAVY AND MARINE CORPS COMBAT AND OPERATIONAL STRESS CONTROL CONFERENCE 2012" is displayed, with dates May 23-24 and pre-conference workshops on May 22. A "Register now!" button is present. A sidebar on the right lists "TOOLS FOR ALL" including Relaxation Skills, Checklists, and Videos and Downloads. A "Hot Off The Press" section is also visible.

The screenshots show three YouTube videos: "Captain William Nash part 4", "RDML Faison speaks at the COSC Conference part 2", and "A Holiday Message from Capt. Scott Johnston, NCCOSC Director". The third video is the primary focus, showing a man in a military uniform speaking. It has 65 views and was uploaded by NCCOSC on Dec 21, 2011. A sidebar on the right lists other videos such as "Real Stories of Veterans", "2011 NCCOSC Conference: HMCM", "SMASH! Holiday Special", "Guam soldier sends holiday message", "2010 California Holiday Greeting", "2010 Michigan Holiday Greeting", and "Planetree Holiday Greetings 2011".



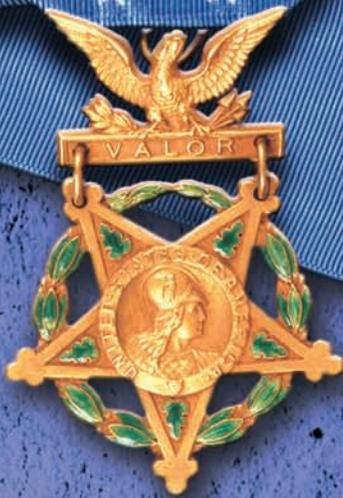
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Tweet the Conference: #COSC12



“Meet *the* Heroes”

Social and Awards Ceremony

Major Drew Dennis Dix, USA (Ret.) (Featured Speaker)

Colonel Jay R. Vargas, USMC (Ret.)

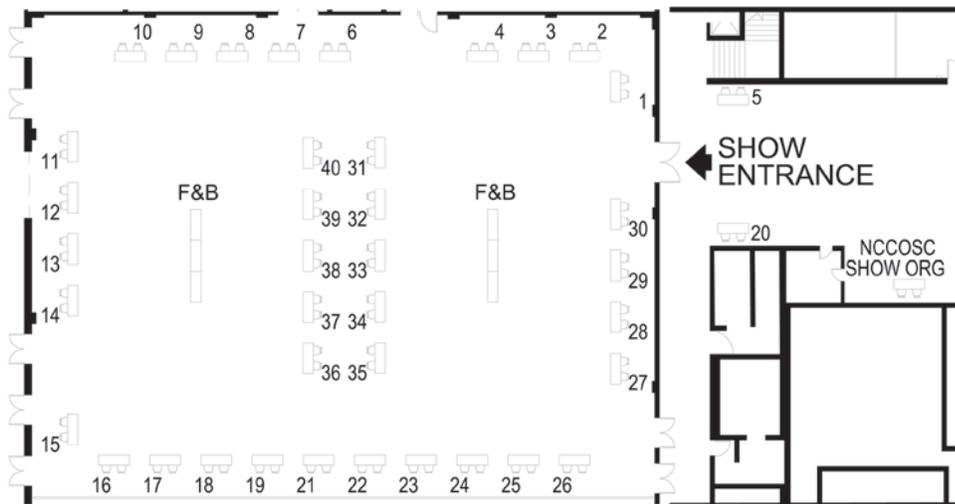
Please join us in the
Tiki Pavilion on Wednesday, May 23 from 1715 to 2000
All attendees and guests welcome

Medal of Honor, from left: Army, Navy and Marine Corps, Air Force



Exhibitor Map and Listing

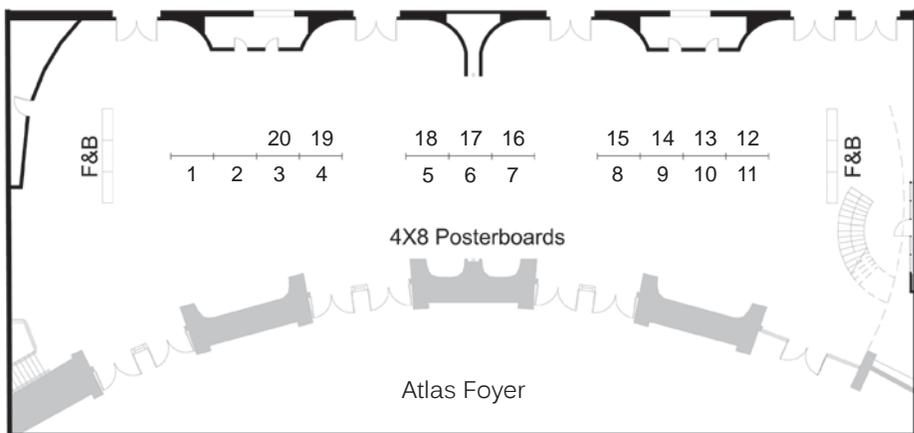
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|--|---|---|
| <ol style="list-style-type: none"> 1) DoD Yellow Ribbon Reintegration Program 2) Marine Corps Family Team Building Family Readiness Exhibit 3) NMCP: Back on Track program 4) AMEDD Center and School, Dept. of Behavioral Health Sciences 5) (Foyer) HQMC COSC 6) The National Intrepid Center of Excellence 7) Equine-Facilitated Psychotherapy for Military Personnel 8) Transitioning Families Intensive Reunification Services 9) Rising Moon Ranch - Healing Horses & Armed Forces 10) Alpha-Stim® Cranial Electrotherapy Stimulation 11) VA Health 12) EAGALA Military Services 13) I am a U. S. Veteran: WOMEN in Wars & Conflicts [WWII - Current Conflicts] 14) Chin USAA 15) Homecoming For Veterans 16) York Social Security 17) Millennium Laboratories 18) Alvarado Parkway Institute, Behavioral Health System 19) PLAYAWAY 20) (Foyer) Navy Operational Stress Control Program 21) FOCUS 22) NCCOSC - Psychological Health Pathways 23) Family Forces 24) The Defense and Veterans Brain Injury Center (DVVIC) | <ol style="list-style-type: none"> 25) Defense Center of Excellence for Psychological Health and Traumatic Brain Injury 26) Physician Therapeutics 27) Human Performance Resource Center 28) Military Ministry of Campus Crusade for Christ 29) HeartMath 30) Freedom Care 31) OASIS Residential Program 32) TRICARE Quit Tobacco – Make Everyone Proud | <ol style="list-style-type: none"> 33) Psychological Health Outreach Program 34) Bay Recovery Center 35) The Real Warriors Campaign 36) Meisch Temple Massager 37) Chamberlain College of Nursing 38) ZERO TO THREE 39) American Red Cross 40) Fleet and Family Support Center Foyer - Naval Center for Combat & Operational Stress Control |
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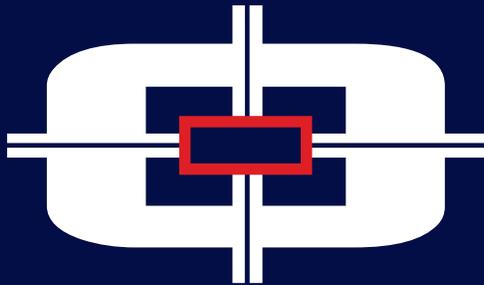
Golden Pacific Ballroom

Poster Map and Listing

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| <ol style="list-style-type: none"> 1) Triggers of Fear in OIF/OEF Combat Veterans 2) Creating a Safe and Therapeutic Environment for all Behavior Health Patients admitted on 4 North at Naval Hospital Camp Pendleton 3) Relationship Between Marine Corps Wives' Stress and Perceived Social Support 4) Project HEAL: An Internet-Based Self-Management Intervention for Those at Risk for Prolonged Grief Disorder 5) A Pilot Study of Trauma-Informed Guilt Reduction (TrIGR) Therapy with OEF/OIF/OND Veterans 6) The USC Center for Innovation and Research on Veterans & Military Families 7) Joining Forces Through Education 8) Utilization of a Holistic Health Center for Deployment-Related Problems: A Program Evaluation 9) Family Matters: Examining Mental Healthcare Utilization Among Navy Beneficiaries 10) Supporting Veteran and Military Family Reintegration through Academic-Community Partnerships 11) Comparison of Treatment Manuals for PTSD-Applicability to DOD Populations 12) Triggers for Fear in OIF/OEF Combat Veterans | <ol style="list-style-type: none"> 13) Apparent Co-Morbidity of Bipolar Disorder in a Population with Combat-Related Post-Traumatic Stress Disorder 14) Navy and Marine Corps Reserves Psychological Health Support 15) Relationship of Pain, Posttraumatic Stress Disorder, Depression and Disability in Active-Duty Service Members 16) Effects of Anti-Depressants on Neuropsychological Function Related to Combat Performance | <ol style="list-style-type: none"> 17) Operational Stress/Traumatic Stress/Dissociation 18) Geographic Moves and Mental Health Service Use Among U.S. Military Children 19) Alcohol-Related Consequences Mediating the Relationship Between PTSD and Mental Health Related Quality of Life in OEF/OIF Veterans 20) Joining Forces Through Education |
|--|--|---|



Atlas Foyer



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