

NAVAL CENTER
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COMBAT & OPERATIONAL STRESS CONTROL

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2015 COSC Symposium Heads to the East Coast

By Capt. Scott Johnston,
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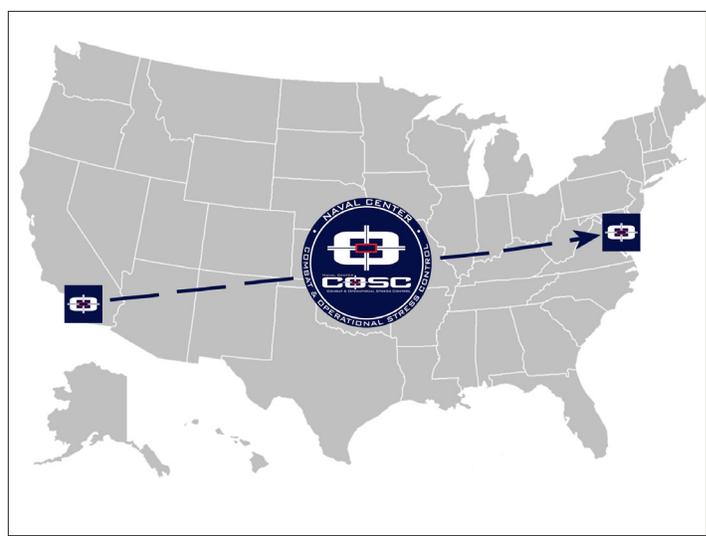
Every year, one of the major initiatives for the Naval Center for Combat & Operational Stress Control (NCCOSC) is our Combat and Operational Stress Control (COSC) Symposium. This will be the 6th event since the inception of NCCOSC and will be a very special one indeed: the symposium will now be bi-coastal. This year will be the first year in NCCOSC history that the COSC symposium will be on the East Coast at the auditorium at Naval Medical Center Portsmouth (NMCP), VA, August 27, 2015, starting at 9am EST.

In the past, NCCOSC consistently reached a diverse global audience during the annual COSC Symposium in San Diego, Calif. Hundreds and at times, thousands, of military and civilian mental health professionals, psychologists, psychiatrists, social workers, case managers, chaplains, therapists, and researchers from across the United States and all over the world attended the symposium in person and virtually through Defense Connect Online (DCO) to learn about combat and operational stress control best practices and the latest research and technology in the field of mental health care.

We're expanding our reach even further this year by holding the COSC symposium at NMCP. Rear Adm. Elaine Wagner, Deputy Chief, Bureau of Medicine and Surgery, Wounded, Ill and Injured, will present the welcoming remarks and help kick things off. The 9am EST start time will help accommodate attendees on the West Coast or others around the world who will be attending virtually via Adobe Connect.

This year's symposium features 12 total speakers. Speakers include Lt. Cmdr. Dennis White, Lt. Cmdr. Beth-ann Vealey, and

Lt. Cmdr Mathew Rariden representing the Department of Mental Health at Naval Medical Center Portsmouth (NMCP). They will present the latest innovative programs from NMCP. Also stationed at NMCP is the Navy and Marine Corps Public Health Center (NMCPHC) where Ms. Tina Luse from NMCPHC's EpiData Center will present on behavioral health surveillance in



The 2015 Combat & Operational Stress Control Symposium is scheduled for Thursday, August 27, 2015 from 9:00am to 5:00pm EDT. To register, please visit: https://nccosc.adobeconnect.com/coscsymposium/event/event_info.html

the department of the U.S. Navy. Rounding out NMCP's local representation is Kimberly Copeland, Ph.D from the Center of Deployment Psychology who will present on evidence based treat-

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Symposium Speakers

The 2015 COSC symposium will feature a total of 12 speakers from different Navy Medicine organizations as well as the Department of Veterans Affairs. They come from varied and distinguished backgrounds of military, medicine, mental health, and research.



Capt. Scott Johnston, Ph.D.
 NCCOSC Director

Capt. Johnston is the director for the Naval Center for Combat & Operational Stress Control in San Diego. He also serves as the specialty leader for Navy Clinical Psychology. He received his bachelor's degree from the University of California at Davis and his Ph.D. in clinical psychology from the Pacific

Graduate School in Palo Alto, California. He also completed a postdoctoral fellowship in pediatric psychology at Harvard Medical School. He has been a licensed clinical psychologist since 1995 and is board certified in both forensic and clinical psychology. Academically, 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.



Cmdr. Jean Fisak, NC
 NCCOSC Deputy Director

Cmdr. Fisak is the deputy director of the Naval Center for Combat & Operational Stress Control (NC-COSC). She graduated from San Jose State University, with honors, in 1993. She received her commission in 1995. She continues to serve as the Psychiatric/Mental Health Nurse Specialty Leader, a position

she had until November 2014. While stationed at Naval hospital Okinawa, she led the development of the command's CNS group and stood up the Navy's first Caregiver Occupational Stress Control (CgOSC) team, providing training to 100 percent of command personnel. Fisak also developed a "Stress-O-Meter" dashboard designed to measure stress levels across the command. She currently oversees Caregiver Occupational Stress Control Instructor Training program.



Lt. Cmdr. Beth-ann Vealey, Ph.D.
 Naval Medical Center Portsmouth

Lt. Cmdr. Vealey has served in the United States Navy Medical Service Corps since 2001. She is currently assigned to Naval Medical Center Portsmouth under the Directorate of Mental Health and is scheduled for promotion to the rank of Commander on 1 September 2015.

She was awarded a Ph.D. from

Virginia Commonwealth University and is credentialed as a California LCSW and Board Certified Diplomat in Clinical Social Work. Dr. Vealey developed and piloted the NMCP Crisis Stabilization Program. She is the Mental Health Social Work Chair for the LCSWs and LMFTs working in the Directorate for Mental Health and is the command SAPR program manager. She collaborates with key Marine Corps leadership and researchers - designing and implementing projects to study gender integration issues affecting active duty Marines today.



Lt. Cmdr. Dennis A. White, Ph.D.
 Naval Medical Center Portsmouth

Lt. Cmdr. White is a staff general and forensic psychiatrist at Naval Medical Center Portsmouth, Virginia. Lt. Cmdr. White is currently the Division Officer for Psychiatric Partial Hospitalization Programs. He currently serves as an assistant professor in the Department of Psychiatry at the Uniformed

Services University of the Health Sciences in Bethesda, MD, and is the Medical Student Clerkship Director for Psychiatry at NMCP. He completed his internship and residency in psychiatry at the National Capital Consortium. He previously served as the Operational Stress Control and Readiness Psychiatrist with 7th Marine Regiment from 2011-2013. Lt. Cmdr. White is board certified in general psychiatry from the American Board of Psychiatry and Neurology and is a fellow of the American Psychiatric Association.



Lt. Cmdr. Rariden, Psy.D.
Warrior Recovery Services Division Officer
Assistant Chair of Psychology
Submarine Squadron 6
Staff Psychologist

Lt. Cmdr. Rariden was born and raised in the central valley of California. He attended the University of California at Davis for undergraduate studies in Psychology, then the California School of Professional

Psychology, in San Francisco, for graduate school. He joined the Navy for his internship and has been stationed at MTFs and several operational commands. Currently, he splits his time between Naval Medical Center Portsmouth, Submarine Squadron 6, and Submarine Forces Atlantic."



Chris Crowe, Ph.D.
Department of Veterans Affairs

Since 2011, Dr. Chris Crowe has been embedded as the VA Senior Mental Health Consultant / Liaison to the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) and recently served as Deputy Director of DCoE's Deployment Health Clinical Center (DHCC). In January 2015, he was

detailed to VA and is performing the duties of the VA National Mental Health Director for VA/DoD Integrated Mental Health. He serves on the VA/DoD Evidence-Based Practice Guideline Work Group and is currently on a subgroup that is updating the VA/DoD Clinical Practice Guideline for the Management of Major Depressive Disorder.



Mary Brinkmeyer, Ph.D.
Naval Medical Center Portsmouth

Dr. Mary Brinkmeyer works at Portsmouth Naval Medical Center (Portsmouth, VA) as Assistant Training Director. She trains and supervises pre-doctoral interns and post-doctoral fellows in providing evidence-based treatment to active-duty service members with an emphasis on addressing post-de-

ployment issues such as PTSD, chronic pain, depression, and insomnia. She was recently named Civilian of the Quarter. Her previous position was as a Deployment Behavioral Health Psychologist for the Center for Deployment Psychology. In this

role, she conducted national lectures on deployment health topics to civilian and military providers and provided support to the training team at Naval Medical Center Portsmouth. Dr. Brinkmeyer worked for three years as a health psychologist at the Naval Medical Center Portsmouth Department of Orthopedics. She provided assessment and cognitive-behavioral treatment of patients with chronic pain and related co-morbid diagnoses.



Jennifer Webb-Murphy, Ph.D.
NCCOSC, Department Head
Research Facilitation

Dr. Jennifer Webb-Murphy is the Department Head for Research Facilitation at the Naval Center for Combat and Operational Stress Control and a licensed psychologist on staff at the Naval Medical Center, San Diego. She has ten years of clinical and research experience with active

duty military. She is a co-investigator on 16 active research protocols in the military and she oversees several dozen research studies and program evaluation efforts focused on the prevention, identification and treatment of military stress. She is one of the principal developers of the Psychological Health Pathways (PHP) program and she leads the Clinical Working Group for Navy Behavioral Health Data Portal (BHDP). Her primary experience has been in the areas of health psychology, psychological assessment and outpatient therapy utilizing various evidenced-based therapies, including exposure and virtual reality interventions for service members with PTSD.



Eileen Delaney, Ph.D.
NCCOSC, Clinical Research
Psychologist

Eileen Delaney, Ph.D., is a clinical research psychologist at the Naval Center for Combat & Operational Stress Control (NCCOSC). She obtained her license in clinical psychology in 2012 and has six years of clinical and research experience with VA and active duty military populations,

primarily in identifying and treating military-related stress. In her role at NCCOSC, she assists and coordinates various research studies and program evaluations that aim to prevent, identify, and/or treat various types of combat and operational stress as well as maintain and build resilience..



Kimberly A. Copeland, Psy.D.
 Center for Deployment Psychology

Deployment Behavioral Health Psychologist with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Physically based at Naval Medical Center Portsmouth, she is an integral part of the training committee responsible for teaching

and supervising interns and residents in the Navy's APA-accredited predoctoral internship and postdoctoral fellowship programs. She has also provided training and consultation in evidence-based treatments to psychiatry residents, nurses and social workers treating active-duty service members and their families. Prior to joining the CDP, Dr. Copeland worked in Portsmouth Naval's Substance Abuse and Rehabilitation Program.



Tina Luse, MA.
 EpiData/Navy & Marine Corps Public Health Center

Tina Luse graduated from The University of Iowa in 2006 with a Master's in Public Health, Epidemiology. She began her career at the Navy and Marine Corps Public Health Center, EpiData Center in 2007 as an ORISE epidemiologist working on both communicable disease and injury projects. She

became the Surveillance Specialist for the Eastern Region, Virginia Department of Health in 2008 and worked mostly on the H1N1 outbreak and reportable medical events. Ms. Luse returned to the EDC in 2010 and has concentrated her time as the Division Officer for Deployment Health, which focuses on issues uniquely related to deployments.



Rob Gerardi, MS, MBA
 NCCOSC. Department Head Programs

Retired Master Chief Rob Gerardi works for the Naval Center for Combat and Operational Stress Control as the Department Head of Programs, curriculum and outreach and care systems development. He is a native of New Jersey and enlisted in the United States Navy on September 16, 1985, retiring

in January 2009 after 25 years Naval Service. He was the Independent Duty Corpsman on three ships, the Program Director Surface Force Independent Duty Corpsman School, Command Master Chief Naval School Health Sciences, San Diego, and as the Commander Naval Surface Forces, Force Medical Master Chief.



**DATES
 TO
 REMEMBER**

August is Preventative Health Month

August 4

Navy Medical Service Corps Birthday

August 22

Navy Dental Corps Birthday

August 27

2015 COSC Symposium, Naval Center Portsmouth

September is Suicide Prevention Month

September 7-13

National Suicide Prevention Week

September 10

World Suicide Prevention Day

September 15

American Public Health Association Get Ready Day



10 Top Tips for Tip-Top Sleep

One of the best remedies for stress is a good night's sleep. Unfortunately, one of the most common side effects of any stress disorder is the inability to get a good night's sleep.

The following suggestions are collectively known as sleep hygiene. They are the first line of treatment for a restful night.

1. Keep a regular schedule.

Wake up and go to bed at the same time every day, including weekends.

2. Create a restful environment.

Keep the bedroom temperature comfortable and make certain the room is dark enough.

3. Use your bed only for sleep and sexual activity.

If you have a TV in your bedroom, watch it from a chair.

4. Set up a “wind-down” period before bedtime to help clear your mind.

Stop any activity that energizes you 30 to 60 minutes before bed. This includes watching TV, using a computer or playing video games. Instead, try a hot shower or warm bath, reading, listening to mood music, meditation or deep-breathing exercises.

5. Avoid caffeine (a stimulant) six hours before bedtime.

This includes sports drinks, energy drinks, coffee, tea, soda, diet supplements and pain relievers that contain caffeine.

6. Don't use alcohol, non-prescribed drugs or nicotine.

Alcohol may initially help you get to sleep, but it prevents the healthy, restful stages of sleep we need. Over-the-counter sleep aids lead to grogginess. Smoking can cause light sleep, with early-morning wakeups due to nicotine withdrawal.

7. Exercise regularly and stay active during the day.

But do not exercise three hours or less before bedtime.

8. Don't go to bed on a full stomach or hungry.

If you're hungry near bedtime, try a light snack of cheese, turkey or crackers with a glass of milk.

9. Stop watching the clock.

It will just make you more anxious.

10. Get up if you can't sleep.

After 30 minutes of tossing and turning, get up and go to another room. Try reading to make you drowsy or deep-breathing exercises; concentrate on relaxing your shoulder muscles.



2015 COSC Symposium

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ments for post-traumatic stress disorder (PTSD) and suicidal behavior within the military setting.

The current acting National Mental Health Director for the Department of Veteran Affairs (VA) as well as the Senior Mental Health Consultant to the Defense

This is truly an exciting time for NCCOSC as we continue our mission towards Navy Medicine's mission of "World-Class Care...Anytime, Anywhere."

Center of Excellence for Psychological Health and Traumatic Brain Injury, Chris Crowe, Ph. D. will present on the latest highlights of the forthcoming 2015 VA/DoD clinical practice guidelines for the management of major depressive disorder.

I am excited to present on improving quality of care through standardized out-

come measures and tracking through our Behavioral Health Data Portal along with NCCOSC's Jennifer Webb-Murphy, Ph. D. Cmdr. Jean Fisak, Deputy Director of NCCOSC as well as NCCOSC staff Rob Gerardi, and Eileen Delaney, Ph.D. will speak on Caregiver Occupational Stress Control (CgOSC), resilience, and the Servicemember Evaluation Tool (SET). In a true bi-coastal partnership, NCCOSC's Webb-Murphy, and NMCP's Mary Brinkmeyer, Ph.D will co-present on the topic of sleep research, interventions, and best practices.

This will also be a landmark year for technology as NCCOSC will be using Adobe Connect instead of DCO for virtual attendees. We push for innovation and the latest technology for research and applied that principle for the latest technology in virtual meeting spaces. Adobe Connect will be a much more robust and user-friendly system for our virtual attendees to view presentations with live audio, video, and chatroom. Register is now open at www.nccosc.navy.mil.

NCCOSC offers free continuing education credits for those who register. This east coast symposium has truly been a team effort to prepare and on August 27, we will

be ready to enhance the readiness of our nation's Navy and Marine Corps and support the goals of Navy Medicine through our 2015 COSC Symposium. This is truly an exciting time for NCCOSC as we continue our mission towards Navy Medicine's mission of "World-Class Care...Anytime, Anywhere."



On the Cover: *Capt. Scott Johnston, director, Naval Center for Combat & Operational Stress Control, and Cmdr. Jean Fisak, deputy director Naval Center for Combat & Operational Stress Control and NCCOSC Staff join together for the completion of the 2014 Combat & Operational Stress Control (COSC) Symposium at Naval Medical Center San Diego. Photo by NCCOSC public affairs.*

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