



VISN 6 Mid-Atlantic MIRECC Post Deployment Mental Health

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Education Component Updates

Lecture Series Now Available to VISN 6!



A new collaboration with the VISN 16 MIRECC's Education Component brings their monthly continuing education program, *CBOC Mental Health Rounds*, to our Network. This series was created in response to the desire of VISN 16 mental health providers in the community based outpatient clinics for VA-sponsored continuing education, especially on issues/topics pertinent to rural mental health care. The target audience is all mental health providers. In addition, other interested staff are welcome to attend. The programs receive accreditation/approved by the Accreditation Council for Continuing Medical Education (ACCME), American Psychological Association (APA), American Nurses Credentialing Center (ANCC), and Association of Social Work Boards (ASWB). Advance registration in TMS is required to be eligible for credit.

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APRIL 2012

Mental Health Innovations

Updates from VA's Specialized Mental Health Centers

RESEARCH Early Identification	EDUCATION Improving Communication	CLINICAL CARE Improving Services
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Preventing Veteran Suicide: Early Identification and Intervention

www.mirecc.va.gov/newsletter/current.asp

New Leadership Role

Dr. Robin Hurley (Associate MIRECC Director, Education Component) has recently agreed to serve on the National Advisory Board for the Auditory and Vestibular Dysfunction Research Enhancement Program (REAP). This month she attended her first Advisory meeting at the James H. Quillen VAMC in Mountain Home, TN.

**Approved
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& Contacts:**

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CBOC Mental Health Rounds

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These lectures are presented the second Wednesday of each month, 9-10am ET, by a combination of VANTS (for the audio portion) and LiveMeeting (for the slides and to provide interactivity). An introduction to LiveMeeting is available in TMS: *Attending a Microsoft Office 2007 Live Meeting* (item # 1279426)

Next presentation: **July 11, 2012**
9-10 am ET

Working with Couples Web-Based Training: A New Resource for Front-Line Clinicians
Michelle Sherman, PhD

You must register in TMS for this session by July 10 to receive credit. Please use the link below to register for this program.

https://www.tms.va.gov/plateau/user/deeplink_redirect.jsp?linkId=REGISTRATION&scheduleID=2275509

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Invited Lectures

Chaplain William Cantrell (Education and Research, VA Mental Health and Chaplaincy) presented "*Family Care in a New Generation of Veterans*" at Pearl Harbor, Honolulu HI in May of 2012.

Dr. Robin A. Hurley (MIRECC Associate Director, Education) presented "*Windows to the Brain: New Advances in Clinical Correlations of Neuroimaging and TBI*" at the Southern Regional Medical Command TBI Grand Rounds, Brook Army Medical Center, San Antonio TX, June 12, 2012. Dr. Hurley presented "*Windows to the Brain: Neuropsychiatry of Brain Injury*" as Grand Rounds for the Department of Physical Medicine and Rehabilitation, University of Birmingham, Birmingham AL, June 15, 2012 and "*Windows to the Brain: Neuropsychiatry of Brain Injury and Common Co-Morbidities for Audiology and Speech and Language Pathology, Parts 1 and 2*" (3 hours total) at the 19th Annual Appalachian Spring Conference - Traumatic Brain Injury and Blast Exposure, East Tennessee State University and the James H. Quillen VAMC, Mountain Home TN, June 21-22, 2012.

Program Update Engaging Chaplains in MH Care

This project is funded by Central Office and housed within our MIRECC. **Dr. Keith Meador** directs the initiative, and **Dr. Jason Nieuwsma** serves as associate director.

Bridging Chaplaincy and Mental Health Care Conference

April 12-13, Little Rock AK

Approximately 40-50 chaplains, mental health providers and community clergy attended this conference.



Meeting Presentation

Nieuwsma JA, Cantrell W. *Application of acceptance and commitment therapy (ACT) in the integration of chaplain and mental health care services*. 2012 Navy and Marine Corps Combat and Operational Stress Conference (NCCOSC), San Diego, CA, May 23-24, 2012.

Journal Articles

Maselko J, Hayward RD, Hanlon A, Buka S, Meador K. *Religious services attendance and major depression: A case of reverse causality?* American Journal of Epidemiology 2012; 175(6): 576-83.

Van Voorhees EE, Dedert EA, Calhoun PS, Brancu M, Runnals J; VA Mid-Atlantic MIRECC Workgroup, Beckham JC. *Childhood trauma exposure in Iraq and Afghanistan War era veterans: Implications for posttraumatic stress disorder symptoms and adult functional social support*. Child Abuse and Neglect. 2012;36(5):423-32.

Youssef NA, Marx CE, Bradford DW, Zinn S, Hertzberg M, Kilts JD, Nalor JC, Butterfield MI, Strauss JL. *An open-label pilot study of aripiprazole for male and female veterans with chronic posttraumatic stress disorder who respond suboptimally to antidepressants*. International Clinical Psychopharmacology 2012; 27(4):191-6.

Outreach to Veterans and Families



The Richmond VA MIRECC site collaborated with their OEF/OIF Clinic to provide information on clinical and community resources and opportunities to participate in research to Veterans during Richmond's Research Day festivities. Pictured are MIRECC Fellow Kelcey Stratton, PhD and psychology intern Christa Marshall, MS who put together the resources (and candy) and worked the table.

Useful TBI Educational Resources

TBI Model Systems Carolinas Site

<http://www.carolinashealthcare.org/carolinas-rehab-heads-up-educational-resources>

Heads Up series:

An Ounce of Prevention

Fatigue

Irritability

Plans for the Future

Wake Up Call (Sleep Disturbances after TBI)

Outreach to Providers: *Group Supervision for Clinicians Listening to Trauma Histories*

Therapists treating PTSD often find themselves in parallel turmoil, as they react to the patient's inner and outer worlds. Good clinical supervision is essential. In addition to receiving guidance and support from an experienced colleague, having the opportunity to share one's often turbulent emotions and learning how these can be used to better understand the case are also important.

Facilitator: **Dr. Harold Kudler**, Psychiatrist & MIRECC Associate Director - Clinical

Purpose: Assist presenter in processing a case that is particularly disturbing and hard to let go of.

Audience: Trauma clinicians and staff who routinely hear disturbing trauma histories

Objectives: As a result of participating, the attendee will be able to:

- Develop new personal and professional strategies and new clinical understanding;
- Recognize the potential effects of trauma narratives on therapists and staff;
- Identify the importance of on-going clinical supervision in work with trauma

Upcoming sessions: **July 18 August 15 September 12 October 10 November 21 December 19**

Participation available in person (Durham VA) or by audio-teleconferencing.

Register to participate or present a case at an upcoming session by contacting Harold Kudler (harold.kudler@va.gov; 919-286-0411 ext 7021).

CBOC Mental Health Rounds

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August 8 Blast Brain Injury and PTSD for (Crash-Test) Dummies

September 12 Family Education

October 10 Military Sexual Trauma

Contact Dr. Geri Adler (Geri.Adler@va.gov or 713-794-8660) with any questions.

Noon V-tel Lecture Schedule:

September 14

Sean Barnes, PhD, VISN 19 MIRECC & Denver VAMC

Mental Health Safety Planning with Veterans and Military Personnel

This series is presented by V-tel and audio conferences. We are having increasing participation from sites outside VISN 6, so our assigned numbers may change. The number that each VISN 6 site will use to dial in will be included in an email notification prior to each presentation. If you wish to attend from a site outside of VISN 6, please contact Mary Peoples (mary.peoples1@va.gov; 704-638-9000 ext 2956).

★ Free ★ Web Courses for Providers

Treating the Invisible Wounds of War

www.aheconnect.com/citizensoldier

Click on **New Users** to register. You will then see the available web courses listed:

- 1 - *Post Traumatic Stress Disorder (english & spanish editions)***
- 2 - *A Primary Care Approach***
- 3 - *Issues of Women Returning from Combat***
- 4 - *Recognizing the Signs of mTBI during Routine Eye Examinations***

These courses were developed by MIRECC faculty in collaboration with Citizen Soldier Support Program (CSSP) and North Carolina Area Health Education Center (NC AHEC). They are designed to help primary care physicians, case workers, mental health providers - who may see a veteran or family member on an unrelated issue - develop a better understanding of the culture in which veterans and their families live and work, and provide best practices for identifying, assessing and treating mental health problems that result from the trauma of war.

Visit our web site for more resources

<http://www.mirecc.va.gov/visn6.asp>