



# VISN 6 Mid-Atlantic MIRECC Post Deployment Mental Health



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## Education Component Update

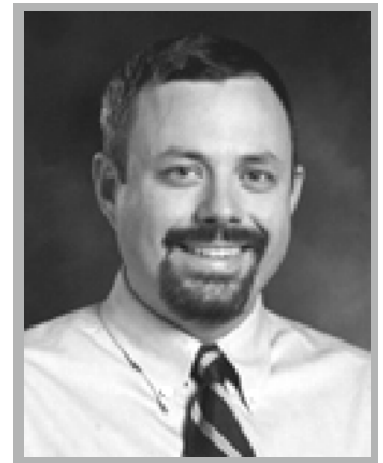
### Clinical Education Grant: *Impulse Control in PTSD Treatment* Dr. John Lynch (PI), Richmond VAMC

The goal of this MIRECC-funded clinical education proposal was manualization and dissemination of a PTSD treatment model emphasizing functional and adaptive coping skills. Both the Therapist and Client manuals for group treatment of PTSD have been completed. These manuals are now available to other facilities to implement or adapt as needed. The PTSD recovery Group described in these manuals has been demonstrated to result in positive improvements in adaptive and symptomatic outcomes. Veterans who completed the 10 week PTSD Recovery Program had significantly reduced PTSD symptom severity (PCL-M, total score and scaled scores [re-experiencing, avoidance/numbing, hyper arousal],  $p < .001$ ) and significantly improved psychosocial adjustment (self-efficacy, psychosocial adaptive behavior,  $p < .001$ ). These results support the PTSD Recovery Program as an effective and efficient stand-alone PTSD treatment or as a preliminary step to trauma-focused treatment. Dissemination of both the program itself and the new psychosocial adaptive behavior assessment measure (McGuire Adaptive PTSD Scale-Revised, MAPS-R) that has been developed is underway. Aspects of this work were recently presented at the International Society for the Study of Trauma and Dissociation annual conference, and will be presented next month at the convention of the Association for Behavioral and Cognitive Therapies. These materials will also soon be posted on our MIRECC's website. For more information or to request materials, contact Dr. Lynch: John.Lynch2@va.gov

## Research Component Update

### MIRECC Researcher Honored

Dr. F. Joseph McClernon received the 2012 Eugene A. Hargrove, M.D. award from the Psychiatric Foundation of North Carolina during the North Carolina Psychiatric Association Annual Meeting and Scientific Session, held September 27-30 in Wrightsville Beach NC. This award honors an individual who has been recognized by his colleagues for exceptional contributions to mental health research. Dr. McCernon is Director of the Tobacco Neuroscience Research Laboratory at Duke University.



## Recently Approved Grants

Jennifer Naylor (PI) *Neurosteroids as Novel Therapeutic Agents for Chronic Pain in OEF/OIF Veterans*. VA Career Development Award-2

Patrick Calhoun (PI) *Abstinence Reinforcement Therapy (ART) for Rural Veteran Smokers*. VA Merit Review Award

### Approved Research Sites & Contacts:

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## Journal Articles

Carmody TP, McFall M, Saxon AJ, Malte CA, Chow B, Joseph AM, Beckham JC, Cook JW. *Smoking outcome expectancies in military veteran smokers with posttraumatic stress disorder*. *Nicotine & Tobacco Research*. 14(8): 919-926.

Dedert EA, Elbogen EB, Hauser MA, Hertzberg JS, Wilson SM, Dennis MF, Calhoun PS, Kirby AC, Beckham JC. *Consumer perspectives on genetic testing for psychiatric disorders: The attitudes of veterans with posttraumatic stress disorder and their families*. *Genetic Testing and Molecular Biomarkers*. 2012; 16(9): 1122-1129.

Eknoyan D, Hurley RA, Taber KH. *The clock drawing task: Common errors and functional neuroanatomy*. *Journal of J Neuropsychiatry and Clinical Neuroscience*. 2012;24(3): 260-265.

Mitchell JT, Van Voorhees EE, Dennis MF, McClernon FJ, Calhoun PS, Kollins SH, Beckham JC. *Assessing the role of attention-deficit/hyperactivity disorder symptoms in smokers with and without posttraumatic stress disorder*. *Nicotine & Tobacco Research*. 14(8): 986-992.

Pukay-Martin ND, Pontoski KE, Maxwell MA, Calhoun PS, Dutton CE, Clancy CP, Hertzberg MA, Collie CF, Beckham JC. *The influence of depressive symptoms on suicidal ideation among u.s. Vietnam-era and afghanistan/iraq-era veterans with posttraumatic stress disorder*. *Journal of Trauma Stress*. 2012; 25(5):578-82.

## Meeting Presentations

Lynch JR, McDonald SD, Meyer BL, Mack L. *An Adaptive Behavior Approach to the Assessment of Combat-Related Posttraumatic Stress Disorder*. International Society for the Study of Trauma and Dissociation 29th Annual Conference, Long Beach CA, October 20-22, 2012.

## Invited Lectures

**Drs. Jennifer Strauss and Jennifer Runnals**, (MIRECC Researchers) presented "*Women Veterans in the 21st Century: Understanding Their Unique Mental Health Needs and Optimizing Gender Sensitive Care*" at the Psychiatry and Behavioral Sciences Grand Rounds, Duke University, Durham, NC, September 27, 2012.

**Dr. Robin A. Hurley** (MIRECC Associate Director, Education) presented "*Windows to the Brain: Neuropsychiatry of Brain Injury and Common Co-Morbidities*" at the Conference on Veterans and the Criminal Justice System, Decatur IL, September 12-13, 2012. This conference was organized by the Illinois Supreme Court's Special Committee on Criminal Justice and Mental Health Planning, and held in conjunction with the Illinois Drug Court Professionals and Mental Health Court Association of Illinois joint conference on Specialty Courts in Illinois.

## New Leadership Roles

**Drs. Robin Hurley** (Associate MIRECC Director, Education Component) and **Katherine Taber** (Assistant MIRECC Director, Education Component) have recently agreed to serve as members of the Large Working Group tasked by the Traumatic Brain Injury Clinical Standards of Care Directorate of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury with development of the Clinical Recommendation and support tools for Neuroimaging after mTBI.

**Dr. Hurley** also recently accepted the role of VISN 6 Academic Affiliations Officer. Her duties include managing and providing oversight to the VISN 6 Residency Training Program and representing the VISN with the VHA Office of Academic Affairs.

**Dr. Christine Marx** (Co-Director, Research Component & Director, Interventions Core) was recently named Division Director of Translational Neuroscience, Department of Psychiatry and Behavioral Sciences, Duke University.

## Outreach to Providers



### International Society for Traumatic Stress Studies

ISTSS Continuing Ed-Learn & Earn Credit

**ISTSS Webinar -** *From the Battle Front to the Home Front: The Need for a Public Health Approach to Deployment Mental Health*

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

**Learning Objectives:** Identify three significant challenges faced by service members and their families in accessing care in their home communities.

Articulate the need for a public health approach rather than a traditional medical approach to deployment mental health.

Propose three significant steps which could be taken as individuals and as members of ISTSS and its affiliate societies to promote a more effective continuum of deployment mental health care.

[http://www.istss.org/source/ContinuingEd/webinar\\_details.cfm?mtg=WEB0912B](http://www.istss.org/source/ContinuingEd/webinar_details.cfm?mtg=WEB0912B)



### **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

**Outcome:** By building on the experience of peers and senior clinicians, the attendee will increase his/her effectiveness in serving Veterans, strengthen his/her clinical skills and improve self-care.

**Upcoming sessions:** 2012 **November 21** **December 19**  
2013 **January 30** **February 13** **March 13** **April 10**

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**

November 14 from 9-10 am ET

***Needs, Access and Treatment Issues Facing  
National Guard and Reserve Members***  
Harold Kudler, MD

You must register in TMS for this session by November 13 to receive credit. Please use the link below to register for this program.

[https://www.tms.va.gov/learning/user/deeplink\\_redirect.js?p?linkId=ITEM\\_DETAILS&componentID=15517&componentTypeID=VA&revisionDate=1350588480000](https://www.tms.va.gov/learning/user/deeplink_redirect.js?p?linkId=ITEM_DETAILS&componentID=15517&componentTypeID=VA&revisionDate=1350588480000)

December 12 ***Brief Intervention for Veterans  
with Alcohol-Use Problem***  
January 9 ***Mild Cognitive Impairment***

Contact Dr. Geri Adler with any questions:  
geri.adler@va.gov or 713-794-8660

### **Noon V-tel Lecture Schedule:**

Note that the November lecture is on a Wednesday

**November 14**

**Jonathan Silver, MD**  
Clinical Professor of Psychiatry  
New York University School of Medicine

***Effort, Exaggeration, and Malingering after  
Concussion***

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).

**Visit our web site for more resources**  
<http://www.mirecc.va.gov/visn6.asp>

### **★ Free ★ Web Courses for Providers**

***Treating the Invisible Wounds of War***

[www.aheconnect.com/citizensoldier](http://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***
- 5 - ***Understanding Military Family Issues***

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.