



DEFENSE CENTERS OF EXCELLENCE
For Psychological Health & Traumatic Brain Injury

Operation Enduring Freedom Combat Stress Control 26 May 2011

Col Christopher Robinson
Deputy Director, Psychological Health
Defense Centers of Excellence for Psychological Health
and Traumatic Brain Injury



Combat Stress Control Overview

- Similar to traditional Chaplain model
 - Forward deployed and attached
 - Focus is on keeping Service Members in the fight
 - Provide outreach to combat platoons with highest levels of combat
 - Require all providers to be qualified to travel throughout the theater
- Two types of diagnoses
 - Combat Operational Stress Reactions (COSR)
 - Developed in theater in reaction to combat exposure
 - Behavioral Health Diagnoses
 - Existed prior to deployment or more severe reactions
- Means:
 - Education and command support
 - Clinical care
 - Combat operational stress control

Services

- Evaluation/Treatment of Behavioral Health Disorders (BHD)
- Intervention with Combat & Operational Stress Reactions (COSR)
- mTBI screening (Mild Acute Concussive Evaluation [MACE])
- Command Consultation
- Traumatic Event Management
- Outreach/Prevention throughout AOR
- Briefings/Classes (Anger/Stress, Communications & Relationship)



12/24/2009





BRXU 20405336
2261

Stay Lethal Strong!
RANGER
Refuse to Lose

12/24/2009

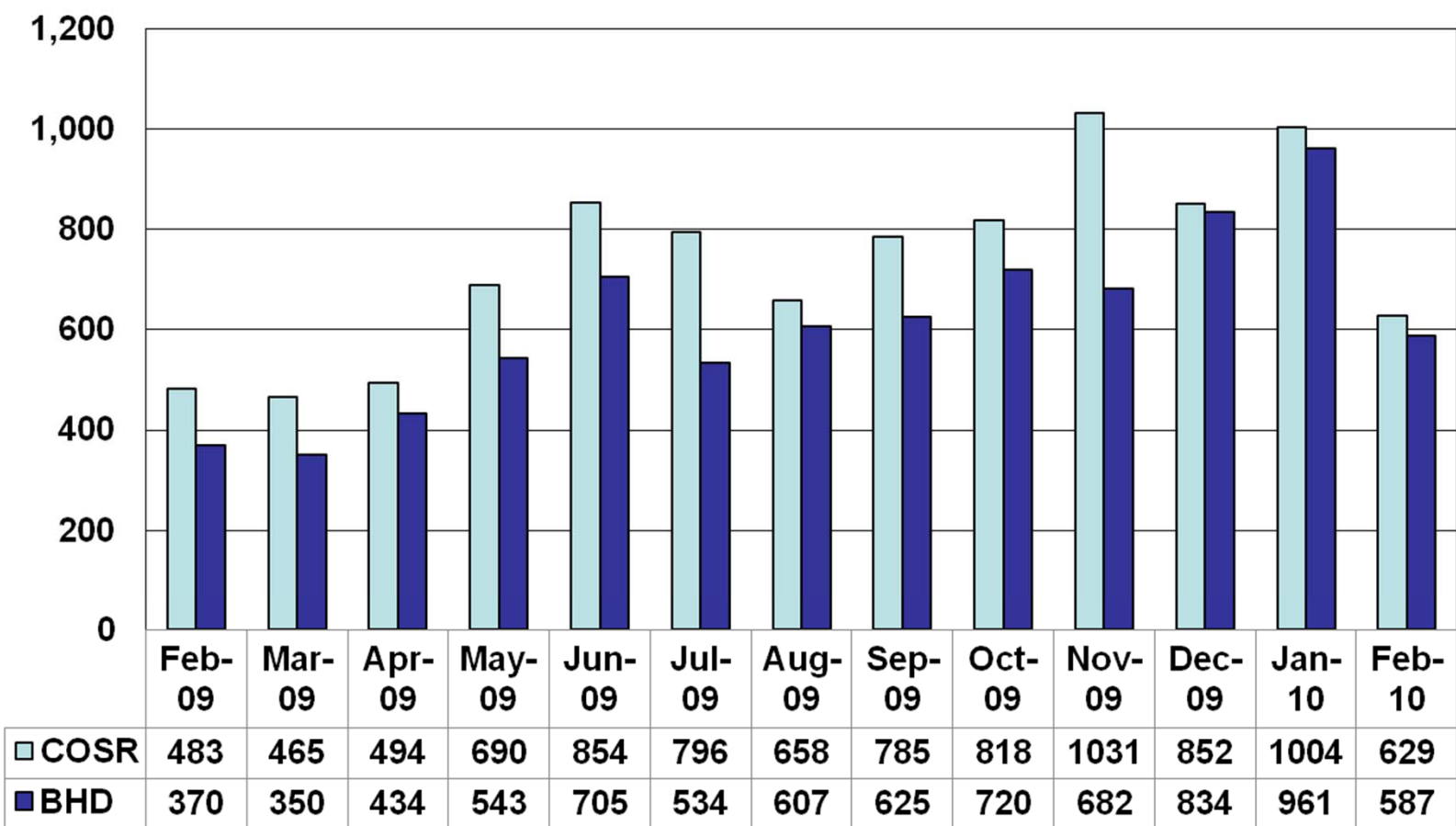


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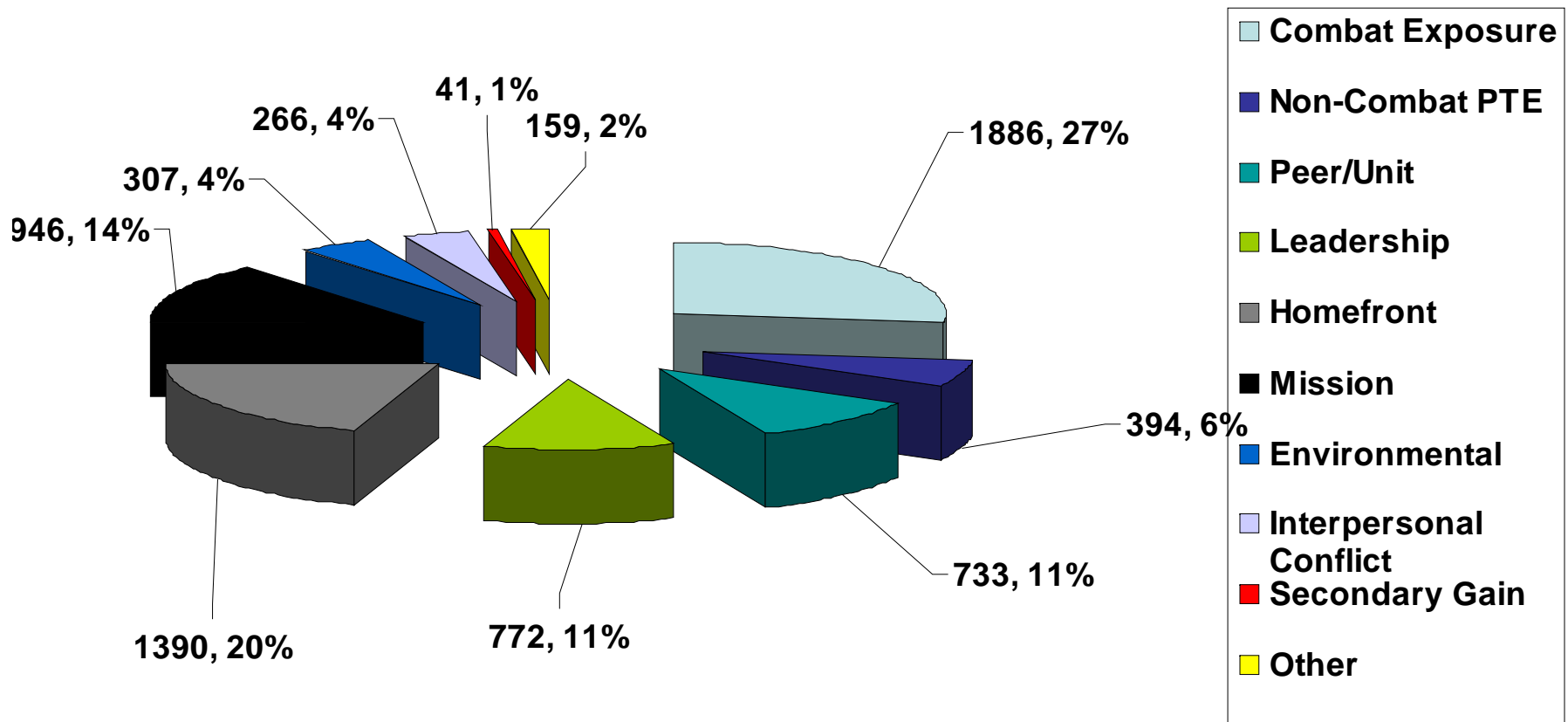
Common Problems

- PTSD
- Depression and Anxiety Disorders
- Suicidal/Homicidal Ideation/Intent/Gestures/Attempts
 - More urgent in deployed setting due to easy access to weapons
- Marital/family problems
- Sleep problems
- Adjustment disorders
- Consultation and education with leaders
- Traumatic Event Management
 - Debriefings following trauma or loss

Total Contacts from 11 Forward Operating Bases

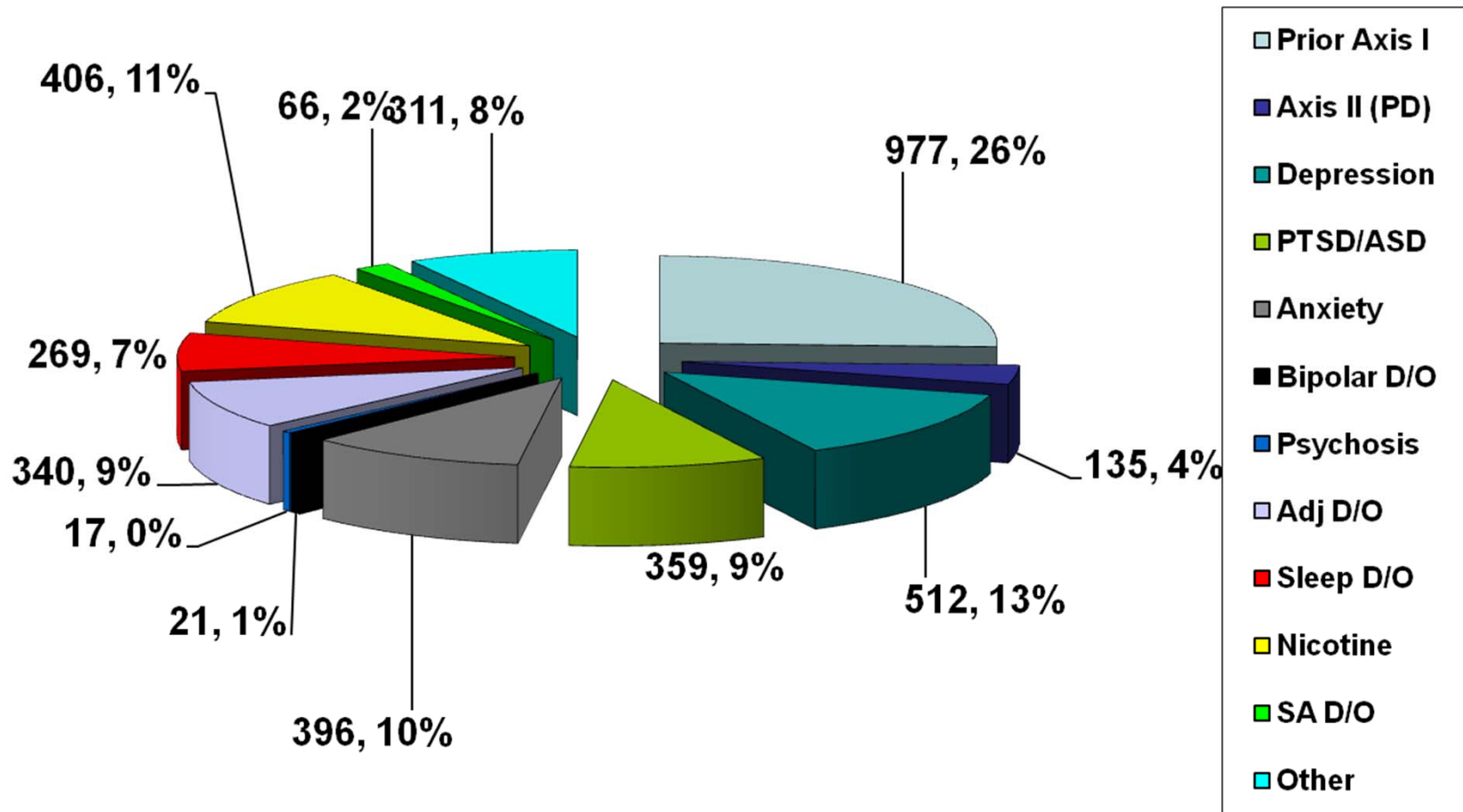


New COSR Factors Dec 07 – Dec 09



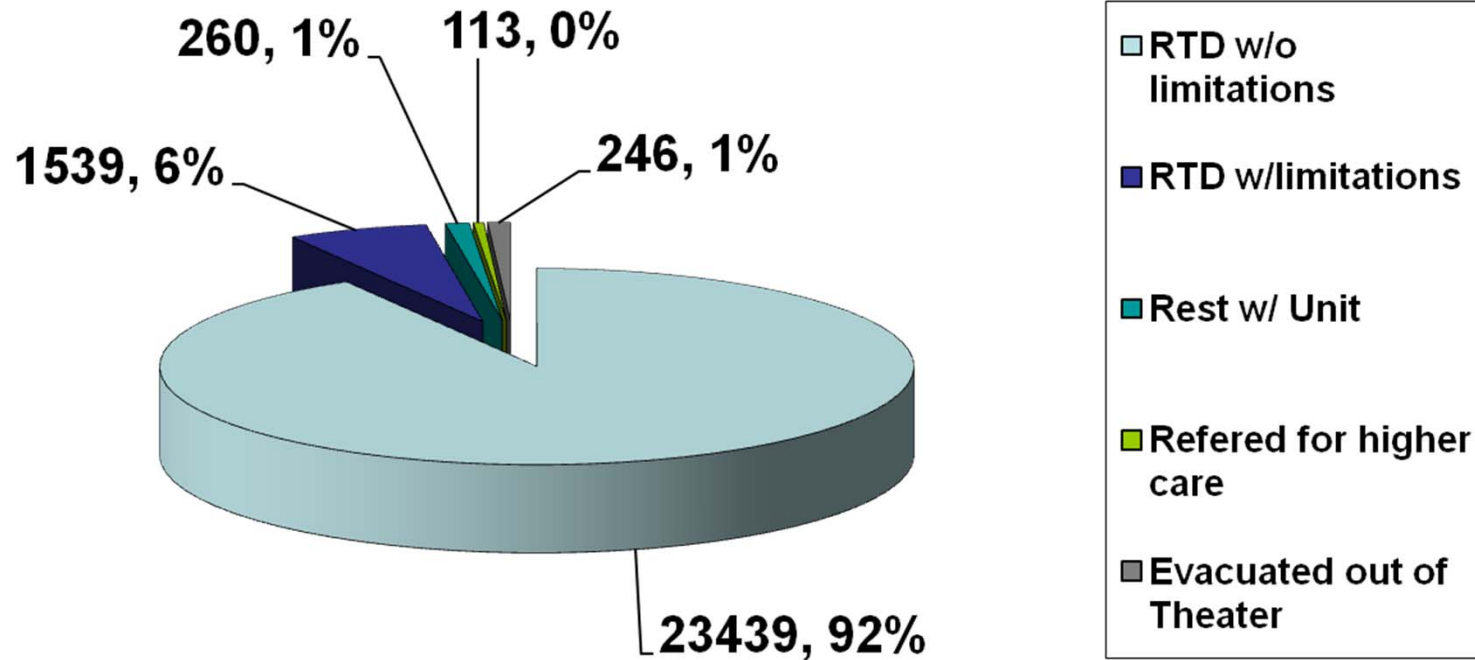
Resilience ★ Recovery ★ Reintegration

BH Diagnoses Dec 07 – Dec 09



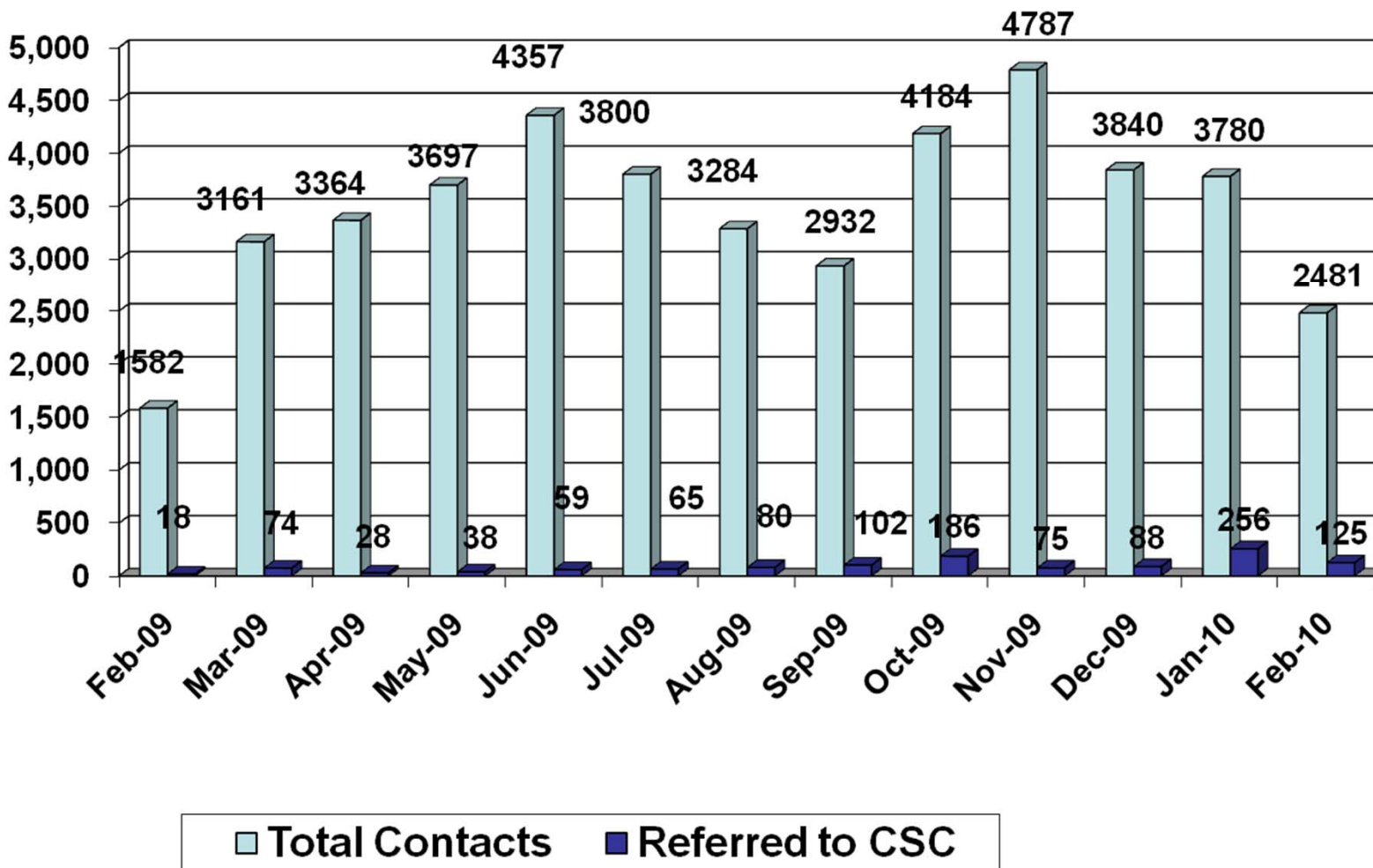
Resilience ★ Recovery ★ Reintegration

Dispositions Dec 07 – Dec 09





Walk-About Contacts: Contacts vs Referred







10/25/2009

Specific Challenges

- Privacy/confidentiality
- Leadership over-sensitivity to MH issues
- Being an “outsider”
- Continued exposure to traumatic stimuli
 - Mortars, small arms fire, artillery, etc
- Everyone is armed
- Overuse of caffeine, nicotine, performance enhancement stimulants, supplements
- Boredom vs terror



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Christopher.robinson@tma.osd.mil

301-295-3455

