



Cmdr. Jeffrey Millegan is the Director of the Naval Center for Combat and Operational Stress Control. He obtained his BS and MD from Tulane University and completed his psychiatry residency at Naval Medical Center San Diego (NMCS D). Later, he received an MPH from Uniformed Services University (USU) and completed a fellowship in Disaster and Preventive Psychiatry. He is a board-certified psychiatrist, fellow of the American Psychiatry Association, faculty at NMCS D and Clinical Associate Professor of Psychiatry at USU.

During his previous tour at NMCS D, he served as head of the Fleet Mental Health Clinic with primary clinical responsibility for the Navy fleet and air operational forces in San Diego and later as Senior Medical Officer for the Directorate of Mental Health. In 2012, he founded the

NMCS D Mind Body Medicine program to facilitate the integration of various self-care practices into patient care and build mental fitness in hospital staff and operational forces. The program has successfully integrated throughout NMCS D and been replicated at other military treatment facilities and operational units. Cmdr. Millegan is a prolific researcher with numerous peer-reviewed publications.

From 2011-2016, Cmdr. Millegan led the Navy Medicine West Special Psychiatric Rapid Intervention Team providing rapid mental health support to Navy and Marine Corps units in the west coast and Asia. A recognized expert in trauma and disaster mental health, he has led joint-training missions to foreign militaries in Europe, the Middle East and Africa. He has deployed to Iraq twice; once as a Marine infantry battalion surgeon where he oversaw the care of over 150 combat casualties and received a combat action ribbon and again as lead psychiatrist on a Combat Stress Team serving the Al Anbar province.

Cmdr. Millegan was recognized as a NMCS D Associate Master Clinician. He is a two-time winner of the Navy-wide research competition and a four-time winner of the Navy Medicine West annual research competition. In 2015, he was awarded the Military Health System Trailblazer Award for his work developing the Mind Body Medicine program.