Decreasing Suicides in the Army

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A Brief History of Psychological Reactions to War

- World War I--“shell shock”, over evacuation led to chronic psychiatric conditions
- World War II--ineffective pre-screening, “battle fatigue”, lessons relearned, 3 hots and a cot
- The Korean War---initial high rates of psychiatric casualties, then dramatic decrease

  Principles of “PIES” (proximity, immediacy, expectancy, simplicity)
- Vietnam
  - Drug and alcohol use, misconduct
  - Post Traumatic Stress Disorder identified later
- Desert Storm/Shield
  - “Persian Gulf illnesses”, medically unexplained physical symptoms
- Operations Other than War (OOTW)
  - Combat and Operational Stress Control, routine front line mental health treatment
- 9/11
  - “Therapy by walking around”
  - Increased acceptance by leadership over past eight years

Operation Enduring Freedom/ Operation Iraqi Freedom

- Numerous stressors
  - Multiple and extended deployments
  - Battlefield stressors
    - IEDs, ambushes, severe sleep deprivation, direct combat, etc.
  - Medical
    - Severely wounded Soldiers, injured children, detainees
- Changing sense of mission
- Strong support of American people for Soldiers
- Major Focus of senior Army Staff
- Numerous new programs developed to support Soldiers and Families

Recent Background

- Volunteer Army
  - Know they are going to war
  - Seasoned, fatigued
  - Large Reserve Component
  - Reserve, National Guard
- Mental Health Advisory Teams (MHATs)
  - MHAT I through VI, 2003 through 2009
- DoD Mental Health Task Force
- Congress provides supplemental funds to DoD in Summer 07
- Elevated suicide rate
- Wounded Soldiers
- Effects on Families
  - Continuous deployments
  - Families of deceased
  - Families of wounded

Range of Deployment-Related Stress Reactions

- Mild to moderate
  - Combat Stress and Operational Stress Reactions (Acute)
  - Post-traumatic stress (PTS) or disorder (PTSD)
  - Symptoms such as irritability, bad dreams, sleeplessness
  - Family / Relationship / Behavioral difficulties
  - Alcohol abuse
  - “Compassion fatigue” or provider fatigue
  - Suicidal behaviors
- Moderate to severe
  - Increased risk taking behavior leading to accidents
  - Depression
  - Alcohol dependence
  - Completed suicides

PTSD Diagnostic Concept

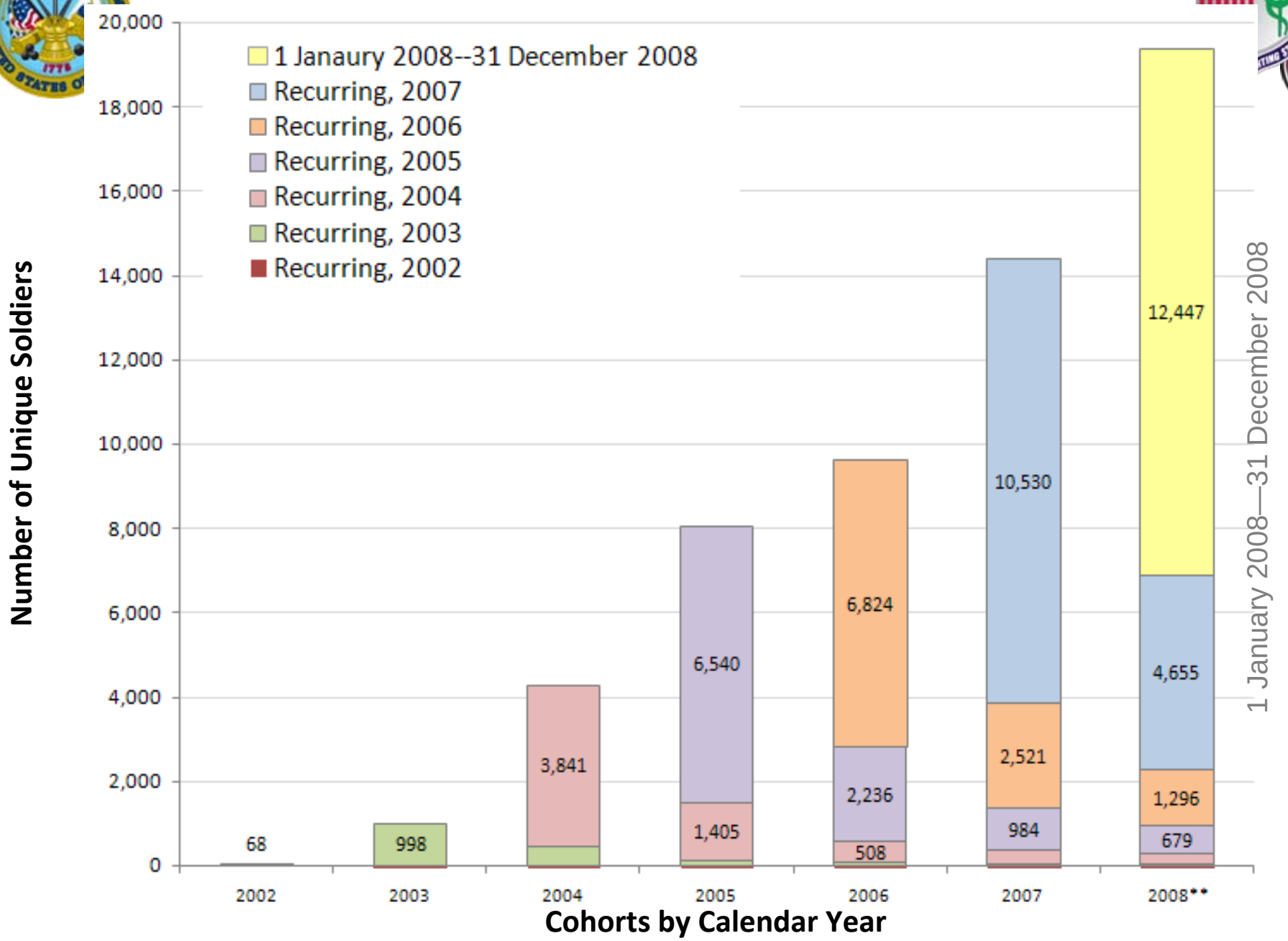
- Traumatic experience leads to:
  - Threat of death/serious injury
  - Intense fear, helplessness or horror
- Symptoms (3 main types)
  - Reexperiencing the trauma (flashbacks, intrusive thoughts)
  - Numbing & avoidance (social isolation)
  - Physiologic arousal (“fight or flight”)
- Which may cause impairment in
  - Social or occupational functioning
- Persistence of symptoms

mTBI may be associated with PTSD, especially in the context of Blast or other weapons injury

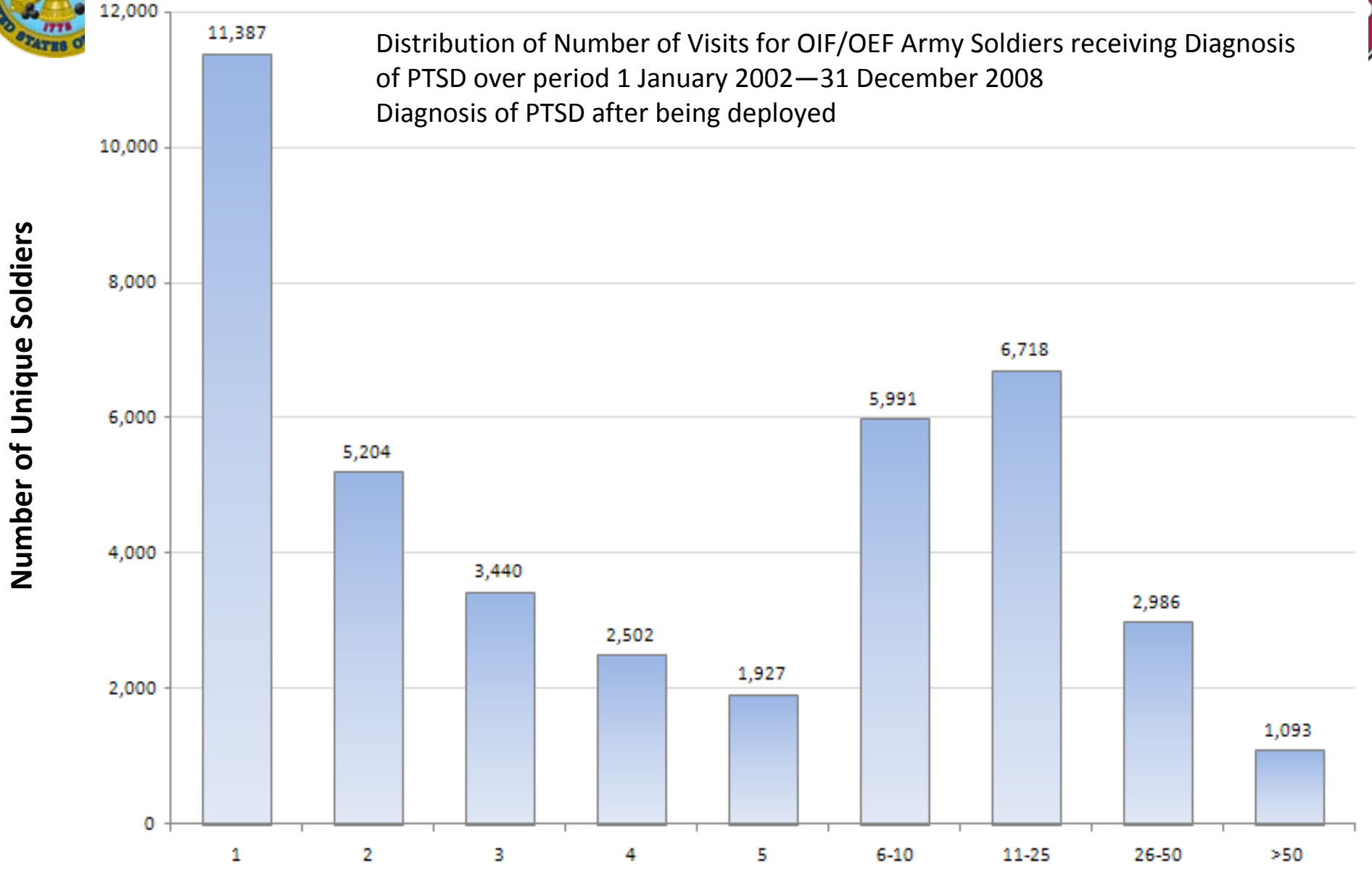
Behavioral Health: Where We've Been

- Robust surveillance in theater and upon return
  - Mental Health Advisory Teams (MHATs)
  - Post Deployment Health Assessment and Re-Assessment
- Difficulties with access to care
- Stigma about mental health care despite:
  - Chain teach on PTSD and TBI with 900,000 Soldiers in 2007
  - Beyond the Front and Shoulder to Shoulder in 2009
- Increasing surveillance of PTSD and TBI
- Rising suicide rate (multiple reasons: fractured relationships, alcohol abuse).
- Services to help only partially integrated
  - Numerous helping agencies, including medical, behavioral health, chaplains, Family programs
- Close collaboration with DCoE (Defense Center of Excellence)

ARMY: PTSD Cases

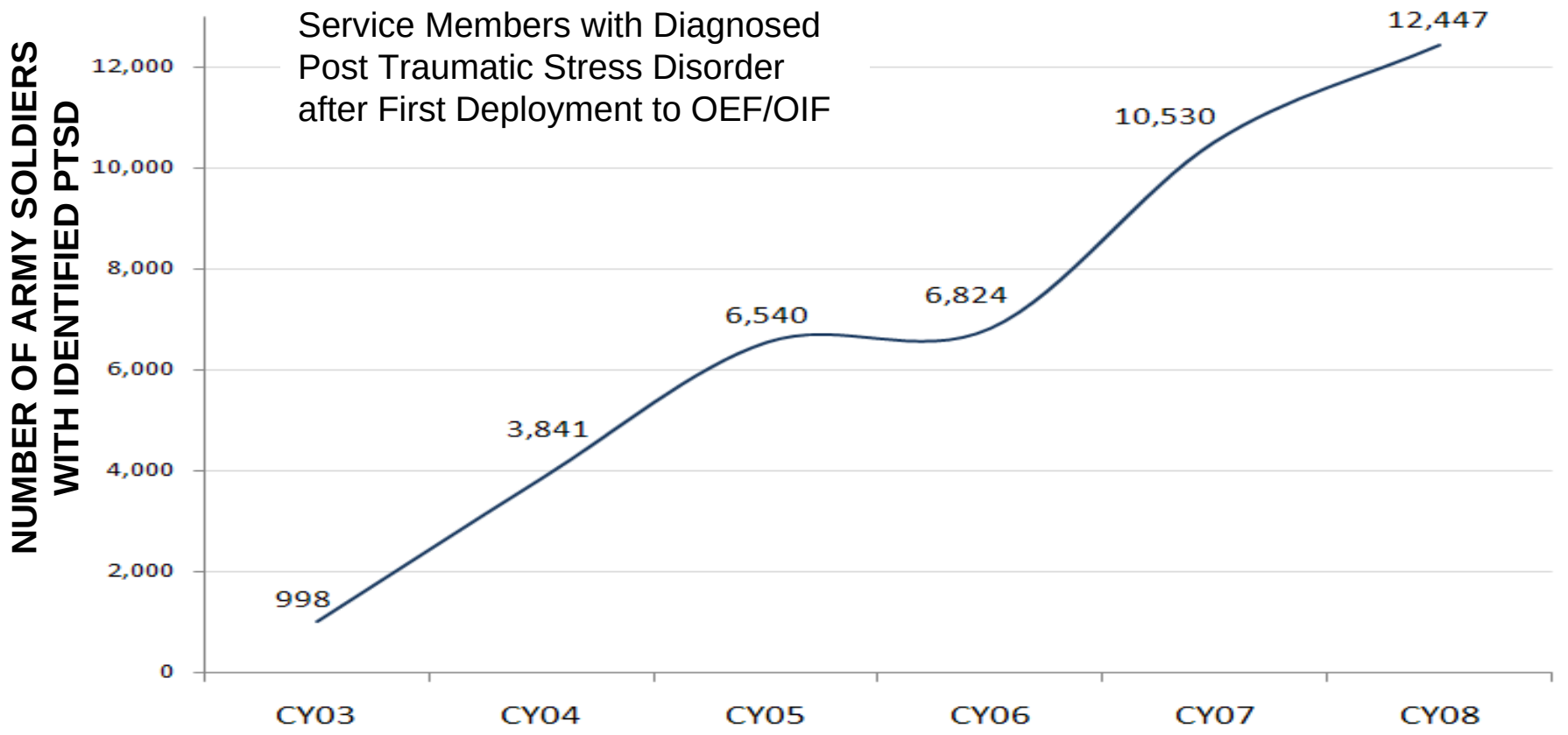


ARMY: PTSD Follow-Up Care Rate



POST TRAUMATIC STRESS DISORDER

Number of Newly Identified Cases, Army OIF/OEF Soldiers



We expect the number of new cases to be related to the number of exposed troops, the number of deployments and the overall exposure to combat. We would estimate that the number of Newly Identified PTSD Cases for CY09 to be similar to CY08 if deploy numbers are also similar.

Behavioral Health: Where We Are

- Evolving Comprehensive Behavioral Health Strategy
  - Comprehensive Soldier Fitness
  - Army's Campaign Plan for Health Promotion, Risk Reduction & Suicide Prevention (ACPHP)
  - Child and Adolescent Center of Excellence (Madigan)
- MHAT VI pending release; will emphasize returned focus on Operation Enduring Freedom (OEF)
- Army PH spend plan
  - The Army has implemented over 45 initiatives under the categories of access to care, resiliency, quality of care, and surveillance
  - Funding: $120M obligated in FY 08, expecting $145M obligations in FY09, POM funds FY10-15
- Improved access to care
  - 48% increase in behavioral health providers since 2007
  - Number of visits has more than doubled since 2003
- Stigma reduction
  - Battlemind lifecycle products fielded to TRADOC (Basic Battlemind)
- New policies to screen for PTSD and TBI
- Extensive unit and population-based research

Behavioral Health: Where We Are Going

- Mature Behavioral Health Strategy
  - Comprehensive Soldier Fitness
  - MEDCOM Behavioral Health Campaign Plan (BHCP)
  - Army's Campaign Plan for Health Promotion, Risk Reduction & Suicide Prevention (ACPHP)
- Continue to improve health surveillance as new issues arise
- Continue to improve access to care
  - Integrated behavioral health and primary care
  - Telemedicine implemented nationally and internationally
  - Revised force structure with increased behavioral health providers
- Reduce stigma
  - Defense Center of Excellence (DCoE) leading anti-stigma campaign: Real Warriors
- New treatments, research, and clinical guidelines for PTSD, TBI and pain management

Surveillance

- Land Combat Study
  - Surveys of infantry Brigade Combat Teams throughout deployment cycle (n>30,000).
  - Anonymous with informed consent
- Post Deployment Health Assessment (PDHA) /Post Deployment Health Re-Assessment (PDHRA) (population-based)
  - Brief validated screening survey plus primary care interview
  - Not anonymous, linked to clinical care
- Health Care Utilization Data (population-based)
  - Military Treatment Facilities
  - VA Facilities
- Mental Health Advisory Teams
- Epidemiological Consultation Teams
- Suicide numbers and cases (Army/DoD Suicide Event Report)
- DoD Mental Health Task Force
- President's Commission on Wounded Warriors "Dole-Shalala Report"
- Rand Study: Invisible Wounds of War
- Suicide Analysis Cell (Center for Health Promotion and Preventive Medicine)

Mental Health Advisory Teams

- MHATs I through V have consistently shown that 14-20% of Soldiers from Brigade Combat Teams (BCTs) in Iraq are experiencing mental health symptoms
- MHAT I (data collection 2003)
  - First ever in theater assessment
  - Identified problems with distribution of behavioral health resources
- MHAT II (data collection 2004)
  - Mission confirmed that many of the recommended changes had been implemented
- MHAT III (data collection 2005)
  - Longer deployments and repeated deployments were associated with higher rates of mental health symptoms
- MHAT IV (data collection 2006)
  - First assessment of battlefield ethics attitudes / behaviors
  - Repeated deployments and longer deployments again confirmed to be associated with higher rates of mental health symptoms
- MHAT V (data collection 2007)
  - Included Afghanistan
- MHAT VI (data collection early 2009)

Key OEF Findings

- *Psychological problems:* 14.4% of maneuver Soldiers met criteria for depression, anxiety, and/or acute stress—higher than 2005 but similar to 2007. Support/sustainment rate similar to maneuver rate.
- *Combat exposure:* Higher than previous MHATs.
- *Barriers to care and Stigma*: Maneuver unit barriers higher than previous MHATs. Increase may reflect change in sampling. Stigma rates held constant.
- *Multiple deployments:* Higher rates of mental health problems and marital problems for multiple deployers.
- *Bagram Theater Internment Facility (BTIF)** : High rates of psychological problems. Guards may be an at-risk group.
- *Behavioral health assets*: Understaffed IAW Combat and Operational Stress Control Planning Models of 1:700 to 1:1000 staffing ratio.

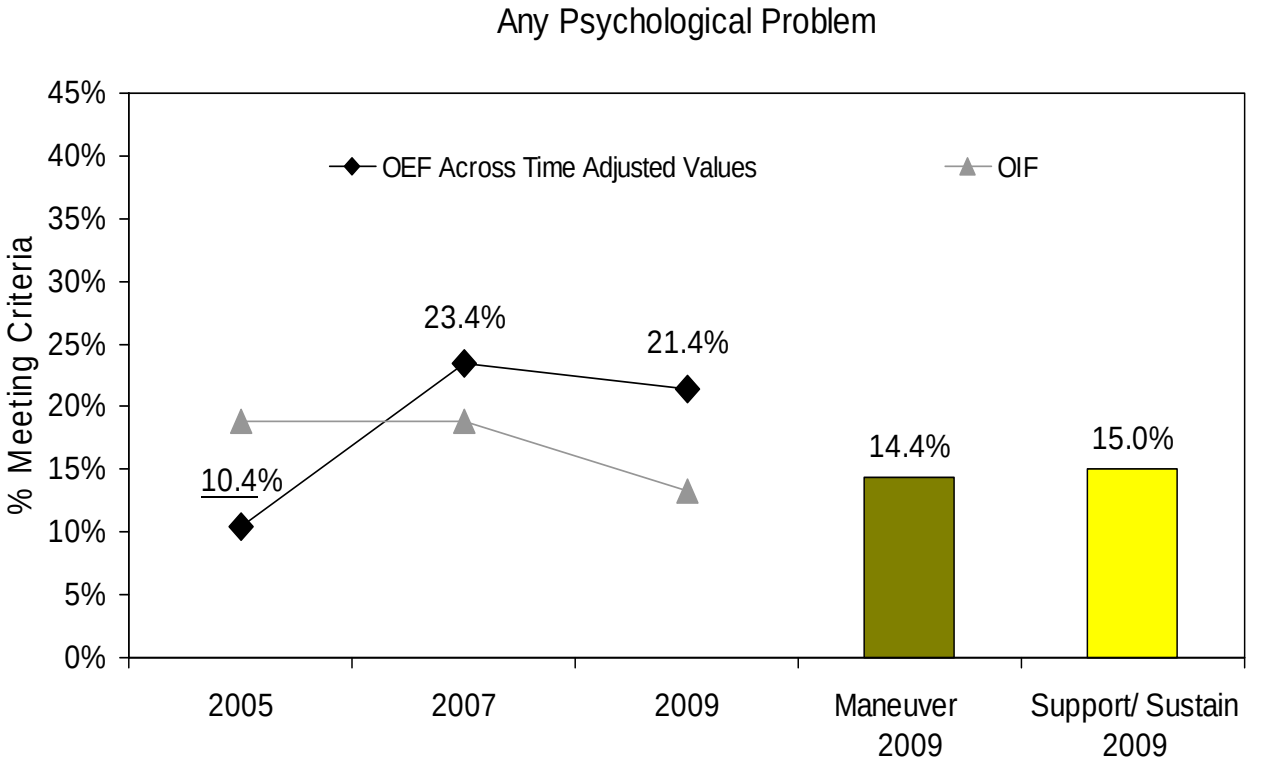
* First time evaluated by OEF MHAT

Key OIF Findings

- *Psychological problems*: Rate of 11.9% in maneuver units: significantly lower than every year except 2004. Support/sustainment rate is similar.
- *Combat exposure*: Combat exposure levels lower than every year except 2004. Support/sustainment significantly lower than maneuver.
- *Barriers to care and stigma:* Maneuver units reported high barriers. Support /sustainment sample report low barriers. Stigma trends unchanged over time.
- *Dwell-time*: Related to mental health rates in maneuver units. Near return to garrison rates at 24 months dwell-time: full return in 30 to 36 months.
- *Marital problems*: Divorce/separation intent steadily increasing.
- *Resilience*: Positive officer leadership key factor producing resilient platoons.
- *Suicide*: 2008 rate 21.5 per 100k. Similar to 2007. First time since 2004 OIF theater rate (all services) has not increased.

OEF: Psychological Problems

- Rates of mental health problems (acute stress, depression or anxiety) are significantly higher than 2005.



OIF: Psychological Problems

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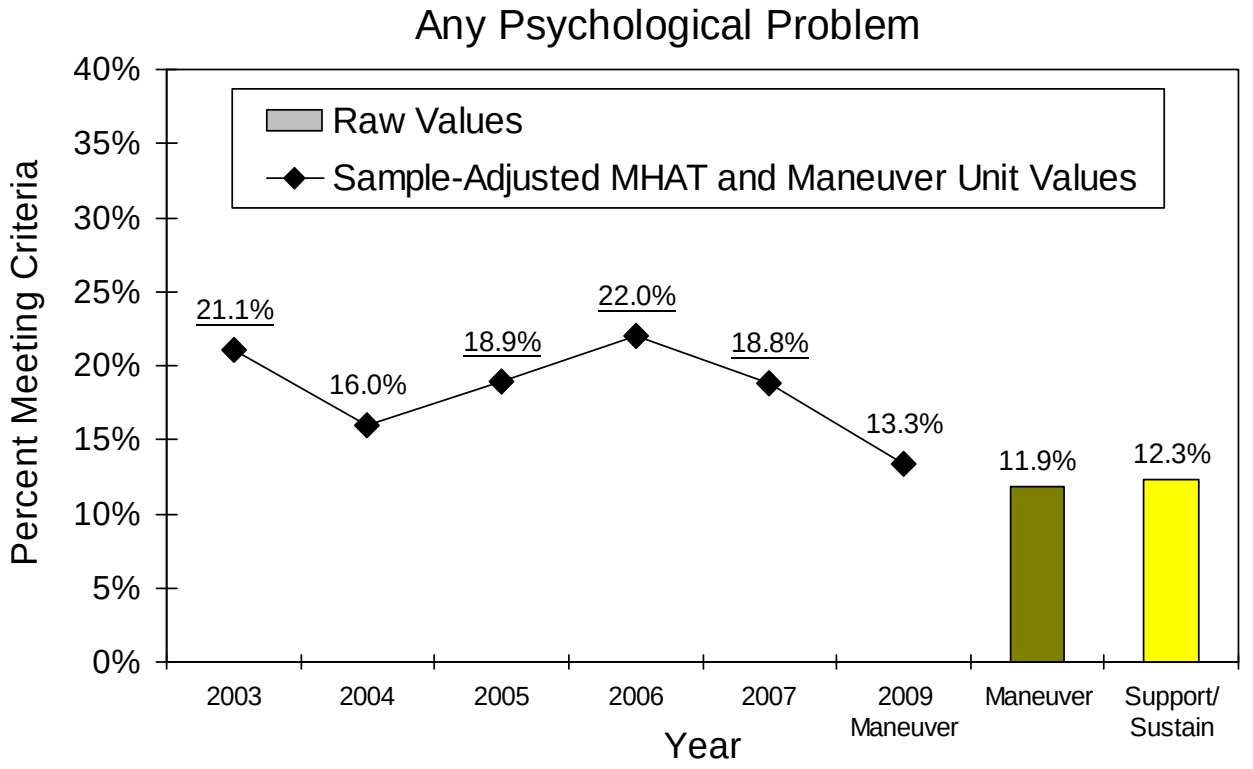
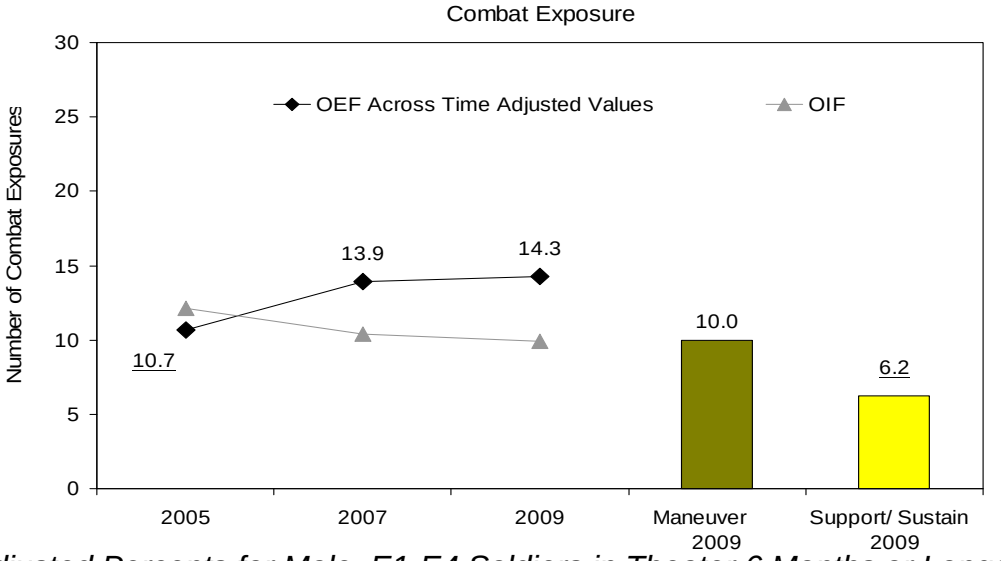


OEF: Combat Exposure

- Reported levels of combat exposure in maneuver units significantly higher than 2005. Support/Sustainment rates significantly lower than Maneuver rates.

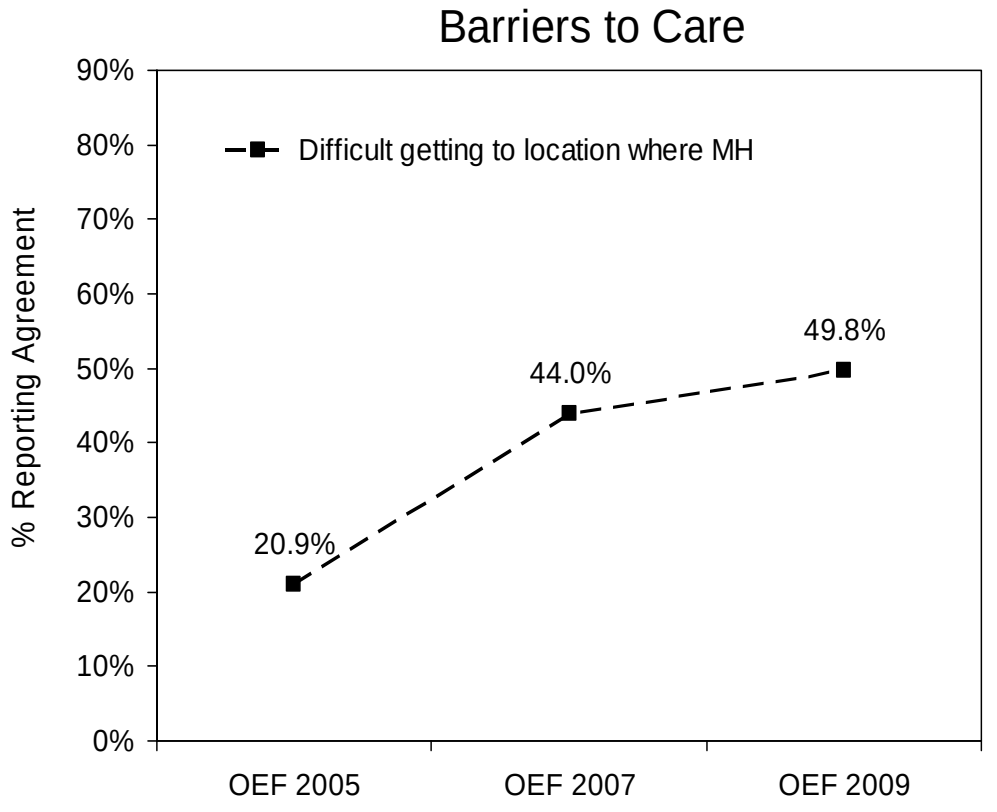


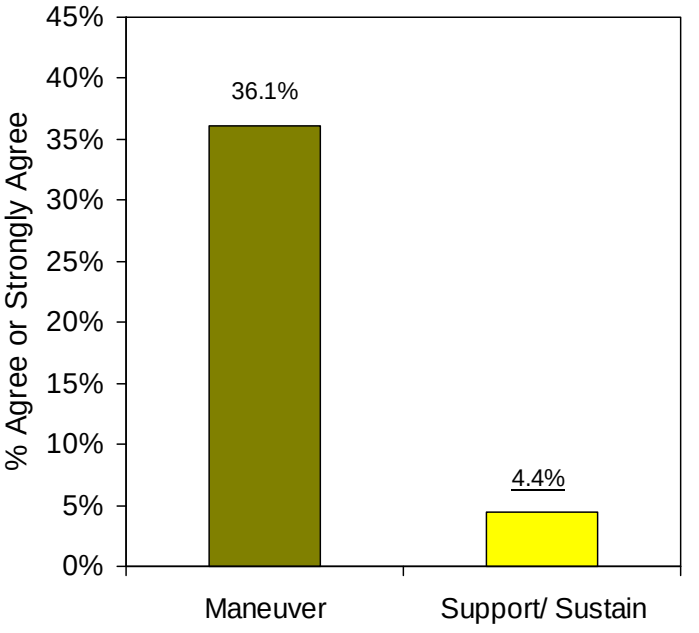
Combat Exposure: Adjusted Percents for Male, E1-E4 Soldiers in Theater 6 Months or Longer.

Combat Experiences (OEF)	Percent		
	2005	2007	2009
During this deployment did you experience being attacked or ambushed	49.9%	74.3%	83.3%
During this deployment did you experience being directly responsible for the death of an enemy combatant	12.9%	30.9%	51.6%
During this deployment did you experience having a member of your own unit become a casualty	56.4%	75.0%	77.1%
During this deployment did you experience having a buddy shot or hit who was near you	8.8%	24.1%	36.4%

OEF: Barriers to Care

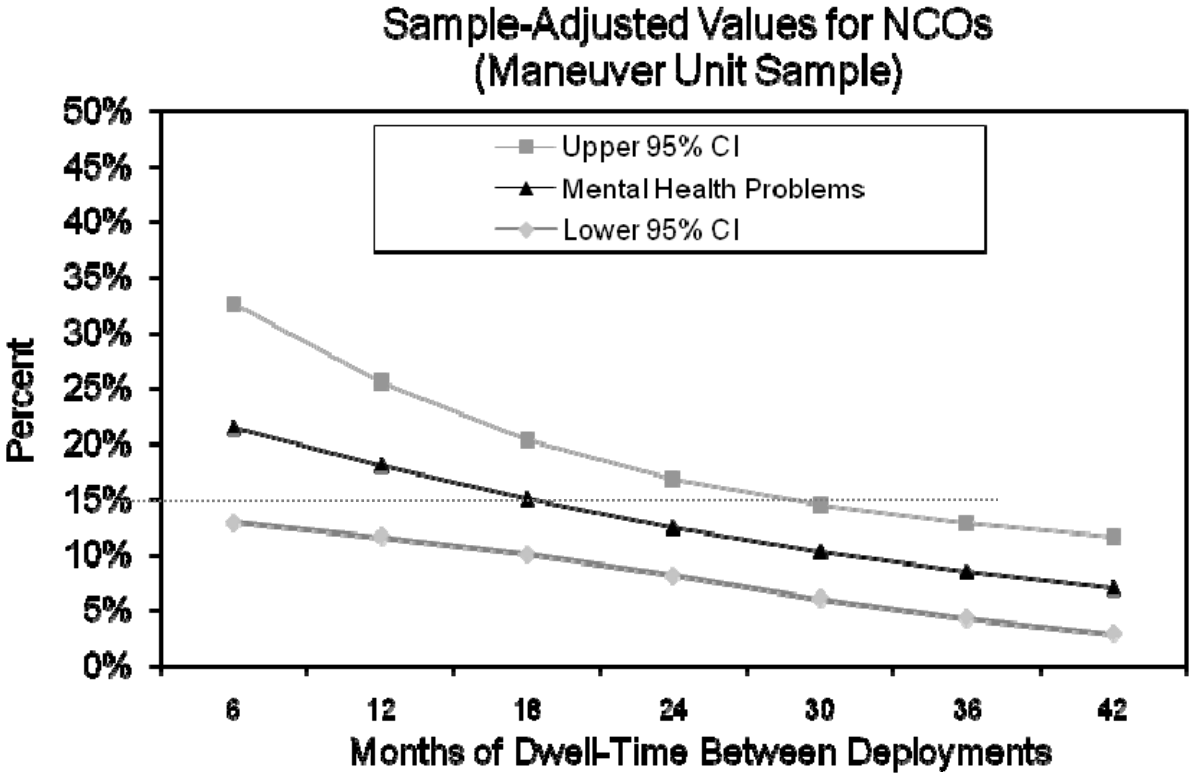
- Maneuver Soldiers reported significantly more barriers to care in compared to either 2005 or 2007.





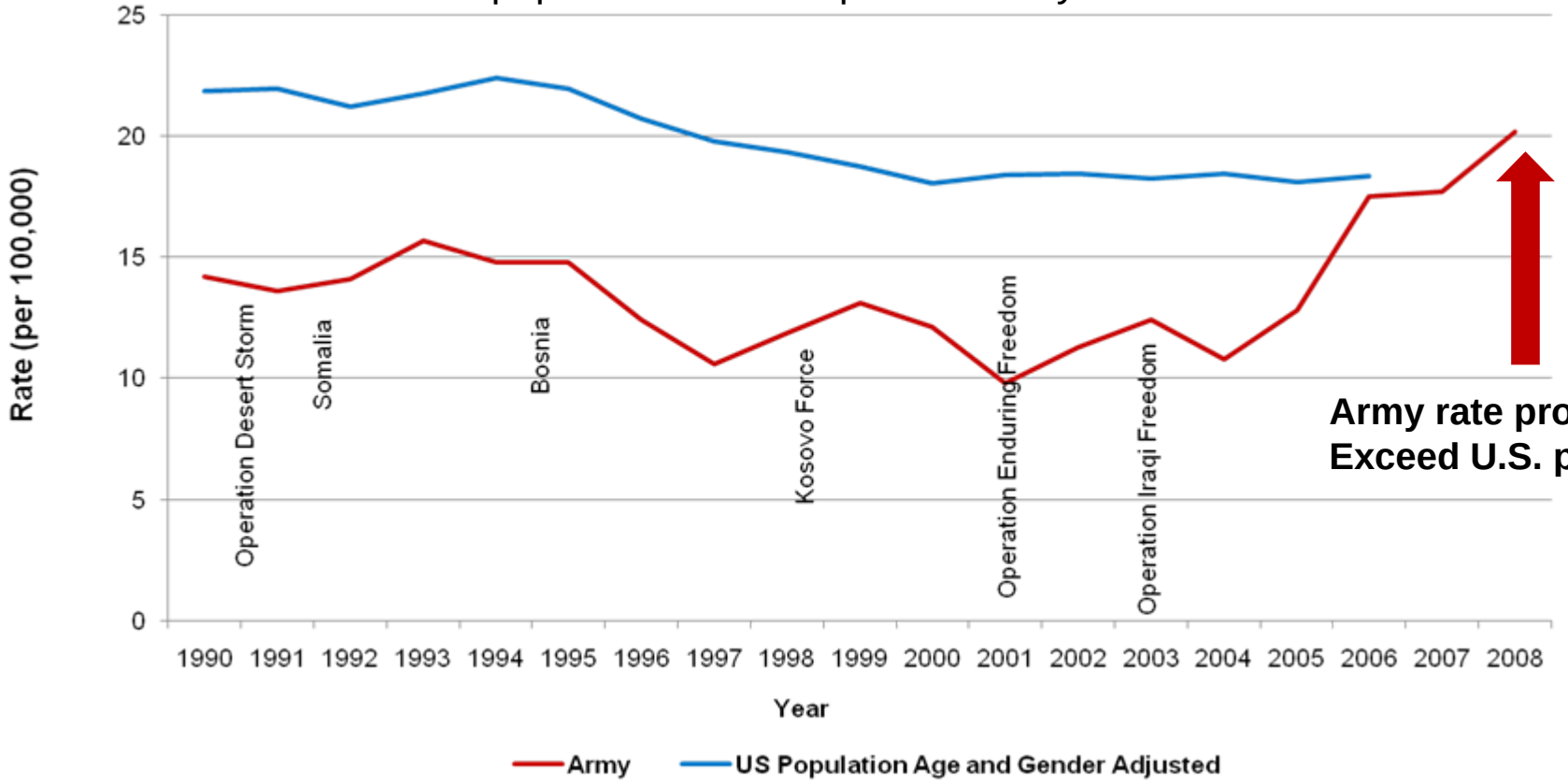
OIF: Dwell-Time

- Dwell-time significantly related to mental health problems.
  - Based on Hoge et al., (2004) 10% can be considered garrison norm.
  - A near return to garrison mental health rates occurs around 24 months with full return around 30 to 36 months of dwell-time.



Suicide Rates from 1990-2008

- Historically, the US Army rate has been lower than the US population rate
- Both populations experienced a downward trend from the mid-90's to 2001
- From 2001 to 2006, the US population rate was steady at 1x/100k while the Army rate doubled from 10 to 20/100k
- The U.S. population was age adjusted to the Army population by excluding those under 15 years of age and over 60 years of age, as well as adjusting the gender and age distribution within the population to a comparable Army distribution.



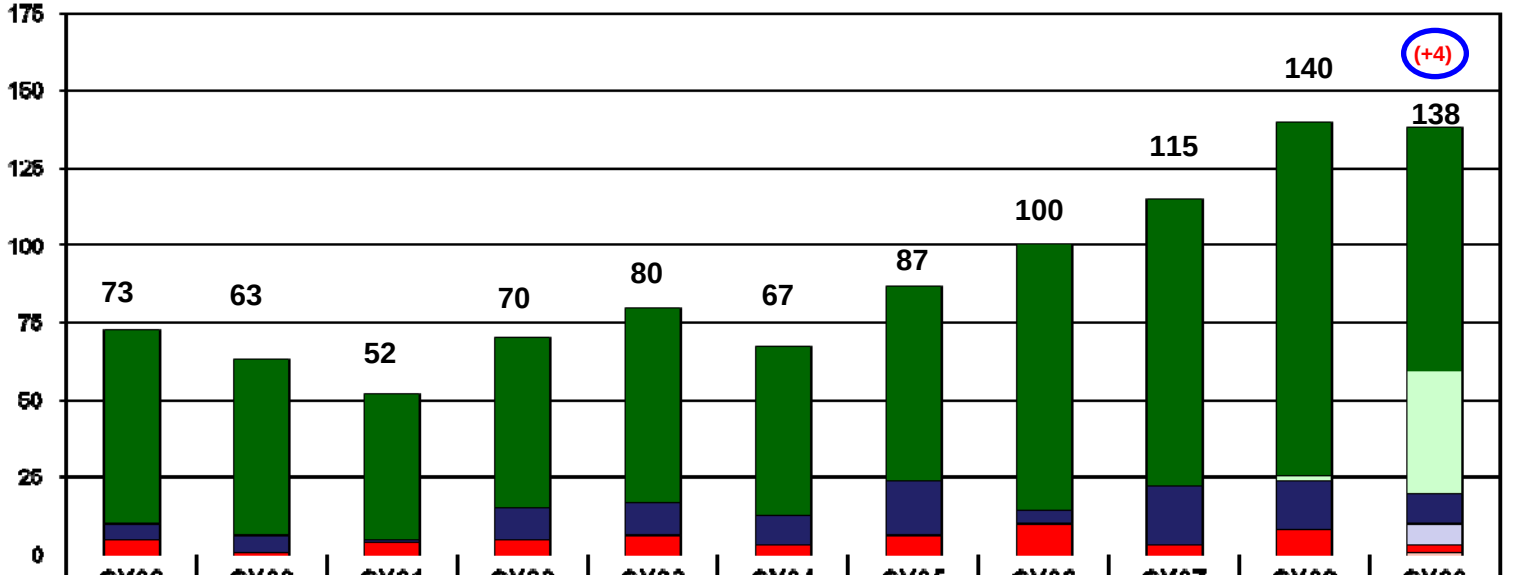
Army rate projected to Exceed U.S. population rate*

SOURCE: CDC/NCHS, National Vital Statistics System (civilian data). G1 (Army data)

*Comparable civilian rates were only available from 1990-2006

Calendar Year

Active Duty Confirmed and Pending Suicides (CY99 – CY09)



	CY99	CY00	CY01	CY02	CY03	CY04	CY05	CY06	CY07	CY08	CY09
Confirmed Active Army (AD)	63	57	47	55	63	54	63	86	93	115	79 (+1)
Pending Active Army (AD)	0	0	0	0	0	0	0	0	0	1	39 (+2)
Confirmed ARNG (AD)	5	5	1	10	11	10	18	4	19	16	10
Pending ARNG (AD)	0	0	0	0	0	0	0	0	0	0	7 (+1)
Confirmed USAR (AD)	5	1	4	5	6	3	6	10	3	8	2
Pending USAR (AD)	0	0	0	0	0	0	0	0	0	0	1

Cadet is inclusive of Active Army
Source:
- Defense Casualty Information Processing System and Armed Forces Medical Examiner
- Not on Active Duty - ARNG Directorate and US Army Reserve Command

Screening and Surveillance
Annual and Post Deployment Screens

- The Department of Defense has mandated annual and post-deployment screening for suicidality.
  - Periodic Health Assessment (PHA): Conducted annually
  - Post-deployment Health Assessment (PDHA): Conducted within 30 days of service members returning from deployment
  - Post-deployment Health Re-assessment (PDHRA): Conducted within 3-6 months for service members returning from deployment
- Screening is based on an interview with a behavioral health care provider using a standardized interview guide. Service members at risk will received immediate intervention or a mental health referral.

Screening and Surveillance

The DoD Suicide Event Report

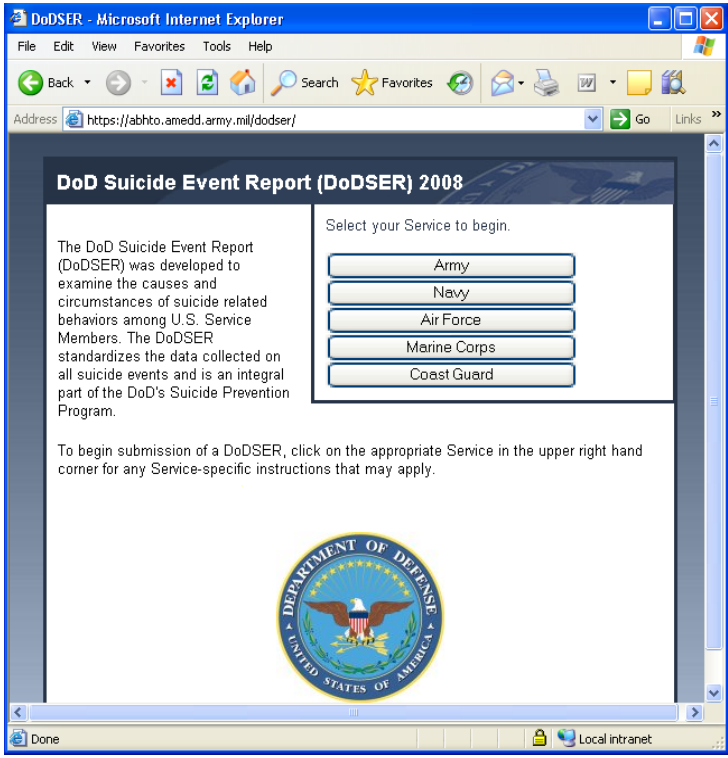
- The Department of Defense implemented the DoD Suicide Event Report (DoDSER) based on the Army Suicide Event Report (ASER), which was validated by the U.S. Army Medical Research and Materiel Command.
- DoDSERs are submitted for suicide behaviors that result in death, hospitalization or evacuation from theater.
- Data collected from standardized records

(e.g., medical records, CID).

- Army DoDSERs due w/in 60–days.
- Objective, detailed, and standardized information

collected:

- Comprehensive data (method, location, fatality)
  - Extensive risk factor data
    - Dispositional or personal
    - Historical or developmental
    - Contextual or situational
    - Clinical or symptom factors



Common BH EPICON Themes

Theme	Ft Leonard Wood 2001 (suicide)	Ft Bragg 2002 (homicide)	Ft Riley 2005 (suicide)	Ft Hood 2006 (suicide)	Ft Campbell 2008 (suicide)	Ft Carson 2009 (homicide)
INDIVIDUAL RISK FACTORS						
Deployment: length, multiple, unpredictability		X	X	X	X	
Combat Intensity						X
Family Separation - Relationship Stress - Lack of Support		X	X	X	X	X
Increased violence against persons including spouse/family		X	X	X	X	X
Increased use of alcohol and drugs, and related offenses			X	X	X	X
Previous gestures/attempts/BH contact	X	X	X	X	X	X
Manipulating - Malingering	X		X		X	X
Legal and Financial Issues		X	X	X	X	X
History of misconduct						X
SYSTEMS ISSUES						
Stigma: personal, peer, leadership, career		X	X	X	X	X
Poor Service Delivery for dependents		X	X	X		
Transition, Reintegration (One size fits all)		X	X	X	X	X
Problems wit BH Services, FAP, ASAP	X	X	X	X	X	X
Lack standardized screening, tracking, intervention, data collection	X	X	X	X	X	X
Leadership Management/climate	X	X	X	X	X	X

Source: EPICON published reports

Stigma

• Four types of stigma generally seen: career, leadership, peer-to-peer, and personal

• Stigma was reported differently across rank groups; lower enlisted were more concerned about peer and self-perceptions, senior enlisted were most concerned about their career and perceived leadership abilities

Career	Leadership	Peer-to-Peer	Personal
On permanent record, effects future promotion and employment	Some old school, senior NCOs, and early promoted NCOs create/maintain stigma	Peer stigma is the worst	Weak, isolated, embarrassed
End career, lose retirement	More stigma for senior enlisted, others think they can't lead, fear of effecting retirement	More stigma if never deployed	Profile makes them feel worthless
Lose security clearance	Many squad/platoon leaders don't support	Treated differently, Ridiculed	Pride/Denial
"Boarded out" rather than rehabilitated	Treated differently; doubt 'warrior' abilities; ridicule those with a profile	Gossiped about/Perceived faking	Don't want to be viewed as a "bad" soldier

Suicide in the Army

- Suicide rates are increasing in all components of the US Army, across all age groups, and in both male and female Soldiers
- PDHA/PDHRA does not serve as an optimal way to identify and intervene
  - Need to develop tools for suicide risk assessment
  - Improve suicide assessment training for providers
- The suicide rate among Soldiers who have deployed to OIF/OEF is higher than for Soldiers who have never deployed.
- A comprehensive approach to suicide prevention is required which includes identification and treatment of high risk individuals as well as risk mitigation efforts in the Army population

Risk Factors for Suicide in Army Personnel

- Major Psychiatric Illness Not a Significant Contributor
  - Adjustment disorders, substance abuse common
- Relationships
- Legal/Occupational Problems
- Substance Abuse
- Pain/Disability
- Weapons
  - 70% with firearm
- Recent Trends
  - Older, higher rank, more females

Army Suicides: 2001 through 31 JULY 2009

	2001-2009†		Overall ARMY‡	
NUMBER OF SUICIDES	**817**			
	N	**%**		
MALE	**774**	**94.7**	**86.0**	***
FEMALE	**43**	**5.3**	**14.0**	
AVERAGE AGE	**28**		**25**	***
Aged 18-25	**365**	**44.7**	**43.2**	
Aged 25-35	**287**	**35.1**	**38.4**	
Aged 36-60	**165**	**20.2**	**18.4**	
RACE-ETHNICITY				
Caucasian/White	**615**	**75.3**	**74.6**	*
African American	**104**	**12.7**	**15.7**	
Hispanic and Other	**98**	**12.0**	**9.7**	
MARITAL STATUS				
SINGLE	**365**	**44.7**	**39.1**	***
MARRIED	**423**	**51.8**	**53.4**	
DIV/SEP/WIDOWED	**29**	**3.5**	**7.5**	

† Through 31 July 2009; ‡ Based on 2008 figures; * p<.05; p<.01; ***p<.001**

Prepared by: USACHPPM BSHOP

Source: ABHIDE

Estimated Rate of Suicide by Army Functional Group, 2004-2009

Functional Group	# Suicides (N=508)	% of Suicides	Population 2004-July 2009	Estimated Rate per 100,000*	99% Confidence Limits
OVERALL	***508***	***100***	***2,831,568***	***18.1***	***18.07-18.13***
Maneuver, Fire & Effects	267	52.6	1,226,517	21.8	21.75-21.86
Force Sustainment	118	23.2	708,260	16.7	16.65-16.75
Operations Support	70	13.8	559,224	12.5	12.46-12.54
Special Branches	36	7.1	212,933	16.9	16.81-16.99
Other	17	3.3	106,574	16.0	15.87-16.13

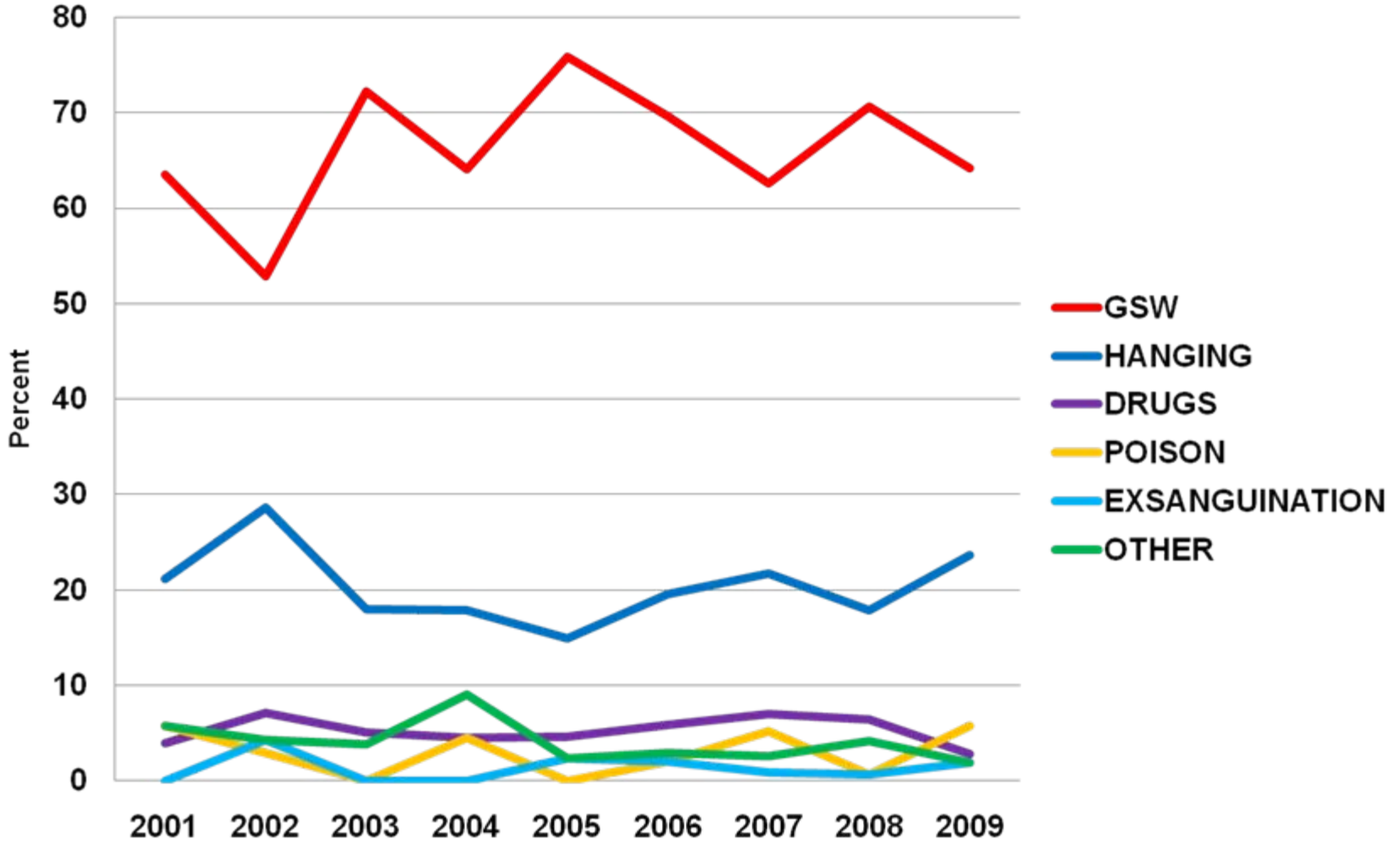
* Based on number of individuals, not person-years;

Significantly greater than average

Source: ABHIDE

Prepared by: USACHPPM BSHOP

US ARMY Suicides: Method of Death



Source: ABHIDE

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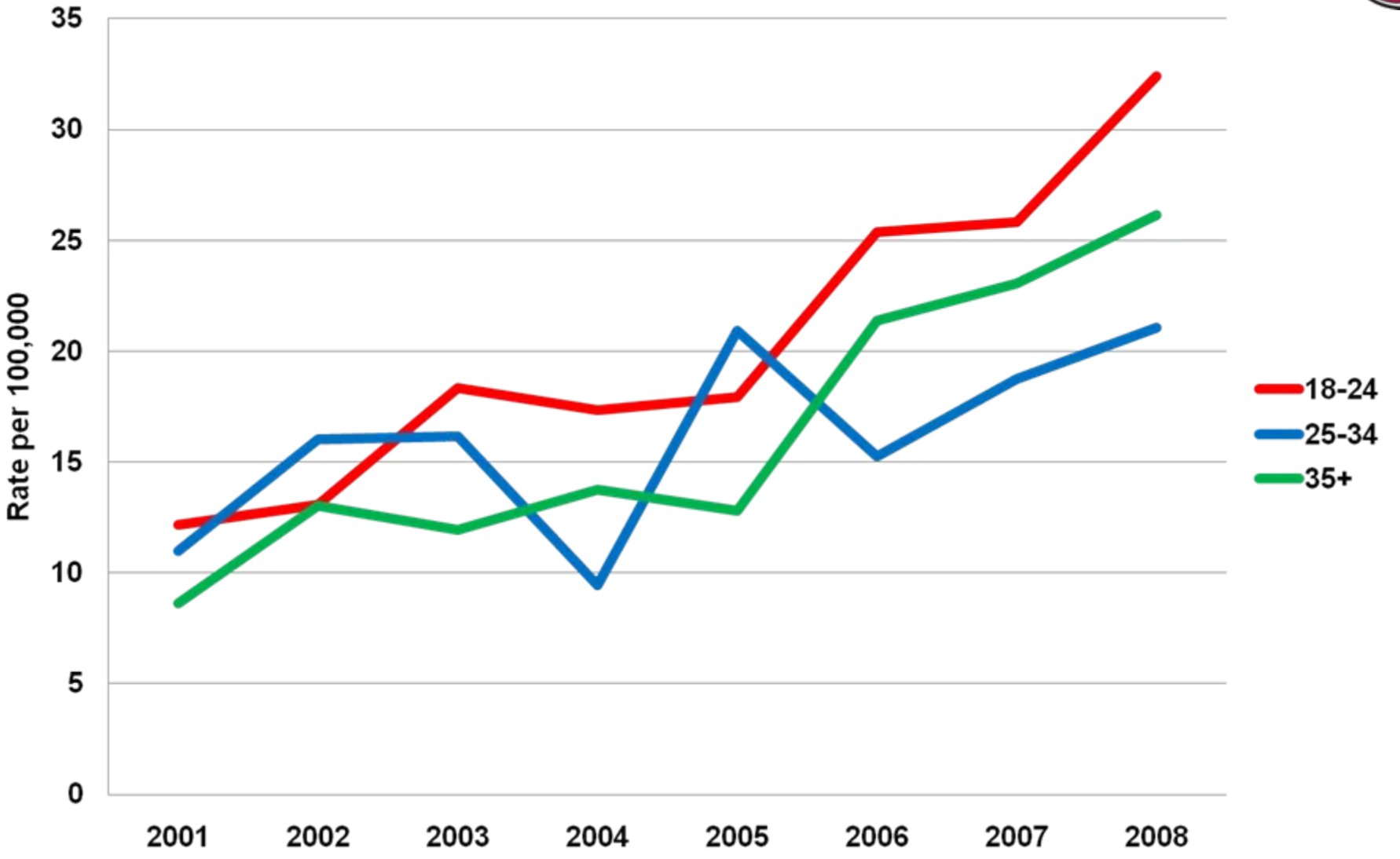
ARMY Suicide Rate Trends, by Age Group



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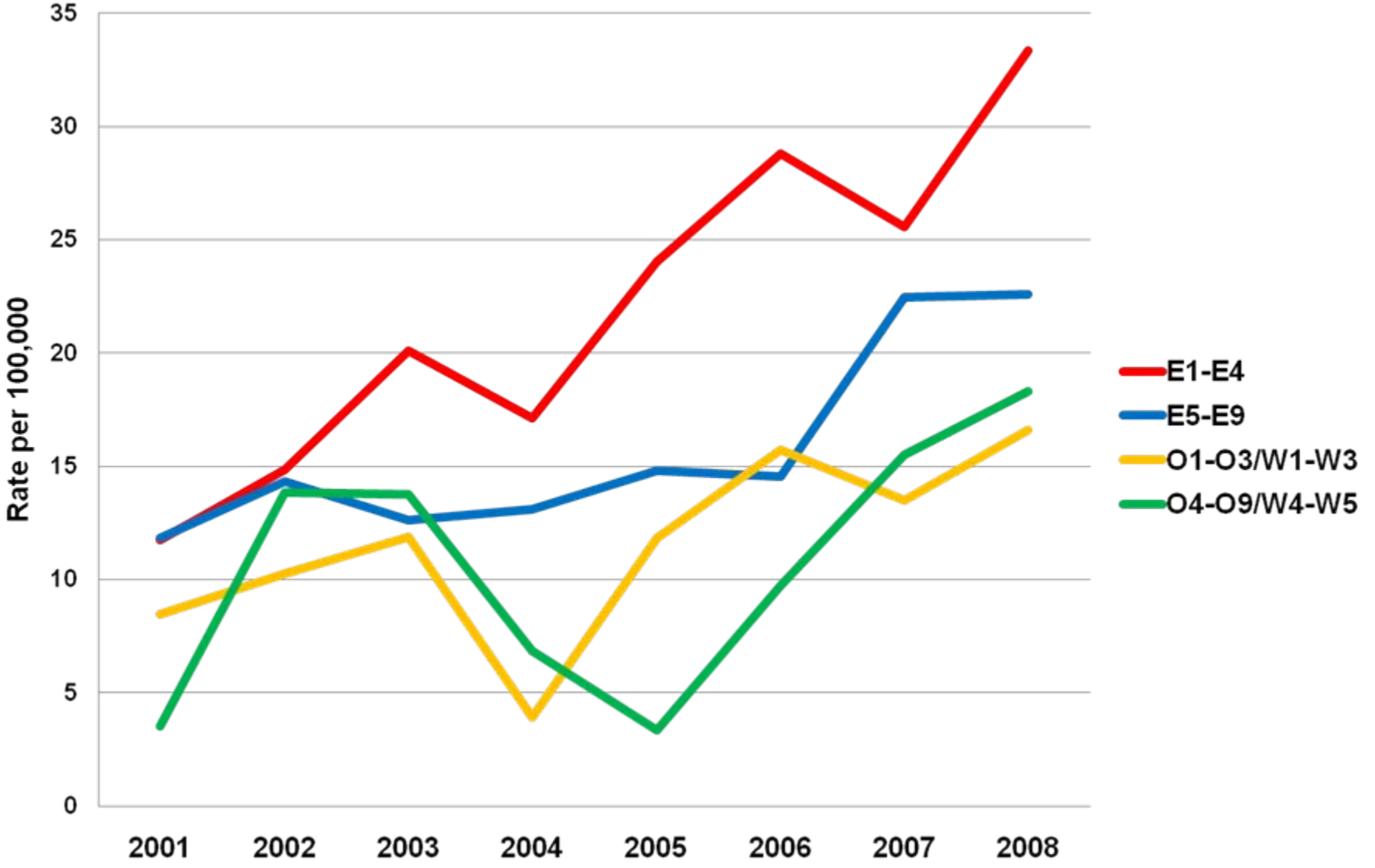
Army Suicide Rate Trends, by Rank



Source: ABHIDE

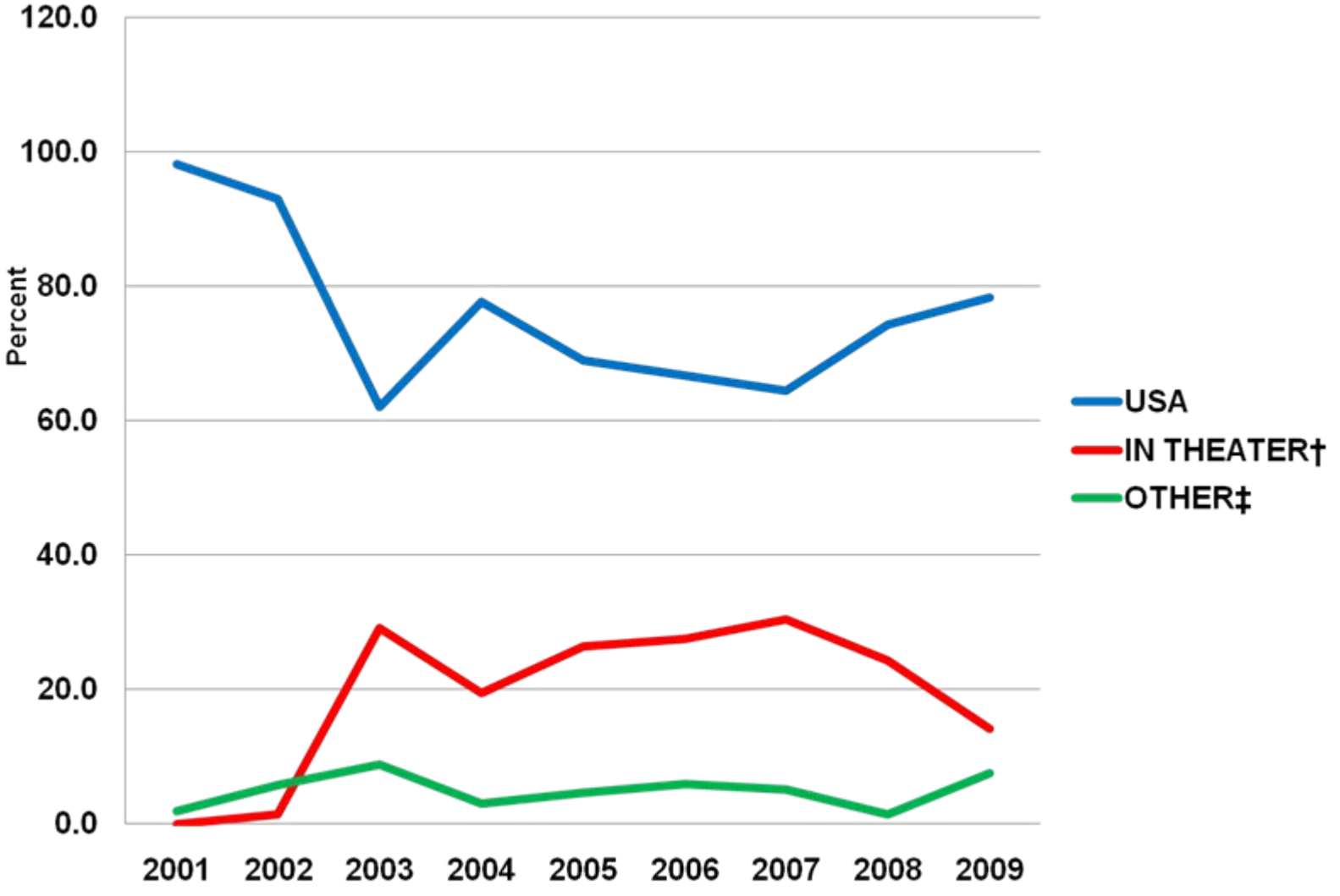
Prepared by: USACHPPM BSHOP

ARMY Suicide Rate Trends, by Component

Source: ABHIDE; Not Available for 2009

Prepared by: USACHPPM BSHOP

US Army Suicides by Place of Death, 2001-2009

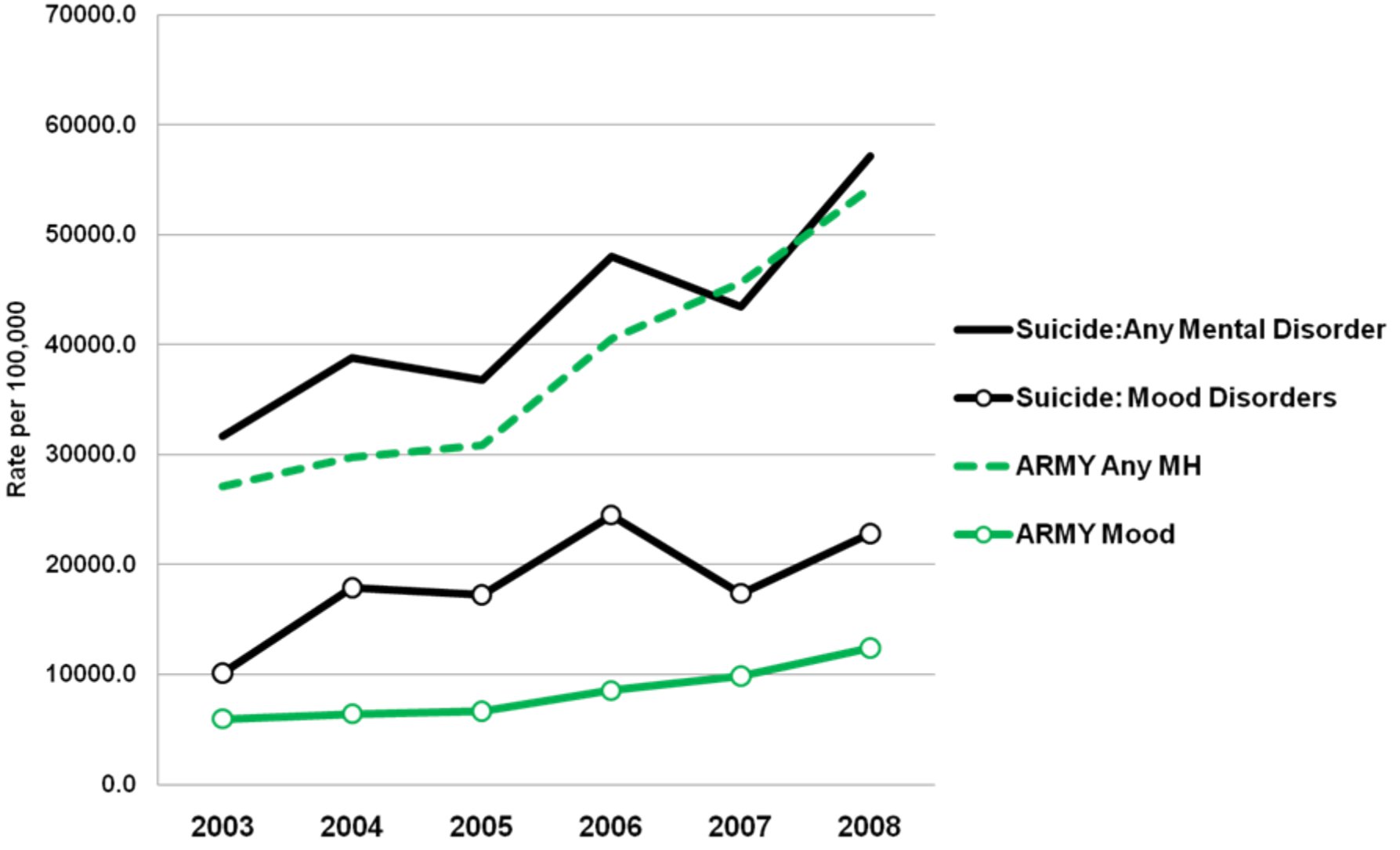


Source: G-1 and AFHSC

† OEF/OIF

‡ Africa, Cyprus, Germany, Kosovo, South Korea, Cuba, Italy, Belgium, Djibouti, Mexico, Poland, Thailand, Uzbekistan

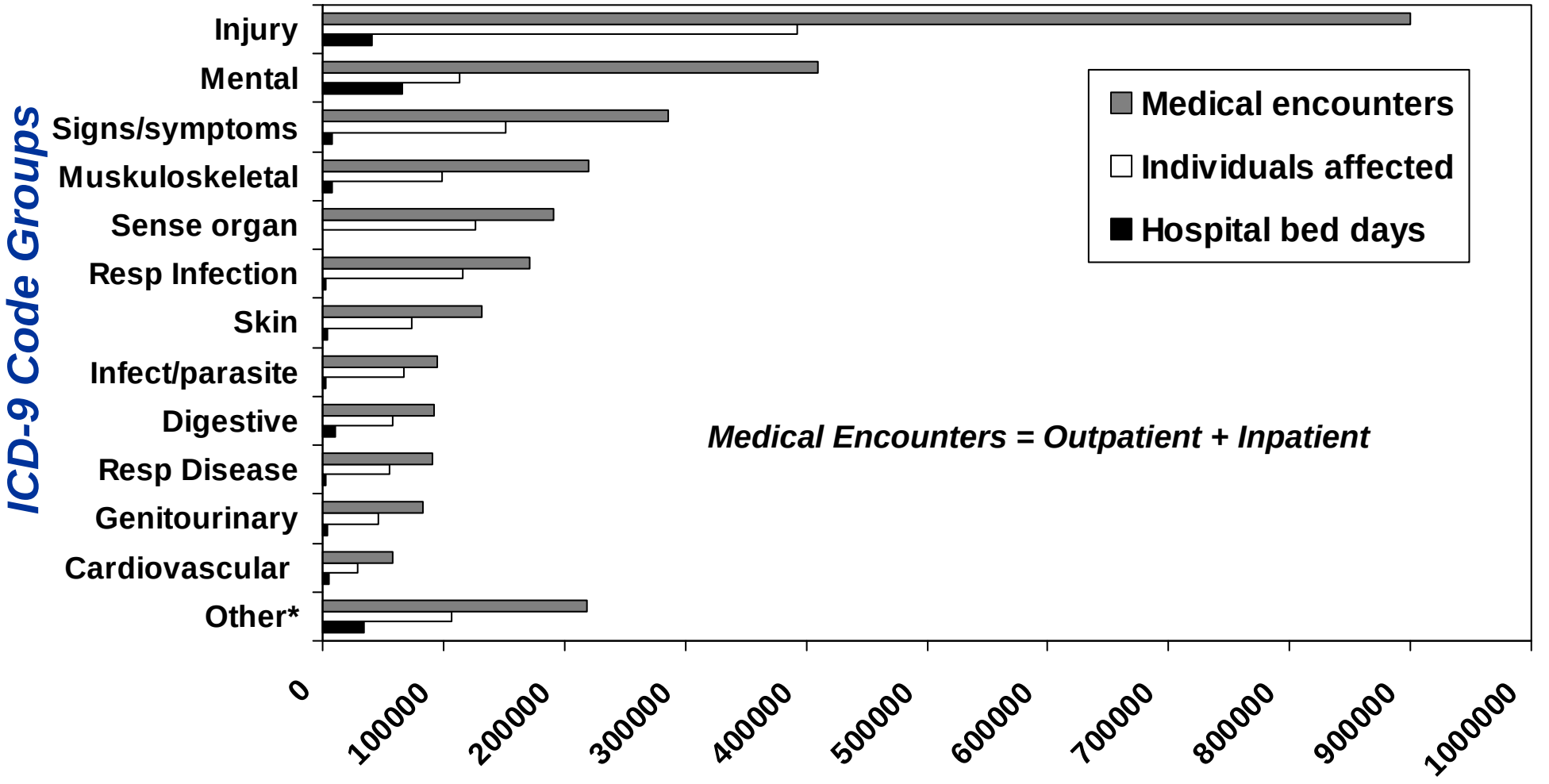
US Army Suicides: Mental Health Trends, 2001-2008



Prepared by: USACHPPM BSHOP

Source: ABHIDE & DMED

Burden of Injuries and Diseases
U.S. Army active duty, 2007



Medical Encounters/ Individuals Affected

**Includes all ICD-9 codes groups with less than 50,000 medical encounters*

Prepared by: USACHPPM BSHOP

Source: Defense Medical Surveillance System, Jul08

Past Suicide Mitigation Approaches

- Analysis of Incident Suicides
  - DOD Suicide Event Report (DODSER)
  - Epidemiologic Consultations (EPICONS)
- Clinical interventions to identify and treat high risk individuals
  - PDHA/PDHRA Screening
  - Respect.mil training for providers
- Training Soldiers, Leaders and Family Members to recognize and respond
  - ASSIST
  - ACE
  - Battlemind
  - Beyond the Front
  - Stand-Down Training

Suicide Awareness Training

- State-of-the-art universal suicide prevention effort involving a multidisciplinary approach.
- The Army's suicide awareness and training efforts represent several components
  - An educational program based on the "ACE" acronym that provides Soldiers behavioral-based training to help a fellow Soldier in need
  - An interactive training video entitled, "Beyond the Front" in which Soldiers experience firsthand the impact their actions can have when assisting a Soldier who is suicidal. All Soldiers received this training Feb-March 2009.
  - "Shoulder to Shoulder" chain teach March to July 2009.
- New Army Suicide Prevention Task Force
- Pending DoD Suicide Prevention Task Force

Changing Our Perspective of Suicide

"The Army's charter is more about holistically improving the physical, mental, and spiritual health of our Soldiers and their families than solely focusing on suicide prevention. If we do the first, we are convinced that the second will happen."

GEN Peter W. Chiarelli, VCSA, 29 March 2009

Army vice chief addresses suicide rate across Army

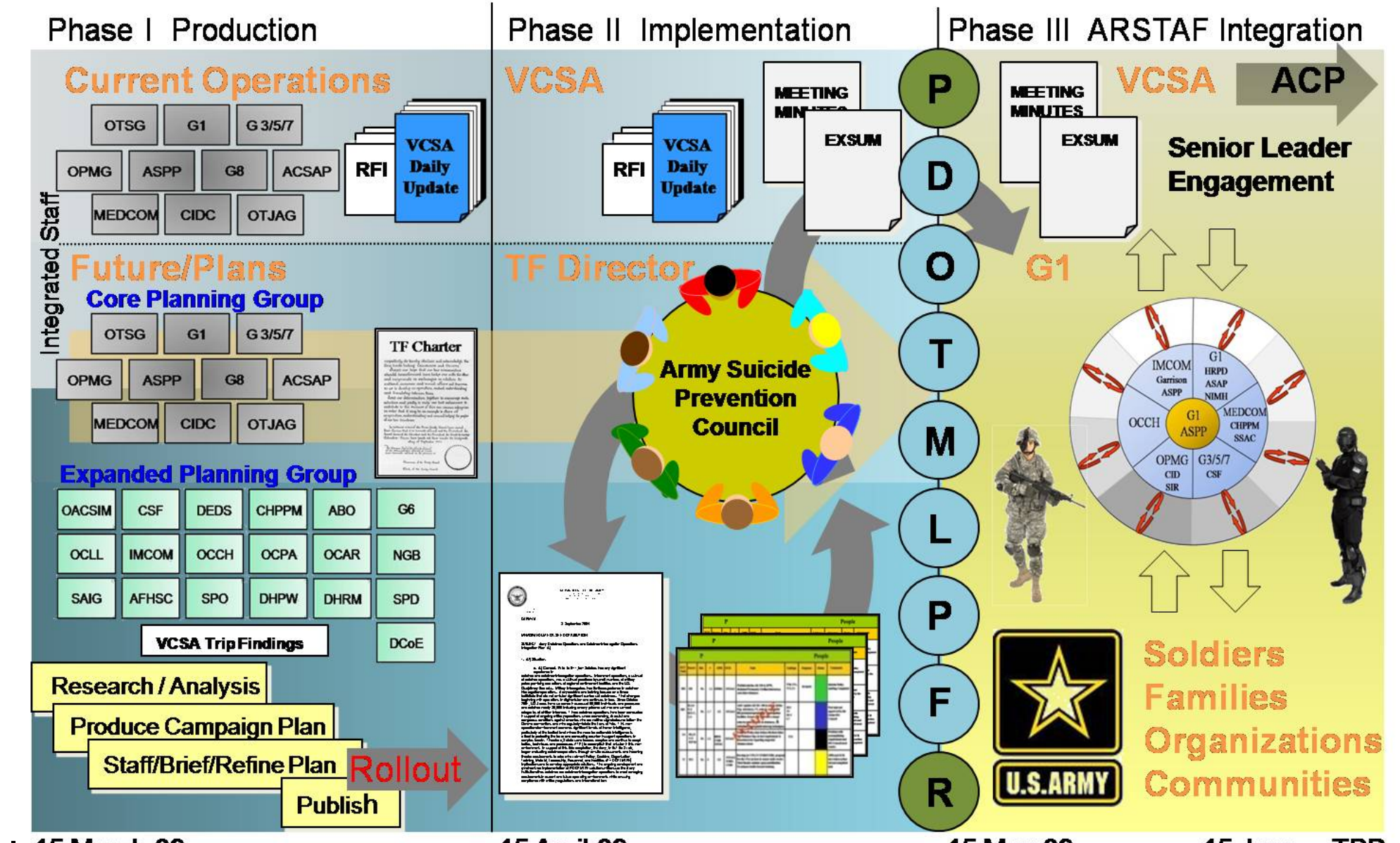
Mar 31

By **Eve Meinhardt**

Photo credit ***Eve Meinhardt***

Gen. Peter W. Chiarelli, Army vice chief of staff, speaks at Fort Bragg, N.C., March 25, during his visit to look at the implementation of suicide prevention training and best practices.

Army Suicide Prevention Campaign



Suicide Risk Assessment

Behavioral health care providers and key unit members play an active role in the management and treatment of suicidal Soldiers.

- Improve suicide assessment and evaluation (primary care, behavioral health clinic, VA).
  - Establish best clinical practices and standards of care
  - Train behavioral health and medical care providers at all levels
  - Conduct routine reviews and audits to ensure compliance
- Improve engagement and retention in behavioral health care employing motivational interviewing techniques.
- Involve close family members and friends where ever possible.
- Inform and educate unit leaders as appropriate.
- Enhanced focus on postvention efforts (maintain vigilance post crisis), including cases of completed suicides.

Evidence-Based Treatments

Adapt evidence-based treatments for suicidality among Soldiers.

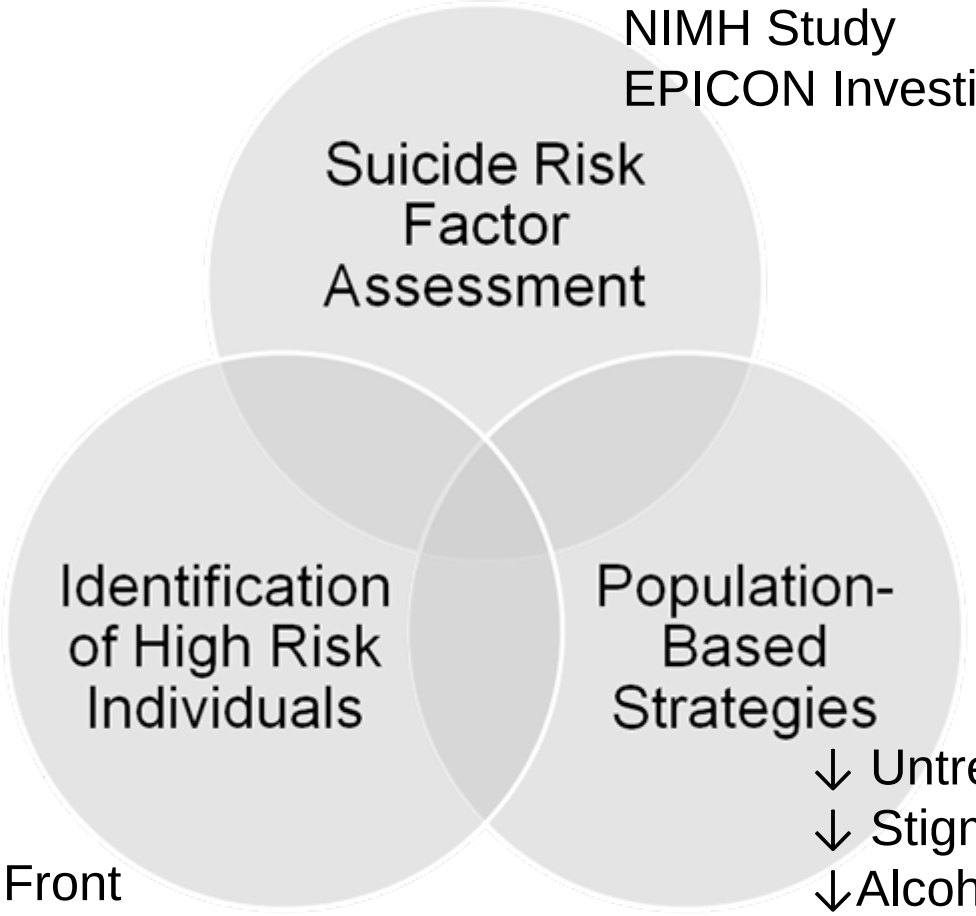
- Two generally accepted psychotherapeutic approaches for treating suicidal patients:
  - Cognitive behavioral therapy (based on social learning theory that focuses on changing distorted beliefs and cognitions about self and the world).
  - Dialectical behavioral therapy (a cognitive behavioral approach that includes social skills and problem solving).
- Treat the underlying behavioral health disorder.

Population-Based Strategies for Suicide Mitigation

- *The best evidence-based suicide mitigation strategies are optimal identification of high-risk groups and treatment of suicidal individuals*
- "Gatekeeper" strategies, which identify high risk individuals, may decrease suicides if identification leads to appropriate clinical management or reduction of stress
- Recent literature suggests interventions which decrease risk-factors in the population may impact suicide rates
- Current Army suicide mitigation programs focus on identification/treatment of high risk individuals, not groups.
- Incorporating strategies to mitigate risk-factors in the general Army population and among specific high risk groups may decrease risk for suicide in the population

Multi-dimensional Suicide Prevention Strategy

Strategic Analysis Cell
NIMH Study
EPICON Investigations

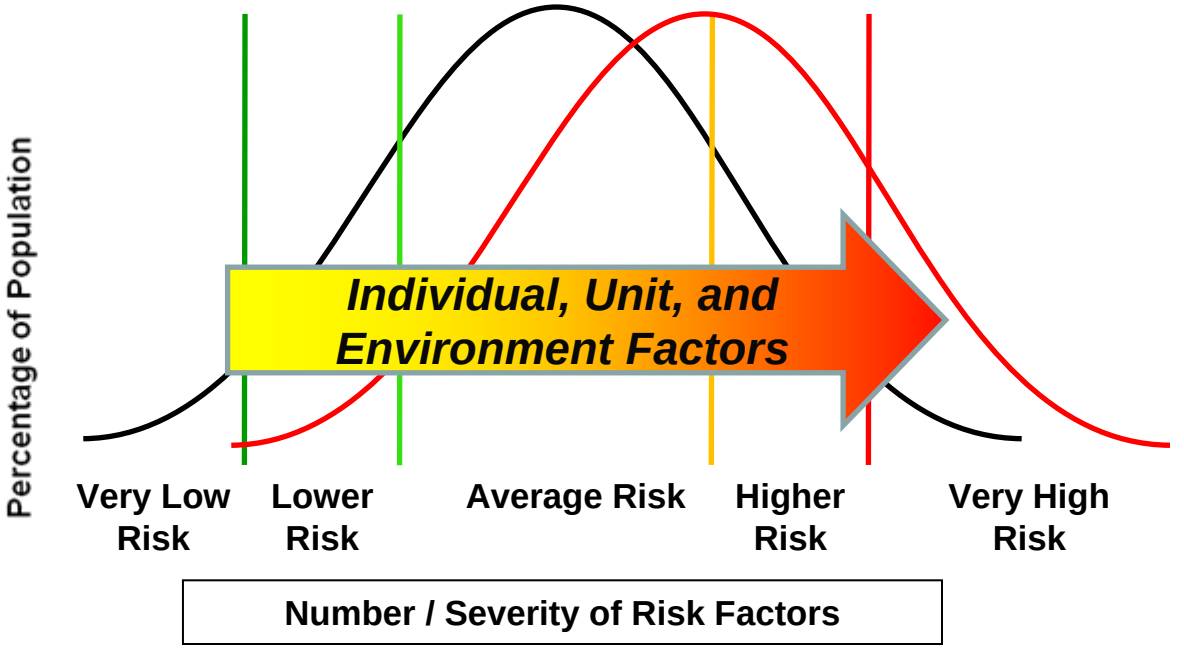


Treatment
ACE
ASSIST
Beyond the Front
Battlemind
Respect.mil

↓ Untreated/Undertreated BH
↓ Stigma to Seeking Care
↓Alcohol/Drug abuse
↓ Relationship/Family Problems
↓ Legal/Financial Issues
↑ Resilience

Causal Factors

- **Multiple individual, unit, and community factors appear to have converged to shift the population risk to the right**
- **This would put more Soldiers in the Very High Risk category making clustering more likely**



Facts

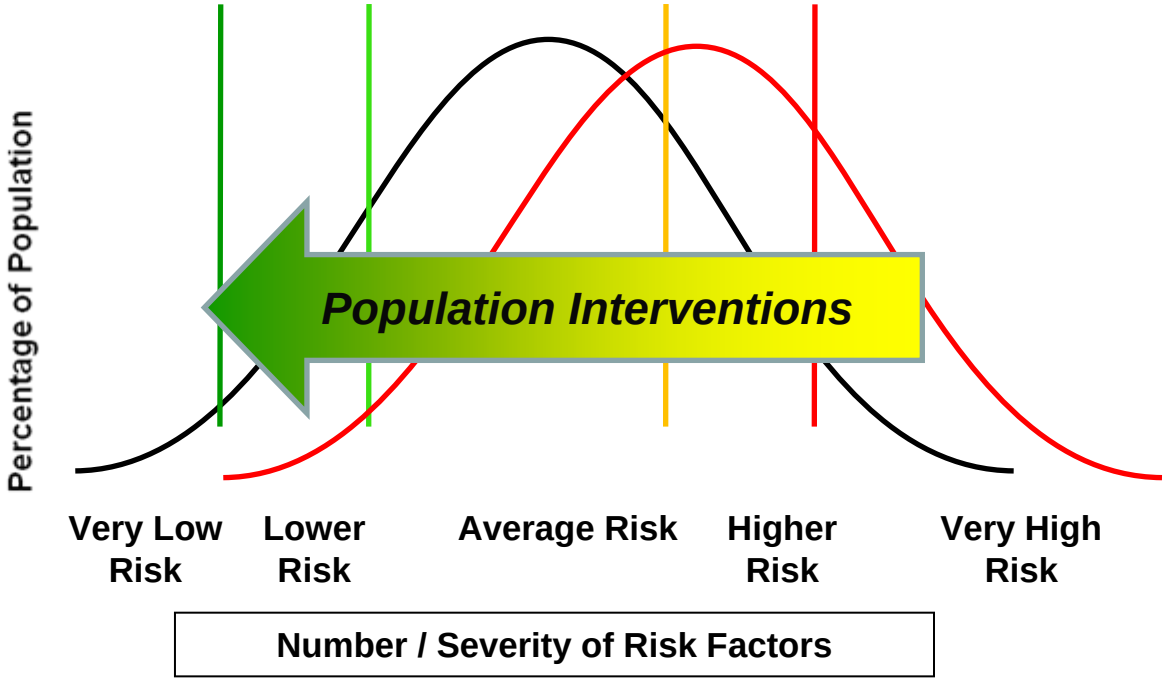
Individual
- Criminality/Misconduct
- Alcohol / Drugs
- BH Issues (untreated/under-treated)

Unit
- Turnover
- Leadership (Stigma)
- Training / Skills

Environment
- Turbulence
- Family Stress / Deployment
- Community
- Stigma

Factors to Consider

- **While it is important to identify and help individual Soldiers, the biggest impact will come from programs that shift the overall population risk back to the left**
- **Effective medical treatment can prevent individuals from increasing in risk or decrease their risk, but it cannot shift overall population risk very much**



Army Campaign Plan:

- Health Promotion, Risk Reduction, and Suicide Prevention
- Increase Resiliency
- Decrease Alcohol/Drug Abuse
- Decrease Untreated/Undertreated BH
- Decrease Stigma to Seeking Care
- Decrease Relationship/Family Problems
- Decrease Legal/Financial Issues

Installation:

- Reintegration (Plus)
  - Mobile Behavioral Health Teams
  - Mental Toughness Training
  - Resiliency Training
  - Military Family Life Consultants
  - Decompression Reintegration
  - Warrior Adventure Quest
- Consistent Stigma Reduction themes

Resiliency Programs

- **Battlemind**
  - The US Army psychological resiliency building program. This term describes the Soldier's inner strength to face fear and adversity during combat, with courage and speaks to resiliency skills that are developed to survive. It represents a range of training modules and tools under three categories: Deployment Cycle, Life Cycle and Soldier Support.
- **Suicide Prevention**
- **Provider Resiliency Training**
- **Reunion and Reintegration**
  - Deployment Cycle Support is in process of being upgraded.
- **Other Programs in Development**
  - New resiliency programs are being funded under congressional TBI/PH supplemental dollars
- **Warrior Adventure Quest**
- **Comprehensive Soldier Fitness**

BATTLEMIND

ARMOR FOR YOUR MIND

www.battlemind.army.mil

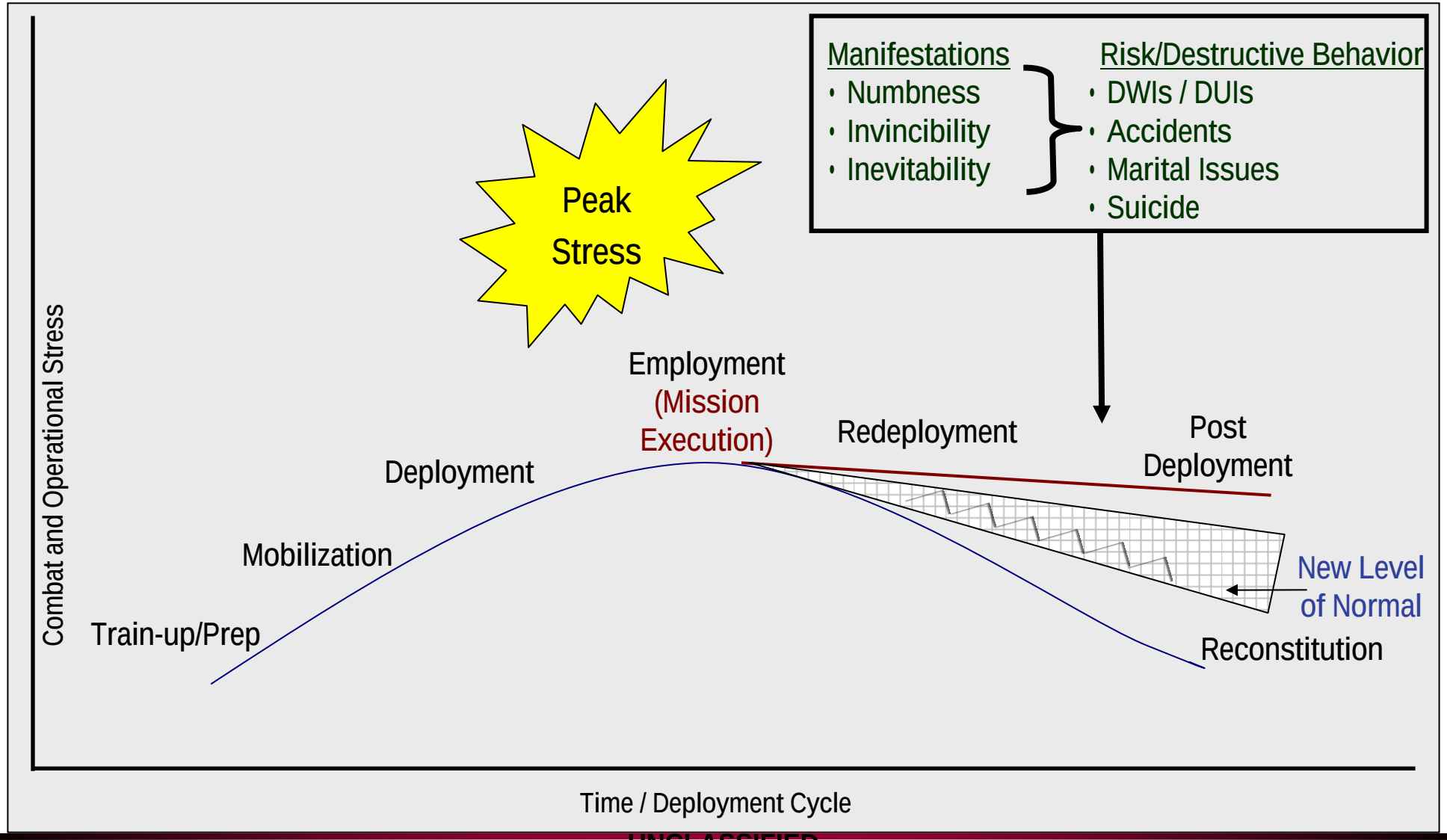
Battlemind Training System: Web Page

www.battlemind.army.mil

WARRIOR ADVENTURE QUEST

- WAQ utilizes high risk/extreme sports in coordination with a debriefing tool to provide Soldier/Leader/Unit mitigation and coping skills that can address unresolved transition issues and build unit cohesion and moral, contributing to combat readiness.
- WAQ is NOT specific to reintegration, it is a training tool that can be incorporated across the ARFORGEN cycle.

Reintegration and Reconstitution



Unit Resiliency Fundamentals

Horizontal Bonding: Trust

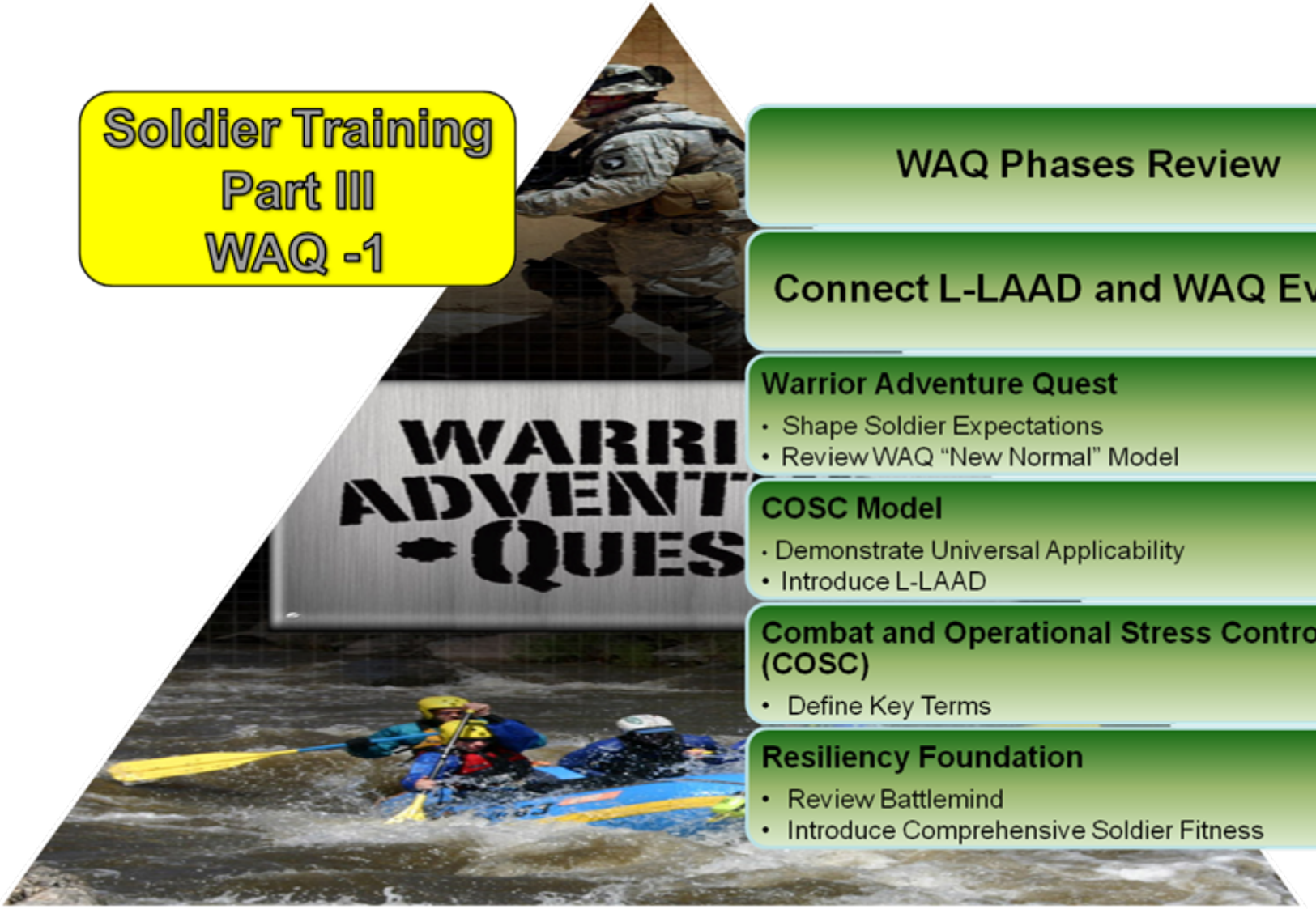
Vertical Bonding: Trust

Esprit de Corps: Sense of

Unit Cohesion: Binding force which combines 3 previous concepts

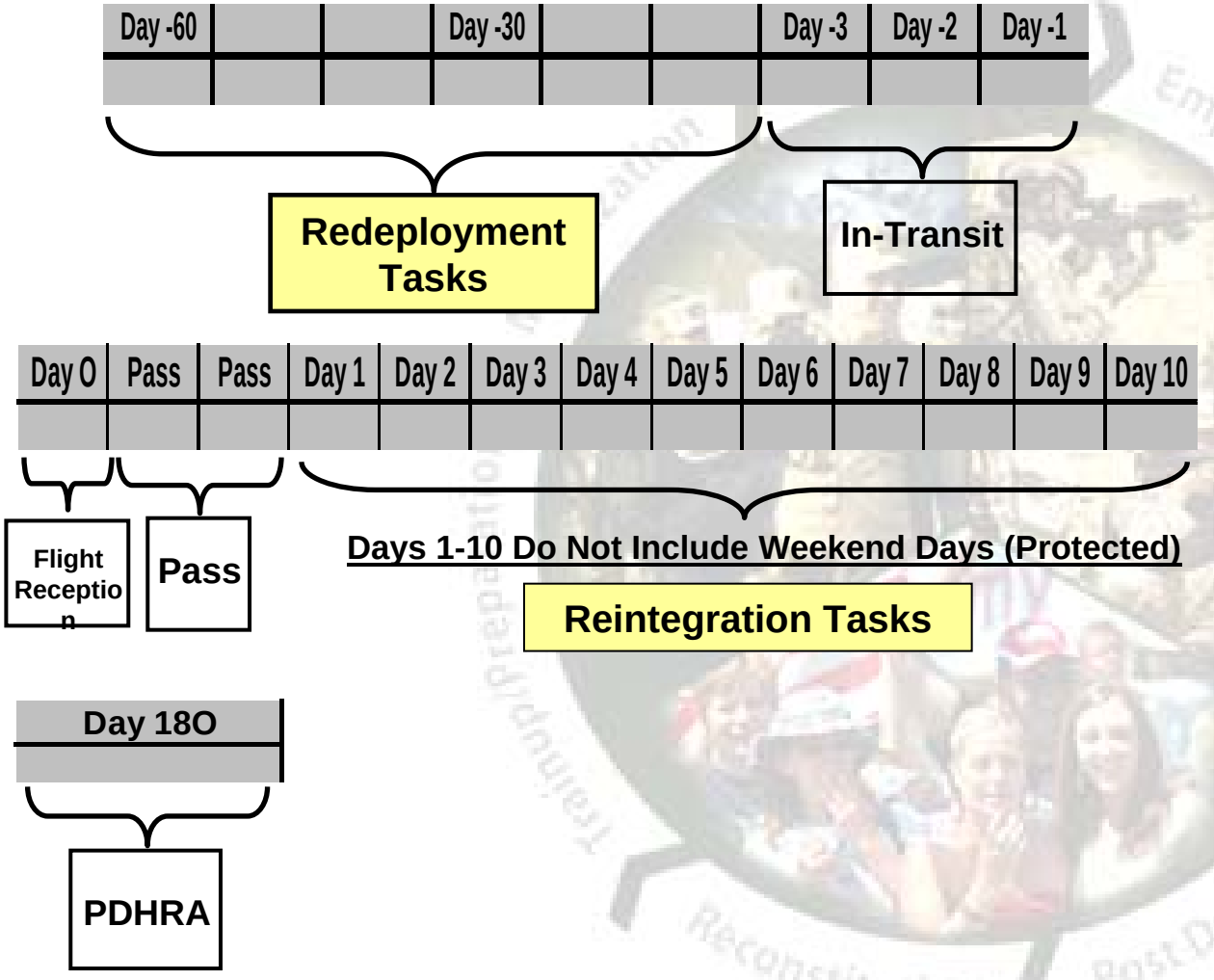
- FM 6-22.5, COSC Guide, Leaders and Warriors (DRAFT, FEB 09)

Soldier Training Part III WAQ -1



- **WAQ Phases Review**
- **Connect L-LAAD and WAQ Events**
- **Warrior Adventure Quest**
  - Shape Soldier Expectations
  - Review WAQ "New Normal" Model
- **COSC Model**
  - Demonstrate Universal Applicability
  - Introduce L-LAAD
- **Combat and Operational Stress Control (COSC)**
  - Define Key Terms
- **Resiliency Foundation**
  - Review Battlemind
  - Introduce Comprehensive Soldier Fitness

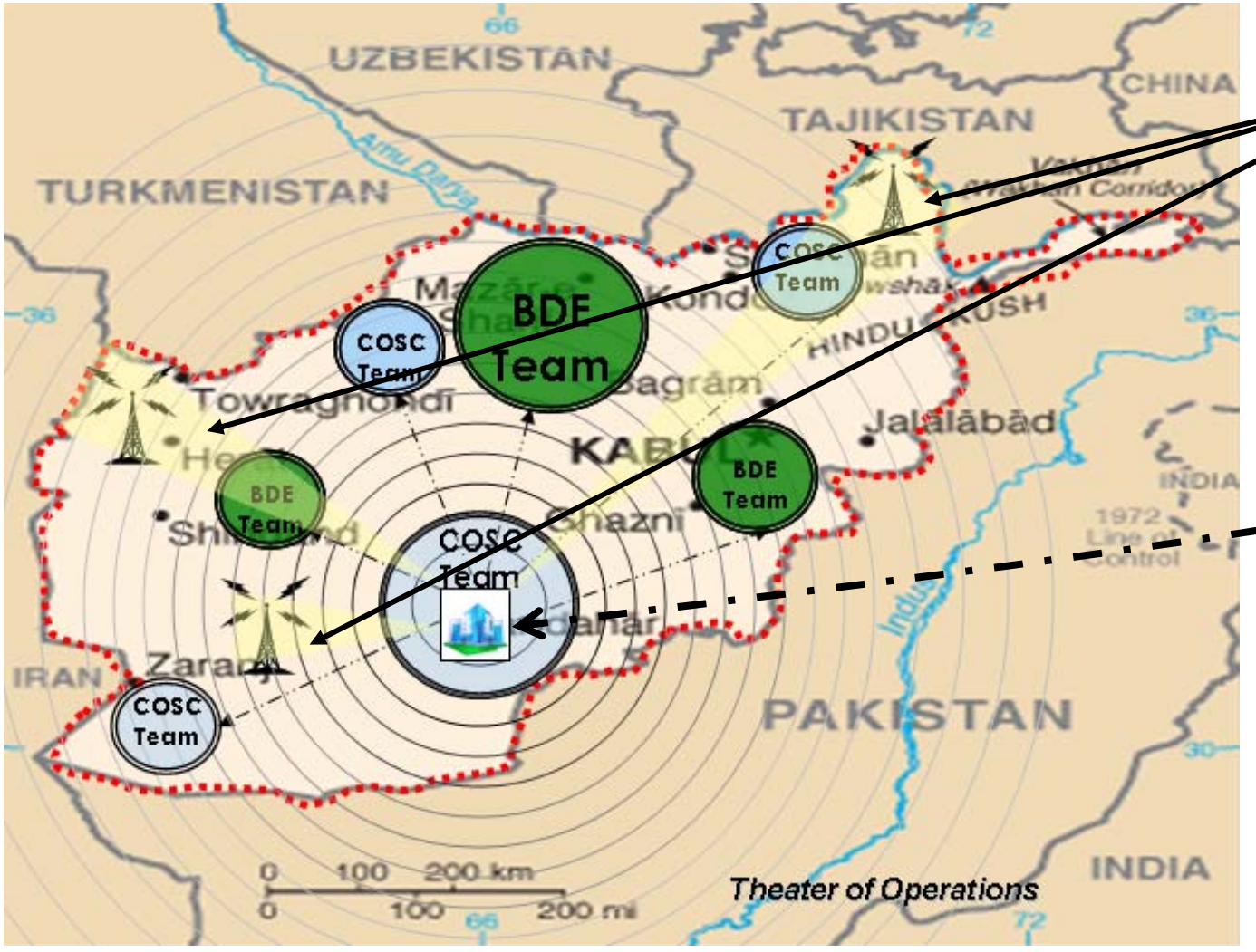
Updates in Decompression/Reintegration



Key Components

- Commander's program
- Structured decompression / reintegration
- Mental health risk stratification program prior to departure from theater
- Active tracking and monitoring which involves coordination b/w BCT/Div and the local AMEDD resources.
- Tailored to both active component and reserve

PH Telehealth in the Operational Environment



Dispersed / Remote Locations

LEGEND

- Telehealth connection
- Telehealth Site
- COSC HQ / Tele BH Team
- Theater of Operation
- Lines of Communication

Continuing Challenges and Way Ahead

Continuing Challenges

- **Array of services**
- **Stigma**
- **Increasing number of Soldiers with mTBI and PTSD**
- **Shortage of Providers**
- **Remote locations**
- **High OPTEMO**
- **Public Perceptions**
- **Suicide rate**
- **Lack of providers who accept TRICARE**
- **Provider fatigue**
- **Warrior Transition Office Soldiers**
- **Reintegration**
- **Guard/Reserve Soldiers**
- **Pain Control**

Way Ahead

- **Integration of services**
- **Policy changes, education**
- **Integration with primary care, other portals of care**
- **Grow number of providers**
- **Tele-Behavioral Health**
- **Optimal Reintegration**
- **Strategic communication**
- **Re-engineered suicide prevention**
- **Actively recruit providers to TRICARE**
- **Provider resiliency training**
- **Mental health organic in WTUs**
- **Enhanced reintegration strategies**
- **Mental health organic in Guard/Reserve**
- **Updated Clinical Practice Guidelines in Pain**