



VISN 6 Mid-Atlantic MIRECC Post Deployment Mental Health



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VISN 6 Leadership

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Focus on the VISN: Updates & New Projects

Home-Based Mental Health Evaluation (HOME) Program - Rural Extension

Dr. Mira Brancu (MIRECC Deputy Director) has received a second year of funding from the Office of Rural Health for this program. This clinical demonstration project is a collaboration between the VISN 19 MIRECC, VISN 6 MIRECC and the Durham VA Suicide Prevention team with support from the Durham VA psychiatry inpatient team. HOME provides bridge support between inpatient discharge and outpatient follow-up care for both local and rural Veterans at risk for suicide. The purpose is to offer ongoing suicide assessment and safety planning during that high-risk time period, increase engagement with outpatient care following hospitalization, and evaluate feasibility for incorporating the program into the current system of care.

MIRECC Fellowship Program

To-date we have trained 26 MIRECC Fellows, 22 psychologists and 4 physicians. The overwhelming majority (~70%) of graduates are currently working in VA. Of these, most (~72%) are at VISN 6 facilities!

Transitions

Dr. Christina Sheerin completed the MIRECC fellowship at our **Richmond site** in September. She is now in a one year research fellowship funded by an NIH Research Training Grant in Psychiatric and Statistical Genetics. The position is in the Department of Psychiatry, Virginia Institute of Psychiatric and Behavioral Genetics at Virginia Commonwealth University School of Medicine.

Welcome to our new Fellows

All three of our sites with MIRECC Fellowships have new Fellows this year!
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Richmond MIRECC Researchers Move into New Space

The Mental Health (MH) Service at Richmond is expanding into new space. The second floor addition, the Mental Health Recovery Enhancement Center, will assist with the consolidation and expansion of several key MH programs, including research. The mission of this new Center is to provide Veterans and their families the opportunity to inspire and assist them to reclaim their lives, instill hope, identify and validate strengths, teach life skills, facilitate community integration, and facilitate the creation (or re-creation) of meaningful self-determined roles. **Dr. Treven Pickett** (Co-Director of Richmond's MIRECC Fellowship) and **Robin Lumpkin** (MIRECC Research Coordinator) have already moved in!

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Recently Approved Grants

Dr. Courtney Slough (Co-PI) *Comprehensive Medication Management (CMM) provided to Veterans in an outpatient traumatic brain injury clinic.* College of Psychiatric and Neurological Pharmacists (CPNP) Defining the Future Research Grant.

**Approved
Research Sites
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Invited Lectures

Dr. Robin A. Hurley (MIRECC Associate Director, Education) presented *Windows to the Brain: Updates in Neuroimaging for Cognitive Impairment* as part of the Advances in Clinical Psychiatry 2015: Impairments in Cognition symposium held at Baylor College of Medicine on October 23, 2015, Houston, TX.

Dr. Sarah Martindale (MIRECC Fellow) presented *Cognitive Effects of Comorbid Conditions in Veterans* as part of the Salisbury VAMC Mental Health Service Line Predoctoral Internship Training Program on October 23, 2015, Salisbury, NC.

Dr. Holly Miskey (MIRECC Faculty) presented *Review of Arachnoid Cysts: A Neuropsychological Case Presentation* as part of the Mental Health Grand Rounds at the Salisbury VAMC on September 17, 2015, Salisbury, NC. In September she also presented *Alzheimer's and Other Neurocognitive Disorders* as part of the Salisbury VAMC Mental Health Service Line Predoctoral Internship Training Program. Dr. Miskey co-presented *Capacity*, a six-hour continuing education training on financial and medical decision making in October. The training was sponsored by Northwest AHEC and Wake Forest School of Medicine and presented in the Salisbury VAMC. In October she also presented *Neuropsychology, Consults, and Referrals* to students from the Edward Via College of Osteopathic Medicine and *The Neuropsychology of Stroke Recovery* in the Family & Friends Forum.

Dr. Courtney Slough (MIRECC Fellow) presented *Debunking Myths about Pharmacy Residencies* as part of the Introductory Pharmacy Practices Experience lecture series for 2nd year students at Wingate University School of Pharmacy on October 5, 2015, Wingate, NC.

Meeting Presentations

AMERICAN CONGRESS OF REHABILITATION MEDICINE

92nd Annual Conference, October 25-30, 2015, Dallas, TX

Instructional Course (4 hours):

Pickett T, Murphy C, Geiss M. *Military Culture and Deployment-Related Mental Health Affecting Veterans and their Families.*

Journal Articles

Elbogen EB, Wolfe JR, Cueva M, Sullivan C, Johnson J. *Longitudinal Predictors of Criminal Arrest after Traumatic Brain Injury: Results from the Traumatic Brain Injury Model System National Database.* Journal of Head Trauma Rehabilitation. 2015;30(5):E3-E13.

Gentes E, Dennis PA, Kimbrel NA, Kirby AC, Hair LP, Beckham JC, Calhoun PS. *Latent Factor Structure of DSM-5 Posttraumatic Stress Disorder.* Psychopathology Review. 2015;2(1):17-29. continued in next column

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Leadership Activities

Dr. Courtney Slough (MIRECC Fellow) is serving on the National Resident Advisory Committee of the American College of Clinical Pharmacy.

Regional Service

On September 8, **Dr. Robin Hurley** (MIRECC Associate Director, Education) was an invited participant in a segment of *Charlotte Talks*, a National Public Radio discussion forum. The focus of the segment was the mental health system in North Carolina.

<http://wfae.org/post/mental-health-system-north-carolina>



CBOC Mental Health Rounds

Each CBOC MH Rounds presentation is now offered twice a month.

Wednesday November 11 from 9-10 am ET
Thursday November 12 from 12-1 pm ET

Ethics and Social Media

Wednesday December 9 from 9-10 am ET
Thursday December 10 from 12-1 pm ET

Parenting with PTSD

Remember to register in TMS in advance to attend and receive credit.

January 13 & 14 *Driving and Dementia*

Contact Ashley McDaniel with any questions:
ashley.mcdaniel@va.gov or 501-257-1223

Journal Articles

McDonald SD, Brown WL, Benesek JP, Calhoun PS. *A systematic review of the PTSD Checklist's diagnostic accuracy studies using QUADAS.* Psychological Trauma: Theory, Research, Practice, and Policy. 2015;7(5):413-21.

Miskey HM, Shura RD, Yoash-Gantz RE, Rowland JA. *Personality Assessment Inventory profiles of veterans: Differential effects of mild traumatic brain injury and psychopathology.* Brain Imaging and Behavior. 2015 Sep;9(3):461-71.

Reihl KM, Hurley RA, Taber KH. *Neurobiology of Implicit and Explicit Bias: Implications for Clinicians.* Journal of Neuropsychiatry and Clinical Neuroscience. 2015; 27(4): A6-253.

Ulmer CS, Van Voorhees E, Germain AE, Voils CI, Beckham JC. *A Comparison of Sleep Difficulties among Iraq/Afghanistan Theater Veterans with and without Mental Health Diagnoses.* Journal of Clinical Sleep Medicine. 2015;11(9):995-1005.

Vrana SR, Calhoun PS, Dennis MF, Kirby AC, Beckham JC. *Acoustic startle and prepulse inhibition predict smoking lapse in posttraumatic stress disorder.* Journal of Psychopharmacology. 2015;29(10):1070-6.

Visit our web site for more resources

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

Welcome to our new Fellows

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Timothy W. Brearly, PsyD is one of the new Fellows at our **Salisbury site**. He completed his PsyD in Combined-Integrated Clinical and School Psychology at James Madison University, and clinical health psychology internship at the Salisbury VA. Integrating his psychological training with his BS and applied experience in IT implementation, Tim's current research and development efforts are focused on integrating technological innovation into clinical practice and training. His clinical specialization in neuropsychology informs his current contributions towards developing a virtual standard patient to enhance training in the clinical diagnosis of mild TBI. Tim is also passionate about translating advances in telepresence technology to expand the clinically useful application of remote teleneuropsychological evaluation. He enjoys spending time with his wife and son in a variety of outdoor hobbies, traveling, and playing board/video games with good friends.



Thomas Burroughs PhD is the new Fellow at our **Richmond site**. He received his BA in Psychology from the University of Tampa, and his MS and PhD from Palo Alto University. He recently completed his pre-doctoral internship at the Richmond VA in the Health Psychology Track. Tom's research interests involve examining alcohol/ substance use disorders through the life course, with a focus on how these disorders relate to health outcomes in medical settings. His clinical interests include working as a member of interdisciplinary teams treating patients who have comorbid psychiatric and chronic medical conditions. Tom enjoys watching sports, cooking, and spending time with his family.



Sarah L. Martindale, PhD is one of the new Fellows at our **Salisbury site**. She received a BA in Psychology from St. Edward's University in Austin, TX, and both MA and PhD in Psychology with an emphasis on Behavioral Neuroscience at Baylor University in Waco, TX. Her previous research has focused on the longitudinal neuropsychological effects of treatment in a substance use population and identifying modifiable mediators for treatment of deficits in Veterans. Sarah's current research interests include the neuropsychological impact of comorbid PTSD, TBI, and SUD, in Veterans returning from the wars in Iraq and Afghanistan. Sarah looks forward to expanding her experiences to include research with women Veterans and grantsmanship. In her free time, she enjoys playing board games, reading, and hiking.



Courtney Slough, PharmD is one of the new Fellows at our **Salisbury site**. She received her PharmD from the University of North Carolina Eshelman School of Pharmacy in Chapel Hill, NC and completed both a pharmacy practice residency and psychiatric pharmacy residency at the Salisbury VA. Courtney's practice and research areas include post-traumatic stress disorder and traumatic brain injury. She currently serves as a Member-at-Large on the American College of Clinical Pharmacy Resident Advisory Committee.



Sarah M. Wilson, PhD is the new Fellow at our **Durham site**. She is a proud North Carolinian and Durham native. She received a BA with honors in Psychology and Drama from Stanford University, and a PhD in Clinical Psychology from Duke University, completing her doctoral internship at VA Puget Sound Health Care System in Seattle, WA. Sarah's clinical training included PTSD treatment, neuropsychological assessment, and clinical care of Veterans with traumatic brain injury. Her research background is in traumatic stress, health risk behavior, mechanisms of health disparities, women's health in the US and abroad, and mixed methods research. She is delighted to further develop her program of research at the Mid-Atlantic MIRECC, focusing on health disparities, health risk behaviors, and mobile health interventions. In her spare time, she enjoys canoeing, DIY projects, making homemade jello, and participating in local performing arts.

★ Free ★ Online Military Culture Training for Community Providers

It's important that all who care for Veterans have a basic understanding of military culture. In the interest of the highest quality, most compassionate health care for our Nation's Veterans, the Departments of Veterans Affairs and Defense recently launched an online course available at no cost to all Veteran care providers.

Military Culture: Core Competencies for Healthcare Professionals <http://deploymentpsych.org/military-culture>

This course stems from research, surveys and hundreds of hours of interviews with Service members and Veterans. It is designed as a comprehensive training in military culture for seasoned practitioners as well as for those less familiar with military populations. The interactive course includes a self-assessment to help providers better understand the biases they may unknowingly have that may be impacting the care they are providing to Veterans and their families. It also includes a variety of vignettes and candid video testimonials to highlight the meaning of military cultural competence.

Resources for Providers

Treatment of Substance Use Disorders in Veterans with PTSD

www.mirecc.va.gov/visn6/Providers.asp

This PowerPoint presentation by **Dr. John Allen (MIRECC Senior Scientist, Clinical Care)** addresses treatment of substance use disorder in Veterans who are also diagnosed as having PTSD. It reviews research on how deployment and war zone stressors contribute to development of each of the two conditions separately and their co-occurrence; evidence-based treatments for substance use disorder and PTSD; epidemiological findings on the dual diagnosis, dynamic interactions of the two conditions. It also provides recommendations for treatment. To assist community health care providers, the presentation also comments on issues of military culture; VA resources for OEF-OIF Veterans; and criteria for eligibility of care.

Resources for Veterans/Families

NC4VETS RESOURCE GUIDE

The purpose of this comprehensive resource guide is to assist and educate Veterans in learning about state and federal Veteran benefits. Topic areas include services, employment, healthcare, education, housing and personal services.

<http://www.nc4vets.com/blog/resource-guide>

This resource guide was produced by the North Carolina Division of Veterans Affairs in partnership with the Governor's Working Group on Veterans, Service Members, and Their Families.

<http://www.veteransfocus.org>

★ 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 - *Treating the Invisible Wounds of War (TTIWW) english & spanish editions*
- 2 - *TTIWW - A Primary Care Approach*
- 3 - *TTIWW - Employee Assistance in the Civilian Workforce*
- 4 - *TTIWW - Issues of Women Returning from Combat*
- 5 - *TTIWW - Recognizing the Signs of mTBI during Routine Eye Examinations*
- 6 - *TTIWW - Understanding Military Family Issues*
- 7 - *TTIWW - Taking a Military History: Four Critical Questions*

These courses were developed by MIRECC faculty in collaboration with Citizen Soldier Support Program (CSSP) and North Carolina Area Health Education Center (NC AHEC).

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

Online Training Resources for Veterans: <http://www.veterantraining.va.gov/>

There are several free and anonymous on-line education and life coaching programs that use interactive exercises and video demonstrations to teach skills for overcoming life challenges.

Moving Forward: Overcoming Life's Challenges An educational and life coaching program that teaches Problem Solving skills to help you better handle life's challenges

Parenting This course provides parents with tools that strengthen parenting skills and helps them reconnect with their children.

AIMS: Anger & Irritability Management Skills This course offers a wide range of practical skills and tools to manage your anger and develop self-control over your thoughts and actions.

PTSD Coach Online PTSD Coach Online is for anyone who needs help with upsetting feelings. Trauma survivors, their families, or anyone coping with stress can benefit.