



VISN 6 Mid-Atlantic MIRECC Post Deployment Mental Health



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Focus on the VISN Invited Lectures

Drs. Jason A. Nieuwsma (MIRECC researcher) and Warren Kinghorn presented *“Combat Trauma and Moral Injury”* as part of the Durham VAMC Social Work Staff Retreat in March. More than 70 VA social workers attended the talk.

Clinical Component Update

Welcome to the New Assistant Director!

Dr. Eric Crawford recently joined our MIRECC to work with Dr. Kudler as the new Assistant Director of the Clinical Component. In the five years prior he served as a staff psychologist at the Durham VAMC, coordinating and providing psychological services to Veterans recently returned from conflicts in Iraq and Afghanistan with stress-related disorders, TBI, and other post-deployment mental health conditions.

Dr. Crawford (on right in picture) maintains a clinical specialization in empirically supported treatment of PTSD. He is a trainer for VA's National Dissemination of Prolonged Exposure Therapy for PTSD, providing didactic instruction and consultation to VA clinicians and local trainees seeking to learn this evidence-based treatment. He has authored multiple publications in this area, and has participated on two randomized controlled trials evaluating augmentation of existing treatment for chronic PTSD. He is also an Assistant Clinical Professor in Duke's Department of Psychiatry and Behavioral Sciences. Dr. Crawford's current research



interests are wide ranging. They include the effectiveness of Prolonged Exposure Therapy in special populations characterized by medical and psychiatric challenges such as TBI or substance use disorders, patterns of help-seeking and healthcare utilization in returning veterans, pathophysiology of PTSD, and patient-level or systemic factors that impact engagement with mental health services. Dr. Crawford is tremendously excited about the opportunities associated with his new position in the MIRECC Clinical Component, and feels strongly that it provides an ideal fit for his set of clinical, research, and education-related skills.

Recently Approved Grants

Jason Nieuwsma (CoI) *Randomized Controlled Trial of Group Prevention Coaching*. VA HSR&D Collaborative Research to Enhance and Advance Transformation and Excellence (CREATE) Initiative

Jason Nieuwsma (Evaluation Co-Leader) *PAIRS - From Warrior to Soul Mate*. VA Office of Patient-Centered Care and Cultural Transformation

Kelcey Stratton & Lillian Stevens (PIs) *A Mindfulness Behavioral Health Intervention for Tobacco Cessation for Veterans of Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn*. VA Public Health Grant Award Program - Clinical Public Health section

Approved Research Sites & Contacts:

Durham VA
Study Coordinator
mireccstudies@va.gov
919-416-5915

Hampton VA
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monica.cook@va.gov
757-722-9961 ext 2324

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DoD Briefing

This briefing was presented separately in March to offices of Navy Chief of Chaplains; Army Chief of Chaplains; Air Force Chief of Chaplains; and Chaplain to the Joint Chiefs of Staff; Pentagon, Washington, DC.

Nieuwsma JA, Cantrell WC, Rhodes JE, Bates MB. *Mental health and chaplaincy: DoD/VA Integrated Mental Health Strategy (IMHS) and Joint Incentive Fund (JIF) project.*

Invited Lectures

Drs. Eric Crawford (MIRECC Assistant Director, Clinical) and **Scott Michael** presented "*Prolonged Exposure (PE): in-Vivo and Imaginal Exposure and Processing*" on March 11, 2013. This presentation was part of the LiveMeeting Series on PE sponsored by the VA's Employee Education System and Mental Health Services.

Dr. Harold Kudler (MIRECC Associate Director, Clinical) was an invited discussant following a dramatic reading of the play "*Place of Angels*" that was presented March 13, 2013. This presentation was Duke University's Annual Social Work Month lecture.

Dr. Brian L. Meyer (PTSD/SUD Specialist, Richmond MIRECC site) presented "*PTSD and Substance Abuse in Military Families: Impact and Implications for Child Welfare*" at the 20th Annual New Mexico Children's Law Institute in Albuquerque, NM on January 10, 2013.

Meeting Presentations



April 3 - 6, Boston MA

Ahmed M, McCall WV, Lisanby SH, Khan F, Rowland J, Taber KH, Hurley RA. *Potential of Cognitive Interventions in Neuropsychiatric Illnesses: Evidence for Efficacy.*

Ahmed M, Rowland J, Taber KH, Hurley RA, Haq I. *Neural Correlates of Cognitive Anosognosia in Veterans with Mild Traumatic Brain Injury.*

Eknoyan D, Hurley RA, Taber, KH. *Functional Neuroanatomy of the Placebo Response.*

Rowland JA, Stapleton-Kotloski J, Godwin DW, Taber KH. *Identifying Brain Activity Associated with PTSD Symptoms, but not Postconcussive Symptoms.*

Rowland JA, Stapleton-Kotloski J, Taber KH, Godwin DW. *A Magnetoencephalography Investigation of the Effects of PTSD on Decision Making Networks.*

Stevens FL, Wiesman O, Feldman R, Hurley RA, Taber KH. *Oxytocin: Role Developing and Healing Psychopathology.*

Taber KH, Hurley RA. *Volume Transmission in the Brain: Synapse and Beyond.*

Taber KH, Morey R, Hurt SD, Lamar C, Hurley RA. *Diffusion Tensor Imaging of OEF/OIF Veterans with and without Exposure to Primary Blast Forces.*



CBOC Mental Health Rounds

May 8 from 9-10 am ET

Stephen McCandless, PsyD & Laura Meyers, PhD *Dialectical Behavioral Therapy (DBT): Ideas for Developing Consultation Teams & Adapting Skills Groups for CBOC's*

You must register in TMS for these sessions in advance to receive credit.

Credits/Hours: 1

Accreditations: ACCME, ANCC, APA, ASWB

VANTS: 1-800-767-1750 Access code-26461#

Use your computer workstation with telephone capability to participate. You will need to access Live Meeting and dial into the VANTS call for this presentation. The presentation is limited to 150 participants on a first come, first served basis.

Objectives:

1. List three diagnostic criteria for Borderline Personality Disorder as organized by DBT;
2. Distinguish the differences between DBT and Cognitive Behavioral Therapy (CBT);
3. List criteria of patients to refer to DBT;
4. Identify the four modules of DBT and the symptoms targeted in each; and
5. Explain how a coping skills group might be beneficial to Veterans served in a CBOC setting

June 12 from 9-10 am ET

Competency & Decision Making in Health Care

July 10 from 9-10 am ET

Caregiver Support

August 14 from 9-10 am ET

Safety Planning App

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

Book Chapters

Hurley RA, Lucas DM, Taber KH. *Structural Neuroimaging.* In: Arciniegas D, Anderson CA, Filley CM (eds). *Behavioral Neurology and Neuropsychiatry.* Cambridge University Press; 2013: 415 - 429.

Journal Articles

Dedert EA, Harper LA, Calhoun PS, Dennis MF, Beckham JC. *The Impact of Race on Metabolic Disease Risk Factors in Women With and Without Posttraumatic Stress Disorder.* J Clin Psychol Med Settings. 2013 Mar;20(1):46-55.

Elbogen EB, Wagner HR, Johnson SC, Kinneer P, Kang H, Vasterling JJ, Timko C, Beckham JC. *Are Iraq and Afghanistan veterans using mental health services? New data from a national random-sample survey.* Psychiatr Serv. 2013 Feb 1;64(2):134-41.

Malte CA, McFall M, Chow B, Beckham JC, Carmody TP, Saxon AJ. *Survey of Providers' Attitudes Toward Integrating Smoking Cessation Treatment Into Posttraumatic Stress Disorder Care.* Psychol Addict Behav. 2013 Mar;27(1):249-55.

continued on page 3

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: **May 22 June 19 July 7 August 14 September 11 October 9
November 11 December 18**

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).

Journal Articles

Naylor JC, Dolber TR, Strauss JL, Kilts JD, Strauman TJ, Bradford DW, Szabo ST, Youssef NA, Connor KM, Davidson JR, Marx CE. *A pilot randomized controlled trial with paroxetine for subthreshold PTSD in Operation Enduring Freedom/Operation Iraqi Freedom era veterans.* Psychiatry Research. 2013 Apr 30;206(2-3):318-20.

Nieuwsma JA, Rhodes JE, Jackson GL, Cantrell WC, Lane ME, Bates MJ, Dekraai MB, Bulling DJ, Ethridge K, Drescher KD, Fitchett G, Tenhula WN, Milstein G, Bray RM, Meador KG. *Chaplaincy and mental health in the Department of Veterans Affairs and Department of Defense.* J Health Care Chaplain. 2013;19(1):3-21

Taber KH, Hurley RA. *Update on Mild Traumatic Brain Injury: Neuropathology and Structural Imaging.* Journal of Neuropsychiatry and Clinical Neuroscience 2013 Winter; 25(1): 1-5.

Youssef NA, Green KT, Dedert EA, Hertzberg JS, Calhoun PS, Dennis MF, Research Education And Clinical Center Workgroup MA, Beckham JC. *Exploration of the influence of childhood trauma, combat exposure, and the resilience construct on depression and suicidal ideation among U.S. Iraq/Afghanistan era military personnel and veterans.* Arch Suicide Res. 2013; 17(2): 106-22.

Noon V-tel Lecture Schedule:

May 12 Simone Hunter, PhD
VISN 6 MIRECC & Salisbury VAMC
Mirror Neuron Systems: What Are They and How Do They Apply in Mental Health

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

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.