The Mid-Atlantic MIRECC is dedicated to understanding and improving post-deployment mental health and functioning among Iraq and Afghanistan-era Veterans and their families. To this end, our early research efforts primarily focused on three of the most urgent and prevalent post-deployment mental health problems among Veterans returning from the wars in Iraq and Afghanistan: PTSD, mild traumatic brain injury, and substance use. In recent years, our research efforts have grown to address an even broader array of post-deployment mental health and functional problems affecting Veterans and their families: pain, sleep disturbance, moral injury, and violence and suicide prevention.

Three exciting examples of current projects in our research portfolio include:

1. Development of novel neurosteroid prodrugs and long-acting formulations.
2. A suicide prevention partnership with the Department of Energy (DoE) and the Million Veterans Program (MVP) that leveraged the MIRECC Post-Deployment Mental Health (PDMH) study and our genetics laboratory’s data to be awarded a large MVP/DoE-funded project on suicide prevention.
3. Development and validation of teleneuropsychology as a valid test-administration modality.

For the new calendar year, we look forward to continuing our efforts to improve the post-deployment mental health and functioning of our Nation’s Veterans through ongoing and new collaborations and projects in basic science, clinical science, and implementation research. On behalf of the research, clinical, education, administrative, and national program teams of the Mid-Atlantic MIRECC, I wish you a healthy and peaceful Holiday Season and New Year.
Panel Presentation

Dr. John Fairbank (Mid-Atlantic MIRECC Director) served as a panelist on "Parental Military Deployment" at the 2020 Penn State University National Symposium on Family Issues session (virtual).

Oral Presentations


Posterior Presentation


Publications

Barnett BS, Kudler H, Swanson J. (2020). To Prevent Suicide Among Veterans, Their Physicians Should Discuss Gun Safety. JAMA Health Forum. (Read more).


Visit **Self-help resources** to obtain education and support information for Veterans, friends and family members who may be facing mental health challenges. VA specialists have assembled a short list of reviewer's recommended materials that may be helpful in finding the most appropriate information for you.

Please click on each resource topic for more information.

- **General Mental Health**
- **Depression & Anxiety**
- **PTSD**
- **Substance Use Disorder (SUD)**

For additional help, click "**How to Use**."

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### ONLINE LIFE TRAINING SKILLS FOR VETERANS

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.

For more information, click [here](#).

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<th>Moving Forward</th>
<th>Veteran Parenting</th>
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### DEPARTMENT OF MILITARY AND VETERANS AFFAIRS

The DMVA Resource Guide is produced and published by the North Carolina Department of Military and Veterans Affairs to assist and educate veterans in learning about state and federal veteran benefits.

The 2020 edition is now available. View or Download by clicking [here](#).

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### PROVIDER EDUCATION

PACERS is an education program for health care staff who care for Veterans with cognitive disorders and their caregivers. While this program targets rural health care staff, providers working in any setting can benefit from this information.

The PACERS online training curriculum includes six e-learning courses; each course is accredited for 1 hour of continuing education. There are also 5 videos that cover important topics related to cognitive impairment, including driving, self-neglect, challenging behaviors, Alzheimer’s disease, and end-of-life.

**VA Providers:** Take courses using TMS links  
**Non-VA Providers:** Use TRAIN links

- **Course 1:** Driving and Demential-Hanging up the Keys.  
- **Course 2:** How to Deliver the Diagnosis of Alzheimer’s Disease.  
- **Course 3:** How to Have an End of Life Discussion.  
- **Course 4:** How to Identify Self-Neglect.  
- **Course 5:** Addressing Decision Making and Safety in Dementia.

VISIT PACERS for links to each course.

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### UPCOMING WEBINARS FOR NATIONAL CBOC MENTAL HEALTH GRAND ROUNDS

**Dec. 9 & 10:**  
Pain Management (9-10am EST).

**Jan. 13 & 14 (2021)**  
Updated: webSTAIR (9am-10am EST).

**Feb. 10 & 11 (2021)**  
Substance Use in Aging Rural Veterans: An Interdisciplinary Geriatrics Consultation Team Approach (9am-10am EST).

For direct links to webinars, click [here](#).

Check the website for previous webinars in this series available for credit in TMS.
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CLICK THE BANNER TO VISIT OUR WEBSITE