



## Director's Update

In a typical year, the Fourth of July is a festive holiday celebrating the founding of our Nation with community-wide parades, fireworks, and enthusiastic multigenerational gatherings of family and friends. Although the breadth and scope of Fourth of July celebrations may be muted this year, our recognition, gratitude and salute to Veterans for their critical role in sustaining our Nation is humbly reflected in the ongoing, dedicated work of our faculty and staff to enhance the mental health and resilience of Veterans and their families in this time of the COVID-19 pandemic.

Also in this issue, we mark the retirement from federal service of one of the founders of the Mid-Atlantic MIRECC, Dr. Kathy Taber. Dr. Robin Hurley's testimonial to Kathy's many contributions to the neuroscience of Veteran's mental health underscores the essential role that she played in the development and growth of the MIRECC. Many thanks and best wishes to Kathy in all of her future endeavors.

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Happy Independence Day  
 to our nation's Veterans  
 and Active Duty service members

**Thanks!**

***John A. Fairbank, Ph.D.***  
 Director, Mid-Atlantic (VISN 6) MIRECC

# Thanks for Your Service

## *A Tribute to Katherine H. Taber, PhD, FANPA*

by Robin A. Hurley, MD, FANPA



On May 31, 2020, Kathy chose to retire to enter a new phase in her life and to dedicate more time to family. Her accomplishments have been extensive in her career. Kathy has co-authored over 275 scientific publications, two textbooks, 37 textbook chapters, and was a full professor with our academic affiliate, Edward Via College of Osteopathic Medicine. Kathy served on countless national grant review panels, leadership roles in professional organizations, achieved Fellow status in the American Neuropsychiatric Association (the only neurobiologist to ever achieve this status), and multiple other roles and contributions.

I first met Kathy in 1992 while we were both at Baylor College of Medicine (Houston, TX). Kathy was an Assistant Professor and I was a new second-year psychiatry resident. I had been summoned to the Chief of Neuroradiology's office to discuss an issue with a patient in the MRI scanner from the night before. While awaiting my 'grilling,' Kathy passed by (probably saw my worried look) and asked if I needed any help. With my 'grilling' complete, the neuroradiologist more formally introduced me to Kathy, who was a scientist

working in their MRI research center. The subsequent conversations that day led to some surprising realizations: i.e. that a neuroradiologist, Kathy as a neurobiologist, and myself as a psychiatry resident very eager to understand brain-behavior relationships could form a team that might provide unique and exciting contributions to neuroscience. Kathy was the key to the relationship as she brought the expertise of the basic scientist to the two clinicians. This became the start of a wonderful 28-year working relationship that spanned two medical schools, two VAs, two VISNs, national project teams and many enduring academic products.

During the first few years of the partnership, the use of personal computers was in its very early stages of development, particularly in medicine. We often had to wait for photographers to photograph back-lit x-ray film images of the MRI's or CT's that we would be using and then "develop" those photos in a dark room. Graphics programs for medicine were not yet even imagined..., so much was drawn by hand and sent to an artist for further refinement. We worked by hard-copy paper and x-ray film, typed on an electric typewriter with corrections via red ink pens; taking our newfound integrated knowledge of the biological portion of the biopsychosocial formulation to the clinicians and the medical literature. We were doing translational medicine before it had a name.

The years seemed to speed by so quickly and before we knew it, we had been publishing this work together for eleven years. Throughout all these years, Kathy always mentored and pushed me and those around us to reach for that next step. She pushed us to pursue academic appointments and promotions packages, apply for research grant and teaching awards, enter faculty teaching institutes, and consistently reach for the next steps in career, always supporting us through each success and challenge.

**Fast forward to 2004:** I moved to North Carolina for personal reasons, at the same time a new request for proposals for new MIRECC's was announced. With the wars in Iraq and Afghanistan in full active status, we focused our proposal on Post-deployment Mental Health, knowing that to truly understand the effects of injury to the brain from trauma, a clinician should understand the underlying neurobiology. This was the stimulus that allowed a new "home" for the neuropsychiatric work that Kathy and I had been doing all these years. The hospital and VISN leaderships were very supportive of these concepts, such that we were able to bring Kathy on-board part-time to assist us in developing the proposal and begin to mentor and teach at the Salisbury VAMC.

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## *A Tribute to Katherine H. Taber, PhD, FANPA*



Kathy was so committed to this, that she would travel from Houston every other week for nearly a year in this process. Fortunately, our proposal for the VISN 6 MIRECC was ultimately approved and funded. Kathy was then able to join us in Salisbury full-time to continue to bring her neuroscience expertise to clinicians.

During her tenure with the MIRECC, Kathy continued to lead us in understanding how to apply basic science knowledge to clinical care, to express these concepts with new and unique graphic designs that will allow memory, understanding, and applicability of complex concepts in neuroscience. In addition, she continued to mentor the next generation of the MIRECC and brought the study of primary blast exposure to the Salisbury VAMC.

On May 31, 2020, Kathy chose to retire to enter a new phase in her life and to dedicate more time to family. Her accomplishments have been extensive in her career. Kathy has co-authored over 275 scientific publications, two textbooks, 37 textbook chapters, and was a full professor with our academic affiliate, Edward Via College of Osteopathic Medicine. Kathy served on countless national grant review panels, leadership roles in professional organizations, achieved Fellow status in the American Neuropsychiatric Association (the only neurobiologist to ever achieve this status), and multiple other roles and contributions.

After 28 years of collaborative work and mentorship from one of the very best, I will miss Kathy greatly, as will all our MIRECC team both at her home site of Salisbury, as well as across the VISN 6 network and nationally. We wish her great happiness and new adventures in the coming years.

## Program Update

### MH&C Resources and Support During Covid 19

Mental Health and Chaplaincy (MH&C) has continued to provide resources and support during the pandemic. MH&C compiled COVID-19 resources from our program as well as elsewhere in VA to help navigate challenges and opportunities during this time, created a new page on our website:

<https://www.mirecc.va.gov/mentalhealthandchaplaincy/covid.asp>, and distributed it to a wide range of community contact in our national network.



MH&C chaplains on staff have continued outreach to provide pastoral care to VA and DoD chaplains serving around the country. Additionally, because the language of moral dilemmas and "moral injury" has been applied to healthcare workers during the COVID-19 pandemic, to assist chaplains and mental health providers to respond to the potential moral distress of COVID-19 locally, MH&C developed a 2-part resource focused on "Considerations for Health Care" and "Caring for Colleagues." In June, part 2 was shared on the MH&C community call, and we also made space to listen and hold together some of the suffering shared in the context of long-standing racial inequality and recent examples of injustice.

## Veterans Health Today

### Nonopioid Treatment Option for Treating Chronic Low Back Pain In Veterans



Chronic pain conditions are common in the veteran population, and there is an urgent need to develop safe and effective non-opioid treatments for pain. Dr. Jennifer Naylor, MIRECC's Co-Director for Clinical Core (Durham site) and Dr. Christine Marx, MIRECC's Co-Director for Research Core (Durham site), discuss the impact of a non-opioid solution for the treatment of chronic low back pain among Iraq-and Afghanistan-era US military veterans.

Full article: <https://www.managedhealthcareconnect.com/content/nonopioid-treatment-option-treating-chronic-low-back-pain-veterans>

# Conferences

## Conferences Accepted; Postponed/Canceled



### Oral Presentation:

Gregory RJ, Bhatt-Mackin SM, Bayeva M, Yakeley J. *Should Psychotherapy Become a Subspecialty of Psychiatry? Opportunities, Pitfalls, and the U.K. Experience.*

Bayeva M, Silat HA, Atienza MC, Bhatt-Mackin SM. *But Everybody is Doing It!: Talking Psychotherapy Integration in Residency Training.*

Sakman F, Mintz DL, Eytan AA, Williams GC, Bhatt-Mackin SM. *Reintegrating and Unifying Perspectives.*



26th Annual Meeting  
June 23 - July 3, 2020  
Montreal, Canada

### Poster Presentation:

Bouchard, HC, Sun, D, Dennis, EL, Disner, SG, Elman, J, Silva, A, Velez, C, Newsome, MR, Davenport, ND, Irimia, A, Troyanskaya, M, Sponheim, SR, Scheibel, RS, Wade, BSC, Franz, CE, Kremen, WS, Coleman, MJ, Williams, W, Levin, HS, Geuze, E, Koerte, IK, Adamson, MM, Coimbra, R, Grant, G, Shutter, L, George, MS, Zafonte, RD, McAllister, TW, Shenton, ME, Stein, M, Wilde, EA, Tate, DF, Thompson, PM, Sotiras, A, Morey, RA. *White matter abnormalities in military traumatic brain injury: results from ENIGMA Military Brain Injury.*



18th Annual Meeting  
June 11 - 13, 2020  
Washington, DC

### Poster Presentation:

Shura, RD, Armistead-Jehle, P, Rowland, JA, Taber, KH, Cooper, DB. *Associations among Symptom Validity Tests in Combat Veterans*

Shura, RD, Ord, AS, Martindale, SL, Miskey, HM, Taber, KH. *Test of Premorbid Functioning: You're Doing it Wrong.*

Shura, RD, Yoash-Gantz, RE, Pickett, TC, McDonald, SD, Tupler, LA. *The Word Memory Test and Personality Assessment Inventory Validity Scales with Veterans.*

Ord, AS, Miskey, HM, Lad, SS, Richter, B, Nagy, K, Shura, RD. *Embedded Validity Indicators in Conners Continuous Performance Test-3 (CPT).*



34th Annual Meeting  
June 14 - 16, 2020  
Philadelphia, PA

### Poster Presentation:

Ulmer, CS. *Nightmares: An Independent Risk Factor For Cardiovascular Disease.*



- Brancu, M, & Zeiss, AM. (2020) *Perspectives on Healthcare Leadership Opportunities for Psychologists: An Interview with Antonette Zeiss*. Psychological Services. <https://doi.org/10.1037/ser0000434>
- Coleman JN, DeRycke EC, Bastian LA, Calhoun PS, Beckham JC, Kroll-Desrosiers AR, Haskell SG, Mattocks K, Brandt CA, Wilson SM. (2020). *Predictors of Prenatal Smoking Among US Women Veterans*. J Health Psychology <https://doi.org/10.1177/1359105320913100>
- McKee, GB, Perrin, PB, Rodriguez Agudelo, Y, Olivera Plaza, SL, Quijano-Martinez, MC, Ohayagha, C, Kuzu, D, Cariello, AN, & Arango-Lasprilla, JC. (2020). *Relationship satisfaction and depression after traumatic brain injury: An actor-partner interdependence model of patients and caregivers in Mexico and Colombia*. American Journal of Physical Medicine and Rehabilitation. <https://doi.org/10.1097/PHM.0000000000001474>
- Morland, LA, Wells, SY, Glassman, LH, Greene, CJ, Hoffman, JE, & Rosen, CS. (2020). *Advances in PTSD treatment delivery: Review of findings and clinical considerations for use of telehealth interventions for PTSD*. Current Treatment Options in Psychiatry. <https://doi.org/10.1007/s40501-020-00215-x>
- Morland, LA, & Wells, SY. (2020). *Telemental health and PTSD*. ISTSS StressPoints. <http://sherwood-istss.informz.net/admin31/content/template.asp?sid=66249&ptid=1686&brandid=4463&uid=1033793479&mi=9235699&ps=66249>
- Morland, LA, Wells, S, & Rosen, C. (2020). *PTSD and Telemental Health*. U.S. Department of Veteran Affairs. [https://www.ptsd.va.gov/professional/treat/txessentials/telemental\\_health.asp](https://www.ptsd.va.gov/professional/treat/txessentials/telemental_health.asp)
- Newins AR, Glenn JJ, Wilson LC, Wilson SM, Kimbrel NA, Beckham JC, VA Mid-Atlantic MIRECC Workgroup & Calhoun PS. (2020). *Psychological Outcomes Following Sexual Assault: Differences by Sexual Assault Setting*. Psychological Services. <https://doi.org/10.1037/ser0000426>
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- Ruzek, JI, Landes, SJ, McGee-Vincent, P, Rosen, CS, Crowley, J, Calhoun, P, McGraw, K, Walser, RD, Smith, JL, Barry, DS, Schmidt, J, Simon, E, Runnals, J, Liu, NH, Shaw, RK, Zimmerman, L., Nottis, D, Tiet, QQ, Juhasz, KM, & Kirchner, JE. (2020). *Creating a practice-based implementation network: Facilitating practice change across health care systems*. Journal of Behavioral Health Services & Research. <https://doi.org/10.1007/s11414-020-09696-3>
- Shura, RD, Ord, AS, Martindale, SL, Miskey, HM, & Taber, KH. (2020). *Test of Premorbid Functioning: You're Doing it Wrong, but Does it Matter?* Archives of Clinical Neuropsychology. Advance online publication. <https://doi.org/10.1093/arclin/acia025>
- Ord, AS, Lad, S, Shura, RD, Rowland, JA, Taber, KH, & Martindale, SL. (2020). *Pain interference and Quality of Life in Combat Veterans: Examining the roles of PTSD, TBI, and Sleep Quality*. Rehabilitation Psychology. <https://doi.org/10.1037/rep0000333>
- Ord, AS, Miskey, HM, Lad, S, Richter, B, Nagy, K, & Shura, RD. (2020). *Examining Embedded Validity Indicators in Conners Continuous Performance test-3 (CPT-3)*. The Clinical Neuropsychologist. <https://doi.org/10.1080/13854046.2020.1751301>
- Wells, SY, Dietch, JR, Edner, BJ, Glassman, LH, Thorp, SR, Morland, LA, & Aarons, GA. (2020). *The Development of a Brief Version of the Insomnia Severity Index in Older Adult Veterans with Posttraumatic Stress Disorder*. Behavioral Sleep Medicine. <https://doi.org/10.1080/15402002.2020.1760278>
- Ulmer, CS. (2020). *Nightmares: An Independent Risk Factor For Cardiovascular Disease*. Sleep. <https://doi.org/10.1093/sleep/zsaa056.808>

[http://www.mentalhealth.va.gov/self\\_help.asp](http://www.mentalhealth.va.gov/self_help.asp)

## Resources to Empower Veterans Mental Health

Self-help materials can provide valuable education and support for Veterans who may be facing mental health challenges, their friends, and family members. There are a wide variety of self-help materials available and it can sometimes be difficult to select the most useful. VA has assembled a list of reviewer-recommended materials that may be helpful in finding the right option for you. For help in finding these materials, please click the "How to Use" tab.



**Resource Topics:** General Mental Health, Depression & Anxiety, PTSD, Substance Abuse

## Online Life Skills Training 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. <http://www.veterantraining.va.gov/>

### Anger Management



This course is based on training that was developed for Veterans and has been successfully used by Veterans & Service Members around the world.

### Moving Forward



Moving Forward teaches Problem Solving skills to help you to better handle life's challenges.

### Veteran Parenting



The biggest gap between you and your child may not be the physical distance. You can be right next door to your child and feel a thousand miles away.

### Path to Better Sleep



If you are experiencing sleep problems you do not have to let it control your life. This course is designed to help you develop habits that promote a healthy pattern of sleep.



## DEPARTMENT OF MILITARY AND VETERANS AFFAIRS

<http://www.milvets.nc.gov/resource-guide>

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 **2019 edition** is now available.

# Provider Education

## CBOC Mental Health Grand Rounds



### *Treating Gambling with BDAT*

Wednesday, July 8 from 9-10 am ET

Thursday, July 9 from 12-1 pm ET

Register in TMS in advance to attend and receive credit  
<https://www.mirecc.va.gov/visn16/cboc-mental-health-rounds.asp>

Aug. 12 & 13 *VA policy, diagnosis of gender dysphoria and treatment for gender dysphoria*

Sept. 9 & 10 *Substance Use in Aging Rural Veterans: An Interdisciplinary Interdisciplinary Geriatrics Consultant Team Approach*

check the website for previous webinars in this series available for credit in TMS



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 6 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.

<https://www.mirecc.va.gov/visn16/PACERS.asp>

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

**Course 1: Driving and Dementia—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**



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

<http://www.aheconnect.com/citizensoldier>

This online training is free and offers continuing education credits.

*Treating the Invisible Wounds of War (TTIWW)*

*TTIWW: A Primary Care Approach*

*TTIWW: Employee Assistance in the Civilian Workforce*

*TTIWW: Issues of Women Returning from Combat*

*TTIWW: Recognizing the Signs of mTBI during Routine Eye Examinations*

*TTIWW: Taking a Military History: Four Critical Questions*

*TTIWW: Understanding Military Family Issues*

This workshop series was developed by MIRECC faculty in collaboration with Citizen Soldier Support Program (CSSP) and North Carolina Area Health Education Center (NC AHEC)



CENTER FOR  
DEPLOYMENT PSYCHOLOGY

Preparing Professionals to Support Warriors and Families



UNIFORMED SERVICES UNIVERSITY  
of the Health Sciences



## Military Culture: Core Competencies for Healthcare Professionals

<http://deploymentpsych.org/military-culture>

Module 1: *Self-Assessment & Introduction to Military Ethos*

Module 3: *Stressors & Resources*

Module 2: *Military Organization & Roles*

Module 4: *Treatment, Resources & Tools*

**NEW:** *Military Culture and Spiritual Health*





[www.mirecc.va.gov/visn6](http://www.mirecc.va.gov/visn6)

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