

MID-ATLANTIC MIRECC UPDATE

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

Abramowitz, JS, Jacoby, RJ, & Blakey, SM. (2020). *Desirable difficulties: Optimizing exposure therapy for anxiety through inhibitory learning.* Full-day clinical institute presented at the 54th Association for Behavioral and Cognitive Therapies Virtual Convention.

Buchholz, JL, Hellberg, SN, Ojalehto, HJ, Blakey, SM, & Abramowitz, JS. (2020). *Treatment credibility and outcome expectancy as predictors of exposure therapy outcome.* In J. L. Buchholz & S. A. Palitz Buinewicz (Chairs), *Understanding the Therapeutic Process of Exposure Therapy to Optimize Treatment.* Presented at the 54th Association for Behavioral and Cognitive Therapies Virtual Convention.

Patel, TA, Mann, AJ, Blakey, SM, Aunon, F, Calhoun, PS, Beckham, JC & Kimbrel, NA. (2020). *Diagnostic predictors of nonsuicidal self-injury disorder among veterans with psychiatric disorders.* In S.N. Hellberg (Chair), *Extending our Understanding of Suicidality and Self-Harm in Obsessive Compulsive and Anxiety Related Disorders.* Presented at the 54th Association for Behavioral and Cognitive Therapies Virtual Convention.

Poster Presentation

Trimm, V., Smigelsky, M., Nieuwsma, J., Parry, K., King, H. (2020). *Surrounding Support: Investigating the relationship of moral injury and pre-deployment, deployment, and post-deployment social support in post-9/11 veterans.* International Society for Traumatic Stress Studies Conference. (**virtual**).

Publications

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

Bateman, JR, Taber, KH, Hurley, RA. (2020). *Complex Metal Ions: Neuropsychiatric and Imaging Features.* J Neuropsychiatry Clin Neurosci. ([Read more](#)).

Jessup, SC, Blakey, SM, & Abramowitz, JS. (2020). *Anxiety sensitivity and posttraumatic stress symptoms in sexual assault survivors.* Bulletin of the Menninger Clinic. ([Read more](#)).

Martindale, SL, Ord, AS, Lad, SS, Miskey, HM, Taber, KH, & Rowland, JA. (2020). *Differential Effects of Deployment and Non-Deployment Mild TBI on Neuropsychological Outcomes.* Rehabilitation Psychology. In Press. ([Read more](#)).

Martindale, SL, Shura, RD, Ord, AS, Williams, AM, Brearly, TW, Miskey, HM, Rowland, JA. (2020). *Symptom burden, validity, and cognitive performance in Iraq and Afghanistan veterans.* Applied Neuropsychology: Adult. ([Read more](#)).

Nigam, K, Straub, LK, Zuniga, EA, Sami, A, Cunningham, K, Anastasio, NC, Moeller, FG, Bjork, JM. (2020). *Blunted prefrontal signature of proactive inhibitory control in cocaine use disorder.* Drug and Alcohol Dependence. ([Read more](#)).

Education and Dissemination

Honors & Awards

Dr. Shannon Blakey (MIRECC Fellow, Durham site) was named to the *Editorial Board* of the *Frontiers in Psychology*. She was also named as a *Young Professional Liaison, Military and Veteran Special Interest Group* of the Association for Behavioral and Cognitive Therapies.

In the News

Dr. Shannon Blake (MIRECC Fellow, Durham site) was interviewed on the *War Chest Podcast* (2020) speaking about Veteran post-deployment mental health and VA mental health care. For audio clip, click [here](#).

Invited Lectures

Dr. Robin Hurley (MIRECC Associate Director of Education) was invited to present "Windows to the Brain: updates in Neuroimaging for Psychiatric Disorders" (2020) at the Annual Psychiatric Times World CME Conference. (**virtual**).

Dr. Wilfredo López-Ojeda (MIRECC Asst. Director of Education) offered a lecture presentation in Oct. (2020) for 3rd & 4th year Osteopathic and Allopathic medical students and other graduate interprofessional health trainees. His lecture was entitled "Borders, Divisions and Contents of the Mediastinum." (**virtual**).

Webinars

Dr. Sarah Martindale (MIRECC Research Scientist) and **Dr. Jared Rowland** (MIRECC Research Psychologist) will present an evaluation of the first interview developed to specifically evaluate blast exposure history on Dec. 15 from 2pm-3pm (EST). The webinar is entitled "Evaluating Remote Blast Exposure: The Salisbury Blast Interview." The interview captures a number of characteristics unique to blast that are experienced by an individual. Information is gathered for all events involving exposure to blast, regardless of the severity of or distance from the blast, which accounts for the great variability in events. [Register Here](#).

To develop, disseminate and apply scientific knowledge and best practices to enhance post-deployment mental health and wellness for our Nation's Veterans and their families.

Stay Up to Date on Mid-Atlantic MIRECC

Contact (leonard.deshield@va.gov) to ensure you're on the mailing list to receive copies of our newsletter.



Next Issue: March 2021



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.**"

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](#).



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](#).



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.



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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