



VISN 6 Mid-Atlantic MIRECC Post Deployment Mental Health



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Research Component Update



November 1-3, 2012, Los Angeles CA

MIRECC personnel were very active at the recent ISTSS meeting. In addition to multiple presentations, they led four symposiums!

Symposiums:

Innovative Technologies Designed to Increase Smoking Cessation and Prevent Smoking Relapse Among Smokers with Posttraumatic Stress Disorder

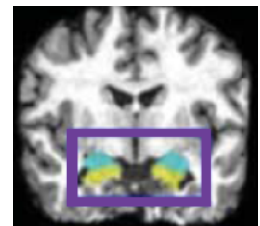
Maintaining the Therapeutic Force: Preventing Burnout/Compassion Fatigue Among Healthcare Providers in the US Military and Department of Veterans Affairs

Innovative Ways to Integrate Outreach into Research and Implementation Efforts for Targeted Veteran Populations

Sleep Complaints Among Veterans: A Mental Health Symptom or a Comorbid Disorder
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MIRECC study featured in VA Research Currents & on NPR!

Our neuroimaging group, led by Dr Raj Morey, just published a study that is getting a great deal of attention. They found that the volume of an area of the brain critically important for fear and anxiety was smaller in recent combat Veterans with PTSD. As noted by Dr. Morey during an interview: "The next step is to try to figure out whether a smaller amygdala is the consequence of a trauma, or a vulnerability that makes people get PTSD."



Here is a link to the article in VA Research Currents

www.research.va.gov/currents/dec12-jan13/dec12-jan13-03.cfm

Education Component Update



IN THIS ISSUE:

Supporting Families and Friends of Those Who Have Served

www.mirecc.va.gov/newsletter/current.asp

Coaching into Care was featured in the latest issue!

Approved Research Sites & Contacts:

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ISTSS Presentations:

Allen, Green, Ulmer, Dennis, Calhoun, Hair, Hall, Beckham - *Association of Physical Activity, Sleep, Veteran Status and Posttraumatic Stress Disorder Symptom Cluster Severity in A Sample of Younger Individuals with and without PTSD*

Brancu, Beckham, Robbins, Fairbank - *No Wrong Door to Care: Incorporating Feedback and Education into a Research Registry Debriefing to Connect More Veterans to Care*

Calhoun, Hertzberg, Kirby, Dennis, Hair, Beckham - *The Effect of Draft DSM-5 Criteria for Posttraumatic Stress Disorder on Prevalence*

Calhoun, Levin-Aspenson, Campbell, Zaborowski, Dedert, Dennis, Kirby, Beckham - *Using Ecological Momentary Assessment Via Electronic Diaries in Smokers With PTSD*

Dedert, Beckham - *Test Cases of a Combined Cognitive Processing Therapy and Smoking Cessation Protocol*

Ebert, Hamlett-Berry, McFall, Saxon, Malte, Beckham - *Use of a Learning Collaborative to Implement Integrated Smoking Cessation Care for Veterans With PTSD*

Feeling, Buse, Rubin, Dennis, Beckham - *Assessing involuntary Memories as they Occur in Trauma Exposed Adults with and without Post-Traumatic Stress Disorder*

Johnson, Morris, Waelde, Thompson, Beckham, Hertzberg, Collie, Clancy - *Self-Mutilative Behaviors in Afghanistan/Iraq Era Male Combat Exposed Veterans with Posttraumatic Stress Disorder*

Kirby, Beckham, Carpenter, Hertzberg, Calhoun - *Contingency Management for Smoking Cessation in Smokers With PTSD Assessment of Mood, Psychiatric Symptoms and Smoking Relapse*

Kudler - *Burnout/Compassion Fatigue Among Healthcare Providers in the U.S. Department of Veterans Affairs: Experience in Group Supervision for Clinicians Listening to Trauma Histories*

Kudler - *Helping Community Providers Become Military/Veteran-Friendly: Employing Implementation Science to Develop Veteran-Driven Care*

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New Resources

MOVING FORWARD

OVERCOMING LIFE'S CHALLENGES

The VA and DoD partnered to develop *Moving Forward*, a free, on-line education and life coaching program that teaches problem solving skills to Veterans, Service Members and their families. This evidence-based program uses interactive exercises and video demonstrations to teach skills for overcoming life challenges such as relationship problems, financial hardship, and re-adjustment issues. Introduce your patients to this anonymous, always available, web-based resource and empower them to keep Moving Forward!

www.StartMovingForward.org

MIRECC Faculty Honored

Dr. Mira Brancu (Registry Managing Director) recently won acceptance into Duke's Leadership Development for Researchers (LEADERS) program.

This competitive program focuses on building the professional leadership and management skills of junior faculty. Dr. Brancu also recently began serving on the American Psychological Association (APA) Committee on Professional Practice and Standards and the Association of VA Psychologist Leaders (AVAPL) Early Career Committee.

**Other Meeting Presentations**

NEUROSCIENCE 2012



**Society for Neuroscience 42nd Annual Meeting
New Orleans LA, October 13-17 2012.**

Rowland JA, Stapleton-Kotloski J, Kotloski R, Taber KH, Godwin DW. *The effect of PTSD on decision making networks: A magnetoencephalography (MEG) study.*

Stapleton-Kotloski JR, Rowland JA, Godwin DW, Daunais JB. *Functional neuroimaging of sensory gating in vervet monkey using magnetoencephalography (MEG).*



**American Evaluation Association Annual Conference,
Minneapolis, MN, October 2012.**

Symposium M. DeKraai (Chair), *Using evaluation to improve integration of mental health and chaplaincy services for United States veterans and active duty personnel.*

Nieuwsma JA. *Using cross-agency subject matter experts and work teams to frame the issues for evaluating chaplaincy/mental health integration.*

Nieuwsma JA. *What's next? The use of evaluation results to inform practice and policy change in mental health and chaplaincy.*

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**South Central MIRECC CBOC Mental Health Rounds**

**January 8 from 9-10 am ET
Mild Cognitive Impairment**

You must register in TMS for this session in advance to receive credit.

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

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: 2013 January 30 February 13 March 13 April 10

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).

Other Meeting Presentations

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Psychonomic Society 53rd Annual Meeting Minneapolis MN, November 15-18, 2012.

Roseman PL, Stapleton J, Rowland JA, Godwin D, Taber KH, Laurienti P, Dagenbach D. *A Comparison of PTSD and Normal Adults Using Whole Brain Network Science Based Analyses of Resting State fMRI.*



American College of Neuropsychopharmacology 51st Annual Meeting, Hollywood FL, December 2-6 2012.

Szabo ST, Kilts JD, Parke G, Morey RA, Shampine L, Naylor J, Hamer RM, Marx CE. *DHEA and DHEAS as Potential Biomarker Candidates: Investigations in Over 600 Male OEF/OIF Era Veterans.*

Educational Resources from the TBI Model Systems Carolinas Site

Heads Up - *An Ounce of Prevention*

Heads Up - *Fatigue*

Heads Up - *Irritability*

Heads Up - *Plans for the Future*

Heads Up - *Wake Up Call (Sleep Disturbances after TBI)*

<http://www.carolinashealthcare.org/carolinas-rehab-heads-up-educational-resources>

Journal Articles

Calhoun PS, Hertzberg JS, Kirby AC, Dennis MF, Hair LP, Dedert EA, Beckham JC. The Effect of Draft DSM-V Criteria on Posttraumatic Stress Disorder Prevalence. *Depress Anxiety.* 2012 Dec;29(12):1032-42.

Hurley RA, Taber KH. Latent Toxoplasmosis gondii: Emerging Evidence for Influences on Neuropsychiatric Disorders. *Journal of Neuropsychiatry and Clinical Neuroscience* 2012 Fall; 24(4): iv, 377-383.

Kirby AC, Beckham JC, Calhoun PS, Roberts ST, Taft CT, Elbogen EB, Dennis MF. An examination of general aggression and intimate partner violence in women with posttraumatic stress disorder. *Violence and Victims,* 2012;27(5):777-92.

Morey RA, Gold AL, LaBar KS, Beall SK, Brown VM, Haswell CS, Nasser JD, Mid-Atlantic MIRECC Workgroup, Wagner HR, McCarthy G. Amygdala volume changes with posttraumatic stress disorder in a large case-controlled veteran group. *Arch Gen Psychiatry* 2012; 69(11): 1169-1178

New Resources

Treatment of Substance Use Disorders in Veterans with PTSD

www.mirecc.va.gov/visn6/community.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.

★ 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.

ISTSS Presentations:

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Kuhn, Hoffman, Wald, Ruzek, McFall, Saxon, Malte, Beckham, Hamlett-Berry - *Stay Quit Coach: A Mobile App for Smoking Cessation in PTSD Patients*

Lynch, McDonald, Mack - *An Adaptive Behavior Approach to the Assessment of Combat Related Post-Traumatic Stress Disorder*

Mann-Wrobel, Hess, Straits-Troster, Glynn, Close, Ventimiglia, Wong, Sayers - *PTSD, Co-Occurring Symptoms, and Targeted Coaching Interventions Provided to Family Member Callers Seeking to Engage Veterans in Care: Data From Coaching Into Care's First Year as a National Service*

Nieuwsma, Jackson, Lane, Meador - *Participation of VA Chaplains in Caring for Veterans With PTSD*

Stratton, Amstadter, Aggen, Knudsen, Reichborn-Kjennerud, Kendler - *Potentially Traumatic Event Exposure, Post-Traumatic Stress Disorder, and Axis I and II Comorbidity in a Population Based Study of Norwegian Young Adults*

Swinkels, Ulmer, Beckham, Buse, Calhoun - *The association of sleep duration, mental health, and health risk behaviors among U.S. Afghanistan/Iraq era veterans.*

Ulmer, Calhoun, Swinkels, Beckham - *Sleep disturbance in veterans with subclinical mental health symptoms.*

Van Voorhees - *DHEA(S), negative affect, and anxiety sensitivity in smokers with and without PTSD.*

Visit our web site for more resources

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