

CDP



Uniformed
Services
University

A circular inset image shows a soldier in full combat gear, including a helmet and tactical vest, sitting in the cockpit of a military aircraft. The soldier is viewed from behind, looking out over a vast, flat desert landscape under a clear sky. The cockpit's interior, including control panels and instruments, is visible in the foreground.

2021 Annual Report

Center for Deployment Psychology

TABLE OF CONTENTS

1 Letter from the Director

2 About the Center for
Deployment Psychology

4 2021 Training Numbers

New Projects in 2021

5 CDP and Kennedy Krieger
Collaboration

Department of Defense Sexual
Assault Prevention and Response
Office

6 Second Life Island to Prevent
Suicide

2021 Inaugural Evidence-Based
Psychotherapy Conference

7 "Practical for Your Practice" Podcast

Continued Projects

8 Behavioral Healthcare in the Military
Health System

Mobile Stress and Anger
Management Tool

9 Pathways to Military Internships:
The Summer Institute

10 Pathways to Military Internships:
The Winter Institute

Star Behavioral Health Providers

11 Partners

12 Presentations

13 Publications

LETTER FROM THE DIRECTOR



In business, value is represented by the benefits a buyer receives from a product, but how is it possible to measure the value of training and education? Is there a value to what the Center for Deployment Psychology (CDP) does? Our mission, stated in full on the following page, is to lead the development of a community of behavioral health professionals providing high quality care to service members, veterans, and their families. In other words, our mission is to have an impact on the mental health field and on the care of those who serve. But how do we measure that impact and our value? And how do we measure if we are meeting your needs?

One way to consider our value is to measure the utilization of CDP training resources. As you will see in this annual report, over 11,000 professionals were trained by CDP this year in over 200 training opportunities, many of which had high demand for registration. CDP's website has over 19,000 hits per month on a range of resource pages. Does this mean that we are actually changing how people practice as well as improving the quality of care? Maybe our value is just high quality, low-cost continuing education? We know from several of our efforts described in this report and through proxy measures of clinical behavior, such as provider self-reports and engagement in consultation, that there appears to be active utilization of evidence-based psychotherapies (EBPs) as well as fidelity to the models by those trained by CDP. We are looking at measures of organizational change that support implementation of EBPs as we enter the final year of our Targeted Assessment and Clinic-Tailored Implementation of Change Strategies (TACTICS) study. We also know through our program evaluation efforts that there is a steady knowledge gain across our workshops and an improved preparedness to use the EBPs taught by CDP.

This year we also learned something about our value when funding from the Uniformed Services University of the Health Sciences (USU) was threatened and it appeared that CDP and several other USU Centers might lose their Department of Defense (DoD) funding. Several "friends of CDP" wrote editorials and connected with members of Congress. The American Psychiatric Association along with the American Academy of Pediatrics, American Academy of Family Physicians, American College of Emergency Physicians, American College of Obstetricians and Gynecologists, American College of Physicians, and the American Osteopathic Association submitted a letter to the Secretary of Defense stating that CDP and the Center for the Study of Traumatic Stress (CSTS) "are essential to deployment-related mental health problems among servicemembers, veterans, and military families" and budget cuts would "place important mental healthcare and suicide prevention efforts in jeopardy." The Military Officers Association of America highlighted the importance of CDP's military culture competency resources in the care of service members and veterans. All of which resulted in a continuation of CDP's funding.

Another measure of the need for and value of our work is the fact that CDP continues to receive training and partnership requests. We strive to expand our public and private partnerships while we continue to receive federal and private funding to further our mission. Many of these efforts and partnerships are noted in this report as well.

Finally, I'm most proud of our team. I believe they are where the real value in our efforts is expressed. This report reflects the hard work of the team at CDP and their outsized efforts to expand the value of training and education to improve the quality of behavioral healthcare for service members, veterans, and their families.

William Brim, Psy.D.

Director, Center for Deployment Psychology

ABOUT THE CENTER FOR DEPLOYMENT PSYCHOLOGY

Mission

The mission of the Center for Deployment Psychology (CDP) is to lead the development of a community of culturally mindful and clinically competent providers through the delivery of high-quality training and education, the convening of experts, and the dissemination of research-based treatment and the latest topics in military behavioral health.

Vision

The vision of CDP is a future in which all service members, veterans, and their families receive quality behavioral healthcare that meets their unique needs.

History

CDP is a tri-service consortium headquartered at the Uniformed Services University of the Health Sciences (USUHS) in Bethesda, Maryland. Since 2006, CDP has remained an innovative education and training center, training thousands of behavioral healthcare professionals annually on topics including military culture, EBPs, posttraumatic stress disorder (PTSD), suicide prevention, and much more. CDP has developed a portfolio of professional education programs to train and educate behavioral healthcare providers in the unique needs and challenges of treating service members, veterans, and their families. To date, CDP has trained over 86,000 professionals worldwide through over 100 training events annually.

CDP Staff



2021 TRAINING NUMBERS



11,133

CDP trained a total of 11,133 providers and professionals in both live and asynchronous trainings to provide quality care for service members, veterans and their families



2,416

CDP trained 2,416 providers in EBP workshops



2,641

A total number of 2,641 participants attended "CDP Presents," a monthly live webinar series that covers various topics including unique needs of military families, PTSD treatment approaches, technology and telehealth, and suicide prevention



4,266

4,266 participants attended a CDP-supported Star Behavioral Health Providers tier training workshop

CDP and Kennedy Krieger Collaboration

In October 2021, CDP signed an agreement with the Kennedy Krieger Institute in Baltimore, Maryland to administer a study investigating the feasibility and best practices for enhancing and expanding capabilities to effectively deliver telehealth services to military children with behavioral and emotional challenges. Currently, service members enroll any dependent with special needs into the Exceptional Family Member Program (EFMP). This enrollment leads to restrictions for where they can be stationed, as they must be located near a medical team that can provide optimal care for dependents involved in EFMP. In collaboration with the Kennedy Krieger Institute, CDP will use telehealth and tele-education strategies to help bridge this gap by connecting geographically dispersed civilian experts in childhood neurobehavioral disorders with military healthcare providers (i.e., pediatricians, family medicine providers, behavioral providers) on site in military treatment facilities and civilian providers in the local community near the installation.

Through telehealth consultation and educational webinars, families of military children with specialized



behavioral health needs will more easily obtain access to this care. The project will also involve the development of digital assessment and intervention tools that can be used directly by military families with special needs. Through this project, CDP will be instrumental in opening opportunities for service members to be stationed based on the needs of the military mission, while also ensuring that our military children and families receive the necessary specialized healthcare.

Department of Defense Sexual Assault Prevention and Response Office

CDP began working with the DoD Sexual Assault Prevention and Response Office (DoD SAPRO) and the Federal Bureau of Investigation's Victim Services Division (FBI VSD) to develop training materials and assessment tools to enhance the capabilities of these federal agencies to serve victims of crime. These materials will be used to train all DoD and FBI victim advocates and victim specialists in the encounter skills necessary to work successfully with vulnerable populations. Additionally, CDP is working to create a needs assessment tool for personnel to better assess

and connect victims with relevant resources, as well as a tool to assess victim's satisfaction with the services they receive from the victim advocates or victim specialists. Both the training and assessment tools will be made available to the public and disseminated to other organizations, such as the Office for Victims of Crime Training and Technical Assistance Center and the National Organization for Victim Assistance to further assist the victim services field and individuals served within their communities.

Second Life Island to Prevent Suicide

In 2021, CDP was awarded an intramural grant to develop an asynchronous, virtual learning experience in Second Life to train behavioral health providers in suicide prevention. As a part of the Metaverse, Second Life offers a unique opportunity for learning in a virtual, immersive world. The first phase of this two-year project, which started in summer 2021, is the design and development of a virtual environment in Second Life with captivating, interactive learning activities focused on suicide risk assessment, safety planning, means safety counseling, and relapse prevention for suicide. CDP will use

this technology to complement our two-day workshop in Cognitive Behavioral Therapy for Suicide Prevention.

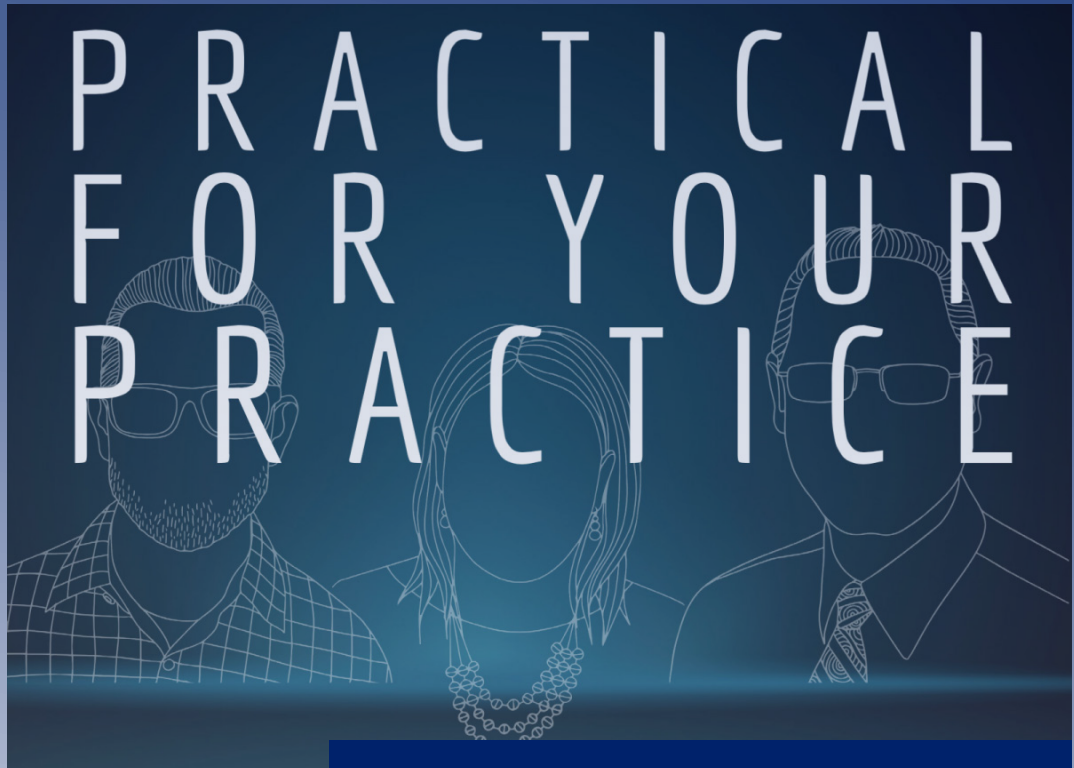
To our knowledge, this is the first study to examine the utility of immersive training for behavioral health professionals and may increase our understanding of effective training strategies for evidence-based psychotherapies. Together with 2b3d Studios, a leader in Second Life based learning environments, the team has begun construction of the Island and will conclude in 2022.

2021 Inaugural Evidence-Based Psychotherapy Conference

In April, CDP held its first ever Evidence-Based Psychotherapy (EBP) conference with the theme of “Moving the Military Mental Health Needle: Training and Practice Innovations.” The virtual conference took place April 20-22 with a focus on innovative approaches to access, training, and implementation support in EBPs. Some of the nation’s top training experts presented on various topics, such as future opportunities for innovation as well as novel enhancements to professional EBP training intended to increase learner retention. Acclaimed psychologist and Associate Director for Education at the National Center for PTSD, Dr. Robyn Walser

delivered the keynote address titled “Disrupting the Top-Down Paradigm: A Case Example of ACT Dissemination.” In addition to the panel discussions, CDP offered supplemental pre-conference EBP training workshops to 144 providers in Acceptance and Commitment Therapy, Cognitive Behavioral Therapy for Insomnia, and Prolonged Exposure Therapy. Over 200 participants attended this inaugural EBP Conference and planning has already commenced for the second CDP EBP conference, which will be held in April 2022.





“Practical for Your Practice” Podcast

In 2021, CDP launched its brand-new podcast called “Practical for Your Practice.” This bi-weekly podcast features stories, ideas, support, and actionable intel to empower behavioral health providers to keep working toward implementing EBPs with fidelity and effectiveness. In the podcast, CDP’s very own Drs. Jenna Ermold, Kevin Holloway, and Andy Santenello chat with national expert guests to discuss practical issues between colleagues that can enhance the work of providers. Since the podcast launched in August, there have been over 1,000 cumulative plays and dozens of subscribers. The podcast is available on Apple, Google, and Spotify.



Behavioral Healthcare in the Military Health System

In joint collaboration with the Psychological Health Center of Excellence (PHCoE), CDP continued a study designed to examine the relationship between several clinic-level variables in behavioral healthcare clinics in the Military Health System (MHS). Previous efforts to promote EBP use and the broader implementation literature suggest the presence of clinic-level barriers to EBP implementation and this study will be the first to examine this set of variables in the MHS. This study is also examining the relationship between the amount of care received within behavioral health and outcomes such

as separations from the military and general healthcare utilization costs. CDP and researchers from the PHCoE have concluded the process of examining preliminary data and refining variables and are entering the data analysis phase. This study draws upon data from existing DoD repositories: the Medical Data Repository and the Defense Manpower Data Center. Findings from this study will help to identify best practices that may be used to facilitate change in clinic processes to increase the implementation of EBPs and, ultimately, improve behavioral healthcare delivery in the MHS.

Mobile Stress and Anger Management Tool

In 2021, CDP concluded a joint partnership with Design Interactive (DI) to investigate the effectiveness of wearable technology on the reduction of symptoms of stress and anger in active duty service members. Over ten patients participated in this study to assess DI's Mobile Stress and Anger management Tool (MSAT) at Brooke Army Medical Center and Wilford Hall Ambulatory Surgical Center. Once the patients were enrolled, they were treated and monitored

within the parameters of this study, which included pairing a wearable device with a smartphone app to track and intervene in stress-related events. The results from this study will determine whether the MSAT platform will contribute to outcome improvements in patients receiving standard cognitive-behavioral therapy for issues related to stress and anger.



Pathways to Military Internships: The Summer Institute



CDP held the seventh iteration of “Pathways to Military Internships: The Summer Institute,” which took place July 26-30. This unique program provides clinical and counseling psychology doctoral students, who anticipate or are seriously considering a military internship, with critical knowledge related to service as a psychologist in the Armed Forces. A total of 42 students from various parts of the country participated in the program, representing over 30 institutions and diverse backgrounds, including 26 percent Black or African American students and 12 percent Hispanic students. The Summer Institute was held in-person at the Bethesda, Maryland campus, a shift from last year’s virtual program due to the COVID-19 pandemic.

The week-long course included a Training Directors Panel with Major Raymond Beckman from the U.S. Army, Lieutenant

Colonel Stephen Stouder from the U.S. Air Force and Dr. John Ralph, retired U.S. Navy Captain. The panel discussed clinical rotation opportunities, offered guidance on determining best fit among the different psychology training sites, and spoke about qualifications they look for in internship applicants. Other sessions offered during The Summer Institute included The Military Family Experience, Assessing Military Clients for Trauma and PTSD, Ethical Considerations for Working with Military Members, and Moral Injury in Service Members. All of these sessions were delivered by CDP faculty. The Summer Institute program provides second, third, and fourth year clinical and counseling psychology doctoral students who anticipate or are seriously considering a military internship with critical knowledge on service as a psychologist in the Armed Forces.

Pathways to Military Internships: The Winter Institute

For several years, The CDP Summer Institute has expanded and grown, with more students expressing interest in this program that provides valuable information about life as a military psychologist. In an effort to extend this unique training opportunity to more doctoral students across the country, the “Pathways to Military Internships: The Winter Institute” program was created. In 2021, CDP received and accepted 54 applicants for the first iteration of The Winter Institute, which will take place January 10-12, 2022. Like The Summer

Institute, this inaugural three-day virtual course, involves no tuition cost. Though they are similar programs, The Winter Institute is an online three-day course while The Summer Institute is in-person for five days. The Winter Institute is geared towards students who are earlier in the decision process regarding becoming a military psychologist. CDP anticipates reaching a larger and more diverse applicant pool through this winter offering.

Star Behavioral Health Providers

CDP, in joint collaboration with the Military Family Research Institute (MFRI) at Purdue University, received additional funding from the National Guard Bureau (NGB) to expand the existing Star Behavioral Health Providers (SBHP) program to additional states. SBHP is a clinician training and referral program designed to increase access for service members, veterans, and their families to clinically competent and culturally aware behavioral health providers in their communities. Currently, the NGB-funded program is active in 22 states, many of which are located in the Midwest, Northeast, and Mid-Atlantic.

Through this expansion, CDP and its SBHP partners delivered 68 continuing education tier trainings to over 4,000 participants in these regions in 2021. In October 2021, CDP also held a Military Ethics webinar for Directors of Psychological Health and Behavioral Health Officers to increase their awareness and use of the SBHP registry. CDP hopes to continue helping states maximize services available to service members, veterans, and their families.

PARTNERS

CDP partners with various DoD as well as with public and private entities in order to support and train behavioral health providers working with service members, veterans, and their families. We maintain close communication with the DoD community in order to best meet the specialized needs of the military services. See below for an abbreviated list of some of our recent and ongoing partnerships and activities:

Defense Health Agency

Department of Defense Sexual Assault Prevention and Response Office Program Partners

- Department of Defense Sexual Assault Prevention and Response Office
- Federal Bureau of Investigation's Victim Services Division

Design Interactive

Kennedy Krieger Institute

Psychological Health Center of Excellence

Second Life Island to Prevent Suicide

- 2b3d Studios

Star Behavioral Health Providers Partners

- Military Family Research Institute at Purdue University
- National Guard Bureau
- Ohio State University
- Oregon National Guard
- U.S. Army Reserve

U.S. Department of Veterans Affairs



PRESENTATIONS

(Names in bold represent CDP Personnel)

Frick, E., & Birman, S. (2021, April 21). *Taking research into practice: Clinical application of safety planning & lethal means safety with military-connected populations.* [Presentation]. Military/Veteran Suicide Prevention Virtual Preconference for the American Association of Suicidology Annual Conference, United States.

Frick, E., & Collette, C. (2021, Sept 1-2). *Military and firearms culture in Indiana: The use of means safety as firearm sales surge during the pandemic.* [Presentation]. 8th Annual Indiana Suicide Prevention Conference, United States.

Holloway, K., & Ermold, J. (2021, Oct 9). *Serving student veterans and service members on campus.* [Presentation]. Association of College Counseling Center Directors (AUCCCD) 2021 Conference, Seattle, WA. (Session canceled)

Lefkowitz, C. (2021, Nov 2). Addressing EBP dissemination and implementation challenges-during the COVID-19 pandemic. *In-Supporting EBP practice during the COVID-19 pandemic-for veterans and active duty military: Working together for-the field during challenging times.* [Symposium]. International Society for Traumatic Stress Studies 37th Annual Meeting, United States.

Lefkowitz, C., Adams, C., & Phillips, J. (2021, Aug 12-15). *Facilitating the implementation of evidence-based psychotherapies during the COVID-19 pandemic.* [Poster presentation]. American Psychological Association Conference, United States.

Parins, E. (2021, Oct 9). *Ethics for civilian providers of student veterans.* [Presentation]. Association of College Counseling Center Directors (AUCCCD) 2021 Conference, Seattle, WA. (Session canceled)

Rogers, T. E., Hannah, K., Phillips, J. M., & Cook, J. H. (2021, Aug 12-15). *Retrospective analysis of Center for Deployment Psychology's trainings for military treatment facilities.* [Poster presentation]. American Psychological Association Conference, United States.

Rogers, T. E., Mann, J., Nofziger, D., Hannah, K., & Cook, J. H. (2021, Aug 12-15). *Evolution of Center for Deployment Psychology's support of DoD mental health training programs.* [Poster presentation]. American Psychological Association Conference, United States.

Thompson, A., Parins, E., Colette, C., & Broniarczyk, K. (May 18-20, 2021). *Suicide prevention skills for providers: A model for post-training consultation.* [Presentation]. 2021 Department of Defense (DOD)/Department of Veterans Affairs (VA) Suicide Prevention Conference, United States.

PUBLICATIONS

(Names in bold represent CDP Personnel)

Elliman, T. D., Schwalb, M. E., **Dolan, D., Brim, W.,** & Adler, A. B. (2021). Brief behavioral treatment for insomnia: Treatment schedule and training feasibility in the military. *Psychological Services*. Advance online publication. <https://doi.org/10.1037/ser0000528>

Goodie, J. L., Bennion, L. D., Schvey, N. A., **Riggs, D. S.,** Montgomery, M., & Dorsey, R. M. (2021). Development and implementation of an objective structured clinical examination for evaluating clinical psychology graduate students. *Training and Education in Professional Psychology*. Advance online publication. <https://doi.org/10.1037/tep0000356>

Hryshko-Mullen, A. S., Behnke, S. H., Ogle, A. D., **Rogers, T. E.,** Tubman, D. S., Rowe, K. L., & Dunkle, A. N. (2021). Embedded behavioral health in the US Air Force: Addressing the ethics of an expanding area of practice. *Professional Psychology: Research and Practice*. Advance online publication. <https://doi.org/10.1037/pro0000423>

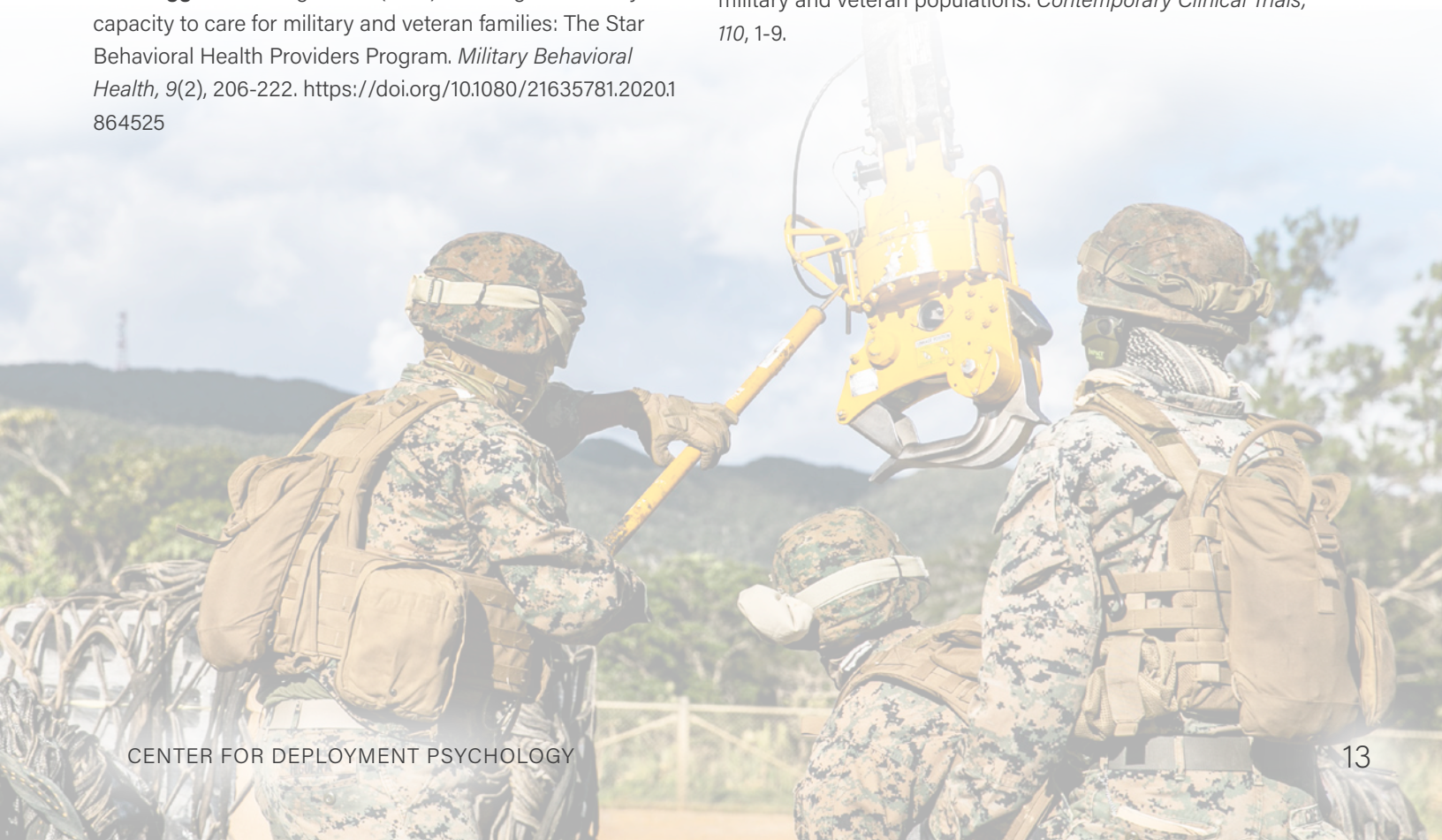
MacDermid Wadsworth, S., Topp, D., Broniarczyk, K., Edwards, S. A., **Riggs, D.,** & Hughes, H. (2021). Building community capacity to care for military and veteran families: The Star Behavioral Health Providers Program. *Military Behavioral Health, 9*(2), 206-222. <https://doi.org/10.1080/21635781.2020.1864525>

Martin, R., Banaag, A., **Riggs, D. S.,** & Koehlmoos, T. P. (2021). Minority adolescent mental health diagnosis differences in a national sample. *Military Medicine*. Advance online publication. <https://doi.org/10.1093/milmed/usab326>

Paxton Willing, M. M., Tate, L. L., Spangler, P. T., Benedek, D. M., & **Riggs, D. S.** (2021). Anxiety and depression mediate the relationship of medication-resistant PTSD to quality of life in service members. *Military Behavioral Health, 1-9*. <https://doi.org/10.1080/21635781.2021.2013352>

Paxton Willing, M. M., Pickett, T. C., Tate, L. L., Sours Rhodes, C., **Riggs, D. S.,** & DeGraba, T. J. (2021). Understanding the role of sleep on suicidal ideation in active-duty service members: Implications for clinical practice. *Practice Innovations, 6*(2), 67-76. <https://doi.org/10.1037/pri0000146>

Peterson, A. L., Young-McCaughan, S., Roache, J. D., Mintz, J., Litz, B. T., Williamson, D. E., **Riggs, D. S.,** & Keane, T. M. (2021). STRONG STAR and the Consortium to Alleviate PTSD: Shaping the future of combat PTSD and related conditions in military and veteran populations. *Contemporary Clinical Trials, 110*, 1-9.



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