



CDP



Uniformed
Services
University

CENTER *for*
DEPLOYMENT
PSYCHOLOGY

2019
ANNUAL REPORT

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Director's Statement



I am extremely proud of the great team at CDP. This annual report reflects just the numbers, but behind these numbers are the efforts of nearly 50 amazing, dedicated professionals who all share the vision that Service members, Veterans, and their families deserve to receive quality behavioral health care that meets their unique needs. Our team has delivered high-quality, evidence-based training and education programs to over 6,200 behavioral health professionals this year, directly impacting the care of our Nation's warfighters, improving both access and quality of care and the readiness of our fighting forces.

In our thirteenth year we continued to develop new programs that support providers working with Service members and their families as they move through life; adding new programs addressing relationship wellness and school age child development in the context of the military as well as expanding the STAR Behavioral Health Providers program towards our goal of a national program.

Our longest standing program, the embedded Military Internship Behavioral Health Psychologist program, welcomed its 14th internship cadre and helped prepare the newest uniformed psychologists for a career in the military. Additionally, a few of our newer programs continued to grow. CDP's monthly webinar series, CDP Presents continued to bring CDP professionals together with national and international experts to provide the latest information to behavioral health providers in the field. Furthermore, our TACTICS research and Clinic Optimization Program teams continued to study and disseminate ways to increase access to quality behavioral health care.

The needs of behavioral health professionals working with Service members, Veterans and their families are evolving and the CDP team will bring our unique skills, experience and expertise to bear in meeting those needs in the years to come.

William Brim, Psy.D.

Director, Center for Deployment Psychology

About CDP

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 health care that meets their unique needs.

History

In 2006, CDP embarked on the crucial undertaking of training behavioral health professionals in military culture and deployment-related behavioral health to help them better serve our nation's Service members, Veterans, and their families. As the needs of our military personnel have changed, our organization has evolved to meet those needs. By offering ongoing education for health care professionals, collaborating with other organizations, and leading the effort to understand military behavioral health, we aim to ensure that Service

members, Veterans, and their families receive the care they need. Since its establishment, CDP has trained over 50,000 providers on topics including military culture, evidence-based psychotherapies, and clinical issues such as depression among Service members and Veterans. CDP has created extensive educational opportunities that are specifically designed to build skills and understanding among behavioral health professionals to allow them to improve the quality of care.



Innovative Online Training Platforms

CDP delivers live, evidence based psychotherapy (EBP) workshops through Second Life, an online virtual worlds platform where users can attend CDP’s workshops as an avatar. This commercially available, simulation platform provides a high-quality, accessible and low-cost option for clinicians seeking training in EBPs. CDP conducts workshops in which participants interact via voice and/or text-based chat.

In 2019, CDP presented information about Second Life-based training workshops at six meetings, including data that demonstrate training outcomes for Second Life workshops were as good, or better, than those for traditional workshops. CDP was also recognized with a gold medal award from the International Serious Play Association for the virtual learning experience Operation AVATAR in the Second Life PTSD Learning Center.



Brief Behavioral Treatment of Insomnia Project

In 2019, CDP completed the first phase and initiated phase two of a training program for Brief Behavioral Treatment of Insomnia (BBTI) to Behavioral Health Consultants (BHCs). Phase one of this program focused on BHCs working in primary care settings across the United States (U.S.) Army and phase two will train those BHCs working in U.S. Air Force and

U.S. Navy primary care clinics. CDP developed the training in collaboration with the U.S. Army and is the sole provider of BBTI training and consultation for the Defense Health Agency. In total, over 300 providers will receive training and consultation in this evidence-based therapy over a three year period.



Air Force Suicide Prevention Pilot Project

This past year, CDP supported the Air Force Zero Suicide Systems Approach Pilot project by training 115 behavioral health providers and technicians in a two-day Cognitive Behavioral Therapy (CBT) for Suicide Prevention workshop across five pilot Air Force military treatment facilities (MTFs). Behavioral health providers and technicians were trained in the

assessment, management, and treatment of patients presenting with suicidal thoughts and behaviors. Participant ratings of knowledge, readiness, and confidence to use the CBT for Suicide Prevention protocol increased significantly from before to after the two-day training.

Targeted Strategies to Accelerate Evidence-Based Psychotherapy in Military Settings

CDP is engaged in a research study where the primary objective is to develop and evaluate a novel approach, Targeted Assessment and Context-Tailored Implementation of Change Strategies (TACTICS), to improve the implementation of Prolonged Exposure (PE) therapy and to test its impact on care over and above clinician training only. TACTICS provides a menu of implementation strategies that can be matched to local conditions. These strategies are informed

by the implementation science literature and by prior experience working with military clinics. The TACTICS process begins with a mixed methods assessment (using data from medical records, staff surveys, and staff interviews) to identify barriers and facilitators of PE use in each clinic. Implementation strategies are then selected in collaboration with clinic personnel and deployed to address specific barriers and leverage strengths at each clinic site.

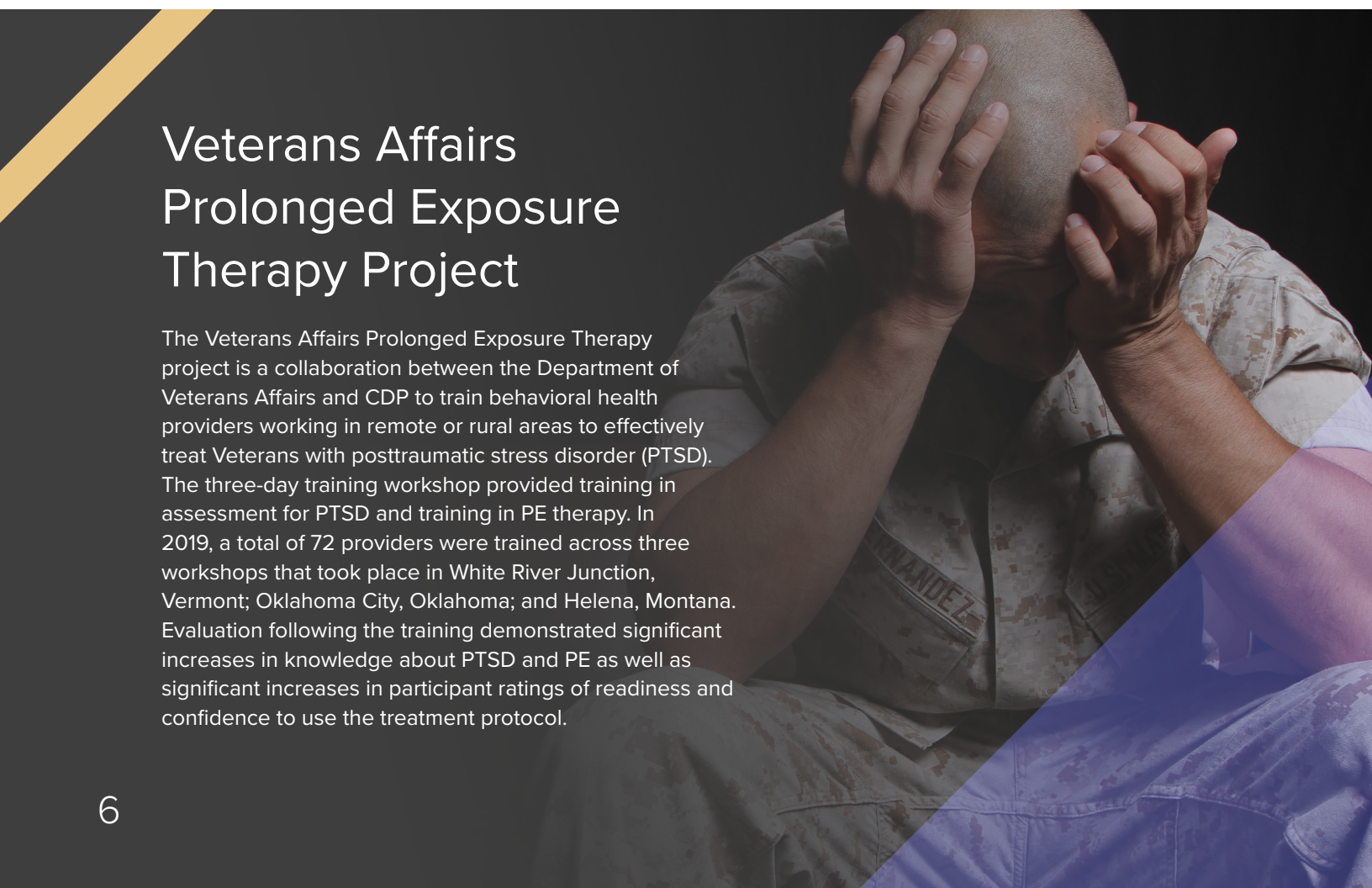
Military Internship Behavioral Health Psychologist Program

The Military Internship Behavioral Health Psychologist (MIBHP) program is one of CDP's longest standing programs. MIBHPs are assigned to all 10 Department of Defense MTFs with American Psychological Association (APA) accredited clinical psychology internship programs and provide support to the training program. The MIBHPs directly impact the warfighter by better preparing military behavioral health providers to deploy and more effectively treat Service members with deployment-related psychological health issues. The MIBHPs offer didactic trainings, clinical supervision and mentorship to psychology interns.

At many locations, they also help train social work interns, psychiatry residents, and practicum students. This past year, MIBHPs provided over 2,160 total training hours of didactics to interns and providers at their sites. Many MIBHPs also serve as assistant training directors at their sites, where they play a pivotal role in running the internship program as well as assisting with APA self-studies and site-visits to ensure the programs maintain their APA accreditation. Outside of their role at the MTFs, MIBHPs also interact with their local communities by providing trainings on a variety of topics including military culture, ethics, and suicide prevention.

Veterans Affairs Prolonged Exposure Therapy Project

The Veterans Affairs Prolonged Exposure Therapy project is a collaboration between the Department of Veterans Affairs and CDP to train behavioral health providers working in remote or rural areas to effectively treat Veterans with posttraumatic stress disorder (PTSD). The three-day training workshop provided training in assessment for PTSD and training in PE therapy. In 2019, a total of 72 providers were trained across three workshops that took place in White River Junction, Vermont; Oklahoma City, Oklahoma; and Helena, Montana. Evaluation following the training demonstrated significant increases in knowledge about PTSD and PE as well as significant increases in participant ratings of readiness and confidence to use the treatment protocol.





Star Behavioral Health Providers Program

One of CDP's longest standing and most impactful partnerships has been with the Military Family Research Institute (MFRI) at Purdue University. Along with state National Guard and other partners, MFRI and CDP have worked together since 2011 to develop the Star Behavioral Health Providers (SBHP) program, which was launched in nine states and currently has active operations in Ohio, Michigan, Indiana, and Oregon. With a focus on National Guard and Reserve members as well as individuals residing some distance from MTFs, SBHP aims to improve the quality of and access to behavioral health care. In October of 2019, SBHP embarked on an exciting partnership with the National Guard Bureau to expand the program from a state by state approach to a broader regional program incorporating both in-person and online workshops. Under this initiative the program has been expanded into two regions, the Northeast and the Midwest. Working with Army National Guard and Air Force National Guard Directors of Psychological Health, SBHP is now in operation in Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, Pennsylvania, and Kentucky in addition to the states listed above.

The SBHP system involves a two-pronged approach:

1. Provide civilian behavioral health providers and other related professionals with training that raises their awareness of and sensitivity to the unique challenges faced by military affiliated individuals as well as teach clinicians evidence-based psychotherapies.
2. Establish and maintain a registry of SBHP-trained behavioral health providers to enable military-connected individuals to easily locate behavioral health resources in their community.

This no cost, tier-based continuing education program fosters community-building and outreach for increasing behavioral health access to military members and their families. To date, SBHP has provided over 94,000 training hours to behavioral health providers. The SBHP registry currently includes 1,281 providers listed, with numbers growing every month.

Summer Institute Program

The Summer Institute is a five-day course designed for doctoral students in clinical or counseling psychology who are interested in joining the U.S. military and serving military patients. The training curriculum includes topics on military culture and deployment; roles and activities unique to military psychologists; key assessments utilized in military clinics; common clinical conditions experienced by military members; an overview of assessment and treatment of post-traumatic stress disorder with military patients; and unique ethical challenges faced by military psychologists. To date, CDP has held five iterations of the Summer Institute and has trained a total of 152 participants, including 38 trained in 2019. According to follow up evaluation of Summer Institute graduates, more than 90% of respondents reported matching to a military or military-related internship site, an important step in embarking on a military psychology career.

During the 2019 Summer Institute, several innovations were introduced into the course in response to feedback from previous attendees and to enhance the learning experience for the attendees. The number of qualified students who could be accepted to the program was expanded from 30 up to 45. Also, participants were required to complete an online training in Military Culture as a prerequisite to the in-person course. Additionally, several graduate students from the Uniformed Services University of the Health Sciences assisted with the Summer Institute by leading discussions, co-teaching parts of the curriculum, and leading the war memorial tour. Finally, participating students were offered a discounted rate to attend one of CDP's online EBP courses within six months of completing the Summer Institute. Similar to past cohorts, the 2019 students provided positive feedback about the experience and the value of the training.



2019 Training Summary



2,256

CDP trained 2,256 individuals in various EBPs via in-person and online two-day intensive workshops.



1,199

CDP's Speakers Bureau program provided keynote addresses and clinical workshops to 1,199 attendees on topics such as 'Moral Injury' and 'Military Culture.'



1,916

CDP Presents, CDP's monthly, live webinar series that covers a variety of topics relevant to providers working with military connected patients was attended by 1,916 participants.



1,208

A total of 1,208 participants attended a CDP-supported SBHP program workshop to include 639 attending a Tier 1 workshop, 280 attending a Tier 2 workshop, and 289 attending a Tier 3 EBP workshop.

Partners

CDP partners with various DoD, 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 Services. See below for an abbreviated list of some of our recent and ongoing partnerships and activities.

Defense Health Agency

Tricare Provider Designation Courses

U.S. Army

Brief Behavioral Treatment of Insomnia Workshop and Consultation

U.S. Navy

Suicide Prevention Training

U.S. Air Force

Cognitive Behavioral Therapy for Suicide Prevention Training

National Guard Bureau

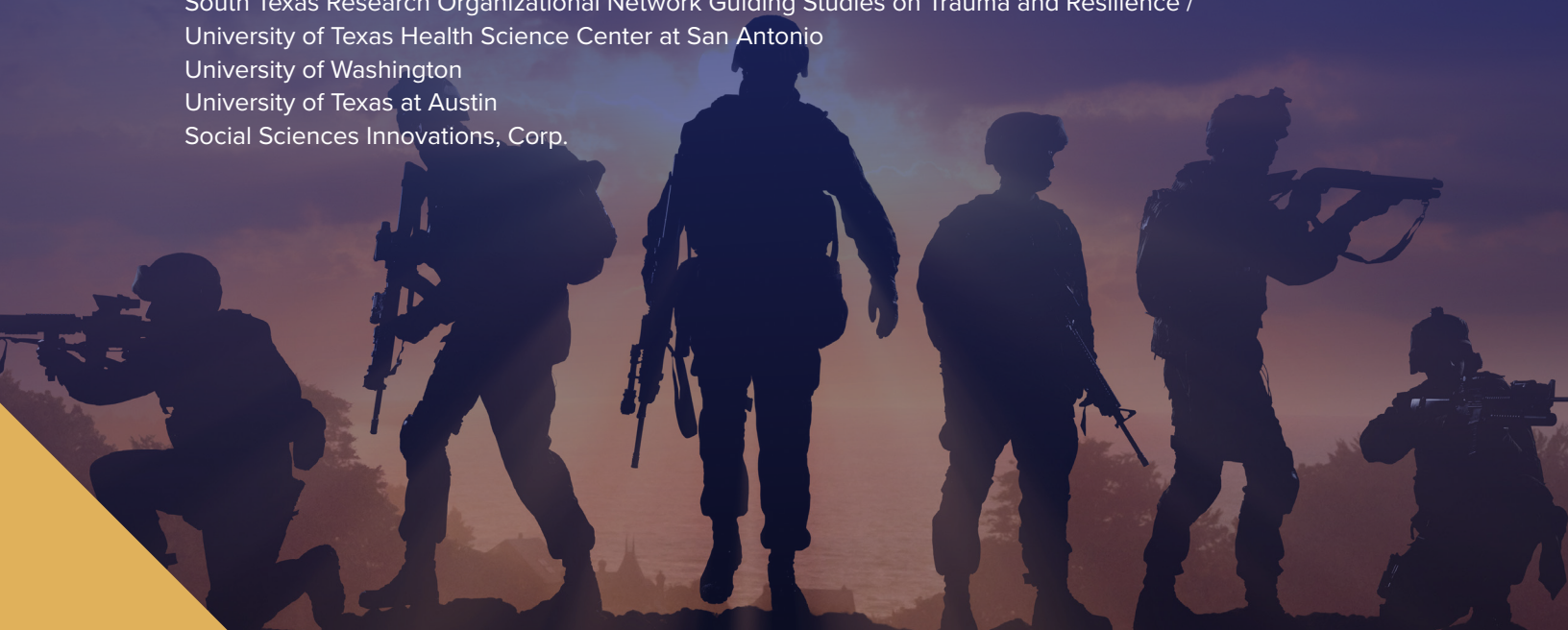
Star Behavioral Health Providers Program

U.S. Department of Veterans Affairs

Evidence-Based Psychotherapy Workshops

TACTICS Study Partners

Palo Alto Veterans Institute for Research / National Center for Posttraumatic Stress Disorder
South Texas Research Organizational Network Guiding Studies on Trauma and Resilience /
University of Texas Health Science Center at San Antonio
University of Washington
University of Texas at Austin
Social Sciences Innovations, Corp.



Presentations

(Names in bold represent CDP Personnel)

Brim, W. (2019, August 8-11). The holistic view of life in the military and military culture. In N. D. Ainspan (Chair), *Military culture for non-military psychologists* [Symposium]. American Psychological Association, Chicago, IL, United States.

Cook, J. H., Paxton, M. M., **Phillips, J. M.**, Patel, A., **French, L. M.**, **Riggs, D. S.**, & Koehlmoos, T. (2019, April 15-16). *Incidence rates of posttraumatic stress disorder in the US military (2007-2015): Trends across military-specific variables* [Poster presentation]. 14th Annual Amygdala, Stress, and PTSD Conference, Bethesda, MD, United States.

Cook, J., **Phillips, J.**, Paxton, M., Patel, A., **Riggs, D.**, & Koehlmoos, T. (2019, August 19-22). *Post-traumatic stress disorder and military occupation: Identifying at-risk occupations and implications for military readiness* [Poster presentation]. Military Health System Research Symposium, Kissimmee, FL, United States.

Cook, J., **Phillips, J.**, Paxton, M., **Thompson, A.**, Patel, A., **Riggs, D.**, & Koehlmoos, T. (2019, August 19-22). *Incidence of post-traumatic stress disorder by marital status: Differential effects in males and females and implications for military readiness* [Poster presentation]. Military Health System Research Symposium, Kissimmee, FL, United States.

Dolan, D., & **Brim, W.** (2019, September 12-15). *An invitation to the Snoozeum: Use of an asynchronous virtual learning environment in behavioral sleep medicine* [Poster presentation]. 1st Annual Society of Behavioral Sleep Medicine Scientific Meeting, Birmingham, AL, United States.

Dolan, D., Paxton, M., & **Brim, W.** (2019, September 12-15). *Implementation of Brief Behavioral Treatment for Insomnia (BBTI) in primary care: Training behavioral health consultants* [Poster presentation]. 1st Annual Society of Behavioral Sleep Medicine Scientific Meeting, Birmingham, AL, United States.

Dorsey, R., **Dolan, D.**, **Lefkowitz, C.**, **Domenici, P.**, Clark, L., & **Riggs, D.** (2019, June 8-11). *Implementation of a novel tele-health program for behavioral health providers* [Poster presentation]. 18th Annual Conference of the Association for Standardized Patient Educators, Orlando, FL, United States.

Forbes, D., Bisson, J., Cloitre, M., O'Donnell, M., & **Riggs, D.** (2019, November 14-16). In A. Amstadter (Chair), *Implementation of the ISTSS PTSD guidelines recommendations for adults in everyday settings: Choosing and using the best treatment* [Invited panel]. 35th Annual Meeting of the International Society for Traumatic Stress Studies, Boston, MA, United States.

Holloway, K. M. (2019, April 4-6). *Virtual world training for mental health providers* [Presentation]. 12th Annual Virtual Worlds Best Practices in Education Conference.

Holloway, K. M. (2019, July 23-26). *Augmenting behavioral health provider training in SecondLife* [Poster presentation]. Serious Play Conference, Orlando, FL, United States.

Holloway, K. M. (2019, April 26). *Virtual world training for mental health providers* [Presentation]. Virtual Ability's 8th Annual Mental Health Symposium.

Holloway, K., Paxton, M. M., **Phillips, J.**, & **Riggs, D. S.** (2019, May 23-26). *Psychological training in SecondLife: Innovative and accessible training environments that provides positive training outcomes for psychologists* [Poster presentation]. 31st Annual Convention of the Association for Psychological Science, Washington, D.C., United States.

Paxton, M. M., **Birman, S.**, **Sacks, M.**, **Weinstock, M.**, **Phillips, J.**, Mallonee, S., Reo, G., & **Riggs, D. S.** (2019, May 23-26). *Online training for CBT-Depression results in greater increases in knowledge and perceived readiness compared to in-person trainings* [Poster presentation]. 31st Annual Convention of the Association for Psychological Science, Washington, D.C., United States.

Paxton, M. M., **Cook, J. H.**, **Phillips, J. M.**, Patel, A., **French, L. M.**, **Riggs, D. S.**, & Koehlmoos, T. (2019, April 15-16). *A population study of incidence rates of posttraumatic stress disorder in the US military (2007-2015): Analysis of age, sex, and marital status* [Poster presentation]. 14th Annual Amygdala, Stress, and PTSD Conference, Bethesda, MD, United States.

Paxton, M. M., **Domenici, P., Dolan, D.**, Goodie, J., Mallonee, S., & **Riggs, D. S.** (2019, May 23-26). *Standardized patients: Training and evaluating clinical skills for psychology* [Poster presentation]. 31st Annual Convention of the Association for Psychological Science, Washington, D.C., United States.

Paxton, M., **Phillips, J.**, Mallonee, S., Reo, G., **Holloway, K., & Riggs, D.** (2019, December 4-6). *Disseminating evidence-based psychotherapies: A comparison of synchronous online and in-person modalities* [Poster presentation]. 12th Annual Conference on the Science of Dissemination and Implementation in Health, Arlington, VA, United States.

Paxton, M. M., Tate, L. L., Spangler, P. T., Asabre, E., & **Riggs, D. S.** (2019, March 6-9). *Sleep disturbances moderate the relationship of PTSD to anxiety and depression* [Poster presentation]. 40th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C., United States.

Phillips, J., Parins, E., Paxton, M. M., & **Domenici, P.** (2019, May 23-26). *The Center for Deployment Psychology's Summer Institute: An intensive course to prepare graduate students in psychology for a career in the armed forces* [Poster presentation]. 31st Annual Convention of the Association for Psychological Science, Washington, D.C., United States.

Riggs, D., Chrestman, K., Dolan, D., Lefkowitz, C., Holloway, K., Santanello, A., Phillips, J., & Brim, W. (2019, November 21-24). Consultation at a distance: The use of technology to encourage participation and enhance competence. In K. Hepner (Chair), *Extending the impact of professional training: Innovative models to support clinician competence* [Symposium]. 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA, United States.

Riggs, D., Dondanville, K., Borah, E., & Rosen, C. (2019, September 12-14). A tailored implementation approach to improving PTSD care in military treatment facilities: Integrating practice-based knowledge and implementation science. In S. Patel (Chair), *Creating bridges: The role of intermediary organizations* [Symposium]. 5th Biennial Conference of the Society for Implementation Research Collaboration, Seattle, WA, United States.

Rosen, C., **Riggs, D.**, Peterson, A., Young-McCaughan, S., Borah, E., Comtois, K. A., **Cook, J.**, Davis, A., Dondanville, K., Finley, E., Haddock, C. K., Jahnke, S. A., Neitzer, A., Poston, W. S. C., Wiltsey-Stirman, S., & McLean, C. P. (2019, October 23-24). *Targeted strategies to accelerate evidence-based psychotherapy (EBP) implementation in military settings*. [Poster presentation]. 4th Annual San Antonio Combat PTSD Conference, San Antonio, TX, United States.

Tate, L. L., Mallonee, S., De Oliveira, F., & **Ruiz, A.** (2019, August 19-22). *Development and implementation of a 30-day outpatient program for subthreshold PTSD* [Poster presentation]. Military Health System Research Symposium, Kissimmee, FL, United States.

Tate, L., Paxton, M., French, L., Law, W., Sullivan, K., **Riggs, D.** (2019, November 14-16). *Effects of TBI and PTSD symptoms on the Neurobehavioral Symptom Inventory subscales among United States active duty service members* [Poster presentation]. 35th Annual Meeting of the International Society for Traumatic Stress Studies, Boston, MA, United States.

Tate, L. L., Paxton, M. M., French, L. M., Law, W. A., Sullivan, K. W. & **Riggs, D. S.** (2019, August 19-22). *Effects of TBI and PTSD symptoms on the Mayo-Portland adaptability subscales among United States active duty service members* [Poster presentation]. Military Health System Research Symposium, Kissimmee, FL, United States.

Taylor, D. J., Wilkerson, A. K., Bunnell, B. E., Calhoun, C., Pruiksma, K. E., Dietch, J. R., Milanak, M., Rheingold, A., Peterson, A., Morin, C., **Dolan, D., Brim, W.**, Ruggiero, K. J., Wardle-Pinkston, S., & Dolan, M. A. (2019, August 19-22). *Developing and testing a web-based provider training for cognitive behavioral therapy of insomnia* [Poster presentation]. Military Health System Research Symposium, Kissimmee, FL, United States.

Publications

(Names in bold represent CDP Personnel)

Bisson, J. I., Berliner, L., Cloitre, M., Forbes, D., Jensen, T. K., Lewis, C., Monson, C. M., Olf, M., Pilling, S., **Riggs, D.**, Roberts, N. P., & Shapiro, F. (2019). The International Society for Traumatic Stress Studies new guidelines for the prevention and treatment of PTSD: Methodology and development process. *Journal of Traumatic Stress, 32*(4), 475-483. <https://doi.org/10.1002/jts.22421>

Brim, W. L., & **Riggs, D. S.** (2019). Sleep disorders. In B. A. Moore and W. E. Penk (Eds.), *Treating PTSD in military personnel: A clinical handbook* (2nd ed., pp. 345-363). Guilford Press.

Charney, M. E., Chow, L., Jakubovic, R. J., Federico, L. E., Goetter, E. M., Baier, A. L., **Riggs, D.**, **Phillips, J.**, Bui, E., & Simon, N. M. (2019). Training community providers in evidence-based treatment for PTSD: Outcomes of a novel consultation program. *Psychological Trauma: Theory, Research, Practice, and Policy, 11*(7), 793-801. <https://doi.org/10.1037/tra0000427>

Hamblen, J. L., Norman, S. B., Sonis, J., Phelps, A., Bisson, J., Delgado Nunes, V., Megnin-Viggars, O., Forbes, D., **Riggs, D.**, & Schnurr, P. P. (2019). A guide to guidelines for the treatment of posttraumatic stress disorder in adults: An update. *Psychotherapy, 56*(3), 359-373. <http://dx.doi.org/10.1037/pst0000231>

Mallonee, S., Tate, L., DeOliveira, F., **Ruiz, A.** (2019). Development and implementation of a 30-day outpatient program for sub-threshold PTSD. *Military Medicine*. Advance online publication. <https://doi.org/10.1093/milmed/usz165>

Peterson, A. L., Foa, E. B., & **Riggs, D. S.** (2019). Prolonged Exposure therapy. In B. A. Moore and W. E. Penk (Eds.), *Treating PTSD in military personnel: A clinical handbook* (2nd ed., pp. 46-62). Guilford Press.

Schvey, N. A., Klein, D. A., Pearlman, A. T., Kraff, R. I., & **Riggs, D. S.** (2019). Stigma, health, and psychosocial functioning among transgender active duty service members in the U.S. military. *Stigma and Health*. Advance online publication. <http://dx.doi.org/10.1037/sah0000190>



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