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CCOSC

COMBAT & OPERATIONAL STRESS CONTROL

Naval Center for Combat & Operational Stress Control

Deputy Director





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Background

- Hidden costs of war
- Commissions on Care for Wounded Warriors
- Overhauling the system of care
 - Access to care
 - Quality of care
 - Transition and coordination of care
 - Screening and surveillance
 - Promote resilience





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NCCOSC Vision

The Navy and Marine Corps premier center for psychological force readiness.

NCCOSC Mission

NCCOSC improves the psychological health of Sailors and Marines through comprehensive programs that educate service members, decrease stigma, build resilience, aid research and promote best practices in the treatment of combat and operational stress injuries. NCCOSC initiatives are innovative, informed by science and provide measurable, wide-reaching results.





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NCCOSC Guiding Principles

Excellence: We strive for excellence by providing measurable value through innovative and relevant initiatives.

Collaboration: We collaborate by actively seeking engagement and partnerships that both eliminate redundancies and optimize impact.

People: We are passionate experts who honor the patriotism and sacrifices of our Sailors and Marines and are steadfast in our commitment to their well-being.



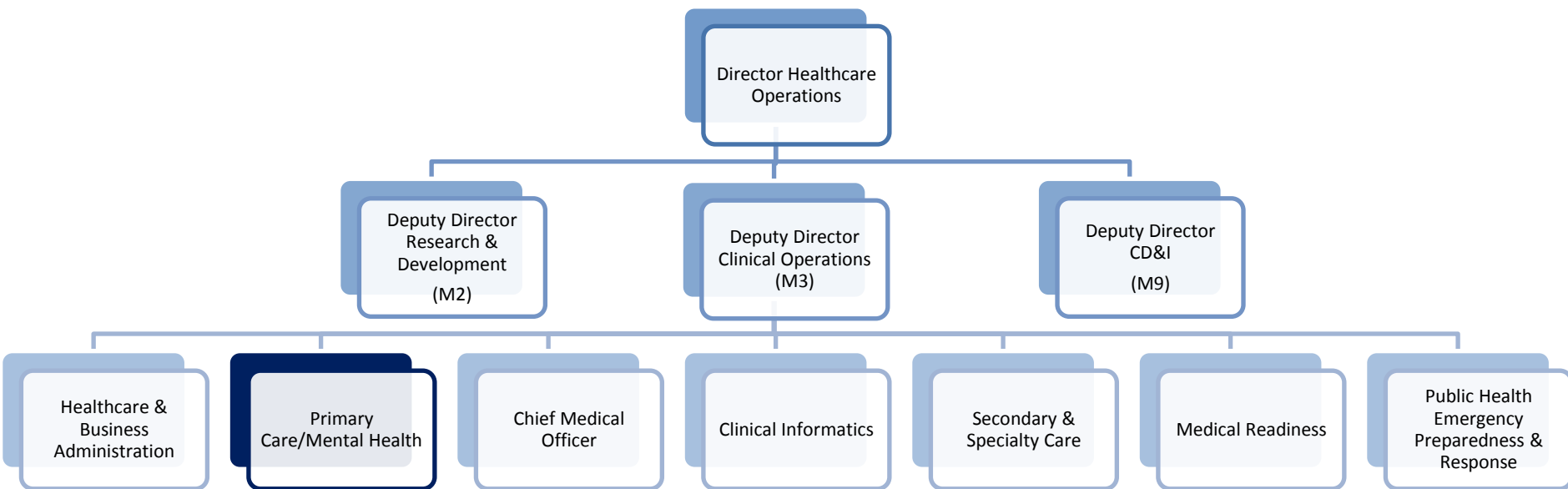


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Healthcare Operations Organizational Structure





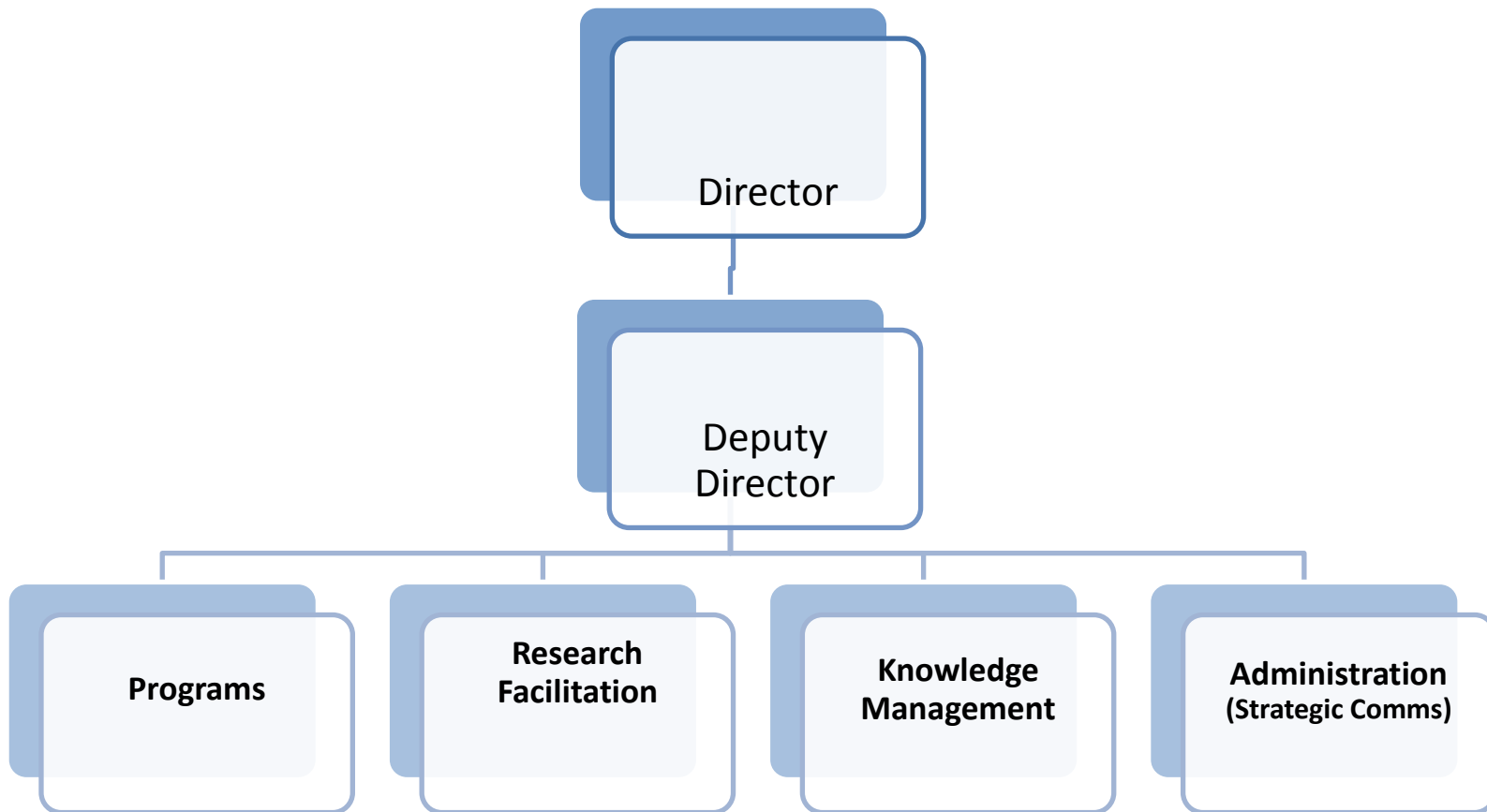
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NCCOSC Organizational Structure





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Strategic Communications

- Public affairs and media relations
- COSC Symposium
- *Mindlines* newsletter
- Public website content and social media
- Marketing & outreach





Knowledge Management

- Wounded, Ill and Injured Registry (WIIR)
- BHDP / PHP data management support
- Web development and graphic design support
- Annual COSC Symposium IT support
- Internal IT management





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Programs

- Coordinate, package, disseminate and provide education related to programs that support psychological well-being, and improve psychological health and treatment
- Continuous development of:
 - Care systems
 - Evidence-based curricula and training
 - Prevention initiatives
 - Program evaluation and assessment





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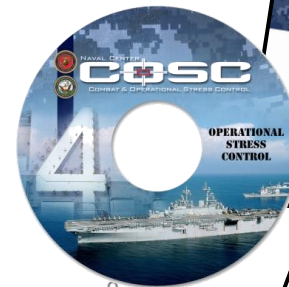
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Programs Projects

- Psychological Health Pathways (PHP)
- Navy Behavioral Health Data Portal (BHDP)
- CgOSC Program
- Resilience Train-The-Trainer
- NAVYFIT Online Resilience Platform
- SME for OSC (N171)
- OSC training assessment and analysis; processed over 46,811 OSC training surveys to date



BHDP
BEHAVIORAL HEALTH DATA PORTAL



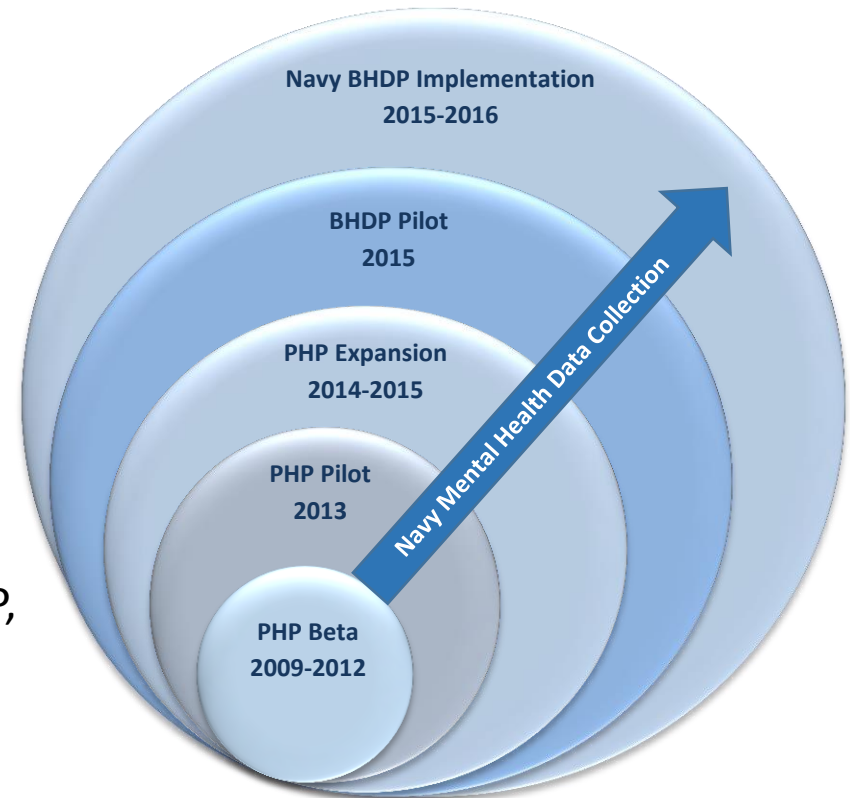
Navy BHDP Evolution

Psychological Health Pathways (PHP)

- Implemented at 26 clinics
- 900 registered users
- 15,000 patients
- 11 million data points

Navy Behavioral Health Data Portal (BHDP)

- Implemented at 5 MTFs, 21 clinics
- Departments include: Mental Health, SARP, TBI, Deployment Health, OSCAR
- Trained 146 Clinic Leadership, Providers and Psych Techs/Front Desk Staff
- 872 Patient Surveys Completed





CgOSC

Caregiver Occupational Stress Control

CgOSC

- Standardized primary prevention and recognition program
- Promote resilience, strengthen unit cohesion, promote peer intervention, and support work environment assessment
- 3 Core Objectives
 - Early recognition of caregivers in distress
 - Breaking the code of silence r/t occupational stress reactions or injuries
 - Engaging caregivers in early help as needed to maintain mission and personal readiness





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Research Facilitation

- Collaborate with leadership, providers, academia and training programs
- Advance evidenced-based practice and ensure that Navy psychological health is informed by science
- Work focused in the areas of prevention, identification and treatment of military stress





Research Facilitation Projects

- White Papers & Literature Reviews
- *Research Quarterly*
- Program Evaluation, Data Analysis & Grant Writing
- Research Studies





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Research Facilitation: Studies

- Support a broad spectrum of studies with involvement in design, Institutional Review Board (IRB) approval and maintenance, data collection, management and analysis and dissemination of results
- Some current projects:
 - *Military Sexual Trauma & Disabling PTSD*
 - *Coherence Training for Independent Duty Corpsmen*
 - *SERE Staff Stress Survey*
 - *Moral Injury Focus Groups*
 - *ShipShape and ACT*





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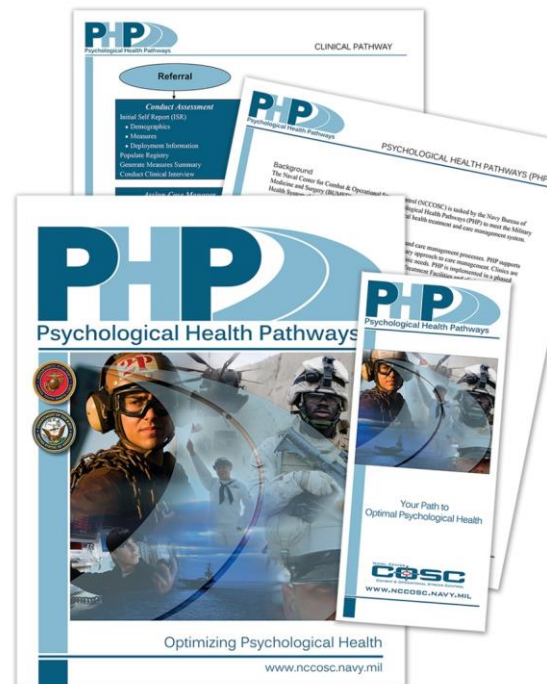
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Research Facilitation Studies: PHP Registry

- Effectiveness of combining treatment modalities: Is more treatment better
- Differential impact of combat and everyday stressors
- Development of a brief resilience scale
- Effectiveness of EMDR for PTSD
- Comparison of deployed and non-deployed service members
- Relationship and influence of resilience on outcomes
- Predictors of PTSD and MDD treatment success with intensive treatment
- Relationship of psychological strain on turnover intent
- Relationship of stress and sleep in mTBI+ patients with and without PTSD
- Impact of resilience on mental healthcare costs
- Primary mental health concerns post-deployment
- Influence of depression and sleep on residential mental health outcomes
- Relationship of mental health symptoms, social support and stressors
- Effect of childhood abuse and combat experiences on mental health outcomes and resilience
- Relationship of sleep quality, caffeine intake and mental health symptoms
- Gender differences in symptom presentation
- Effectiveness of treatment outcomes across and within clinics





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Research Facilitation: Program Evaluation

- Allows for a variety of data-driven projects, informing resource allocation, decision making & policies
- Quick response: Not dependent on grant or project-specific funding or IRB approval
- Some current projects:
 - *Marine Regiment Psychological Health Survey*
 - *NMCSD Mind Body Medicine Program*
 - *Navy Psychologist & Psychiatric Nurse Needs Assessment Survey*
 - *SRTS Evaluation with Detainee Operations in GTMO*





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THANK YOU

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