

3rd Annual

in



Military Health

a marcus evans event

# Addressing the "Signature Wounds" of the Wars in Iraq and Afghanistan in Warfighters Coming Back from Theater

March 1-3, 2011  
Grand Hyatt I San Antonio, TX

**"HEAL** the invisible wounds of war and transition & reintegrate troops post deployment."

Of the more than 1.5 million troops returning from Iraq and Afghanistan, 20 percent have TBI and 50 percent have PTSD.



### Chairperson:

**Mike Jones**  
Co-Founder and Executive Director  
**Not Alone**

### Attending this Premier marcus evans Conference will Enable You to:

- **Address** the invisible wounds of war and debate dual diagnosis with the **Air Force Medical Operations Agency**
- **Discuss** military suicide and ways to reverse the rising trend with the **Western Regional Medical Command**
- **Address** the physical wounds of OIF / OEF with **Madigan Army Medical Center**
- **Transition** and reintegrate troops post-deployment with the **US Veterans Administration**
- **Share** therapies used to treat the "signature wounds" of Iraq and Afghanistan with **Wilford Hall Medical Center**

### Who Should Attend:

marcus evans invites Surgeon Generals, Commanders, Chiefs, Directors, Program Managers and Doctors with responsibilities or involvement in the following areas:

- Medical Operations / Treatment Facilities
- Rehabilitation and Reintegration
- Mental Health
- Warrior Transition
- Suicide Prevention / PTSD / TBI

### Featuring Briefings From Leading Military Health Experts Including:

**Vice Admiral Adam M. Robinson Jr.**  
Surgeon General of the Navy and Chief of the Navy's Bureau of Medicine and Surgery  
**US Navy**

**Major General (Dr.) Philip Volpe**  
Commanding General, Western Regional Medical Command and Senior Market Executive for TRICARE Puget Sound  
**US Army**

**Major General (Ret'd) Ken Farmer**  
Executive Vice President and COO  
**TriWest Healthcare Alliance**

**Brigadier General Mark A. Ediger**  
Commander, Air Force Medical Operations Agency, Lackland Air Force Base  
**US Air Force**

**Colonel Patrick Connors**  
G3  
**US Army Warrior Transition Command**

**Colonel James C. Larsen**  
Commander, Warrior Transition Brigade, Walter Reed Army Medical Center  
**US Army**

**Colonel Chris Philbrick**  
Deputy Director, Army Health Promotion Risk Reduction Council and Task Force  
**US Army**

**Lieutenant Colonel (Dr.) Vincent Mysliwicz**  
Chief, Pulmonary / CCM / Sleep Medicine Service, Madigan Army Medical Center  
**US Army**

**Commander (Dr.) Jack Tsao**  
TBI Consultant  
**US Navy Bureau of Medicine and Surgery**

**Major (Dr.) Thomas Novak**  
Adult and Pediatric Urology  
**San Antonio Military Medical Center**

**Major (Dr.) Faye B. Serkin**  
Urologist, Wilford Hall Medical Center, Lackland Air Force Base  
**US Air Force**

**Major Brandon J. Goff, DO**  
Chief, Outpatient Pain Service  
San Antonio Military Medical Center  
**US Army**

**Dr. Robert H. Overbaugh**  
**MAJ US ARMY-RET**  
Assistant Professor of Anesthesiology and Pain Medicine  
**University of New Mexico**

**Major Jennifer J. Glidewell**  
mTBI Officer In Charge, Custer Hill Fort Riley  
**US Army**

**Dr. David Williamson**  
Medical Director, Inpatient Psychological Health and Traumatic Brain Injury Program, National Naval Medical Center  
**US Navy**

**Dr. Matthew Jeffreys**  
PTSD Clinical Team Director, Frank M. Tejeda Outpatient Clinic  
**US Department of Veterans Affairs**

**Dr. Mary Lee Esty**  
President  
**Brain Wellness and Biofeedback Center of Washington, LLC**

**Dr. Ian Shaffer**  
Chief Medical Officer  
**Health Net**

**Dr. Gary Proctor**  
Medical Director, ValueOptions Inc.  
**Humana Military Healthcare Services**

**Linda M. Stone, PsyD**  
Staff Psychologist, Wilford Hall Medical Center Lackland Air Force Base  
**US Air Force**

**Janet Belisle, MHA, FACHE**  
Health System Specialist, Care Management and Social Work Service  
**US Department of Veterans Affairs**

**Harvey King**  
Acting DVET, Texas Regional Office Office of the Assistant Secretary for Veterans' Employment and Training Service  
**US Department of Labor**

**Frances De Soto**  
ADVET, Texas Regional Office, Office of the Assistant Secretary for Veterans' Employment and Training Service  
**US Department of Labor**

**Sammy L. Davis**  
**Congressional Medal of Honor Recipient**

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07:30 Registration  
08:15 Chairman's Opening Address  
**Mike Jones**, Co-Founder and Executive Director  
**Not Alone**

**ADDRESSING THE INVISIBLE WOUNDS OF WAR AND DEBATING DUAL DIAGNOSIS**

8:30 Briefing

**Addressing the Increasing Concern of mTBI**

- Discussing what is needed to identify mTBI
- Sharing new treatments
- Raising awareness for mTBI in deployed troops
- Understanding the testing or screening that is taking place to diagnose mTBI in the field

**Major Jennifer J. Glidewell**, mTBI Officer In Charge, Custer Hill, Fort Riley  
**US Army**

9:15 Interactive Workshop

**Diagnosing and Treating Invisible Mental Health Wounds**

Operation Enduring Freedom and Operation Iraqi Freedom are leaving thousands of warfighters with wounds that aren't visible to the naked eye. Described as the "signature wounds" of OEF and OIF: TBI, PTSD and depression are extremely common in troops returning from combat. They pose a couple of significant challenges including the fact that they oftentimes go undiagnosed and more often than not, warfighters are struggling with multiple wounds.

**By attending this workshop you will be:**

- Discussing the signature wounds of war, and what is being done to treat them
- Addressing the multidimensional or dual diagnosis aspect of the signature wounds
- Understanding how to deal with all angles of the "signature wounds" simultaneously including behavioral, cognitive and physical injuries

**Dr. David Williamson**, Medical Director, Inpatient Psychological Health and Traumatic Brain Injury Program, National Naval Medical Center  
**US Navy**

**DISCUSSING MILITARY SUICIDE AND PTSD TO DETERMINE WAYS TO REVERSE THE RISING TREND**

11:15 Briefing

**Understanding Suicide Prevention Initiatives in the Civilian Setting**

- Sharing best practices and lessons learned
- Understanding managed care contractor initiatives
- Improving communication and cooperation between civilian and military communities

**Dr. Gary Proctor**, Medical Director, ValueOptions Inc.  
**Humana Military Healthcare Services**

12:00 Luncheon

13:00 Briefing

**Treating PTSD and Understanding the Toll that it Takes on Warfighters Returning from Iraq or Afghanistan**

- Measuring the impact of multiple deployments on PTSD
- Implementing evidence based care
- Looking at the overlap between PTSD, TBI, suicide and addiction
- Working with family members to help diagnose and treat PTSD
- Using the lessons learned from Vietnam and other wars to prevent and treat PTSD

**Dr. Matthew Jeffreys**, PTSD Clinical Team Director, Frank M. Tejeda Outpatient Clinic

**US Department of Veterans Affairs**

UNCLASSIFIED

13:45 Briefing

**Taking an In-Depth Look at the "Final Report of the Department of Defense Task Force on the Prevention of Suicide by Members of the Armed Forces"**

- Understanding the results of the report
- Determining what programs are working and why
- Analyzing the overlap between programs
- Explaining where gaps were found and what can be done to bridge them

**Major General (Dr.) Philip Volpe**, Commanding General, Western Regional Medical Command and Senior Market Executive for TRICARE Puget Sound

**US Army**

14:30 Networking Break

15:00 Briefing

**Sharing the Results of Neurotherapy on Service Personnel Suffering from PTSD and TBI**

- Neurofeedback treatment data for TBI/PTSD symptoms in OEF/OIF veterans support more extensive clinical investigation
- Data on the effect of NFB reduction of post-concussion symptoms following TBI and blast injury with headache, sleep disruption, cognitive problems and PTSD symptoms will be presented
- NFB can easily be integrated into traditional rehabilitation programs

**Dr. Mary Lee Esty**, President

**Brain Wellness and Biofeedback Center of Washington, LLC**

**Veteran Representative**, OIF/OEF Pilot Study

15:45 Briefing

**Preventing Suicide in Service Members**

- Educating family members to recognize the signs and symptoms of depression and suicide
- Looking at the impact of deployments on suicide, is there a correlation?
- Addressing the behavioral problems that are sometimes the cause of suicide
- Working with troops to manage stress and develop coping mechanisms
- Discussing other ways to prevent suicide

**Colonel Chris Philbrick**, Deputy Director, Army Health Promotion Risk Reduction Council and Task Force

**US Army**

16:30 Closing Remarks from the Chair and Drinks Reception

**PRODUCER INFO:**

I would like to thank everyone who has assisted with the research and organization of the event, particularly the speakers for their support and commitment. **Sarah Law**, SarahL@marcusevansch.com.

08:00 Registration and Morning Coffee

08:20 Chairman's Opening Address  
**Mike Jones**, Co-Founder and Executive Director  
**Not Alone**

**ADDRESSING THE PHYSICAL AND MENTAL WOUNDS OF OIF/OEF**

8:30 Briefing

**Updates on Military Health from the Navy Surgeon General**

- Navy medicine's patient and family-centered care model
- Healing our wounded warriors in body, mind and spirit in theater and at home
- Importance of translational research and development
- Focus on robust education/training (METC)

**Vice Admiral Adam M. Robinson Jr.**, Surgeon General of the Navy and Chief of the Navy's Bureau of Medicine and Surgery  
**US Navy**

9:15 Briefing

**Discussing Urotrauma and the Impact Seen on Returning OIF/OEF Troops**

- Understanding the injuries that are ultimately known as urotrauma
- Discussing ways to treat urotrauma both in the field and at home
- Sharing the physical and mental toll that urotrauma is having on troops

**Major (Dr.) Faye B. Serkin**, Urologist, Wilford Hall Medical Center, Lackland Air Force Base  
**US Air Force**

**Major (Dr.) Thomas Novak**, Adult and Pediatric Urology  
**San Antonio Military Medical Center**

10:00 Networking Break

10:30 Briefing

**Conveying the Importance of Mental Health Wound Awareness**

- Addressing the military psyche and the stigma that comes with mental health
- Understanding that the wounds seen from combat in Iraq and Afghanistan are not always visible to the naked eye
- Discussing what is being done across the Department of Defense to change the connotations that come with mental health issues

**Brigadier General Mark A. Ediger**, Commander, Air Force Medical Operations Agency Lackland Air Force Base  
**US Air Force**

11:15 Briefing

**Promoting Successful Sleep Practices for Warriors**

- Examining what is working for the medical facilities to get warriors to sleep
- Brainstorming alternative treatments for insomnia
- Looking past sleep hygiene to the advanced techniques of sleep aid
- Discussing the use of antipsychotics as a sleep aid

**Lieutenant Colonel (Dr.) Vincent Mysliwicz**, Chief, Pulmonary / CCM / Sleep Medicine Service Madigan Army Medical Center  
**US Army**

12:00 Luncheon

13:00 Briefing

**Partnering with Military Medical Leadership to Offer Innovations in Services and Delivery Capabilities that Address Behavioral Health Issues Facing Troops and their Families**

- Linking MTF, network providers and military units in a community
- Delivering behavioral health in a stepped-care approach
- Partnering with national and community-based organizations

**Major General (Ret'd) Ken Farmer**, Executive Vice President and COO  
**TriWest Healthcare Alliance**

13:45 Interactive Panel Discussion

**Treating Both Physical and Mental Pain**

- Minimizing the warriors pain with the most appropriate treatments
- Sharing behavioral interventions
- Understanding ways that military branches are treating pain
- Debating military vs. civilian medications
- Discussing polypharmacy and ways to eliminate drug toxicity and overdoses
- Moving toward alternative therapies
- Straying away from addictive medications, narcotics and those with negative side-effects
- Using biofeedback to regulate treatment

**Major Brandon J. Goff, DO**, Chief, Outpatient Pain Service  
San Antonio Military Medical Center  
**US Army**

**Dr. Robert H. Overbaugh, MAJ US ARMY-RET**  
Assistant Professor of Anesthesiology and Pain Medicine  
**University of New Mexico**

14:30 Networking Break

15:00 Briefing

**Post Traumatic Stress and the Military Family**

The service member or veteran does not go through PTSD alone. Due to high anxiety associated with PTSD, there is a significant stress put on family members that needs to be addressed. Moreover, family members should be knowledgeable about the disorder and should know that they can serve as caregivers of the services needed for their loved one.

**Dr. Ian Shaffer**, Chief Medical Officer  
**Health Net**

15:45 Interactive Workshop

**Examining TBI to Improve Treatment and Prevention**

As troops continue to return from theater, many are coming home with TBI due to the increased use of IEDs by insurgents. As a result, research is being conducted to develop new treatments for warriors with TBI.

**By attending this workshop you will be:**

- Understanding the injury mechanism
- Identifying new treatments for TBI
- Discussing new ways to prevent TBI
- Sharing lessons learned
- Evaluating TBI policies

**Commander (Dr.) Jack Tsao**, TBI Consultant  
**US Navy Bureau of Medicine and Surgery**

17:15 Medal of Honor Address

**Breaking the Silence and Saving Lives**

- Sharing my story
- Encouraging military to seek help
- Adjusting to life post-combat

**Sammy L. Davis**  
**Congressional Medal of Honor Recipient**

17:35 Closing Remarks from the Chair and End of Day Two

8:00 Registration and Morning Coffee

8:20 Chairperson's Opening Address  
**Mike Jones**, Co-Founder and Executive Director  
**Not Alone**

**SHARING THERAPIES USED TO TREAT THE "SIGNATURE WOUNDS" OF IRAQ AND AFGHANISTAN**

8:30 Briefing

**Understanding the Impact of Animal Assisted Therapy on Warfighters**

- Examining the scientific evidence collected to support the positive results of pet therapy
- Discussing the many types of pet therapy including: treatment animals, support/service animals and combat stress treatment animals
- Sharing success stories of pet therapy helping previously deployed warfighters

**Linda M. Stone, PsyD**, Staff Psychologist, Wilford Hall Medical Center, Lackland Air Force Base  
**US Air Force**

9:15 Briefing

**Promoting Healing Ways with the Warrior Games**

- Proving the value of adaptive rehabilitation and the positive behavioral impacts
- Rekindling the desire for warfighters to get on with their life
- Discussing other ways that morale is boosted for previously deployed warfighters

**Colonel Patrick Connors, G3**

**US Army Warrior Transition Command**

10:00 Networking Break

**TRANSITIONING AND REINTEGRATING TROOPS POST-DEPLOYMENT**

10:30 Briefing

**Aligning the VA and DoD Approaches to Smooth the Transition for Warfighters**

- Improving the communication between the VA and DoD
- Coordinating medication efforts by both agencies to reduce the impact on warfighters when they are transitioned from DoD to VA care
- Educating the agencies about each other to get them on the same page

**Janet Belisle, MHA, FACHE**, Health System Specialist  
Care Management and Social Work Service

**US Department of Veterans Affairs**

11:15 Briefing

**Reintegrating Warriors into Post-Deployment Life**

- Working with troops to temper post-deployment expectations and deal with living outside of a war zone
- Sharing ideas and solutions for families who are living with a warfighter post-deployment
- Adjusting to and finding a new sense of "normal"
- Reviewing lessons learned from others during the reintegration process

**Colonel James Larsen**, Commander, Warrior Transition Brigade  
Walter Reed Army Medical Center

**US Army**

12:00 Briefing

**Understanding the Next Steps: Transitioning from Military to the Private Sector**

- Addressing the critical issues in the workplace for both veterans and employers
- Sharing how private or non-government companies can support veterans in the workplace
- Discussing the long term impacts of veterans coming back to work
- Supplying tools for employers to respond to some of the situations that may arise with their veteran employees
- Mitigating the legal issues that sometimes occur for warriors returning to work

**Harvey King**, Acting DVET, Texas Regional Office, Office of the Assistant Secretary for Veterans' Employment and Training Service

**US Department of Labor**

**Frances De Soto**, ADVET, Texas Regional Office, Office of the Assistant Secretary for Veterans' Employment and Training Service

**US Department of Labor**

12:45 Closing Remarks from the Chair and End of Conference

**WHY YOU SHOULD ATTEND**

With thousands of warfighters returning from battle each month, the injuries they are bringing back with them are numerous. New weapons, including the ever-evolving improvised explosive devices (IEDs), are causing new injuries that are not always visible to the naked eye. As a result, post traumatic stress disorder (PTSD), suicide and traumatic brain injury (TBI) are at record levels and all of the military branches are working to prevent those injuries and heal those afflicted.

This **marcus evans 3rd Annual Military Health conference** will address some of the top concerns, including PTSD, TBI, suicide prevention and reintegration facing the military today, in order to prevent or cure warfighters of these injuries.

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Health Net\*

Health Net is honored to serve active duty, National Guard and Reserve members, retirees, and military families through its TRICARE and behavioral health contracts with the Department of Defense. Health Net's VA Programs supports the Department of Veterans Affairs in such areas as reducing health care expenditures and increasing access to services.



TriWest Healthcare Alliance provides access to high-quality health care and superior customer service for 2.7 million members of America's military family in the 21-state TRICARE West Region.



Neurotherapy for treatment of central nervous system problems is the mission of the Brain Wellness and Biofeedback Center. We are dedicated to serving our Veterans and civilians who are struggling with the aftermath of blast injury, mild/moderate traumatic brain injury (TBI) and/or PTSD by providing non-invasive, non-medication and evidence-based treatment.

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Not Alone, a national 501c3 organization, provides no cost programs, services and resources to warriors, veterans and families impacted by PTSD and combat stress. Not Alone offers a variety of counseling programs for warriors and family, both online and offline.



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BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with TBI. BrainLine includes a series of webcasts, an electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury. BrainLine is funded by the Defense and Veterans Brain Injury Center, the Primary Operational TBI Component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, through a subcontract award with the Henry M. Jackson Foundation for the Advancement of Military Medicine.



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