

**Post Traumatic Stress:  
PTS Disorder  
to  
PTS Growth**

Auburn University  
Center for Governmental Services

November 3 - 4, 2011  
Mobile, Alabama

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**Post Traumatic  
Stress Disorder  
to  
Post Traumatic  
Stress Growth**

**Faculty**

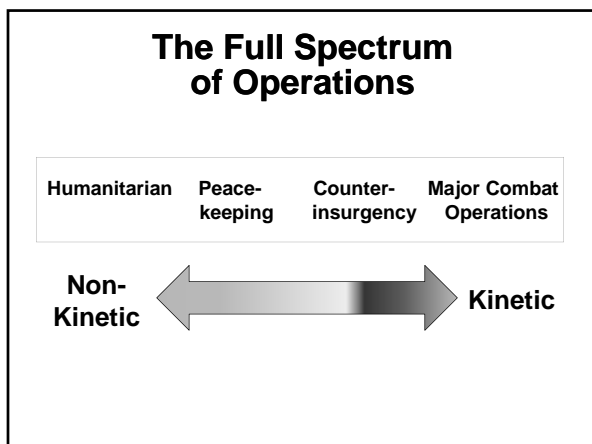
Gen. Peter Chiarelli  
Vice Chief of Staff  
United States Army

**VCSA's Thoughts**

- We, as a nation, face significant challenges ahead
- The "Signature Wounds" of war
  - Post-traumatic Stress
  - Mild Traumatic Brain Injury
- We need you to be ambassadors on behalf of our army, our soldiers, veterans and families

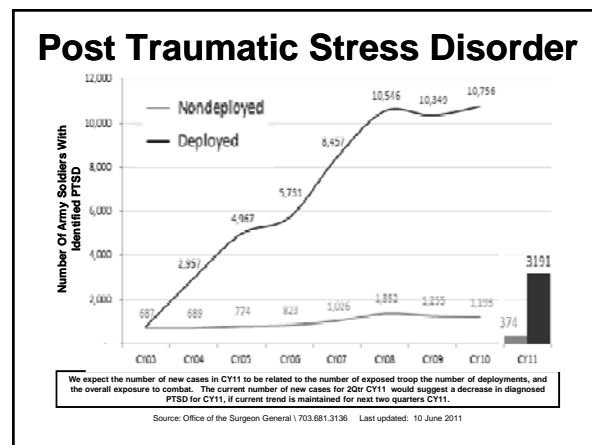
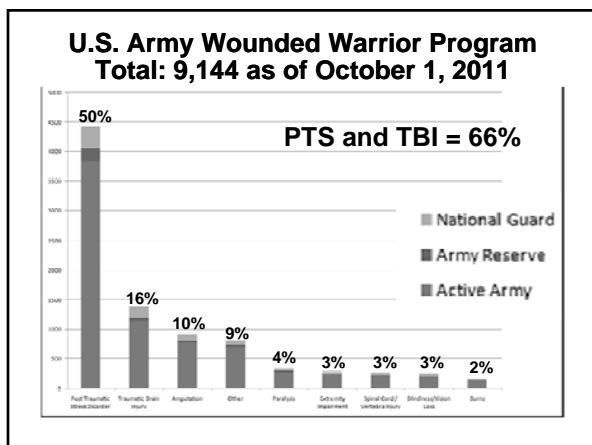
**The Nature of Warfare Today**

- What do people think of when they hear the word "War"



**“Soldiers aren’t IN the Army,  
Soldiers ARE the Army.”**

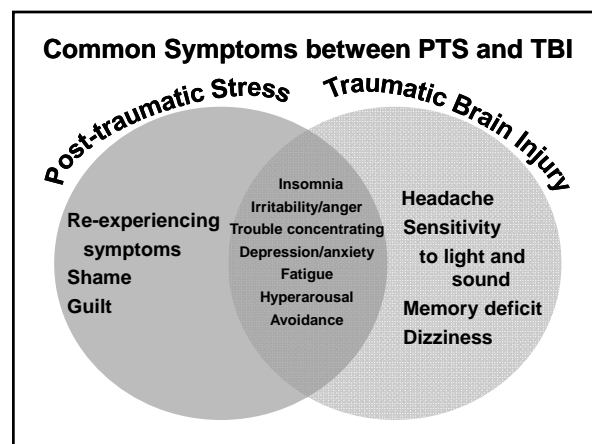
– General Creighton W. Abrams,  
Chief of Staff, U.S. Army



### DoD Policy Memorandum

- “When a mental disorder that develops on active duty as a result of a highly stressful event is severe enough to bring about release from active military service, the rating agency shall assign an evaluation of not less than 50% . . .”

– Implementing Disability-related Provisions of the NDAA 2008, Oct. 14, 2008



### **What We Are Doing**

- **Better educate, train, treat, and track our force**
  - Resiliency Training, Comprehensive Soldier Fitness (CSF)
- **Promising research/studies being conducted**
  - e.g., mTBI, biomarkers

### **What We Are Doing**

- **Highly-effective protocols implemented downrange**
- **Soldier and family assistance programs funded at the local level**
- **Addressing gaps in our surveillance, detection and response systems**

### **What We Are Doing**

- **Re-establishing policy and compliance**
  - Improved sharing of information between medical providers and commanders
  - MEDCOM-revised policy limits prescriptions to six months
    - Date of issuance

### **What We Are Doing**

- **MEDCOM policy mandates medication review for any patient receiving four or more medications**

### **National Intrepid Center of Excellence**

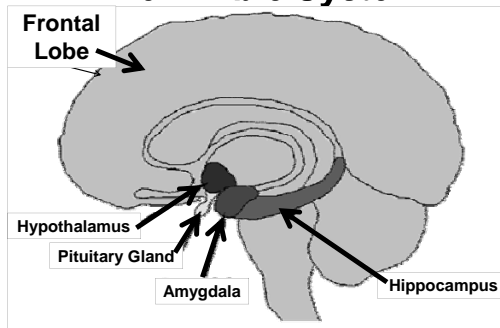
### **We Need Your Help**

- **We need you to be ambassadors – use your positions, your influence, your platforms – to help inform and empower others:**
  - Continue to study and support the study of brain science!
  - Keep doing what you're doing!

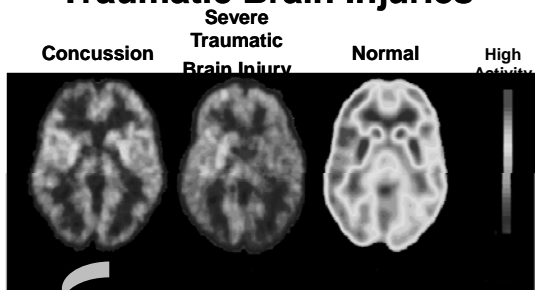
### We Need Your Help

- Continue to develop new, innovative solutions and ideas!
- Help eliminate the stigma!

### The Brain and Perceived Threat The Limbic System



### Traumatic Brain Injuries



The Brain Wants to Rest After TBI