

The interaction of traumatic brain injury (TBI) and psychological health (PH) conditions often results in a unique set of physiologic and behavioral symptoms which can impair functioning, interpersonal relationships and an individual's overall cognitive and emotional stability. Using the DoD/VA Clinical Guidelines as its foundation, the Psychiatry program at the NICoE provides evidence-based care and treatment recommendations aimed at improving the health of all service members walking through the doors. As such, the Behavioral Health program is one of the cornerstones of the NICoE's interdisciplinary care model.

Aspects of the Program

Over the course of their four-week stay at the NICoE, service members attend weekly individual sessions with a board-certified psychiatrist. Based on each service member's symptoms and needs, additional sessions may be scheduled with the goal of effectively addressing issues while incorporating co-assessment with Family Therapy, Neurology, Primary Care Management, Neuropsychology and Clinical Pharmacology.

Behavioral Health Program Assessment

In order to obtain a thorough and accurate understanding of each service member's physiologic and behavioral health-related disorders, the service member and psychiatrist will:

- Review behavioral health history
- Review medication history and explore medication regimen simplification
- Discuss substance abuse history including alcohol, caffeine, nicotine and pain medications
- Encourage mind-body practices that reduce hyperarousal symptoms

The information gathered during this initial assessment will serve as a framework for follow-up sessions. For example, session may address issues such as accurate diagnosis, the targeting of symptoms most disabling to the service member, and the development of an effective treatment plan.

Common Behavioral Health Conditions Associated with the NICoE Patient Population

- Anxiety
- Depression
- Sleep disorders
- TBI
- PTSD

Behavioral Health Program Benefits

- Increased ability to self-manage symptoms
- Increased levels of concentration and focus
- Increased ability to interact with family members and loved ones in a positive manner
- Heightened sense of life satisfaction