

8901 WISCONSIN AVENUE, BLDG 51, BETHESDA, MD 20889  
NICOE@HEALTH.MIL  
www.nicoe.capmed.mil

The National Intrepid Center of Excellence (NICoE) charts a path toward resilience for the family members of wounded service members with comorbid combat- or mission-related mild or moderate traumatic brain injury and psychological health conditions. Attention to patients' environmental life factors, including family, plays a crucial role in the NICoE's patient-centric approach to care.

### **Program Mission**

The Family Program at the NICoE is designed to conduct assessments, provide personalized education and skills training, and connect patients and families with the appropriate resources. By conducting focused assessments to meet individual families' needs, the NICoE hopes to establish a shared common language, provide positive communication skills and set shared goals for the family reflective of the treatment plan for the service member.

### **Family Therapy**

NICoE family members have the option of attending short-term, solution-focused therapies—done in individual sessions, marital sessions, group sessions and/or family sessions—are offered as appropriate. Therapy options include:

- Individual Therapy
- Couples Therapy
- Family Therapy

### **Family Education**

Family members also attend a series of educational modules designed to increase knowledge and awareness of the service members' injuries and their impact on the family unit. Educational modules include:

- Traumatic Brain Injury Overview
- Psychological Health Overview
- Relationships & Intimacy
- Self-Care
- Parenting

### **Caregiver Support Group**

The NICoE also has a Caregiver Support Group, an informal support group that provides a nurturing and safe environment for NICoE caregivers to share common experiences, collaboratively solve problems and receive support in their own journeys.

### **About the NICoE**

The NICoE is a Military Health System research institute and treatment facility located on the campus of the Walter Reed National Military Medical Center in Bethesda, MD. It serves as a resource for active-duty service members suffering from combat and mission-related traumatic brain injury and psychological health conditions. The interdisciplinary care model includes clinical evaluation, patient and family-focused intervention and individualized treatment planning, utilizing care teams representing a wide range of therapeutic disciplines.

For additional information about the NICoE, please visit the NICoE website at [www.nicoe.capmed.mil](http://www.nicoe.capmed.mil).