

Alliance Newsletter

Volume 3 Issue 8



Mission Statement: The Alliance seeks to optimize the preparedness of behavioral health providers working to enhance the resilience, recovery and reintegration of Service members, Veterans, and their Family members and communities throughout the military, post-military, and family life cycles.

Current Research

Barnes, V. A., Monto, A., Williams, J. J., & Rigg, J. L. (2016). Impact of transcendental meditation on psychotropic medication use among active duty military service members with anxiety and PTSD. *Military medicine*, 181(1), 56-63. doi: 10.7205/MILMED-D-14-00333

Researchers examined whether the regular practice of Transcendental Meditation (TM) decreased the need for psychotropic medications required for anxiety and post-traumatic stress disorder (PTSD) management and increased psychological wellbeing. The sample included 74 military Service Members with documented PTSD or anxiety disorder not otherwise specified. At one month, 83% of the TM group stabilized, decreased, or ceased medications and 11% increased medication dosage; compared with 59% of controls that showed stabilizations, decreases, or cessations; and 40% that increased medications. A similar pattern was observed after six months. There was a 20% difference between groups in severity of psychological symptoms after 6 months, that is, the control group experienced an increase in symptom severity compared with the group practicing TM. The findings provide insight into the benefits of TM as a viable adjunctive treatment modality in military treatment facilities for reducing PTSD and anxiety-related psychological symptoms and associated medication use. Please see the full article for additional information.

Veteran Entrepreneurship Resource

A big thanks to the children at The Brenham Community Center in Texas for sending the Alliance [this web resource](#) for Veterans considering business ownership. This page provides information on services available to veterans who are considering starting a business, including business training and services, business ideas, building a strong network, and supports and services available to special populations, including female and disabled veterans.



Upcoming Webinar Training

The Center for Deployment Psychology is offering a half day webinar on October 5, 2016 from 13:00-17:00 that will provide clinicians an opportunity to explore in depth the use of CBT treatment techniques for Depression with service members. Case conceptualization from a cognitive-behavioral perspective will be reviewed, with an emphasis on treatment rationale. Both behavioral activation techniques and strategies for modifying negative automatic thoughts will be discussed, in addition to strategies for modifying core beliefs. Free Continuing Education (CE) credits are available. CME credits are not provided. For specific CE questions, contact Bridget Schaub at bschaub@pesi.com. To register, [click here](#). If you have registration questions, please contact Ms. Kris Hannah at khannah@deploymentpsych.org.

Upcoming Summit

The National Summit on Military and Veteran Peer Programs: Advancing Best Practices will take place on November 2nd and 3rd, 2016 in Ann Arbor at the University of Michigan. The summit, hosted by M-SPAN (Military Support Programs and Networks), will convene university and VA researchers, leadership from peer programs across the country, military stakeholders, clinicians and service providers, military and veteran-focused non-profit agencies, and funding organizations to present best practices, foster collaboration, advance contributions to the field, and frame the direction of ongoing work. The 2-day Summit will include a diverse keynotes, expert panels, and facilitated small group discussion. A RAND Research Brief on peer programs will also be released at the summit. Task groups will be formed on the second day of the Summit to support continued discussion and integration of learning and advancement of best practices. Continuing Education Credits will be offered for a variety of disciplines. Please contact Jodi Goodman, jbachrac@umich.edu, for specific requests regarding Continuing Education. To register, [click here](#).

Conferences

[American Assoc. for Marriage and Family Therapy Annual Conference](#)

September 15-18, 2016
Indianapolis, IN

[Collaborative Family Healthcare Assoc.](#)

October 13-15, 2016
Charlotte, NC

[Council of College and Military Educators Symposium](#)

March 6-9, 2017
Atlanta, GA

[National Council for Behavioral Health](#)

April 3-5, 2017
Seattle, WA

Federal Job Opportunities

All federal jobs are posted on the USAJOBS.Gov website. Go to www.usajobs.gov & go to “Advanced Search” & under “Series Search” type in “0101”, “0180” or “0185”
NOTE: You can refine your search on the page to limit to VA, Army, Navy, Air Force etc. Tips for using the USAJOBS website can be found [here](#).

0101 Series Jobs: Covers jobs in the Social Sciences, Psychology, and Welfare Services. These jobs may or may not require licensures.

0180 Series Jobs: Covers jobs in the Psychology and Counseling Psychology. Primarily jobs for those with PhD or PsyD, LMFT, or other counseling degrees and licensures.

0185 Series Jobs: Covers jobs for Social Workers ONLY. Must have licensure (i.e. LCSW)

0602 Series: Covers jobs for Psychiatrists.

Non-Appropriated Fund (NAF) Positions

NAF employment is considered federal employment. However, the monies used to pay the salaries of NAF employees come from a different source. Civil service positions are paid for by money appropriated by Congress. NAF money, on the other hand, is self-generated by activities and services that use NAF employees. Visit the following links to apply for NAF positions.

Department of Veterans Affairs Jobs

VA Hiring Initiative: The VA is hiring behavioral health providers for positions at VA facilities across the country.

VA Jobs: The VA has created links for providers that make it easy to search for VA jobs in your profession. Please click on the links below in order to see all of the current VA job openings, as listed on the USAJOBS website, for your profession:

[Psychiatrists](#)

[Psychologists](#)

[Social Workers](#)

[Licensed Professional Counselors](#)

[Marriage and Family Therapists](#)

[Psychiatric Nurses](#)

Non-Federal Job Opportunities

The federal government also uses contractors to provide behavioral health services to Service members and others. The government contracts with private contracting companies, who will then hire the individual providers to provide the necessary services. Several contractors known to hire behavioral health providers are listed below, along with links to websites that list job opportunities for providers.

Zeiders Enterprises [Link to current job openings.](#)

SERCO - [Link to All SERCO Job Announcements](#)

Choctaw Enterprises - [Main link to all jobs](#)

SAIC Career Opportunities - [SAIC Job Openings](#)

Health Net - [Link to all job openings at Health Net](#)

Health e-Careers Network - [Main link to all jobs](#)

Magellan Health- [Main link to all jobs](#)

Do you have information for the September 2016 Newsletter?

Please send it to Dr. Angela Lamson at lamsona@ecu.edu by September 8, 2016