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New & Notable

Over the course of 2009, the War Memories Program was consistently one of the most visited programs on the site, followed by the Handling Stress and Improving Relationships programs.

Since its launch in August 2008, afterdeployment.org has had over 86,000 visits.

Welcome to afterdeployment.org's Quarterly Newsletter!

The work of many has resulted in a major refresh of afterdeployment.org!

The site's essential mission has remained the same: to offer web-based tools to assist with behavioral health issues.

Along with the site's revised 'look and feel,' there are easily accessed connections to real-time support, a geolocator to find local providers, and updated graphics with banner links to core resources such as the Real Warriors Campaign. In the coming weeks, the site will unveil a re-engineered architecture with a learning management system supporting self-assessments and eLearning-based workshops.

Some sections will refresh on a regular basis (health tips, daily quotes, and mind exercises).

And, the site now offers RSS feeds, links to afterdeployment.org's podcast series "There and Back," and Facebook and Twitter links.

Over the coming weeks (through April 2010), site content will expand to include six new topics (mild traumatic brain injury, tobacco, anxiety, military sexual trauma, stigma and resilience).

And in the coming months, the site will introduce community forums and expert blogs.

My appreciation to the many who have contributed to this milestone in afterdeployment.org's development.

Please log on!

Robert Ciulla, Ph.D.
Acting Chief
Population & Prevention Programs |P3|
National Center for Telehealth and Technology |T2|

What People are Saying

"I applaud your efforts and good work." - Provider

"I really found your website useful and plan to share with everyone I know." - Family Member

"BRAVO, fantastic job on this site!! Home RUN." - Provider

"The quality of the information and the self-administered tests are absolutely terrific! GREAT JOB!!!!" - Provider

"I have sent out your website link to everyone I know because it is so on target. Bravo!" - Former Army CPT

"Excellent information for soldiers and their families, great resource for people in the helping profession to assist soldiers and their families, very easy to access and use." - Provider

"I will promote this website to the Soldiers and families in my Battalion." - Service Member





Publications & Presentations

Zia, A., Roter, D. L., Schapira, R. M. 2009. An Evaluation of Patient-Physician Communication Style during Telemedicine Consultations. J Med Internet Res 2009; 11(3):e36.

Reger, G. M., Gahm, G. A., Rizzo, A. A., Swanson, R., & Duma, S. (2009) Soldier evaluation of the virtual reality Iraq. Telemicine and eHealth. 15 (1): 101-104

Reger, M. A., Gahm, G. A., Swanson, R. D., & Duma, S. J. (2009). Association between number of deployments to Iraq and mental health screening outcomes in U.S. Army soldiers. Journal of Clinical Psychiatry. 70 (9), 1266-1272

Contact Us

Send feedback or questions to: afterdeployment@universal-inc.net.

Disclaimer

"The views expressed in this newsletter are not necessarily those of the Department of Defense or the Defense Centers of Excellence. The appearance of external hyperlinks does not constitute endorsement of the linked websites by DOD, DCoE or afterdeployment.org"

Mobile Technologies: A 'Smart' Connection to Psychological Health and TBI Care

Robert Ciulla, Ph.D. National Center for Telehealth and Technology

The National Center for Telehealth and Technology's (T2) Dr. Greg Reger and Dr. Robert Ciulla presented a webinar on 25 February titled "Mobile Technologies: A 'Smart' Connection to Psychological Health and TBI Care." The applications, in the early concept phase of development, are designed to support a resilient force and improve access to resources. T2 envisions that many of these tools will eventually comprise a 'virtual handheld clinic.'



Here are some of the ways that content is being versioned to support the hi-tempo lifestyle typical of the military community.

Along with storing music, mp3 recordings such as afterdeployment.org's 'There & Back' series allow listeners to hear directly from those who have experienced adjustment challenges following a deployment.

Smartphone's hold considerable promise for delivering behavior-change tools 'on-the-go,' such as the tactical breathing exercise application in development at T2.



And, soon, users will be able to access afterdeployment.org on their mobile devices.



The virtual handheld clinic will offer a range of portable 'hip-pocket' tools. Users will be able to schedule an appointment or receive an appointment reminder, take an assessment and forward it to a provider, practice a relaxation exercise when the need is most pressing, and link to support systems in real time.



afterdeployment.org Wellness resources for the military community.

Social Networking

"Become resilient, obtain greater life satisfaction, and reduce the risk of health problems" – just a few of the benefits gleaned from social support and social networking (Scientific American Mind, September 2009).

The afterdeployment project team has accounts on both Facebook and Twitter. On Facebook, you can become a "fan" and receive afterdeployment.org information and updates. And you can receive health tips and other information by following afterdeployment.org on Twitter.

