

The Role of Embedded Psychological Health in Healthspan

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Disclosures

I have no financial disclosures to report.

AGENDA

Evolution of Embedded Practice

Embedded Practice as a Continuum

Principles

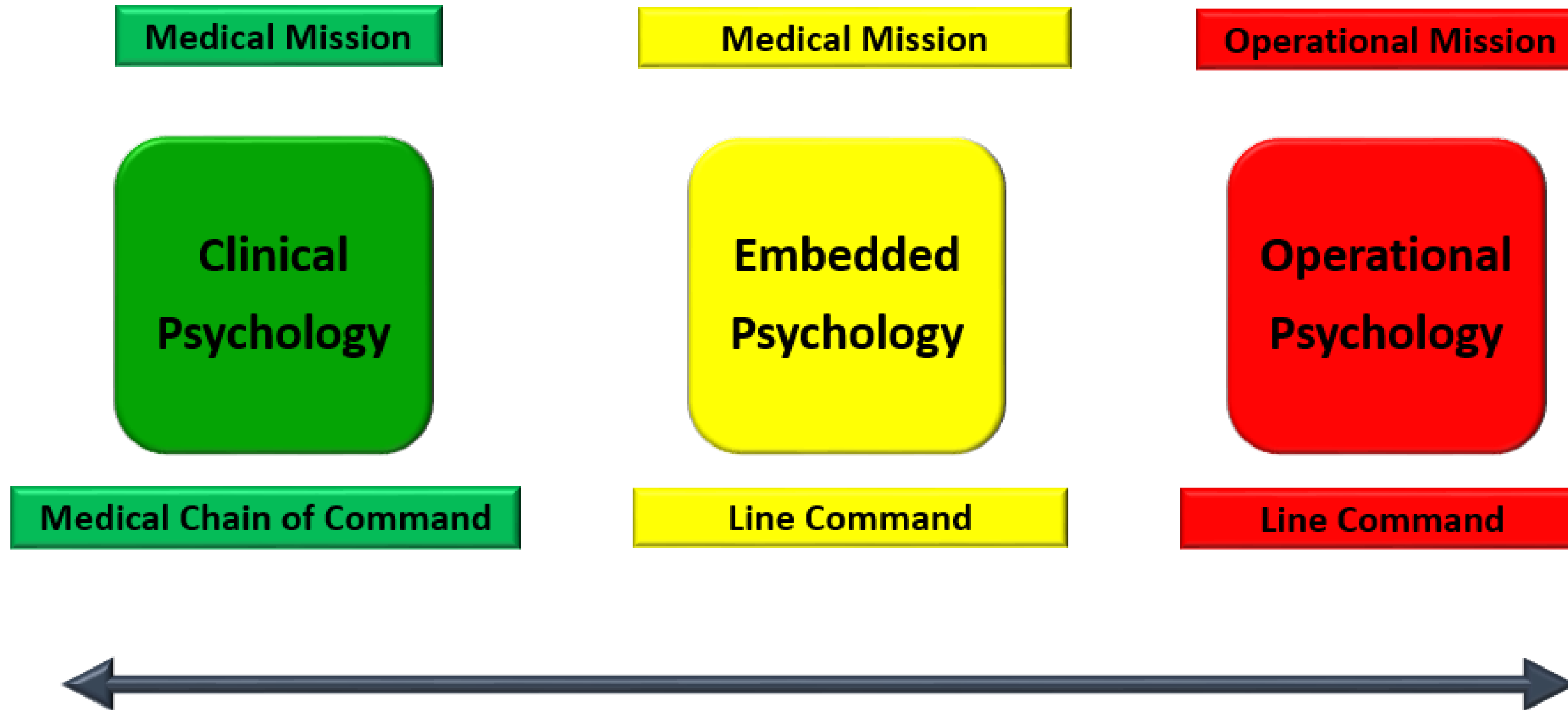
Roles of the Embedded Provider

Ingredients for Success

Maintaining the Momentum using Best Practices

Evolution of Embedded Practice

Continuum of Practice



Principles of Practice

- Proximity
- Immediacy
- Expectancy
- Simplicity

Roles

- Leader
- Clinician
- Consultant
- Educator
- Teammate

Policies Impacting Practice



DoD INSTRUCTION 6490.08

COMMAND NOTIFICATION REQUIREMENTS TO DISPEL STIGMAS IN PROVIDING MENTAL HEALTH CARE TO SERVICE MEMBERS

Originating Component: Office of the Under Secretary of Defense for Personnel and Readiness

Effective: September 6, 2023

Releasability: Cleared for public release. Available on the Directives Division Website at <https://www.esd.whs.mil/DD/>.

Reissues and Cancels: DoD Instruction 6490.08, "Command Notification Requirements to Dispel Stigma in Providing Mental Health Care to Service Members," August 17, 2011

Approved by: Gilbert R. Cisneros, Jr, Under Secretary of Defense for Personnel and Readiness

Purpose: In accordance with the authority in DoD Directive 5124.02 and pursuant to Section 704 of Public Law 117-263, this issuance:

- Establishes policy, assigns responsibilities, and prescribes procedures for health care providers for determining command notification requirements as applied to:
 - Service members' involvement in mental health care, overriding command disclosure provisions usually followed for non-mental health care pursuant to DoD Manual 6025.18 and Parts 160 and 164 of Title 45, Code of Federal Regulations.
 - Service members who voluntarily seek substance misuse education services, evaluation, or treatment in accordance with DoD Instruction (DoDI) 1010.04.
- Promotes reducing stigma in obtaining mental health care services by balancing patient confidentiality with a commander's need to know certain information for military operational and risk management decisions, ensuring, except in a case in which there is an exigent circumstance, the confidentiality of mental health care services provided to members who voluntarily seek such services.



Department of Defense INSTRUCTION

NUMBER 6490.04

March 4, 2013

Incorporating Change 1, Effective April 22, 2020

USD(P&R)

SUBJECT: Mental Health Evaluations of Members of the Military Services

References: See Enclosure 1

1. **PURPOSE.** In accordance with the authority in DoD Directive 5124.02 (Reference (a)), this instruction:

a. Reissues DoD Instruction 6490.4 (Reference (b)), establishing policy, assigning responsibilities, and prescribing procedures for the referral, evaluation, treatment, and medical and command management of Service members who may require assessment for mental health issues, psychiatric hospitalization, and risk of imminent or potential danger to self or others.

b. Incorporates and cancels DoD Directive 6490.1 (Reference (c)).

c. Implements section 1090a of Title 10, United States Code (Reference (d)) and section 711(b) of Public Law 112-81, the National Defense Authorization Act for Fiscal Year 2012 (Reference (e)).

2. **APPLICABILITY.** This instruction:

a. Applies to the OSD, the Military Departments (including the Coast Guard at all times, including when it is a Service in the Department of Homeland Security by agreement with that Department), the Office of the Chairman of the Joint Chiefs of Staff and the Joint Staff, the Combatant Commands, the Office of the Inspector General of the Department of Defense, the Defense Agencies, the DoD Field Activities, and all other organizational entities within the DoD.

b. Does **not** apply to:

(1) Voluntary self-referrals.

(2) Required periodic pre- and post-deployment mental health assessments for Service members deployed in connection with a contingency operation in accordance with DoD Instruction 6490.03 (Reference (f)).

USN Efforts



MENTAL HEALTH PLAYBOOK

Released by OPNAV N17
Version 1.1 | (Updated with Brandon Act NAVADMIN 166/23)



FORGED BY THE SEA
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CULTURE OF EXCELLENCE 2.0

WARRIOR TOUGHNESS
BUILDING OUR WARFIGHTERS & TEAMS
READY TO FIGHT & WIN

MARCH 2024



Warrior Toughness is designed to help every Sailor in the Navy team take a hit and keep fighting, to optimize their performance, to perform under pressure, and to recover and excel whether in combat or in life.

The Warrior Mindset separates good commands from great commands. While good commands implement some aspects of the Warrior Mindset, great commands embrace all four phases and leverage the cyclical approach to optimize performance. Good commands are able to meet the standard while great commands exceed the standard.

All Sailors: Use the Warrior mindset as a framework for applying the skills on the back of the placemat.

Leaders: Embody the skills; prioritize implementation; integrate into existing evolutions.

Teams: Incorporate these skills into their daily routine.



Warrior Toughness and Expanded Operational Stress Control (E-OSC) have been two complimentary efforts. In response to fleet demand, they are being combined into a single approach under the Warrior Toughness label.

This Warrior Toughness placemat is the first step in this journey. Over the next year, commands are encouraged to use the Warrior Toughness placemat as part of COE 2.0, and send their Sailors to either Advanced Warrior Toughness Training (AWTT) or E-OSC training. Either will prove beneficial to any command.

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CULTURE OF EXCELLENCE 2.0



BUILDING OUR WARFIGHTERS & TEAMS
READY TO FIGHT & WIN



MARCH 2024
PLAYBOOK

Cultural Competence = Success

Ingredients for Success

- Access
- Prevention
- Early Identification
- Stigma Reduction
- Cultural Competence

Best Practices of Embedded Model to Influence Healthspan

- Ask: Don't assume you know
- Continuous relationships building
- Credibility
- Simplicity: Limit administrative burdens
- Predictability and control
- Time constraints (training, deployments, and PCS)
- Humanity

Do your practices demonstrate that you want to help?

Questions?