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**Center for the Study  
of Traumatic Stress**

**2018**

**CSTS**



# CSTS

The Center for the Study of Traumatic Stress (CSTS) is part of the Department of Psychiatry in the F. Edward Hébert School of Medicine (America's Medical School) of the Uniformed Services University (USU). The Center supports USU, the Military Health System (MHS), and the Department of Defense (DoD).

Since it was established in 1987, the Center has been working to mitigate the impact of trauma from exposure to war, disasters, terrorism, community violence, public health threats and humanitarian operations throughout the nation and across the globe.

The Center's work encompasses both military and civilian populations, but it focuses on health issues of special interest to the military, including combat, post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), suicide and suicide-related behavior, and the impact of death and loss on the families of Service members.

CSTS is comprised of a multi-disciplinary and collaborative team of scientists, educators, clinicians and leaders who help inform our nation's policies and responses to the impacts of exposure to trauma from disasters, both human-made and natural. The Center is well-positioned to rapidly respond to DoD mission-relevant activities. CSTS sustains national readiness, enhances national security, and serves an essential role for the DoD and the nation.



The Center consists of more than 100 people. In 2018, CSTS directed a total of \$64 million in funding through a core grant and 12 external grants.

For more information, visit the CSTS website at: [www.CSTSONline.org](http://www.CSTSONline.org)

# CSTS Mission

The Center provides leadership, education, training, research, scholarship, service, outreach, consultation, and global health engagement. CSTS informs and educates community, regional, state, national and global stakeholders in government, industry, healthcare, public health, and academia. The Center's work includes innovative and ground-breaking research that ranges from the micro level in laboratories to the macro level in communities, the nation and all across the world. CSTS helps to foster community and national resilience, and improve trauma-related care by preparing treatment providers to address the impact of trauma.

The work of the Center also:

- Uniquely combines and integrates military and disaster psychiatry
- Moves science from the gene, to the cell, to the organism, to the person, to the community
- Applies state-of-the-art approaches to neuroscience and precision medicine
- Moves from knowledge to action
- Helps ensure that behavioral health is addressed in the face of public health threats, disaster planning and disaster recovery



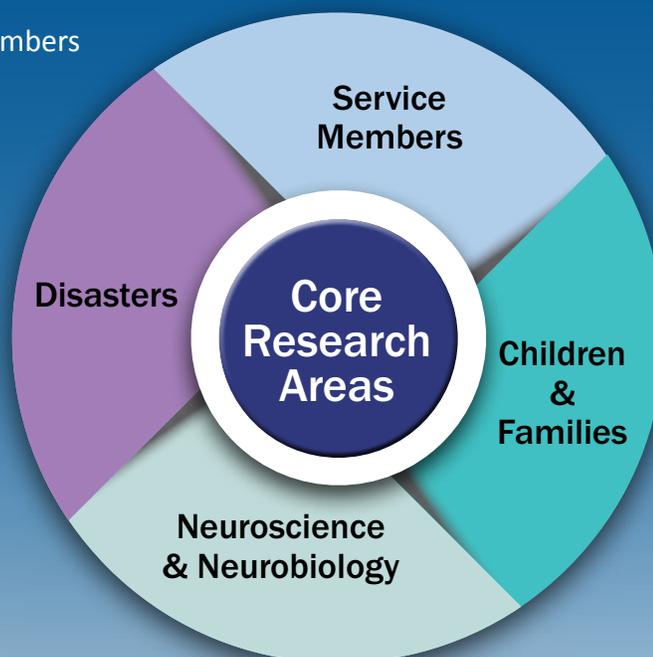
# Research

CSTS research encompasses a broad spectrum both in the laboratory and in the field. All the Center research is designed to support the Military Health System (MHS) in its efforts to provide a medically-ready force to Combatant Commands in both peacetime and wartime, and to deliver integrated, affordable, and high quality health services.

The four core areas of CSTS research are:

- Research on Service members
- Research on the children and family members of Service members
- Research in neuroscience and neurobiology
- Research on disasters and terrorism

Examples of specific research topics include the causes of suicide in Service members, psychological responses to trauma and disasters, and clinical investigations of the symptomatology and treatment of PTSD.



## Research Highlights in 2018

- The Army STARRS and STARRS-LS research is designed to elucidate potential targets for interventions in Soldiers at risk for suicide, and is the largest research project of suicide and mental health ever conducted in the military.
- The Daily Diary Study, with its ecological momentary assessment approach, will contribute to a better understanding of the time course of symptoms in PTSD patients and may identify symptoms for targeted treatment that have the greatest impact on patients' daily lives.
- Clinical trials in medication and psychotherapy for PTSD offer the potential for improved treatments to contribute to a more ready force and better quality care.
- The Center's Child and Family Program (CFP) advances scientific and clinical knowledge, and provides educational resources addressing the needs of children and families affected by trauma, with particular focus on our nation's military families that are affected by combat-related illness and injury, bereavement, child maltreatment and family violence.

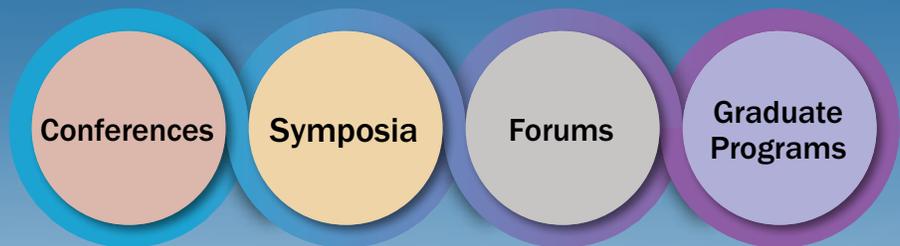
# Education and Training

The Center provides educational resources to interagency partners (including DoD and other federal partners) as well as state and local agencies, professional associations, and others.

Center Scientists educate and train USU medical students committed to service in our nation's Army, Air Force, Navy and Public Health Service. The Center provides education to interagency and private sectors leaders and other personnel.

The Center advances the field of military and disaster psychiatry through publications, presentations, outreach and training. CSTS sponsors and participates in conferences, seminars, symposia, workshops and collaborations with educational and training objectives across the U.S. and internationally. The Center also educates and expands knowledge through public health efforts and interventions during and after disasters.

CSTS disseminates educational materials to stakeholders including healthcare providers, community leaders, families, first responders, teaching professionals and policy makers. The Center creates and disseminates customized, easy-to-read, just-in-time educational fact sheets to assist stakeholders in effectively managing the adverse effects of traumatic stress through enhanced preparation and response to disaster events.



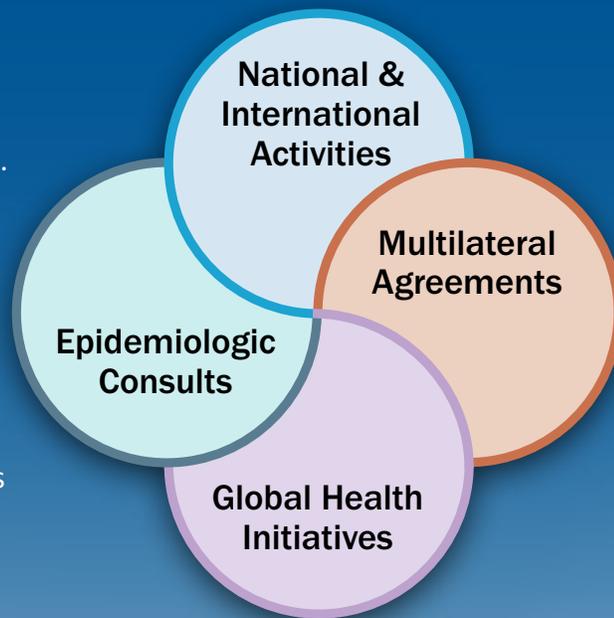
## Education and Training Highlights in 2018

- Conducted the “13th Annual Amygdala, Stress and PTSD Conference: The Sequela of Trauma” on the biological basis of stress, fear and PTSD.
- Developed a continuing medical education (CME) module on “Climate Change and Disaster Mental Health” for the American Psychiatric Association (APA).
- Served on SAMHSA’s “Disaster Behavioral Health Expert Panel” meeting with 18 national interagency and private sector experts.
- Directed a 5-day course on Disaster Mental Health in Mauritius for the Defense Institute for Medical Operations (DIMO).
- Sponsored a 2-day NATO meeting on “Big Data and Machine Learning” with experts from Canada, The Netherlands, Australia, and the U.S.
- Co-sponsored the “Forum on Health and National Security: Ethical Use of Big Data for Healthy Communities and a Strong Nation” with experts from DoD, VA, National Science Foundation and several universities.
- Developed resources for the “5 Steps to Save a Life” public health campaign to coincide with National Suicide Prevention Awareness month.

# Consultation

The Center develops partnerships with, and provides consultation to, many agencies and organizations throughout the DoD and other Federal agencies, as well as with state, local and national agencies, professional associations, and international organizations.

Since its inception, establishing and maintaining consultative relationships have been a cornerstone of CSTS's work, including a wide variety of partner organizations both inside and outside government, and internationally. These collaborations build bridges that provide opportunities to contribute Center resources and expertise in the service of others and to monitor real-time needs of partners and stakeholders.



## Consultation Highlights in 2018

- Participated in the DHHS-sponsored “National Summit on Bioincident Recovery: What the Country’s Thought Leaders See as the Top Priorities for Developing Guidance to Help Affected Communities Recover.”
- Participated in the National Academies of Sciences, Engineering and Medicine Committee on Military Family Well-Being.
- Provided consultation to senior staff from DHHS and SAMHSA on conducting a survey of mental and addictive disorders to address major policy issues.
- Participated in a NATO Research Task Group Meeting in Amsterdam, Netherlands on the latest treatment technologies for military-relevant mental health conditions.
- Gave the keynote presentation on “Essential Issues on Terrorism” at the NATO Advanced Research Workshop meeting to develop evidence-based guidelines for treating terrorism-induced stress in Odessa, Ukraine.
- Participated in the International Ministerial (5-Eyes) Centres of Excellence Conference on Veterans’ Issues in Sydney, Australia.

# Knowledge Dissemination

CSTS disseminates knowledge through a variety of means including:

- Publishing research findings in peer-reviewed scientific journals
- Publishing books, volumes, and newsletters
- Making presentations at scientific meetings and conferences, and other events
- Giving briefings and interviews
- Developing and disseminating fact sheets
- Conducting educational campaigns
- Posting information and other resources on the CSTS website

Health Education Campaigns

Publications

Online Presence

Newsletters

Disaster Education Fact Sheets



## Knowledge Dissemination Highlights in 2018

- 55 publications.
- 42 presentations at scientific or professional meetings, conferences and symposia.
- Disseminated fact sheets in real time following major disasters and traumatic events.



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