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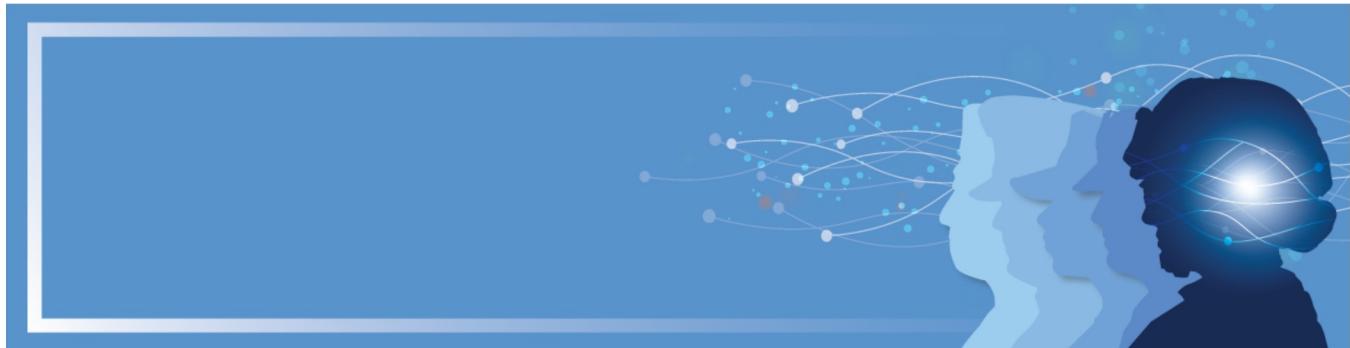
Improving Health and Building Readiness. Anytime, Anywhere — Always.

The official website of the Military Health System and Defense Health Agency.

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## Psychological Health Center of Excellence



The Psychological Health Center of Excellence is one of the Centers of Excellence within the Research and Engineering Directorate of the Defense Health Agency. PHCoE collaborates across the Department of Defense and with the Department of Veterans Affairs and other agencies to provide leadership and expertise to inform policy and drive improvements in psychological health outcomes.

**CONFIDENTIAL  
MILITARY  
CRISIS SUPPORT**

[[https://www.veteranscrisisline.net/get-](https://www.veteranscrisisline.net/get-help-now/military-crisis-line/)

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**988 SUICIDE & CRISIS  
LIFELINE**

[<tel:988>]

If you have an emergency or are in crisis, please contact the [Military Crisis Line](https://www.veteranscrisisline.net/ActiveDuty.aspx) [<https://www.veteranscrisisline.net/ActiveDuty.aspx>] or the [Suicide & Crisis Lifeline](https://988lifeline.org/) [<https://988lifeline.org/>] by dialing **988** [<tel:988>].

**REAL WARRIORSTAR REAL BATTLES  
REAL STRENGTH**

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## PHCoE Mission

Improve the lives of our nation's service members, veterans, and their families by advancing excellence in military psychological health care research.

## PHCoE Vision

Be the trusted source and partner to facilitate evidence-based research and clinical practices across the continuum of care to enhance the psychological health of the military community.

## PHCoE Purpose

- Enhance the readiness of the military community by providing psychological health research consultation and expertise to leaders, providers, service members, and their families
- Serve as the primary Defense Health Agency hub supporting, guiding, and managing empirical research to improve the quality, effectiveness, and efficiency of psychological health care and prevention of psychological health disorders in the military community
- Provide research to support the increase of access, reduction of barriers, and optimal use of psychological health resources across the Military Health System
- Create and manage empirically-based information and products to support optimal psychological health and readiness across the enterprise

## History of PHCoE

First established in 1995 as the Gulf War Health Center at Walter Reed Army Medical Center, its mission was to care for Gulf War veterans with war-related physical and mental health challenges. In 1999 it became the Deployment Health Clinical Center – one of three DOD centers of excellence for deployment health. (The others being the Armed Forces Health Surveillance Center and the Naval Health Research Center.) The center was responsible for coordinating the evaluation of veterans seeking care for post-deployment health concerns.

In 2008, the National Defense Authorization Act provided a congressional mandate for the creation of centers of excellence for posttraumatic stress disorder and traumatic brain injury within the DOD. As a result, DHCC became a center under the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. The NDAA charged the center with implementing plans and strategies for the prevention, diagnosis, mitigation, treatment, and

rehabilitation of PTSD and other mental health conditions.

In 2016, DCoE and its centers, including DHCC, transitioned to DHA and in 2017 DHA completed the consolidation of DCoE and its centers and retired the DCoE brand. DHCC officially changed its name to the Psychological Health Center of Excellence to better align with its current mission.

## PHCoE Brochures

Download these brochures to learn how PHCoE projects, resources, and services can help health care providers and service members:

- Providers: How PHCoE Can Help You [\[/Reference-Center/Publications/2021/05/06/PHCoE\\_About-  
Providers\\_5521\\_508\]](/Reference-Center/Publications/2021/05/06/PHCoE_About-Providers_5521_508)
- Service Members: How PHCoE Can Help You [\[/Reference-Center/Publications/2021/05/06/PHCoE\\_About-  
service-members\\_5521\\_508\]](/Reference-Center/Publications/2021/05/06/PHCoE_About-service-members_5521_508)
- Psychological Health Analytics [\[/Reference-Center/Publications/2021/05/06/PHCoE\\_PA-  
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- Evidence-Based Practice [\[/Reference-Center/Publications/2021/05/06/PHCoE\\_EBP-Brochure\\_5521\\_508\]](/Reference-Center/Publications/2021/05/06/PHCoE_EBP-Brochure_5521_508)
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- Evidence Synthesis and Research Gaps Analysis [\[/Reference-Center/Publications/2021/05  
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## ARTICLE

Dec 4, 2023

### [Department of Defense Works to Dispel Stigma of Seeking Mental Health Care \[/News/Dvids-Articles/2023/12/04/news458878\]](#)



A new Department of Defense policy recognizes the private nature of mental health care and is part of a larger DOD effort to reduce the stigma that is often associated with seeking help for mental health.

## Recommended Content

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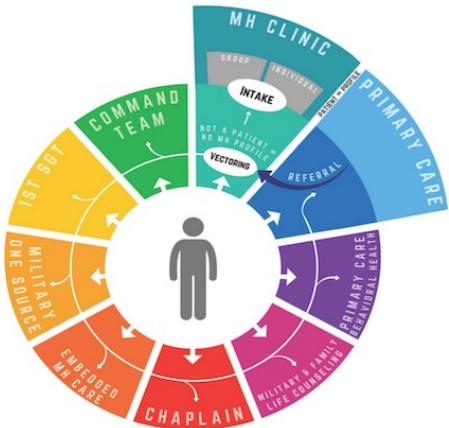
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## ARTICLE AROUND MHS

Nov 20, 2023

### [Empowering Service Members Advancing Mental Health Access and Targeted Care](#) [<https://www.dvidshub.net/news/457774/empowering-service-members-advancing-mental-health-access-and-targeted-care>]



Taking the initiative to seek help for emotional difficulties is a courageous and responsible step for a service member. Wilford Hall Ambulatory Surgical Center's Mental Health Clinic is dedicated to ensuring that all service members receive effective care in a timely manner.

## Recommended Content

[MHS Mental Health Hub](#) [/Military-Health-Topics/Mental-Health] || [Central](#) [/About-MHS/Defense-Health-Networks/DHN-Central] || [Psychological Health Center of Excellence](#) [/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence]

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## ARTICLE

Nov 17, 2023

### [Postvention Promotes Healing in Aftermath of Death by Suicide](#) [/News/Dvds-Articles/2023/11/17/news457953]



From our experts: Resources and advice for those left behind after a death by suicide



## Recommended Content

[Psychological Health Center of Excellence](#) || [Suicide Prevention](#) || [Mental Health Toolkit](#)

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### ARTICLE

Nov 2, 2023

## [Defense Health Agency Works to Prevent Health Worker Burnout, Build Supportive Community](#)



The Defense Health Agency hosted a virtual panel, “Taking Care of Each Other: Building a Stronger DHA Community,” to address employee health and wellness and the importance of community across the DHA on Sept. 28, 2023.

## Recommended Content

Provider Self-care [[/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/PHCoE-Clinician-Resources/Understanding-Burnout](#)] || Psychological Health Center of Excellence [[/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence](#)] || MHS Mental Health Hub [[/Military-Health-Topics/Mental-Health](#)]

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### ARTICLE AROUND MHS

Oct 17, 2023

**Military Life is Stressful; Depression Screening Can Bring Help** [[https://www.army.mil/article/270500/military\\_life\\_is\\_stressful\\_depression\\_screening\\_brings\\_help](https://www.army.mil/article/270500/military_life_is_stressful_depression_screening_brings_help)]



Military members and their families experience unique stressors associated with military life. This stress may influence psychological and social well-being and contribute to behavioral health symptoms, which can include depression. During the annual Periodic Health Assessment, service members are screened for depression as well as deployment-related ...

## Recommended Content

988: The Suicide & Crisis Lifeline [[/News/In-the-Spotlight/988](#)] || Psychological Health Center of Excellence [[/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence](#)] || MHS Mental Health Hub [[/Military-Health-Topics/Mental-Health](#)]

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### PUBLICATION

Sep 29, 2023

**TBICoE Research Review: Mild TBI and PTSD** [[/Reference-Center/Publications/2023/09/29/TBICoE-Research-Review-Mild-TBI-and-PTSD](#)]

.PDF | 435.28 KB

This research review provides an in-depth summary of the available clinical research on the topic of co-morbid mild traumatic brain injury and posttraumatic stress disorder. Specifically, this review will address symptoms, anatomy, diagnosis, and treatment of mild TBI, PTSD, and the unique circumstances associated with the presentation of both.

## Recommended Content

[Traumatic Brain Injury Center of Excellence \[/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence\]](#) || [TBI Resources for Medical Providers \[/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence/Provider-Resources\]](#) || [TBICoE Research \[/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence/Research\]](#) || [Psychological Health Center of Excellence \[/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence\]](#) || [Posttraumatic Stress Disorder \[/Military-Health-Topics/Mental-Health/Mental-Health-Topics/Post-Traumatic-Stress-Disorder\]](#)

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## PUBLICATION

Sep 29, 2023

### [Mild TBI and PTSD Clinical Pearls \[/Reference-Center/Publications/2023/09/29/Mild-TBI-and-PTSD-Clinical-Pearls\]](#)

.PDF | 924.82 KB

TBICoE's "Mild Traumatic Brain Injury and Posttraumatic Stress Disorder Clinical Pearls," is a new supplemental product to the detailed research review. This resource is designed to be brief and provide key actionable "clinical pearls" that should be considered in the treatment of service members with comorbid mild TBI and PTSD.

## Recommended Content

[Traumatic Brain Injury Center of Excellence \[/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence\]](#) || [TBICoE Research \[/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence/Research\]](#) || [TBI Resources for Medical Providers \[/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence/Provider-Resources\]](#) || [Psychological Health Center of Excellence \[/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence\]](#) || [Posttraumatic Stress Disorder \[/Military-Health-Topics/Mental-Health/Mental-Health-Topics/Post-Traumatic-Stress-Disorder\]](#)

[/Post-Traumatic-Stress-Disorder\]](#)

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#### CALENDAR EVENT

Sep 20, 2023

### **"Partners in Care: A Conversation with Military Chaplains and Behavioral Health Providers"** [\[ \]](#)

#RealWarriors are encouraged to seek help for mental health concerns and chaplains are here to listen. Join us on Facebook Live to learn about their vital role and partnership with behavioral health providers. This event is co-hosted by the Psychological Health Center of Excellence and the Defense Suicide Prevention Office.

#### Recommended Content

[Real Warriors Campaign](#) [\[/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign\]](#) || [Psychological Health Center of Excellence](#) [\[/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence\]](#)

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#### VIDEO

Aug 23, 2023

### **Who can I talk to? - Some Tips for Mental Health Care** [\[/News/Gallery/Dvids-Videos/2023/08/23/video894593\]](#)



Dr. Joshua Morganstein gives some ideas on who you can talk to if you are having a difficult time. Some people you might want to talk to are a peer, a trusted supervisor, someone who has gone through what you've been through, someone who you trust to keep your confidentiality, a faith leader, a mentor, your primary care provider, or a mental ...

#### Recommended Content

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## VIDEO

Aug 23, 2023

### **Will Mental Health Services Affect My Security Clearance? [/News/Gallery/Dvids-Videos/2023/08/23/video893754]**



Dr. Joshua Morganstein addresses a very common question: Will seeking mental or behavioral health services affect my security clearance? The short answer is: No. A study from 2012 - 2018 looked at 2.3 million security clearances. Of those 2.3 million clearances, almost 47,000 people reported psychological health issues. Of those 47,000 people, ...

## Recommended Content

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|| MHS Mental Health Hub [/Military-Health-Topics/Mental-Health]

## VIDEO

Aug 23, 2023

### **Top Signs You Might Need Some Help [/News/Gallery/Dvids-Videos/2023/08]**

/23/video894595]



We all have difficulties. Dr. Joshua Morganstein gives us his top signals that let us know we might need some help. - not sleeping well - trouble at work - continuing conflicts with people - increased substance use (alcohol, tobacco, medication) - thinking about hurting yourself or other people This video is part of a series addressing ...

## Recommended Content

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|| [MHS Mental Health Hub \[/Military-Health-Topics/Mental-Health\]](#)

## VIDEO

Aug 23, 2023

[3 Tips for Coming Home from Deployment \[/News/Gallery/Dvids-Videos/2023/08/23/video893758\]](#)



Coming home from deployment can be challenging. We might feel a sense of loss of meaning or that other people don't understand the experiences we had. Dr. Morganstein gives 3 easy tips for adjusting to life back at home. 1. Give yourself time and space. 2. Talk to your loved ones about what's going on. 3. Give your loved ones time and space ...

## Recommended Content

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## VIDEO

Aug 23, 2023

**How to Have Difficult Conversations (when Rank is concerned) [/News/Gallery/Dvids-Videos/2023/08/23/video894599]**



Dr. Joshua Morganstein gives us some of his tips on how to have difficult conversations with someone who we outrank. This video is part of a series addressing mental health concerns in the military. Learn more at [www.health.mil/mentalhealth](http://www.health.mil/mentalhealth)

## Recommended Content

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## VIDEO

Aug 22, 2023

**3 Easy Tips for Hard Conversations - Part 3 [/News/Gallery/Dvids-Videos/2023/08]**

/22/video893762]



Part 3 - Follow Up Is a friend having a tough time? Do you want to talk to them and don't know how? Dr. Joshua Morganstein gives 3 tips on how to talk to a friend or colleague who you think might be having a hard time. 1. Set the stage for a conversation 2. Find the words 3. Follow-up This is the third video in a series that gives advice on ...

## Recommended Content

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## VIDEO

Aug 22, 2023

[3 Easy Tips for Hard Conversations - Part 2 \[/News/Gallery/Dvds-Videos/2023/08/22/video893763\]](#)



Part 2 - Find the Words Is a friend having a tough time? Do you want to talk to them and don't know how? Dr. Joshua Morganstein gives 3 tips on how to talk to a friend or colleague who you think might be having a hard time. 1. Set the stage for a conversation 2. Find the words 3. Follow-up This is the second video in a series that gives ...

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Last Updated: July 18, 2023

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