

# ARMY MEDICAL CORPS



## ARMY PSYCHIATRY TODAY FOUR REASONS TALENTED PSYCHIATRISTS ARE CHOOSING ARMY CAREERS

As a group, private sector psychiatrists are well paid, seldom sued and highly respected. They have the professionally and personally rewarding job of helping people overcome debilitating conditions and build healthier, happier lives. And, generally, psychiatrists work in pretty comfortable surroundings.

So, why leave the private sector to become a member of the U.S. Army Health Care Team?

In addition to a \$272,000 signing bonus, here are four great reasons you might not have thought about:

### THE CHALLENGES

Psychiatrists in the Army may work with Soldiers suffering from extreme stress, insomnia, depression, relationship dysfunction, post traumatic stress disorder or the effects of traumatic brain injury. From a purely professional point of view, Army psychiatrists have opportunities to treat many more clinically interesting, highly challenging conditions than many of their peers in the private sector are ever likely to encounter. And, to improve the delivery and continuity of care, Army Health Care provides several innovative programs, including:

**Combat and Operational Stress Control (COSC)** : Forward-placed mental health professionals help Soldiers deal with traumatic events and acquire coping techniques without leaving the combat theater.

**inTransition:** This recently launched program helps ensure continuity of care for Soldiers who are transitioning to a new duty station, status, or from military to the private sector. Through this program, mental health clinicians

with extensive military and VA knowledge provide Soldiers with support, education, specialized coaching and information regarding behavioral health services.

### THE RESEARCH

As one of the largest health care organizations in the world, the U.S. Army Health Care Team operates at the leading edge in virtually every field, employs the latest technologies and conducts groundbreaking research. At Army facilities, like Walter Reed Army Institute of Research—Psychiatry & Neuroscience, some of the finest minds in medicine are currently conducting key research in sleep loss, brain trauma, operational stress and mental/behavioral problems.

Other exciting Army-sponsored research includes a four-year study designed to determine the effectiveness of treating service members suffering from Post-Traumatic Stress Disorder (PTSD) with Virtual Reality Exposure Therapy (VRET). VRET uses interactive, computer-generated environments to expose patients to past

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traumatic event settings in order to help Soldiers reduce associated anxiety and post-traumatic stress.

**ARMY PSYCHIATRISTS SEE MORE CASE DIVERSITY THAN MANY OF THEIR PEERS IN THE PRIVATE SECTOR.**

There are many programs and tools recently developed that help behavioral health professionals assess and treat Soldiers—and help Soldiers find the help they need:

- **Comprehensive Behavioral Health System of Care Campaign Plan (CBHSOC-CP):** New in 2010, CBHSOC-CP provides a coordinated and, wherever possible, integrated behavioral health service delivery system that links pre-deployment, deployment and redeployment for Soldiers and families
- **Virtual Behavioral Health Pilot (VBHP):** uses videoconferencing to screen and assess Soldiers following their return from theater; the object is to provide uniform contact with all redeploying Soldiers, identify care requirements early and change Soldiers' views of behavioral health care
- **TRICARE Assistance Program:** offers online assessments via websites, short-term counseling, and if needed, referral to more intense treatment
- **Tele-behavioral Health:** Videoconferencing sessions between behavioral health specialists and Soldiers bring a healing presence to remote areas where access to consultation and treatment would be otherwise impossible.
- **Telehealth Mood Tracker:** a self-monitoring app developed for iPhone and Android, Telehealth Mood Tracker helps Soldiers keep a record of their psychological health

## THE REWARDS

Of course, there are excellent business and financial reasons to add your talents to the U.S. Army Health Care Team. Our psychiatrists enter a ready-made practice without having to worry about insurance forms, malpractice insurance, or the overhead of supporting an office and a staff. The Army also provides generous education loan-repayment programs, residency programs and continuing education opportunities.

Incentive and certification pay, a non-contributory retirement plan (with 20 years of service), and a flexible savings/investment plan are just a few of the excellent financial benefits an Army Health Care Team offers. And, Army psychiatrists enjoy no- or low-cost medical and dental care, 30 days of paid vacation each year, and the rank and privileges that come with being an officer in the U.S. Army.

**AT FACILITIES LIKE WALTER REED ARMY INSTITUTE OF RESEARCH-PSYCHIATRY & NEUROSCIENCE, KEY RESEARCH IS BEING CONDUCTED IN FIELDS SUCH AS SLEEP LOSS, BRAIN TRAUMA, AND OPERATIONAL STRESS.**

## ARMY PSYCHIATRISTS MAKE IMPORTANT CONTRIBUTIONS TO THE WELL-BEING OF OUR SOLDIERS

The desire to serve and support our Soldiers and their families who willingly sacrifice so much, is perhaps the most important reason many psychiatrists choose an Army career.

### A CASE IN POINT

For Maj. Scott Williams, who holds doctoral degrees in both internal medicine and psychiatry, helping our country's Soldiers has special meaning. A medical student and on active duty with the Army at the time of the 9/11 attacks, he recently recalled for the Army News Service his decision to become an Army psychiatrist and his experience caring for Soldiers at Walter Reed Hospital.<sup>1</sup>

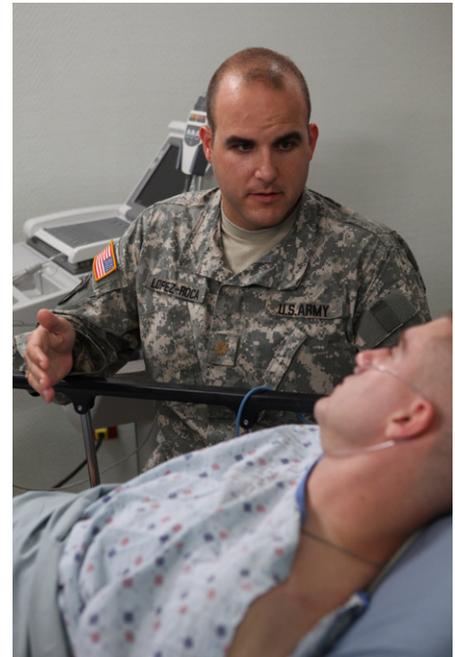
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“Going in to work during the early hours of the morning,” said Williams, “it was inspiring beyond words to see the wounded warriors running outside around our track on prosthetic limbs.”

More recently, as the U.S. Division-South and 1st Infantry Division psychiatrist at Contingency Operating Base Basra, Iraq, he has been busy helping Soldiers deal with the stresses of deployment. For Maj. Williams, this important work brings rewards far greater than generous benefits or professional accomplishment. For Maj. Williams, caring for Soldiers is a privilege. With long-term combat commitments and multiple deployments, the Army’s need for talented behavioral health care professionals is at an all time high. Becoming an Army psychiatrist can be a tremendously rewarding way to make a meaningful and important contribution.

Whether you are a seasoned psychiatric professional or just beginning your career, the U.S. Army Health Care Team can be a great choice. To learn more about exciting and rewarding behavioral health careers in the Army, visit [healthcare.goarmy.com/info-psych](http://healthcare.goarmy.com/info-psych).



<sup>1</sup> Sgt. Jason Kemp, “Army psychiatrist helping Soldiers in Iraq,” *Army News Service*, July 2, 2010.