Course Proposal:

“Current Issues in Military Mental Health”

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Course Learning Objectives

• Describe major recent trends in the epidemiology of mental disorders and suicide within the U.S. military
• Evaluate strengths and limitations of military mental health data used for surveillance and research
• Explain the role of military exposures and experiences in the etiology of certain mental disorders
• Identify current challenges in mental health prevention efforts and service delivery among military personnel and veterans
Lectures (1/4)

1. Introduction to the U.S. Military
   The organization and culture of the U.S. military will be explored, particularly in relation to mental health issues.

2. The Structure of the U.S. Military Healthcare System
   The organization, funding, and operation of the U.S. military healthcare system will be discussed, with emphasis on prevention and service delivery.

3. U.S. Military Mental Health Surveillance and Research
   Military epidemiological data systems will be introduced, with emphasis on their strengths and limitations.
Lectures (2/4)

4. Recent Trends in U.S. Military Mental Health Morbidity and Mortality
   Data on the changing prevalence and incidence of various mental health disorders over the previous decade are reviewed and contrasted with other categories of disease. Ecologic associations with recent wars and policy changes are discussed.

5. Suicide
   The epidemiology of suicide is reviewed. Etiological theories and prevention strategies are discussed. Current prevention policies are reviewed.

6. PTSD and Related Disorders
   The epidemiology of PTSD and related disorders are reviewed. Prevention strategies are discussed. Current treatment and prevention policies are reviewed.
Lectures (3/4)

7. Mefloquine
   Recent military use of the antimalarial drug mefloquine is discussed and its role as a toxicant contributing to mental disorders is introduced.

8. Accessions and Separations
   Changes in policies governing the entry and exit of personnel from the U.S. military, including mental health standards of fitness, are reviewed in reference to changes in the epidemiology of mental health risk factors within the military.

9. The Provision of Mental Healthcare to U.S. Veterans
   A review of mental health services and prevention efforts offered through the Department of Veterans Affairs.
Lectures (4/4)

10. Special Issues in Veterans’ Mental Health

Issues in drug and alcohol use and dependence, homelessness, and suicide are discussed. Risk factors are reviewed and prevalent comorbidities are explored.
Note: This proposal was for a 1 credit Summer Institute course. Your 2 credit term course proposal should have **16 sessions** in place of 10.