

Warriors Research Institute

**ANNUAL REPORT
FY2017**

**Director and Chief:
Dr. Suzy Bird Gulliver**



LETTER FROM THE DIRECTOR

The view from the window in my office tells me that spring is here in Waco, and it is time for us at Warriors Research Institute (WRI) to review our progress this fiscal year. In the pages that follow, you will see that we continue to move forward building a research institute that addresses the mental health concerns of our local, national, and international heroes.

Dr. Eric Meyer has come on board as the Associate Director of the WRI, and he will be an extraordinary addition to our team. Dr. Meyer is Associate Professor, Texas A&M College of Medicine Health Science Center, and a funded Investigator at the VISN 17 Center of Excellence for Research on Returning War Veterans. His expertise is in the development, delivery, and evaluation of interventions to address problems with occupational, social, and educational functioning among people facing psychological trauma and commonly co-occurring mental and physical health challenges. He is an experienced clinician and trainer. With over a decade's experience in VA, he will be particularly instrumental in expanding our research program with veterans, veteran students, and veteran families.

If I had to name a theme for this year, I would borrow the title of our most recent FEMA award: Stamp Out Stigma. The Stamp Out Stigma project, now in its final phase, reached out to over 300,000 professional firefighters in the United States and Canada, asking for volunteers with histories of mental health challenges to share their testimony in a professionally produced video. Over 150 firefighters placed their trust in our team and were willing to tell their story to help reach a fellow fire fighter. This kind of courageous act is so characteristic of the men and women that the WRI serves, which makes our work so rewarding. The twelve individuals that made the final videos have reported to me that giving the testimonials was therapeutic in and of itself. As a clinical psychologist, this truly warms my heart.

These twelve testimonies are available on our website ([Warriors Research Institute](#)). Four of these testimonials are used in an internationally available educational video about stigma in fire service. By the time this annual report is disseminated, we will be actively evaluating the impact of this educational program on firefighters. The evaluation will assess firefighters that view the 90-minute program as an element of continuing education. The final educational program will be available on the WRI and International Association of Fire Fighters (IAFF) websites.

In keeping with the theme of eradicating stigma, I was invited to speak at three major conferences devoted to emergency responders, specifically about the problem of PTSD in fire service. Each conference was filled to capacity. This is a startling contrast to the initial talks I gave at the IAFF/John P. Redmond Health and Safety Symposium some fifteen years ago, where the rooms were largely empty. Media interest in this topic continues to grow—a “soft” indicator that we are having some results in the larger community.

Closer to home, the Hogg Foundation for Mental Health awarded us a grant to evaluate the delivery of Peer Support Training and supervision for firefighters from Waco, Killeen, and Hewitt. Fourteen local firefighters completed the training and are developing Peer Support Programs for local fire departments. This pilot study will allow us to apply for additional grants studying the efficacy and effectiveness of Peer Support Training and supervision here in Texas. As an offshoot of this work, the WRI is building contacts with Houston Fire Department, Garland Fire Department, and strengthening connections with Austin Fire Department.



Data gathered from Austin firefighters were recently published in the Journal of Positive Psychology (Sanford, et al. 2017). Whereas much of our work focuses on mental health problems, this study focuses on the positive side of the coin: relationship factors that predict adaptive coping by couples in which one partner is a firefighter. I am particularly proud of this work, as it is a product of a collaboration with Baylor University Professor Dr. Keith Sanford and my mentee Dr. Marc Kruse, the staff Psychologist for Austin Fire Department.

We at the WRI are looking forward to 2018—our group has 9 grants under review, 9 manuscripts under review, and we intend to expand staff for our most recent award, Building Peer Support and Telehealth for Central Texas Veterans.

Together, we can continue the process of stamping out stigma and continue our quest to foster mental health by decreasing the long-term consequences of occupational stress.

Sincerely,



Suzy Bird Gulliver

VISION

Warriors Research Institute's mission is to improve the quality of care available to military veterans and emergency responders via a program of scientific inquiry. We develop and disseminate new treatments for those suffering the sequelae of toxic or traumatic work events. In addition to providing and evaluating state-of-the-art experimental treatments, we train future generations of treatment providers in evolving evidence-based care.

GOALS FOR FY2017

1. Develop and disseminate research regarding treatments for veterans and first responders
2. Further the reach of accessible behavioral health treatment and resources
3. Mentor early investigators
4. Promote research awareness

FY2017 HIGHLIGHTS

FY2017 – JULY 2016-JUNE 2017

- 9 grant proposals under review
- 2 grant proposals awarded funding
- 20 publications
- 9 papers under review
- 17 local/national/international talks presented
- 18 manuscripts reviewed, 4 grant review sessions, and 6 sessions of abstract reviews
- 30 posters/presentations/abstracts
- 8 press appearances



EXECUTIVE SUMMARY

Warriors Research Institute of Baylor Scott & White Health, founded in April 2013, has been awarded over \$4 million since its inception. WRI researchers have participated in 12 research projects, yielding over 40 manuscripts. Additionally, 91 presentations and informational discussions have been made possible by WRI's work. WRI founder, Dr. Suzy Bird Gulliver, Director and Chief, fostered WRI's growth by mentoring staff and volunteers, serving on 9 boards, committees, and panels, leading research endeavors, and consulting for the International Association of Firefighters (IAFF).

RESEARCH AND COLLABORATION

STAMP OUT STIGMA (SOS): A NATIONAL CAMPAIGN TO DECREASE STIGMA AND INCREASE BEHAVIORAL HEALTH IN FIRE SERVICE

The goal of this project is to decrease perceived stigma in relationship to behavioral health programs in fire service through the development and delivery of an evidence-based anti-stigma intervention campaign called STAMP OUT STIGMA (SOS). SOS videoed 12 testimonials and used them in an anti-stigma education program to decrease stigma regarding behavioral health issues in fire service. Data collection is nearing completion.

AN EVALUATION OF THE EFFICACY OF PEER SUPPORT TRAINING AND SUPERVISION FOR TEXAS FIREFIGHTERS

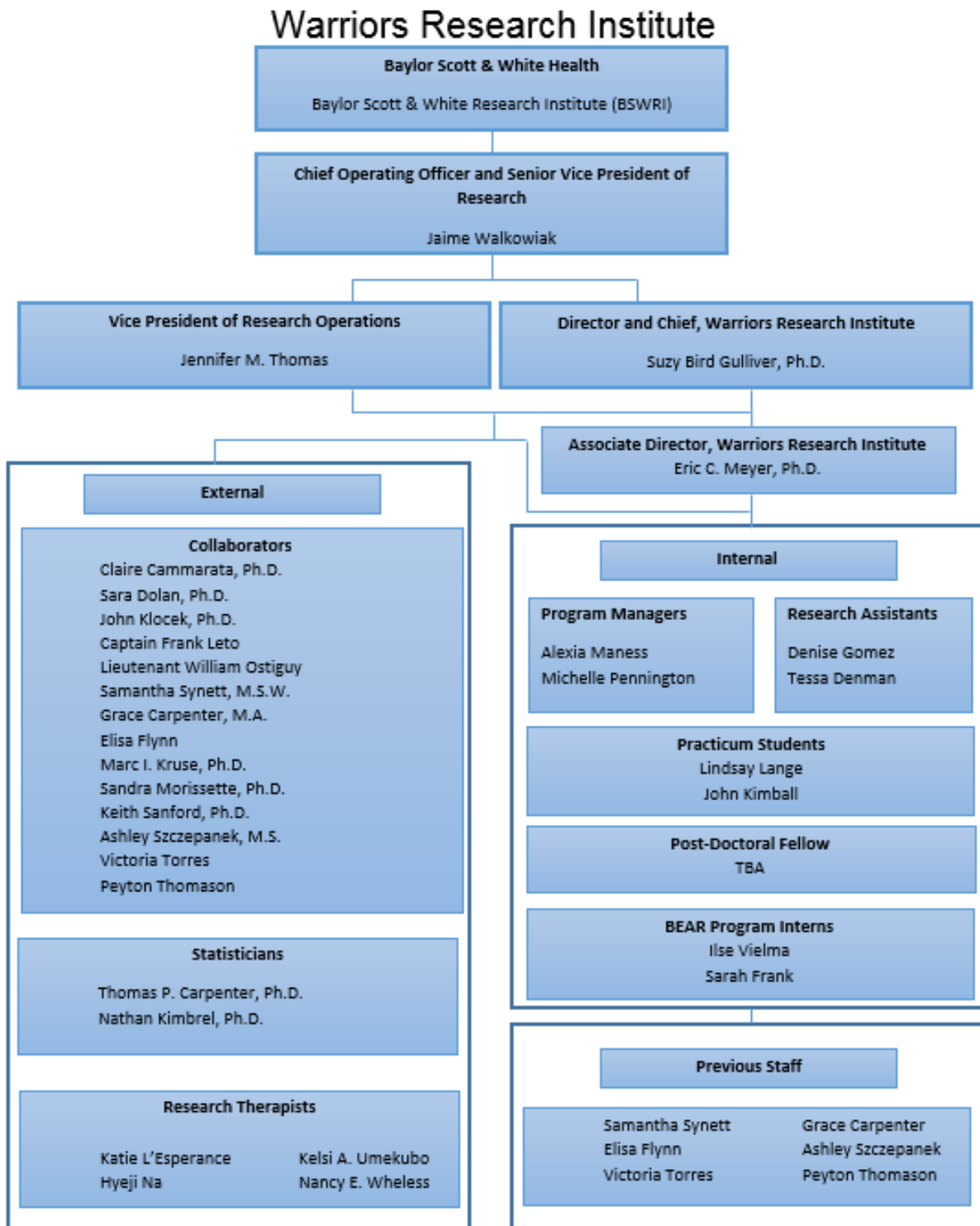
The goal of this study is to provide and evaluate IAFF Peer Support Training within Texas fire departments. WRI hosted an IAFF Peer Support Training for three local fire departments and evaluated the trainees' skill acquisition and satisfaction. We then tracked the progress of the group over six months. Data collection is nearing completion.

BUILDING PEER SUPPORT AND TELEHEALTH FOR CENTRAL TEXAS VETERANS

Despite ever-increasing awareness of the mental health consequences of military service and concurrent increasing choices for evidence-based therapies, many veterans and family members are not receiving evidence-based care. We will approach this with a two-pronged service facilitation project: first, we will adapt the fire service Peer Support Training, and then deliver the training to both veteran and veteran family members with lived experience of PTSD and its attendant concerns, in order to build a group of Peer Support Specialists that can serve as trouble-shooters and bridges to professional care for individuals in distress in the Central Texas community; second, we will train and supervise a cadre of Baylor University graduate students (Psy.D and LICSW candidates) and University of Mary Hardin-Baylor (UMHB) graduate students to deliver three behavioral evidence-based treatments: Cognitive Processing Treatment (CPT), Acceptance and Commitment Therapy (ACT), and the Unified Protocol (UP) via telemedicine.



ORGANIZATIONAL CHART



GRANTS/PROPOSALS SUMMITTED/PENDING FY2017

	Grant Title	Investigator	Agency
1.	Project ACCESS: Expanding Evidence-based Treatment Via Telehealth for Fire Service	GULLIVER, SB (PI)	FEMA
2.	Identifying the Unique Needs and Challenges of Firefighters with Military Backgrounds	KIMBREL, N (PI)	FEMA
3.	Impact of Web-based Health Promotion on Veterans' Mental Health Treatment Seeking	Meyer, EC (PI)	VA Merit (HSR & D)
4.	Measuring Moral Injury Events in Veterans and Soldiers	Frankfurt (PI); Meyer, EC (Co-Mentor)	VA RR & D (Career Development Award)
5.	Examining the Function of Cortical Hubs in Veterans with Traumatic Brain Injury	Gordon (PI); Meyer, EC (Co-Mentor)	VA CSR & D (Career Development Award)
6.	Systematic Examination of Mechanisms of Change in Structured PTSD Group Treatment	LaBash, H (PI); Meyer, EC and Gulliver, SB (Co-Mentors)	VA RR & D (Career Development Award)
7.	Application of Cognitive Processing Therapy for Suicide Prevention and PTSD	DeBeer, BB (PI); Meyer, EC (Co-I)	VA CSR & D
8.	Improving Functional Recovery for Veterans with Body Dysmorphic Disorder	DeBeer, BB (PI); Meyer, EC (Co-I)	VA RR & D
9.	Ethics of Suicide Research: The Consequences of Inquiring about Suicidality in Fire Service	Pennington, ML (PI)	The Trust Eric A. Harris, EdD, JD Grant

GRANTS/PROPOSALS FUNDED FY2017

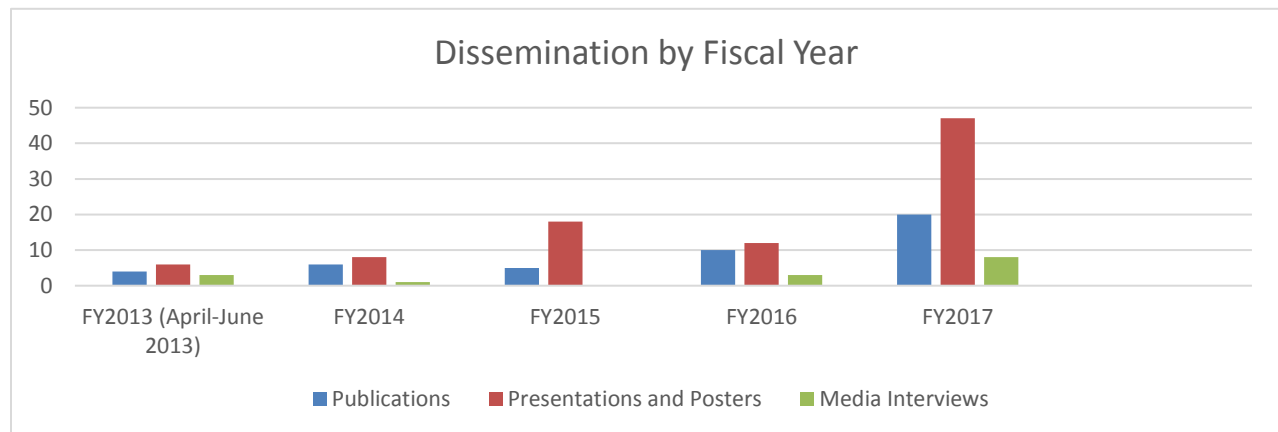
	Grant Title	Award Number	Investigator	Agency	Period of Funding	Total Direct Costs
1.	Building Peer Support and Telehealth for Central Texas Veterans	pending	Gulliver SB (PI)	TEXAS HEALTH AND HUMAN SERVICES COMMISSION	06/01/2017 – 05/31/2018	\$696,693
2.	Nonsuicidal Self-Injury in Veterans	1101CX001486	Kimbrel, N (PI; Duke University and Durham VA); Meyer, EC (Co-I)	VA MERIT CSR & D	01/01/2017 – 12/31/2020	\$990,000

3.	Project Remission: Maximizing Outcomes with Intensive Outpatient Treatments for PTSD	--	Peterson, A. (PI; UTHSC at San Antonio and South Texas VHCS); Meyer, EC (Co-I)	U.S. DOD and VA CAP (Consortium to Alleviate PTSD)	09/2016 – 03/2019	\$2,500,000
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ONGOING GRANTS/PROJECTS FY2017

	Grant Title	Award Number	Investigator	Agency	Period of Funding	Total Direct Costs
1.	Predicting Classes of Functional Trajectories: Malleable Risk Factors	I01 RX000304 - 01A4	Meyer, EC and Morissette, SB (PI; VA VISN 17); Gulliver, SB (Co-I)	VA MERIT (RR & D)	07/01/2014 – 06/30/2018	\$1,088,589
2.	Stamp Out Stigma: A National Campaign to Decrease Stigma and Increase Behavioral Health in Fire Service	EMW – 2014 – FP – 00924	Gulliver, SB (PI)	FEMA	07/31/2015 – 07/30/2017	\$1,394,953
3.	Evaluation of the NFFF's Behavioral Health Stress First Aid Intervention	EMW – 2014 – FP - 00945	Jahnke, S (PI; National Development and Research Institutes, Inc.)	FEMA	09/10/2015 – 08/05/2018	subcontract: \$12,000
4.	Affect Regulation Training for Alcohol Use Disorder: A Stage II Efficacy Trial	1R01AA024628-01A1	Stasiewicz, P and Bradizza, C (PI; Research Institute on Addictions); Gulliver SB (Co-I)	NIAAA	04/01/2016 – 03/31/2021	subcontract: \$61,363
5.	An Evaluation of the Efficacy of Peer Support Training and Supervision for Texas Firefighters	RRU-004	Gulliver, SB (PI)	Hogg Foundation for Mental Health	7/1/2016 – 6/30/2017	\$21,371

DISSEMINATION ACTIVITIES



PUBLICATIONS

PEER REVIEWED

1. Torres, V. A., Synett, S. J., Pennington, M. L., Kruse, M. I., Sanford, K., & Gulliver, S. B. (2016). The risks and rewards of marriage for firefighters: A literature review with implications for EAP. *EASNA Research Notes*, 5(3), 1-13.
2. Hermann, B. A., Meyer, E. C., Schnurr, P. P., Batten, S. V., & Walser, T. D. (2016). Acceptance and Commitment Therapy for Co-Occurring PTSD and Substance Use: A Manual Development Study. *Journal of Contextual Behavioral Science*, 5, 225-234. <http://dx.doi.org/10.1016/j.jcbs.2016.07.001>
3. Elliott, T. R., Hsiao, Y., Kimbrel, N. A., Meyer, E., DeBeer, B. B., Gulliver, S. B., Kwok, O., & Morissette, S. B. (2016). Resilience and traumatic brain injury among Iraq/Afghanistan war veterans: Differential patterns of adjustment and quality of life. *Journal of Clinical Psychology*, 1-19. <http://dx.doi.org/10.1002/jclp.22414>
4. DeBeer, B. B., Kittel, J. A., Cook, A., Davidson, D., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2016). Predicting suicide risk in trauma exposed veterans: The role of health promoting behaviors. *PLOS ONE*, 11(12). PMID: 28002490. <http://dx.doi.org/10.1371/journal.pone.0167464>
5. Kittel, J. A., DeBeer, B. B., Kimbrel, N. A., Matthieu, M. L., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2016). Does body mass index moderate the association between posttraumatic stress disorder symptoms and suicidal ideation in Iraq/Afghanistan veterans? *Psychiatry Research*, 244, 123-129. <http://dx.doi.org/10.1016/j.psychres.2016.07.039>. Epub 2016 Jul 22.

6. Kimbrel, N. A., DeBeer, B. B., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2017). Cannabis use disorder and suicide attempts in Iraq/Afghanistan-era veterans. *Journal of Psychiatric Research*, 89, 1-5. <http://dx.doi.org/10.1016/j.jpsychires.2017.01.002>
7. DeBeer, B. B., Davidson, D., Meyer, E. C., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2017). The association between toxic exposures and chronic multisymptom illness in veterans of the wars of Iraq and Afghanistan. *Journal of Occupational and Environmental Medicine*, 59(1), 54-60. <http://dx.doi.org/10.1097/jom.0000000000000922>
8. Young, K. A., Morissette, S. B., Meyer, E. C., Wan, L., Stanford, M., & Kimbrel, N. A. (2017). 5HTTLPR and DISC1 risk genotypes for elevated PTSD symptoms in U.S. Military veterans. *World Psychiatry*, 16, 109-110. <http://dx.doi.org/01.1002/wps.20359>
9. Sanford, K., Kruse, M. I., Proctor, A., Torres, V. A., Pennington, M. L., Synett, S. J., & Gulliver, S. B. (2017). Couple resilience and life wellbeing in firefighters. *The Journal of Positive Psychology*, 12, 1-7. <http://dx.doi.org/10.1080/17439760.2017.1291852>
10. Kimbrel, N. A., Meyer, E. C., DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (2017). The impact of cannabis use disorder on suicidal and nonsuicidal self-injury in Iraq/Afghanistan-era veterans with and without mental health disorders. *Suicide and Life-Threatening Behavior*. PMID: 28295524. <http://dx.doi.org/10.1111/sltb.12345>
11. DeBeer, B. B., Meyer, E. C., Kimbrel, N. A., Kittel, J. A., Gulliver, S. B., & Morissette, S. B. (in press). Psychological inflexibility predicts suicidal ideation over time in veterans of the conflicts in Iraq and Afghanistan. *Suicide and Life-Threatening Behavior*.
12. DeBeer, B. B., Kimbrel, N. A., Mendoza, C., Davidson, D., Meyer, E. C., La Bash, H., Gulliver, S. B., & Morissette, S. B. (in press). Traumatic brain injury, sleep quality, and suicidal ideation in Iraq/Afghanistan-era veterans. *Journal of Nervous and Mental Disease*.
13. Cobb, A. R., Lancaster, C. L., Meyer, E. C., Lee, H. J., & Telch, M. J. (in press) Pre-deployment Trait Anxiety, Anxiety Sensitivity and Experiential Avoidance Predict War-zone Stress-Evoked Psychopathology. *Journal of Contextual Behavioral Science*. <https://doi.org/10.1016/j.icbs.2017.05.002>
14. Meyer, E. C., Konecky, B., Kimbrel, N. A. Marx, B. P., Schumm, J., Gulliver, S. B., & Morissette, S. B. (in press). Gender differences in associations between DSM-5 posttraumatic stress disorder symptom clusters and functional impairment in war veterans. *Psychological Services*. **Invited article as part of special issue on military to civilian transitions.**
15. Pennington, M. L., Carpenter, T. P., Synett, S. J., Torres, V. A., Teague, J., Morissette, S. B., Knight, J., Kamholz, B. W., Keane, T. M., Zimering, R. T., & Gulliver, S. B. (in press). The influence of exposure to natural disasters on depression and PTSD symptoms among firefighters. *Prehospital and Disaster Medicine*.

16. Kimbrel, N. A., Meyer, E. C., DeBeer, B. B., Mitchell, J. T., Kimbrel, A. D., Nelson-Gray, R., & Morissette, S. B. (in press). Reinforcement sensitivity, combat exposure, and social anxiety in combat veterans. *Personality and Individual Differences*.
17. Kimbrel, N. A., Thomas, S. P., Hickes, T. A., Herzberg, M., Clancy, C., Collie, C., Elbogen, E. B., Meyer, E. C., DeBeer, B. B., Silvia, P. J., Morissette, S. B., Gratz, K. L., Calhoun, P. S., & Beckham, J. C. (in press). Wall/Object Punching: An Important, but Underrecognized Form on Nonsuicidal Self-Injury. *Suicide and Life-Threatening Behaviors*.
18. Woodward, M. J., Morissette, S. B., Kimbrel, N. A., Meyer, E. C., DeBeer, B. B., Gulliver, S. B., & Beck, G. (in press). A cross-lagged panel approach to understanding social support and posttraumatic stress disorder in veterans: Assessment modality matters. *Behavior Therapy*.
19. DeBeer, B. B., Meyer, E. C., Kimbrel, N. A., Kittel, J. A., Gulliver, S. B., & Morissette, S. B. (in press). Psychological inflexibility, prior suicide attempts, posttraumatic stress, depression, traumatic brain injury, and substance use as prospective predictors of suicidal ideation in war veterans. *Journal of Abnormal Psychology*.

PUBLISHED CHAPTERS, LETTERS AND COMMENTARIES

20. Gulliver, S. B., Pennington, M. L. & Torres, V. A. (April, 2017). Alcohol Use Disorder: Psychological Factors. The SAGE Encyclopedia of Abnormal and Clinical Psychology.

MANUSCRIPTS SUBMITTED AS OF 06/30/2017

1. Meyer, E. C., Frankfurt, S. B., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (under review). The influence of mindfulness, self-compassion, psychological flexibility, and Posttraumatic Stress Disorder on disability and quality of life over time in war veterans.
2. Gulliver, S. B., Zimering, R. T., MacDonald, H. Z., Morissette, S. B., Kamholz, B. W., Daly, E. S., Lyons, M., Knight, J., & Keane, T. (under review). PTSD and substance use disorders in Firefighters: Risk and Resilience.
3. Helstrom, A., Gulliver, S. B., Carpenter, T. P., & Kamholz, B. W. (under review). Health behavior change following cardiac catheterization.
4. DeBeer, B. B., Kimbrel, N. A., Matthieu, M., Meyer, E. C., Gulliver, S. B., & Morissette, S. (under review). Does body mass index moderate the association between posttraumatic stress disorder symptoms and suicidal ideation in Iraq/Afghanistan veterans?
5. Gulliver, S. B., Pennington, M. L., Torres, V. A., Steffen, L. E., Mardikar, A., DeCoud, G., Kimbrel, N., & Zimering, R. (under review). Behavioral health programs in fire service: Surveying preferences and utilization.

6. Meyer, E. C., La Bash, H., DeBeer, B. B., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (under review). Psychological inflexibility predicts PTSD symptom severity in war veterans after accounting for established PTSD risk factors and personality.
7. Schumm, J. A., Gore, W. L., Chard, K. M., & Meyer, E. C. (under review) Examination of the WHODAS 2.0 as a Measure of Disability Severity Among Veterans Receiving Cognitive Processing Therapy.
8. Morissette, S. B., DeBeer, B. B., Kimbrel, N. A., Meyer, E. C., & Gulliver, S. B. (under review) The impact of deployment characteristics on long-term PTSD symptoms in returning veterans.
9. Kelly, M., DeBeer, B., Meyer, E., Kimbrel, N., Gulliver, S., & Morissette, S. (under review). Experiential avoidance as a mediator of the association between posttraumatic stress disorder symptoms and social support: A longitudinal analysis.

PRESENTATIONS AND POSTERS

ABSTRACTS

1. Kittel, J. A., DeBeer, B. B., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (2016, August). *The role of experiential avoidance in associations among health promoting behaviors, BMI, and suicidal ideation*. Poster presented at the annual meeting of the American Psychological Association, Denver, CO.
2. Holliday, R., DeBeer, B. B., Meyer, E., Kimbrel, N., Gulliver, S., & Morissette, S. (2016, August). *Posttraumatic growth as a mediator between combat exposure and suicidal ideation in returning veterans*. Poster presented at the annual meeting of the American Psychological Association, Denver, CO.
3. Creech, S. K., Benzer, J. K., Meyer, E. C., DeBeer, B. B., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (September, 2016). *An examination of gender differences in the association between post-deployment PTSD symptoms and relationship functioning in a sample of returning veterans*. Presented at the 4th annual Military Social Work conference, Austin, TX.
4. Crabtree, M. A., Hale, W. J., Meyer, E. C., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., Kruse, M., & Morissette, S. B. (2016, October). *The dynamics of risk: Prior changes in psychological flexibility predict subsequent changes in posttraumatic stress severity*. Poster presented at the 2016 Combat PTSD conference, San Antonio, TX.

5. Meyer, E. C., Kotte, A., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., Morissette, S. B. (2016, October). *Predicting lower-than-expected levels of PTSD in Iraq and Afghanistan war veterans: Comparing the influence of personality, self-reported resiliency, and psychological flexibility*. Poster presented at the Consortium to Alleviate PTSD & Strong STAR Consortium's Combat PTSD Conference: The Assessment and Treatment of Combat-Related PTSD and Comorbid Conditions, San Antonio, TX.
6. Meyer, E. C., Mendoza, C., Thomson, J., Stickley, Z., Baugh, T., DeBeer, B. B., Kimbrel, N. A., Gulliver, S.B., & Morissette, S.B. (2016, October). *The impact of PTSD and traumatic brain injury on functional impairment and disability among OEF/OIF/OND veterans*. Presented at the Consortium to Alleviate PTSD (CAP) Combat PTSD conference, San Antonio, TX.
7. Meyer, E. C., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (2016, October). *The influence of mindfulness, self-compassion, experiential avoidance, and posttraumatic stress disorder on disability in war veterans*. Presented at the Consortium to Alleviate PTSD (CAP) Combat PTSD conference, San Antonio, TX.
8. Kittel, J.A., Silvester, K., Thomason, P., Kimbrel., N.A., Meyer, E.C., Horan, W.P., Morissette, S.B., & DeBeer, B.B. (2016, November). *Type of combat exposure as a predictor of intensity of suicidal ideation in veterans with posttraumatic stress disorder*. Presented at the annual meeting of the International Society for Traumatic Stress Studies (ISTSS), Dallas, TX.
9. Elliott, T. R., Hsiao, Y., Kimbrel, N. A., Meyer, E., DeBeer, B. B., Gulliver, S. B., Kwok, O., & Morissette, S. B. (2016, November). *Resilience and traumatic brain injury among Iraq/Afghanistan war veterans: Differential patterns of adjustment and quality of life*. In A. J. Smith (Chair) Diverse approaches to understanding post-combat adaptation among OEF/OIF/OND veterans: Integrating social, cognitive, affective, and trait-based factors. Symposium presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.
10. Gulliver, S. B., Denman, T., Thomason, P. Pennington, M., Maness, A., Gomez, D., Leto, F., Cammarata, C., Zimering, R. T., Ostiguy, W., & Kimbrel, N. (2016, November). *Teaching firefighters AMIT: Effective methods of peer training*. Poster presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.
11. Kimbrel, N. A., Meyer, E. C., DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (2016, November). *Long-term trajectories of functional impairment among Iraq/Afghanistan veterans*. In S. B. Morissette (Chair) Factors influencing long-term functional recovery among warzone-deployed service members. Symposium presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.

12. La Bash, H., Meyer, E., DeBeer, B., Kimbrel, N., Gulliver, S., & Morissette, S. (2016, November). *Experiential avoidance and psychological inflexibility predicts PTSD symptom severity over and above established PTSD risk factors in a sample of war veterans*. Presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.
13. Meyer, E. C., Konecky, B., Kimbrel, N. A., Marx, B. P., Schumm, J., Gulliver, S. B., & Morissette, S. B. (2016, November). *Associations between DSM-5 posttraumatic stress disorder symptom clusters and functional impairment over time in female and male war veterans*. In S. B. Morissette (Chair) Factors influencing long-term functional recovery among warzone-deployed service members. Symposium presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.
14. Woodward, M. J., Morissette, S. B., Kimbrel, N. A., Meyer, E. C., DeBeer, B. B., Gulliver, S. B. & Beck, J. G. (2016, November). *Evolving our approach to understanding social support and PTSD: Incorporating bi-directional models and method variance*. In A. J. Smith (Chair) Diverse approaches to understanding post-combat adaptation among OEF/OIF/OND veterans: Integrating social, cognitive, affective, and trait-based factors. Symposium presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.
15. Crabtree, M. A., Meyer, E. C., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., Kruse, M., & Morissette, S. B. (2017, January). *A brief measure of physical and emotional distress tolerance in military veterans: Using exploratory SEM to examine factor structure and temporal stability*. Poster presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.
16. Mendoza, C., Thomson, J., Meyer, E. C., Stickley, Z., Baugh, T., DeBeer, B. B., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2017, February). *The impact of PTSD and traumatic brain injury on functional impairment and disability among OEF/OIF/OND veterans*. To be presented at the 19th Annual Rehabilitation Psychology Conference, Albuquerque, NM.
17. Elliott, T. E., Kimbrel, N. A., Meyer, E. C., DeBeer, B. B., Gulliver, S. B., Morissette, S. B., Hsiao, Y., & Kwok, O. (2017, February). *Prospective model of resilience, traumatic brain injury, and the quality of life among Iraq/Afghanistan war veterans*. In T. E. Elliott & E. C. Meyer (Chairs), Functional disability and suicidality in polytrauma exposed male and female veterans: Predictors and evidence-based intervention. Presented at the 19th annual Rehabilitation Psychology Conference, Albuquerque, NM.
18. DeBeer, B.B., Meyer, E.C., Kimbrel, N.A., Horan, W.P., & Morissette, S.B. (2017, February). *Suicide risk in veterans with PTSD and TBI: Post-concussive symptoms, thwarted belongingness, and acquired capability*. In E.C. Meyer & T. E. Elliott (Co-Chairs), Functional disability and suicidality in polytrauma exposed male and female veterans: Predictors and evidence-based intervention. Symposium presented at the 19th annual Rehabilitation Psychology conference, Albuquerque, NM.

19. Torres, V. A., Pennington, M. L., Kruse, M. I., Kimbrel, N. A., Dolan, S. L., & Gulliver, S. B. (2017, March). *A first look at mild traumatic brain injury (mTBI) symptom frequency among U.S. firefighters*. Poster to be presented at the 38th annual meeting of Society of Behavioral Medicine, San Diego, CA.
20. Denman, T. C., Pennington, M. L., Gomez, D. R., Thomason, P. M., Maness, A. G., & Gulliver, S. B. (2017, April). *Drinking motives and marriage in firefighters*. Poster to be presented at the 5th annual Baylor Scott & White Health Central Texas Research Day, Temple, TX.
21. Thomason, P. M., Denman, T. C., Gomez, D. R., Pennington, M. L., Maness, A. G., & Gulliver, S. B. (2017, April). *Does the context of suicide exposure influence the effects of PTSD in firefighters?* Poster to be presented at the 5th annual Baylor Scott & White Health Central Texas Research Day, Temple, TX.
22. Gomez, D. R., Torres, V. A., Thomason, P. M., Denman, T. C., Pennington, M. P., Maness, A. G., & Gulliver, S. B. (2017, April). *Sleep problems and posttraumatic stress disorder in fire service*. Poster to be presented at the 5th annual Baylor Scott & White Health Central Texas Research Day, Temple, TX.
23. Pennington, M. L., Maness, A. G., Gomez, D. R., Thomason, P. M., Denman, T. C., & Gulliver, S. B. (2017, April). *Ethics of suicide research: Does asking about suicide increase suicidality in fire service?* Poster to be presented at the 5th annual Baylor Scott & White Health Central Texas Research Day, Temple, TX.
24. Frank, S., Vielma, I., Pennington, M. L., Thomason, P. M., Gomez, D. R., Denman, T. C., Maness, A. G., & Gulliver, S. B. (2017, April). *Attrition among veteran and non-veteran firefighters in a three-year longitudinal study*. Poster presented at the 5th annual Baylor Scott & White Health Central Texas Research Day, Temple, TX.
25. Ryan-Gonzalez, C., Kimbrel, N., Meyer, E., DeBeer, B., Gulliver, S. B., & Morissette, S. B. (2017, May). *Differences in PTSD symptoms among post-911 with blast- and non-blast TBI*. Poster to be presented at the Association for Psychological Science 29th Annual Convention, Boston, MA.
26. Crabtree, M., Hale, W. J., Meyer, E. C., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., Kruse, M., & Morissette, S. B. (2017, May). *The dynamics of risk: Prior changes in psychological inflexibility predict subsequent changes in posttraumatic stress severity*. Poster to be presented at the Association for Psychological Science 29th Annual Convention, Boston, MA.
27. Thomason, P. M., Denman, T. C., Carpenter, T. P., Pennington, M. L., & Gulliver, S. B. (2017, June). *A comparison of thought suppression levels relating to occupational stress in probationary firefighters*. Poster to be presented at the 12th annual meeting of the International Conference on Occupational Stress and Health, Minneapolis, MN.

28. Crabtree, M., Hale, W., Meyer, E., Kimbrel, N., DeBeer, B., Gulliver, S. B., & Morissette, S. (2017, June). *The dynamics of risk: Prior changes in psychological inflexibility predict subsequent changes in posttraumatic stress severity*. Poster to be presented at the SURF 2017 San Antonio Military Health System & Universities Research Forum, San Antonio, TX.
29. Ryan-Gonzalez, C., Kimbrel, N., Meyer, E., DeBeer, B., Gulliver, S., & Morissette, S. (2017, June). *Differences in PTSD symptoms among post-9/11 veterans with blast and non-blast TBI*. Poster to be presented at the SURF 2017 San Antonio Military Health System & Universities Research Forum, San Antonio, TX.

CHAired Scientific Symposium

30. Meyer, E.C. & Elliott, T.E., co-chairs. (2017, February). *Functional disability and suicidality in polytrauma exposed male and female veterans: Predictors and evidence-based intervention*. Symposium presented at the 19th annual Rehabilitation Psychology Conference, Albuquerque, NM.

Invited Presentations

31. Gulliver, S.B. (2016, September). *PTSD and co-occurring issues in firefighters: A summary of the knowledge base*. Presented at 2016 Rosecrance Florian Symposium, Chicago, IL.
32. Meyer, E.C. (2016, September). *The impact of modifiable psychosocial factors on veterans' post-deployment adjustment: Research findings and translation into clinical practice*. Presented at the Fourth Annual Military Social Work Conference, University of Texas at Austin.
33. Meyer, E.C., Mendoza, C., Thomson, J., Stickley, Z., Baugh, T., DeBeer, B.B., Kimbrel, N.A., Gulliver, S.B., & Morissette, S.B. (2016, October). *The impact of PTSD and traumatic brain injury on functional impairment and disability among OEF/OIF/OND veterans*. Presented at the Consortium to Alleviate PTSD (CAP) Combat PTSD Conference, San Antonio, TX.
34. Meyer, E.C., Kimbrel, N.A., DeBeer, B.B., Gulliver, S.B., & Morissette, S.B. (2016, October). *The influence of mindfulness, self-compassion, experiential avoidance, and posttraumatic stress disorder on disability in war veterans*. Presented at the Consortium to Alleviate PTSD (CAP) Combat PTSD Conference, San Antonio, TX.
35. Gulliver, S. B., Pennington, M., Maness, A., Gomez, D., Thomason, P., & Denman, T. (2016, November). *Warriors Research Institute*. Presented at the Baylor Scott & White Health Scientific Research Retreat, Waco, TX.
36. Gulliver, S. B. (2016, December). *PTSD and co-occurring issues in firefighters: A summary of the knowledge base*. Presented at 2016 California Firefighters Joint Apprenticeship Committee Behavioral Health Conference, Sacramento, CA.

37. Meyer, E.C. (2016, December). *The impact of modifiable psychosocial factors on post-deployment adjustment: Research findings and translation into clinical practice*. Presentation to the Advisory Board of the VA VISN 17 Center of Excellence for Research on Returning War Veterans, Waco, TX.
38. Meyer, E.C. (2017, January). *Acceptance and Commitment Therapy for co-occurring PTSD and alcohol use disorders: Treatment development and preliminary outcomes*. Baylor Scott & White Psychiatry Grand Rounds, Temple, TX and broadcast to several satellite campuses in Central Texas.
39. Gulliver, S. B., Cammarata, C., Leto, F., & Ostiguy, W. (2017, January). *Project Stamp Out Stigma*. Presented at the Vincent J. Bollon Affiliate Leadership Training Summit (ALTS), Anaheim, CA.
40. DeGryse, D., Gulliver, S. B., Kruse, M., & Leto, F. (2017, February). *Fire/EMS Personnel and Behavioral Health Providers: Developing a Collaborative Working Alliance*. Invited presentation for California Lutheran University Graduate School of Psychology and the Oxnard Firefighters Foundations, Camarillo, CA.
41. Gulliver, S. B. (2017, February). *"Balance" –On Becoming an Academic Clinical Psychologist*. Presented to Baylor University Psychology graduate students, Waco, TX.
42. Rossiter, J., Zambrano-Vazquez, L., Seim, R.W., Mendoza, C., & Meyer, E.C. (2017, March). *Predictors of resilience following trauma exposure*. Presented at Baylor University's Undergraduate Research and Scholarly Achievement Week, Waco, TX.
43. Boenker, K., Zambrano-Vazquez, L., Seim, R.W., DeBeer, B.B., & Meyer, E.C. (2017, March). *Prevention of death by suicide in Iraq and Afghanistan war veterans*. Presented at Baylor University's Undergraduate Research and Scholarly Achievement Week, Waco, TX.
44. Longcor, L., Kimbrel, N.A., Meyer, E.C., Morissette, S.B., Kittel, J., & DeBeer, B.B. (2017, March). *Reasons for Non-suicidal Self-Injury in Veterans Diagnosed with PTSD: The Role of Emotion Regulation*. Presented at Baylor University's Undergraduate Research and Scholarly Achievement Week, Waco, TX.
45. Gulliver, S. B. (2017, May). *Caring for Veterans Striving for Recovery: A Cultural Awareness and Treatment Planning Training*. Presented to American Addiction Centers Clinicians, Fort Lauderdale, FL.
46. Meyer, E.C. (2017, June). *Acceptance and Commitment Therapy for co-occurring posttraumatic stress disorder and alcohol use disorders in U.S. military veterans: Preliminary treatment outcomes*. To be presented at the 15th annual world conference of the Association for Contextual Behavioral Science, Seville, Spain.

47. Meyer, E.C. (2017, June). *Putting values into action: Examining the connection between values and behavioral assignments from a study of Acceptance and Commitment Therapy for co-occurring posttraumatic stress disorder and alcohol use disorders*. To be presented at the 15th annual world conference of the Association for Contextual Behavioral Science, Seville, Spain.

MEDIA

1. *Local researchers hope to improve PTSD treatments*, Interviewed by Tiffany Pelt for KCEN TV, Waco, TX (August 2016).
<http://www.kcentv.com/news/local/local-researchers-receive-funding-for-ptsd-studies/285602149>
2. *Stamp It Out*, Written by Baylor Scott & White Health Marketing Department, Temple Region, (September 2016).
3. *Mindfulness, self-compassion, posttraumatic stress disorder symptoms, and functional disability in U.S. Iraq and Afghanistan war veterans*, John M. de Castro, Ph.D. with the Center for Mindfulness and Contemplative Studies and the Contemplative Studies Blog, (December 2016).
<https://www.facebook.com/ContemplativeStudiesCenter/photos/a.628903887133541.1073741828.627681673922429/1435535836470338/?type=3&theater>
<http://contemplative-studies.org/wp/>
4. *Waco: Program aims to stamp out stigma of firefighter PTSD*, Interviewed by Crystal Rosado for KWTX, Waco, TX (January, 2017).
<http://www.kwtx.com/content/news/411013995.html>
5. *Predicting Suicide Risk in Trauma Exposed Veterans: The Role of Health Promoting Behaviors*, Healthy Living Update, VA News Brief, (February 2017).
6. *Predicting suicide risk in trauma exposed veterans: The role of health promoting behaviors*. Newsletter of the VHA National Center for Health Promotion and Disease Prevention, (February 2017). DeBeer, B. B., Kittel, J. A., Cook, A., Davidson, D., Kimbrel, N. A., Meyer E. C., Gulliver, S. B., & Morissette, S. B.
7. *Improve PTSD with mindfulness and self-compassion*. Contemplative Studies: News from the Center for Mindfulness and Contemplative Studies, Sam Houston State University, (December 2016). Meyer, E. C.
<http://contemplative-studies.org/wp/index.php/2016/12/28/improve-ptsd-with-mindfulness-and-self-compassion/>
8. *Exploring new approaches to PTSD treatment: Texas A&M researchers looking at new ways to treat PTSD*. Vital Record: News from the Texas A&M University Health Science Center, (November 2016). Meyer, E. C.
<https://vitalrecord.tamhsc.edu/exploring-new-approaches-to-ptsd-treatment/>



TRAINEE OUTCOMES

- Senior Research Assistant, Denise Gomez, has been accepted to the Doctor of Chiropractic program at Parker University. Denise will begin her graduate studies in the fall of 2017.
- Program Manager, Michelle Pennington, has been accepted to the Master of Public Health program at Baylor University. Michelle will begin her studies in the fall of 2017, while continuing full-time in her current position at WRI.
- Former Research Assistant, Peyton Thomason, is pursuing her certification in Elementary Education. Peyton plans to teach 4th grade in the Fort Worth, Texas area upon completion of her certification.
- Former Senior Research Assistant Victoria Torres continues her graduate studies at the University of Mississippi in the clinical psychology doctoral program. Victoria is studying substance use and abuse.
- Former Research Assistant, Grace Carpenter, completed her Master of Science in clinical mental health counseling at Portland State University.
- Former Research Assistant, Ashley Szczepanek, completed her master's degree in public health at University of New England. She is now the Research Operations Coordinator at TIRR Memorial Hermann in Houston, Texas.
- Samantha Synett completed her graduate work at University of Texas at Austin with a Master of Science in social work in May of 2017. She plans to pursue licensure as a clinical social worker.
- Elisa Flynn is pursuing a master's degree in social work at the University of Houston.
- Former Scott & White Undergraduate Research Program (SWURP) Intern, Audrey Eichenberger, is working toward a medical doctoral degree at Texas A&M Health Science Center College of Medicine.
- Jennifer Teague, also a former SWURP intern, has been accepted to medical school at the University of Texas at San Antonio.
- Ryan Rho, a former SWURP intern, graduated from Baylor University in December, 2016, and is in the process of applying for medical school.
- Baylor Excellence and Applied Research (BEAR) Program intern for the spring of 2016, Tessa Denman, is working as a research assistant at WRI.
- BEAR Program intern, Paulina Devora, graduated from Baylor University in May, 2017, with a major in psychology.



- BEAR Program interns Sarah Frank and Ilse Vielma will complete their undergraduate education at Baylor University in 2018.

OTHER SERVICE ACTIVITIES AND ACCOMPLISHMENTS

In addition, WRI investigators and collaborators contributed to several ventures beyond the scope of that which has been previously outlined. These activities include:

- The 2016 APA Annual Convention in Denver, Colorado was held August 4 – 7, 2016, and Dr. Gulliver was in attendance.
- Dr. Gulliver attended the International Association of Fire Fighters 52nd Convention, *Standing Strong*, in Las Vegas, Nevada, August 15 – 19, 2016.
- The Department of Veterans Affairs Office of Research and Development, Clinical Science and Development, Mental Health invited Dr. Gulliver to be a standing member of The Mental Health B Review panel. She will attend two meetings per year, having accepted the four-year term.
- Dr. Gulliver was appointed as a member of the IAFF Behavioral Health Task Force and the Advisory Committee for the IAFF Center of Excellence for Behavioral Health Treatment and Recovery which began operations in March of 2017. Dr. Gulliver was an invited attendee at the Grand Opening Ceremony.
- During the month of September 2016, Dr. Gulliver, Program Manager Michelle Pennington, and Research Assistant Denise Gomez traveled to Nashville, Tennessee for a focus group as part of Phase 2 of *Stamp Out Stigma: A National Campaign to Decrease Stigma and Increase Behavioral Health in Fire Service*.
- Warriors Research Institute staff participated in Baylor Scott & White Hillcrest's Faith in Action Initiative, Disaster Relief Kit Drive, for the victims of the Louisiana Floods, in September 2016. The staff assembled bags filled with toiletry essentials to be delivered to those displaced during the devastating floods.
- During the month of October, Dr. Gulliver, Program Manager Michelle Pennington, and Research Assistant Denise Gomez traveled to Portland, Oregon for the second focus group as part of Phase 2 of *Stamp Out Stigma: A National Campaign to Decrease Stigma and Increase Behavioral Health in Fire Service*.
- The 2016 International Association of Fire Fighters (IAFF) Division of Occupational Health, Safety and Medicine held the 2016 IAFF Instructor Development Conference in Phoenix, AZ October 16 – 19, 2016. Dr. Gulliver was in attendance.

- On October 22, 2016, Baylor Scott & White Health and Baylor University hosted the 2nd Annual Gil Taylor Behavioral Health Symposium. This conference focused on stigma and access to behavioral health. The agenda included breakout sessions led by psychiatrists, psychologists, ministers, Baylor University faculty, TEDTalks speakers and others. Dr. Gulliver and Program Manager Michelle Pennington attended the symposium.
- Dr. Gulliver attended and presented at the International Society for Traumatic Stress Studies (ISTSS) 32nd Annual Meeting in Dallas, Texas in November 2016.
- In November 2016, Warriors Research Institute hosted a two-day IAFF Peer Support Training for Texas firefighters as part of the project, *Evaluating the Efficacy of Peer Support Training and Supervision for Texas Firefighters*. Peer support programs have been demonstrated to be an effective method for providing support to occupational groups, including fire fighters. The IAFF Peer Support Training Program is a two-day interactive course taught by experienced peers from the fire service and behavioral health clinicians.
- WRI Program Manager Michelle Pennington, and Research Assistant Tessa Denman both became volunteers as CASAs (Court Appointed Special Advocates) for Children.
- During the month of November, WRI staff collected and donated food in the 27th anniversary of the local food drive, *Food For Families*. This yearly event is the largest one-day food drive in Texas. It encompasses 9 counties in Texas, including WRI's home county, McLennan County. The donation total for WRI staff was 147 pounds of food.
- In January 2017, WRI staff volunteered at the Miracle Match Marathon in Waco, Texas. The event is supported by Waco Professional Firefighters Association and benefits Be The Match, a marrow donor program.
- Dr. Meyer was selected as the regional trainer for the Southwestern U.S. by the VA for their national training and dissemination program in Acceptance and Commitment Therapy (ACT), an evidence-based psychological treatment for depression. He attended the regional trainers' training in Salt Lake City, UT in February, 2017.
- Dr. Suzy Gulliver served as an evaluator for Baylor Scott & White Health Academic Operations Research Day at the beginning of April.
- In mid-April, Dr. Gulliver, Program Manager Michelle Pennington, and Research Assistant Denise Gomez travelled to Washington, D.C. for additional filming of the Stamp Out Stigma curriculum, which is part WRI's ongoing project funded by FEMA.
- Dr. Gulliver attended the A. Michael Mullane Health and Safety Symposium in Boston, MA during the month of May. The symposium provides health and safety information to firefighters.

- The 40th Annual Research Society on Alcoholism (RSA) Scientific Meeting is held in June each year. Dr. Gulliver was in attendance and served on the RSA Education Committee.
- Dr. Gulliver attended The State of the Veteran Family Symposium in June. It was presented by the Veteran Spouse Network and The University of Texas at Austin's School of Social Work.

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