

PROJECT SCOPE

1. The evaluation team analyzed 632 de-identified patient files, representing 65 cohorts of 12 Soldiers each, dating from the inception of the program through April, 2012. Health outcomes for PTSD, Anxiety, and Depression were analyzed.
2. The program structure, logistics, replicability, implementation issues, and quality were evaluated through qualitative inquires and site visits. Patient, commander, leadership, and family acceptability and satisfaction were assessed through 59 onsite interviews.

STATUS

Preliminary results, presented to program staff and hospital Command in September 2012, focused on evaluating health outcomes related to PTSD, depression and anxiety symptoms. Final analysis assessing additional cognitive/behavioral measures for increased self-management skills and mastery of PTSD symptoms longer-term, as well as social support impacts to health outcomes, will be completed in summer of 2012.

Program Evaluation of the Warrior Combat Stress Reset Program at Fort Hood

ABOUT THE WARRIOR COMBAT STRESS RESET PROGRAM (WCSR)

The Warrior Combat Stress Reset Program (Reset) is a unique, multi-modal, integrative model program for the treatment of combat stress/Post Traumatic Stress Disorder (PTSD) symptoms. The combination of multiple treatment interventions from behavioral health, mind/body treatments, and Complementary and Alternative Medicine (CAM) modalities provides opportunity for intense treatment but also poses some unique program evaluation challenges. Program activities include Group and Individual Counseling, Self-Regulation and Biofeedback, Coping Skills Education and Training, Eye Movement Desensitization and Reprocessing (EMDR), Cranial Electrical Stimulation, and Integrated CAM modalities (e.g. acupuncture, Reiki, massage, meditation, yoga, and Tai Chi).

EVALUATING EFFECTIVENESS OF THE WCSR

Samueli Institute was invited to design and conduct this Program Evaluation by the program's leadership. Reset is designed for Soldiers who are committed to an intensive and structured program of treatment and whose goal is to further their careers with continued service in the United States Army. It is focused on reducing hyper-arousal and reactivity. Reducing these core symptoms of combat stress and PTSD allows other treatments to be more effective. It also provides tools for preventing future trauma. The main goal of the program is to facilitate "normal" recovery from trauma through: 1) Restoring access to "relaxation response"/inner quieting; 2) Improving sleep & self-regulation; and 3) Facilitating recovery from "triggers" and intrusive memories.

SIGNIFICANCE AND PRELIMINARY RESULTS

From the initial results, the Reset program appears very successful in meeting its stated goals and objectives. The program implementation matches the program's intent. The improvements in health outcomes are both statistically and clinically significant for reducing PTSD, anxiety, and depression symptoms. Major health outcomes have improved significantly year over year. Satisfaction with the program is very high with patients, family members, program providers and staff, referring providers and leadership. Samueli Institute has increased the program's capacity for evaluation by building a database repository, entering retrospective data, creating report capability and developing a follow-up system to allow for sustainability tracking.

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