

Warriors Research Institute

ANNUAL REPORT FY 2020

Director:
Dr. Suzy Bird Gulliver

Associate Director:
Dr. Eric Meyer

Letter from the Director

Dear All:

What an odd trip around the sun these last twelve months have been; as I write this introduction to our annual report, we are living through the COVID-19 Pandemic. This crisis brought our clinical, training and research mission to the forefront. The theme for our team this year sharpened along the lines of technology. We have been serving veterans, veteran family members and firefighters via telehealth technology these last few years. In the time of the pandemic, we have the infrastructure to make some headway towards our aspirational goal to put technology to good use.

With funding from the state of Texas, we continue to improve training for veteran and veteran family peer supporters, and to provide evidence-based care to veterans and veteran family members. Our first three cohorts of peer graduates recently completed a Zoom-delivered Suicide Safety Planning training. We evaluate this care as we train our students, and much of what we train involves how to have hard conversations. Twenty-six veterans and veteran family members have received peer support training. Eighty-eight veterans or veteran family members have received care. We have provided over 1,000 therapy sessions to veterans and veteran family members!

With funding from Federal Emergency Management Agency (FEMA), we delivered the Unified Protocol for the Treatment of Emotional Disorders to firefighters throughout Texas. During the time of COVID-19, we expanded to provide remote disaster-related telehealth to firefighters of the International Association of Fire Fighters (IAFF) in the United States, assessing and serving eighty-eight firefighters. We collaborated on the development of a Suicide Safety Planning training funded by FEMA (PI: Nathan Kimbrel, Ph.D.) for firefighter peers.

Our students continue to surprise and delight us, developing new questions to ask of existing data, writing for conferences, and delivering remarkable professional assessment and treatment to people suffering from mental health consequences relative to their military service or their chosen occupation. Our research assistants find homes in top-notch graduate schools, even as our program managers complete their own graduate training.

We closed a chapter this year as well: despite Herculean efforts to foster the development of a recovery high school for the Waco community, we determined that the resources were not yet available to create a school at this moment in time. The work that went into this project was not lost however; community-based connections that grew from this effort expanded and deepened our local impact.

This year I travelled as a clinician attached to the IAFF to two cities where firefighters responded to scenes of mass violence. In each of these cities I had hard conversations about injustice, violence, and white privilege. I left these cities tired, but bolstered in my resolve to keep trying. I worry less these days about people-pleasing, and more about making a difference. After all, that's why we do science. To make a difference. That's why we have technology. To make a difference.

My hope for all of us is that we can bring science and technology to bear in the quest to create positive change in our world today. Thanks for reading. Be safe, my friends.

Best,



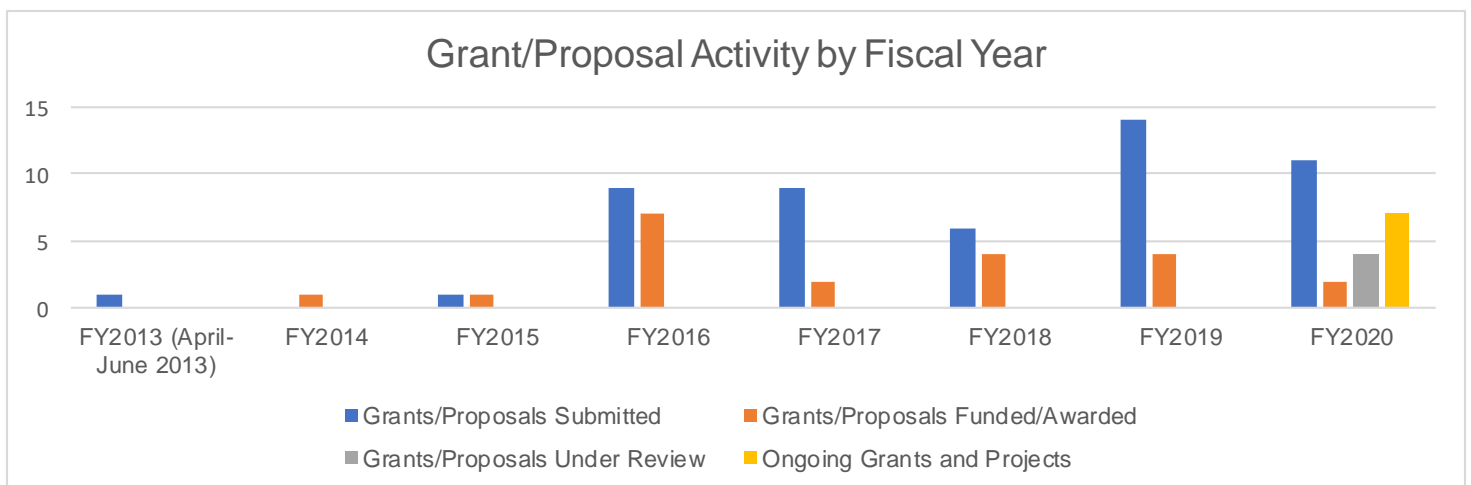
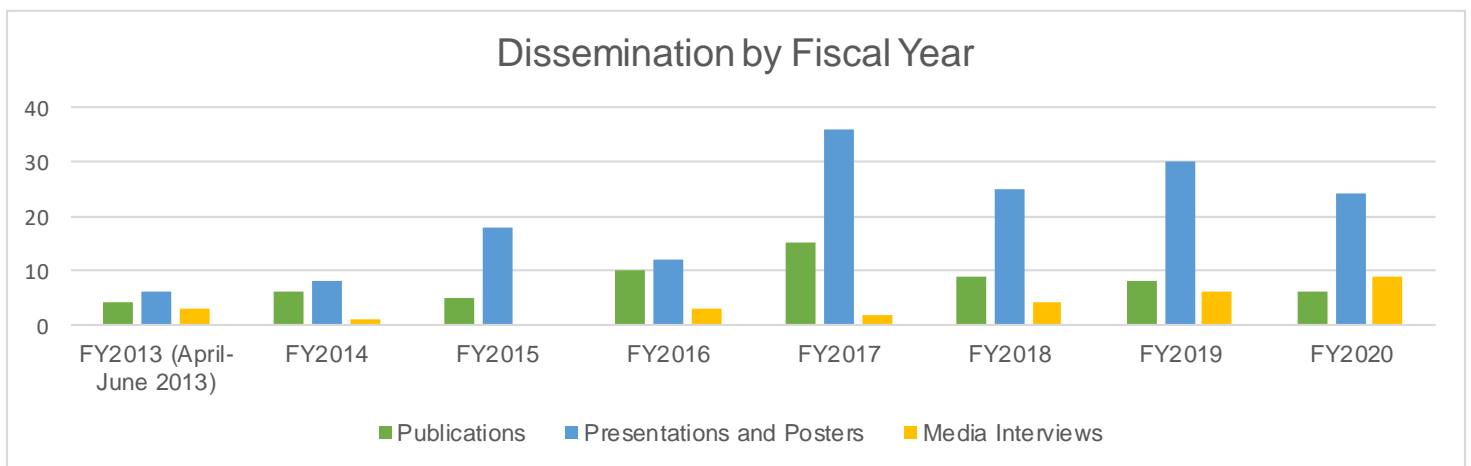
Suzy Bird Gulliver
suzy.gulliver@bswhealth.org
www.BSWH.md\WRI

Mission

Our program'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.

FY2020 Highlights (July 2019 – June 2020)

- 2 grant proposals awarded funding
- 11 grants and projects submitted
- 24 local/national/international presentations
- 6 research publications
- 10 manuscripts currently under peer review
- 9 media appearances
- 2 grant review panels
 - National Institute Health (NIH) (Dr. Meyer)
 - Department of Veterans Affairs (VA) (Dr. Gulliver)
- 15 completed journal reviews



Our Staff



Suzy Bird Gulliver, Ph.D.



Eric Meyer, Ph.D.



Elizabeth Coe, Psy.D.



Alexia Maness



Michelle Pennington, M.P.H.



Jessica Rostockyj, M.S.



Megan Cardenas



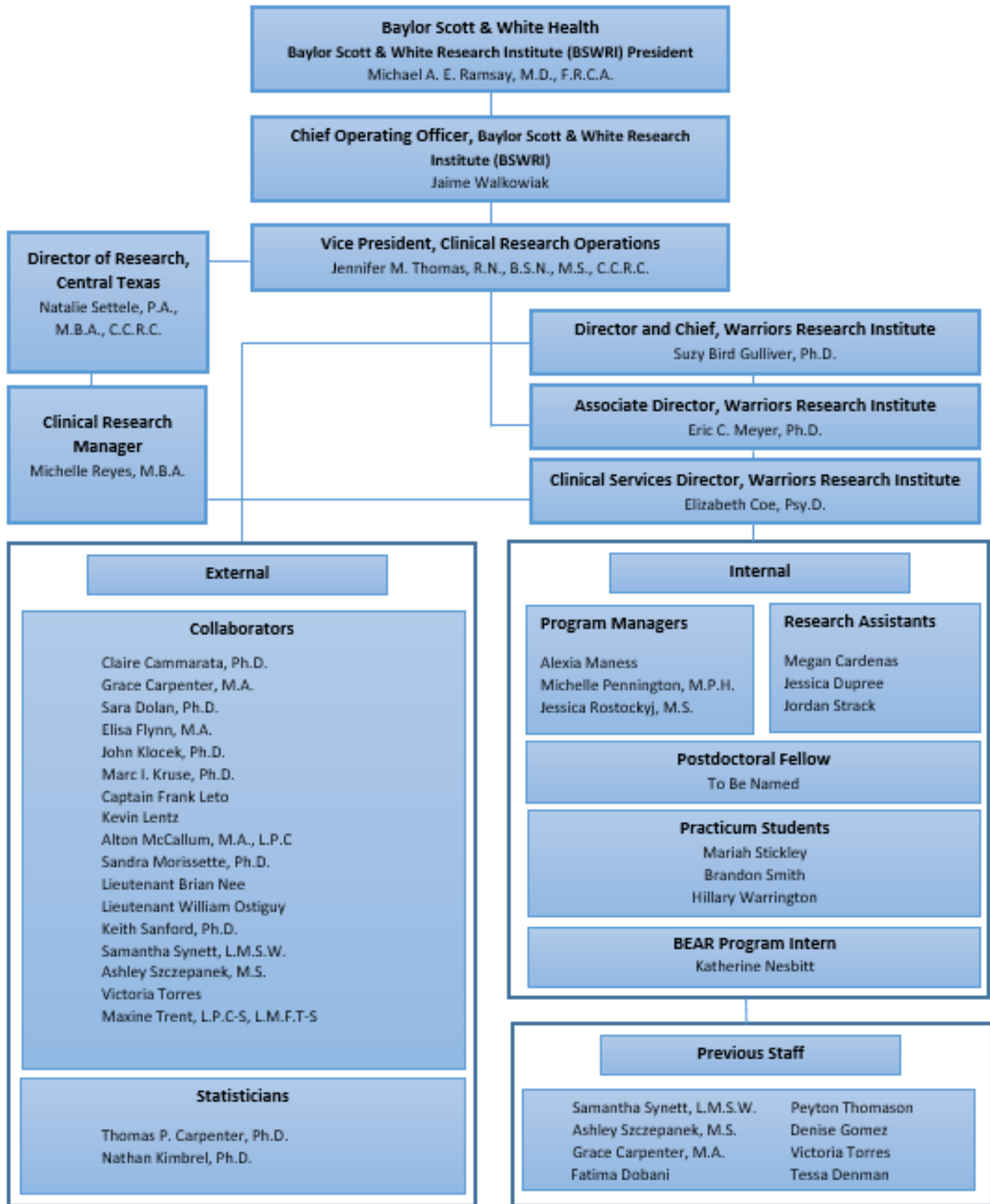
Jessica Dupree



Jordan Strack

Organizational Chart

Warriors Research Institute



Executive Summary

WRI's program at Baylor Scott & White Research Institute was founded in April 2013 by Dr. Suzy Gulliver. WRI has been awarded over \$5 million since its inception, and our researchers have participated in 17 research projects, yielding over 60 manuscripts. Additionally, WRI staff have been involved in over 100 presentations nationally and internationally. Dr. Gulliver, Director, and Associate Director, Eric Meyer, foster WRI's growth by mentoring staff and volunteers, serving on internal and external boards, committees, and panels, and leading research endeavors. Dr. Gulliver is a consultant for the IAFF and shares her expertise with other organizations such as Our Community, Our Future (OCOF) through Heart of Texas MHMR, and Boston Fire Department. Dr. Meyer offers his expertise in Acceptance and Commitment Therapy (ACT) as a trainer to several groups, including Baylor Scott & White Psychiatry and Behavioral Health Service, Primary Care, and Child and Adolescent Psychiatry. Drs. Gulliver and Meyer and Program Manager Jessica Rostockyj are all members of Baylor Scott & White Health's system-wide Military Advisory Council. In response to the steady expansion of our clinical evaluation and training projects, the WRI determined that it was time to add a layer of leadership. Dr. Elizabeth Coe accepted a fulltime position as the Clinical Services Director. In this capacity, Dr. Coe supervises the trainees, identifies opportunities for additional research, refines protocols, and writes scholarly papers and grant applications.

Current Projects

Building Peer Support and Telehealth for Central Texas Veterans (Vet PaTHs)

PI: Suzy Bird Gulliver; Funding Agency: Texas Health and Human Services
Commission Texas Veterans + Family Alliance

A 2016 needs assessment conducted by the Meadows Foundation determined that many veterans and family members are not receiving evidence-based mental health care. We approached this problem with a three-pronged service facilitation project: first, we adapted the Peer Support Training curriculum previously developed and tested within fire service and then delivered the training to both veterans and veteran family members. Through these trainings, we are building and maintaining relationships with a group of Peer Support Specialists who serve as trouble-shooters and bridges to professional care for individuals in distress in the Central Texas community. Second, we trained and supervised a cadre of Baylor University, University of Mary-Hardin Baylor (UMHB), and Tarleton State University graduate students (Psy.D, MA-LPC, and MSW candidates) and one postdoctoral fellow in military cultural awareness and in the delivery of three evidence-based behavioral treatments: Cognitive Processing Treatment (CPT), Acceptance and Commitment Therapy (ACT), and the Unified Protocol (UP) via telemedicine. Third, we have provided treatment to thirty-four individuals to date. Funding for this project concluded in May of 2019, though we continue to provide follow-up and as-needed treatment that was initiated under this program.

Expanding Peer Support and Telehealth for Central Texas Veterans (Vet PaTHs 2)

PI: Suzy Bird Gulliver; Funding Agency: Texas Health and Human Services
Commission Texas Veterans + Family Alliance

In this project, we expand the Peer Support Trainings to organizations in Central Texas with large numbers of veteran and veteran family member employees. These trained Peer Support Specialists can serve as trouble-shooters and bridges to professional care for veterans in distress in their individual communities including to colleagues in their workplace. We also offer an advanced training in Safety Planning for Suicide Prevention to the Peer Support Specialists previously trained under our initial Vet PaTHs project. In the second part of this project we continue to train and supervise a cadre of qualified graduate students to deliver behavioral, evidence-based treatments to veterans and veteran family members via telehealth with the addition of parent skills

training. Cultural awareness training continues to be a part of this project, ensuring that culturally competent treatment is provided to veterans and veteran family members.

International Association of Fire Fighters (IAFF) Behavioral Health Continuing Education Program

IAFF Consultant: Suzy Bird Gulliver

Dr. Gulliver partnered with the IAFF to produce an advanced level Disaster Response Training course for certified Peer Instructors. This training is now available online and serves as a primer for firefighters deployed to natural and man-made disasters. In addition, she continues to work annually with the cohort of IAFF Peer Instructors, a group of 38 firefighter peers that deliver the two-day IAFF Peer Support Training to firefighters in the United States and Canada. In recent weeks, Dr. Gulliver has consulted with the IAFF regarding the feasibility of adapting the established Peer Support training program to a live, online training venue.

Statewide Evidence-Based Telehealth Treatment

Executive Director: Eric Meyer; Funding Agency: Texas Veterans Commission

Building upon initial success in our VetPaTHs program, the WRI delivers evidence-based mental health treatment to veterans and their beneficiaries across Texas through a telehealth clinic. This project includes the following goals: 1) Deliver high-quality, accessible, evidence-based mental health treatment to veterans and their beneficiaries via telehealth that leads to meaningful improvements in quality of life; 2) commit to providing treatment that is culturally competent, for both veterans and veteran family members; 3) make expert referrals to alternate services, based on our thorough clinical assessments, in cases in which our treatment services are not a good match for veterans or their beneficiaries; 4) reach and positively impact veterans across Texas through our statewide marketing campaign which utilizes our internal communication channels as well as social media marketing; and 5) increase the pool of culturally competent, evidence-based treatment providers by training current graduate-level trainees in mental health fields. Under this project, we have treated thirty-four veterans and veteran family members and trained five masters- and doctoral- level trainees from Tarleton State University, Baylor University, and Texas A&M University.

Treatment is provided at no-cost to the client and is available for any veteran, regardless of discharge status.



This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families. <https://TVC.Texas.gov>

Project ACCESS: Expanding Evidence-based Treatment via Telehealth for Fire Service

PI: Suzy Bird Gulliver; Funding Agency: FEMA

The lack of access to culturally-aware clinicians is a significant barrier to adequate mental health care in fire service. IAFF President Harold Schaitberger called for "trained professionals who understand their profession and their experiences," yet access to clinicians with awareness of fire service culture continues to be a hindrance. First, we developed and beta-tested a 90-minute peer-led clinician awareness training. Second, we developed and implemented a telemental health clinic that provides protocol driven, evidence-based treatment to Texas firefighters via graduate student and postdoctoral clinicians trained and supervised by firefighter peers and culturally-aware clinicians. Forty firefighters received at least one treatment session and 33% completed a full course of treatment. Among treatment completers, retention in post-treatment evaluation was 100%. Project

ACCESS demonstrated that telehealth is a viable treatment option for firefighters, increasing help-seeking and enhancing behavioral health wellness of firefighters by offering a low-/no-cost option for confidential, accessible, culturally relevant treatment. Due to COVID-19, we were able to expand the telemental health clinic to provide disaster-related pro-bono treatment to IAFF firefighters in the United States. Since March 1, 2020, twenty-six firefighters have enrolled in treatment as part of this expansion.

Affect Regulation Training (ART) for Alcohol Use Disorder: A Stage II Efficacy Trial
 PI: Paul Stasiewicz and Clara Bradizza; Funding Agency: National Institute on Alcohol Abuse and Alcoholism (NIAAA)

In this study, Dr. Gulliver is fortunate to serve as a Co-Investigator to Co-Principal Investigators Drs. Paul Stasiewicz and Clara Bradizza of the Research Institute on Addictions at University at Buffalo. Despite the strong links between positive and negative affect situations and problem drinking, few studies have directly addressed whether interventions that target affect regulation positively impact drinking outcomes. This study is a fully-powered Stage II efficacy trial to compare an Affect Regulation Treatment (ART) supplement to a standard cognitive-behavioral therapy (CBT) intervention for alcohol use disorder to an active health and lifestyle control supplement to CBT and explore mechanisms of action by which ART exerts its positive effects. The findings from this study are anticipated to have a direct impact on clinical practice by providing the field with a novel, effective treatment for alcohol use disorders that addresses affect regulation difficulties.

Preventing Suicide through Implementation of Safety Planning Intervention Training for Peer Support Specialists
 PI: Nathan Kimbrel; Funding Agency: FEMA

The objective of this project is to reduce the occurrence of suicide among firefighters by providing Safety Planning Intervention training to peer support specialists. To maximize the reach of this program and to ensure sustainability, we are developing an interactive, web-based Safety Planning Intervention training course for firefighter peer support specialists. The IAFF has already certified 3,400 peer support specialists, and 2,000 more are expected to be certified by the time this training program is ready for dissemination.

Grants/Projects/Proposals Funded FY2020

	Project	Investigator	Agency	Period of Funding	Total Costs
1.	Statewide Evidence-Based Telehealth Treatment (TVC2)	MEYER, EC (Executive Director)	TVC	07/01/2020 -- 06/30/2021	\$400,000
2.	Expanding Peer Support and Telehealth for Central Texas Veterans (Vet PaTHs 2)	GULLIVER, SB (PI)	Texas Health and Human Services Commission Texas Veterans + Family Alliance Grant Program	09/01/2019 – 08/31/2021	\$441,914 (with 100% institutional match)

Grants/Projects/Proposals Submitted FY2020

	Project	Investigator	Agency
1.	Developing Emotional Regulation Skills for Peer Support Specialists *	GULLIVER, SB (PI)	Federal Emergency Management Agency (FEMA)
2.	Pathways of risk and resilience in firefighters: A prospective study of modifiable predictors of mental and physical health outcome from fire academy through mid-career	GULLIVER, SB and MEYER, EC (Co-PIs)	National Institute of Mental Health (NIMH) resubmission
3.	Statewide Evidence-Based Telehealth Treatment (TVC2)	MEYER, EC (Executive Director)	Texas Veterans Commission (TVC)
4.	Pathways of risk and resilience in police officers: A prospective study of modifiable predictors of health and wellness associated with traumatic and organizational stressors from the academy through mid-career *	MEYER, EC (PI)	National Institute of Justice (NIJ)
5.	Identification and treatment of COVID-19-related psychological distress among first responders	COE, E (PI)	American Psychological Foundation (APF)
6.	Enhancing Outreach and Evidence-Based Care for Texas Service Members, Veterans, & Families via Telehealth	GULLIVER, SB and MEYER, EC (Co-PIs)	Bob Woodruff Foundation
7.	The Psychological Impact of the COVID-19 Pandemic on Emergency Responders	PENNINGTON, ML (PI)	National Science Foundation (NSF)
8.	Acceptance and Commitment Therapy for Promoting Recovery in Post-Stroke Aphasia	EVANS, WS (PI), MEYER, EC (Co-I)	National Center for Medical Rehabilitation Research (NCMMR), National Institute of Health (NIH)
9.	Prediction, Prevention, and Epidemiology of Suicidal Behavior, Behavioral Health, and Occupational Stress among Firefighters *	KIMBREL, N (PI); GULLIVER, SB and MEYER, EC (Consultants)	Federal Emergency Management Agency (FEMA)
10.	Expanding Telehealth for Latino/a/x Military Veterans and their Families *	MEYER, EC (PI)	Austin Community Foundation and United Way for Greater Austin
11.	Acceptance and Commitment Therapy for Promoting Recovery in Post-Stroke Aphasia	EVANS, WS (PI); MEYER, EC (Co-I)	University of Pittsburgh Pain Challenge

*indicates proposals currently under review

Ongoing Grants and Projects FY2020

	Title	Award Number	Investigator	Agency	Period of Funding	Total Costs
1.	Project ACCESS: Expanding Evidence-Based Treatment Via Telehealth for Fire Service	EMW-2016-FP-00371	GULLIVER, SB (PI)	FEMA	09/01/2017 – 02/29/2020 (no-cost extension)	\$1,500,000
2.	Building Peer Support and Telehealth for Central Texas Veterans (Vet PaTHs)	HHS0000 77100001	GULLIVER, SB (PI)	Texas Health and Human Services Commission Texas Veterans + Family Alliance Grant Program	06/01/2017 – 05/31/2019 Pro-bono work continued through FY2020	\$427,204 (with 100% institutional match)
3.	Affect Regulation Training for Alcohol Use Disorder: A Stage II Efficacy Trial	1R01AA0 24628-01A1	STASIEWICZ, P and BRADIZZA, C (PI; Research Institute on Addictions); GULLIVER, SB (CO-I)	NIAAA	04/01/2016 – 03/31/2021	subcontract: \$75,299
4.	Preventing Suicide through Implementation of Safety Planning Intervention Training for Peer Support Specialists	EMW-2017-FP-00385	KIMBREL, N (PI); GULLIVER, SB and MEYER, EC (CONSULTANTS)	FEMA	01/01/2019 – 12/31/2020	consultant costs \$76,800
5.	International Association of Fire Fighters (IAFF) Behavioral Health Continuing Education Program	--	IAFF; GULLIVER, SB (CONSULTANT)	FEMA	03/15/2019 – 06/30/2020	\$30,000
6.	Statewide Evidence-Based Telehealth Treatment (TVC)	GT-VMH19-026	MEYER, EC (Executive Director)	TVC	07/01/2019 -- 06/30/2020	\$500,000
7.	Expanding Peer Support and Telehealth for Central Texas Veterans (Vet PaTHs 2)	HHS0003 29700011	GULLIVER, SB (PI)	Texas Health and Human Services Commission Texas Veterans + Family Alliance Grant Program	09/01/2019 – 08/31/2021	\$441,914 (with 100% institutional match)

Peer-Reviewed Publications

1. Gulliver, S. B., Zimering, R. T., Dobani, F., Pennington, M. L., Morissette, S. B., Kamholz, B. W., Knight, J. A., Keane, T. M., Kimbrel, N. A., Carpenter, T. P. & Meyer, E. C. (2020). Alcohol use and mental health symptoms in female firefighter recruits. *Occupational Medicine*. 69(8-9), 625-63.
2. Blessing, A., DeBeer, B. B., Meyer, E. C., Riggs, S., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2020). Deployment preparation, PTSD, and family functioning in returning veterans. *Military Behavioral Health*. 8(2), 130-138.
3. Torres, V.A., Strack, J.E., Dolan, S., Kruse, M. I., Pennington, M.L, Synett, S. J., Kimbrel, N. & Gulliver, S. B. (In Press). Identifying frequency of mild traumatic brain injury (mTBI) in firefighters. *Workplace Health and Safety*.

Published Chapters

4. Torres, V. A. & Gulliver, S. B. (2020). Firefighters: An Occupational Case Study. In S. E. Schulenberg (Ed.) *Positive Psychological Approaches to Disaster*. Cham, Switzerland: Springer International Publishing AG.
5. Gulliver, S. B. (Ed.). (in production). Volume IV: Special Issues in Health Psychology. In L. M. Cohen (Ed.) *Encyclopedia of Health Psychology*. Hoboken, New Jersey: Wiley.
6. Kruse, M. I., Denman, T. C., Maness, A. G., & Gulliver, S. B. (2019). Co-Occurring PTSD and Substance Use Disorders. In B. A. Moore & W. E. Penk (Eds.) *Handbook for the Treatment of PTSD in Military Personnel (Second Edition)*. New York: Guilford Press.

Manuscripts Under Review as of 6/30/2020

1. Gulliver, S.B., Zimering, R.T., Knight, J., Morissette, S.B., Kamholz, B.W., Pennington, M. L...Keane, T.M., & Meyer, E.C. (under review). A prospective study of the relationship between trauma exposure and development of PTSD and depression symptoms in fire fighters during their first three years of service.
2. Meyer, E. C., Zimering, R. T., Knight, J., Morissette, S. B., Kamholz, B. W., Coe, E., Carpenter, T.P., Keane, T.M., Kimbrel, N.A., & Gulliver, S.B. (under review). Negative emotionality interacts with trauma exposure to prospectively predict greater PTSD symptom severity during the first three years of fire service.
3. Crabtree, M., Hale, W. J., Meyer, E. C., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (under review). Dynamics of risk: Recent changes in psychological inflexibility precede subsequent changes in posttraumatic stress.
4. Pennington, M. L., Coe, E., Dobani, F., Sanford, K., Kruse, M. I., Meyer, E. C., & Gulliver, S. B. (under review). Keeping the flame alive: Marriage and divorce among professional firefighters.
5. Umekubo, K. A., Pennington, M. L., & Dolan, S. L. (under review). The relationship between schizotypy and cannabis expectancies: Evidence from an undergraduate sample.

6. Kittel, J., DeBeer, B. B., Kimbrel, N. A., Meyer, E. C., Gulliver, S. B., & Morissette, S. B. (under review). Binge drinking as a prospective predictor of suicide attempts in female veterans.
7. Meyer, E.C., Kimbrel, N.A., Kurz, A.A., DeBeer, B.B., Kittel, J.A., Gulliver, S.B., & Morissette, S.B. (under review). Psychological inflexibility mediates the impact of PTSD and depression symptoms on functional impairment in war veterans.
8. Perrotte, J.K., Weston, R., Meyer, E.C., DeBeer, B.B., Kimbrel, N.A., Gulliver, S.B., & Morissette, S.B. (under review). A temporal investigation of social functioning and behavioral health among veterans.
9. Pennington, M. L., Dupree, J., Coe, E., Kimbrel, N. A., Ostiguy, W., Meyer, E., & Gulliver, S. B. (under review). First responder attitudes regarding service near a supervised injection facility: Relationship to burnout, secondary traumatic stress, and compassion satisfaction.
10. Pennington, M. L. Ylitalo, K. R., Lanning, B. L., Dolan, S. L., & Gulliver S. B. (under review). Firefighters who died by suicide: An epidemiologic study of suicide means, sociodemographic and psychiatric risk factors, and other precipitating circumstances.

Peer-Reviewed Presentations

1. Perrotte, J. K., Piña-Watson, B., Baumann, M. R., Moreno, S., Morissette, S., Gulliver, S. B., Weston, R., & Garza, R. T. (accepted). *Traditional gender roles and drinking among incoming Latina college students: a bi-domain approach*. In J. K. Perrotte (chair), *The traditional gender role hypothesis: alcohol use and other health risk behaviors among Latinas*. Symposium presentation accepted for the Division 50 (Society of Addiction Psychology) programming of the 2020 American Psychological Association conference, Washington D. C.
2. Cardenas, M., Pennington, M., Strack, J., Dupree, J., Zimering, R., Meyer, E. C., & Gulliver, S. B. (2020, May). *Psychosocial risk factors in trauma exposed populations: The effects of financial strain on mental health functioning in firefighters*. Poster presented at Baylor Scott & White Scholars Day, Temple, TX.
3. Strack, J., Dupree, J., Cardenas, M., Pennington, M. L., Maness, A., Coe, E., Meyer, E. C., Gulliver, S. B. (2020, May). *Training veteran peer support specialists in Central Texas*. Poster presented at Baylor Scott and White Scholar's Day, Temple, TX.
4. Dupree, J., Pennington, M., Rostockyj, J., Strack, J., Cardenas, M., Coe, E., Meyer, E. C., & Gulliver, S. B. (2020, May). *Building telehealth clinics for veterans and first responders in Central Texas*. Presented at Baylor Scott and White Scholar's Day, Temple, TX.
5. Nesbitt, K., Pennington, M. L., Dupree, J., Strack, J., Cardenas, M., Meyer, E. C., Gulliver, S. B. (2020, May). *Constraint as a protective factor against hazardous drinking behavior in firefighters*. Poster presented at Baylor Scott and White Central Texas Scholar's Day, Temple, TX.

6. Dupree, J., Pennington, M., Strack, J., Cardenas, M., Zimering, R., Morissette, S., Meyer, E. C., & Gulliver, S. B. (2020, May). *Discrimination and PTSD symptoms among firefighter recruits*. Poster presented at Association for Psychological Sciences, Chicago, IL.
7. Strack, J., Torres, V., Pennington, M., Dupree, J., Cardenas, M., Gomez, D., Dolan, S., Kimbrel, N., Meyer, E., & Gulliver, S. B. (2020, May). *PTSD and depression symptoms in firefighters with line-of-duty head injuries*. Poster presented at Association for Psychological Sciences, Chicago, IL.
8. Cardenas, M., Pennington, M., Dupree, J., Strack, J., Zimering, R., Meyer, E. C., & Gulliver, S. B. (2020, May). *Financial strain and psychological wellbeing among professional firefighters*. Poster presented at Association for Psychological Science, Chicago, IL.
9. Cardenas, M., Rostockyj, J., Pennington, M., Coe, E., Strack, J., Dupree, J., Meyer, E. C., & Gulliver, S. B. (2020, April). *Expanding access to evidence-based mental health care for Texas veterans: Developing strong therapeutic alliances via telehealth*. Military Social Work & Behavioral Health Conference, Austin, TX.
*Conference postponed
10. Rostockyj, J., Pennington, M., McCallum, A., Coe, E., Strack, J., Meyer, E. C., & Gulliver, S. (2020, April). *Veterans helping veterans: Building a peer support training program for veterans and veteran family members*. Military Social Work & Behavioral Health Conference, Austin, TX
*Conference postponed
11. Pennington, M. L. & Ylitalo, K. R. (2020, April). *Firefighters who died by suicide: An epidemiologic study of suicide means, sociodemographic and psychiatric risk factors, and other precipitating circumstances*. Poster presented at the 53rd annual conference of the American Association of Suicidology, Portland, OR.
12. Nesbitt, K., Pennington, M. L., Dupree, J., Strack, J., Cardenas, M., Meyer, E. C., Gulliver, S. B. (2020, April). *Constraint as a protective factor against hazardous drinking behavior in firefighters*. Poster presented at Baylor University Undergraduate Research and Scholarly Achievement Scholar's Week, Waco, TX.
13. Pennington, M. L. (2020, February). *Firefighters who died by suicide: An epidemiologic study*. Presented at the 2020 Baylor University Graduate Student Twitter Conference.
14. Umstatted Meyer, M. R., Abildso, C., Walker, A., Bridges Hamilton, C. N., Pennington, M. (2020, February). *Activating rural America: Painting the landscape of active living policies and advocacy in rural America*. Poster presented at the 2020 Active Living Conference, Orlando, FL.
15. Gulliver, S. B., Kimbrel, N. A., Pennington, M. L. & Bernes, S. (2019, November). *Access and preferences for behavioral health services among firefighters*. In N. Kimbrel (Chair), *Understanding*

and mitigating the impact of occupational stress on professional firefighters. Symposium presented at the 13th International Conference on Occupational Stress and Health, Philadelphia, PA.

16. Pennington, M. L., Dupree, J., Coe, E., Kimbrel, N. A., Ostiguy, W., Meyer, E., & Gulliver, S. B. (2019, November). *Firefighter attitudes and burnout related to service to opioid overdose response in Vancouver, BC*. Poster presented at the 13th International Conference on Occupational Stress and Health, Philadelphia, PA.
17. Dobani, F., Meyer, E. C., Zimering, R. T., Knight, J., Keane, T. M., & Gulliver, S. B. (2019, November). *Cumulative trauma exposure in probationary firefighters*. Poster presented at the 35th annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.
18. Pennington, M. L., Rostockyj, J. A., Coe, E., Kimbrel, N. A., Meyer, E., & Gulliver, S. B. (2019, November). *Windows to mental healthcare for vulnerable populations: Expanding evidence-based treatment via telehealth*. Poster presented at the 35th annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.
19. Dupree, J., Meyer, E., Zimering, R., Knight, J., Keane, T., & Gulliver, S. B. (2019, November). *The Impact of PTSD symptoms on physical and mental health functioning in firefighters*. Poster presented at the 35th annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.
20. Strack, J., Torres, V., Pennington, M. L., Gomez, D., Meyer, E. C., & Gulliver, S. B. (2019, November). *Symptoms of mild traumatic brain injury, PTSD, and depression in firefighters*. Poster presented at the 35th annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.
21. Kruse, M., Burnham, R., Perkins, N., Kerwood, S., Gulliver, S., & Jahnke, S. (2019, August). *Implementing an effective annual behavioral health assessment*. Presented at the International Association of Fire Chiefs (IAFC) Annual Conference & Expo, Fire-Rescue International (FRI), Atlanta, GA.
22. Perrotte, J. K., Baumann, M. R., Morissette, S. B., Gulliver, S. B., & Garza, R. T. (2019, August). *A bi-dimensional bi-domain approach to acculturation and substance use among Latinx emerging adults*. Poster accepted for presentation at the annual meeting of the American Psychological Association; Division 50, Society of Addiction Psychology; Chicago, IL
*Third place student poster presentation.
23. Maness, A. G., Coe, E., Ettinger, L., Woodall, S., Ostiguy, W., & Gulliver, S. B. (2019, July). *Barriers and solutions: Building a new recovery high school program in the land of Fixer Upper*. Round table discussion presented at the 18th National Recovery Schools Conference, Boston, MA.

Invited Presentations

24. Gulliver, S. B. & Leto, F. (2019, August). Project ACCESS: Expanding Evidence- Based Treatment via Telehealth to Fire Service. Presented at the John P. Redmond Health and Safety Symposium & Dominick F. Barbera EMS Conference, Nashville, TN.

Media

1. Pennington, M. L. *Wayland VFD Introduces Warriors Research Institute's Free Firefighter Therapy to Area*. Written by Carla McKeown for Breckenridge Texan. (2019, August 8). <https://breckenridgetexan.com/2019/08/08/wayland-vfd-introduces-warriors-research-institutes-free-firefighter-therapy-to-area/>
2. Coe, E., & Meyer, E.C. *How telehealth is transforming mental health care for Veterans*. Scrubbing In: Hands-on health care discussions. The official blog of Baylor Scott & White Health. (2019, August). <https://scrubbing.in/how-telehealth-is-transforming-mental-health-care-for-veterans/>
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WRI Training Programs

Training future generations of treatment providers in evolving, evidence-based care is an important part of WRI's mission.

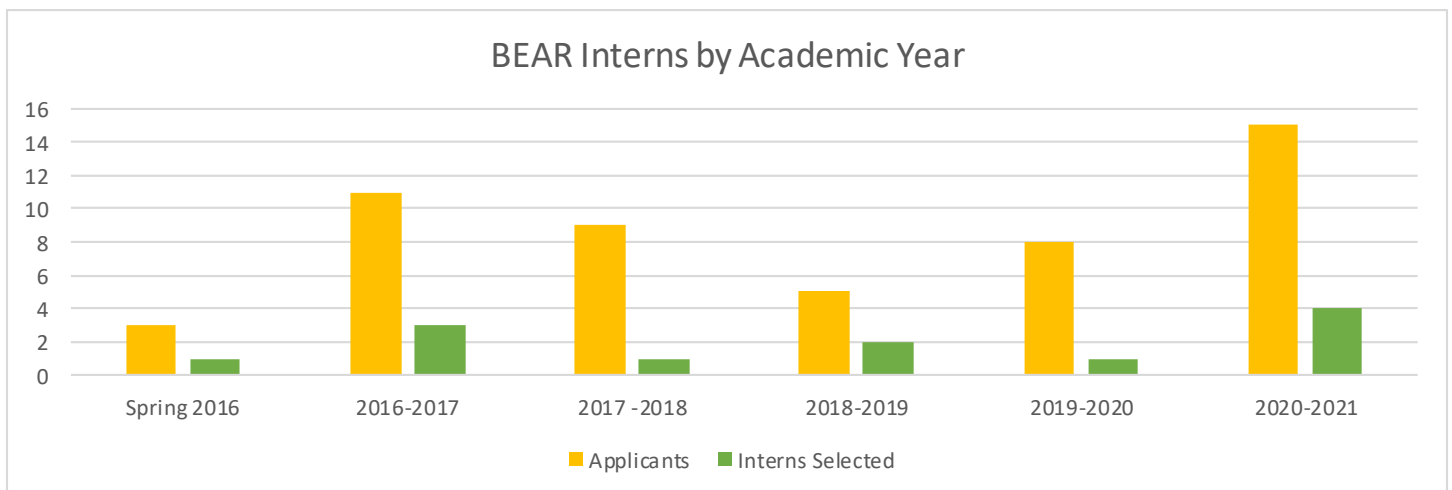
Practicum Program

Baylor University and Texas A&M University

Psy.D. students will have the opportunity to gain clinical experience in Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), and Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP). Psy.D. students will be responsible for providing these therapies via telemedicine to veterans, veteran families, and firefighters. Supervision will be provided by Dr. Elizabeth Coe, Dr. Suzy Gulliver, and Dr. Eric Meyer of the WRI.

BEAR Program

The Baylor Excellence in Applied Research (BEAR) Program is an internship program that provides Baylor University students practical mental health research experience. Created and lead by Program Manager, Michelle Pennington, the BEAR Program at WRI has provided research experience to Baylor University students since 2016.



WRI Mentees

1. Program Manager, Michelle Pennington, received her Master of Public Health degree in Community Health from Baylor University in May 2020.
2. Senior Research Assistant, Jessica Dupree, has been accepted to the Clinical Psychology Ph.D. program at Purdue University. Jessica will begin her graduate studies in the fall of 2020.
3. Senior Research Assistant, Jordan Strack, has been accepted to the Cognitive Neuroscience Ph.D. program at Colorado State University. Jordan will begin her graduate studies in the fall of 2020.

4. Former Senior Research Assistant, Victoria Torres, will begin her 5th year in graduate studies at the University of Mississippi in the clinical psychology doctoral program. She will soon be working in-person at a community mental health center in Oxford, MS as part of her graduate program. Clinically, she is continuing to hone her couples therapy skills and enjoys working with adults. She is currently working on her dissertation, "Latent Profiles of Young Adults Based on Vaping Outcome Expectancies." In addition, "The Impact of Socioeconomic Status on Cognitive Outcomes Following Radiotherapy for Pediatric Brain Tumors: A Prospective, Longitudinal Trial" is under review with researchers from St. Jude. She and fellow students recently received a Quick Response Grant from the University of Colorado Boulder's Natural Hazards Center to study college student responses to COVID-19 longitudinally.
5. Former Senior Research Assistant, Denise Gomez, is a Chiropractic Intern at the Parker University Student Chiropractic Wellness Clinic in Dallas, TX under the supervision of Dr. Mike Raper, D.C. She is in her last year of Chiropractic studies.
6. Former Senior Research Assistant, Tessa Denman, continues her pursuit of her JD at the University of Texas Law School.
7. Former Senior Research Assistant, Fatima Dobani, continues her graduate studies at Syracuse University in the clinical psychology doctoral program. Ms. Dobani was recently selected as a finalist for the Robert Wood Johnson Foundation Health Policy Research Scholar Fellowship.
8. WRI's first Postdoctoral Fellow, Elizabeth Coe, Psy.D., continues to serve with the WRI as Assistant Investigator and Clinical Services Director. Dr. Coe also serves as a Clinical Supervisor at the Baylor Psychology Clinic.
9. Jessica Perrotte, Ph.D., a former mentee of Dr. Gulliver's, is in her first year, tenure track, as Assistant Professor in the Department of Psychology at Texas State University in San Marcos, TX. She is a recent recipient of an NIH Loan Repayment Program award.
10. Former BEAR intern, Emily Pendleton, is continuing her education at the University of Texas at Austin to pursue a master's degree in public health.
11. Former BEAR intern, Bailey Hollier Mungiguerra, continues her education at Baylor University to pursue an Ed.S. in school psychology.
12. Former SWURP intern, Amayah Brown is just completed her undergraduate education at Baylor University. She graduated in spring of 2020 with a bachelor's degree in biology.
13. Former BEAR intern, Madeleine Terblanche, continues her pursuit of a Master of Occupational Therapy at Texas Woman's University.
14. Former BEAR intern, Ilse Vielma, continues to teach in Oklahoma City, OK for Teach for America.

Other Service Activities and Accomplishments

Conferences and Education

1. Ms. Maness attended the Substance Abuse and Mental Health Services Administration (SAMHSA) webinar “Systems of Care for Youth” in August 2019.
2. Dr. Gulliver attended the annual meeting of the American Psychological Association in Chicago, IL in August 2019.
3. The WRI team attended a Military Cultural Awareness Training hosted by Lieutenant General Don Jones (USA, Retired) and the Warrior Skills Training Center at Fort Hood in September 2019.
4. Ms. Warrington, Ms. Stickley, and Mr. Smith participated in the Cognitive Processing Therapy (CPT) training workshop in San Antonio in September 2019.
5. Dr. Gulliver attended the annual meeting of the Combat PTSD Conference in San Antonio, TX in October 2019.
6. Dr. Coe participated in a workshop on Empathic Understanding, Listening Well with Bill Miller, at Baylor University in October 2019.
7. The WRI attended the second annual Waco Behavioral Health Symposium in November 2019. WRI also hosted a booth at the symposium.

Community Involvement

1. Dr. Gulliver attended the Culturally and Linguistically Appropriate Services (CLAS) Policy Academy as a community member of Our Community, Our Future (OCOF) in Austin, TX in July 2019.
2. Ms. Pennington, Ms. Rostockyj, and Ms. Dupree attended the Central Texas VA Mental Health Summit in July 2019.
3. Dr. Gulliver, Dr. Coe, Ms. Rostockyj, and Ms. Dupree attended the Get Out Girl SURF and PADDLE Jam in Austin, TX in September 2019. The event is held in honor of first responders and benefitted Baylor Scott & White and the Warriors Research Institute.
4. Dr. Gulliver and Ms. Maness attended the Rusty Awards, also known as the Bell County Judge and Commissioners’ Committee on People with Disabilities annual banquet, in October 2019.
5. The WRI hosted a booth at the Find Your Waco event hosted by Greater Waco Chamber of Commerce in October 2019.
6. Dr. Gulliver, Dr. Meyer, and Mr. McCallum hosted a Police Peer Support Training at the Belton Police Department in October 2019.

7. Ms. Rostockyj, Ms. Dupree, and Ms. Strack attended the Veterans Day Memorial Event at Baylor Scott & White Hospital in Temple, TX in November 2019.
8. Dr. Coe, Dr. Meyer, and Ms. Rostockyj volunteered at the Baylor Scott & White service event in honor of Dr. Martin Luther King Jr. in January 2020.
9. Ms. Rostockyj and Ms. Pennington hosted booths at the VA Stand Down Events in Temple and Denton.
10. Several WRI staff members attended monthly meetings of the community collaboration, Our Community Our Future (OCOF), hosted by Klaras Center for Families of Heart of Texas MHMR.
11. Various WRI members attended monthly meetings of the community coalition, Voices Against Substance Abuse, hosted by VOICE Incorporated.
12. Ms. Rostockyj attended monthly meetings of the Bell County Suicide Prevention Coalition.
13. WRI staff attended regular Heart of Texas Recovery Oriented Systems of Care (ROSC) meetings.
14. Various WRI team members attended regular meetings hosted by Texas Association of Addiction Professionals – Waco Chapter (TAAP).

Consulting and Advisory Boards

1. Dr. Gulliver attended the International Association of Fire Fighters (IAFF) Center of Excellence's Advisory Board meeting in Washington, D.C. in July 2019.
2. Dr. Gulliver worked as a consultant for Boston Fire Department's Peer Support Training in Massachusetts in July 2019.
3. Dr. Gulliver participated in the IAFF Instructor Development Conference in Clearwater, FL in November 2019.
4. Dr. Gulliver attended regular OCOF Financial Sustainability meetings as a member of the subcommittee.

Project Travel and Events

1. Dr. Gulliver, Dr. Meyer, and Ms. Rostockyj attended the Texas Veterans Commission big check presentation in Austin, TX in September 2019.
2. The WRI attended a CEU event hosted by The Arbor Behavioral Healthcare in September 2019. Donations at the event benefitted the Waco Recovery High School Initiative.
3. In November 2019, Dr. Gulliver and Ms. Maness met with the Honorable Fernando Villarreal and local school district leadership to discuss the recovery high school project.

4. The WRI visited Fortis Academy in Houston, Texas in December 2019. WRI reported back to the Recovery High School Planning Committee for Waco.
5. Dr. Coe and Ms. Rostockyj provided mental health treatment information to Behavioral Health Specialists within the Texas Army National Guard in April 2020.
6. In May 2020, WRI hosted a one-day Peer Support Training for veterans and veteran family members as part of the Vet PaTHs 2 project.

Deployments

1. Dr. Gulliver was deployed to El Paso, TX as a peer support coordinator and clinician with the International Association of Fire Fighters in August 2019 in response to the spree shooting on August 3rd, 2019. She was deployed to El Paso again in January 2019.
2. Dr. Gulliver was deployed to Odessa, TX as a peer support coordinator and clinician with the International Association of Fire Fighters in September 2019 in response to the spree shooting on August 31st, 2019.

For additional information, please contact Alexia Maness at alexia.maness@bswhealth.org or 254-730-2672.