



Ohio Veterans NOW

Marcie Bockbrader, MD PhD, The Ohio State University

Jeff Lindquist, MAEd, TEAM Argonaut

Nov 19, 2020: **Lean Forward – Who to Call When a Servicemember or Veteran is in Crisis**



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Veterans NOW Overview

Neuromodulation – Operation Wellness

Veterans helping Veterans through an INTENSIVE TREATMENT PROGRAM for MENTAL HEALTH, CHRONIC PAIN, TBI & SUBSTANCE USE DISORDERS

- **WHO** we are
- **WHY** we are doing this
- **WHAT** services are offered
- **WHERE** sites are/will be located
- **WHEN** it will be available
- **WHO** can participate
- **WHAT** to expect
- **HOW** to refer



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Veterans NOW: WHO we are

Neuromodulation – Operation Wellness

- **Dr. Marcia Bockbrader, MD / PhD**

- Physician and neuroscientist, responsible for NOW program content
- Board certified in Physical Medicine & Rehabilitation & Brain Injury Medicine
- Assistant Professor at The Ohio State University / Wexner Medical Center
- Spouse of US Army Veteran

- **Jeff Lindquist, MAEd**

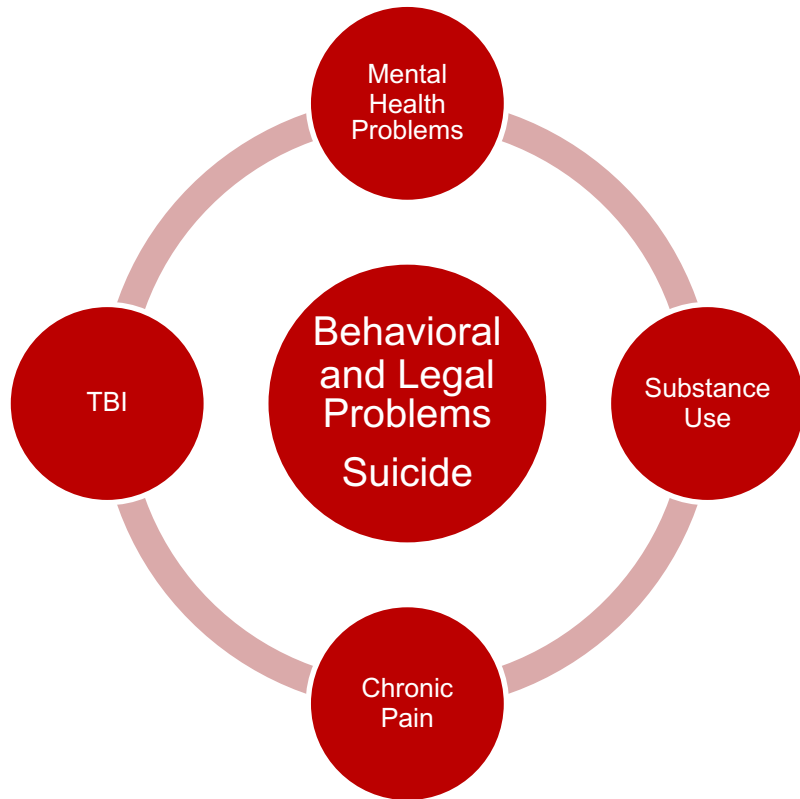
- Retired Marine, responsible for Veterans helping Veterans
- Prior recipient of similar program in California
- Co-founder and CEO of TEAM Argonaut



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Veterans NOW: WHY we are doing this

Neuromodulation – Operation Wellness



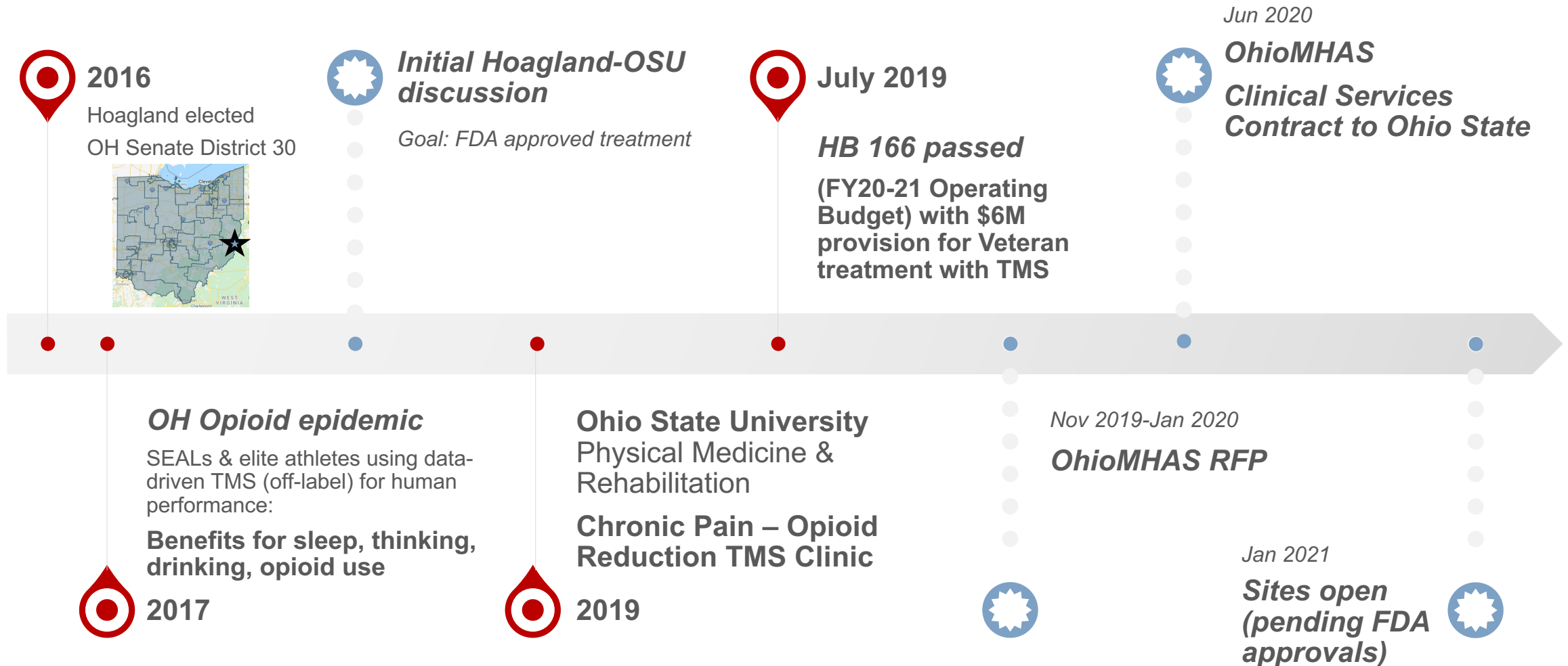
- **Veterans** have higher rates than the general population of
 - mental health problems
 - substance use disorders
 - **traumatic brain injury (TBI)**
 - **chronic pain conditions**
 - **suicide and homelessness**

(Reimann 2018, Trivedi 2015, Fargo 2017)

- These conditions often occur together (Outcalt 2015), complicating treatment and recovery
- Veterans with **untreated** TBI and any mental health or substance use disorder are more likely to have behavioral and legal problems and attempt suicide
- Veteran suicides and legal problems are on the rise
- ***Evidence-based, personalized medicine, social support, and reintegration strategies*** to transform lives of veterans

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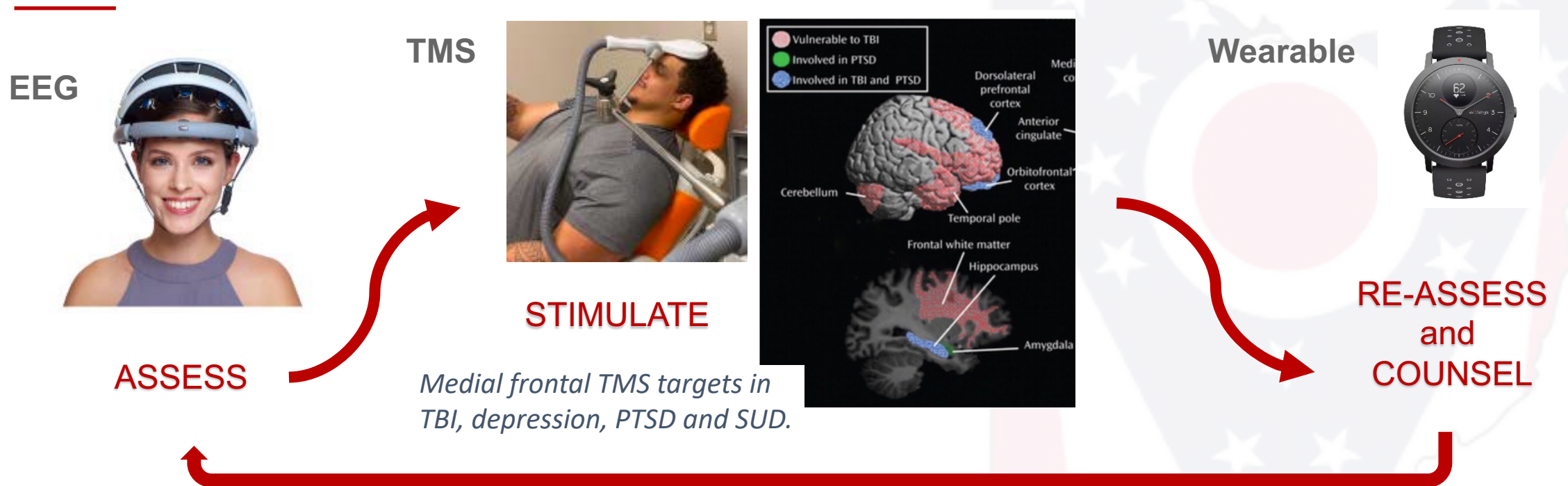
Veterans NOW: WHY we are doing this – HB 166 provides access to novel TMS therapy



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Veterans NOW: WHY we are doing this – CATALYST FOR CHANGE

Neuromodulation – Operation Wellness



Transcranial Magnetic Brain Stimulation (TMS): **Pulses of magnetic fields** to brain areas involved in trauma and stress-related disorders (PTSD, TBI), mood, sleep, cognition, substance use; **retunes brain networks**

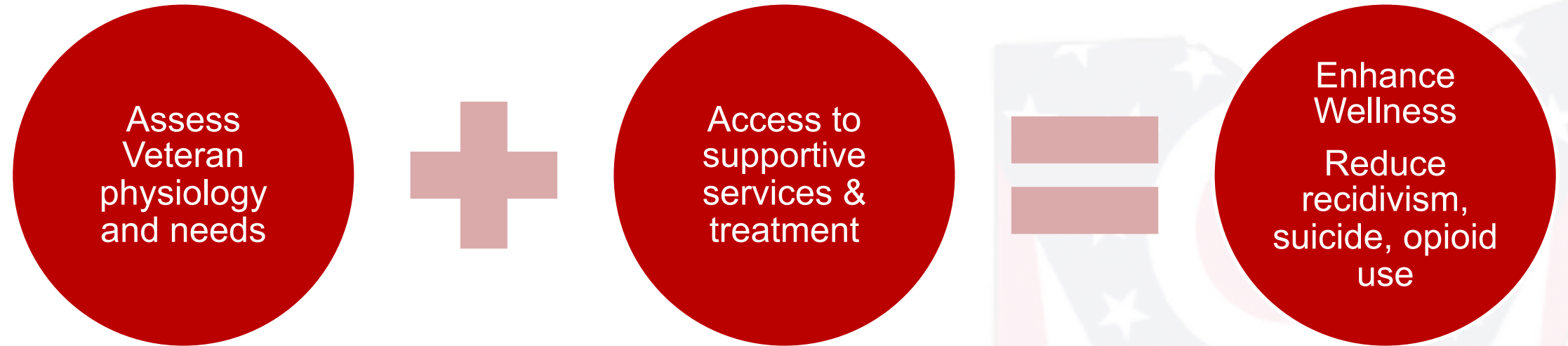
Off-label use of FDA-cleared device: location, pattern, intensity, indication of TMS are investigational

EEG-calibrated/biometric feedback: tune stimulation to each person's brain rhythms, monitor physiologic change

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Veterans NOW: WHAT services are offered

Neuromodulation – Operation Wellness



- Comprehensive medical and psychosocial **assessment**
- **Intensive Brain Stimulation (6 weeks) to facilitate participation and readiness for change**
- **Wellness Program** (Diet, Exercise, Sleep, Mindfulness) with wearables / human performance analytics

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Veterans NOW: WHAT services are offered

Neuromodulation – Operation Wellness

INTEGRATED, MULTIDISCIPLINARY TREATMENT TEAM

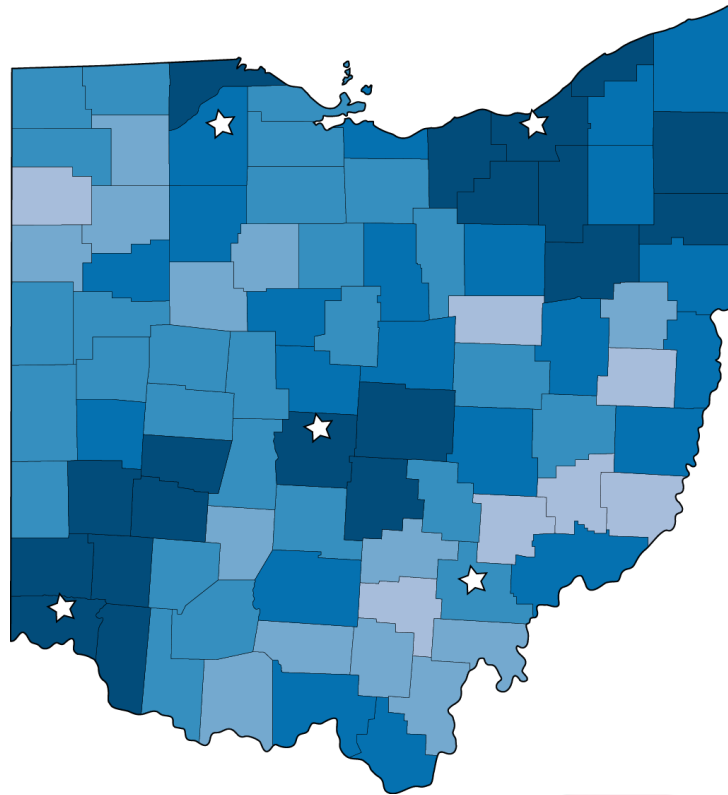
- **Medical:** Board certified specialists in Physical Medicine & Rehabilitation, Neurorehabilitation and TBI, Neuromodulation, Addiction & Pain Medicine, Rehabilitation Psychology, Psychiatry, Nutrition, Pharmacy
- **Complementary and Alternative Medicine, Restorative therapies:** Pain-specialized physical therapists and Athletic trainers, OSU Exercise Is Medicine program, Integrative Medicine (Cranial Sacral Therapy, Massage, Mindfulness / Stress Reduction, Chiropractic, Yoga, Acupuncture), Wellness coaching
- **Interactive Wellness app** for goals / tracking performance
- **Ecosystem of social support:** RN Case Manager, Mental Health Counselors (Psychologist, LSW/LICDC), Veteran peers, Community Resources, Veteran Service Organizations
- **Connection to state and county services** to support socio-economic participation
- **Intensive Brain Stimulation (6 weeks) to facilitate participation and readiness for change**
- **Wellness Program** (Diet, Exercise, Sleep, Mindfulness) with wearables / human performance analytics

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Veterans NOW: WHERE sites are/will be located

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- Sites near counties of Veteran population density
- Site 1: Outpatient, Central - **OSU, Columbus**
- Site 2: Residential, dual diagnosis - **Perry Behavioral Health Choices, New Lexington**
- Sites 3-5: **Northeast, Northwest, Southeast, Southwest Ohio**



VISION: Sustainable, scalable, replicable Neuromodulation and Wellness program
HB166: First taxpayer-funded program of its kind - Model for states

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Veterans NOW: WHEN available

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Off-label TMS – Pending regulatory approval from FDA for formal launch

*Central Ohio - Ohio State University outpatient location **JANUARY 2021***

*New Lexington – Perry Behavioral Health Services residential location **FEBRUARY 2021***

*Additional outpatient sites: **JUNE 2021***

Northeast – Cleveland area

Southwest – Cincinnati area

Northwest – Toledo area

Southeast – Barnesville area

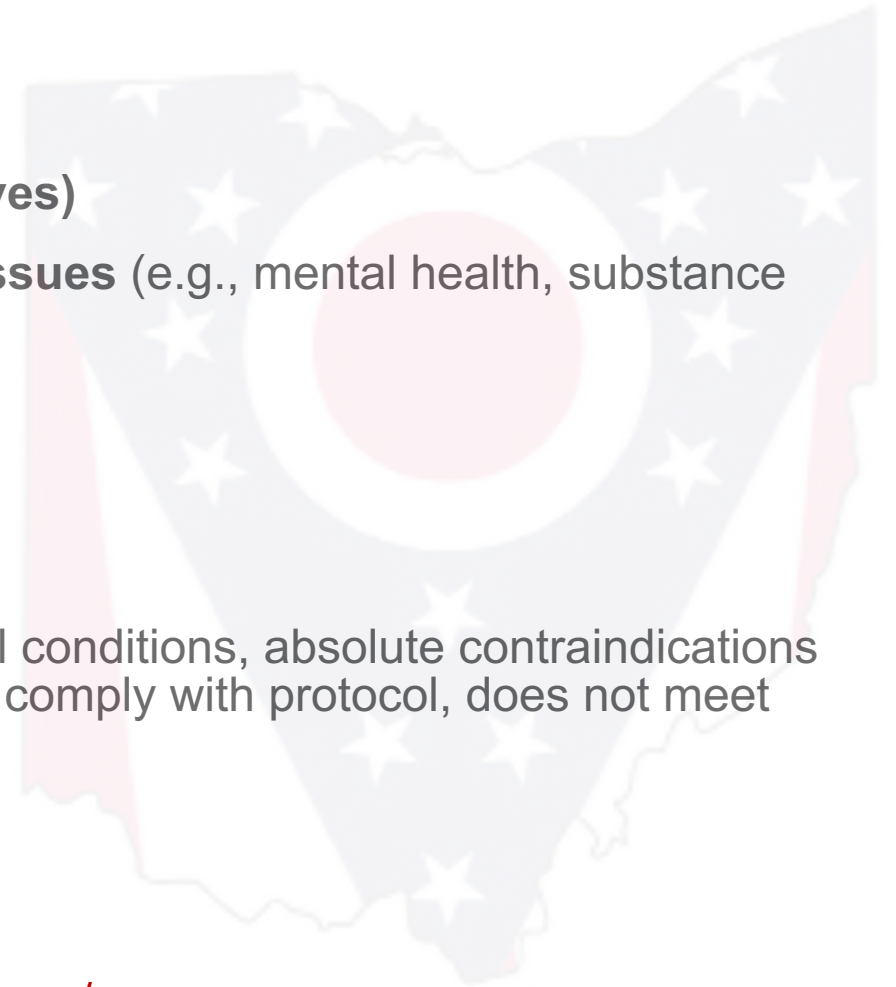


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Veterans NOW: WHO can participate

Neuromodulation – Operation Wellness

- **Legal Resident of Ohio**
- **US military Veteran (Active Duty, National Guard, or Reserves)**
- **Experiencing chronic trauma and stress-related disorder issues** (e.g., mental health, substance use, TBI or chronic pain problems)
- **Willing to commit to intensive program**
- No prior diagnosis or medical referral is needed
- No out-of-pocket costs
- Exclusions: Uncontrolled medical, psychological or neurological conditions, absolute contraindications to TMS (ferromagnetic metal in head/neck), unwilling/unable to comply with protocol, does not meet Veteran or Ohio resident criteria



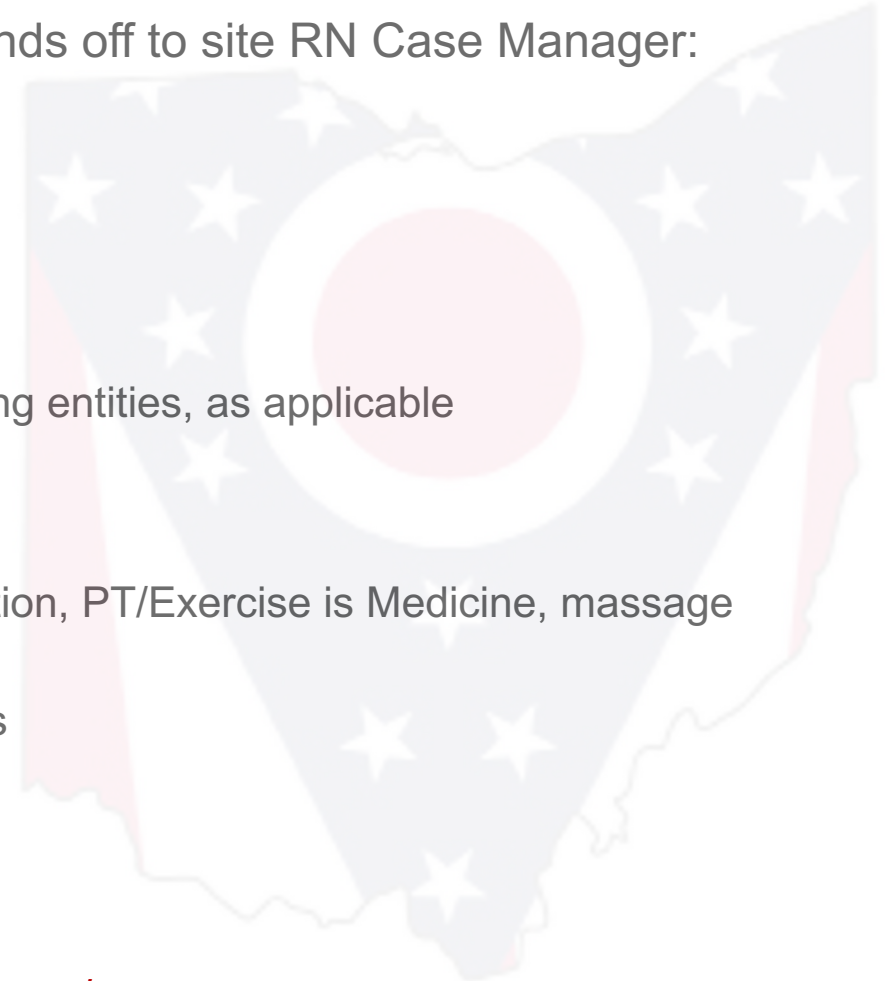
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Veterans NOW: WHAT to expect

Neuromodulation – Operation Wellness

- **Veterans helping Veterans** - TEAM Argonaut contacts and hands off to site RN Case Manager:
 - Crisis referrals - hotline
 - Basic needs
 - Ohio Veteran status (DD-214)
 - Benefits and records
 - Transportation needs
 - Program information and consent to share information with referring entities, as applicable
- **Intensive assessment, then daily therapy for 6-8 weeks**
 - 30 sessions of TMS *in person*
 - Weekly physician/CNP, mental health/substance counseling, nutrition, PT/Exercise is Medicine, massage
 - Daily RN, RN Case Manager, Veteran peer mentor contact
 - Interactive, personalized Wellness app with data tracking of trends
 - Telemedicine
- **Transition to local resources** for sustainability
- **Total follow-up = 1 Year**

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2020 Examples

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2 Veteran courts referrals

Case 1 (4/2020-6/2020): TBI (removed from theater), post-TBI cognitive impairment, back pain, SUD – methamphetamine, THC; jobless X 5 years, domestic violence complaint

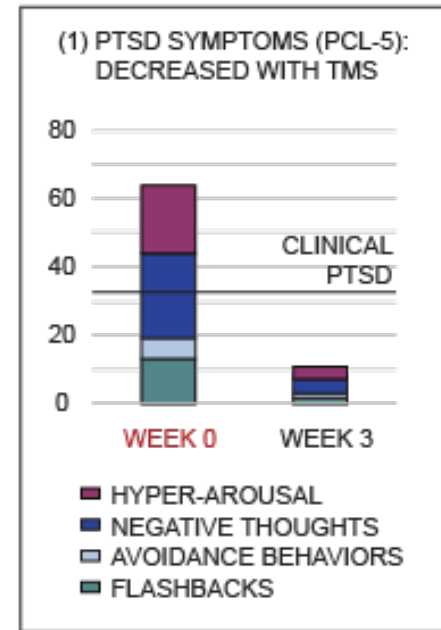
Case 2 (6/2020-8/2020): Blast injuries, multiple TBIs, chronic pain, SUD – alcohol, THC, lost job due to COVID, reported suicide attempt, domestic violence complaint; acute MCL injury week of program entry

Both: 30 sessions TMS + Wellness, (Wk 13-14) returned to work, abstinent, significantly improved health-related quality of life (VR-36)

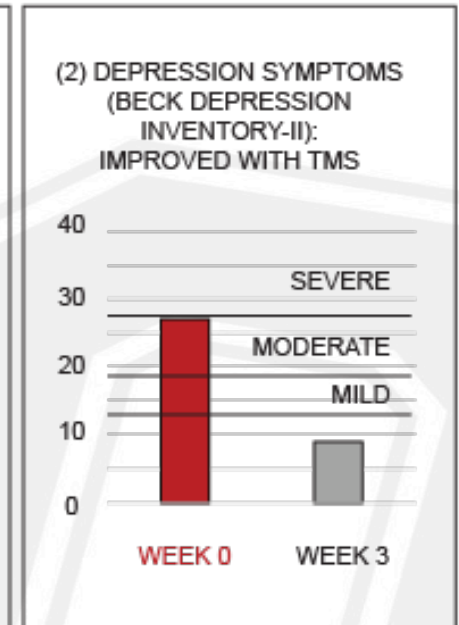
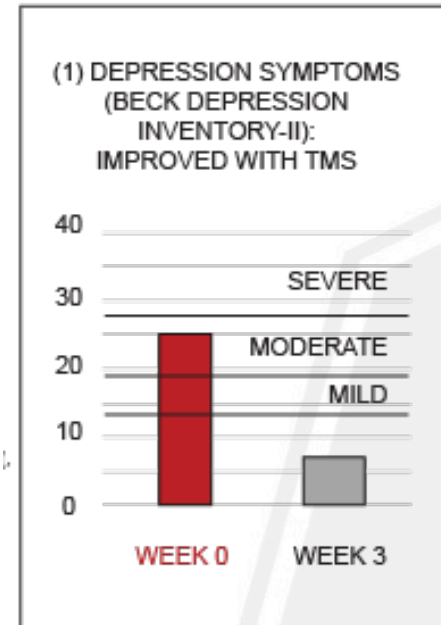
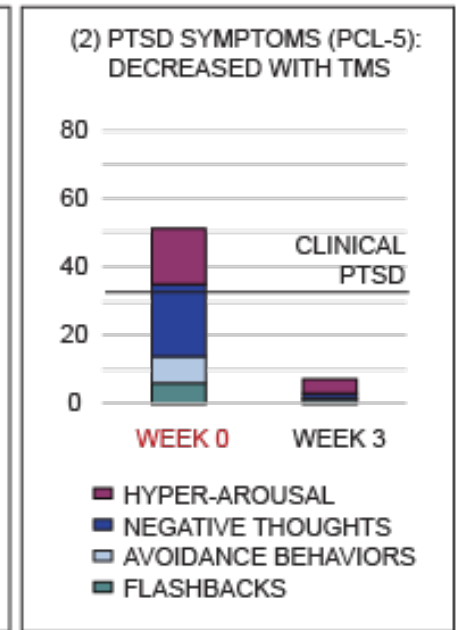
Lessons learned: opportunity to divert / reduce recidivism

First 2 weeks critical need for extra support due to neurophysiological and emotional changes

1



2



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Veterans NOW - Knox County Experiences

Prosecutor's Office



Brittany A. Whitney

Mount Vernon Law Director's Office

Assistant Director of Law

Domestic Violence Special Prosecution Unit, Director

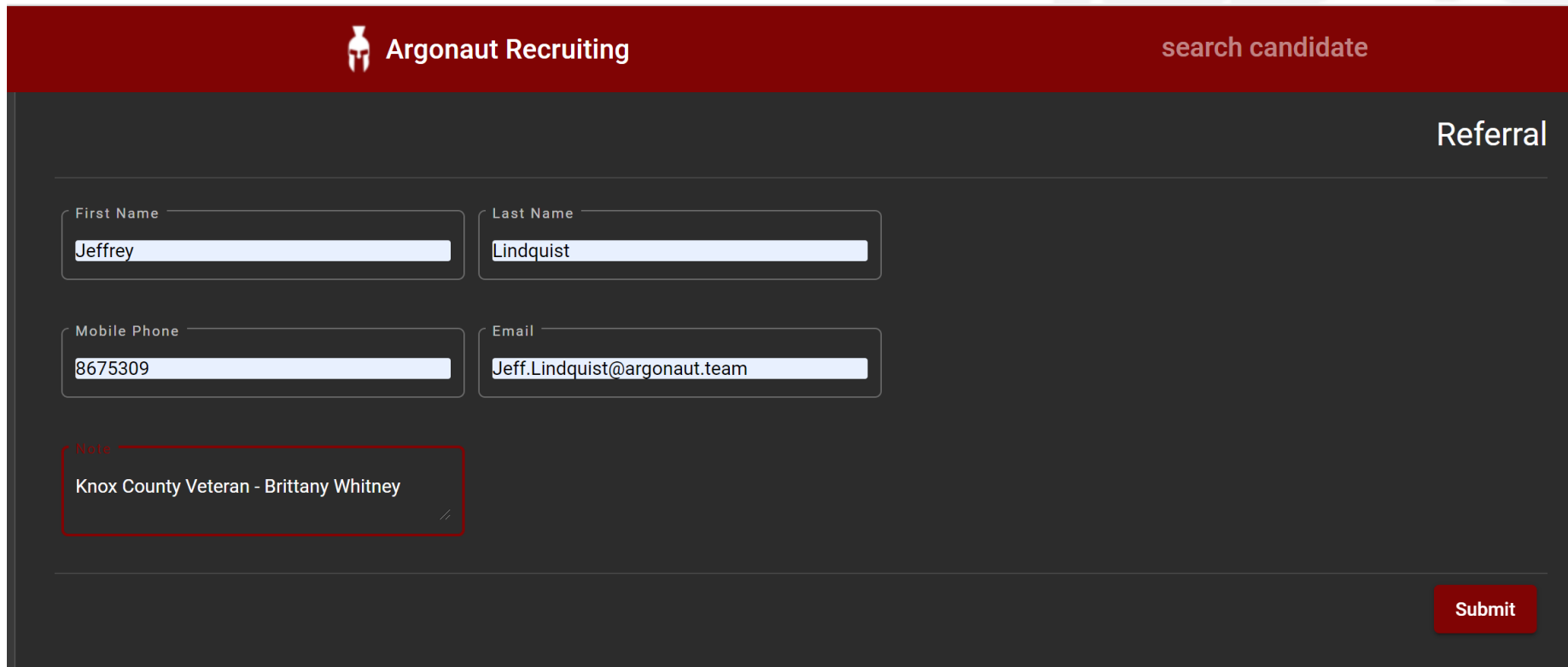


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Veterans NOW: HOW to refer

Neuromodulation – Operation Wellness

Website for referrals: <https://argonaut-recruiting.azurewebsites.net/portal/leanforward>



Argonaut Recruiting search candidate

Referral

First Name: Jeffrey

Last Name: Lindquist

Mobile Phone: 8675309

Email: Jeff.Lindquist@argonaut.team

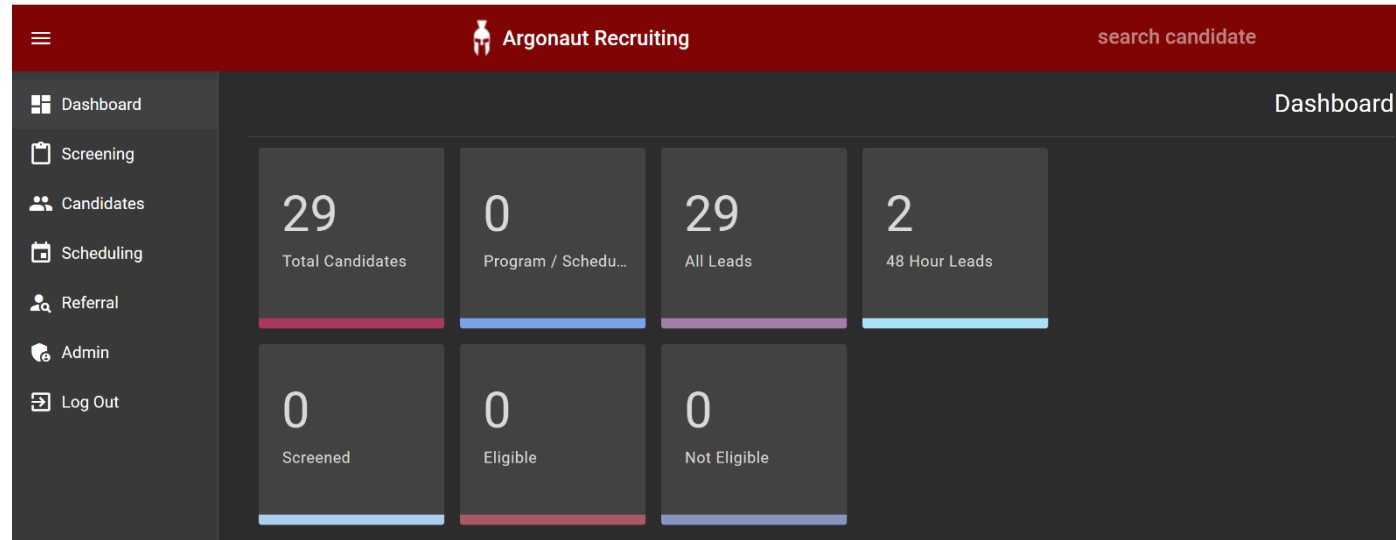
Note: Knox County Veteran - Brittany Whitney

Submit




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Veterans NOW: HOW to refer

Neuromodulation – Operation Wellness



Search filter: jeff

Last Name	First Name	Status	Phone	Text	Email	Notes
Lindquist	Jeffrey	Lead	8675309		Jeff.Lindquist@argonaut.team	  

Veterans NOW: Looking for Vet 2 Vet Peers

Neuromodulation – Operation Wellness

If you are or know a Veteran who would like to get involved in a new meaningful mission helping a fellow servicemember overcome their issues, TEAM Argonaut would like to hear from you.

Contact: Jeff Lindquist at;
Jeff.Lindquist@argonaut.team



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Veterans NOW

Neuromodulation – Operation Wellness

Thank you – Questions?

Website for referrals: <https://argonaut-recruiting.azurewebsites.net/portal/leanforward>

TEAM Argonaut: Jeff Lindquist, email: Jeff.Lindquist@argonaut.team

OSU Clinic: RN Case Manager – Andy Schneider

Email: Andy.Schneider@osumc.edu

Phone: 614-293-4840 FAX: 614-293-9705

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