

BIDMC Fellowship in Disaster Medicine

Trauma Response in Health Care Workers: Lessons Shared from the Home Front to the Battle Front

February 3, 2022 at 10:00 am EST

Harvard Medical School: TMEC 227 Mini Amphitheater

Virtual Option: <https://us02web.zoom.us/j/81451152118>



This symposium will provide academic instruction and personal reflections to assist attendees in preparing for and appropriately managing the psychosocial impact of disaster response. Six presenters with combat and/or other crisis response experiences will provide personal lectures that will address the following topics:

- Identification and mitigation of adverse psychosocial responses for disaster medicine workers.
- Managing challenging leadership scenarios in the disaster response setting
- Mental health and wellness for combat veterans.
- Exploring the mental health challenges associated with disaster and prehospital response.

Finally, the presenters will participate in a panel discussion, sharing personal insights and addressing participants' questions.

Agenda:

- 1000 - 1015 **Welcome & Introductions**
Greg Ciottone M.D., Amalia Voskanyan RN
- 1015 - 1115 **PTSD in Medical & Disaster Medicine Personnel**
Todd Benham, PsyD
- 1115 - 1200 **Acute Stress - A Normal Response to an Abnormal Event**
Lessons Learned from The Sandy Hook Shooting
Richard Kamin M.D.
- 1200 - 1300 **Lunch**
- 1300 - 1345 **Impact of Leadership on Medical Personnel in Trauma**
Colonel (ret) Christian Meko M.D., Colonel (ret) John Groves
- 1345 - 1415 **Mental Health and Wellness for the Combat Veteran**
Ryan Kules
- 1415 - 1500 **Panel Discussion & Questions**
Todd Benham, PsyD, Colonel (ret) John Groves, Richard Kamin M.D., Ryan Kules,
Colonel (ret) Christian Meko M.D. & Faculty
- 1500 - 1545 **“The dangers of vicarious trauma and compassion fatigue on the frontline”**
Erin Smith M.D.



Speakers:

Colonel (ret) John Groves



Colonel (ret) John T. Groves Jr is a native of Portage, Indiana. He received his commission as an Army Nurse Corps officer in 1987 after graduating from Indiana University with a Bachelor's Degree in 1987 and a Master's Degree in Clinical Nurse Specialist from the University of Kentucky. He is also a graduate of the US Army's Command and General Staff College.

Colonel Groves deployed with the 10th Combat Support Hospital in 2006 during one of the worst years of our war on terrorism; his young team was highlighted in several national publications and a documentary produced by CNN. One of his signature contributions to the AMEDD's effort to improve survival rates on the battlefield came as the author of the first-ever resuscitation record for pre-hospital treatment, which was implemented for use in both theaters of operation.

Colonel Groves has held multiple positions of leadership throughout his career. He currently serves as the Director of Disaster Nursing at the Beth Israel Deaconess Medical Center Fellowship in Disaster Medicine. His previous assignments include Chief Nursing Officer at Madigan Army Medical Center Deputy Commander for Nursing, US Army Medical Department Activity (MEDDAC), Fort Drum, and Assistant Deputy Commander of Nursing, Fort Riley, and Operations Officer, Fort Carson. In 2001, Colonel Groves was handselected to implement a congressionally mandated Army Trauma Training Center program at the University of Miami as the Director of Trauma. He was also assigned as the Chief, Department of Nursing, Special Operations Medical Sergeants Course, Fort Sam Houston.

Colonel Groves' awards include the Legion of Merit Medal, Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, and Army Achievement Medal. He is a member of the Military Order of Medical Merit and has earned the Army Parachutist Badge.

He and his wife Lita have three daughters, Maggie, Emma, and Isabel.

Todd Benham, PsyD



Dr. Todd Benham is a board-certified clinical psychologist. A native of Minneapolis, Minnesota, he received his undergraduate degree with a double major in Psychology and Bible from the University of Northwestern—St. Paul and his doctorate in clinical psychology from the Rosemead School of Psychology at Biola University. Dr. Benham was commissioned in the United States Army in 1997 and he completed his clinical psychology residency at Tripler Army Medical Center, Hawaii in 2002. Dr. Benham was stationed at USA MEDDAC, Fort Drum, NY from 2002-05. He has served in various civilian roles at Fort Drum since 2005 and he currently serves as the Chief, Department of Behavioral Health and as the Installation Director of Psychological Health, overseeing more than 100 staff in the provision of behavioral health services to over 35,000 beneficiaries. Dr. Benham has extensive teaching experience, with a special emphasis on the impact and treatment of trauma in military personnel. Dr. Benham also serves as the Director of Psychosocial Preparedness and Response for the Beth Israel Deaconess Medical Center Fellowship in Disaster Medicine.

Speakers:

Richard Kamin, M.D., FACEP, FAEMS



Dr. Kamin is an actively practicing emergency physician and an Associate Professor of Emergency Medicine at the University of Connecticut Health Center where he is the EMS Program Director. Rich also serves as the Medical Director for the Connecticut Department of Public Health, Office of EMS.

He received both his bachelor of science and medical degree from the University of Washington and subsequently completed a residency in Emergency Medicine and EMS Fellowship at the University of Connecticut. Rich is proud to be a part of the second group of physicians to obtain board certification in EMS.

Dr. Kamin is the Co-Chair of the Committee for Tactical Emergency Casualty Care after having served as a Guidelines Committee and Board of Directors member. He is an active member of the National Association of State EMS Officials (NASEMSO) Medical Directors Council and a Co-Principle Investigator on the NASEMSO National Model EMS Clinical Guidelines Project. Rich is the Past-Chair for the American College of Emergency Physicians (ACEP) Tactical EMS Section, a member of the ACEP High Threat Task Force and a participant with the National Tactical EMS Competency Domains Project and the NFPA 3000 effort. Rich is actively involved in teaching medical students, residents, pre-hospital providers, law enforcement officers and other physicians. He has the privilege of providing medical support for multiple law enforcement teams in Connecticut.

Ryan Kules, Director, Project Odyssey



Ryan Kules was born in Phoenix, Arizona. After high school, he attended Arizona State University and earned a bachelors degree in Justice Studies. During his education at Arizona State Ryan completed the Army ROTC program and was commissioned as an Armor officer.

After completion of Armor Officer Basic and Airborne schools, Ryan's first duty station was Ft. Riley, KS where he was assigned to 1st Battalion, 13th Armor Regiment. Ryan deployed to Taji, Iraq in February 2005 where he led patrols, raids, and cordon and searches in the area surrounding the base. On November 29, 2005 while returning from an early morning cordon and search Ryan's vehicle was hit with an improvised explosive device buried in the road.

After being evacuated to Walter Reed Army Medical Center, Ryan remained in a coma for two weeks before slowly beginning rehabilitation. Ryan retired from the Army as a Captain in May 2007 and he and his wife decided to relocate to the DC area.

Ryan started working with Wounded Warrior Project in October of 2007, one of the organizations that played a large role in his recovery. Ryan helped start the organization's Warriors to Work program and then transitioned to lead the Alumni program which focuses on engaging warriors and their families with the organization and each other. Ryan currently oversees the operation of the Project Odyssey team which facilitates adventure based programming focused on increasing resiliency and physiological well-being.

Ryan enjoys spending his free time with his three children: Jillian, Liv, and Evan and wife Nancy.

Speakers:

Colonel (Retired) Christian J. Meko, M.D.



Christian Meko is a family physician, who recently retired after 24 years of service in the United States Army. He currently works as a healthcare consultant for Booz Allen Hamilton, where he supports the Military Health System and other federal agencies. He is a proud member of the Beth Israel Deaconess Medical Center's Disaster Medicine Fellowship faculty.

Christian graduated cum laude from the University of Notre Dame, where he majored in management of information systems and public service. He earned his medical degree from Dartmouth Medical School and completed a residency in Family Medicine at the National Capital Consortium. He received a Master of Arts in National Security and Strategic Studies from the United States Naval War College.

His military career included supporting Hurricane Katrina Relief, deploying with the 82nd Airborne Division in support of Operation Iraqi Freedom, serving with Combined Joint Task Force-10 in Afghanistan, and commanding General Leonard Wood Army Hospital. His awards and decorations include the Defense Superior Service Medal, Legion of Merit, Bronze Star Medals, Combat Medical Badge, Senior Parachutist's Badge, the United Kingdom's Parachutist Badge, and the Order of Military Medical Merit.

Erin Smith M.D.



Dr Erin Smith is the CEO of the Dart Centre Asia Pacific, a regional affiliate of the Dart Centre for Journalism and Trauma. A long-time advocate for supporting the mental health and wellbeing of first responders and those impacted by trauma, Dr Smith is a board director for the World Association of Disaster and Emergency Medicine and the Australian First Responder Foundation, a committee member for The Code 9 Foundation, an advisory board member for The Australian Federal Police Shield program, and an ambassador for the Victoria Police Mental Health and Wellbeing Committee. She is an editorial board director for the journals Prehospital and Disaster Medicine, the Journal of High Threat and Austere Medicine, and the Journal of Addictive Diseases. Her research and expert opinion can be found published widely in academic journals, textbooks and news media including The Conversation, where her commentary on the 2019/2020 Australian bushfires, the 20th anniversary of the 9/11 terrorist attacks, and the COVID-19 pandemic reached a global audience of over 600 million.