

## Comprehensive Military Behavioral Health Care: From Technology to Technicians



**Timothy Hoyt, Ph.D.**  
**Branch Chief**  
**Psychological Health Promotion**  
**Psychological Health Center of Excellence**

The military healthcare system serves over 9.4 million beneficiaries around the world, and is responsible for the medical deployment readiness of the armed forces. As the need for behavioral health care expands, the military has established a number of specialty programs designed to adapt and enhance care for service members. This presentation will review initial outcomes data from several of these programs, including intensive outpatient programs for PTSD, leveraging mobile apps as part of care, engaging commanders in mitigating behavioral health risk, and expanding services with paraprofessional technicians. Initial investigations show promising evidence that increasing the frequency and forward availability of care improves outcomes and military readiness. Implications of this research for the future multi-domain battlespace will be discussed.

**Biography:** Dr. Tim Hoyt was commissioned as an Officer in the Medical Service Corps of the United States Army in 2007, and left active duty in 2014 to become a civilian supervisor and faculty member at Madigan Army Medical Center. He has held numerous leadership positions within Military Medicine, including service as a Brigade Surgeon, Chief Psychology Resident, Embedded Behavioral Health Clinic Chief, Director of the nation's flagship Intensive Outpatient Program for posttraumatic stress disorder, and Director of the National Center for Telehealth & Technology. He is currently the Branch Chief for Psychological Health Promotion at the Psychological Health Center of Excellence, responsible for several national programs targeting stigma reduction and connecting service members to care. As a Military Psychologist he has authored numerous empirical publications on combat-related stress and posttraumatic stress disorder. He is a recipient of the Bronze Star for his service in Afghanistan, as well as the Peter J.N. Linnerooth National Service Award from the American Psychological Association. He is a superior graduate of the U.S. Army War College, and received his Ph.D. in Clinical Psychology from the University of New Mexico.

**Friday, September 27<sup>th</sup> @ 1:00 p.m.**  
**Krasnow Institute, Room 229**