

National Defense University Mental Health BOV Brief – One-Pager

First and foremost, National Defense University (NDU) students are unique as compared to a typical university student population. They are typically older, more mature, self-directed, resilient, highly successful adult professionals serving in senior government positions. Additionally, as military officers, US government employees, and fully sponsored international military officers, NDU students, as well as NDU faculty and staff, have full access to a comprehensive range of world class Mental Health care through federal government health care plans in the private sector and Tricare facilities located at Walter Reed; Fort Belvoir; Joint Bases Meyer Henderson-Hall, Andrews, and Anacostia-Bolling; as well as military medical centers in Norfolk and Fort Bragg for our South campuses.

NDU's Command Psychologist, Dr. Butcher, is an active duty Licensed Clinical Psychologist, Board-Certified Consulting Psychologist, and an accredited Executive Coach. He provides screening, consultation, and facilitates referrals to the aforementioned resources and directly provides mental health services for students, faculty and staff with Tricare benefits. Dr. Butcher also provides a wide range of other services that promote resilience and enhance mental health. Examples include individual assessment, coaching, and/or group seminars on topics such as sleep optimization, stress optimization, emotional intelligence, and mindfulness meditation. Dr. Butcher also leads a popular Executive Coaching program where individuals are offered a confidential, non-clinical process to facilitate work on personal and/or professional goals during their time here at NDU. And starting this summer, NDU is sponsoring a new Army Consulting Psychology Fellowship program directed by Dr. Butcher which will bring two additional Army clinical and consulting psychologists which will greatly enhance our ability to offer these services and activities to our NDU population.

Dr. Butcher is a staff member of the NDU Health Fitness Directorate additionally comprised of the HF Director (Mr. Tony Spinoso), Physician (active-duty), Nurse (active-duty), Physical Therapist (active-duty), Registered Dietitian, Athletic Trainer, and Medical Liaison. Mr. Spinoso and Dr. Butcher strongly believe that supporting the NDU family with an abundance of holistic resources that optimize mental, physical, and spiritual fitness results in more mentally resilient individuals better enabled to meet whatever personal or professional challenges they might confront.

The mission of NDU's Health Fitness Directorate is to support NDU strategic goals by leveraging NDU's unique DoD-wide Joint Professional Military Education platform to enhance Joint Total Fitness through health, fitness and wellness interventions that optimize performance across the Joint Total Force structure. As such, the Health Fitness Directorate offers a comprehensive array of services and activities that seek to optimize personal and professional performance through health, fitness, and performance initiatives.

These services and activities include, but are not limited to: NDU Elective 6076: **Leader Peak Performance: "Human First"**, executive health assessment, physical therapy, personal fitness program, nutritional counseling, VO2 max assessment, functional movement screen, resting metabolic rate evaluation, President's Cup sports program, daily exercise classes – includes martial arts and yoga, cholesterol/glucose/blood pressure screening, immunizations review, walk in consultations, CAPSTONE/ISMO medical support, equip/maintain two gyms/locker rooms, mindfulness and transcendental meditation, medical support to all NDU functions, pedometer challenges, weekly wellness messages, and other services on request.