

Access to Mental Health



Mr Tony Spinosa

*Imagine, Create, and
Secure a Stronger Peace...*



**NATIONAL DEFENSE
UNIVERSITY**

Washington, D.C. 10
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NDU MH Services/Activities



Direct Mental Health Services

Clinical Psychologist on staff; Installation resources in NCR, Norfolk, and Ft. Bragg; FEHB providers, and national resources

Executive Coaching Program

Contributors to Positive Mental Health

Sleep Optimization
Assessment, Coaching, and Seminars

Consulting Psychology
Fellowship Program, Command Consultation, Ind/Group/Org Analysis, Design, Change

Emotional Intelligence
Coaching, Seminars

Mindfulness Meditation
Coaching, Seminars

Stress Optimization
Coaching, Seminars

Holistic Approach



Consistent with and supports CJCS Total Force Fitness (TFF) Domains:

- Physical Fitness
- Nutritional Fitness
- Spiritual Fitness
- Social Fitness
- Psychological Fitness
- Behavioral Fitness
- Environmental Fitness
- Medical and Dental Fitness

Key Supporting Activities/Services

- Executive Health Assessment
- Personal Fitness Program Development
- Nutritional Counseling and Educational Seminars
- Meditation – Mindfulness & Transcendental Meditation Seminars
- NDU Course Elective: **Leader Peak Performance “Human First”**
- Weekly Wellness Messages
- Physical Therapy Services