

**MEMO FOR:** CSA

**CC:** Ms. Rachel Billingslea  
LTC CJ Horn  
XO

**FROM:** Myles Cullen

**SUBJECT:** Roundtable lunch discussion w/ leading medical experts

On Tuesday, you'll meet with leading civilian and Army medical experts as part of your Warrior Care Month campaign plan. We will generate a few internal media stories afterward, which might get picked up by larger, mainstream media.

Your medical team will brief you in person on Monday afternoon (4:00– 4:30 PM).

**Purpose:**

- **SUSTAIN**—Continue the drumbeat of your emphasis on improving Warrior Care.
- **TRANSFORM**—Find new ways the Army can adopt proven civilian techniques.

**Desired Effects:**

- Internal (and external) audiences see *you* as “leaving no stone unturned” in your pursuit to improve Warrior Care and Comprehensive Soldier Fitness.
- Attendees agree to continue the dialogue and partnership—much like the Investment in America Forum.
  - Over time, this partnership and its activities will help eliminate the public’s stigma of war-Veterans’ mental health.
  - Attendees make efforts to apply proven civilian “techniques in resiliency training” for Soldiers.

**Army Attendees:**

(T) GEN Freddie Franks  
LTG Schoomaker  
LTG Rochelle (*Sir—he has offered to moderate the luncheon to keep the discussion following*)  
BG Cornum  
BG Sutton  
COL Chambers  
Ms. Billingslea  
Mr. Cullen

**Messaging for Those You Will Meet:**

After thanking them for coming, tell them that we must ensure that all stakeholders - both internal and external - understand the purpose and necessity of a comprehensive, coordinated effort to enhance the fitness and resiliency of our Army. This is particularly important in this era of persistent conflict. Share with them that Soldiers and their families need additional assistance to heal mental and emotional wounds, as well as physical wounds. We are currently developing a more comprehensive fitness program that elevates mental fitness to the same level as physical fitness. The effects of repeated tours are cumulative: our Soldiers face the realities of war and should not be ashamed. We need your help in making progress in this vital area and I would like to hear your thoughts.

1. **Dr. Richard Carmona** (17th Surgeon General of the U.S. & former Green Beret) will want to talk to you about **health literacy** and **influencing the national perception of PTSD and mTBI**. He is best suited to aid the Army in a STRATCOM plan to educate internal and external audiences on the debilitating effects of mental health injuries. Recommend you engage him with this question:
  - How do we improve the public's understanding about Soldiers diagnosed with PTSD and mTBI?
2. **Dr. "Marty" Seligman** (World recognized leading expert in Positive Psychology) will talk about Post Traumatic Growth and how it helps mitigate the debilitating effects of PTSD. Ask him:
  - What are your thoughts on how resiliency training can apply and benefit the Army?
  - Encourage him to get with Dr. Matthews to getting a "Center of Excellence" going at West Point to be the Army's lead in forward looking ways at dealing with mental stress and trauma.
3. **Dr. Michael Matthews** (West Point Professor of Psychology Engineering) has thoughts on how to train Soldiers to manage their trauma more effectively.
  - How do you see the concepts of positive psychology being applicable to the training and mission of our Soldiers?
4. **Dr. Larry Dewey** (Best-selling author of *War and Redemption*, & Chief of Psychiatry, Boise VA Hospital) will discuss how the VA handles mental health issues. Inquire:
  - Based on your experience what can you share with us to improve our understanding in identify the long-term challenges our returning Warriors are likely to face?