



The Mission

Our work will transform the U.S. mental healthcare system by eliminating mental health stigma in the military community and the disparate treatment that causes preventable human suffering and death.

The Institute of War Stress Injuries, Recovery, and Social Justice was founded in 2012 at Antioch University Seattle, as the only known domestic or international academic entity dedicated to the principle of social justice with the overarching goal of ending cyclic failures in meeting the mental health needs of the warrior class and private sector.

After every war since the turn of the 20th century, well-documented “psychiatric lessons of war” have been repeatedly ignored, resulting in costly preventable mental health crises.



Founding Director:

Mark C. Russell, PhD, ABPP, Commander, USN (Ret.): Over 26-years military service as enlisted Marine and Navy clinical psychologist.

Selected Board Members:

- **Anu Baghwati**, Executive Director and Co-Founder, Service Women’s Action Network (SWAN)
- **J. Douglas Bremner, MD**, Professor of Psychiatry and Radiology, Emory University School of Medicine
- **Charles R. Figley, PhD**, Tulane University; Advisory Board Chair
- **Gerald P. Koocher, PhD, ABPP**, Former APA President

ANTIOCH UNIVERSITY SEATTLE

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Ending the Cycle of Preventable Wartime Mental Health Crises

Preventable Crises

WORLD WAR II:

"In retrospect... the concepts and practices as developed by combat psychiatry in World War II, generally, rediscovered, confirmed, and further elaborated upon the largely forgotten or ignored lessons learned by the Allied armies, including the American Expeditionary Forces in World War I."

~ Colonel Albert J. Glass,
Medical Corps, U.S. Army

Persian Gulf War:

"Corps and division mental health teams (and the evacuation hospitals) did not have to cope with large numbers of battle fatigue casualties. If significant casualties had occurred, these teams would have found it very difficult to carry out their mission. They were not adequately staffed, equipped or trained in peace-time to perform their wartime role. The world is a dangerous place and the Army must be prepared today for tomorrow's conflict."

~ Colonel James A. Martin,
U.S. Army

Wars in Iraq and Afghanistan:

"The Task Force arrived at a single finding underpinning all others: The Military Health System lacks the fiscal resources and the fully-trained personnel to fulfill its mission to support psychological health in peace-time or fulfill the enhanced requirements imposed during times of conflict."

~ Department of Defense
Task Force on Mental Health



Institute of War Stress Injuries, Recovery & Social Justice

DEDICATED NON-PROFIT

The non-profit Institute of War Stress Injuries, Recovery, and Social Justice was established in 2012 at Antioch University Seattle. Dedicated to meeting the mental health needs of military personnel, their families, and civilians affected by war, the Institute is a one of a kind academic center.

CYCLE OF PREVENTABLE CRISES

With every war and combat action, our society relives a pattern of generally preventable military behavioral health crises.

Officially-documented psychiatric lessons of war go by the wayside. Common sense, evidence-based strategies like adequate preparation, training, staffing, and treatment are cut back, forgotten, or ignored resulting in predictable cycles of unmet mental health needs. These cycles culminate in a high prevalence of war stress injuries, including: post-traumatic stress, depression, suicide, substance abuse, and violence.

Despite the well-documented predictability of these outcomes, there has been little call for investigation into the cycle of systemic neglect from military leaders, policymakers, news media and the public at-large. Until adequately understood and addressed, history will repeat itself at great cost to our veterans and their families for generations to come.

TRANSFORM MILITARY MENTAL HEALTHCARE

The Institute seeks to transform military and national mental healthcare systems through the investigation and elimination of the preventable causes of behavioral health crises. Through research, public outreach, training, and storytelling in film and publications, the Institute will raise awareness and bring solutions to break the cycle of preventable mental illness.

HOW YOU CAN HELP:

- Donate time, resources, and/or make a financial contribution. Learn more at: www.antiochseattle.edu/war-stress-institute
- Contact your U.S. congressional representative and request an investigation into the preventable causes of the current crisis. Find your representatives at www.usa.gov/Contact/Elected.shtml
- Add to our research initiatives. Scholars, think tanks and advocates are critically needed.
- Increase public awareness of these issues. Journalists, film producers, and bloggers are vitally needed.