



Behavioral Health

Spiritual Health

Family Health

Social Health

Emotional Health

Physical Health

# BRAIN HEALTH CONSORTIUM AGENDA

**Thursday, 10 April 2014**

Updated as of 20140408, 1430

- 8:00: Administrative Announcements**
- 8:10: Welcome Remarks**
- 8:50: How Should the Army and Army Medicine Move Forward with Resiliency?**
- 9:20: What is Resiliency and Can Anything Be Done to Improve the Resiliency of an Individual or a Community?**
- 9:50: Break**
- 10:15: "Total Health" Experience at Kaiser Permanente**
- 10:45: Panel Discussion**
- 11:30: Overview of Performance Triad**
- 11:50: Lunch**
- 1:00: Definition of Brain Health**
- 1:30: Can Neuroplasticity Change Your Life?**
- 2:00: Harnessing Neuroplasticity to Improve Behavioral Outcomes**
- 2:30: Guided Discussion (5-10 directed questions)**
- 3:00: Break**
- 3:15: What Cognitive Skills Does the Army Want to Improve Upon?**
- 3:45: Brain Training Tools: State of Science and U.S. Army Medical Research and Materiel Command (USAMRMC) Research Efforts**
- 4:05: Q&A Session (Brain Training Tools: Can We Recommend Them to the Army Now?)**
- 4:25: Closing Remarks**
- 4:30: Adjourn**



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**Friday, 11 April 2014**

- 8:00: What is the Role of Sleep in Brain Health and What Can We Recommend to the Army Now?**
- 8:30: Does Level of Activity or Exercise Affect Brain Health?**
- 9:00: Nutrition and Brain Health**
- 9:30: Break**
- 10:00: Panel**
- 10:45: Can Mindfulness Training Build the Resiliency of Service Members and their Families?**
- 11:15: Mindfulness: Implications for Leader Development in the “Army After Operation Enduring Freedom/ Operation Iraqi Freedom”**
- 11:45: Lunch**
- 1:00: Working Groups (3-5 slides for Back Briefs)**
- 2:00: Break**
- 2:30: Back Briefs by Working Group Leaders (5 minute brief; 5 minute discussion)**
- 4:00: Final Thoughts and Way Ahead**
- 4:15: Closing Remarks**
- 4:30: Adjourn**