

## THE FUTURE

NICoE seeks to be a national leader in advancing world-class psychological health and traumatic brain injury treatment, research and education in a healing environment. With its dedicated staff, NICoE seeks to be an instrument of hope, healing, discovery, and learning for service members recovering from TBI and psychological health conditions.

- **HOPE:** To recognize currently unknown patterns of psychological processes to develop proven treatment solutions for service members and their families.
- **HEALING:** Every action that the NICoE staff performs provides a sense of healing through physical, behavioral, social, and spiritual care.
- **DISCOVERY:** NICoE strives to be a leader through family-centric approaches to the physical, social and spiritual wellness continuum as well as a forum for research and promising treatment trials.
- **LEARNING:** NICoE seeks to be the national scientific and research information hub for service members, families, providers, researchers, staff, and academic partners.



## HOW CAN I HELP?

As the United States continues to suffer casualties in Iraq and Afghanistan, and as the War on Terrorism proceeds, many more military personnel and their families will need your help. Please join us in this very special effort to support our military heroes who have sacrificed so much in service to our nation, by contributing to the Intrepid Fallen Heroes Fund.

To help this effort please make your check payable to:

### INTREPID FALLEN HEROES FUND

One Intrepid Square  
West 46th St & 12th Avenue  
New York, NY 10036

Or contribute online at:

[www.fallenheroesfund.org](http://www.fallenheroesfund.org)

For information please call:

**(800) 340-HERO**

or email:

[info@fallenheroesfund.org](mailto:info@fallenheroesfund.org)



## THE NATIONAL INTREPID CENTER OF EXCELLENCE

FOR TRAUMATIC BRAIN INJURY  
AND PSYCHOLOGICAL HEALTH



# NICoE

NATIONAL INTREPID CENTER OF EXCELLENCE



The National Intrepid Center of Excellence (NICoE) is a treatment planning and research facility located in Bethesda, MD, residing on the campus of Naval Support Activity Bethesda.

NICoE has been designated a Center of Excellence due to its unique capabilities and mission of providing cutting-edge treatment planning, diagnosis, research, and education of service members and families dealing with the signature wounds from Afghanistan and Iraq wars: Traumatic Brain Injury (TBI) and Psychological Health (PH) conditions.

Built and equipped through the philanthropic contributions of the Intrepid Fallen Heroes Fund, NICoE is a tribute to all who serve and a lasting legacy of patriotic citizens who have made its existence possible.

NICoE provides an interdisciplinary team assessment in a holistic, patient and family-centered environment combined with the high tech diagnostic capability. NICoE's treatment planning and long-term follow up for service members with combat-related TBI and PH conditions allows them to foster physical, psychological and spiritual healing.

The 72,000 sq ft, two-story facility located on the Navy campus in Bethesda, Maryland, was officially transferred to the Department of Defense in a dedication ceremony on June 24, 2010. NICoE was later transferred from TRICARE Management Activity's Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to the Department of the Navy for further alignment under the National Naval Medical Center, effective August 10, 2010.



## THE NEED



Each day, our courageous Warriors willingly put their lives at risk to protect our country and defend the right to freedom throughout the world. These proud individuals—America's sons and daughters—deserve the best possible medical care. Leading a global network of skilled and compassionate experts, NICoE commits its efforts to keeping the faith with those whose health and well-being are entrusted to our care.

Traumatic brain injury affects thousands of Warriors and their loved ones each year. The use of explosive blasts, the signature weapon of this conflict, yields myriad obvious traumatic injuries, in addition to the often invisible injuries which can be even more devastating: damaged internal organs, especially the brain. These injuries occur within the life-threatening context of war and its related psychological impact, including grief, traumatic stress, depression, anxiety, horror and isolation.

For Warriors returning from deployment to rejoin their loved ones on the homefront, the battle often continues. Irritability, sleep disturbances, post-traumatic stress, headaches, depression and financial worries can lead to conflicts at home and at work. The reality of repeated deployments can make it even more difficult. For those suffering from major injuries or illness, the battles are even tougher, often involving disorienting adjustments for individuals, couples and children who must summon the courage and strength to adjust to a "new normal" existence to return to duty, when possible, or transition to life beyond the military

## THE TREATMENT

The primary patient population of NICoE is active duty service members with TBI or PH conditions who are not responding to conventional therapy. After being referred by their provider, patients come to NICoE with their families for 2-3 weeks, where they will stay in a NICoE-dedicated Fisher House on the Bethesda campus. Service members return to their duty station and their referring military treatment facility upon the completion of their time at NICoE with a personalized treatment plan.

## THE METHOD

NICoE features cutting-edge technology, such as the CAREN (Computer Assisted Rehabilitation Environment), one of only eight such machines in the world which features a motion platform, embedded treadmill, and virtual environments for evaluating and rehabilitating a patient's vision, reaction time, gait and multitasking ability. Additionally, NICoE utilizes some of the most advanced imaging technologies in the world, including a Positron Emission Tomography-Computed Tomography (PET-CT), Magnetic Resonance Imaging (MRI), and Magnetoencephalography (MEG), enabling providers to view brain scans and images in multiple dimensions.



In addition to the world-class technical equipment involved in NICoE's treatment planning are other important amenities for service members and their families including:

- Patient rooms for art and music therapy, sleep studies and reaction therapy
- A family lounge, playground, café, business center and activity center
- Conference rooms, classrooms and auditorium
- An atrium called Central Park which serves as a peaceful naturalistic center with plants, simulated sounds and different surfaces for service members to experience while walking

