



**Defense Health Agency, J-7, Continuing Education Program Office**

**US Army Special Operations Command (USA SOC) Behavioral Health Symposium 2025**

**Cumulative Senior Leader Stress and Alcohol**

**Live, March 10, 12 and 14, 2025 - Various Locations**

**Continuing Education (CE)/Continuing Medical Education (CME) Information**

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician associates, social workers, psychologists, and certified counselors. A certificate of attendance is available for other attendees.

**Cumulative Senior Leader Stress and Alcohol (1.0 clock hour)**

**March 10, 2025  
1200-1300 (ET)  
Fort Moore, GA**

**March 12, 2025  
1200-1300 (ET)  
Fort Stewart, GA**

**March 14, 2025  
1200-1300 (ET)  
Fort Eisenhower, GA**

**Learning Objectives:**

1. Explain the changing role of purpose throughout a career in SOF and how it relates to health trends and risk.
2. Define common mental and physical health trends that result from cumulative stress.
3. Utilize interventions that address risks and common trends.
4. Identify the unique risks, trends and strategies surrounding alcohol use and addressing problematic alcohol use

**Faculty:**

COL Daniel Hart, MD. Presenter has no financial or non-financial relationships to disclose.  
All relevant financial relationships have been resolved.

**Disclosures:**

DHA J-7 staff, Planning Committee Members and content reviewers have no financial or non-financial interest to disclose. All faculty members have no financial or non-financial interest to disclose.

**Interprofessional Continuing Education (IPCE)**



In support of improving patient care, the DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team. This activity was planned by and for the health care team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credit for learning and change.

**Physicians (ACCME)**



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. DHA, J-7, CEPO designated this course, for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nurses (ANCC)

The DHA, J-7, CEPO is accredited by the Joint Accreditation/ Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education course for a maximum of 1.0 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

### Physician Assistants (AAPA) - Live



DHA, J-7, CEPO has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 hour of AAPA Category 1 CME credit. Physician assistants should only claim credit commensurate with the extent of their participation.

### Social Workers (ASWB)



As a Jointly Accredited Organization, DHA, J-7, CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.0 clinical continuing education credit.

### Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The DHA, J7, CEPO maintains responsibility for the content of the programs. DHA, J-7, CEPO designated this activity for a maximum of 1.0 CE credit. The instructional level of this activity is intermediate. There is no cost to participate.

### ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit™*. ACCME Non-Physician CME Credit providers may receive a maximum of 1.0 hour for completing this course.

### Certified Counselors (NBCC)



DHA, J-7, Continuing Education Program Office (CEPO) has been approved by National Board for Certified Counselor (NBCC) as an Approved Continuing Education Provider, **ACEP No. 6955**. Programs that do not qualify for National Board of Certified Counselors (NBCC) credit are clearly identified. DHA, J-7, CEPO is solely responsible for all aspects of the programs.

**NBCC ACEP No. 6955**

### Other Professionals

All other health care professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

### Commercial Support:

No commercial support was provided for this activity.

### Participation Costs:

There is no cost to participate in this activity.

### CE/CME Inquiries:

For all CE/CME related inquiries, please contact: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil)

**How to Obtain CE/CME Credit:**

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 28 March 2025 at 1159 ET at the following URL:

[www.dhaj7-cepo.com](http://www.dhaj7-cepo.com)