

**Ψ MDC**

**Midshipmen Development Center**



# Midshipmen Development Center

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## **Mission Statement:**

***The Midshipmen Development Center exists to promote and enhance the adjustment, well-being, and professional development of midshipmen, and to provide psychological and nutritional consultation and training to the U.S. Naval Academy staff and faculty responsible for midshipman development.***



# MDC - Clients

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## **Midshipmen**

**Psychological and nutrition assessments and counseling support**  
**Psychological and nutrition consultation for all faculty and staff, military and civilian in support of Midshipmen health and well being**

## **Ineligible for Services:**

**Active duty, Family Members, and Retirees**

**Mental Health Department at Hospital Point (3-3208)**

**NSA Family Service Center (3-2641)**

**Civilians**

**Employee Assistance Program (EAP) Counselors on the Yard**

**1-800-765-3277**



2500

+



2500

5000



# MDC - Services

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- **Individual Psychological and Nutritional Counseling**
- **Group Psychological and Nutritional Support**
- **Performance Enhancement and Sports Psychology Counseling**
- **Neurocognitive Baseline and Post Concussion Testing**
- **Stress Management and Relaxation Tools:**
  - **Bio-feedback, Somatron and Shiatsu Massage Chairs**
- **Consultation and Training to Midshipmen, Chain of Command, Faculty, Staff, Coaches, and Athletic Trainers**
- **Workshops: Psycho-Educational / Prevention / Life Skills for Leaders**
- **Curriculum Development Support**





# MDC - Use

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## *Academic Year Services (2014-2015):*

### **2329 Face to Face Visits**

~500 Unique Individuals (~12% of Brigade. Nat'l Avg ~10%)

>50% are varsity and club athletes

~2500 Walk-in Stress Management Sessions

## *Top Identified Concerns:*

### *Psychological Counseling:*

Depressed Mood

Stress Management

Indecision about Resigning

Romantic Relationships

Anxiety

Eating Problems

Academic Performance

Anger/Irritability

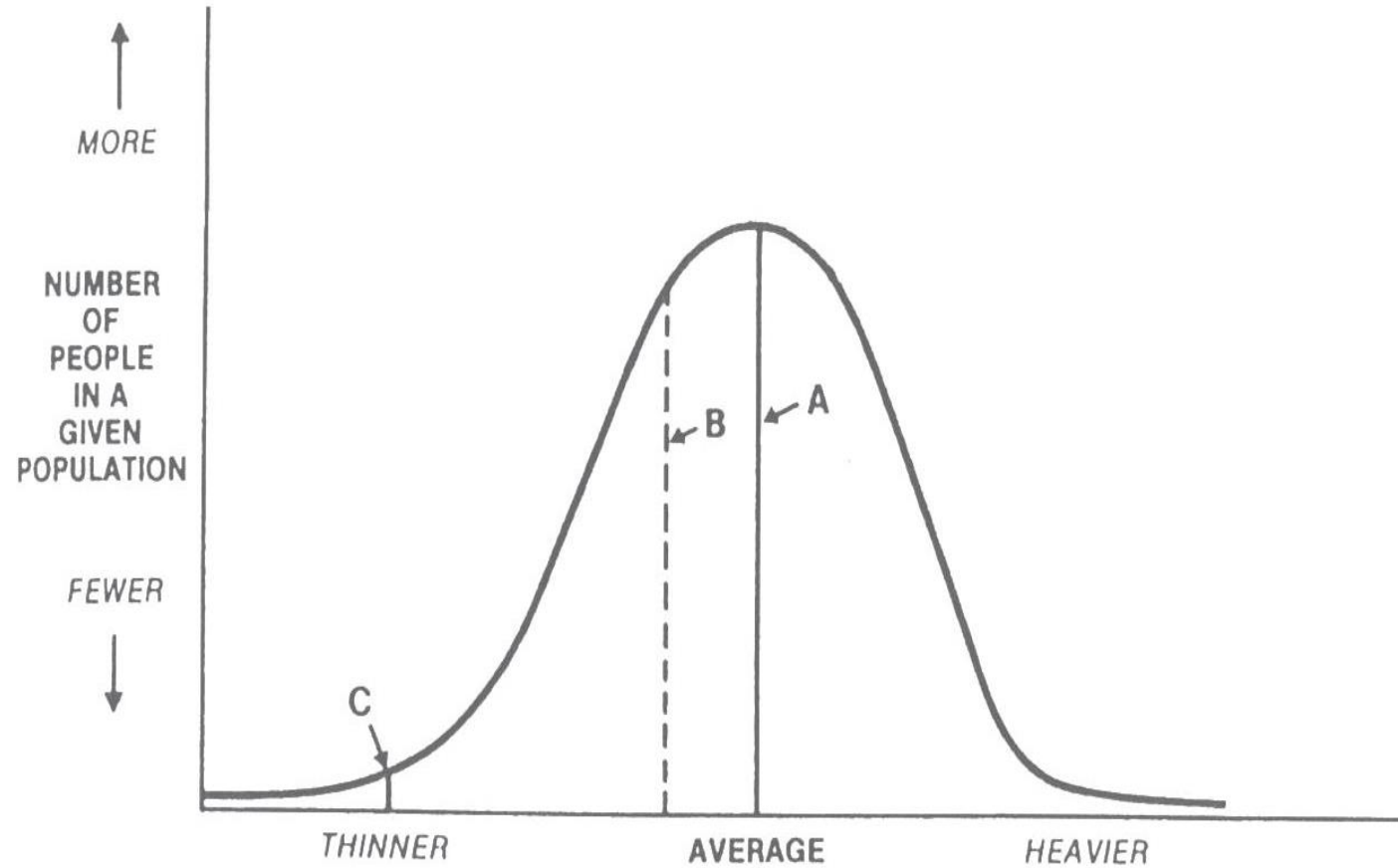
### *Nutritional Counseling:*

General Nutrition

Sports Nutrition

Weight Loss

Body Image









# MDC - Outcomes

## *Percent of Clients in Psychological Counseling*

<u><i>Outcome</i></u>	<u><i>AcYr (2014-2015)</i></u>	<u><i>Nat'l Sample (2006-2011)</i></u>
Global Mental Health	80.2 % improved 85.3 % *recovered	45.2 % improved 71.9 % recovered
Well-Being	75.7 % improved 83.5 % recovered	27.1 % improved 80.1 % recovered
Psychological Symptoms	79.3 % improved 95.4 % recovered	39.9 % improved 87.6 % recovered
Life Functioning	61.1 % improved 72.0 % recovered	19.2 % improved 77.6 % recovered

\*Midshipmen categorized as recovered are the subset of those categorized as "improved" who crossed the cut-off score between the norm-based functional and dysfunctional population.



# MDC - Location

- Bancroft Hall, 8<sup>th</sup> Wing, Mezzanine Level
- 0730-1600 Monday-Friday
- 410-293-4897
- MDC@usna.edu

Website: [www.usna.edu/mdc](http://www.usna.edu/mdc)

Facebook: Midshipmen Development Center

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HOME / MIDSHIPMEN DEVELOPMENT CENTER

**MDC HOME**

- CRISIS/SUICIDE HELP
- COUNSELING SERVICES
- NUTRITION
- EATING DISORDERS
- ALCOHOL ABUSE
- PERFORMANCE EXCELLENCE
- LIFE SKILLS FOR LEADERS
- RESOURCES
- ONLINE SELF HELP
- RELAXATION CHAIRS
- STAFF
- FAQ
- CONTACT THE CENTER

**MIDSHIPMEN DEVELOPMENT CENTER**

**Midshipmen Development Center**  
Helping Midshipmen meet life's challenges with success

The center is open to Midshipmen from 0730-1600 Monday to Friday, except Federal Holidays.

The Midshipmen Development Center exists to promote and enhance the adjustment, well-being, and professional development of midshipmen, and to provide psychological and nutritional consultation and training to the U.S. Naval Academy staff responsible for midshipman development.

A wide variety of training, educational, and clinical services are provided to the midshipmen and staff to support the mission of the Naval Academy and to respond to the individual needs and goals of our diverse midshipman population.

The Midshipmen Development Center is a non-medical facility, and the information obtained by the MDC does not go into your medical record.

**What's New?**  
Been to MDC lately? Please click here to complete our Satisfaction Survey. We appreciate your feedback!

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**MIDSHIPMEN DEVELOPMENT CENTER**

**Midshipmen Development Center**  
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Education  
The Midshipman Development Center exists to promote and enhance the adjustment, well-being, and professional development of midshipmen, and to provide psychological and

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# MDC – Accessibility/Confidentiality

## Access for Midshipmen

Walk-in

Telephone

Web based forms

After-hours - BMU

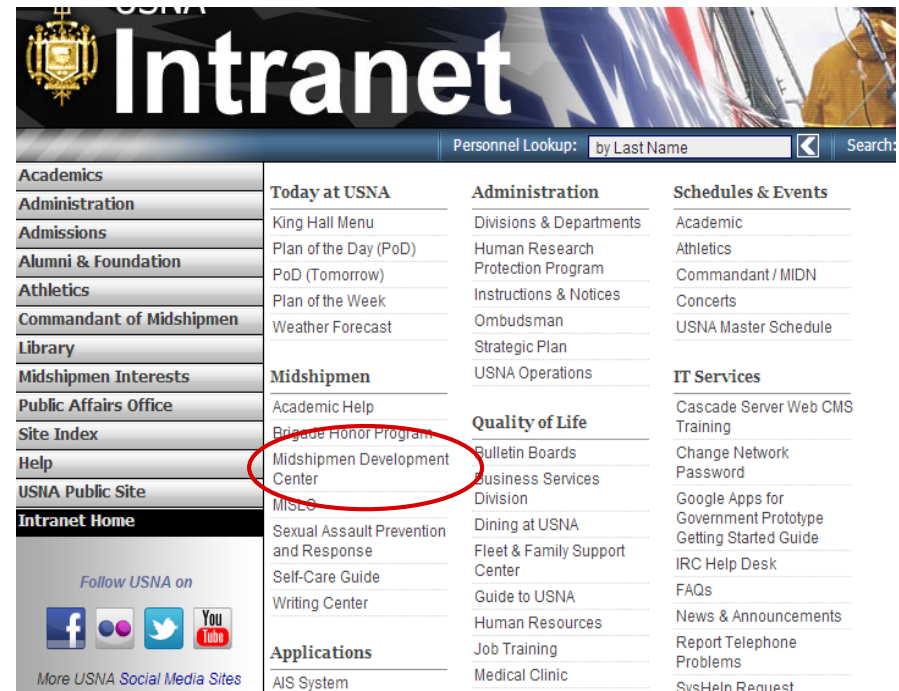
## Confidentiality:

Non-medical student services unit

Counseling for subclinical issues

Information not disclosed to outside parties without written permission

Limitations to confidentiality





# MDC - Staff

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## • Professional Staff:

### • Clinical Psychologists

- Full Time: 2 Active Duty, 2 Civilian
- Part Time: 1 Active Duty  
2 PhD Candidate Externs

### • Registered Dietitian

- Full Time: 1 Civilian

### • Clinical Social Worker –

- New Full Time Recruitment: 1 Civilian

## • Administrative Staff:

### • Clinic Manager

- Full Time: 1 Civilian



# MDC - Director

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**Aaron D. Werbel, Ph.D., CAPT, MSC, USN**

**Education/Certifications:**

- **B.S., Psychology, University of Michigan**
- **M.S., Clinical Psychology, Michigan State University**
- **Ph.D., Clinical Psychology, Michigan State University**
- **Clinical Psychology Internship, NNMC Bethesda**
- **Previous Billets: National Naval Medical Center Bethesda, Naval Hospital Naples, USNA (MDC), HQMC Quantico, USS DWIGHT D EISENHOWER (CVN 69)**
- **Specialty Focus Area: Suicide Prevention, Crisis Risk Management**



# MDC – Assistant Director

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Jessica M. Mohler, Psy.D., CC-AASP

## Education/Certifications:

- B.A., Psychology, St. Mary's College of Maryland
- M.A., Kinesiology, University of Maryland
- M.S., Clinical Psychology, Loyola University of Maryland
- Psy.D., Clinical Psychology, Loyola University of Maryland
- Clinical Psychology Internship, NNMC Bethesda
- Certified Consultant, Association of Applied Sport Psychology
- Member of the United States Olympic Committee Sport Psychology Registry for the 2012-2016 quadrennium
- Active Duty Billets: NNMC Bethesda, NAS Jacksonville, Guantanamo Bay
- Division I Varsity Athlete: Sailing
- Specialty Focus Area: Sports Psychology, Performance Enhancement



# MDC - Staff

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**Ann Judge, Ph.D.**

**Education/Certifications:**

- **B.S., Psychology, University of Scranton, Summa Cum Laude**
- **M.A., Counseling Psychology, University of Maryland**
- **Ph.D., Counseling Psychology, University of Maryland**
- **Clinical Psychology Internship, George Washington University Counseling Center**
- **Adjunct Assistant Professor, University of Maryland**
- **Specialty Focus Area: Eating Disorders, College Counseling Center**



# MDC - Staff

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Steven J. Porter, Psy.D., LCDR, MSC, USN

## Education/Certifications:

- B.A., Economics, University of Florida
- M.S.W., Florida International University
- M.S., Clinical Psychology, Miami Institute of Psychology
- Psy.D., Clinical Psychology, Miami Institute of Psychology
- Clinical Psychology Internship, NNMC Bethesda
- Post Doctoral Fellowship: Pediatric Neuropsychology, Johns Hopkins University Medical School
- Board Eligible: Forensic Psychology, Neuropsychology
- Previous Active Duty Billets: NNMC Bethesda, MCRD Parris Island, NAS Yokota, USS HARRY S TRUMAN (CVN 75)
- Previous Federal Service: DoD, FBI
- Division I Varsity Athlete: Football
- Specialty Focus Area: Forensic Psychology and Neuropsychology





# MDC - Dietician

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Jessica Frederickson, MS, RD.

**Education/Certifications:**

- B.S., Chemistry, University of New Orleans
- M.S., Sports Nutrition, Florida State University
- Clinical Nutrition Internship, Oschner Hospital, New Orleans
- Sports Nutrition Internship, Louisiana State University Athletic Department
- Member of Academy of Nutrition Dietetics and SCAN
- Specialty Focus Area: Sports Nutrition, Weight Management



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