

Title: Building and Sustaining Resilient Teams
Speaker: Dr. Paul Sargent, Psychiatrist (CAPT, MC, USN, OPNAV N17)
Date: 19 April 2023
Time: 1200-1330
Where: C-138 & via Zoom
POC: Dr. Leigh Ann Perry, College of Leadership & Ethics

SYNOPSIS:

Great leaders create more great leaders, and great cultures create more resilient teams. How can you leverage your leadership skills to Get Real, Get Better and build resilient teams?

BIOs:

Dr. Sargent graduated from the Uniformed Services University of the Health Sciences in 2002. He completed his internship and residency in Psychiatry at Naval Medical Center San Diego. Early in his career he also served as a U.S. Naval Flight Surgeon for Marine Light Attack Helicopter Squadron-267 at Camp Pendleton, California. Dr. Sargent deployed to Iraq in 2009 as the staff psychiatrist for 2nd Medical Battalion, USMC, Camp Al Taqqadum. In that position, he was the sole psychiatrist for 19,000 service members in Al Anbar province, and created and implemented "Combat Sleep School," a new cognitive behavioral insomnia treatment program for deployed personnel. Upon return he founded the Overcoming Adversity and Stress Injury Support program (OASIS), a first-of-its-kind, DoD, residential treatment program which demonstrated efficacy for complex Post Traumatic Stress Disorder. Dr. Sargent was then selected by name as the first psychiatrist assigned within Naval Special Warfare, overseeing the delivery of mental care for all West Coast SEALs and support staff. Dr. Sargent has more recently completed additional board certification in Brain Injury Medicine and served for 4 years as the Medical Director of the Intrepid Spirit Center at Naval Hospital Camp Pendleton with an interdisciplinary team of 50 health care professionals providing cutting edge care to a population of 42,000 active-duty personnel.

In his current assignment as Psychiatrist at OPNAV N17 he advises on psychological resilience policy, as well as program design/ implementation for Navy-wide psychological skills initiatives. Dr. Sargent has additional special training and proficiency in therapeutic procedures like acupuncture and transcranial magnetic stimulation. He is a credentialed HIMS Psychiatrist and serves as a medical consultant for the Federal Air Surgeon. He maintains a focused clinical practice while also working as a strategic advisor to design and implement psychological resilience programs for large organizations. He has co-authored over 20 publications in peer reviewed journals. He enjoys his work with professionals in need, to include military members, aviation personnel, legal professionals, first responders and other populations who are interested in learning to persevere, adapt, and grow through the challenges they face.