

## Captain Mike Colston, M.D.



Captain Mike Colston, M.D., is the Director for Mental Health Programs in DoD's Health Services Policy and Oversight office. This office, under the Assistant Secretary of Defense for Health Affairs, seeks to improve the lives of our nation's service members and families through oversight, strategy management, program evaluation and policy regarding DoD's care of psychological health and substance use disorders, traumatic brain injury and the clinical management of suicidality. Captain Colston is stationed at The Pentagon.

In previous medical corps assignments, Captain Colston served as the Director of the Defense Centers of Excellence for Psychological Health (PH) and Traumatic Brain Injury (TBI), a 600-employee national laboratory focused on implementation science for PH, TBI, suicide and addiction. As Director of the Mental Health Program in the Office of the Assistant Secretary of Defense for Health Affairs, Captain Colston oversaw a mental health board project that reviewed over 200,000 cases involving PTSD and depression diagnoses, led a mental health team in the independent investigation of the Washington Navy Yard tragedy, and co-chaired DoD's Addictive Substances Misuse Advisory Committee, helping address the nationwide scourge of opiate addiction on several fronts. As Chair of the Mental Health Department at Naval Hospital Great Lakes, he oversaw a large-scale clinical integration of VA and DoD services at the Lovell Federal Health Care Center in the Chicago metro area. During deployment in support of Operation Enduring Freedom, he led a combat and operational stress team that supported a catchment of 10,000 service members.

Captain Colston has represented DoD in testimony to both chambers of Congress and at Executive Offices of the President including the Office of National Drug Control Policy, the Domestic Policy Council, and the National Security Council. He has served in study sections for federal research portfolios and on research advisory boards for the Congressionally Directed Medical Research Program and the NIH National Advisory Council on Neurological Disorders and Stroke. He currently serves on panels for the Military Suicide Research Consortium, the Consortium to Alleviate PTSD, and the National Academies of Medicine. He authored a chapter on the forensic aspects of PTSD in the *Textbook of Military Medicine* series, and has been published in peer-reviewed journals on uncertainties in diagnosis and treatment of mental illnesses and bioethical considerations related to PH, TBI and suicide research.

Captain Colston joined the Navy as a line officer, serving as a nuclear engineer and surface warfare officer aboard *USS Carl Vinson* (CVN-70), deploying twice to the Arabian Sea and completing a Pacific Rim Exercise. He then commanded a littoral patrol boat as an afloat officer-in-charge. Transitioning to Medical Corps service, he earned an MD from the Uniformed Services University of the Health Sciences, trained as a resident in psychiatry at Walter Reed Army Medical Center and completed a fellowship in child and adolescent psychiatry at Northwestern University. Captain Colston holds a BS in Industrial and Management Engineering from Rensselaer Polytechnic Institute and a master's degree in Marine Affairs from the University of Rhode Island. He is a fellow of the American Psychiatric Association and is board certified in child and adolescent psychiatry by the American Board of Psychiatry and Neurology.

Captain Colston is credentialed at Fort Belvoir Community Hospital, practicing inpatient adolescent psychiatry and step-down addictions medicine. His military decorations include the Defense Superior Service Medal and Defense Meritorious Service Medal, Surface Warfare and Officer-in-Charge Afloat devices, and campaign ribbons stemming from four overseas movements.