

**Jeffrey Millegan, MD MPH DFAPA
CAPT MC USN**

CAPT Millegan obtained his medical degree from Tulane University and completed his psychiatry residency at Naval Medical Center San Diego (NMCSA). Later, he received an MPH from Uniformed Services University (USU) and completed a fellowship in Disaster and Preventive Psychiatry. He is a board-certified psychiatrist, Distinguished Fellow of the American Psychiatry Association and Associate Professor of Psychiatry at USU. CAPT Millegan is a prolific researcher with numerous peer-reviewed publications on disaster mental health, population psychiatry and mind body medicine. He is the co-chair of the current DoD/VA Bipolar Clinical Practice Guidelines and is a co-author of the 2017 revision of the DoD/VA PTSD clinical practice guidelines. He has served as the Director of the Navy Center for Combat & Operational Stress Control and as the Navy Psychiatry Specialty leader. He is currently the Naval Air Forces Psychiatrist and serves as the mental health course director for Defense Institute for Medical Operations and has led joint-global health engagement missions to Africa, Asia, Europe and the Middle East.

CAPT Millegan is a two-time winner of the Navy-wide research competition and a four-time winner of the Navy Medicine West annual research competition. In 2015, he was awarded the Military Health System Trailblazer Award for his work developing the NMCSA Mind Body Medicine program. In 2019, he was awarded the Admiral H. James T. Sears Award, the preeminent award for recognizing an individual's career contribution to Navy Psychiatry and Navy Medicine.