

## How to Submit Documents

You can submit the medical documents through your chain of command via fax, email, or mail.

## You Can Submit Documents to:

Unit  
Battalion Medical Readiness NCO  
Brigade Medical Liaison  
State Surgeon's Office

## Preventative Measures for Overall Good Health

- Develop a Strong Support System
- Avoid Overuse of Alcohol
- Exercise Regularly
- Healthy Diet
- Healthy Weight Control
- Smoking Cessation

## Website Link to Low Cost Clinics

NeedyMeds

[http://www.needymeds.org/free\\_clinics.taf](http://www.needymeds.org/free_clinics.taf)

## State Surgeon's Office Website

Includes:

- Staff Contact Information
- Forms and Regulations
- Brochures

<http://www.calguard.ca.gov/G1/sso>



CA ARNG State Surgeon's Office  
9800 Goethe Road (Box 31)  
Sacramento, CA 95826-9101  
Fax: 916.854.4200

SSO Email: [ca-mail.sso.ngca@ng.army.mil](mailto:ca-mail.sso.ngca@ng.army.mil)



## Depression/PTSD

➤➤➤ California Army National Guard  
State Surgeon's Office



## Depression/PTSD

A Behavioral Health assessment indicates that you may be struggling with **Depression** or symptoms related to **Post Traumatic Stress Disorder (PTSD)**. Symptoms may include, but not limited to, decreased interest in activities, poor appetite, flashbacks, low self esteem, and thoughts of self harm.

## Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for **Depression/PTSD**. You will need to submit appropriate medical documentation through the proper chain of command to clear your medical flag.



## What the State Surgeon's Office Initially Needs from your Medical Provider:

- A Complete Behavioral Health Assessment \*
  - To include an Axis I-V evaluation if indicated
- Diagnosis (what is your medical condition )
- Prognosis (what your doctor thinks your likely outcome will be)
- Treatment Plan (dietary changes, life-style changes, medications, etc.)
- Comment on Functional Activity Limitations (permanent or temporary, with duration)
  - What physical activities you can and cannot do (e.g. running, jumping, and lifting)

\* IAW DOD Directive 6490.4, mental health evaluations must be completed by a licensed psychiatrist, doctoral level psychologist, or a doctoral level licensed clinical social worker

## For your Medical Provider:

This patient is an Army National Guard Soldier who was recently identified as needing further evaluation for behavioral health issues. Please evaluate patient and comment on diagnosis and stability of condition. If necessary, please refer for full 5-axis psychiatric evaluation. Please provide comment on prognosis and treatment plan to include both pharmacologic and non-pharmacologic regimens. Thank you.

## Acceptable Medical Documents:

- Completed Standard Form 513 (SF 513)
- Office Visit/Provider Notes
- Results of any X-ray/Imaging Studies
- Results of any Diagnostic tests