

Colorado Springs, CO Chapter Article for Officer Review Magazine

TITLE: MAJ Tisha Ellis (USAR) Discusses the US Army's Efforts to Improve Soldier Mental Health

The Colorado Springs (COS), Colorado Chapter of MOWW, welcomed MAJ Tisha Ellis (USAR), wife of Companion Mark Ellis, to our April 2024 Membership meeting. Tisha is a Major in the Army Reserve Nurse Corps where she serves as a Psychiatric Mental Health Nurse Practitioner. During the week, Tisha is a civilian Mental Health Nurse Practitioner with the Defense Health Agency at Fort Carson, Colorado. She supports the 3rd Brigade, 4th Infantry Division and her patients are active-duty Army service members for whom she provides outpatient mental health evaluations, diagnoses, and medication management. Tisha provided a brief history of the Army's efforts to address the mental health needs of the Service, including suicide prevention, as well as the types of soldier mental health issues she deals with on a daily basis. Most of her patients are young enlisted soldiers experiencing mental health issues brought on by stress and exacerbated by alcohol or substance abuse. She indicated that Officers and Senior Enlisted soldiers also seek care for mental health issues, but usually on their way out of the Army since they served during a time when seeking help for mental health issues carried a stigma for the soldier. We are grateful for the support and assistance that Tisha provides to our service members at Fort Carson and also for accompanying them on deployments overseas.



Colonel Kerm Neal, COS Commander, presents a Certificate of Appreciation to MAJ Tisha Ellis (USAR)