



SECRETARY OF THE ARMY
WASHINGTON

17 JUN 2013

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Directive 2013-12 (Implementation of Department of Defense Policy Change Concerning Chronic Adjustment Disorder)

1. References:

- a. Department of Defense (DoD) Instruction 1332.38 (Physical Disability Evaluation), Incorporating Change 2, 10 Apr 13.
- b. Army Regulation (AR) 40-501 (Standards of Medical Fitness), Rapid Action Revision Issued 4 Aug 11.
- c. AR 600-8-24 (Officer Transfers and Discharges), Rapid Action Revision Issued 13 Sep 11.
- d. AR 635-200 (Active Duty Enlisted Administrative Separations), Rapid Action Revision Issued 6 Sep 11.
- e. Memorandum, Assistant Secretary of Defense for Health Affairs, 23 May 13, subject: Chronic Adjustment Disorder in the Disability Evaluation System.

2. On 10 April 2013, DoD amended reference 1a to be consistent with the current version of the U.S. Department of Veterans Affairs Schedule for Rating Disabilities and made "chronic adjustment disorder" a potentially compensable physical disability. To implement this change, I am hereby establishing the standard for medical fitness for chronic adjustment disorder.

3. A diagnosis of chronic adjustment disorder will cause a Soldier to be referred to a Medical Evaluation Board (MEB) when the Soldier exhibits persistent or recurring symptoms meeting the criteria detailed in the current edition of the Diagnostic and Statistical Manual for Mental Disorders. These symptoms must be directly caused by exposure to an enduring stressor and must last longer than 6 months. The causes for referral to a MEB for chronic adjustment disorder are as follows:

- a. persistence or recurrence of symptoms sufficient to require extended or recurrent hospitalization; or
- b. persistence or recurrence of symptoms that interfere with duty performance and necessitate limitations of duty or duty in protected environment.

SUBJECT: Army Directive 2013-12 (Implementation of Department of Defense Policy Change Concerning Chronic Adjustment Disorder)

4. The Assistant Secretary of the Army (Manpower and Reserve Affairs), in coordination with the Deputy Chief of Staff, G-1 (DCS, G-1) and The Surgeon General, will carefully analyze the impacts of the standards established in paragraph 3 in six months and provide me with the results no later than 31 January 2014. After completion of this review, if appropriate and upon my approval, The Surgeon General will initiate a priority revision to reference 1b to incorporate final retention standards for chronic adjustment disorder. Further, provide me with a recommendation as to whether these retention standards should be adopted for the conditions specified in paragraphs 3-32 and 3-33 of reference 1b.

5. The DCS, G-1 will ensure that:

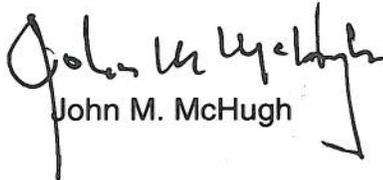
a. this standard is applied to Soldiers currently in the Army's Disability Evaluation System. To that end, the DCS, G-1 will review any current case, including those pending separation, for which the Department of Veterans Affairs has assigned a preliminary rating for chronic adjustment disorder;

b. chronic adjustment disorder is properly treated as a potential physical disability in cases of administrative separation under references 1c and 1d; and

c. data is collected, in coordination with The Surgeon General, to support the analysis directed in paragraph 4.

6. The DCS, G-1 and The Surgeon General will ensure that this policy change is properly disseminated and implemented.

7. This directive is rescinded upon publication of the revision of reference 1b.



John M. McHugh

DISTRIBUTION:

Principal Officials of Headquarters, Department of the Army
Commander

- U.S. Army Forces Command
- U.S. Army Training and Doctrine Command
- U.S. Army Material Command
- U.S. Army Pacific
- U.S. Army Europe
- U.S. Army Central
- U.S. Army North

SUBJECT: Army Directive 2013-12 (Implementation of Department of Defense Policy Change Concerning Chronic Adjustment Disorder)

DISTRIBUTION: (CONT)

U.S. Army South
U.S. Army Africa/Southern European Task Force
U.S. Army Special Operations Command
Military Surface Deployment and Distribution Command
U.S. Army Space and Missile Defense Command/Army Strategic Command
U.S. Army Cyber Command
U.S. Army Network Enterprise Technology Command/9th Signal Command (Army)
U.S. Army Medical Command
U.S. Army Intelligence and Security Command
U.S. Army Criminal Investigation Command
U.S. Army Corps of Engineers
U.S. Army Military District of Washington
U.S. Army Test and Evaluation Command
U.S. Army Installation Management Command
Superintendent, U.S. Military Academy
Director, U.S. Army Acquisition Support Center
Executive Director, Arlington National Cemetery
Commander, U.S. Army Accessions Support Brigade

CF:

Director, Army National Guard
Director, Office of Business Transformation