

Military Research Associate Program 2023 Recruiting Manual



"Tell me and I forget. Teach me and I remember. Involve me and I learn."
- Benjamin Franklin

Letter From the Director:

The Military Research Associate Program (MRAP) began with a simple question: "Why are so few veterans working at the highest levels of public mental health?"

It can't be that the problem is unimportant, as military veterans have higher rates of mental health conditions than the general public. Nor is there a lack of talent among service members; there are plenty of smart, hard-working people who could make a significant impact on the field.

At KRI, we concluded that the problem stems from a small number of gaps in the skills and experience needed to enter the most competitive medical and public health programs addressing public mental health. Specifically, transitioning military personnel lack scientific writing skills, practical research experience, and a track record of scientific publications and presentations.

The MRAP program is designed to remedy these gaps, and socialize those in transition to the world of academia, medical school, and public health research. If this sounds like the program you have been waiting for, then we can't wait to meet you. Apply today and let's get started.

Thank you for your service, and your interest in our program.

All the Best,
Nate

Dr. Nathan D. L. Smith
Executive Director
Kindbridge Research Institute



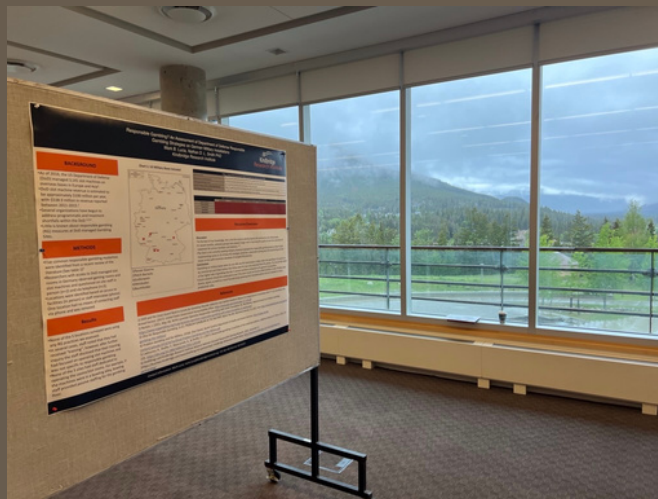
Photo taken at NCPG Poster Session 2022
From L-R: Makinna Olmstead Y1 MRA, Galen Jones Y1 MRA, Mark Lucia Y2 MRA, Dr. Nathan Smith

Executive Summary

The Military Research Associate Program (MRAP) was founded to address an ongoing need: helping veterans in transition access high-quality behavioral health education to achieve their career goals. Service members and veterans are a historically underrepresented population in the field of mental health care and research. MRAP aims to produce high-quality graduate school candidates who will become future leaders in the field. This program will offer you the tools you need to apply to top universities for public health, clinical, and health research programs.

MRAP is run by Kindbridge Research Institute (KRI), a nonprofit dedicated to improving treatment and behavioral addictions, including gambling, gaming, and compulsive sexual behavior. Recent MRAP research has focused on gambling disorder and prevention within the Department of Defense (DoD).

KRI is deeply invested in veterans' issues. KRI's first research program was 50x4Vets – a program looking to expand research on the treatment of gambling disorder among veterans by 50 times in the next 4 years. MRAP is a natural extension of KRI's broader veterans' initiatives. Backed by a team of civilians, veterans, and active-duty service members, MRAP will improve your chances of achieving the success you desire.



This poster was presented by Mark Lucia, Y2 MRA, at the Alberta Gambling Research Institute annual conference in June 2022.

2023 MRAP Timeline



November 15th, 2022 - Applications open



January 2, 2023 - Applications close



January 15-March 20, 2023 - Interviews



March 31, 2023 - Program Acceptance



May 1, 2023 - Program Start



~February 1, 2024 - Program Completed*

*Program completion is in early February. Exceptions can be made on a case by case basis to extend program length for individuals based on current projects and interest.



MRAs work with Dr. Smith to perfect their presentations

Goals:

1. Present a poster at an academic conference
2. Publish 1 paper (minimum) in a scientific journal
3. Get into a top-choice school identified by you at the start of the program

Requirements:

1. Expect ~10 hours/week work commitment.
2. Ability to occasionally travel (\$0 cost to individual participant)
3. Open to constructive criticism
4. Passionate about working in public mental health

MRA Mark Lucia and
Dr. Nathan Smith
during the veterans
gambling pathway
at National Council
on Problem
Gambling 2022
Conference



Skill Building:

1. This is a research program. **Writing** is a critical skill that will be developed throughout the year
2. How to conduct background research (literature reviews) to prepare for research projects
3. Experience with study design and execution

Resume Building:

1. Publishing peer-reviewed research
2. Opportunities for presentations (posters and possibly talks)
3. Civilian job experience

Application Mechanics:

1. Preparation for standardized tests (prep courses will be provided by the program)
2. Application essay review
3. Interview preparation/coaching

<https://docs.google.com/forms/d/1Zs-w99gsXhViaTFqCbTTu6shjQz9RDqqF-Sfrl6-XyU/edit>

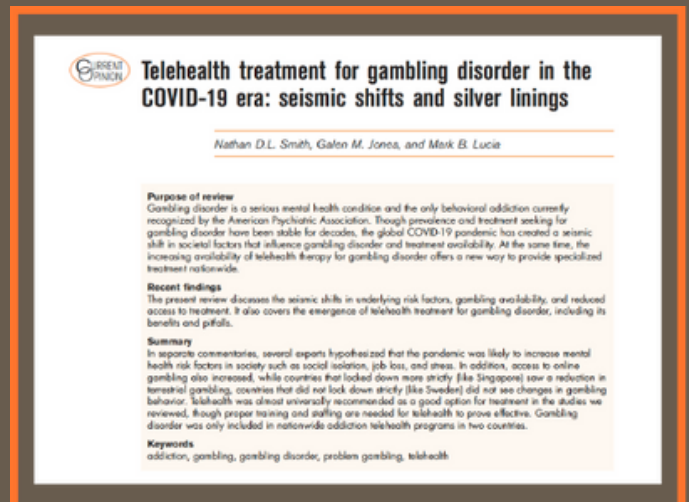
Use the above link to apply to the 2023 MRAP cohort.

Applicants are assessed on:

- 1) Ability - Academic ability, writing ability, and overall professionalism
- 2) Overall Commitment to public mental health
- 3) Work capacity - While the program requires ~10 hr/wk there may be times when additional work is required for success.
- 4) Benefit- This program is predicated on mutual benefit, you should not apply if this will not benefit your future potential ***within the field.***
- 5) Timeline/timeline fit - This program is designed to be a feeder for future school applications. You should be able to articulate how this program will assist your future efforts with school applications.

Program Outcomes to Date:

- 1 Poster Presentation - Alberta Gambling Research Institute 2022 Conference
- 2 Poster Presentations - International Center for Responsible Gambling 2022 Conference
- 1 Published Article - Telehealth treatment for gambling disorder in the COVID-19 era: seismic shifts and silver linings DOI: 10.1097/YCO.0000000000000799
- 3 Papers currently under development



Please feel free to reach out if you have any questions:

mark.lucia@kindbridgeinstitute.org - Senior
MRA/Recruiting Lead

nathan@kindbridgeinstitute.org - Executive
Director KRI

The MRAP has provided me with the resources and support to improve my understanding of research design and analysis. This, in addition to refining my writing skills, will without doubt have a significant positive impact on my medical school applications.

- Makinna Olmstead, Military Research Associate