



# TONY CARLTON

## DOCTOR OF HEALTH SCIENCE (DHSC)

### PROFILE

Doctor of Health Science (DHSc) specializing in program evaluation, quality improvement, and risk management across veteran and tactical health systems. Former Fleet Marine Force (FMF) Hospital Corpsman with operational trauma care and crisis-intervention experience. Designs and leads resilience and reintegration initiatives addressing behavioral health, suicide prevention, and human performance. Founder of the Mindfully Tactical Foundation and Veteran Liaison at Pennsylvania Western University, coordinating veteran education and academic transition programs. Director of Performance Science for the Fayetteville Marksmen (pro hockey), integrating data-driven performance analytics with wellness and recovery protocols. Instructor and researcher with advanced training in Applied Behavior Analysis and Lean Six Sigma. Recipient of PennWest Clarion's 2025 Presidential Award for integrity and veteran leadership.

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### AFFILIATIONS

- Journal of Veteran Studies (JVS), Peer Reviewer
- Veterans Studies Association (VSA)
- Professional Hockey Athletic Trainers Society / Professional Hockey Equipment Managers Society (PHATS/PHEM)
- North Carolina Veterans Council
- Disabled American Veterans (DAV), 3208343361572, Lifetime Member
- Marine Corps League, 252961
- Veterans of Foreign Wars (VFW)
- Wounded Warrior Foundation (WWF), 6164818947
- National Strength and Conditioning Association (NSCA)

### Education

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#### Doctor of Health Science (DHSc), Exercise Leadership

Pennsylvania Western University – California, PA, August 2025

- Doctoral portfolio centered on holistic resilience and transitional strategies for tactical military athletes. [www.tonykcarlton.com](http://www.tonykcarlton.com)
- Graduate Certificate: **Tactical Strength & Conditioning (TSAC)**
- Graduate Certificate: **Performance Enhancement & Injury Prevention**
- Graduated with SALUTE Veterans National Honor Society honors
- **Presidential Award**, PennWest Clarion Student Senate Integrity Dinner - November 2025. <https://www.pennwest.edu/about/news/2025/pennwest-clarion-honors-veterans-integrity-leaders-at-31st-annual-dinner.php>

#### Post Master's Certificate – Applied Behavioral Analysis

Pennsylvania Western University – California, PA, January 2026

#### Master of Arts – Criminal Justice, Behavioral Crime Analysis

Pennsylvania Western University – California, PA, August 2027

#### Master of Science – Nutrition

California University of Pennsylvania August 2022

#### Bachelor of Science – Exercise Science

California University of Pennsylvania, August 2021

### Teaching Experience

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#### Adjunct Instructor, Pennsylvania Western University | 2026 to Present

- Instructor, EXSC 7590, *Tactical Strength and Conditioning Program Design* (Spring 2026)
- Develop and deliver evidence-based instruction in tactical performance, resilience, and applied strength and conditioning.

#### Instructor / Course Developer, Mindfully Tactical Foundation | 2023 to Present

- Developed and delivered *Mindfully Tactical, Strategic Command, and Nutrition and Wellness for Veterans*
- Created online modules and learning activities using Brightspace, Zoom, and Canvas.

#### Professional Education and Seminar Instruction | 2020 to Present

- Delivered seminars and workshops for student veterans, professional hockey athletes, and veteran service organizations.
- Presented on nutrition, performance, resilience, GI Bill and VR&E benefits, financial planning, and academic readiness, Winnebago Industries VetNet.

### Professional Experience

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#### Director of Performance Science/Reconditioning Coach – Fayetteville Marksmen 09/2020 – Current

- Trained 150+ athletes in strength, speed, and recovery; implemented team-wide nutrition curriculum.

- American College of Sports Medicine (ACSM)
- AMSUS (The Society of Federal Health Professionals)

## CERTIFICATIONS

- Board Certified Behavior Analyst (BCBA) – Eligibility Expected January 2026
- NASM: PES, CES, FNS, CNC, CNSC, CPT
- ISSA: Elite CPT, S&C, Nutritionist, HIIT (T3), BB
- NASE Level 2 CSS
- ExpertRating: Master CPT, SNC, SPS, Six Sigma Black Belt
- IRB CITI Human Subjects Research Certification
- Adult & Pediatric CPR/First Aid
- Fleet Marine Force (FMF) Warfare Device| MCMAP Black Belt

## PROFESSIONAL ARTICLES

- Incorporating military-style training for peak hockey performance, 09/23, PHATS/SPHEM Newsletter, <https://phatssphem.com/incorporating-military-style-training-for-peak-hockey-performance/>
- Integrating holistic resilience and mindfulness to enhance hockey performance: Lessons from tactical athlete training, 03/24, PHATS/SPHEM, <https://phatssphem.com/integrating-holistic-resilience-and-mindfulness-to-enhance-hockey-performance-lessons-from-tactical-athlete-training/>

- Delivered preseason camps, return-to-play protocols, and mental skills workshops.
- Published professional articles in PHATS/SPHEM on resilience and athlete performance.

### Founder & Program Director – Mindfully Tactical Foundation (2023 - present) 06/2023 – Current

- Developed and evaluated veteran education and resilience programs focused on behavioral health, suicide prevention, and academic reintegration.
- Applied analytical methods to track participant outcomes, identify program gaps, and implement data-driven improvements.
- Created and managed the WELL and PATH Initiatives to enhance veteran success in higher education and reduce transition-related stress.
- Coordinated partnerships with universities, veteran service organizations, and state agencies to standardize program delivery and reporting
- Built veteran education pipeline; enrolled 12+ in degree programs using VA benefits.
- Created WELL Program & PATH Initiative for veteran success in higher education.
- Developed academic toolkits, mentorship models, and success planning curricula.

### Owner/Operator - Body Elite KNS 05/2020 – 08/2025

- Launched tactical nutrition and performance supplement line.
- Applied business and leadership skills to curriculum development in health and wellness.

### United States Navy, Fleet Marine Force (FMF) Corpsman - Leading Petty Officer (LPO), Command Fitness Leader (CFL) (until 2014)

- Managed daily operations of a pediatric clinic serving 1,500+ patients, ensuring compliance with Navy and Joint Commission patient safety standards.
- Completed combat deployments in Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF), providing advanced trauma care under fire; awarded the Combat Action Ribbon and several additional commendations for performance and leadership.

## PUBLICATIONS

- Carlton, T. (2025). *Evidence integration review of multimodal interventions for PTSD, social reintegration, and economic stability in veterans*. Journal of Veterans Studies, 11(2), 15–27. <https://doi.org/10.21061/jvs.v11i2.683>
- Carlton, T. (2026). *BRAVE theory: Military transition, trauma, and reintegration*. Springer. <https://doi.org/10.1007/978-3-032-13695-4>
- Carlton, T. (2026). *Justice Involvement and Veteran Reintegration Through BRAVE Theory: A Theory-Guided Integrative Review*. Journal of Veteran Studies, (Accepted March 2026)
- Carlton, T. (2027). *The science of veterans coming home - A multilevel account of reintegration*. Springer (Under Contract)