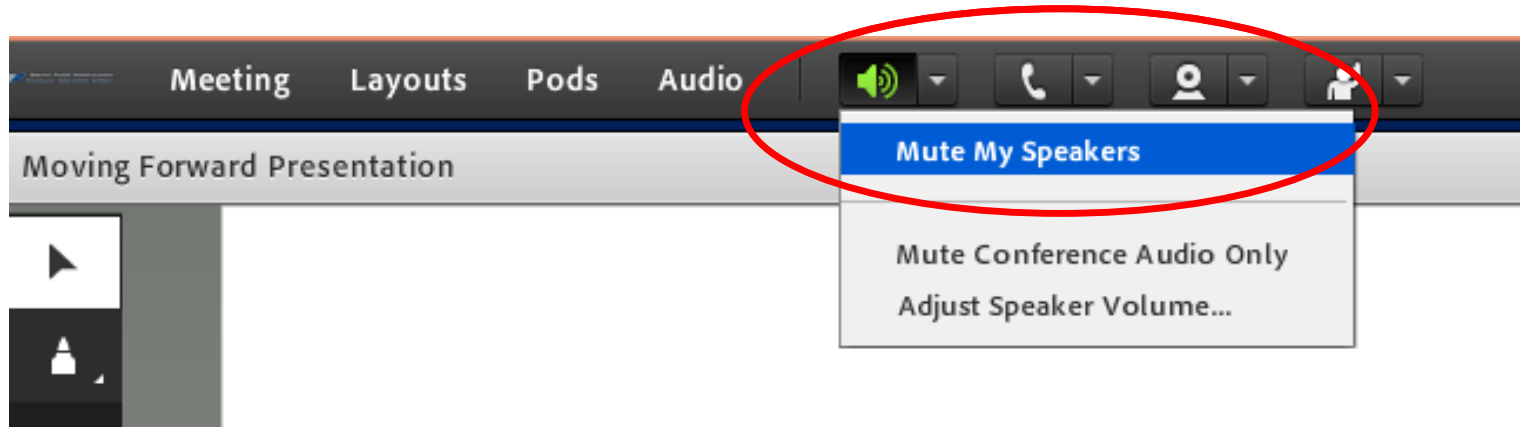# Please remember to mute your speakers.

VA Mobile Discussion Series

For audio, please dial in using VANTS:
1-800-767-1750 pc: 43950#

Thank you for joining. We will begin shortly.

VA | **U.S. Department of Veterans Affairs**
Veterans Health Administration
Office of Connected Care

VA Mobile Applications for Mental Health

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Why Mobile Mental Health?

- Great need for mental health care, but many barriers prevent individuals from seeking treatment (e.g., stigma, rurality)

- 77% of adults in the U.S. own smartphones – with few differences in ownership across racial, ethnic or socio-economic status groups (Pew Research Center, 2018)

- 45% of adults in U.S. own a tablet computer

- Users almost always carry their mobile devices with them, and "rarely" or "never" turn them off (Rainie & Zickhur, 2015)

- People (including Veterans) are interested in and willing to adopt apps for health (Erbes et al., 2014)

VA Mobile Apps for Mental Health

- Beginning in 2010, Office of Mental Health and Suicide Prevention funded internal (contracted) development of mobile applications ("apps") for Veterans.

- The apps fall into 4 categories:

Self-Guided Apps	Treatment Companion Apps	Provider Apps	Connected Apps
For Veterans who seek to manage their own symptoms, are not ready to seek focused specialty care, or are supplementing care	To be used in conjunction with traditional evidence-based psychotherapies	To support providers in delivering high quality care	(in collaboration with Office of Connected Care) Link to internal systems (i.e. VistA) to meet broad enterprise goals e.g. measurement-based care

Unique Advantages of VA Apps

- Private: do not collect or require personal information

- Tailored to Veterans & VA providers

- Fully Section 508 compliant

- Free to use

- Evidence-informed & evidence-based

Mobile Apps for Mental Health
US Department of Veterans Affairs | National Center for PTSD
Download report: January 2018

Mobile App	Countries	iOS launch	iOS Jan	iOS to date	Android launch	Android Jan	Android to date	iOS+Android to date
ACT Coach	104	2014 Feb	899	54,414	2016 Aug	662	9,859	64,273
AIMS	62	2017 Jun	1,059	16,646	2017 Jun	915	3,361	20,007
CBT-i Coach	104	2013 Jun	3,763	147,178	2013 Sep	2,107	69,935	217,113
Concussion Coach	74	2013 Nov	261	27,260	2016 Oct	134	1,374	28,634
CPT Coach	77	2014 Feb	504	33,835	-	-	-	33,835
Mindfulness Coach	114	2014 Jan	5,259	117,567	-	-	-	117,567
Mood Coach	51	2016 Mar	286	16,626	-	-	-	16,626
Moving Forward	63	2014 Jan	245	23,096	-	-	-	23,096
Parenting2Go	49	2014 Jan	122	20,162	-	-	-	20,162
PE Coach	73	2012 Mar	611	50,368	2012 Apr	470	29,744	80,112
PFA Mobile	79	2012 Aug	401	34,850	2013 Oct	250	9,200	44,050
PTSD Coach	106	2011 Apr	2,221	212,405	2012 Jun	2,009	131,376	343,781
PTSD Family Coach	56	2016 Mar	331	20,654	2016 Sep	132	1,793	22,447
STAIR Coach	32	2017 May	106	18,053	-	-	-	18,053
Stay Quit Coach	76	2013 May	154	22,265	2016 Feb	268	6,467	28,732
VetChange	31	2016 Jun	69	12,303	-	-	-	12,303

Treatment Companion

- PE Coach
- CPT Coach
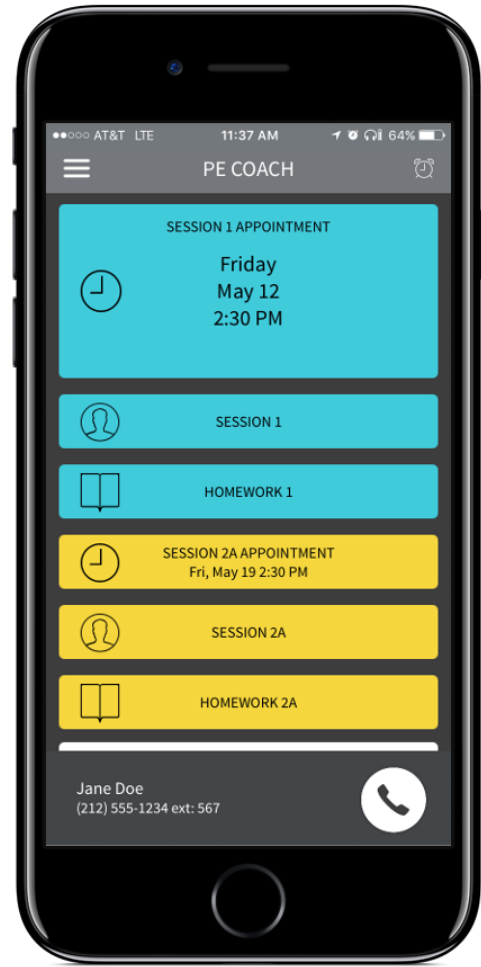- CBT-i Coach
- ACT Coach
- STAIR Coach
- Stay Quit Coach

Self-Management

- PTSD Coach
- PTSD Family Coach
- Mindfulness Coach
- AIMS
- VetChange
- Parenting2Go
- Moving Forward
- Concussion Coach
- Mood Coach

PE Coach

- **Use:**
  - For patients in Prolonged Exposure therapy
- **Type:**
  - Treatment Companion
- **Platform:**
  - iOS + Android

Download on the App Store

GET IT ON Google Play
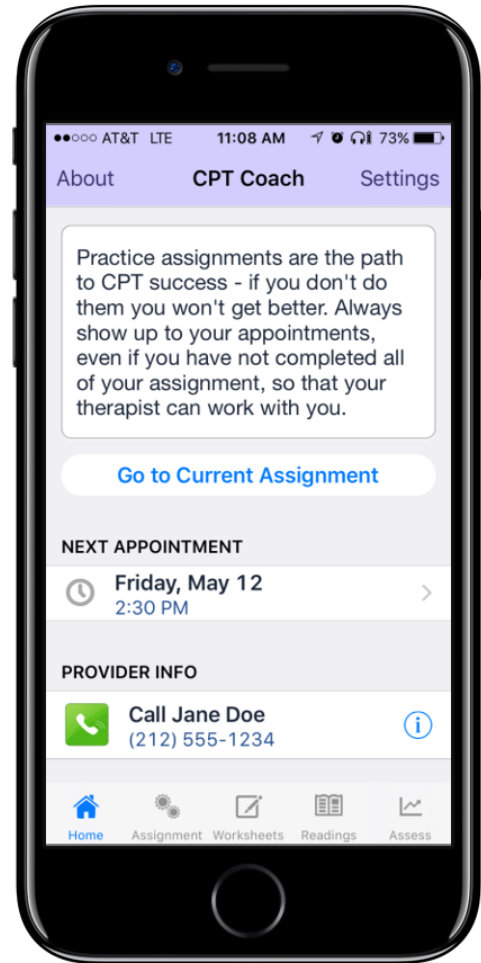
CBT-i Coach

- **Use:**
  - For patients in Cognitive Behavioral Therapy for Insomnia

- **Type:**
  - Treatment Companion

- **Platform:**
  - iOS + Android

CPT Coach

- **Use:**
  - For patients in Cognitive Processing Therapy

- **Type:**
  - Treatment Companion

- **Platform:**
  - iOS + Android

ACT Coach

- **Use:**
  - For patients in Acceptance & Commitment Therapy
- **Type:**
  - Treatment Companion
- **Platform:**
  - iOS + Android
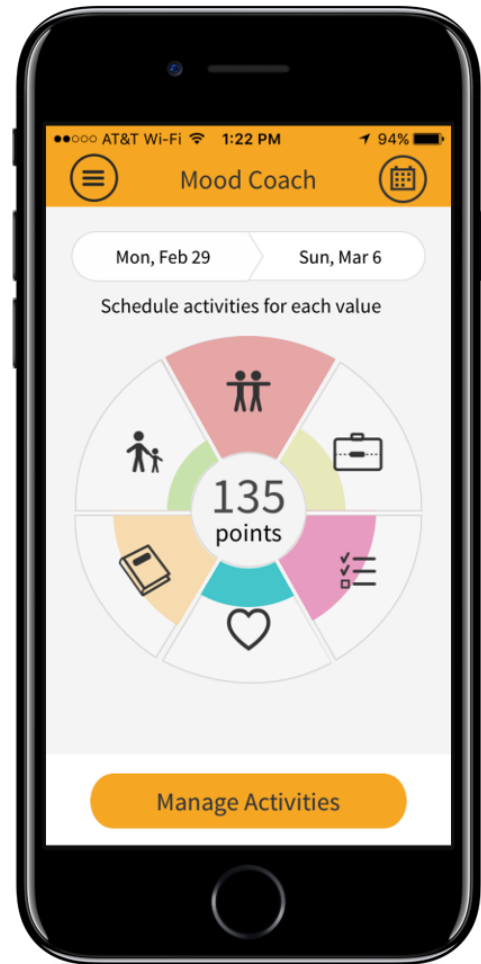
STAIR Coach

- **Use:**
  - For patients in STAIR therapy

- **Type:**
  - Treatment Companion

- **Platform:**
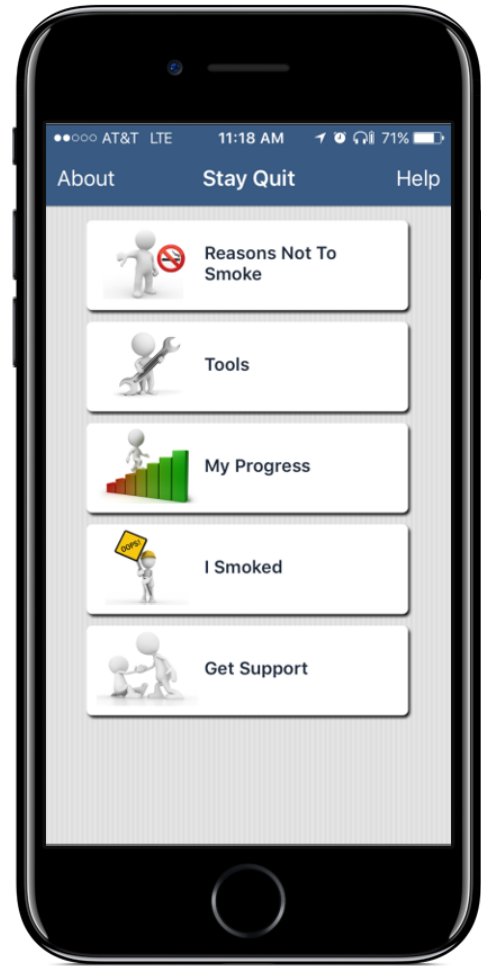 - iOS

Mood Coach

- **Use:**
  - Positive activity scheduling based on Behavioral Activation
- **Type:**
  - Self-Guided
- **Platform:**
  - iOS

Stay Quit Coach
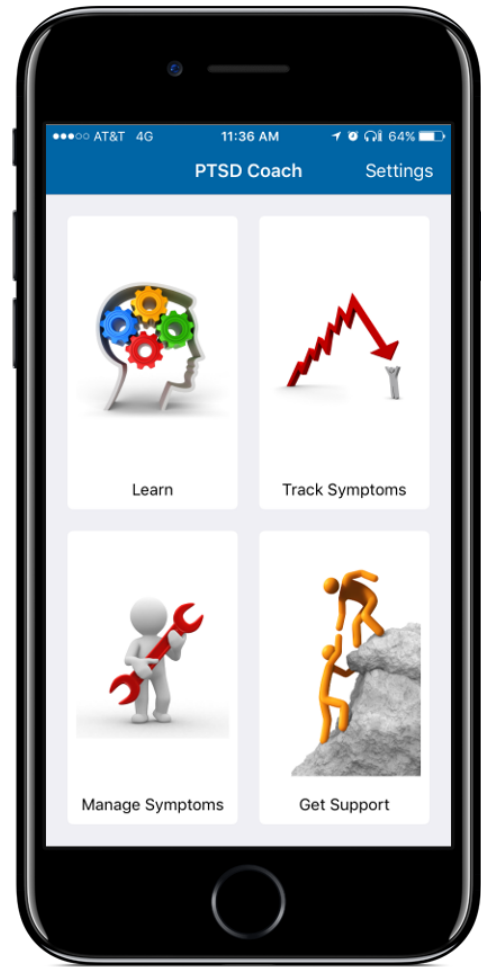
- **Use:**
  - For patients who have completed Integrated Care for Smoking Cessation

- **Type:**
  - Treatment Companion

- **Platform:**
  - iOS + Android

PTSD Coach

- **Product Description:**
  – For people with post-traumatic stress symptoms or a PTSD diagnosis

- **Type:**
  – Self-Guided

- **Platform:**
  – iOS + Android
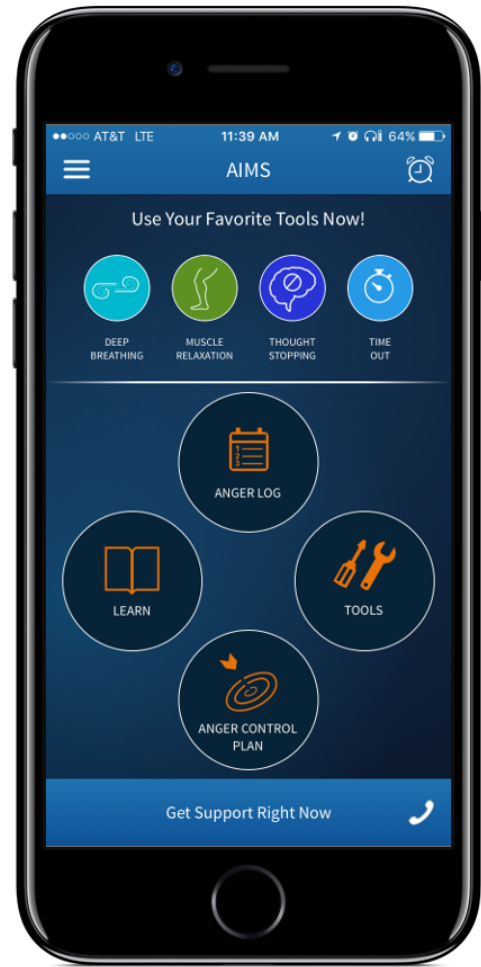
PTSD Family Coach

- **Use:**
  - For family members of people with PTSD symptoms or diagnosis

- **Type:**
  - Self-Guided

- **Platform:**
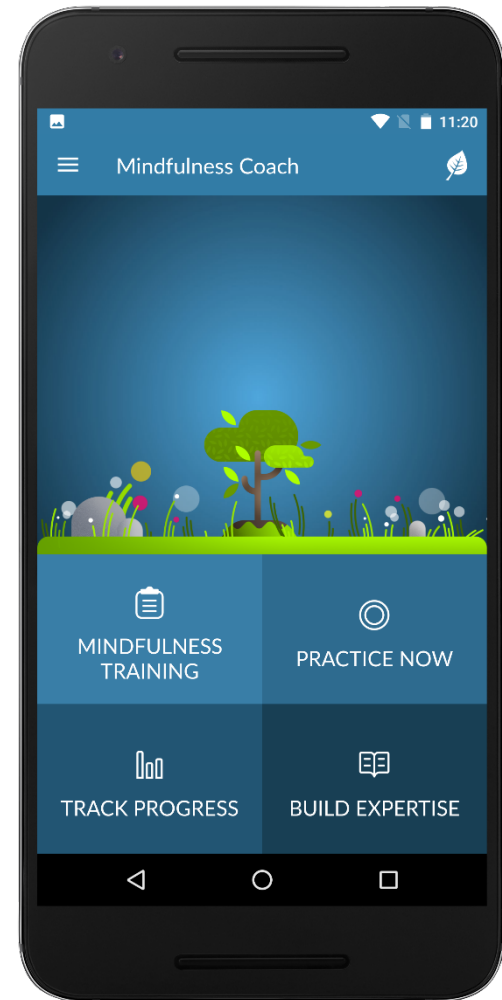 - iOS + Android

AIMS

- **Use:**
  - Anger management based on the AIMS web training
- **Type:**
  - Self-Guided
- **Platform:**
  - iOS + Android
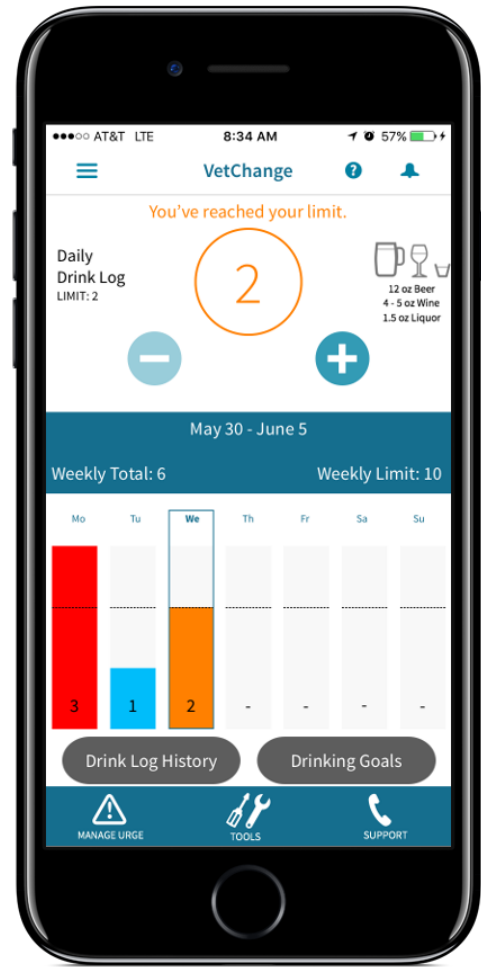
Mindfulness Coach

- **Use:**
  - Mindfulness exercises

- **Type:**
  - Self-Guided

- **Platform:**
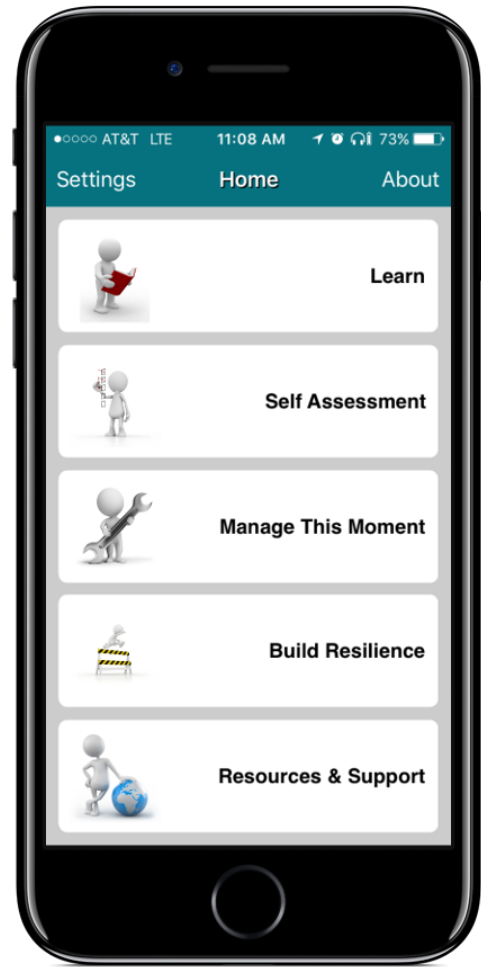 - iOS + Android

VetChange

- **Use:**
  - Self-management of drinking based on the VetChange web program

- **Type:**
  - Self-Guided

- **Platform:**
  - iOS

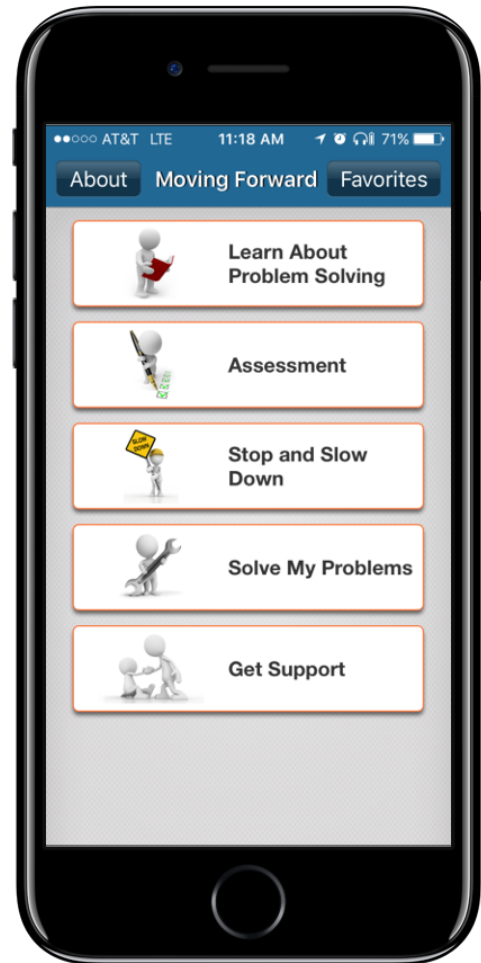# Concussion Coach

- **Use:**
  - For people with mild traumatic brain injury
- **Type:**
  - Self-Guided
- **Platform:**
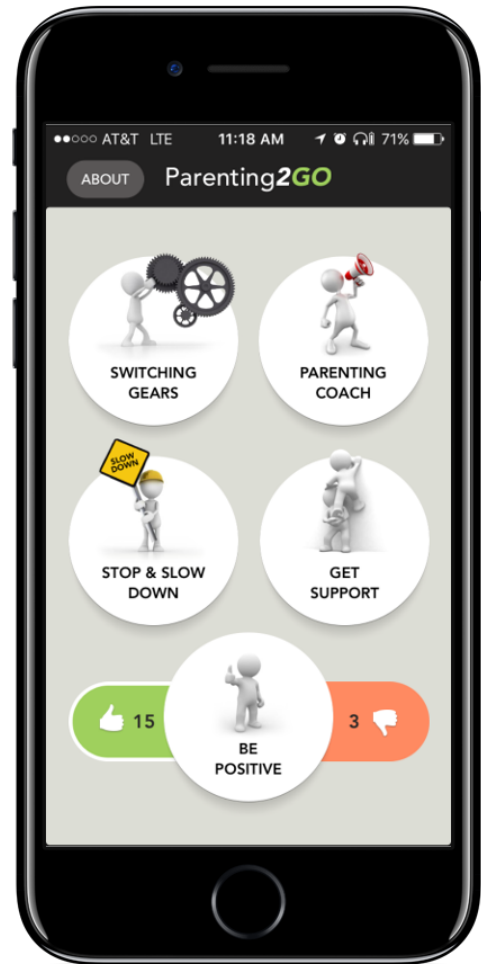 - iOS + Android

Moving Forward

- **Use:**
  - Problem-solving training based on the web course

- **Type:**
  - Self-Guided

- **Platform:**
  - iOS

Parenting2Go

- **Use:**
  - Parenting skills for service members and Veterans based on the web course

- **Type:**
  - Self-Guided

- **Platform:**
  - iOS

PFA Mobile

- **Use:**
  - For providers delivering Psychological First Aid

- **Type:**
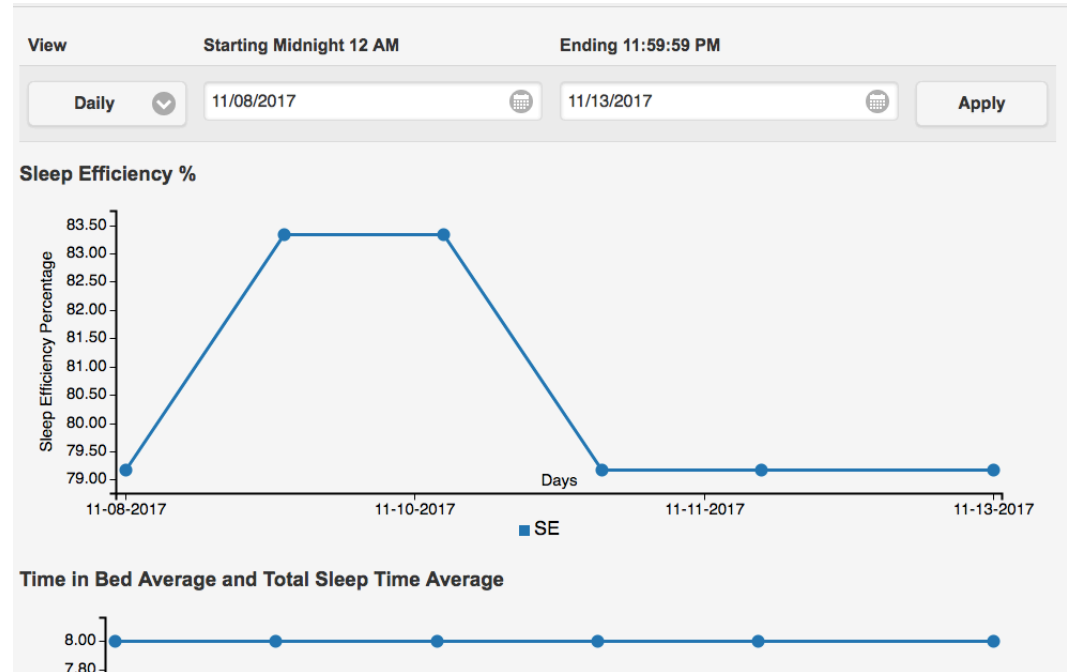 - Provider

- **Platform:**
  - iOS + Android

Mental Health Apps in Progress

- Couples Coach – where one or both partners have PTSD

- MST Recovery Coach – for survivors of military sexual trauma

- Insomnia Coach – for self-management of insomnia

Research ("Instrumented") Apps

- PE Coach
- CBT-i Coach
- PTSD Coach
- PTSD Coach +
- PTSD Family Coach
- Mindfulness Coach
- AIMS
- VetChange

Resources

- SharePoint: Mobile Mental Health

  https://vaww.portal2.va.gov/sites/mentalhealth/mobile

- NCPTSD Mobile Apps Site
  https://www.ptsd.va.gov/public/materials/apps

- iTunes / App Store

- Google Play Store

- Flyers, Prescription Pads & more available on request

PRESCRIPTION FOR BEHAVIORAL HEALTH

Mobile & Web Resources

National Center for **PTSD** POSTTRAUMATIC STRESS DISORDER

- PTSD Coach
- PTSD Coach Online https://go.usa.gov/xN9Hb
- PTSD Family Coach
- VetChange https://vetchange.org
- Mindfulness Coach
- Anger & Irritability Management (AIMS) https://www.veterantraining.va.gov/AIMS
- CBT-i Coach
- STAIR Coach

Access free mobile apps and online resources here: www.ptsd.va.gov

RECOMMENDATION:

Questions or Concerns?

We'd love to hear from you!

Contact us at:

mobilementalhealth@va.gov

What future topics would you like to discuss?

Let us know by providing feedback
at this link:

https://www.surveymonkey.com/r/WQGGPNG