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 Mobile Applications for Mental Health

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Contact us:
mobilementalhealth@va.gov
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)
• 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**
For Veterans who seek to manage their own symptoms, are not ready to seek focused specialty care, or are supplementing care

**Treatment Companion Apps**
To be used in conjunction with traditional evidence-based psychotherapies

**Provider Apps**
To support providers in delivering high quality care

**Connected Apps**
(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
<table>
<thead>
<tr>
<th>Mobile App</th>
<th>Countries</th>
<th>iOS launch</th>
<th>iOS Jan</th>
<th>iOS to date</th>
<th>Android launch</th>
<th>Android Jan</th>
<th>Android to date</th>
<th>iOS+Android to date</th>
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<td>ACT Coach</td>
<td>104</td>
<td>2014 Feb</td>
<td>899</td>
<td>54,414</td>
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<td>5,259</td>
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<td>2012 Apr</td>
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<td>2012 Aug</td>
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<td>2011 Apr</td>
<td>2,221</td>
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</table>
## Mental Health App Portfolio

<table>
<thead>
<tr>
<th>Treatment Companion</th>
<th>Self-Management</th>
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<tbody>
<tr>
<td>• PE Coach</td>
<td>• PTSD Coach</td>
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<tr>
<td>• CPT Coach</td>
<td>• PTSD Family Coach</td>
</tr>
<tr>
<td>• CBT-i Coach</td>
<td>• Mindfulness Coach</td>
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<tr>
<td>• ACT Coach</td>
<td>• AIMS</td>
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<tr>
<td>• STAIR Coach</td>
<td>• VetChange</td>
</tr>
<tr>
<td>• Stay Quit Coach</td>
<td>• Parenting2Go</td>
</tr>
<tr>
<td></td>
<td>• Moving Forward</td>
</tr>
<tr>
<td></td>
<td>• Concussion Coach</td>
</tr>
<tr>
<td></td>
<td>• Mood Coach</td>
</tr>
</tbody>
</table>
• **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

Download on the App Store  GET IT ON Google Play
• **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

[Images of the ACT Coach app interface with options like Learn, Practice Mindfulness, Live Your Values, Track Your ACT Moments, and Take ACTion]
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

[Phone screen showing app interface]
PTSD Coach

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

• **Type:**
  – Self-Guided

• **Platform:**
  – iOS + Android

Download on the [App Store](https://appstore.com)  GET IT ON [Google Play](https://play.google.com)
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

[App Store] [Google Play]
VetChange

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

• **Type:**
  – Self-Guided

• **Platform:**
  – iOS

[App Store link]
Concussion Coach

• Use:
  – For people with mild traumatic brain injury

• Type:
  – Self-Guided

• Platform:
  – iOS + Android

Download on the
App Store

Get it on
Google Play
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

Download on the App Store
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
Patient Handouts

- Flyers, Prescription Pads & more available on request

PRESCRIPTION FOR BEHAVIORAL HEALTH
Mobile & Web Resources

PTSD Coach
PTSD Family Coach
Mindfulness Coach
CBT-i Coach

PTSD Coach Online
https://go.usa.gov/xN9Hb

VetChange
https://vetchange.org

Anger & Irritability Management (AIMS)
https://www.veterantraining.va.gov/AIMS

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