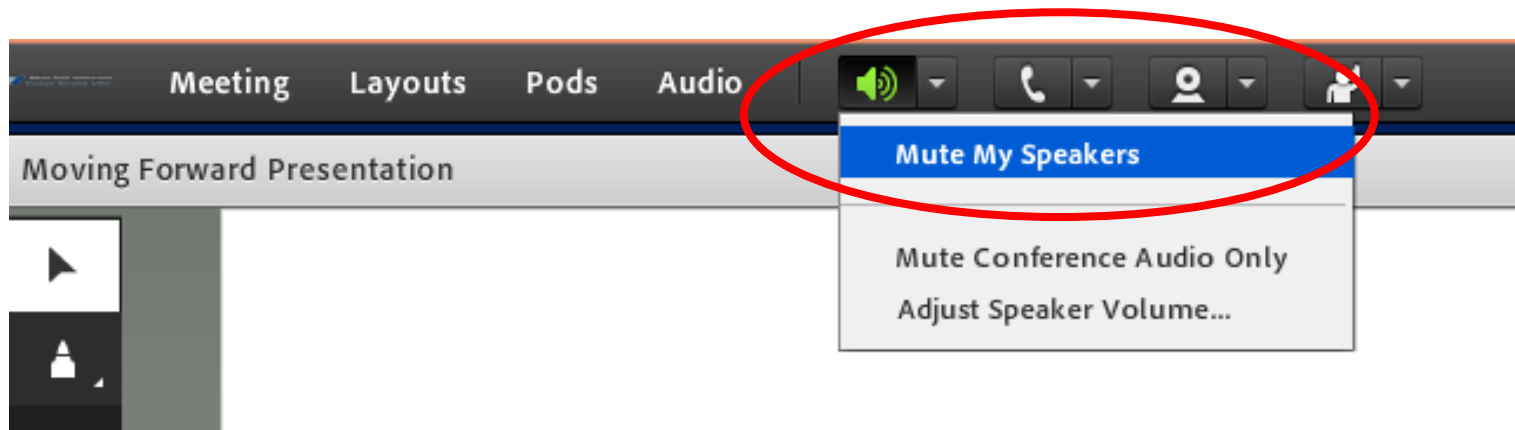


Thank you for joining, we will begin shortly.

For audio, please dial in using VANTS:

1-800-767-1750 pc: 32523#

Please remember to mute your speakers.



Moving Forward
April 22, 2016



MOVING FORWARD

Overcoming Life's Challenges



Carolyn J. Greene, PhD
VHA Mental Health Web Services
April 22, 2016



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Overcoming Life's Challenges

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- Mike Conran
- Steve Baumgartner

*The opinions expressed herein are my own and do not necessarily reflect those of the U.S. Department of Veterans Affairs.



Agenda

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Overcoming Life's Challenges

- Veteran Training
- Moving Forward Program
- The Mobile App
- Lessons Learned
- Next Steps



The Problem

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Veterans in need of Mental Health resources often face barriers including:



- **Geographic distance**
- **Physical mobility**
- **Time/schedule constraints**
- **Desire for privacy**
- **Cultural value of self-reliance**
- **Ambivalence**
- **Stigma**

By developing technology-based self-help resources, we allow Veterans greater accessibility, flexibility, and privacy.



Veteran Training

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www.VeteranTraining.va.gov offers free online courses that teach skills and tools to help users enhance different aspects of their lives.

They can go to any course at the time and place of their choosing. Users can remain anonymous.

To get started, just go to the homepage and press “Start the Course”.



Courses

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Moving Forward: Overcoming Life's Challenges



Moving Forward is an educational and life coaching program that teaches Problem Solving skills to help you better handle life's challenges.

Parenting for Service Members & Veterans



This course helps parents learn how to address both everyday parenting challenges as well as family issues unique to military families.

AIMS Anger and Irritability Management Skills



The AIMS course offers a wide range of practical skills and tools to help Veterans manage their anger. It teaches specific things they can do to better handle difficult situations.

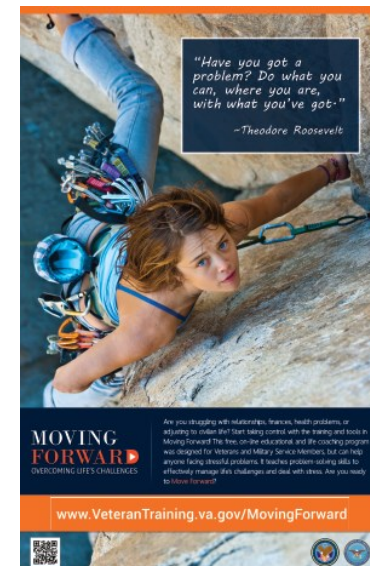
What Is Moving Forward?

MOVING FORWARD

Overcoming Life's Challenges

Moving Forward is a free, anonymous, online educational and life coaching program that teaches problem-solving skills to better handle life's challenges.

- Designed to be especially helpful for challenges faced by Veterans and Service Members including returning to civilian life.
- It is based on a Problem Solving Training course developed by Drs. Arthur and Christine Nezu and successfully used in Veteran settings.



Modalities

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Project Teams

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Collaboratively developed by Departments of Veterans Affairs (VA) and Defense (DoD)

- VA Mental Health Services, Web Services
- DoD National Center for Telehealth and Technology (T2)
- Dr. Arthur Nezu and Dr. Christine Nezu
- Dr. Julia Hoffman
- Partner Organizations include:
 - VA National Center for PTSD
 - VA National Center for Health Promotion and Disease Prevention
 - VA VISN 3 Mental Illness Research, Education, and Clinical Center
 - VA Northwest Mental Illness Research, Education, and Clinical Center
 - DoD Center for Deployment Psychology (CDP)



Who Is It For?

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This online course is free and open to the public. It is especially useful for **Veterans and Service Members** having difficulties with issues such as:

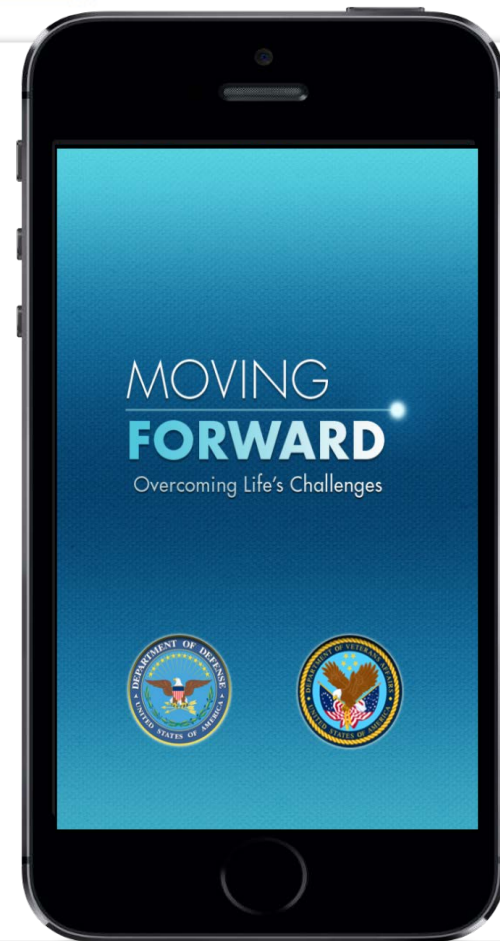
- Balancing school and family life
- Financial difficulties
- Relationship problems
- Difficult career decisions
- Coping with physical injuries
- Managing stress



Mobile App Overview

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Overcoming Life's Challenges

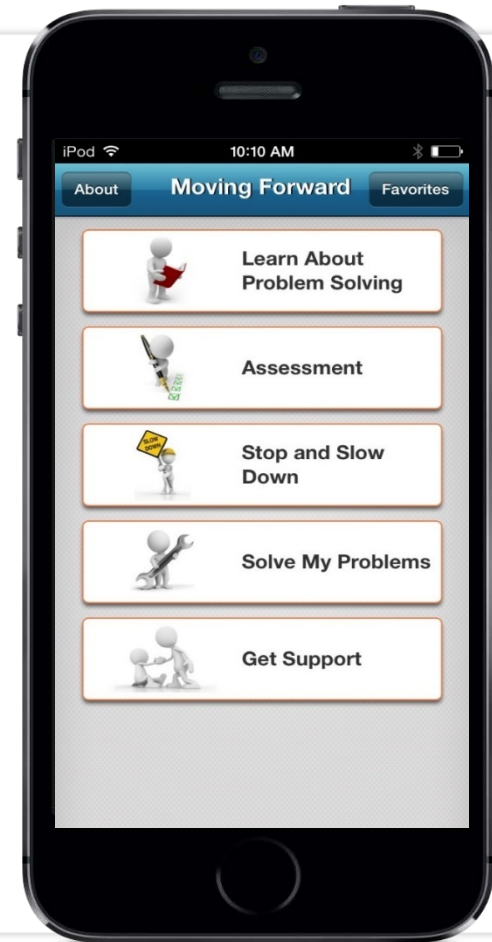
- For Apple devices (iPhone, iPad, and iPod touch)
- Can be used both as a stand-alone product and as an adjunct to either the live or web-based courses
- Focuses on tools and easily digestible didactic content
- Non-linear and assumes that users are naïve to content



Home Screen

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Overcoming Life's Challenges

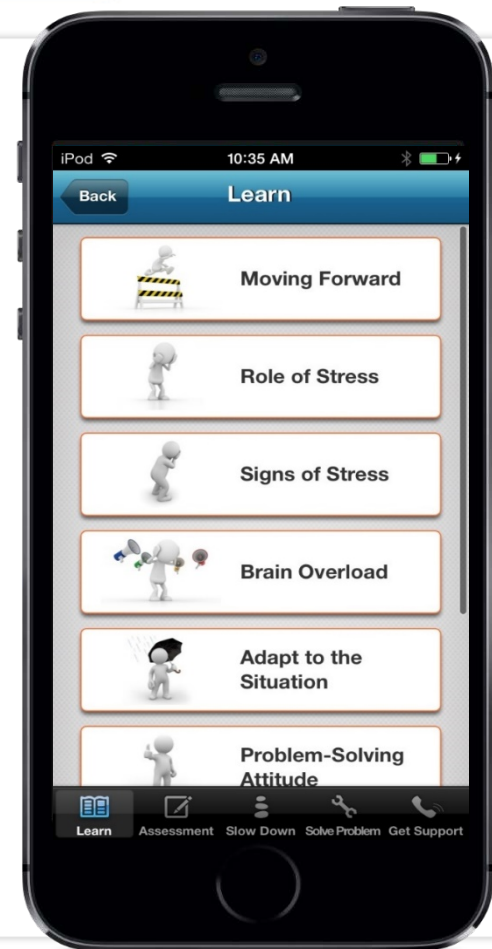
- Learn About Problem Solving
- Assessment
- Stop and Slow Down
- Solve My Problems
- Get Support



Learn About Problem Solving

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- Fundamental elements of Problem-Solving Training methodology
- Educational material about topics such as stress management



Assessment

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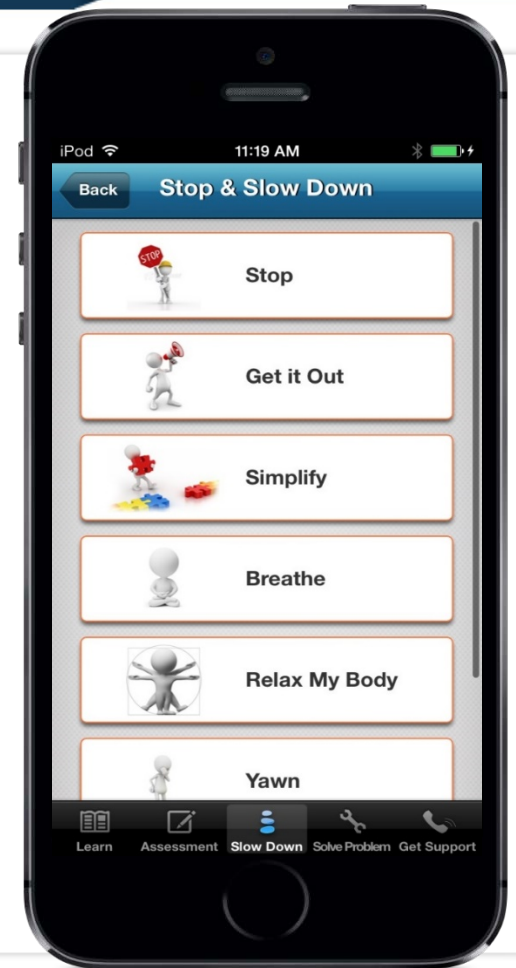
- Problem-Solving Style Quiz
- How Stressed Am I Now?
- My Stress Tracker



Stop and Slow Down

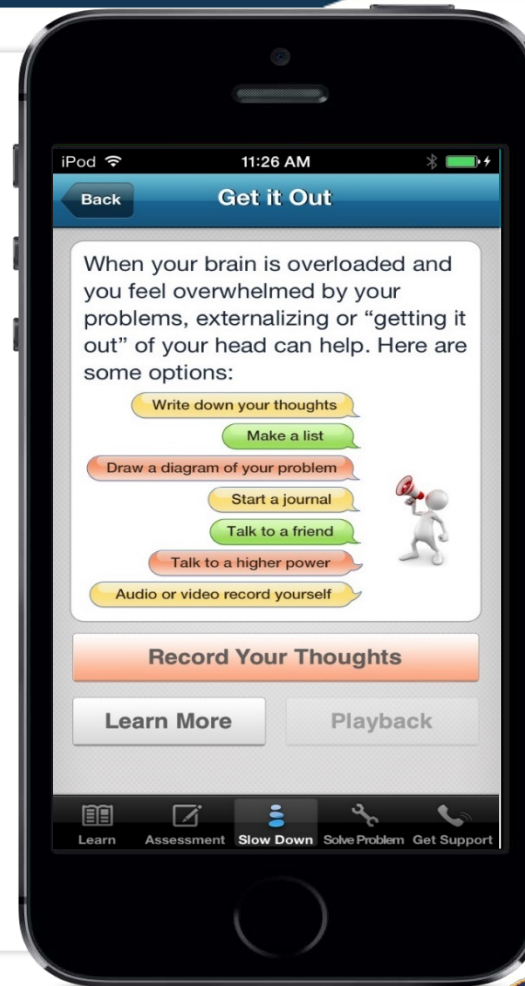
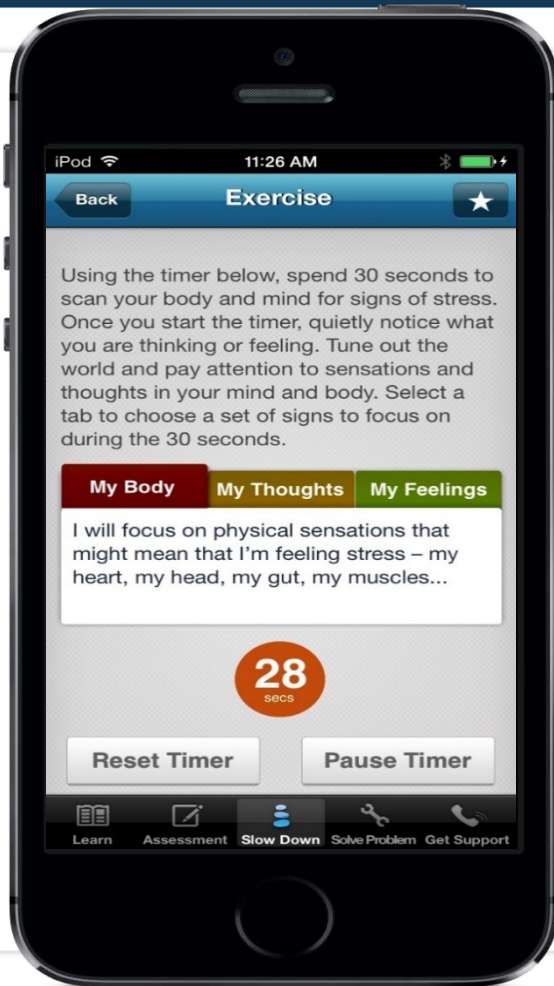
- Guided exercises to calm the mind and reduce stress
- Tools to implement Problem Solving strategies
- Favorite exercises can be accessed from the home screen for in-the-moment stress management

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Overcoming Life's Challenges



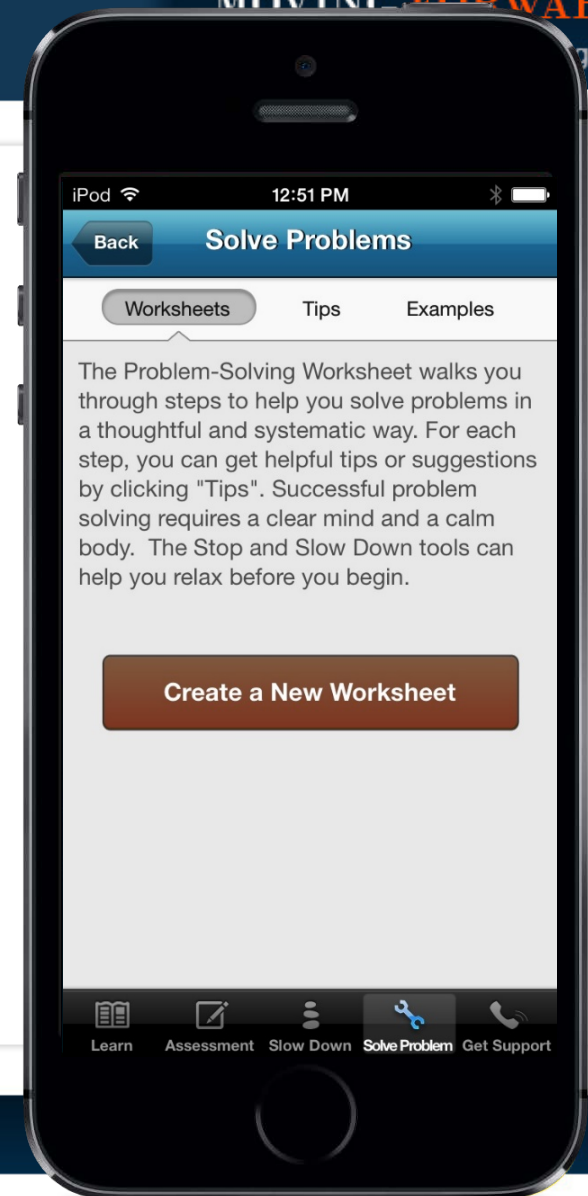
Stop & Slow Down Examples

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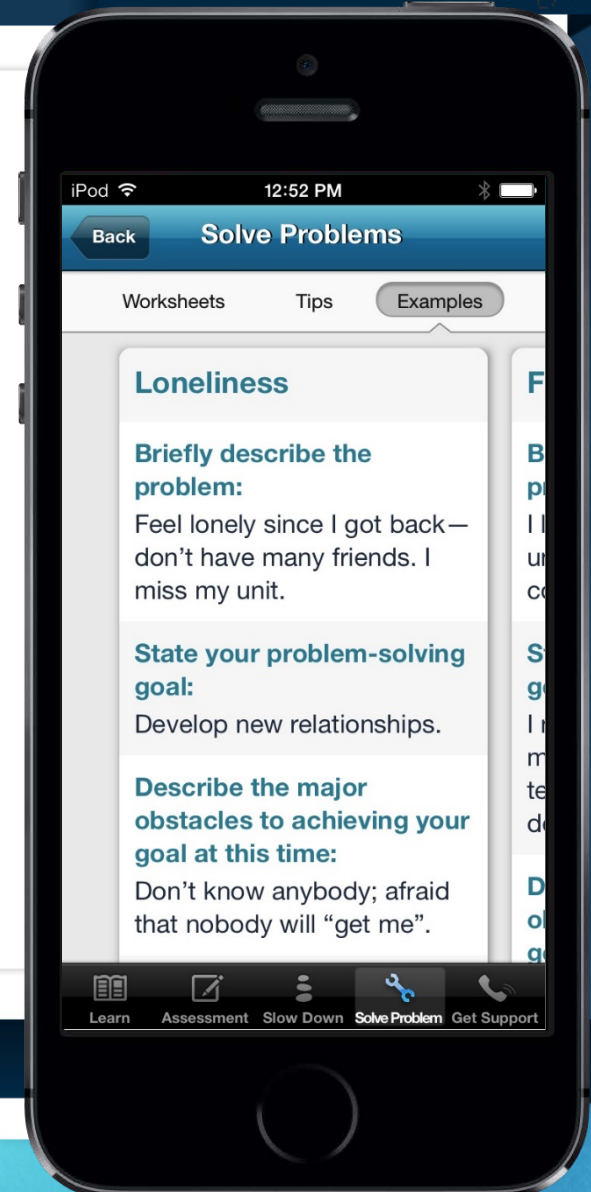
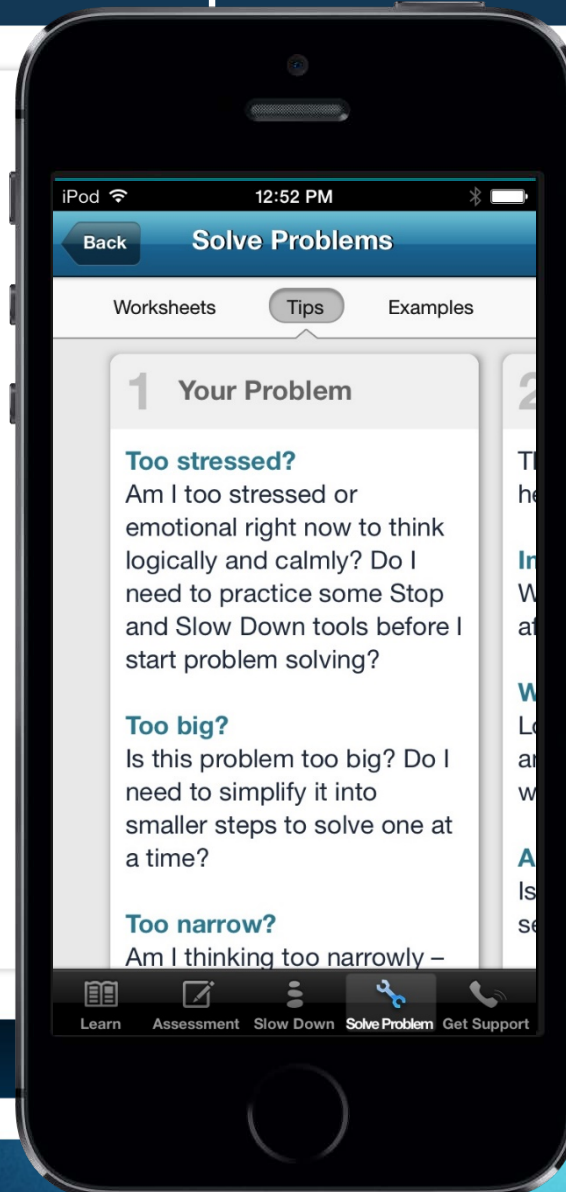
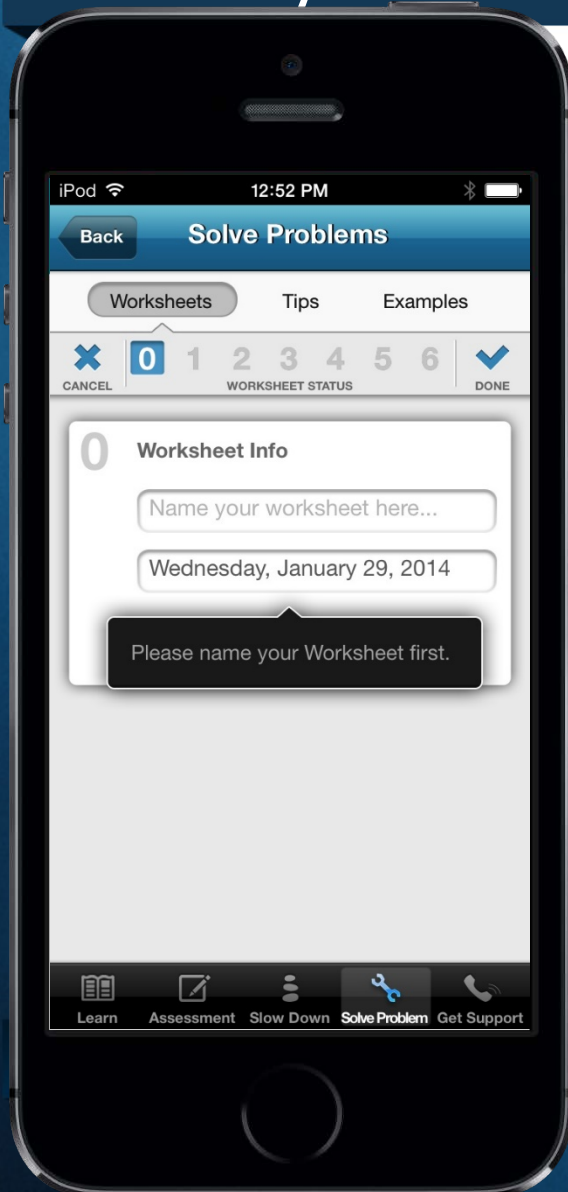
Solve My Problems

- Guided worksheets to help user complete a 6-step process for identifying and solving a problem
- Each step includes:
 - Text description of the step
 - Prompts to enter text
 - Examples
 - Tips to complete the step



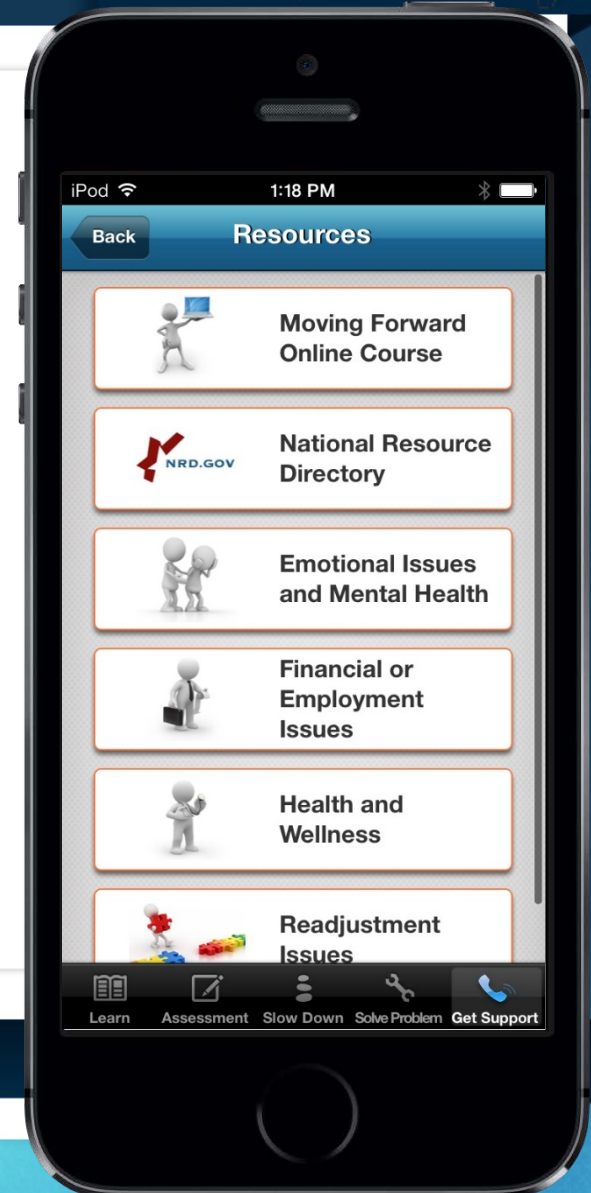
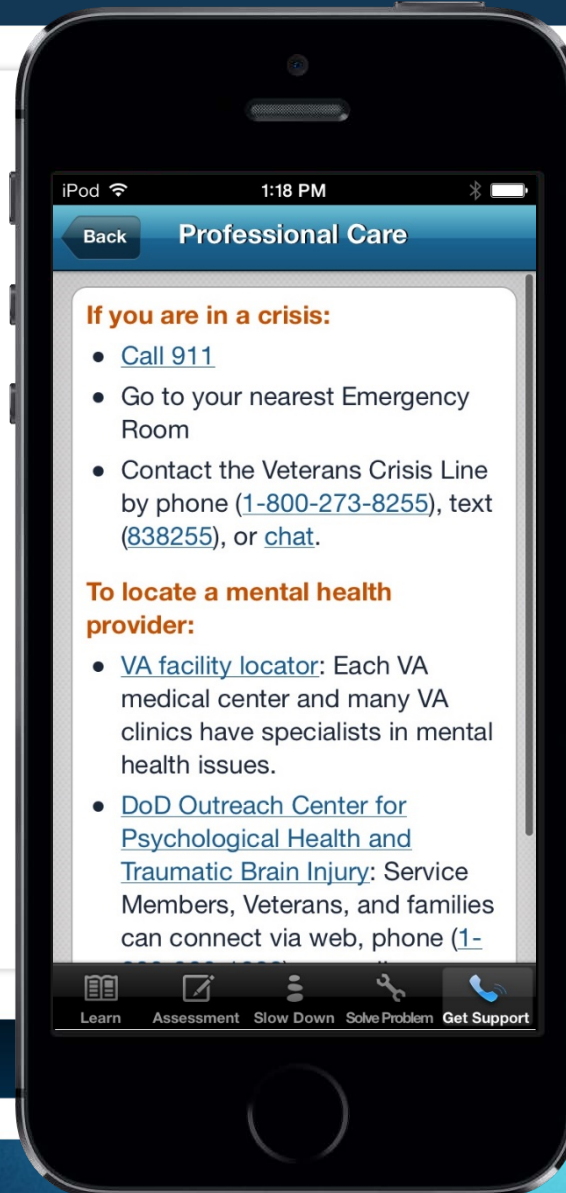
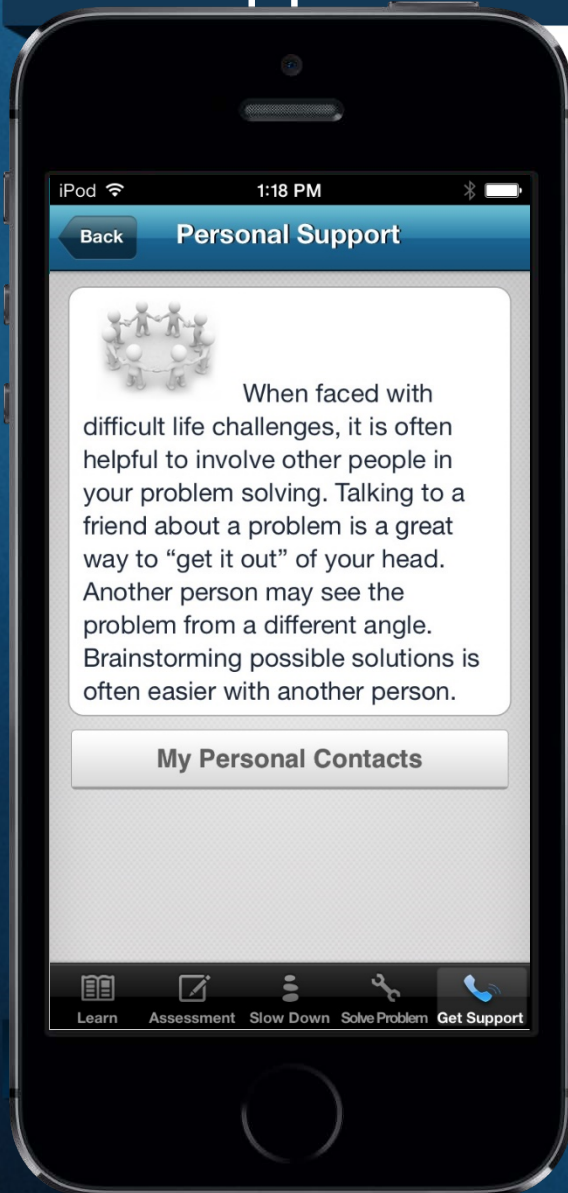
Solve My Problems Examples

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Get Support Examples

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Lessons Learned

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Overcoming Life's Challenges

- “Moving Forward” name is appealing, but not transparent
- Multiple modalities can generate confusion, further complicated by organizational silos
- Intermediaries may be less tech-savvy than end-users
- Poor infrastructure for users to share experiences and resources
- Limited ability to monitor user behavior and evaluate effectiveness
- VA policies can change rapidly and unpredictably



Questions?

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Carolyn.greene3@va.gov



Thank you!

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What future topics would you like to discuss?

Let us know by providing feedback
at the link below:

<https://www.surveymonkey.com/r/PBWYL9D>

