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

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VHA Mental Health Web Services
April 22, 2016
Acknowledgements

- Julia Hoffman, PsyD
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*The opinions expressed herein are my own and do not necessarily reflect those of the U.S. Department of Veterans Affairs.*
Agenda

• Veteran Training
• Moving Forward Program
• The Mobile App
• Lessons Learned
• Next Steps
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.
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”.
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 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
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?

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

• 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

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

• Fundamental elements of Problem-Solving Training methodology

• Educational material about topics such as stress management
Assessment

- 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
Stop & Slow Down Examples

Exercise

Using the timer below, spend 30 seconds to scan your body and mind for signs of stress. Once you start the timer, quietly notice what you are thinking or feeling. Tune out the world and pay attention to sensations and thoughts in your mind and body. Select a tab to choose a set of signs to focus on during the 30 seconds.

My Body

I will focus on physical sensations that might mean that I’m feeling stress – my heart, my head, my gut, my muscles...

28 secs

Reset Timer
Pause Timer

Get it Out

When your brain is overloaded and you feel overwhelmed by your problems, externalizing or “getting it out” of your head can help. Here are some options:

- Write down your thoughts
- Make a list
- Draw a diagram of your problem
- Start a journal
- Talk to a friend
- Talk to a higher power
- Audio or video record yourself

Record Your Thoughts

Learn More
Playback
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
1. Your Problem

**Too stressed?**
Am I too stressed or emotional right now to think logically and calmly? Do I need to practice some Stop and Slow Down tools before I start problem solving?

**Too big?**
Is this problem too big? Do I need to simplify it into smaller steps to solve one at a time?

**Too narrow?**
Am I thinking too narrowly –

**Loneliness**
Briefly describe the problem:
Feel lonely since I got back—don’t have many friends. I miss my unit.

State your problem-solving goal:
Develop new relationships.

Describe the major obstacles to achieving your goal at this time:
Don’t know anybody; afraid that nobody will “get me”.

Please name your Worksheet first.
Get Support Examples

When faced with difficult life challenges, it is often helpful to involve other people in your problem solving. Talking to a friend about a problem is a great way to “get it out” of your head. Another person may see the problem from a different angle. Brainstorming possible solutions is often easier with another person.

If you are in a crisis:
- Call 911
- Go to your nearest Emergency Room
- Contact the Veterans Crisis Line by phone (1-800-273-8255), text (838255), or chat.

To locate a mental health provider:
- VA facility locator: Each VA medical center and many VA clinics have specialists in mental health issues.
- DoD Outreach Center for Psychological Health and Traumatic Brain Injury: Service Members, Veterans, and families can connect via web, phone (1-800-273-8255), or chat.

Resources
- Moving Forward Online Course
- National Resource Directory
- Emotional Issues and Mental Health
- Financial or Employment Issues
- Health and Wellness
- Readjustment Issues
<table>
<thead>
<tr>
<th>Lessons Learned</th>
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<tr>
<td>• “Moving Forward” name is appealing, but not transparent</td>
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<td>• Multiple modalities can generate confusion, further complicated by organizational silos</td>
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<td>• Intermediaries may be less tech-savvy than end-users</td>
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<td>• Poor infrastructure for users to share experiences and resources</td>
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<td>• Limited ability to monitor user behavior and evaluate effectiveness</td>
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<td>• VA policies can change rapidly and unpredictably</td>
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Questions?

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Thank you!

What future topics would you like to discuss?

Let us know by providing feedback at the link below:

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