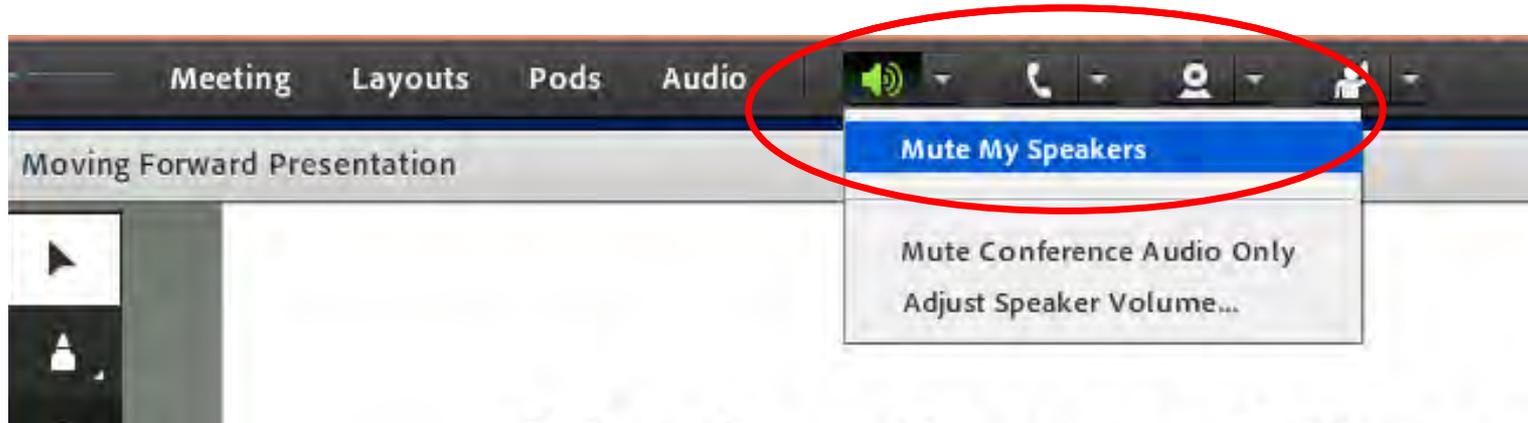


Please remember to mute your speakers.



## 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**



U.S. Department  
of Veterans Affairs

**VA Mobile Discussion Series:**

***Minding our Veterans:  
Using technology to augment  
psychotherapy and self-care***

**Presenter:**

**Jennifer Roth**

Psy.D., LP Clinical Psychologist, Outpatient Mental Health/TMED  
Montevideo CBOC St. Cloud VA Health Care System



# Overview of the discussion

- Overview and Introductions
- VA Tools and Technologies
  - CPT Coach
  - Mindfulness Coach
  - Virtual Hope Box
  - Annie
- Traveling with VA Video Connect
- Tech Into Care
- Questions



# CPT Coach - VA

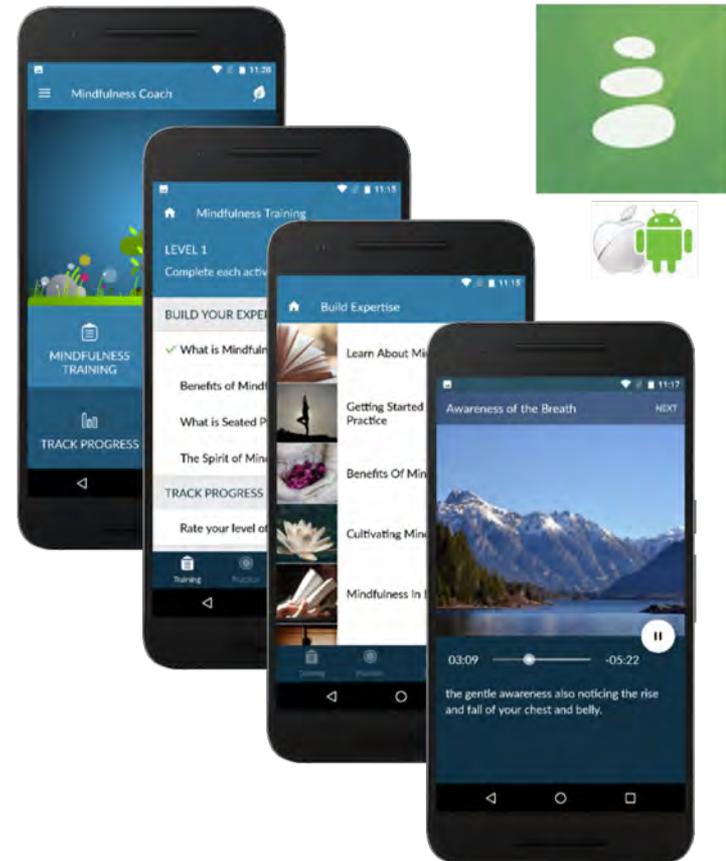
- Used to augment Veterans participating in Cognitive Processing Therapy (CPT).
- Contains support materials for a complete course of CPT.
  - manages treatment
  - between session assignments
  - readings
  - PTSD symptom monitoring
  - Mobile versions of CPT worksheets





# Mindfulness Coach - VA

- Developed to help Veterans, Service members, and others learn how to practice mindfulness.
  - Gradual self-guided training program.
    - Intro to mindfulness
    - 12 audio-guided mindfulness exercises
    - Catalog of additional exercises available for free download
    - Goal-setting and tracking
    - Mindfulness mastery assessment
    - Access to other support and crisis resources





# Virtual Hope Box - DoD

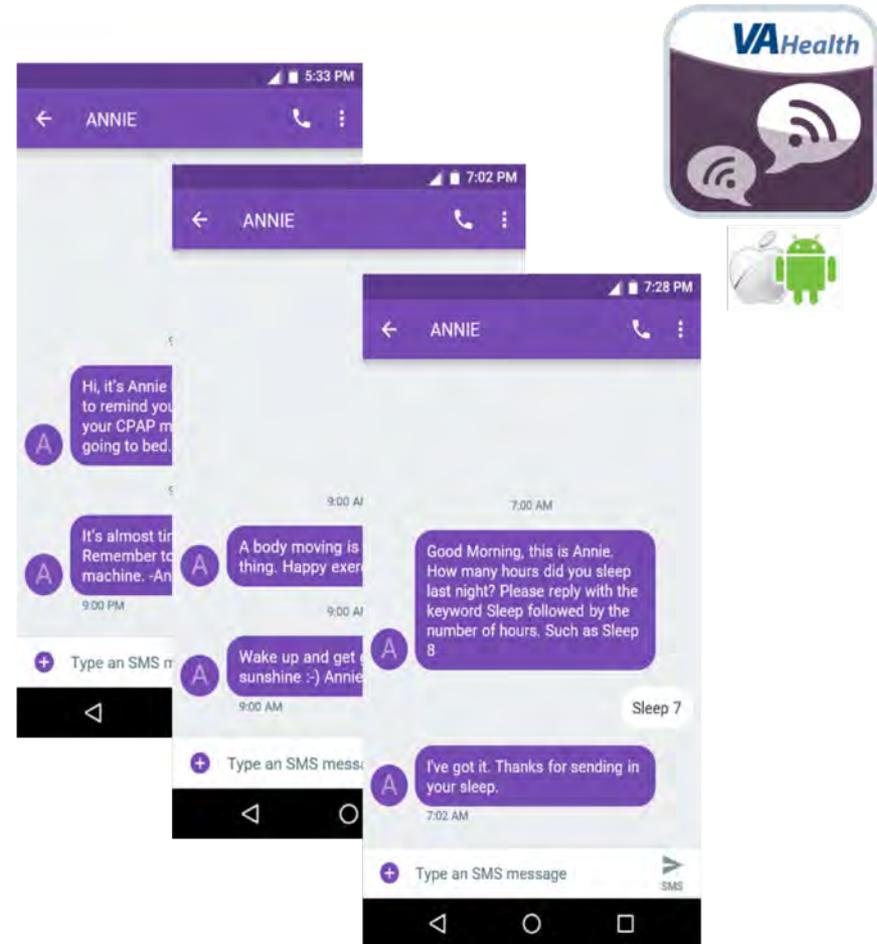
- Supports mix of pre-loaded and user-created content.
- Customized according to an individual's specific needs.
- May be set up with:
  - Photos of friends and family
  - Sound bites and videos of loved ones and special moments
  - Music
  - Relaxation exercises
  - Games
  - Helpline numbers
  - Reminders of reasons for living





# Annie

- VA's Automated Text Messaging System
- Named after Annie G. Fox
  - Chief Nurse at Pearl Harbor, first woman to receive a Purple Heart.
- Protocol based messages for self-care
- No smart phone needed!
- National rollout has been initiated.
  - Current VISN's:
    - VISN 23
    - VISN 4 (targeted to be live mid January 2019)





# Traveling with VA Video Connect

- Connect with your health care team from anywhere!
- Convenient and reduces or eliminates travel time for Veterans.
- Apple mobile device:
  - Need to download the free VA Video Connect iOS app
- Android mobile device:
  - Follow prompts from the email link generated for each appointment.





# Tech Into Care



- Tech Into Care Community of Practice Call
  - What: The Practice-Based Implementation (PBI) Network hosts a monthly interactive *Tech Into Care* Community of Practice call open to any VA mental health provider interested in using VA mobile apps and online self-management programs with Veterans.
  - When: 1<sup>st</sup> Tuesday of the Month, 12-1pm EST/9-10am PST
  - How: VANTS: 1-800-767-1750 code 59744
  - Sign up at the SharePoint for Mobile Mental Health & Technology
    - [Mobile Mental Health & Technology SharePoint](#)
  - Recent discussion: PTSD Family Coach



# Questions



## QUESTIONS?

Please use the chat feature on the right to submit your questions.



# Survey

What future topics would you like to discuss?

Let us know by providing feedback at this link:

<https://www.surveymonkey.com/r/7GFW7PP>