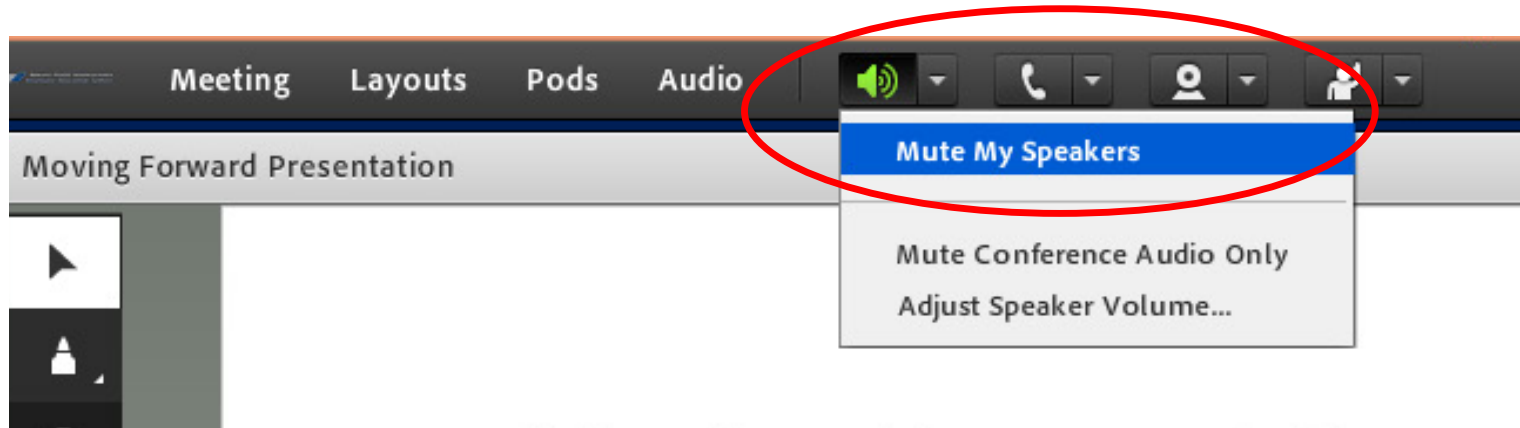


# Please remember to mute your speakers.



## 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.



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
Office of Connected Care



U.S. Department  
of Veterans Affairs

## VA Mobile Discussion Series

# Coaching Apps for Veterans Struggling with PTSD and their Families

Presenters:

Kelly M. Ramsey, Mobile Apps Program Manager, National Center for  
PTSD, Dissemination & Training Division

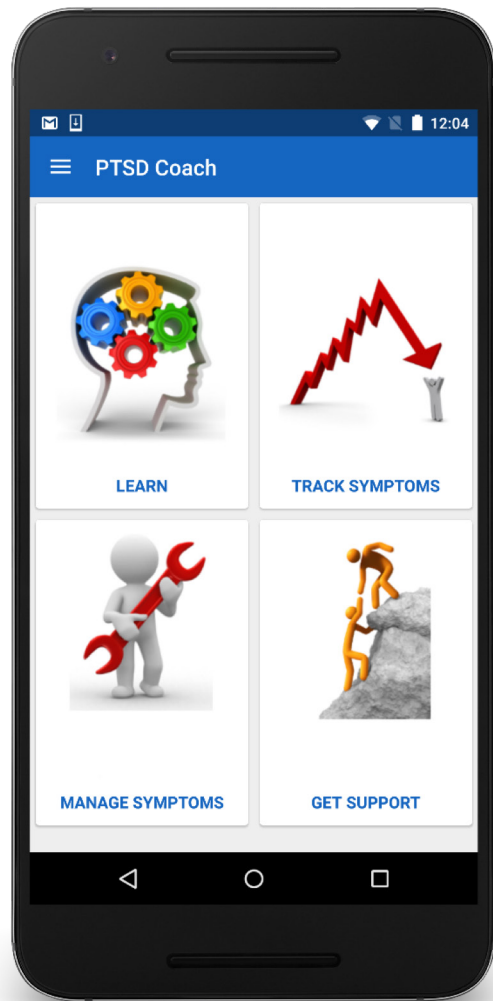


# Overview of the Discussion

- Overview and Introductions
- VA Technologies for Discussion
  - PTSD Coach
  - PTSD Family Coach
- Questions
- Closing Remarks and Survey



# PTSD Coach



NCPTSD's flagship PTSD support app

Revamped code base with current app

Available for both iOS and Android



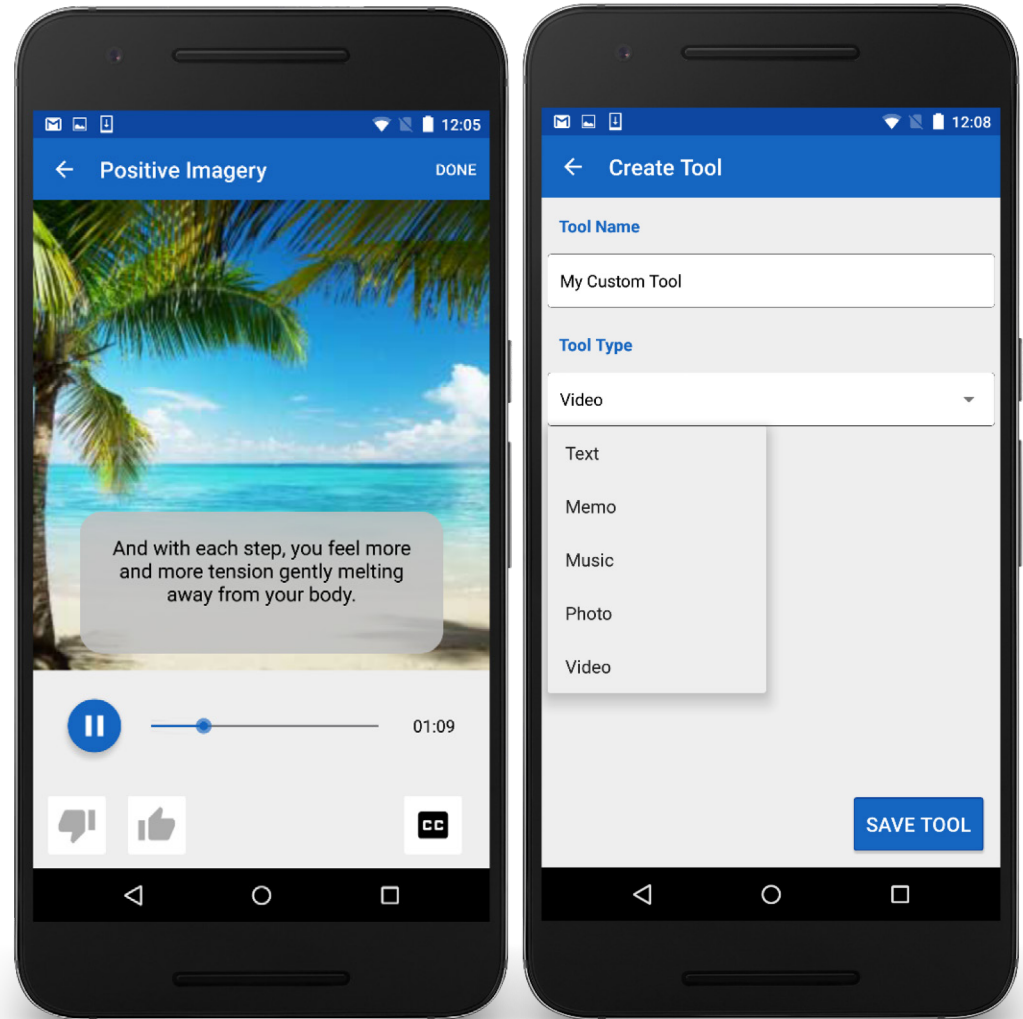
# PTSD Coach

## Features

- Learn of PTSD
- Tools for coping
- Track symptoms
- Get support

Expanded and revised tools

Create your own custom tool





# PTSD Coach

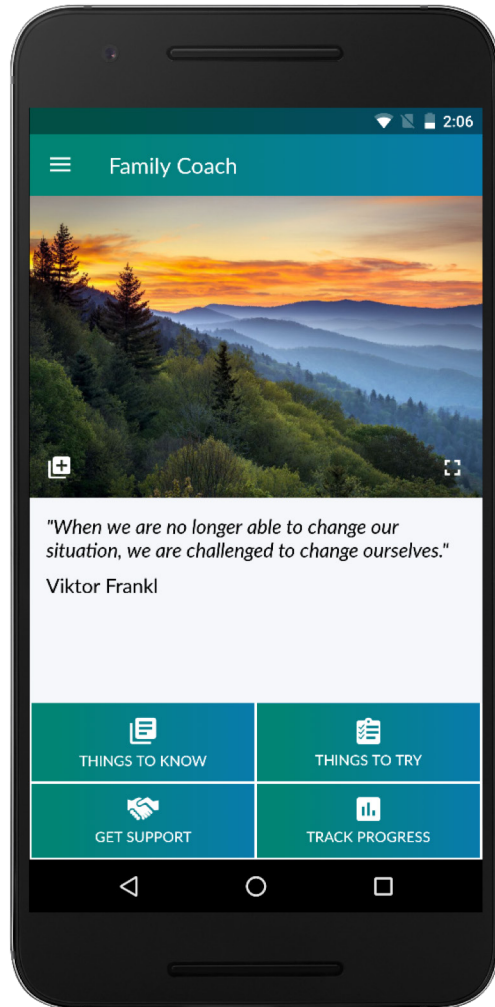
Graphical refresh is in progress (circa late Spring)

Tools to be added from PTSD Family Coach

Improved customization and tool favoriting



# PTSD Family Coach



Spinoff of PTSD Coach for family members of someone with PTSD (esp. intimate partners)

Available for both iOS and Android



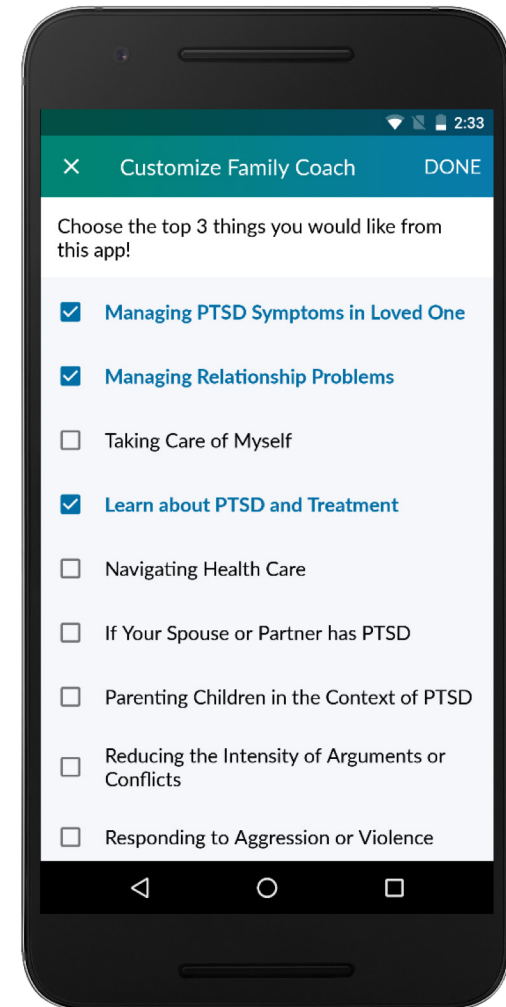


# PTSD Family Coach

Mirrors PTSD Coach's features

- Learn about PTSD
- Tools for coping
- Track well-being
- Get support & community

Customizes suggestions for user's top selected needs



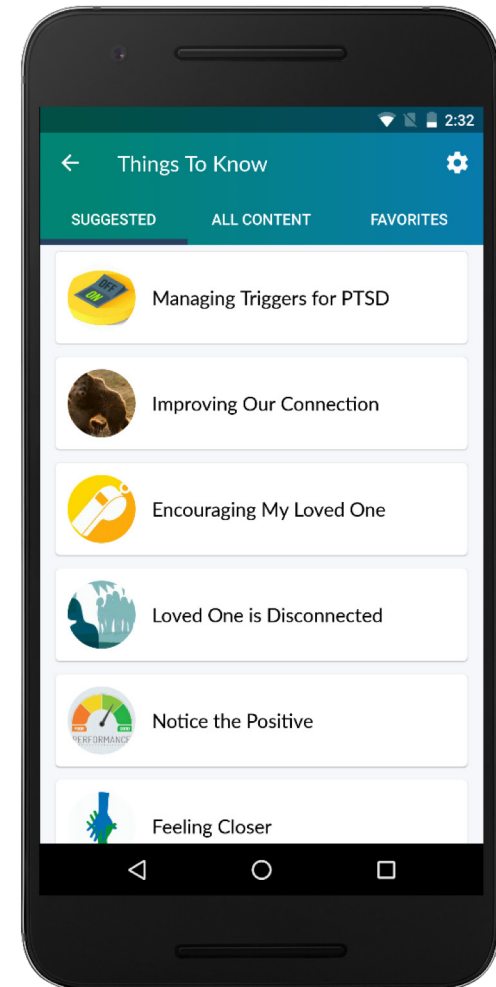




# PTSD Family Coach

## Educational content

- PTSD symptoms and treatments
- Getting PTSD care
- Living with someone with PTSD
- Managing relationship issues
- Managing conflict and aggression
- Managing parenting issues

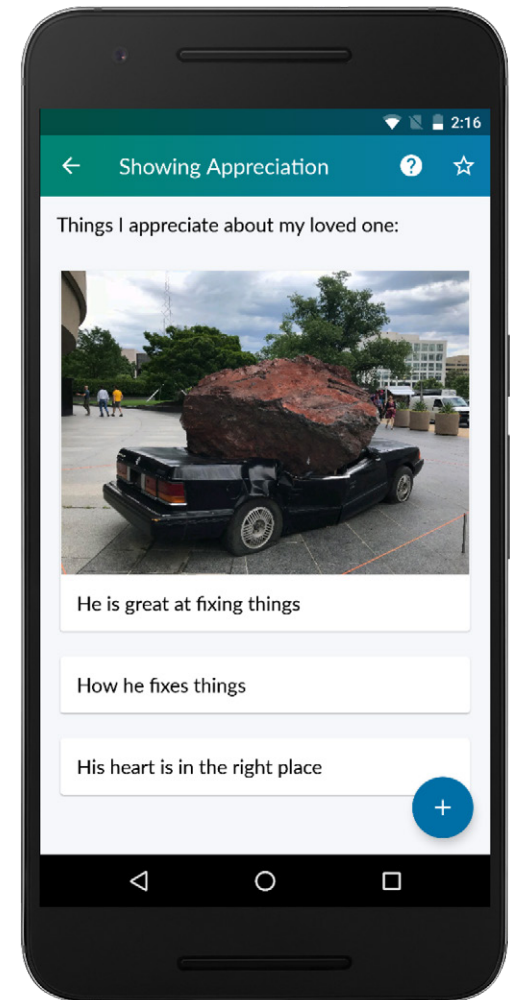
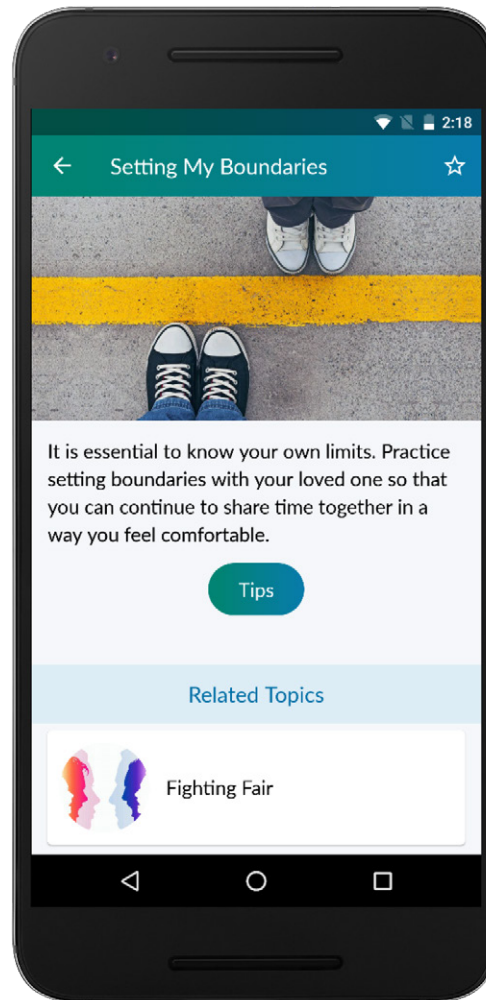




# PTSD Family Coach

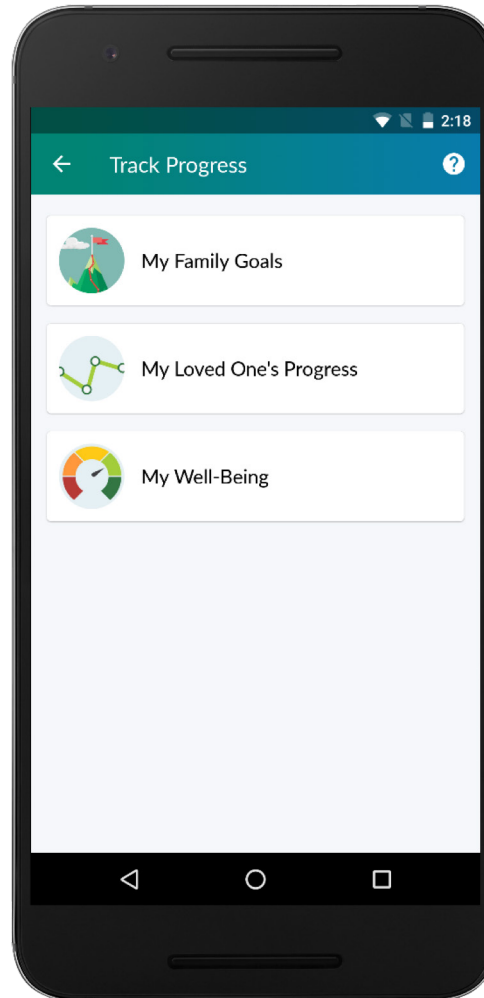
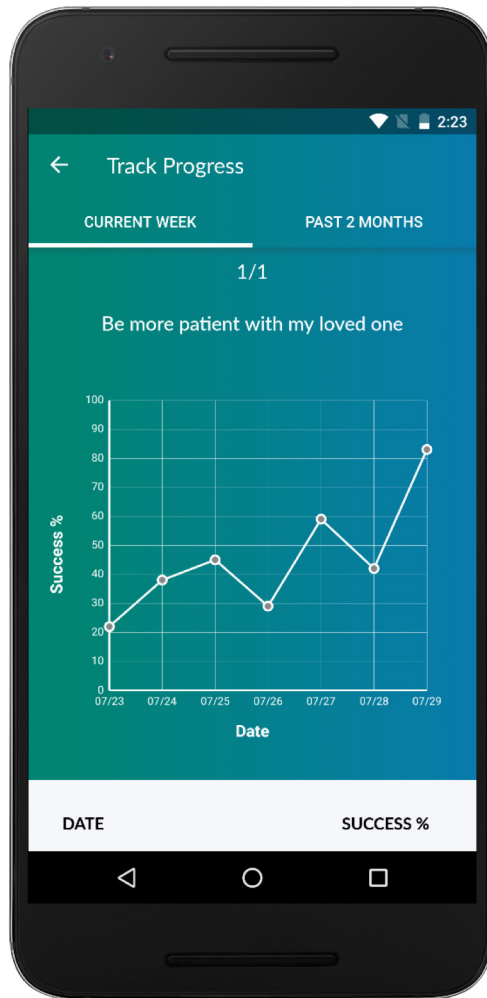
## Coping tools

- Their PTSD
- Their isolation
- Your stress
- The relationship
- Communication
- The children
- Personal safety





# PTSD Family Coach



Track progress

- Custom goals
- Their symptoms
- Your stress

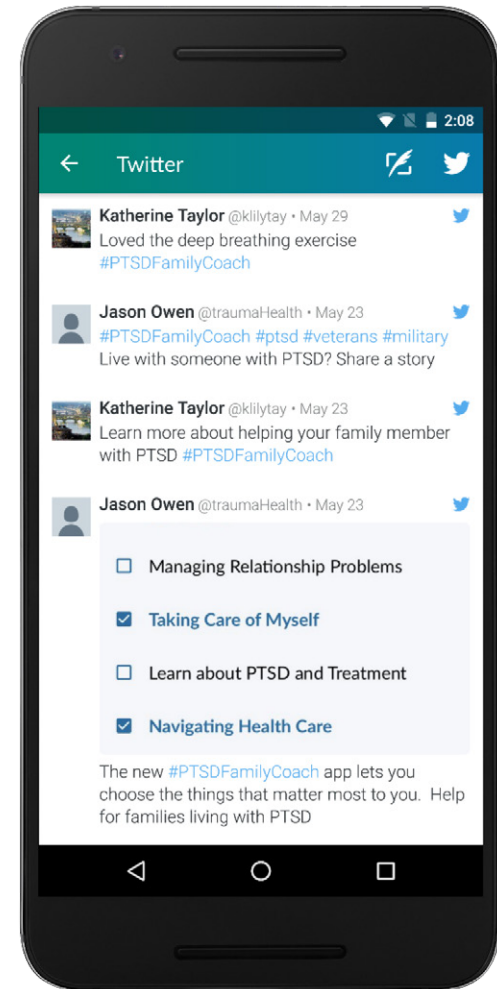
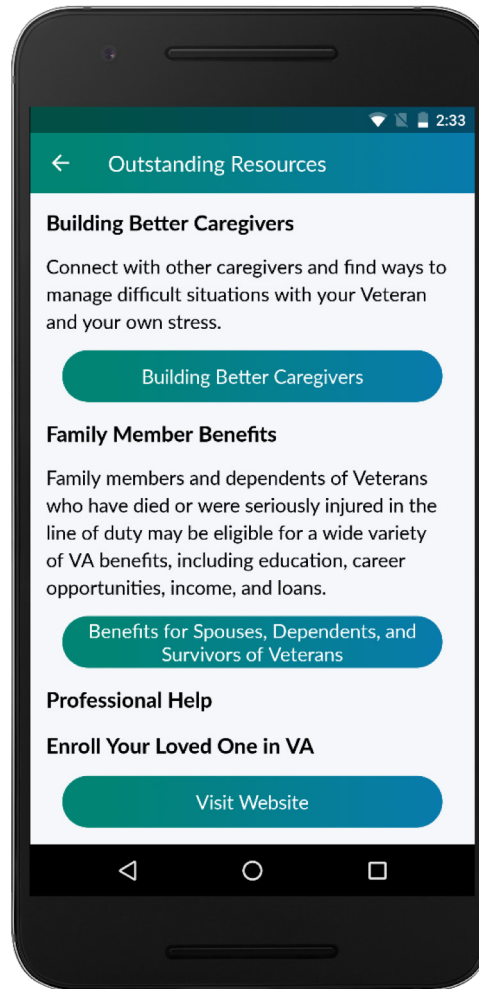
Daily check-ins and graphs



# PTSD Family Coach

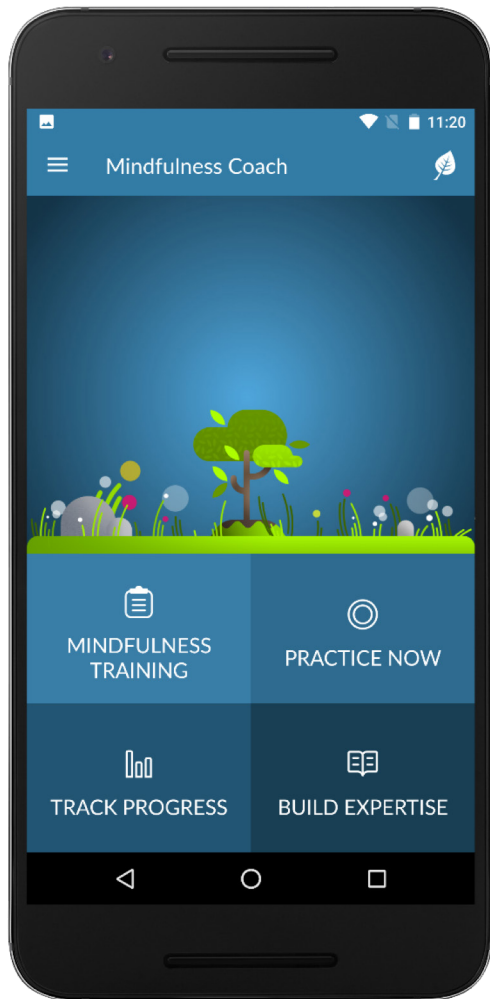
Get support

- Help lines
- Web sites
- Communities
- Navigating health care
- Twitter





# Mindfulness Coach



Support daily mindfulness practice

Audio-guided mindfulness exercises

Weekly training plan

Learn about mindfulness

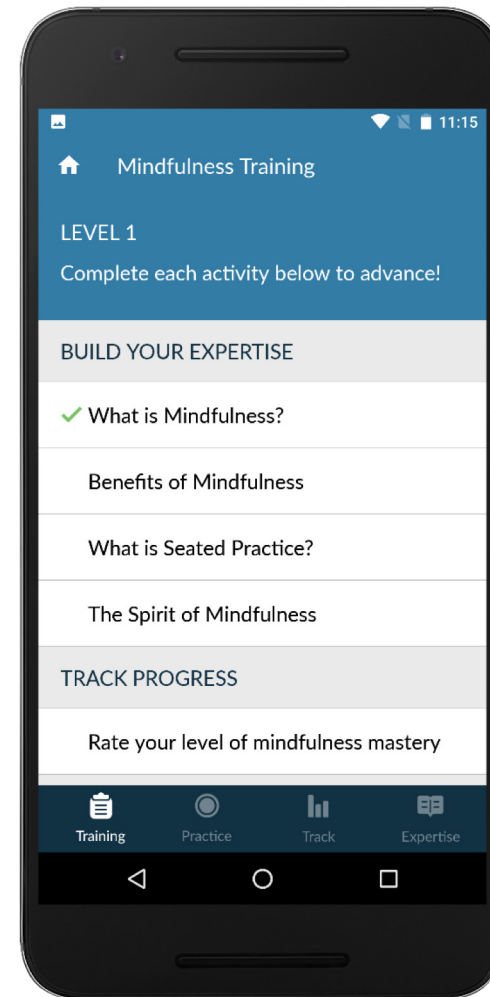




# Mindfulness Coach

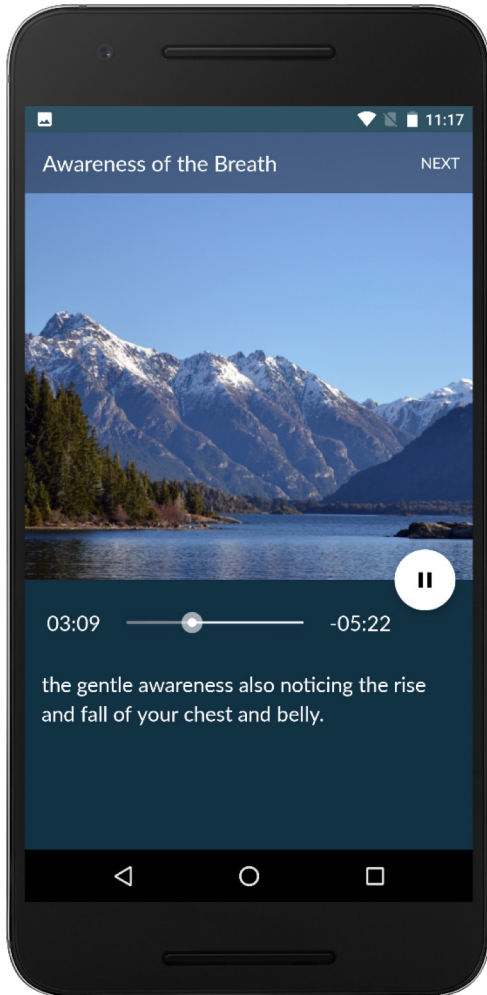
## Mindfulness training plan

- Ease into basic concepts
- Practice different kinds of exercises
- Track weekly progress





# Mindfulness Coach



Guided audio

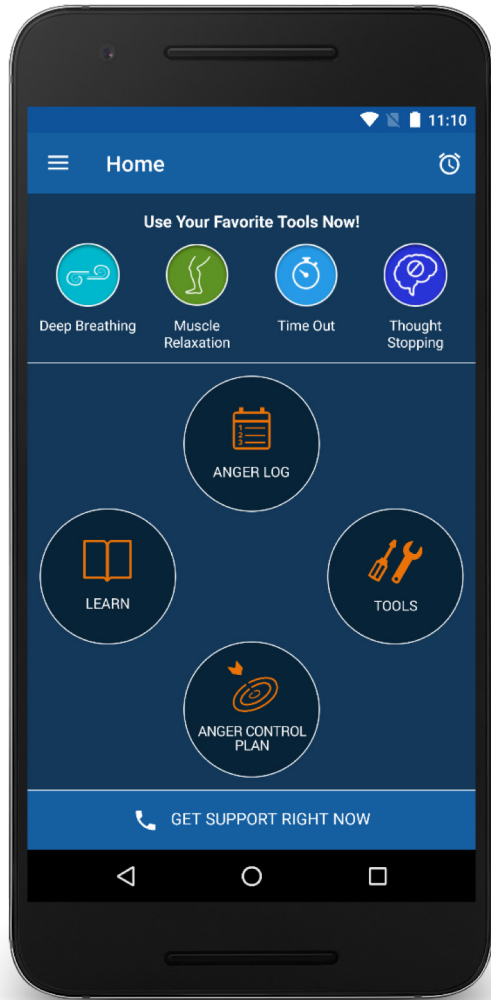
Can download additional exercises

Volume increase update about to launch





# AIMS for Anger Management



Based on VA anger management course

Recognize angry feelings and thoughts

Control expressions of anger

Track angry situations, learn patterns

Use audio-guided relaxation tools



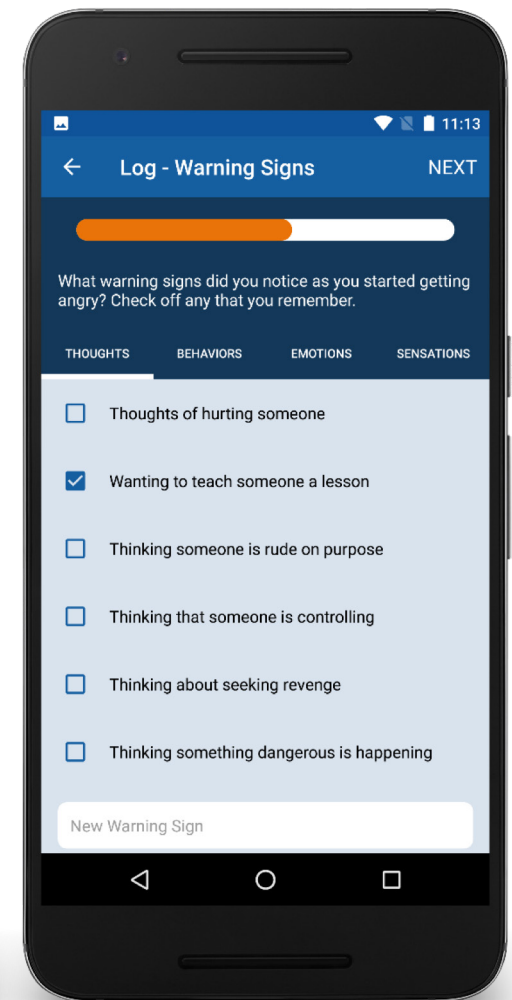
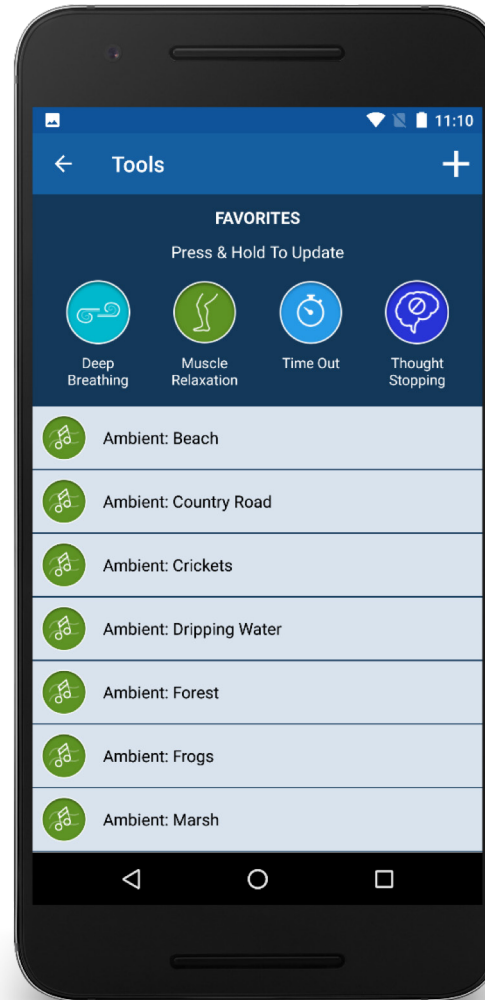
# AIMS for Anger Management

Anger-specific tools

Relaxation tools

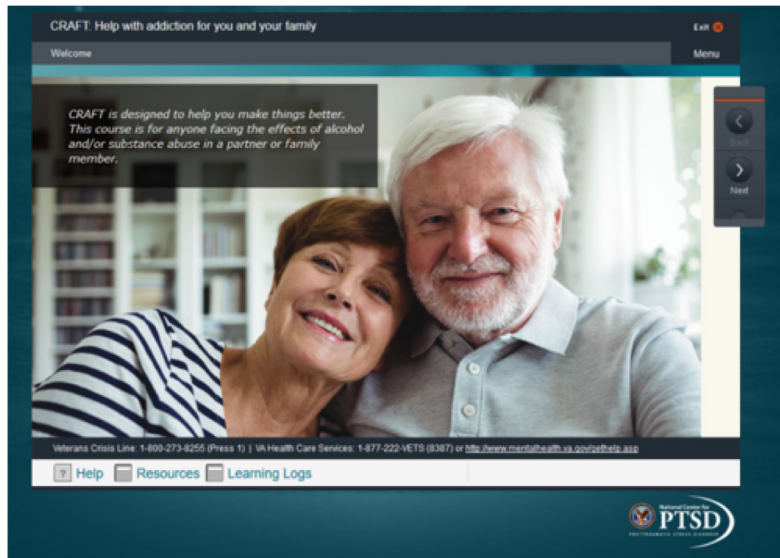
Anger log

Learn about anger





# CRAFT web courses



## Online courses for family members

- encourage a Veteran to engage in treatment
- small changes to improve their lives

CRAFT: Help with PTSD for you and your family

[www.ptsd.va.gov/apps/craftptsd](http://www.ptsd.va.gov/apps/craftptsd)

CRAFT: Help with addiction for you and your family

[www.ptsd.va.gov/apps/craftsud](http://www.ptsd.va.gov/apps/craftsud)



# Mobile Mental Health

Community of practice, sign up for announcements, monthly continuing education series, technical support, swag, questions, comments, and anything else (except treatment consultation)

[mobilementalhealth@va.gov](mailto:mobilementalhealth@va.gov)

National Center for PTSD web page for apps

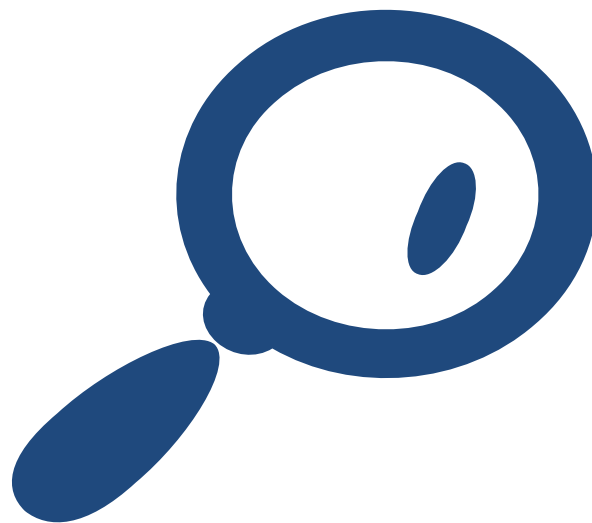
<https://www.ptsd.va.gov/appvid/mobile/>

Supplemental mental health app information and handouts

<http://www.myvaapps.com/>



# 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/XVYQ7NW>