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 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

VETERANS HEALTH ADMINISTRATION
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 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

CRAFT: Help with addiction for you and your family

www ptsd va gov apps craftsud
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

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?

Please use the chat feature on the right to submit your questions.
What future topics would you like to discuss?
Let us know by providing feedback at this link:

https://www.surveymonkey.com/r/XVYQ7NW