



U.S. Department
of Veterans Affairs

Virtual Care for Mental Health

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Presenters



Jennifer Roth, Ph.D.
Clinical Psychologist, St Cloud
VAMC, Annie Orion Team



Christina Armstrong, Ph.D.
Clinical Psychologist
Office of Connected Care



Learning Objectives

- Discuss the stress response, impact of pandemic on stress, and common coping mechanisms
- Identify virtual care to support mental health
- Use provided clinical support tools to support decision making when identifying virtual care for mental health



Veteran Mental Health

Health care utilization of veterans (FY15; N=1,218,857) (and ICD-9 CM categories):

- **Pain:** Musculoskeletal ailments (principally joint and back disorders) (780-739) – 62.3%
- **Mental health:** Mental disorders (290-319) – 58.1%

Most frequently reported severe symptoms in Veterans (Kang et al 2000, N=30,000):

- **Pain:** headaches (54%), muscle pain (33%), joint pain (45%), back pain (44%)
- **Sleep:** unrefreshing sleep (47%), difficulty sleeping (37%), fatigue (38%), excessive sleepiness (30%)
- **Mental health:** anxious (45%), depressed (36%)

Veteran Mental health care utilization (FY15; N=708,062) (and ICD-9 CM categories):

- **PTSD** (309.81) – 55.5%
- **Depression:** Depressive Disorders (311) – 45.4%
- **Anxiety:** Neurotic Disorders (300) – 43.7% (anxiety, dissociative, and somatoform disorders)

Additional Mental Health Statistics:

- In an analysis among current and former U.S. military personnel who were included in the Millennium Cohort Study and observed from July 1, 2001 to December 31, 2008, the **risk of suicide** increased in men and in those who were **depressed**. (Kessler RC, Heeringa SG, Stein MB, et al. , 2014)
- In fiscal year 2015, among Veterans served by the Veterans Health Administration (VHA), the documented prevalence of any **depression** (including depression not otherwise specified) was 19.8% while the documented prevalence of MDD only was 6.5%. (Gadermann AM, Engel CC, Naifeh JA, et al. 2013)

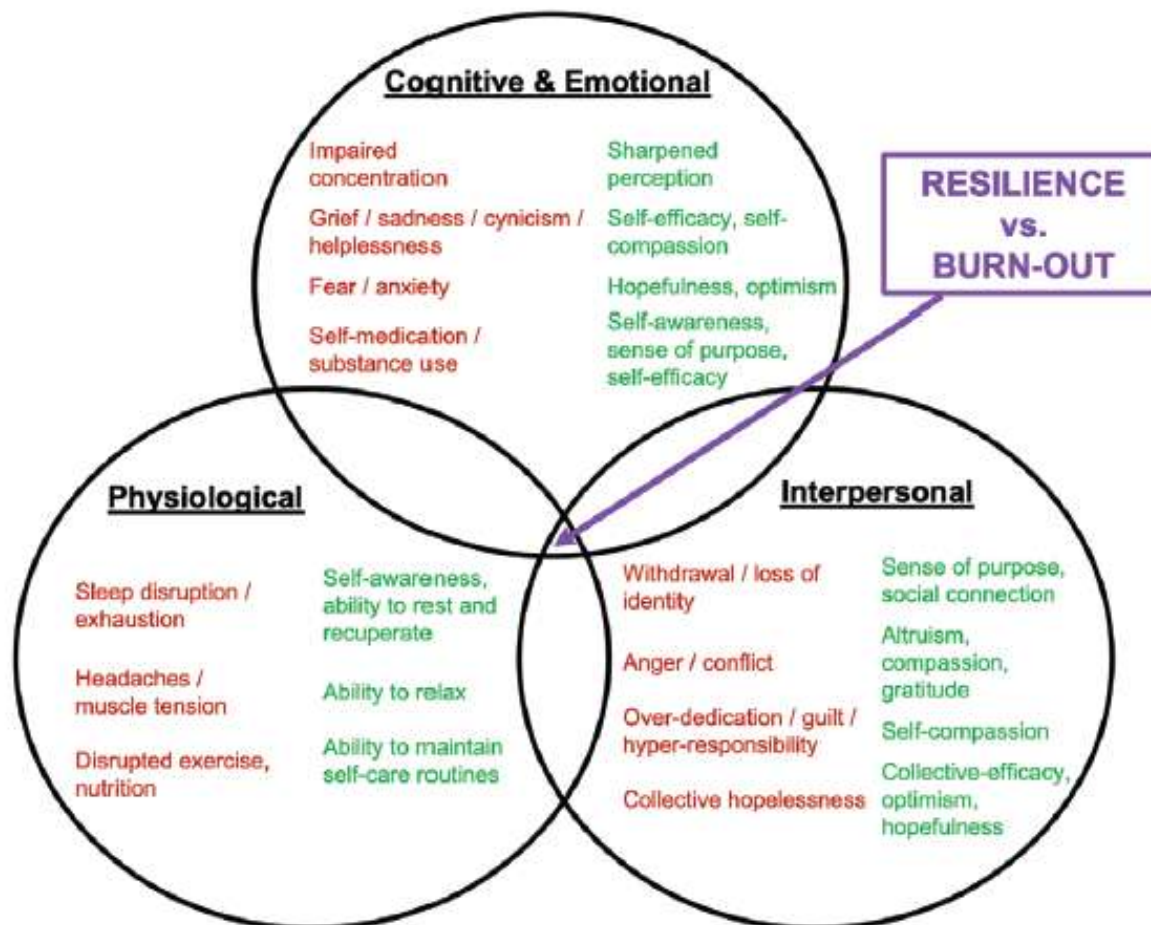


COVID-19 Psychological Impact

- 74% drop in emotional well-being, overall higher depression, anxiety and distress (Yang & Ma, 2020; Zhang et al., 2020).
- Factors associated with decreased well-being: likelihood of contracting disease (i.e. geographic proximity to hotspots), extent of potential harm (i.e. being elderly or immunocompromised) (Yang & Ma, 2020; Zhang et al., 2020)
- General Population Survey in China: 27.9% had symptoms of depression, 31.6% had symptoms of anxiety, 29.2% had symptoms of insomnia, and 24.4% had symptoms of acute stress (Shi et al 2020)
- Time-trend regression models to assess and forecast excess suicides attributable to the economic downturn in US predicted 2020 suicide rate of 15.7 to 17.0 and 2021 suicide rate predicted to increase to 16.2 to 17.4 (McIntyre & Lee, 2020)



Impacts: Stress Responses



(Albott et al 2020)

FIGURE 1. The physiological, cognitive/emotional, and interpersonal response of a given individual to their stressful situation determines resilience versus burnout. Items in green represent adaptive responses while items in red may be maladaptive. Note that responses are interdependent (physiological responses affect cognitive/emotional responses, etc) and that resilience and burnout lie at the confluence of these dimensions.



Phases of Collective Disaster Response





Coping Mechanisms During Stress



Healthy

(increase well-being and resilience)

- Asking for help
- Connection with others
- Meditation/mindfulness
- Exercise
- Sleep
- Eating healthy food
- Drinking enough water
- Empathy
- Compassion



Unhealthy

(decrease well-being and resilience)

- Denial
- Blame
- Isolating oneself, withdrawing
- Buying things you don't need
- Overeating/unhealthy eating
- Decrease in sleep and exercise
- Substance use
- Poor self-care
- Burnout



Protective Factors During a Pandemic

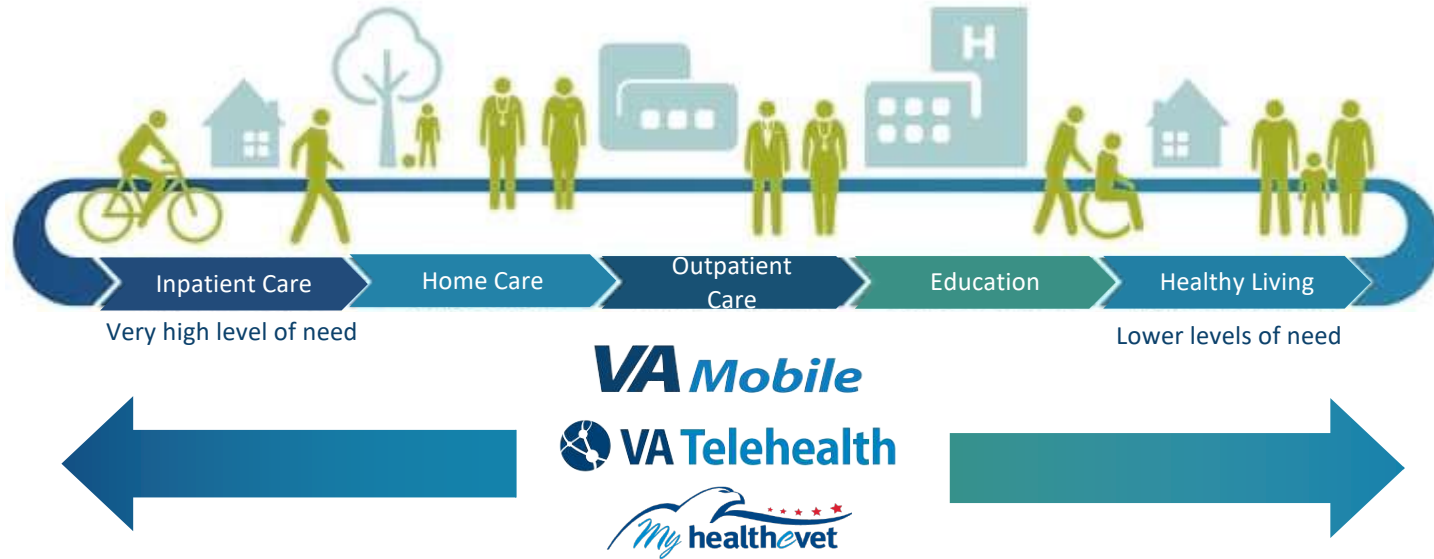
- Those perceiving themselves as more knowledgeable about the coronavirus were able to experience higher levels of happiness during the coronavirus outbreak. Higher perceived knowledge was associated with a higher sense of control.
 - Policies aimed at boosting/protecting psychological well-being during pandemics should take account these factors
 - Employer support in the form of counseling had a protective effect on work-related stress.
 - Those that were able to receive COVID testing and know their status experienced less distress.
 - Healthcare staff's access to PPE predicted lower distress, better physical health conditions and more job satisfaction, , demonstrating its importance beyond physical protection.
 - Pre-emptive strategies to foster personal resilience limited the negative impact (i.e. self-care, peer support, compassion).
- (Albott et al. 2020, Yang & Ma, 2020; Zhang et al., 2020).



Virtual Care Options



Virtual Care Across the Continuum of Care





VA Virtual Care



- Clinical Video Telehealth (CVT)
- VA Video Connect (VVC)
- Home Telehealth (HT)
- Store and Forward Telehealth (SFT)

- Annie
- VA App Store
- Veteran Apps – self management, resources, access
- Provider Apps – clinical care, improving access to resources

- Secure Messaging
- Pharmacy
- Appointments
- Health Records
- Self-Assessments



My HealtheVet

My HealtheVet

www.myhealth.va.gov

My HealtheVet, VA's Personal Health Record, can help Veterans gain a better understanding of their health status and allows them to explore different ways to monitor and improve their overall health. Launched on Veterans Day 2003, My HealtheVet has evolved into the most visited and most engaging of the all VA websites and consistently receives the highest satisfaction scores, among the highest across federal agencies.



Pharmacy

Refill your VA prescriptions, track delivery, view a list of your VA medications and other details.

[Read More](#)



Appointments

Keep track of your upcoming VA medical appointments and get email reminders.

[Read More](#)



Messages

Communicate securely online with your VA health care team and other VA staff about non-emergency information or questions.

[Read More](#)



Health Records

View, print, or download a copy of your VA medical record information, or enter your own health information.

[Read More](#)



VA Mental Health Apps

Self-Care Apps

Self-management tools, that can be used by anyone, whether in treatment or not.



Treatment Companion Apps

To be used on their own, or in conjunction with evidence-based treatments.



<https://mobile.va.gov/appstore> and <https://www.myvaapps.com/>



COVID Coach

For managing stress related to the COVID-19 pandemic

Uses:

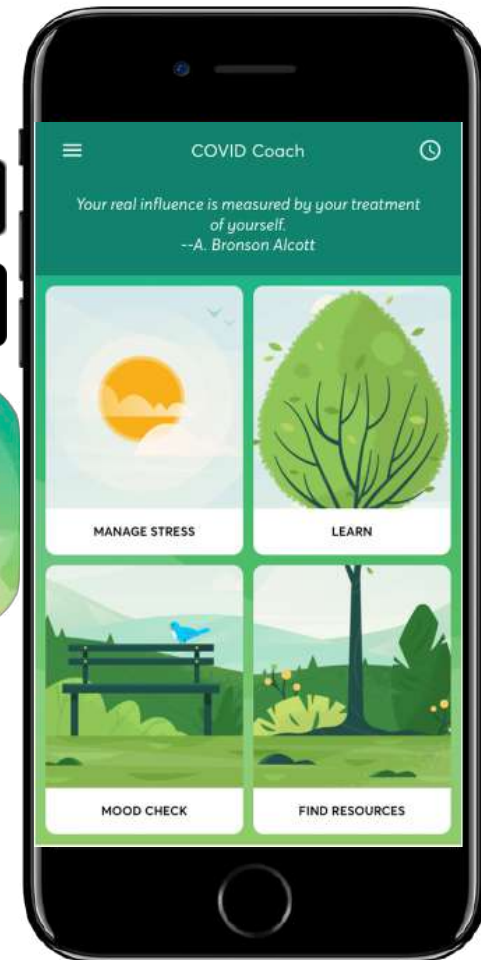
- Learn ways to improve your well-being during this global pandemic
- Use trackers for mental health and personal goals
- Find tools for coping and self-care
- Follow links to additional resources

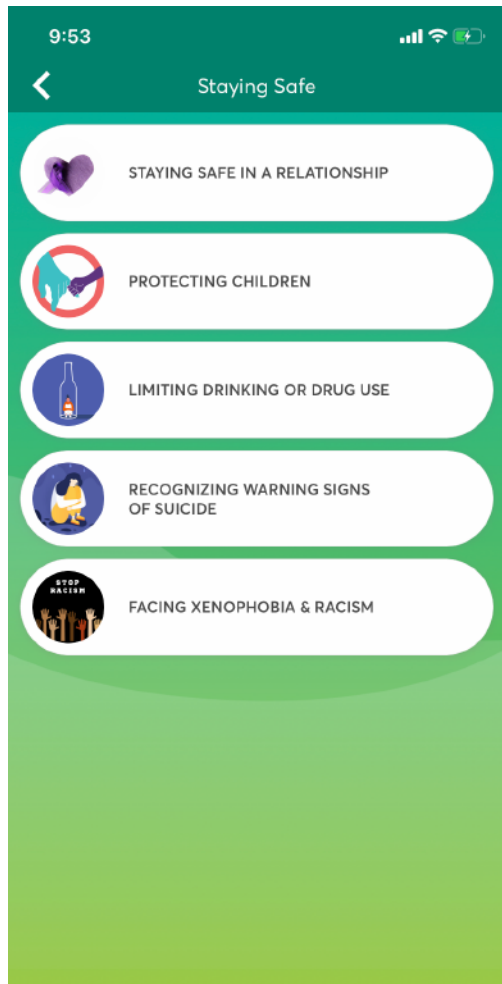
Developed by the Mobile Mental Health Apps Team at the VA's National Center for PTSD.

Contact our team with feedback to help us improve this app:

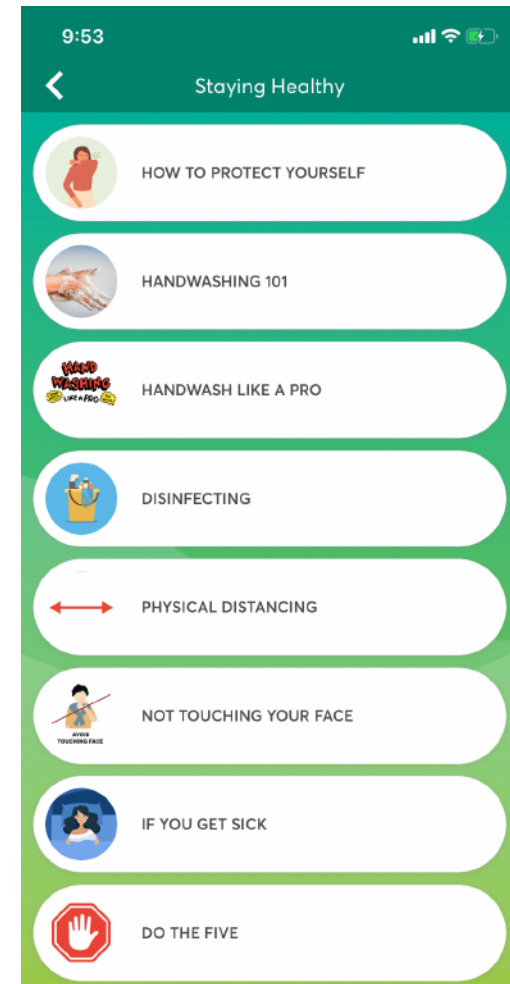
MobileMentalHealth@va.gov

Learn more <https://www.mobile.va.gov/app/covid-coach>





Staying Safe and Staying Healthy





Track Symptoms

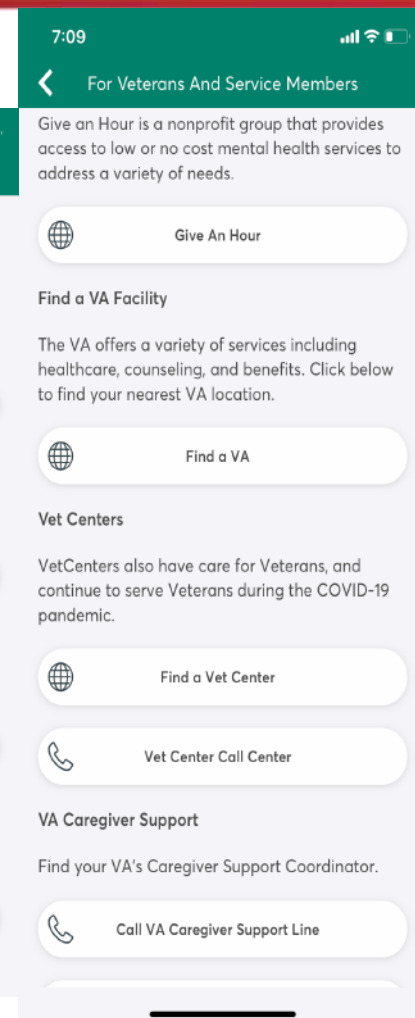
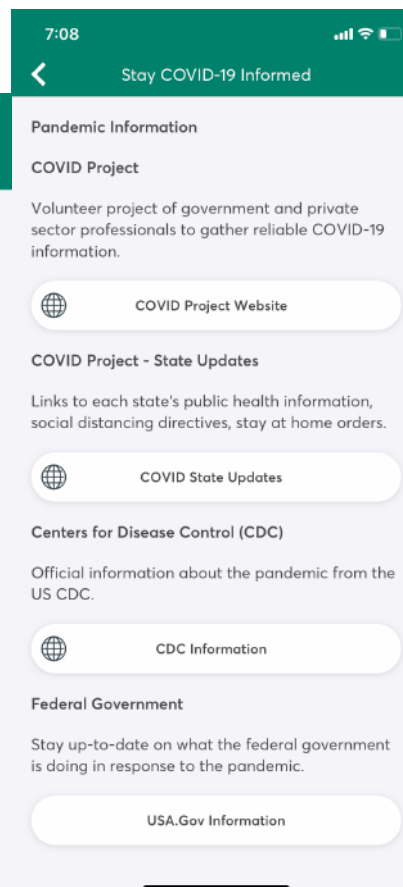
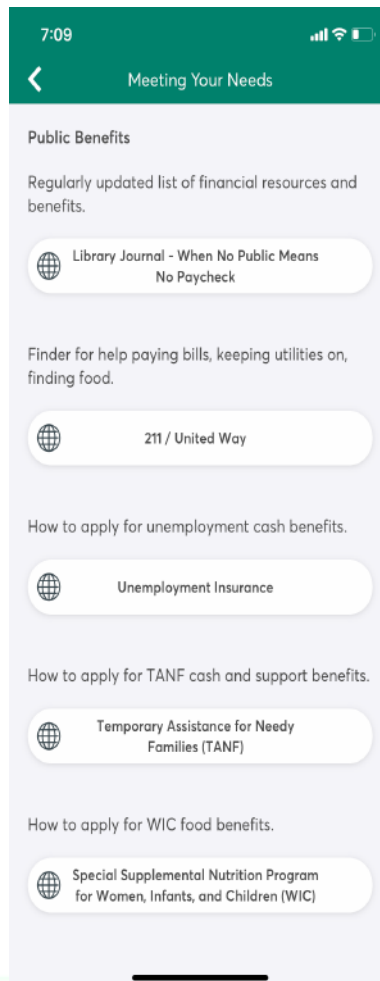


Manage Stress





Find Resources



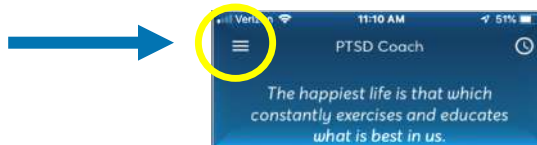


Safety Plan in PTSD Coach



To access the Safety Plan:

1. Download* and open PTSD Coach
2. Tap the lateral menu
3. Tap Safety Plan



*If you have previously downloaded PTSD Coach, you may need to update it from the App Store/Google Play. For some, it may update automatically.

National Center for PTSD website:

https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp





Safety Plan in PTSD Coach



- Based on VA's Safety Planning Intervention Manual with input from many key stakeholders, including:
 - Drs. Barbara Stanley & Greg Brown
 - VA's Office of Mental Health and Suicide Prevention
 - VA's Rocky Mountain MIRECC
 - Veterans Crisis Line
 - National Suicide Prevention Lifeline
- Compliant with VA privacy rules and Section 508

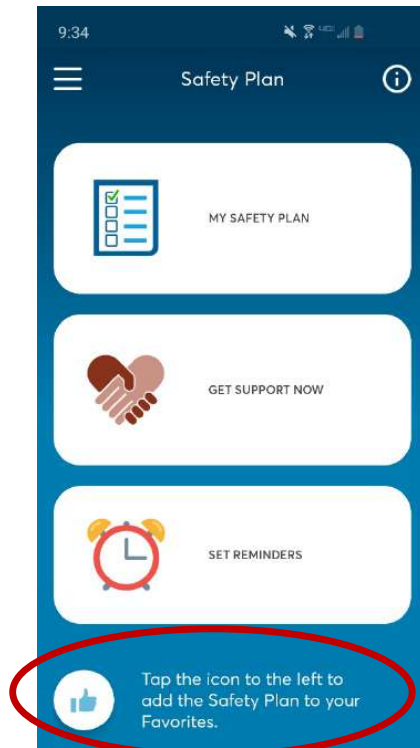
Resources:

- PTSD Coach details, including direct download links:
https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp
- "How to Download" instructions:
<https://www.myvaapps.com/flyers>

Questions or Comments: **MobileMentalHealth@va.gov**



Quick access to the Safety Plan in PTSD Coach



- Users can add the Safety Plan to their list of favorite tools – it will then appear on the PTSD Coach home screen “Favorites” for quick access
- This should be recommended to all users to ensure they can access the Safety Plan as easily and quickly as possible
- Users can also set a reminder to review their plan

Questions or Comments: MobileMentalHealth@va.gov



Exporting the Safety Plan from PTSD Coach



Android
export
icon



iOS export
icon

- To protect privacy, data from the app is not transmitted anywhere – it stays on the user's device.
 - We recommend that users *export* their plans and save a copy for themselves, in case they lose or replace their device. This can be printed or kept electronically.
 - The Safety Plan PDF can also be shared with one's health care team via secure messaging.

Resources:

- “How to export” instructions: <https://www.myvaapps.com/flyers>
- Tech into Care SharePoint (on VA network only):
<https://tinyurl.com/Tech-Into-Care>
 - Look in the Document Library under “The Basics” for handouts on secure messaging using My HealtheVet

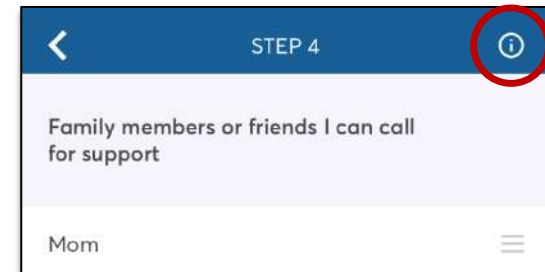
Questions or Comments: MobileMentalHealth@va.gov



“i” buttons provide lots of additional information



- Users should tap the small “i” icon to get additional information
- Each of the 6 steps (and some items within a step) has an “i” button



Questions or Comments: MobileMentalHealth@va.gov



Training Resources for the Safety Planning

For VA employees

- 1-hour TMS Course, #36232: Suicide Safety Planning Training
- Advanced Training in the Safety Planning Intervention (ASPI) SharePoint:
https://vaww.portal.va.gov/sites/OMHS/CBTAdvSafetyPlanning/_layouts/15/start.aspx#/
- For more information about ASPI: Wendy H. Batdorf, Ph.D.
(wendy.batdorf@va.gov)

For the general public

- http://suicidesafetyplan.com/Home_Page.html
- <https://www.sprc.org/resources-programs/patient-safety-plan-template>
- https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_St StanleySafetyPlanTemplate.pdf



Annie: VA's Automated Health Text Platform



- The Annie mobile application (app) is a **Short Message Service (SMS) text messaging**
- Designed to **promote self-care** for Veterans enrolled in VA health care
- Patients using Annie can **receive automated prompts** and motivational/educational messages
- Over **45 message protocols** addressing several health care issues are available





Annie COVID-19 Protocols

There are 5 coronavirus protocols for Annie to allow Veterans to receive information and send in key health data (i.e. temperature). Two protocols are for Veterans to receive precautionary messages (one is self-subscribe), one is for Veterans in self-isolation or quarantine, and two new 'Coping during COVID' protocols which provide educational and motivational messages to support emotional well-being during this stressful time. One is self-subscribe and one is staff-subscribed.



Veteran Self-Subscribe Protocols for COVID

Vet can register veteran.mobile.va.gov/annie-vet, then text health message below to Annie (753-38) to self enroll

#Coronavirus PRECAUTIONS-self-subscribe^ver 1

SUB COVID

#Coping during COVID self-subscribe^ver1

SUB COPE

VA Staff Assigned Protocols for COVID

#Coronavirus for Veterans on ISOLATION or QUARANTINE^ver 1

#Coronavirus PRECAUTIONS^ver 1

#Coping during COVID^ver1

Annie app for Clinicians: <https://mobile.va.gov/app/annie-app-clinicians>

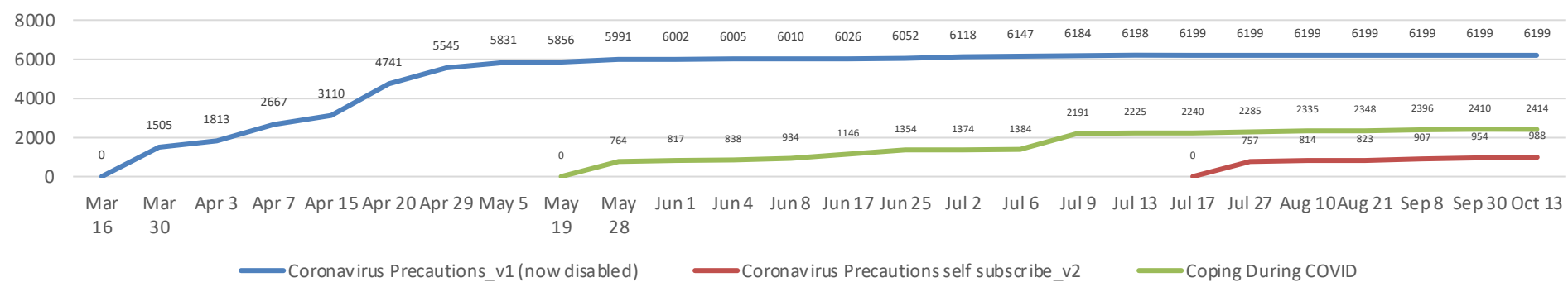
Annie SharePoint page: https://vawww.connectedhealth.va.gov/mhd/VAMR/Annie/_layouts/15/start.aspx



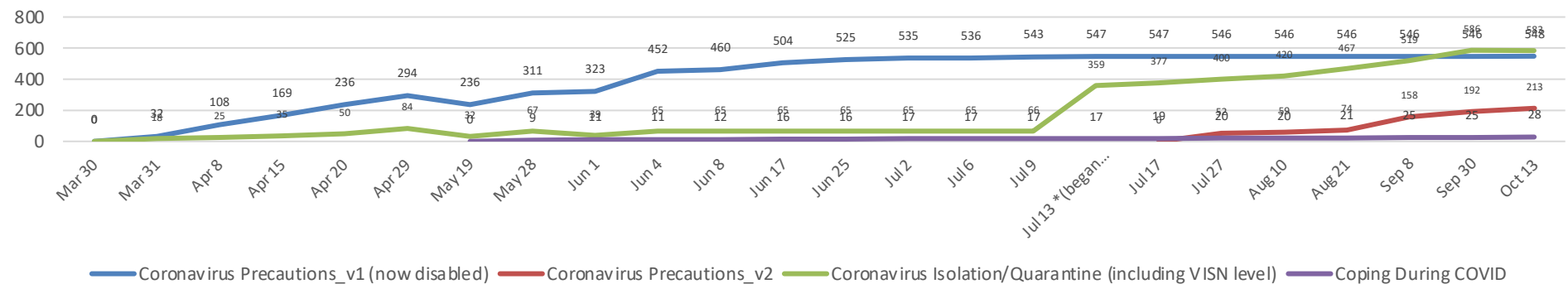


Increase in Use of Annie COVID Protocols

Veterans Self-Subscribed to COVID Protocols



Veterans Assigned by VA Staff to COVID Protocols



As of 13OCT2020



Additional Annie Protocols for Mental Health

- Sleep Duration (treatment protocol, 2-3 texts per day for 1 year)
- Grief Support Messages (non treatment protocol, 3-4 texts per week for 8 weeks)
- Stress Management (non-treatment protocol AND self –subscribe protocol, 3 texts per week for approx. 1 year)
- Tobacco Cessation (non-treatment protocol AND self –subscribe protocol, 9 texts per week for 1 month)
- Medication Reminders (non-treatment protocol, 7-8 texts per week for 1 year)
- Weight Management (non-treatment protocol AND self –subscribe protocol, 25 texts per week for 1 month)





Mental Health Checkup

- Supports measurement-based care for Veterans with various mental health conditions. Through the app, VA providers can engage Veterans in their own care with assessments to diagnose symptoms and evaluate levels of distress.
- VA staff members (i.e., mental health providers) can assign assessments to Veterans, provide feedback, receive alerts on Veteran assessment scores, and receive notifications when Veterans have completed assessments.
- Access Mental Health Checkup at:
<https://mobile.va.gov/app/mh-checkup-care-teams>





Mental Health Checkup

18 assessments currently in Mental Health Checkup:

1. Alcohol Use Disorders Identification Test (AUDIT)
2. Alcohol Use Disorders Identification Test-Consumption (AUDIT-C)
3. Beck Anxiety Inventory (BAI)
4. Brief Addiction Monitor-IOP version (BAM-IOP)
5. Brief Addiction Monitor-Revised (BAM-R)
6. Brief Resilience Scale (BRS)
7. Eating Attitudes Test-26 (EAT-26)
8. Generalized Anxiety Disorder-7 item (GAD-7)
9. Insomnia Severity Index (ISI)
10. Mental Health Recovery Measure (MHRM-10)
11. PTSD Symptom Checklist (PCL-5)
12. PTSD Symptom Checklist-Weekly (PCL-5 Weekly)
13. Patient Health Questionnaire-9 items (PHQ-9)
14. Quality of Life Inventory (QOLI)
15. Short Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS)
16. Veteran Rand – 12 item survey (VR-12)
17. Working Alliance Inventory (WAI-SR)
18. WHO Disability Assessment Schedule (WHODAS 2.0-12)





Mental Health Checkup

VAHealth



Mental Health Checkup

Home Assessments About Feedback Help

Assign Assessments

Step 2: Select Assessment(s)

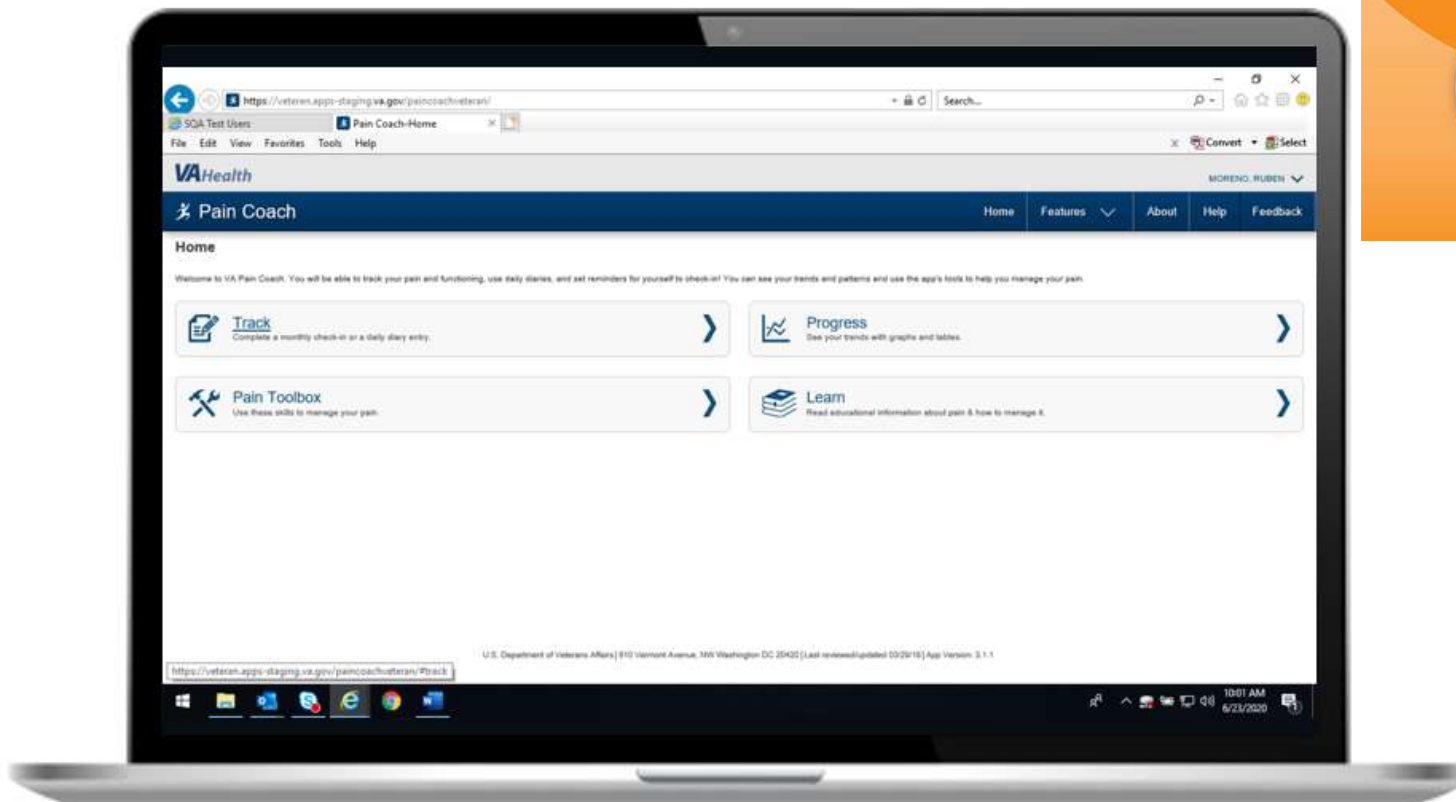
Please select at least one assessment to assign before proceeding.

AUDC	AUDIT	BAI
BAM-IOP	BAM-R	BR5
EAT-26	GAD-7	ISI
MHRM-10	PCL-5	PCL-5 WEEKLY
PHQ-9	QOLI	SWEMWBS
VR-12	WAI-SR	WHODAS2.0-12

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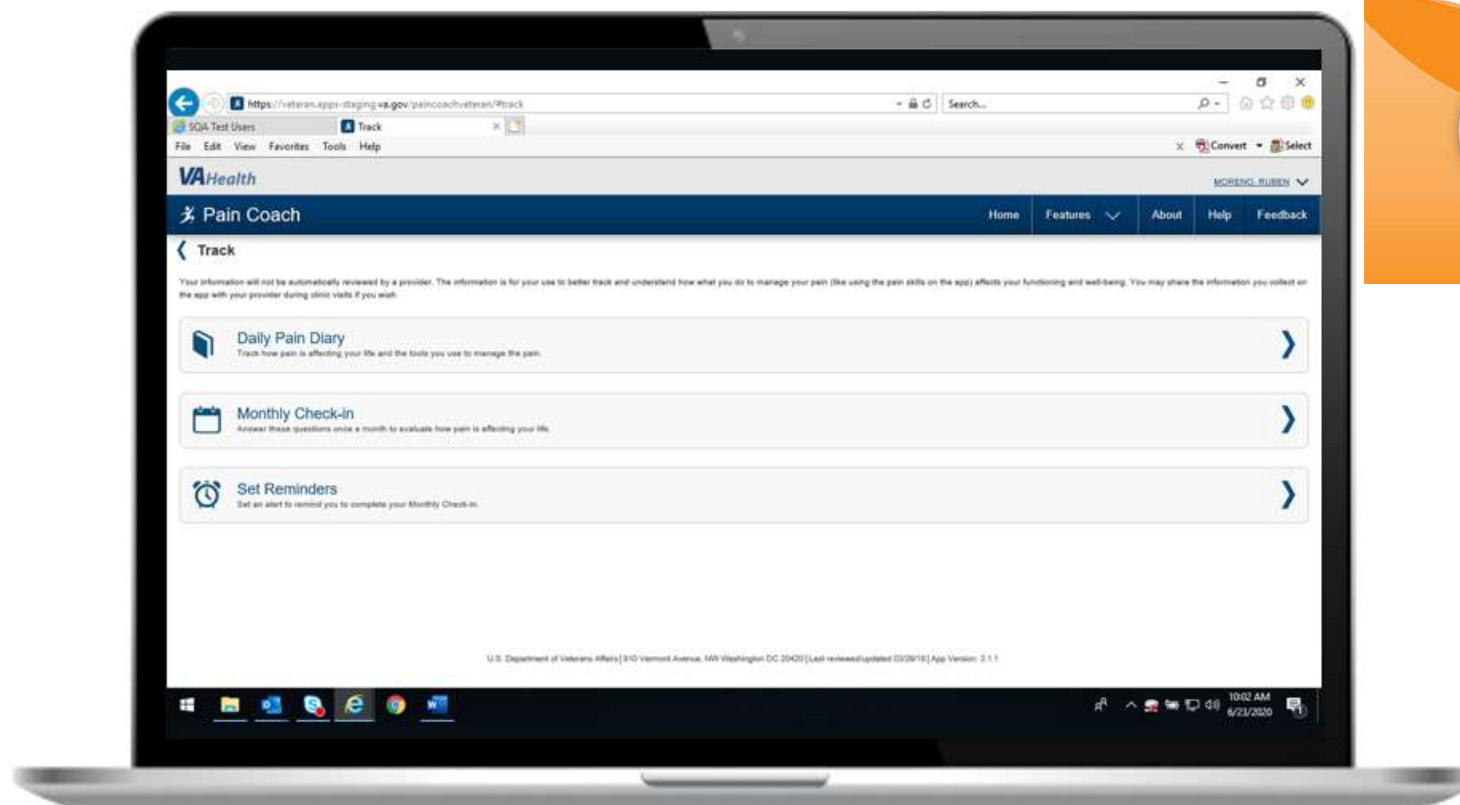


Veteran View: Main Menu





Veteran View: Tracking Main Menu





Pain Coach

- Helpful tool for tracking a patient's pain management journey.
- From the app you will be able to view a patient's daily pain diary and monthly check-ins and monitor his/her progress managing pain with tools and treatments.
- The app provides helpful tables and graphs of changes in a patient's pain level over time and rates if their pain is improving, staying the same or declining.



Access Pain Coach for Healthcare Teams at:

<https://mobile.va.gov/app/pain-coach-app-care-teams>



Daily Pain Tracking – Treatment & Tools Used

← Daily Pain Diary

* Indicates a required field.

* Pain Rating 

Track any of the items you'd like from the 3 tabs below. Only submit your daily diary when you have completed all the items you'd like to enter as you may only enter them once per day.

 Treatments & Tools Used

 Health Impact & Comments

 Pain Description

Tools Used 

Activity Pacing

Muscle Relaxation

Visualization

Deep Breathing

Plan a Pleasant Activity

Manage Thoughts

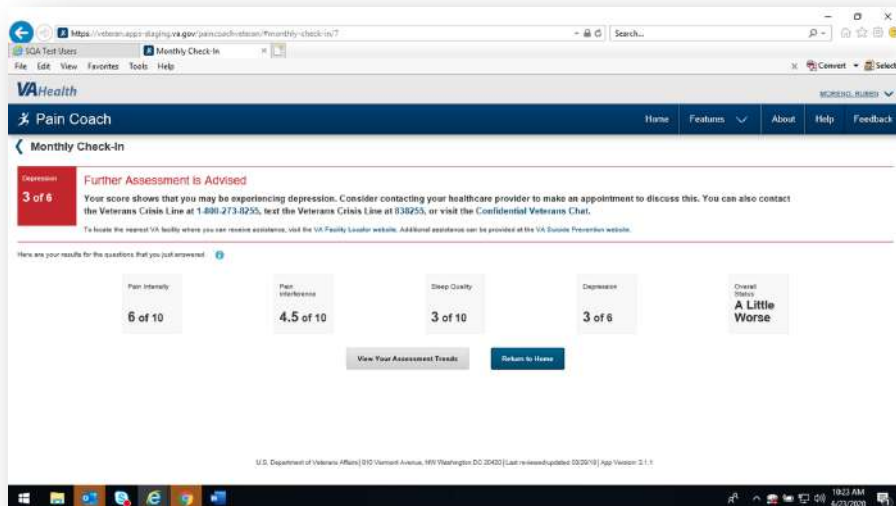
Sleep Tips

Additional Treatments Used (select all that apply)

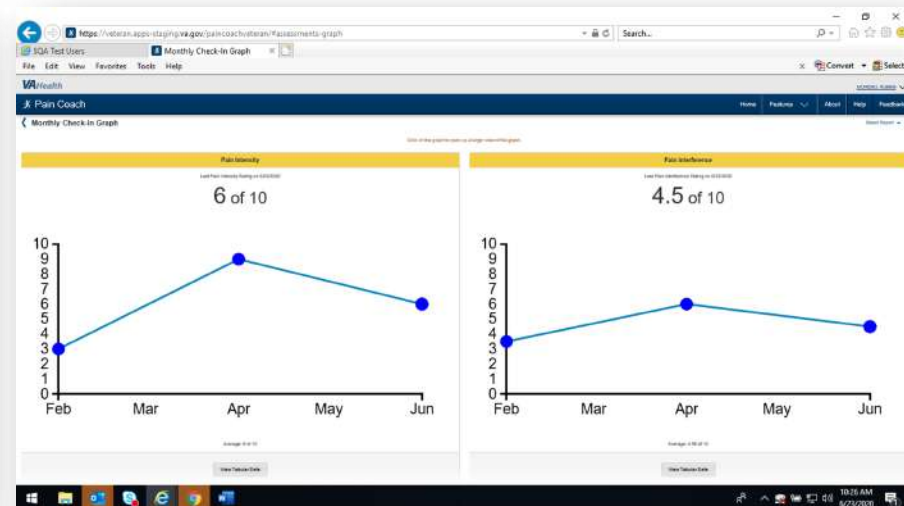


Veteran View: View Assessment Results

Monthly Check-in Results



Monthly Check-in Graph





How do you decide which virtual care tool to use?

Virtual Care Toolkit

Clinician's Guide: VA Virtual Care Tools
Helping Clinicians Choose Virtual Tools for Veterans

Page 1 of 2

For Veterans To Manage Their Care | For Veterans To Achieve Their Health Goals | For Veterans To Improve Their Mental Health

Virtual Care Tool	For Veterans To Manage Their Care	For Veterans To Achieve Their Health Goals	For Veterans To Improve Their Mental Health
ACT Coach			
ADAPT Coach			
ADAPT Coach 2			
ADAPT Coach 3			
ADAPT Coach 4			
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ADAPT Coach 100			

Connect today! For more information about these apps, visit mobile.va.gov/appstore.
Need help accessing these virtual health tools or setting them up?
Call the VA Mobile Help Desk: **VA Care Teams: 844-682-6824**
Veterans: 877-476-5847 | Monday to Saturday 7 a.m. - 7 p.m. CT.

VA Mobile | VA Telehealth | My HealtheVet

Prescription for VA Virtual Care Tools
Expanding Veteran Access to Care Through Virtual Technologies

Page 1 of 2

For Veterans To Manage Their Care | For Veterans To Achieve Their Health Goals | For Veterans To Improve Their Mental Health

Virtual Care Tool	For Veterans To Manage Their Care	For Veterans To Achieve Their Health Goals	For Veterans To Improve Their Mental Health
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Connect today! To browse more tools that may fit your needs, visit mobile.va.gov/appstore.
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Veterans: 877-476-5847 | Monday to Saturday 7 a.m. - 7 p.m. CT.

VA Mobile | VA Telehealth | My HealtheVet

Clinician's Guide:

- This tool provides staff with a way of which virtual care tool to use for their patients based on symptoms, platform, functionality.
- This tool was developed as a cross-organizational product in collaboration with Telehealth, My HealtheVet, Communications and Mobile and Web teams

Access this tool and more in the OCC toolkit:

<https://vaww.connectedhealth.va.gov/Communications/SitePages/VA%20Mobile.aspx#outreach>

Prescription Pad:

- Allows provider to communicate sections to use and frequency of use
- Communicates next steps for patients
- This tool was developed as a cross-organizational product in collaboration with Telehealth, My HealtheVet, Communications and Mobile and Web teams



Clinician's Guide: VA Virtual Care Tools

- This tool provides staff with a way of which virtual care tool to use for their patients based on symptoms, platform, functionality.
- This tool was developed as a cross-organizational product in collaboration with Telehealth, My HealtheVet, Communications and Mobile and Web teams

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Helping Clinicians Choose Virtual Tools for Veterans

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VA Department of Veterans Affairs

For Veterans To Manage Their Care

For Veterans To Achieve Their Health Goals

For Veterans To Improve Their Mental Health

CTC, Android, Web, Options, Requires login

Alcohol, drugs, and substance use
Anxiety, stress, and PTSD
Depression
Diabetes and treatment
Eating and obesity health
Endocrine (chronic)
Family and caregiving
Hypertension
Long-term (chronic)
Mental illness and behavior
Pain and headaches
Respiratory (chronic) and lung health
Stroke
Surgical issues
Traumatic brain injury
Weight loss, exercise, and nutrition
Prostate issues

Connect today! For more information about these apps, visit mobile.va.gov/appstore.
Need help installing these virtual health tools or setting them up?
Call the VA Mobile Help Desk: VA Care Teams: 844-482-6244
Veterans: 877-420-5047 | Monday to Saturday: 7 a.m. - 7 p.m. CT.

VA Mobile VA Telehealth

Get feedback Updated 11/09/2022 Send feedback on the dashboard to us.

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Clinician's Guide: VA Virtual Care Tools
Helping Clinicians Choose Virtual Tools for Veterans

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VA Department of Veterans Affairs

Where Veterans can use these tools

myhealthevet.org
myhealthevet.org
www.dishhealth.va.gov

Take health assessment
Self prescription
Send images
Paper or download health records
Receive health alerts
Communicate with VA staff
Look up participation status of CAMEL/VA medical studies
Provide case management/remote care
Conduct anywhere-to-anywhere virtual visit
Conduct clinic-to-clinic virtual visit
Conduct virtual visit for rural areas studies
Have images sent for patient
Provide health coaching
Receive recommendations

VA Mobile VA Telehealth

Get feedback Updated 11/09/2022 Send feedback on the dashboard to us.

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Access this tool and more in the OCC toolkit:

[https://vaww.connectedhealth.va.gov/Communications/SitePages/VA%20Mobile.aspx](https://vaww.connectedhealth.va.gov/Communications/SitePages/VA%20Mobile.aspx#outreach)

[x#outreach](#)



Prescription for VA Virtual Care Tools

Benefits of Telehealth

- Allows VA staff to communicate sections to use and frequency of use
- Communicates next steps for patients
- This tool was developed as a cross-organizational product in collaboration with Telehealth, My HealtheVet, Communications and Mobile and Web teams

Prescription for VA Virtual Care Tools

Expanding Veteran Access to Care Through Virtual Technologies

Prescription for VA Virtual Care Tools

Expanding Veteran Access to Care Through Virtual Technologies

IOS Android Web Requires login

Achieve Your Health Goals	Improve Your Mental Health	Connect With Your Care Team	Manage Your Care
<input type="checkbox"/> CBT Coach Practice cognitive behavioral therapy (CBT) techniques.	<input type="checkbox"/> ACT Coach Practice ACT-based coping strategies during stressful situations.	<input type="checkbox"/> Annie App for Veterans Annie App is a mobile app that helps you manage your care.	<input type="checkbox"/> Arthritis Medication and Open Remedy Registry Access information and resources for arthritis medication.
<input type="checkbox"/> Connection Coach Manage your social connections with an interactive tool.	<input type="checkbox"/> AIMS for Anger Management Learn how to manage anger with AIMS.	<input type="checkbox"/> MyVA for Veterans Access your VA care information and schedule your appointments.	<input type="checkbox"/> Medication Manage your safety and access medication information.
<input type="checkbox"/> COVID Coach Research, manage and track your COVID-19 status.	<input type="checkbox"/> CPT Coach Learn your cognitive processing strategy (CPT) techniques for PTSD.	<input type="checkbox"/> My VA Images Access and track your VA images and health information.	<input type="checkbox"/> Pain Coach Manage your pain and track your progress.
<input type="checkbox"/> Mindfulness Coach Learn mindfulness techniques and improve your mental health.	<input type="checkbox"/> Anxiety Coach Learn how to manage anxiety with a variety of techniques.	<input type="checkbox"/> VA Health Chat Get answers to your questions about VA services.	
<input type="checkbox"/> MOVE Coach Manage your weight with a variety of techniques.	<input type="checkbox"/> Mind Coach Learn how to manage your thoughts and feelings.	<input type="checkbox"/> VA Online Scheduling Schedule your appointments online.	
<input type="checkbox"/> Moving Forward Learn how to manage your PTSD with a variety of techniques.	<input type="checkbox"/> PTSD Coach 2 Learn how to manage your PTSD with a variety of techniques.	<input type="checkbox"/> VA Video Connect Connect with your VA care team via video.	
<input type="checkbox"/> Powering Up Learn how to manage your PTSD with a variety of techniques.	<input type="checkbox"/> PTSD Coach Learn how to manage your PTSD with a variety of techniques.		
<input type="checkbox"/> Stay Quiet Coach Learn how to manage your PTSD with a variety of techniques.	<input type="checkbox"/> PTSD Coach Learn how to manage your PTSD with a variety of techniques.		
<input type="checkbox"/> VetChange Learn how to manage your PTSD with a variety of techniques.	<input type="checkbox"/> PTSD Coach Learn how to manage your PTSD with a variety of techniques.		

Download version 1.0 | Last updated: 11/10/2020 | See all feedback

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VA All Veterans Health Administration Office of Medical Care

Prescription for VA Virtual Care Tools

Expanding Veteran Access to Care Through Virtual Technologies

VA Telehealth

Improve your access to high quality VA care from home, the clinic, or the hospital.

VA Telehealth programs and technologies make it easier for you to connect with your VA care team and access care when and where you need it.

☐ Remote Patient Monitoring - Home Telehealth (Ht), Low Intensity, Low Acuity (L2)

☐ Synchronous Telehealth

☐ Asynchronous Telehealth

☐ Veteran requests telehealth visits, but is not video-capable. Each computer, tablet, or smartphone and internet and requests help for VA Video Connect setup.

☐ Veteran needs/wants help to become video-capable.

Talk to your provider about whether VA telehealth could be right for you. For more information and a list of VA telehealth services, visit telehealth.va.gov.

To discuss options selected above, contact:

Name: _____

Contact: _____

Instructions:

Need help accessing these virtual health tools or setting them up? National Telehealth Technology Help Desk: 866-651-3180 | 24/7
My HealtheVet Help Desk: 877-327-022 | 800-877-6339 (TTY) | Monday to Friday: 7 a.m. - 7 p.m. CT.

Print version 1.0 | Updated: 11/10/2020 | Send feedback to this draft version to vaconnect@va.gov or VAVirtualCare@va.gov

Access this tool and more in the OCC toolkit:

<https://vaww.connectedhealth.va.gov/Communications/SitePages/VA%20Mobile.aspx#outreach>



VA Virtual Care Resources

Office of Connected Care (OCC)

- **Communication Toolkits**: OCC communication resources for facilitating integration of virtual care
- **Connected Care Discussion Series**: monthly webinar series to share and discuss best practices for adoption and integration of virtual tools into clinical practice.
- **VA Connected Care Integrated Care Series**: Webinar series on integrating virtual care tools. Email to be put on distribution list: Sherron.Olliff@va.gov
- **Connected Care Community of Practice**: email address to request to be put on distribution list: Chimplementation@va.gov

VA Mobile

- **VA App Store**: public facing link connecting to VA App Store
- **Mobile Mental Health & Technology Tech Into Care SharePoint site**: Community of Practice for VA staff and providers interested in bringing mobile apps and online programs into mental health care
- **Mobile Mental Health Website**: VA National Center for PTSD, Dissemination & Training Division

VA Telehealth

- **VA Telehealth Services**: public facing internet site for all VA telehealth services including information on Connected Care, My HealtheVet and VA Mobile Programs.
- **VHA Master Telehealth Document Library**: online library of telehealth documents

My HealtheVet

- **My HealtheVet**: public facing resource for My HealtheVet
- **My HealtheVet Intranet**: My HealtheVet VA intranet resource for staff
- **My HealtheVet Marketing and Promotion Toolkit**: resource for market promoting My HealtheVet

Annie

- **Annie SharePoint site**: resource for VA health care team using Annie App
- **Annie App for Clinicians**: VHA health care professionals link to Annie App



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Thank you!



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