



# Haven't downloaded Stay Quit Coach? Now's the time!



Open your smartphone camera and focus on the corresponding code.  
Alternatively, visit the App Store or Google Play and type the name of  
the app in the search bar.



U.S. Department  
of Veterans Affairs

# Stay Quit Coach and Other Tools to Support Smoking Cessation

Presenter: Colleen Becket-Davenport, PsyD  
Clinical Psychologist  
National Center for PTSD



## Smartphones are:

- Accessible
  - 85% of population owns a smartphone
- *Physically* accessible
  - Available 24/7
- Discreet



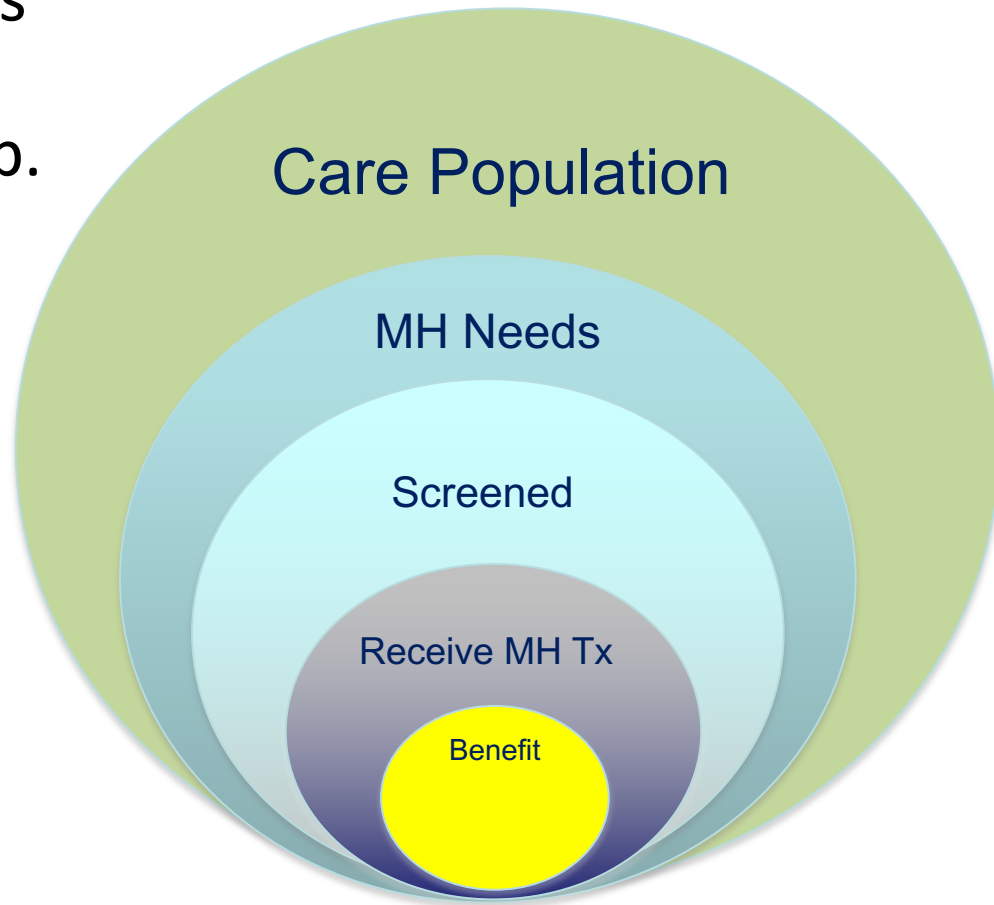
(Pew Research Center, 2021)



# Potential to reduce gap in care

Non-mental health providers can offer apps as a resource to patients to bridge this gap. Some examples:

- Peer Support Specialists
- Chaplains
- Primary Care Providers
- Nurses
- Audiologists
- Physical Therapists





# Types of NCPTSD Mobile Mental Health Apps

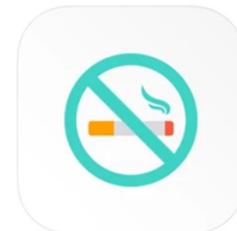
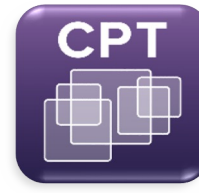
## Self-Care Apps

For those who seek to manage their own symptoms or are supplementing care



## Treatment Companion Apps

To be used in conjunction with evidence-based psychotherapies





# Components of Self-Care Apps



- Psychoeducation (“Learn”)
- Coping Tools
- Tracking
- Crisis Resources
- Customization
- Save favorite tools



## NCPTSD Apps are...

- Free & publicly available in the app marketplaces
- Private: do not share or require personal information
- Fully Section 508-compliant
- Evidence-informed
- Tailored to Veterans & VA providers, can be used by anyone







# **APPS TO SUPPORT SMOKING CESSATION**



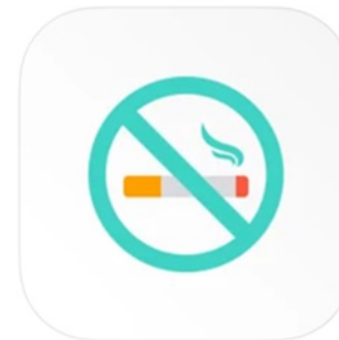


# Stay Quit Coach 2.0

Free mobile app for those trying to reduce or quit cigarettes, e-cigarettes, cigars, and chewing tobacco.

## Uses:

- Log your tobacco use in real time
- Identify your triggers for tobacco use
- Set goals for quitting
- Record your reasons for living tobacco-free
- Create a coping plan to stay on track
- Learn new habits and develop strategies for coping with nicotine withdrawal





# Set Up Profile

- Enter name
- Create 4-digit pin
- Answer questions about:
  - Current tobacco use
  - Goals
- Upload a photo (optional)

Note: Privacy policy is the same as other NCPTSD apps! No identifiable data is ever collected or shared by the app.

Survey

Which tobacco product(s) do you currently use?

- ☒ Cigarettes (main goal)
- ☐ Cigars
- ☐ Chewing Tobacco
- ☒ E-Cigarettes/Pens/Pods

Cigarettes

What is your current goal?

Select your goal. Quitting tobacco is recommended for your health.

☒ Quit ☐ Reduce ☐ Stay Quit

What's your target date for quitting?

March 15, 2022

Number of cigarettes smoked per day: 10

Cost per pack: \$8.50

Set as main goal: ☒



# Home Screen

View progress over time

- Tobacco use
- Monetary savings

Log tobacco use in real-time

Update Profile

Navigate to sections of the app

- My Tools
- Resources
- Alerts





# Log Tobacco Use

- Track tobacco use in real-time
- Log use of multiple tobacco products
  - Cigarettes
  - Cigars
  - Chewing Tobacco
  - E-Cigarettes/Pens/Pods

< My progress My log

**Did you use tobacco today?**  
Tuesday, January 18, 2022

Cigarettes	–	1	+
E-Cigarette	–	3	+
<input type="radio"/> Finished a cartridge			

Save

Select log date



# Update Profile

## Change:

- Goals
- Tobacco products used

## Add:

- Reasons for quitting or staying quit
- Medication plan
- Set reminders for medication!

< My progress Profile Settings

**Bill**  
5 days logged

**MAIN GOAL**  
**Quit cigarettes** >  
When: Tuesday, March 15, 2022

My reasons are...  
[Add your reasons](#)

Medication plan  
[Add medication plan](#)

< My progress Profile Settings

**Bill**  
5 days logged

**MAIN GOAL**  
**Quit cigarettes** >  
When: Tuesday, March 15, 2022

My reasons are...  
 My son  
[Add your reasons](#)

**Medication plan**  
**Nicotine gum**  
Hourly as needed  
4 pieces (2mg) Edit >  
Set a reminder Edit >

**Nicotine patch**  
Hourly as needed  
1 piece (14mg) Edit >



# My Tools

- Create Coping Plans
- Practice controlled breathing
- Get support
  - Veterans Crisis Line
  - Veterans Quit Line

**My tools**

**Coping plans**  
Identify your triggers to use tobacco, then create coping plans.  
[+ Add coping plan](#)

**Controlled breathing**  
A safe, effective stress management tool.  
[Practice controlled breathing](#)

**Get support now**  
Support is critical to your success.  
[Veterans Crisis Line](#)  
[Veterans Quit Line](#)

**My tools Controlled breathing**

You'll be guided through a controlled breathing exercise

**Preferences**

- Play audio prompts ☐
- Breathing instructions ☒
- Relaxing background music ☒
- Select background music [Rain >](#)
- Inhale length [6 secs >](#)
- Exhale length [6 secs >](#)

**Number of cycles**  
8 10 12 14 16

[Start exercise](#)



# Coping Plans

< My tools   Coping plans   Next

1. Select your external triggers ⓘ

After a meal or while drinking coffee ☒

Drinking alcohol ☒

Situations in which others are using tobacco ☐

Taking a break from work or school ☐

Driving ☐

Add your own trigger...

< Back   External coping plans

After a meal or while drinking coffee ⓘ

Try to come up with at least one coping strategy for each trigger using "AARM"

Avoid Add >

Alter Add >

Replace Add >

Mentally cope Add >

< Back   Replace   Save

It can be up to 360 characters.

After eating a meal, I'll get up from the table immediately, and either go for a quick walk or do a chore around the house.

Triggers can be:

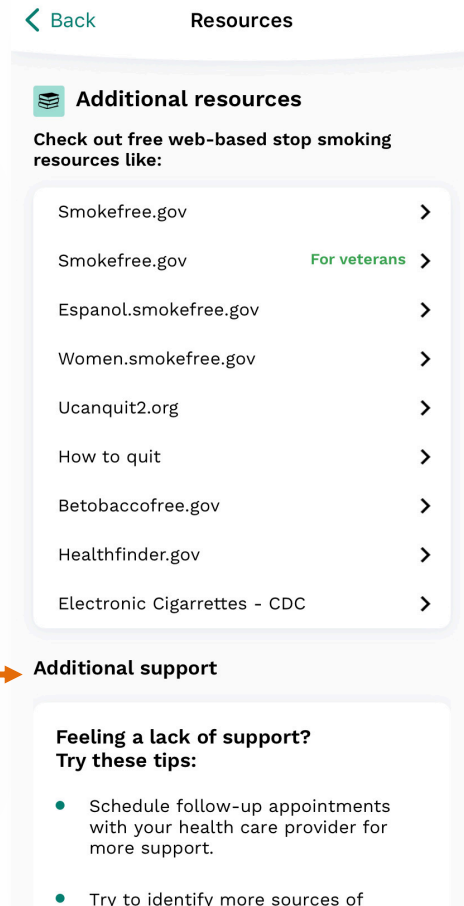
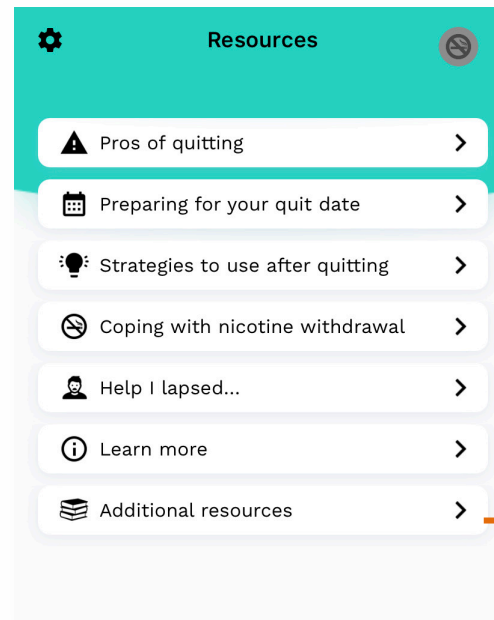
- External
- Physical
- Emotional





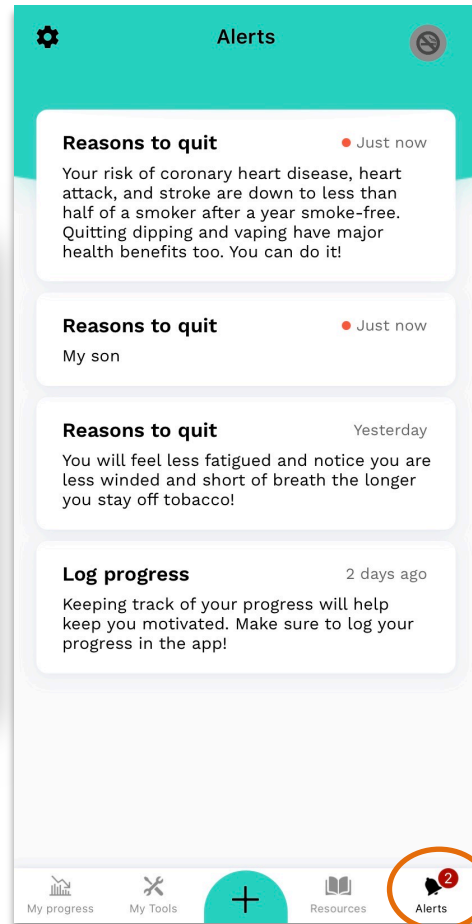
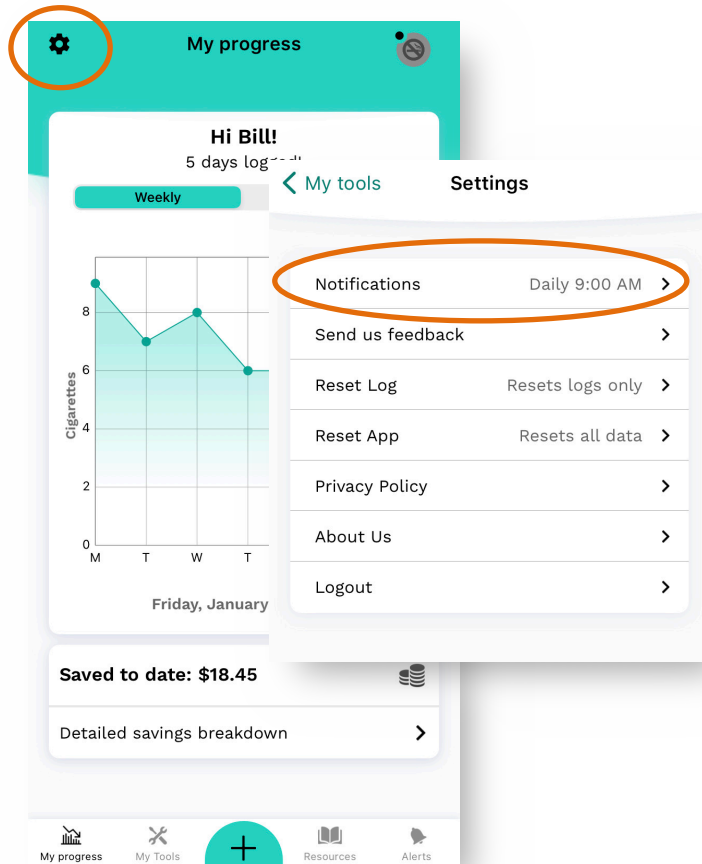
# Resources

- Tips and suggestions for quitting and staying quit.
- Information about the benefits of quitting or reducing tobacco use
- Links to additional resources





# Alerts



- Enable notifications in *Settings*
- Set a time to receive daily motivational alerts and tips for staying on track



# **OTHER TOBACCO CESSATION TOOLS FROM VA**



# 1-855-QUIT-VET

## Quitline Counselors:

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Have extensive training and experience counseling callers to quit tobacco

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Have been trained to understand the VA population and VA health care services offered to Veterans

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Warm transfer callers in emotional distress to the Veterans Crisis Line

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Are not healthcare providers

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Do not have access to VA electronic medical record



"I feel great. I couldn't have done this without you guys. You have been such a support to me. Thank you for helping me through this."



Cannot prescribe tobacco cessation medications

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Will refer callers to their VA health care provider for medications and other health care concerns



# SmokefreeVET: Text Messaging Program

## Automated text message smoking cessation program

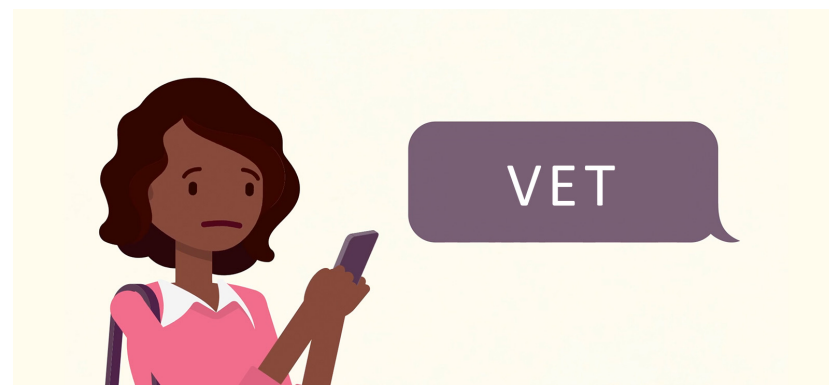
Sends 2-5 texts per day beginning 2 weeks before quit date and continuing for 6 weeks afterward

Provides tips, support, and encouragement for quitting smoking

Keywords (“Urge”, “Stress”, “Smoked”, “Dipped”, “Crisis”) can be used anytime to receive an immediate tip in response

Connects users with other VA resources: 1-855-QUIT-VET quitline, Veterans Crisis Line, Stay Quit Coach, refers back to VA provider for smoking cessation medications

 **smokefreeVET**



Text VET to 47848 (or VETesp for Spanish) or visit [www.smokefree.gov/VET](http://www.smokefree.gov/VET)

In collaboration with the National Cancer Institute

“I’ve been trying to quit for years, this program has helped me accomplish my goal. Thank you for the support.”

 **smokefreeVET**

 **smokefreeVET**  
en Español



# **MORE SELF-CARE APPS FROM NCPTSD**

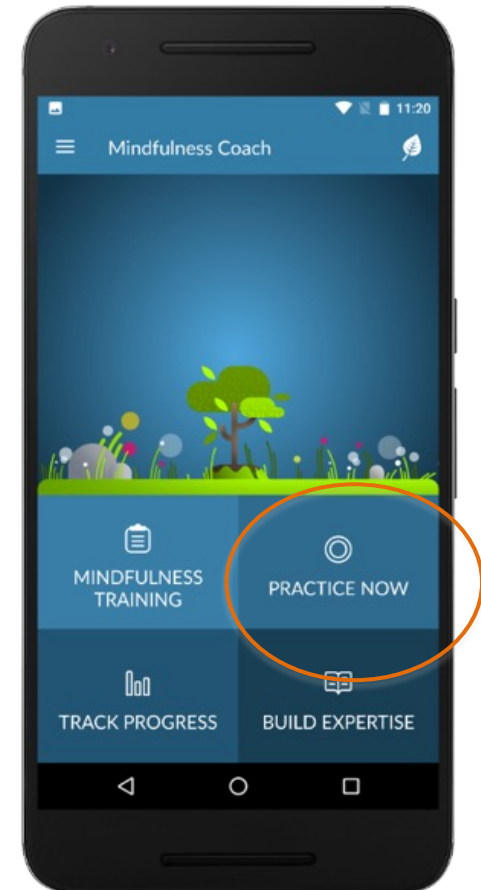


# Mindfulness Coach

Designed to support independent mindfulness practice.

Features:

- Mindfulness Training
- Practice Now
- Track Progress
- Build Expertise



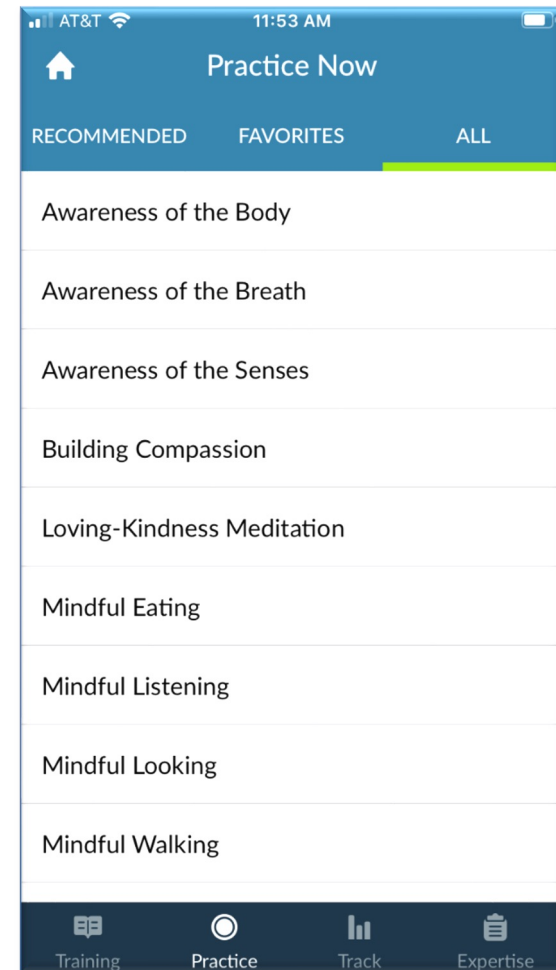




## PRACTICE

Try a series of mindfulness practice exercises designed to help you learn about the different types of mindfulness.

- 12 all-new practice exercises
- 9 exercises available for download
- NCPTSD can make any suggested mindfulness exercise available upon request



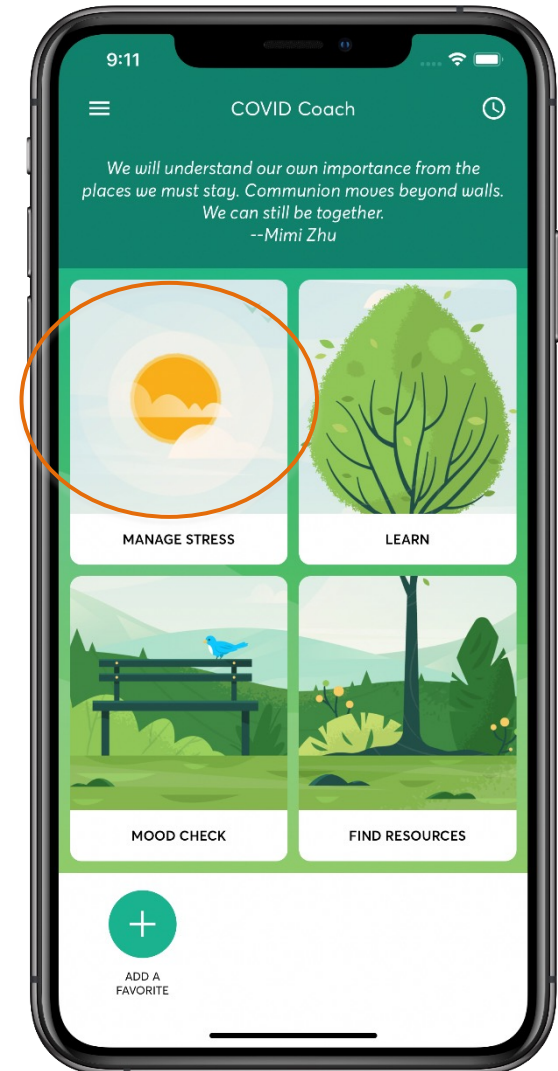


# COVID Coach

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

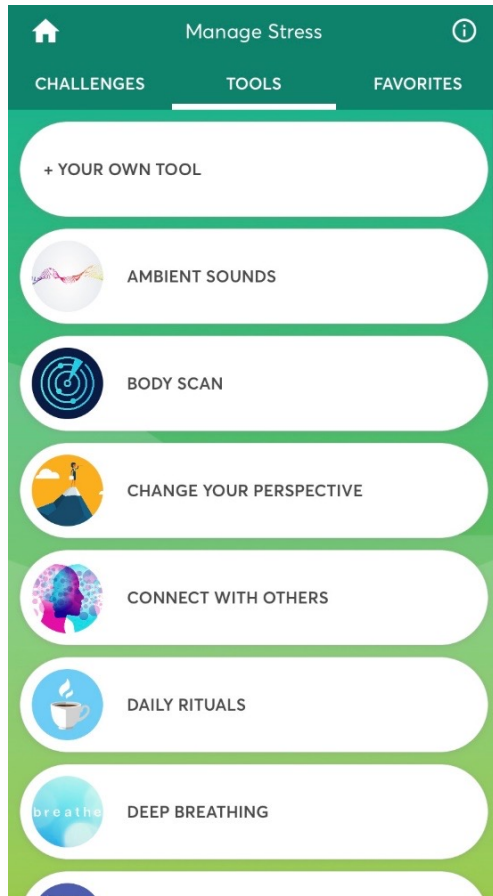


Learn more at the National Center for PTSD website:

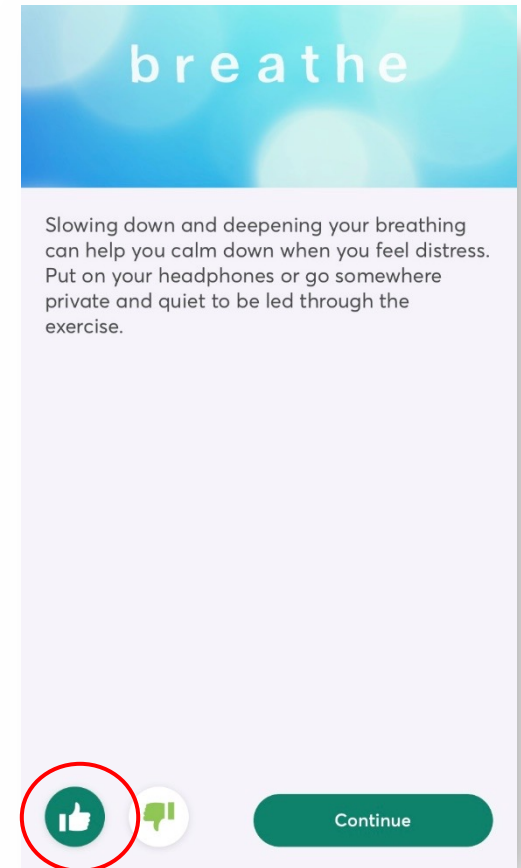
[https://www.ptsd.va.gov/appvid/mobile/COVID\\_coach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp)



# Manage Stress



- Practice coping tools, including:
  - PMR, Body Scan
  - Deep breathing
  - Relaxation/Positive Imagery
  - Mindfulness
- Create a custom tool
- Save favorite tools for easy access





# Other Self-Care Mobile Apps



**PTSD Coach** supports the self-management of posttraumatic stress disorder (PTSD).



**PTSD Family Coach** is for partners, family members, and other loved ones of individuals who may be experiencing PTSD.



**AIMS for Anger Management** (Anger and Irritability Management Skills) is an app for anyone experiencing problematic anger.



**Beyond MST** is for managing stress that may be related to the experience of military sexual trauma



**Couples Coach** is for partners who want to improve their relationship and explore new ways to connect.



**COVID Coach** is for managing stress related to the COVID-19 pandemic.



**Insomnia Coach** is designed for anyone who would like to improve their sleep.



**Mindfulness Coach** is designed to help people regularly practice mindfulness.



**VetChange** is an app for anyone who is concerned about their drinking and PTSD.



# RESOURCES





# Handouts


- Rx pad with recommendations
- Flyers
  - Patient FAQ
  - How to download app
  - Self-care mobile apps
- Trifold Brochures



Tech into Care SharePoint: <https://tinyurl.com/Tech-Into-Care>



# NCPTSD Website









U.S. Department  
of Veterans Affairs

Get help from Veterans Crisis Line >

Search

SITE MAP [A-Z]



HealthBenefitsBurials & MemorialsAbout VAResourcesMedia RoomLocationsContact Us

VA » Health Care » PTSD: National Center for PTSD

PTSD: National Center for PTSD

▼ PTSD

PTSD Home

► Understand PTSD

► Understand PTSD Treatment

► Get Help

► For Families and Friends

► For Providers


▼ Apps, Videos and More

Mobile Apps

Videos

PTSD Treatment Decision Aid


Now more than ever, there are effective treatments for PTSD



**Trauma-focused  
Psychotherapy**

**53** OUT OF **100**

people who receive trauma-  
focused psychotherapy will no  
longer meet criteria for PTSD.



**Medication**

**42** OUT OF **100**

people who take medication  
will no longer meet criteria for PTSD.

**How to Choose a  
Treatment**

Understand more about PTSD and  
find out how to choose a treatment.

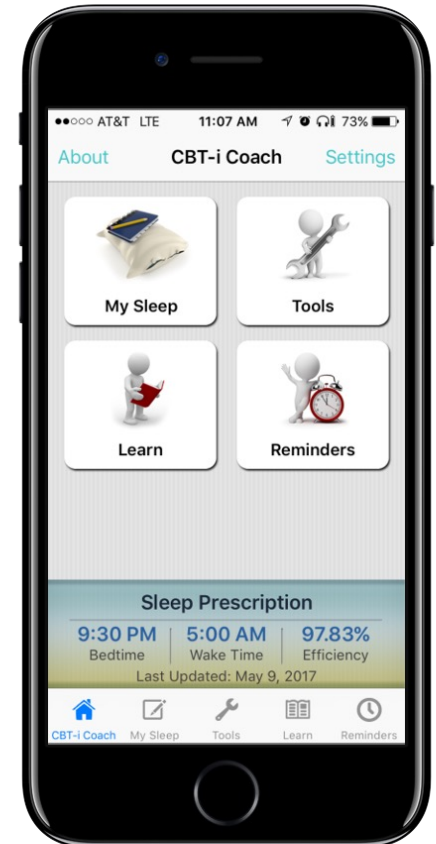
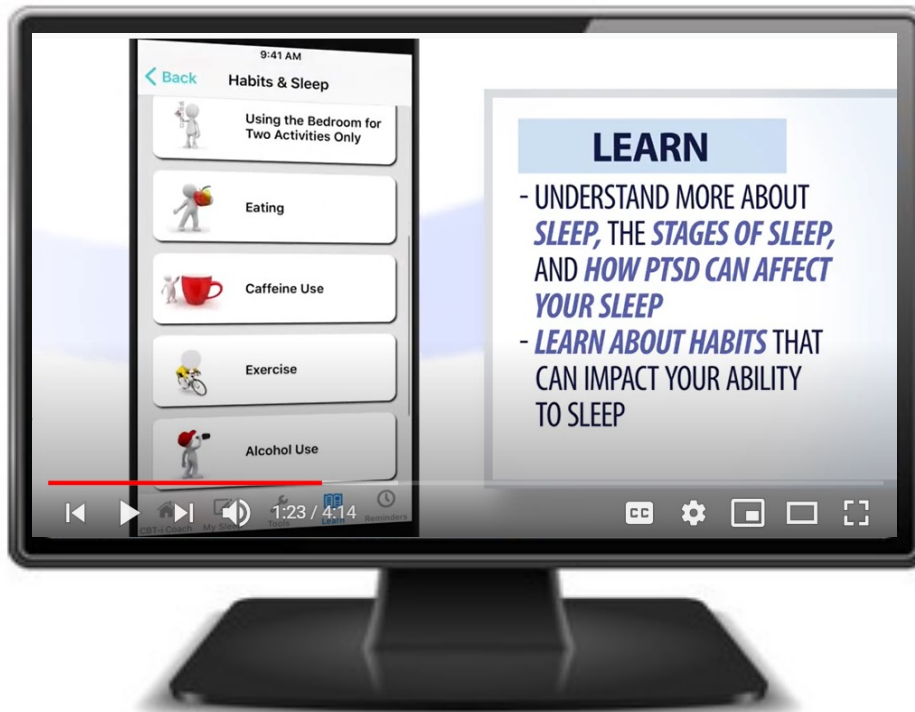
Learn more >

Treatment WorksTreatment OptionsConsultation Program





# Mobile Apps Tutorials on YouTube





# Resources

To report bugs, offer suggestions, or ask questions about our apps:

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

Visit us online for additional materials and information:

- App descriptions, videos, and links: [www.ptsd.va.gov/appvid/mobile](http://www.ptsd.va.gov/appvid/mobile)
- Tech into Care SharePoint (on VA network only): <https://tinyurl.com/Tech-Into-Care>
- Tech into Care website (Public): <https://www.ptsd.va.gov/professional/tech-care/index.asp>
- PBI Network CE Lecture Series: [https://www.ptsd.va.gov/professional/tech-care/tech\\_lectures.asp](https://www.ptsd.va.gov/professional/tech-care/tech_lectures.asp)
- To order free rack cards, Rx pads, and posters: <https://orders.gpo.gov/PTSD.aspx>

Download apps:

- iTunes/App Store
- Google Play Store

