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.
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

<table>
<thead>
<tr>
<th>Self-Care Apps</th>
<th>Treatment Companion Apps</th>
</tr>
</thead>
<tbody>
<tr>
<td>For those who seek to manage their own symptoms or are supplementing care</td>
<td>To be used in conjunction with evidence-based psychotherapies</td>
</tr>
</tbody>
</table>

- **Self-Care Apps**
  - PTSD COACH
  - **People**
  - **Leaf**
  - **Mountain**
  - **Sunset**
  - **Moon**
  - **Heart**

- **Treatment Companion Apps**
  - ACT
  - CBT-i
  - CPT
  - PE
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.
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
Update Profile

Change:
- Goals
- Tobacco products used

Add:
- Reasons for quitting or staying quit
- Medication plan
- Set reminders for medication!
My Tools

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

Triggers can be:
- External
- Physical
- Emotional

After a meal or while drinking coffee
Try to come up with at least one coping strategy for each trigger using "AARM".

Avoid
Alter
Replace
Mentally cope

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.
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
Quitline Counselors:

- Have extensive training and experience counseling callers to quit tobacco
- Have been trained to understand the VA population and VA health care services offered to Veterans
- Warm transfer callers in emotional distress to the Veterans Crisis Line
- Are not healthcare providers
- 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

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

Text VET to 47848 (or VETesp for Spanish) or visit 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.”
MORE SELF-CARE APPS
FROM NCPTSD
Mindfulness Coach

Designed to support independent mindfulness practice.

Features:

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

Download on the App Store
GET IT ON Google Play
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:
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

<table>
<thead>
<tr>
<th>App</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PTSD Coach</strong></td>
<td>Supports the self-management of posttraumatic stress disorder (PTSD).</td>
</tr>
<tr>
<td><strong>PTSD Family Coach</strong></td>
<td>Is for partners, family members, and other loved ones of individuals who may be experiencing PTSD.</td>
</tr>
<tr>
<td><strong>AIMS for Anger Management</strong></td>
<td>(Anger and Irritability Management Skills) is an app for anyone experiencing problematic anger.</td>
</tr>
<tr>
<td><strong>Beyond MST</strong></td>
<td>Is for managing stress that may be related to the experience of military sexual trauma.</td>
</tr>
<tr>
<td><strong>Couples Coach</strong></td>
<td>Is for partners who want to improve their relationship and explore new ways to connect.</td>
</tr>
<tr>
<td><strong>COVID Coach</strong></td>
<td>Is for managing stress related to the COVID-19 pandemic.</td>
</tr>
<tr>
<td><strong>Insomnia Coach</strong></td>
<td>Is designed for anyone who would like to improve their sleep.</td>
</tr>
<tr>
<td><strong>Mindfulness Coach</strong></td>
<td>Is designed to help people regularly practice mindfulness.</td>
</tr>
<tr>
<td><strong>VetChange</strong></td>
<td>Is an app for anyone who is concerned about their drinking and PTSD.</td>
</tr>
</tbody>
</table>
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
PTSD: National Center for PTSD

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 »
LEARN
- UNDERSTAND MORE ABOUT SLEEP, THE STAGES OF SLEEP, AND HOW PTSD CAN AFFECT YOUR SLEEP
- LEARN ABOUT HABITS THAT CAN IMPACT YOUR ABILITY TO SLEEP
To report bugs, offer suggestions, or ask questions about our apps: MobileMentalHealth@va.gov

Visit us online for additional materials and information:
• App descriptions, videos, and links: 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
• To order free rack cards, Rx pads, and posters: https://orders.gpo.gov/PTSD.aspx

Download apps:
• iTunes/App Store
• Google Play Store