<table>
<thead>
<tr>
<th>Mobile Apps Team</th>
<th>Tech into Care</th>
<th>Research &amp; CMARRS</th>
</tr>
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<tbody>
<tr>
<td>❖ Jason Owen</td>
<td>❖ Pearl McGee-Vincent</td>
<td>❖ Eric Kuhn</td>
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<tr>
<td>❖ Kelly Ramsey</td>
<td>❖ Andrea Jamison</td>
<td>❖ Lindsay Stanley</td>
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<td>❖ Katherine Taylor</td>
<td>❖ Colleen Becket-Davenport</td>
<td>❖ Dan Blonigen</td>
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<td>❖ Sarah Steinmetz</td>
<td>❖ Jeane Bosch</td>
<td>❖ Jason Owen</td>
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<td>❖ Adrienne Heinz</td>
<td>❖ Maggi Mackintosh</td>
<td>❖ Haijing Hallenbeck</td>
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<td>❖ Shilpa Hampole</td>
<td>❖ Joe Wielgosz</td>
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<td>❖ Shannon McCaslin</td>
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<td>❖ Justina Wu</td>
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Overview of Veterans Mental Health

• Mental health conditions common in the general US population
  – 1 in 5 adults live with mental illness (NIMH)

• Most common mental health concerns of Veterans:
  – Depression
  – Posttraumatic Stress Disorder (PTSD)
  – Substance Use Disorders
  – Anxiety
  – Serious Mental Illness (i.e., schizophrenia or bipolar disorder)

• Many Veterans who need mental health treatment do no seek care


https://www.nimh.nih.gov/health/statistics/mental-illness
Why Mental Health Apps?

• Can be *used* by anyone for self-care

• Can be *introduced* by anyone, including in settings and by staff outside of mental health

• Could be a bridge to mental health care

• Do not replace treatment!
Support Mental Health Treatment

- Facilitate in-session interventions and homework
- Simplify transmission of educational information
- Encourage tracking of symptoms
- Augment step-up/step-down care
- Support EBP’s
**NCPTSD 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 NCPTD Mental Health Apps

### Apps share similar features

<table>
<thead>
<tr>
<th>Psychoeducation (&quot;Learn&quot;)</th>
<th>Crisis Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coping Tools</td>
<td>Customization</td>
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<tr>
<td>Tracking</td>
<td>Save favorite tools</td>
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</table>

*Treatment Companion Apps contain all the same materials that are in the paper-based manual*
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
Moving Forward
Improve problem-solving to overcome obstacles and meet your goals.

Anger and Irritability Management Skills
Manage your anger and develop self-control over your thoughts and actions.

Path to Better Sleep
Improve your sleep habits and get more rest.

Parenting for Veterans and Service Members
Strengthen your parenting skills and connect with your children.

My Recovery Plan
Create a self-designed prevention and wellness plan for your mental and physical health.
Online Courses – www.ptsd.va.gov

**PTSD Coach Online**
Cope with upsetting thoughts and other symptoms of PTSD.

**CRAFT - PTSD**
A self-paced course for family members of someone working to manage PTSD.

**CRAFT - SUD**
A self-paced course for family members of Veterans working to manage substance abuse.
Self-Care Apps
PTSD Coach

For those affected by trauma.

Features:
• Learn
• Track Symptoms
• Manage Symptoms
• Get Support

Download on the App Store | GET IT ON Google Play
<table>
<thead>
<tr>
<th>Term</th>
<th>Symbol</th>
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<tbody>
<tr>
<td>Lateral Menu</td>
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<td>Export Icon</td>
<td>![Up and Share Icons]</td>
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<tr>
<td>Thumbs up/down</td>
<td>![Thumbs Up Icon]</td>
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</table>
Topics:
- Development of PTSD
- Risk factors for PTSD
- PTSD symptoms
- Effective PTSD treatments
- Impact of PTSD on children
- Tips for improving relationships with intimate partners
Options:
- Assess symptoms using the PCL-5
- Set reminders to take assessments
- Track symptoms over time

Export (Excel File)
- Save on your device (Dropbox, Google Drive, icloud)
- Email
- Veteran can send to provider via Secure Messaging
Options:
- Practice coping tools, including:
  - PMR
  - Deep breathing
  - Grounding
  - Soothing Audio
- Save helpful tools to “Favorites” list
- Track triggers with RID tool
  - (Relax, Identify, Decide)
Favorite a Tool

**Manage Symptoms**

Add a Favorite

**Deep Breathing**

Slowing down and deepening your breathing can help you calm down when you feel distress. Put on your headphones or go somewhere private and quiet to be led through the exercise.

**PTSD Coach**

And the trouble is, if you don't risk anything, you risk even more.

—Erica Jong

**Manage Symptoms**

**Track Progress**

- Deep Breathing
- Ambient Sounds
Tools to Access Support:
• Expanded crisis resources
• Resources for finding professional care
• Links to community groups
• Education about social impact of PTSD
Safety Plan Module

- 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

- Mirrors the paper plan, including all the steps, prompts, and resources
  - With bonus psychoeducational material!

- Accessed from the lateral menu
Other Features

Users rate level of distress before/after using strategies.

Save strategies that are helpful.

Can customize app with personal photos, support contacts, and music.

Now available in Spanish!
Other Features

Opt out of data sharing

Slide circular tab to the left to opt out
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
Mindfulness: Paying attention on purpose, to the present moment, with an attitude of non-judgment.

Mindfulness-based interventions are associated with greater well-being and lower symptoms in multiple conditions (e.g., PTSD).

(Hopwood & Schutte, 2017)
MINDFULNESS TRAINING

Mindfulness Training will help you get started with your mindfulness practice. This little tree will grow as you complete each level!

Self-guided 14 Levels:
- Psychoeducation
- Suggested mindfulness practices
- Recommendations for tracking progress

Readily adapted to group delivery.
Completion of each level of the training plan:
- Congratulates user
- Provides “growing tree” visual reinforcement
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
TRACK YOUR PROGRESS

Create mindfulness goals to work into your daily life. Take the Mindfulness Mastery survey and get feedback about your progress!

**Question 1 of 19**

I pay attention to physical experiences, such as the wind in my hair or the sun on my face.

- Never or very rarely true
- Not often true
- Sometimes true, sometimes not true
- Often true
- Very often or always true

Today, how successful have you been in meeting your goal?

67%
Successful

SUBMIT
Psychoeducation about mindfulness practice.

68 Topics organized into 9 General Categories.
Resources
Handouts

• Rx pad with recommendations

• Flyers
  ▪ Patient FAQ
  ▪ How to download app
  ▪ Self-care mobile apps

• Trifold Brochures
Videos

- **Brief Demos**
- **App Overviews**
- **Clinical demos**

  - Mobile Mental Health Apps Playlist on YouTube
  - Also view at www.ptsd.va.gov/professional/tech-care/videos.asp
  - Includes videos in Spanish & Safety Plan
“PTSD Bytes” Podcast

- Experts discuss tech that can support PTSD and other mental health concerns

- Tone and content appropriate for staff, Veterans, family members, general public
  - Brief “bite-sized” episodes (10-12 mins)

- Show page: [www.spreaker.com/show/ptsd-bytes](http://www.spreaker.com/show/ptsd-bytes)
  - Podcast available by searching “PTSD Bytes” on most platforms
  - New episodes released every other Tuesday
Tech into Care Community of Practice
Practice-Based Implementation (PBI) Network

Monthly Tech into Care Community of Practice Calls
Open to all VA staff interested in using VA’s mobile mental health apps and online programs with Veterans

**May 03 Tuesday**
**VA Virtual Care: Next Steps in Implementation**
Christina Armstrong, PhD

**Jun 07 Tuesday**
**Taking AIMS at anger: What we learn from users of the AIMS for Anger Management mobile app**
Taylor Nocera, PhD

**Jul 05 Tuesday**
**Evidence supporting mHealth and NCPTSD apps**
Eric Kuhn, PhD

**DATE / TIME**
Every 1st Tuesday of the month, 12-1 ET / 9-10 PT

**HOW TO JOIN**
Email MobileMentalHealth@va.gov for the Outlook invitation

**WHY JOIN US**
- Contribute to a community of VA staff interested in learning how to best utilize technology to serve Veterans
- Learn about newly released mental health mobile apps and online programs directly from the teams that develop them
- Troubleshoot issues with fellow staff and subject matter experts

Outlook Invitation: MobileMentalHealth@va.gov  Tech into Care SharePoint: https://tinyurl.com/Tech-Into-Care
# Practice-Based Implementation Network CE LECTURE SERIES

**2nd Wednesday of the month, 12-1 ET / 9-10 PT**
Open to anyone interested in learning more about the integration of technology into care for Veterans. CEUs available from ACCME, ACCME-NP, ANCC, APA, & ASWB. VA only: CEUs also available from ASHA & CDR.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Presenter(s)</th>
</tr>
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<tbody>
<tr>
<td>Mar 09 Wednesday</td>
<td><strong>COVID Coach in Research and Practice</strong></td>
<td>Annabel Prins, PhD &amp; Amanda Wood, PhD</td>
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<tr>
<td>Apr 13 Wednesday</td>
<td><strong>The Beyond MST Mobile App: Strategies and Lessons Learned for Supporting Military Sexual Trauma Survivors</strong></td>
<td>Amy Street, PhD &amp; Chris Skidmore, PhD</td>
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<tr>
<td>May 11 Wednesday</td>
<td><strong>The Importance of Video Visits for Mental Health Treatment</strong></td>
<td>Jan Lindsay, PhD</td>
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<tr>
<td>Jun 08 Wednesday</td>
<td><strong>Intro to Digital Mental Health and Digital Psychiatry</strong></td>
<td>Steven Chan, MD, MBA</td>
</tr>
<tr>
<td>Jul 13 Wednesday</td>
<td><strong>Ethics and Digital Mental Health</strong></td>
<td>Colleen Becket-Davenport, PsyD</td>
</tr>
<tr>
<td>Aug 10 Wednesday</td>
<td><strong>INSIGHT: How Technology Can Be Used to Support Complex Patients</strong></td>
<td>Jonathan Sills, PhD &amp; James Mazzone, PhD</td>
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To request an Outlook invitation: MobileMentalHealth@va.gov
More details: [www.ptsd.va.gov/professional/tech-care/tech_lectures.asp](http://www.ptsd.va.gov/professional/tech-care/tech_lectures.asp)
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: 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
• VA Mobile Mental Health Apps Playlist on YouTube: https://www.youtube.com/playlist?list=PL3AQ_JVoBEywT5XTAC2PnHIOITmBQR7i5
• PTSD Bytes podcast: www.spreaker.com/show/ptsd-bytes

Download apps: 

[Apple App Store] [Google Play]
Thank You!