



U.S. Department
of Veterans Affairs

Mental Health in May

Presenter:

Jeane Bosch, PhD, MPH

Clinical Psychologist

National Center for PTSD



Mobile Mental Health Program

Mobile Apps Team

- ❖ Jason Owen
- ❖ Kelly Ramsey
- ❖ Katherine Taylor
- ❖ Sarah Steinmetz
- ❖ Adrienne Heinz

Tech into Care

- ❖ Pearl McGee-Vincent
- ❖ Andrea Jamison
- ❖ Colleen Becket-Davenport
- ❖ Jeane Bosch
- ❖ Maggi Mackintosh
- ❖ Shilpa Hampole
- ❖ Shannon McCaslin
- ❖ Justina Wu

Research & CMARRS

- ❖ Eric Kuhn
- ❖ Lindsay Stanley
- ❖ Dan Blonigen
- ❖ Jason Owen
- ❖ Haijing Hallenbeck
- ❖ Joe Wielgosz
- ❖ Deloras Puran



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 not seek care

Bovin, M. J., Miller, C. J., Koenig, C. J., Lipschitz, J. M., Zamora, K. A., Wright, P. B., Pyne, J. M., & Burgess, J. F. (2019). Veterans' experiences initiating VA-based mental health care. *Psychological services*, 16(4), 612–620. <https://doi.org/10.1037/ser0000233>

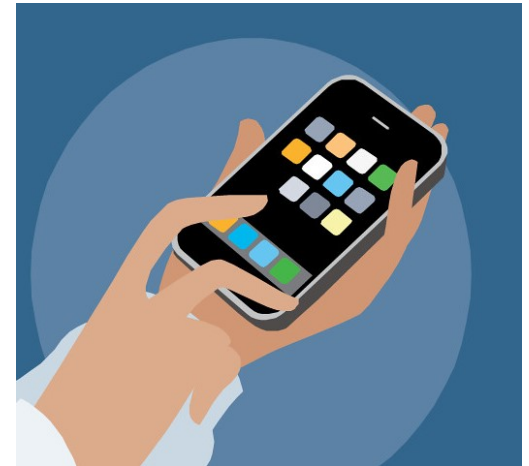
Trivedi, R. B., Post, E. P., Sun, H., Pomerantz, A., Saxon, A. J., Piette, J. D., Maynard, C., Arnow, B., Curtis, I., Fihn, S. D., & Nelson, K. (2015). Prevalence, Comorbidity, and Prognosis of Mental Health Among US Veterans. *American journal of public health*, 105(12), 2564–2569. <https://doi.org/10.2105/AJPH.2015.302836>

<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

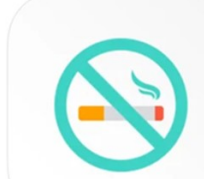
Self-Care Apps

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

Psychoeducation (“Learn”)

Crisis Resources

Coping Tools

Customization

Tracking

Save favorite tools

*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





Online Courses – www.veterantraining.va.gov



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

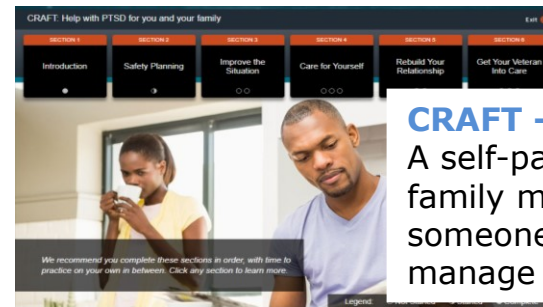
Create a self-designed prevention and wellness plan for your mental and physical health.



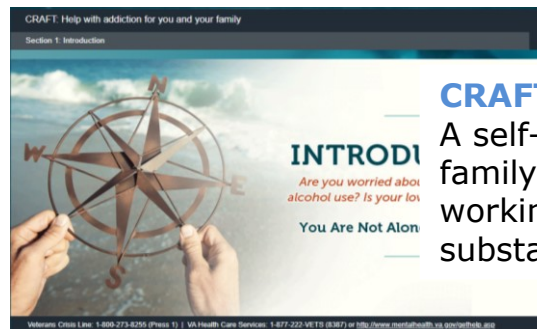
Online Courses – www.ptsd.va.gov



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.



U.S. Department
of Veterans Affairs

Self-Care Apps

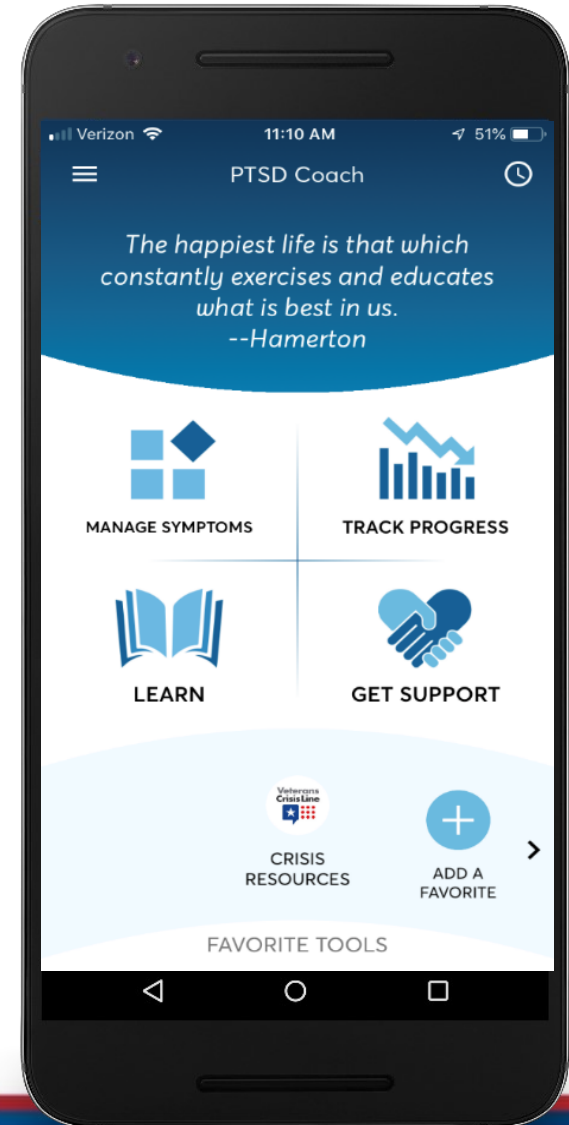


PTSD Coach

For those affected by trauma.






Features:

- Learn
- Track Symptoms
- Manage Symptoms
- Get Support





Common Terms

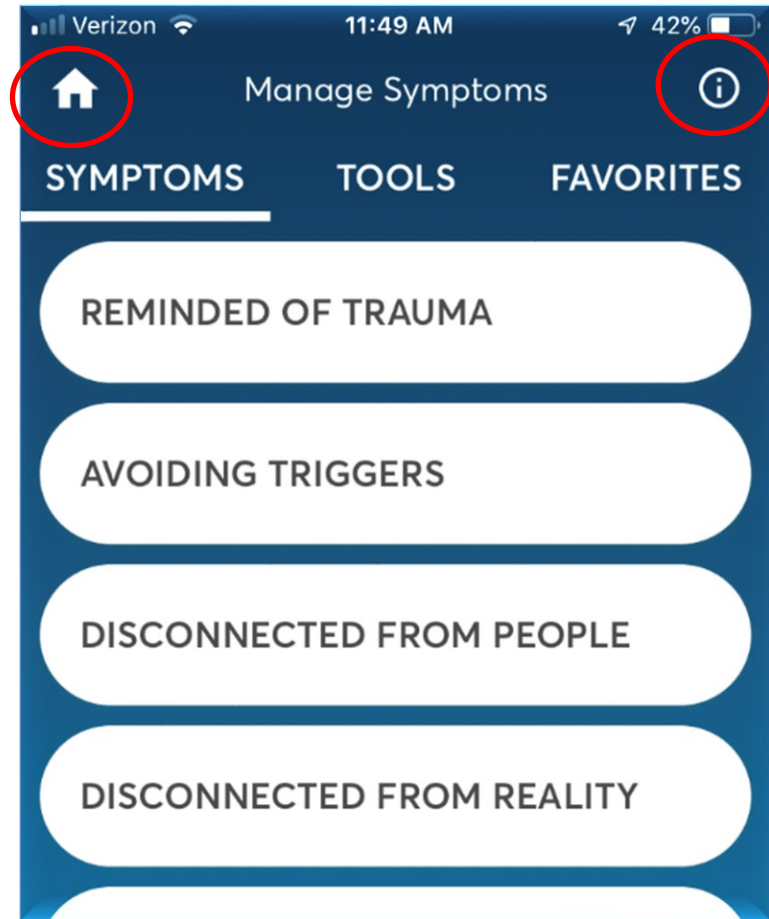
Term	Symbol
Lateral Menu	
“i” Icon	
Export Icon	 
Thumbs up/down	



Return to Home



Information





Learn



Topics:

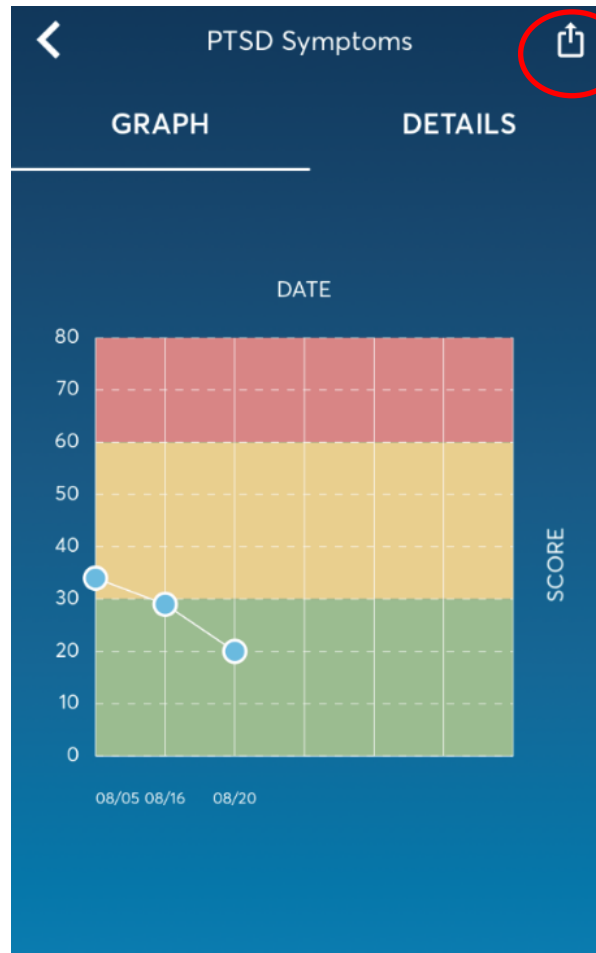
- Development of PTSD
- Risk factors for PTSD
- PTSD symptoms
- Effective PTSD treatments
- Impact of PTSD on children
- Tips for improving relationships with intimate partners



Track Progress

Options:

- Assess symptoms using the PCL-5
- Set reminders to take assessments
- Track symptoms over time

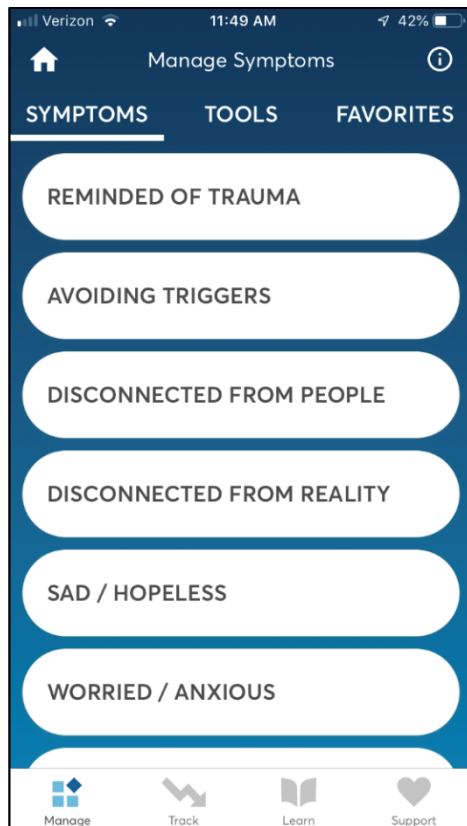


Export (Excel File)

- Save on your device (Dropbox, Google Drive, icloud)
- Email
- Veteran can send to provider via Secure Messaging

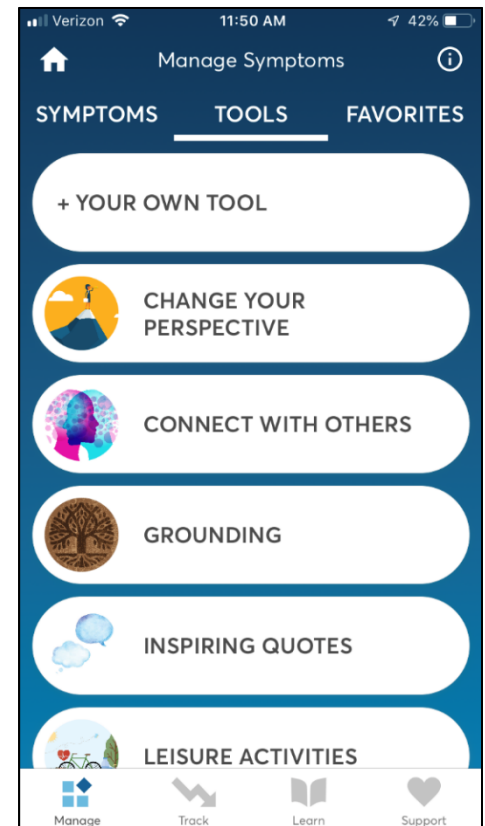


Manage Symptoms



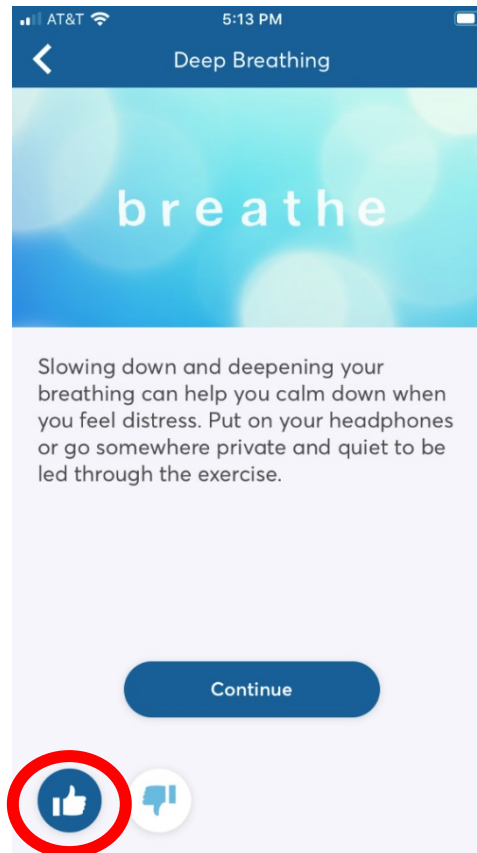
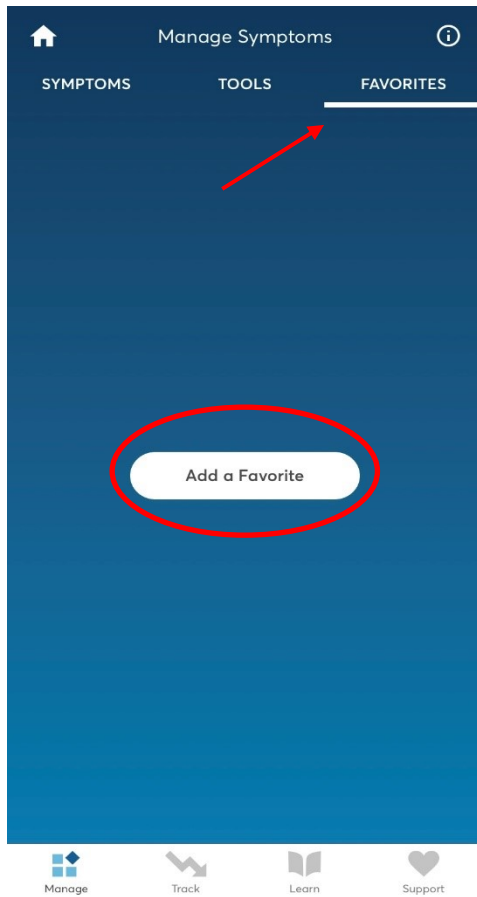
Options:

- 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





Get Support



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



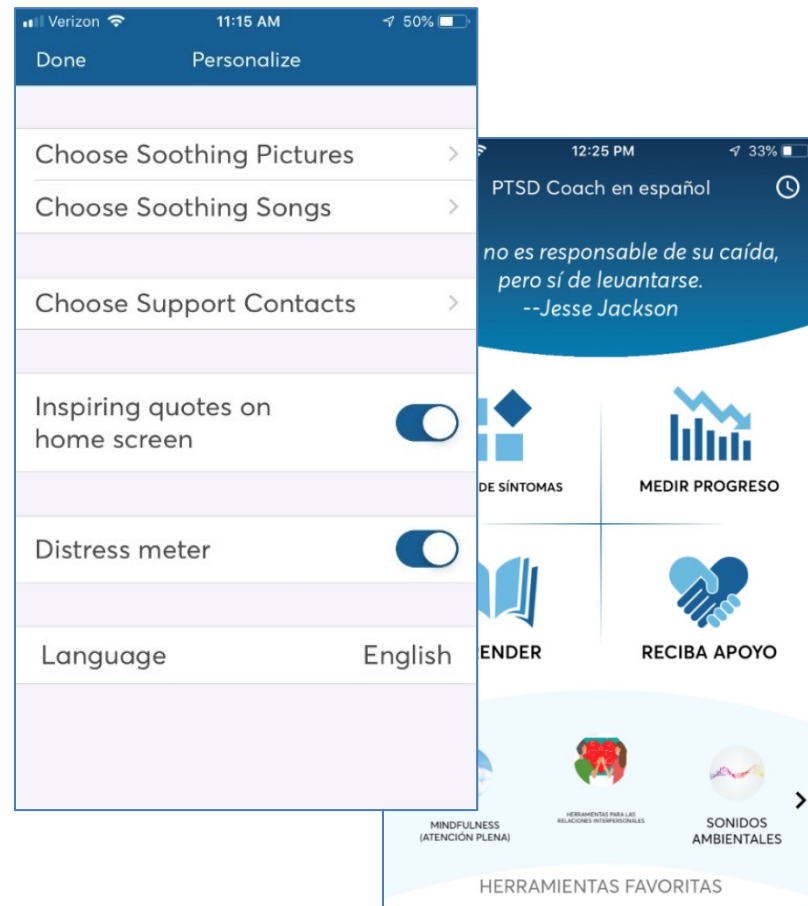
Other Features

Users rate level of distress before/after using strategies.

Save strategies that are helpful.

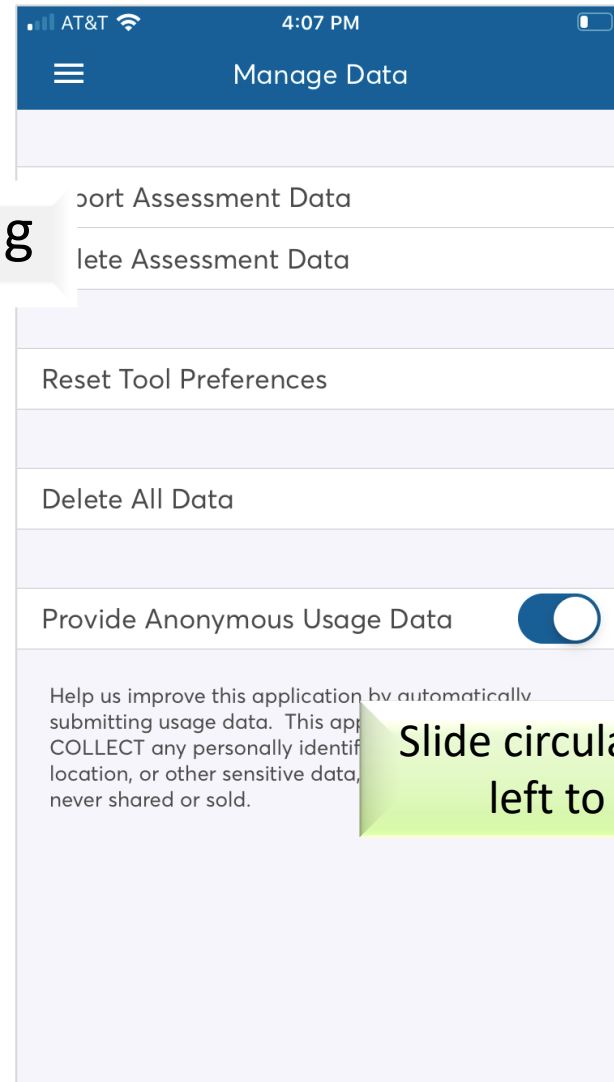
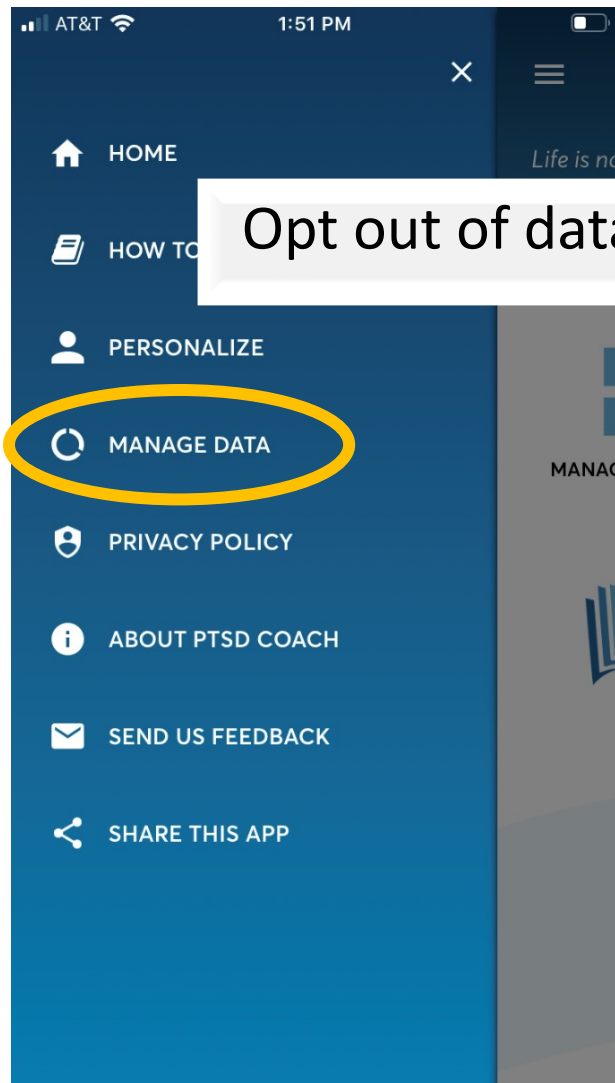
Can customize app with personal photos, support contacts, and music.

Now available in Spanish!





Other Features





U.S. Department
of Veterans Affairs

Mindfulness Coach

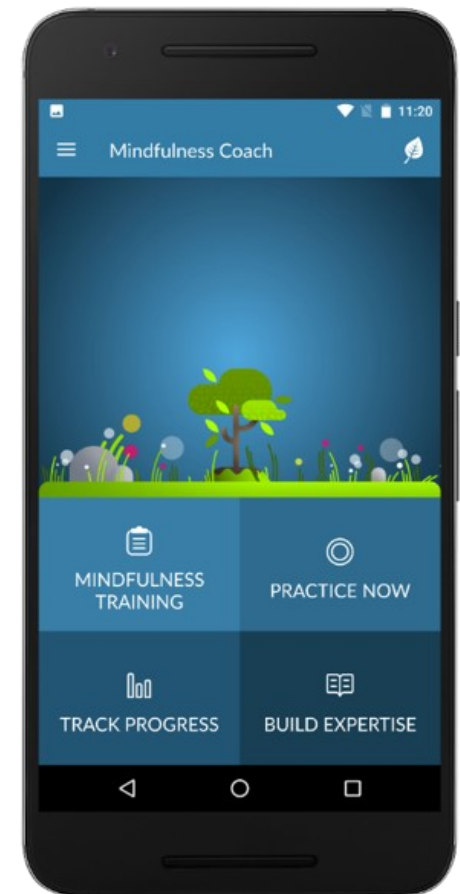


Mindfulness Coach

Designed to support independent mindfulness practice.

Features:

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





Mindfulness Definition and Value

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

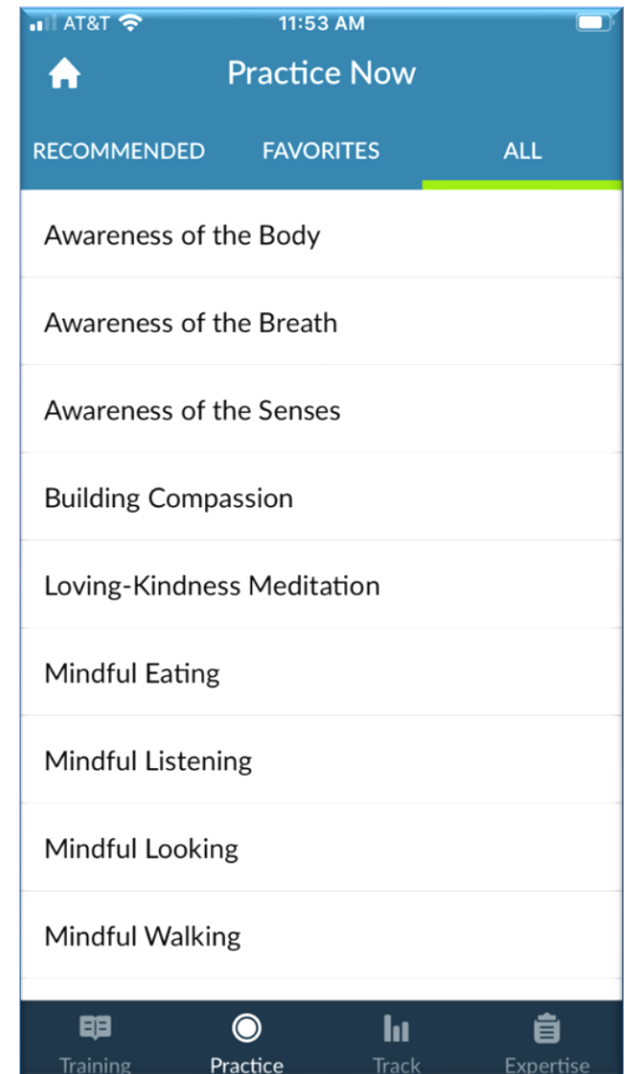




PRACTICE

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

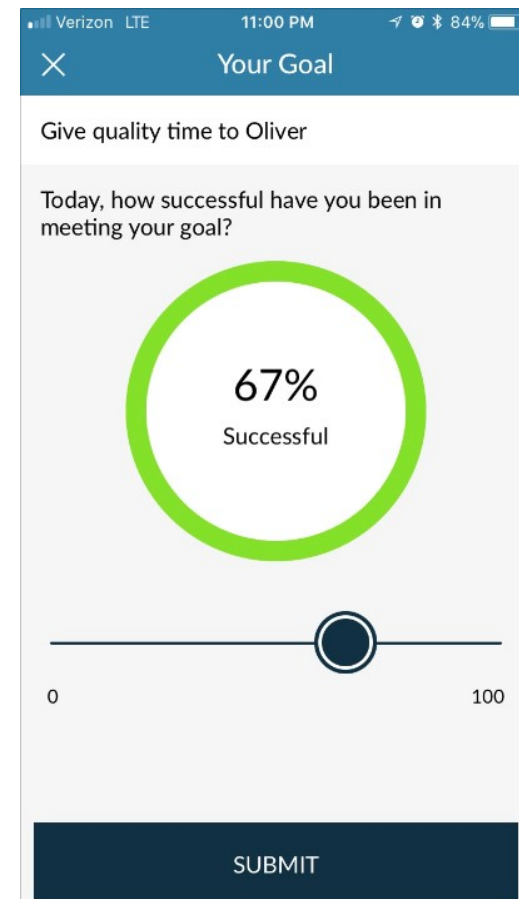
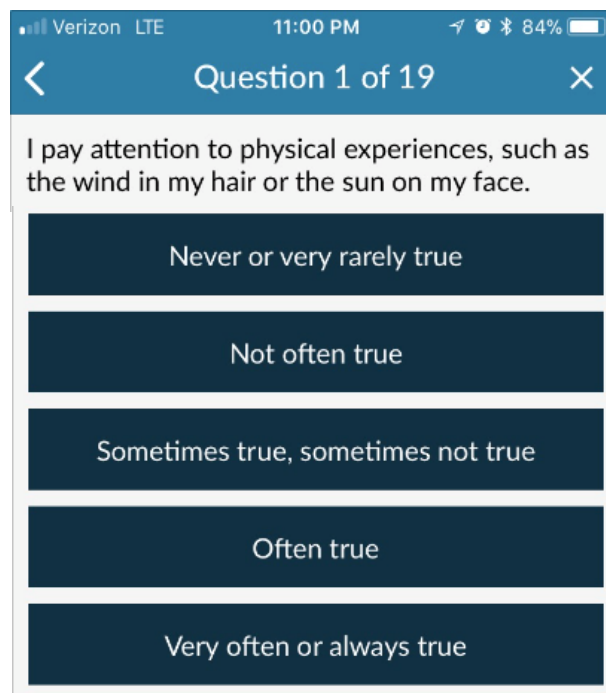
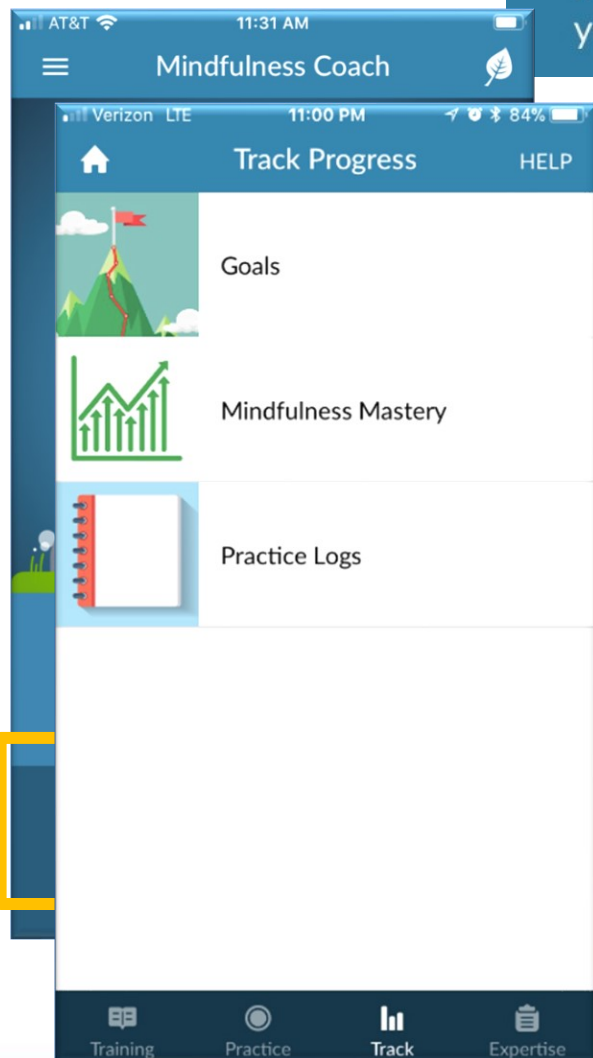
- 12 all-new practice exercises
- 9 exercises available for download
- NCPTSD can make any suggested mindfulness exercise available upon request

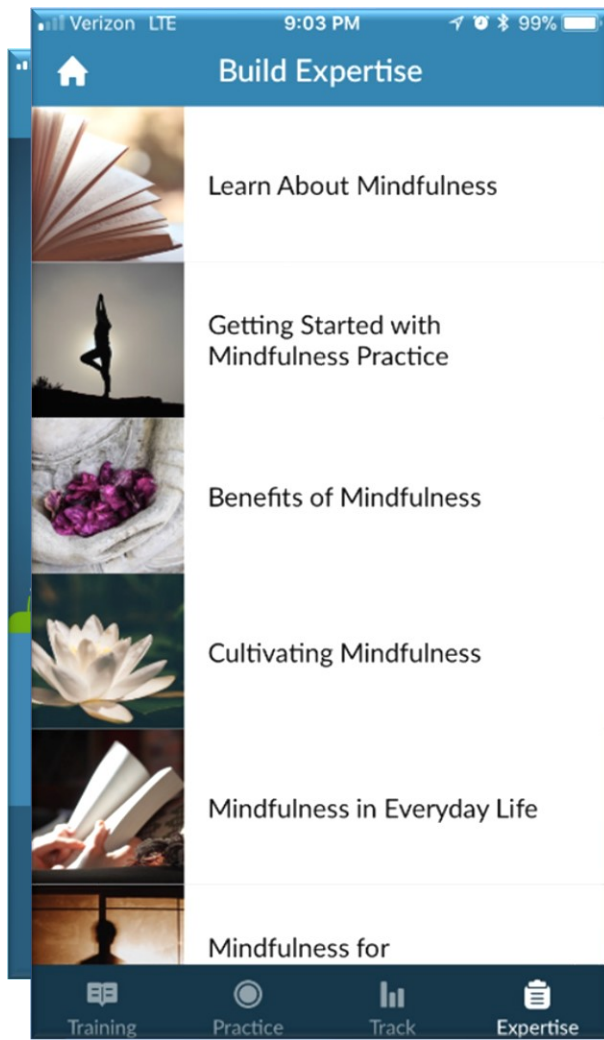




TRACK YOUR PROGRESS

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





BUILD YOUR EXPERTISE

Learn about the basic principles of mindfulness and how to overcome common challenges.

Psychoeducation about mindfulness practice.

68 Topics organized into 9 General Categories.



U.S. Department
of Veterans Affairs

Resources



Handouts

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

VA MOBILE APPS, ONLINE PROGRAMS, & MENTAL HEALTH CARE: WHAT YOU NEED TO KNOW

WHY VA MOBILE APPS & ONLINE PROGRAMS?

- **Free & Designed for Veterans:** VA mobile apps and online programs are free and made to meet the needs of Veterans.
- **Convenient:** Learn about PTSD, use tools to manage your symptoms and track your progress at any time of day.
- **Customizable:** Find the tools that work best for you. Set reminders at times that work with your schedule. You can also personalize the apps by uploading your own audio, pictures, contacts, and text.

How to Download Mobile Apps

- 1 Open the App Store / Play Store where you can download a mobile app. The icon is pre-installed in your app list.
- 2 Once you launch the App Store / Play Store, select the search icon if you don't see the search bar. Next type "PTSD Coach" (or the name of the app you wish to download) into the search bar and then tap "Search" or search icon as needed. Once you find the app scroll down if necessary. Tap it to select it.
- 3 Once the app finishes downloading, it should automatically create an icon for itself on the home screen. You can tap this icon to open the app at any time without going to the App Store / Play Store again.
- 4 The first time you open the app, the software End User License Agreement will appear. To move into the app, you need to read through this and tap the "I Accept" button at the bottom.

License Agreement: Veterans can use VA's VA mobile apps to access VA services and receive VA care. VA's mobile apps are provided as a service to Veterans and are not intended to replace VA care. VA's mobile apps are not a substitute for VA care. VA's mobile apps are not intended to be used in place of VA care. VA's mobile apps are not intended to be used in place of VA care.

Self-Care Mobile Apps
www.ptsd.va.gov
MobileMentalHealth@va.gov

NPTSD mobile apps were developed for Veterans and Servicemembers with PTSD and related concerns. However, these apps can be used by anyone to support recovery, including people who are in treatment as well as those who are not. Most of the apps feature education, self-assessment, skill development, personalized tools, multimedia demos, and links to support. There are also companion websites with extra content as noted below; these websites are independent of the apps and offer another way to access the information.

- **PTSD Coach** supports the self-management of posttraumatic stress disorder (PTSD). The app may be used alone or in combination with the website PTSD Coach Online (www.ptsd.va.gov/app/ptsdcoachonline).
- **PTSD Family Coach** is for partners, family members, and other loved ones of individuals who may be experiencing posttraumatic stress disorder (PTSD). This standalone app also contains support tools for caregiving.
- **AIMS** is an app for anyone with anger problems. It may be used alone, or in combination with the Anger and Irritability Management Skills online self-help course (www.veterantraining.va.gov/aims).
- **Concussion Coach** is for anyone who has experienced a concussion or mild to moderate traumatic brain injury (TBI) to learn about and cope with their injury.
- **Mindfulness Coach** is designed to support independent mindfulness practice. The app also includes guided meditations for PTSD symptoms, increasing resilience and self-compassion, and positive skills.
- **Mood Coach** is improving mood.
- **Moving Forward** problem-solving online course.
- **Parenting** parenting Veterans.
- **VetChange** be used.

PRESCRIPTION FOR BEHAVIORAL HEALTH Mobile & Web Resources

<input type="checkbox"/> ACT Coach	<input type="checkbox"/> COVID Coach	<input type="checkbox"/> PE Coach
<input type="checkbox"/> AIMS for Anger Management	<input type="checkbox"/> Insomnia Coach/Path to Better Sleep	<input type="checkbox"/> PTSD Coach/Online
<input type="checkbox"/> Beyond MST	<input type="checkbox"/> Mindfulness Coach	<input type="checkbox"/> PTSD Family Coach
<input type="checkbox"/> CBT-I Coach	<input type="checkbox"/> Moving Forward	<input type="checkbox"/> STAIR Coach
<input type="checkbox"/> CPT Coach	<input type="checkbox"/> Parenting	<input type="checkbox"/> VetChange
<input type="checkbox"/> Couples Coach		


RECOMMENDATION:

More info on mobile apps: www.ptsd.va.gov/appvid/mobile

Question about the Rx pads? MobileMentalHealth@va.gov



NCPTSD Website










U.S. Department
of Veterans Affairs

Get help from Veterans Crisis Line >

Search

SITE MAP [A-Z]



[Health](#)

[Benefits](#)

[Burials & Memorials](#)

[About VA](#)

[Resources](#)

[Media Room](#)

[Locations](#)

[Contact 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.

Treatment Works

Treatment Options

Consultation Program

How to Choose a Treatment


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

[Learn more >](#)

VETERANS HEALTH ADMINISTRATION




Tech into Care SharePoint



Mobile Mental Health & Technology































Tech-into-Care

[Home](#)
[Tech into Care](#)
[Event Calendar](#)
[Discussion Board](#)
[Mobile Mental Health Apps Project](#)
[Evaluation & Research](#)
[Suggest a New App](#)
[About Us](#)



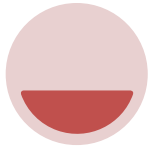
► **Topic : STAIR Coach (3)**

◄ **Topic : The Basics (22)**

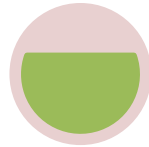
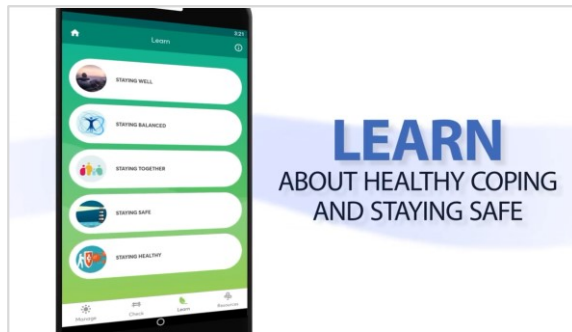
	VA Apps End User License Agreement (EULA)	<input type="checkbox"/>	Huang, Sharon	June 30	The Basics	
	How to Download Apps	<input type="checkbox"/>	Holland, Chelita R.	February 12, 2019	The Basics	
	Self-Help App List	<input type="checkbox"/>	Kuhn, Megan	February 12, 2019	The Basics	
	Treatment Companion App List	<input type="checkbox"/>	Juhasz, Katherine M.	February 12, 2019	The Basics	
	VA Mobile Apps_Patient FAQ	<input type="checkbox"/>	Juhasz, Katherine M.	February 12, 2019	The Basics	
	VA Mobile Apps_Providers FAQ	<input type="checkbox"/>	Holland, Chelita R.	February 12, 2019	The Basics	
	NCPTSD Mobile App Poster_General	<input type="checkbox"/>	Juhasz, Katherine M.	June 4, 2019	The Basics	
	NCPTSD Mobile App Poster_Veterans	<input type="checkbox"/>	Kuhn, Megan	June 4, 2019	The Basics	
	NCPTSD Online Program Poster	<input type="checkbox"/>	Juhasz, Katherine M.	June 4, 2019	The Basics	
	Android How to Download and Accessibility	<input type="checkbox"/>	Holland, Chelita R.	January 31	The Basics	
	iOS How to Download and Accessibility	<input type="checkbox"/>	Holland, Chelita R.	January 31	The Basics	
	Tips on Using Mobile Apps with Novice Users_v1.1	<input type="checkbox"/>	Juhasz, Katherine M.	January 31	The Basics	
	Secure-Messaging-Factsheet_OCC	<input type="checkbox"/>	Kuhn, Megan	February 4	The Basics	
	Secure Messaging_Sending Attachments	<input type="checkbox"/>	Juhasz, Katherine M.	February 4	The Basics	
	Mobile Device Info Android	<input type="checkbox"/>	Holland, Chelita R.	March 24	The Basics	



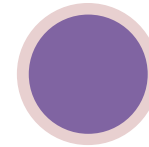
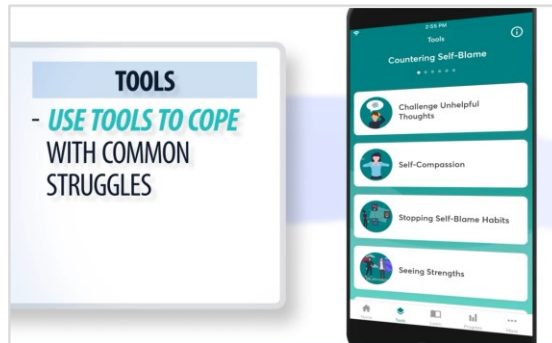
Videos



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
 - Podcast available by searching “PTSD Bytes” on most platforms
 - New episodes released every other Tuesday

	#10: Crisis Resources and Support	24 May	11:51
	#9: What is Trauma?	10 May	10:42
	#8: Treatments for PTSD 5: EMDR	26 Apr	11:31
	#7: Treatments for PTSD 4: Medications	12 Apr	11:36
	#6: Treatments for PTSD 3: Cognitive Proc...	29 Mar	10:59
	#5: Treatments for PTSD 2: Prolonged Expo...	15 Mar	10:42
	#4: Treatments for PTSD 1: Overview	01 Mar	11:19
	#3: What is PTSD?	15 Feb	10:34
	#2: Coping during COVID with the COVID C...	01 Feb	11:15
	#1: VA Mobile Mental Health Apps	18 Jan	11:37



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.

Mar 09
Wednesday
COVID Coach in Research and Practice
Annabel Prins, PhD & Amanda Wood, PhD

Jun 08
Wednesday
Intro to Digital Mental Health and Digital Psychiatry
Steven Chan, MD, MBA

Apr 13
Wednesday
The Beyond MST Mobile App: Strategies and Lessons Learned for Supporting Military Sexual Trauma Survivors
Amy Street, PhD & Chris Skidmore, PhD

Jul 13
Wednesday
Ethics and Digital Mental Health
Colleen Becket-Davenport, PsyD

May 11
Wednesday
The Importance of Video Visits for Mental Health Treatment
Jan Lindsay, PhD

Aug 10
Wednesday
INSIGHT: How Technology Can Be Used to Support Complex Patients
Jonathan Sills, PhD & James Mazzone, PhD

To request an Outlook invitation: MobileMentalHealth@va.gov
More details: www.ptsd.va.gov/professional/tech-care/tech_lectures.asp





Resources

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:





U.S. Department
of Veterans Affairs

Thank You!