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.

Lisa Huang, MLS, MS
Lisa.Huang@va.gov

July 20, 2022 @ 2pm EST
This presentation is provided for informational purposes only. Any views, findings, conclusions or recommendations expressed in this program do not necessarily represent those of North Florida/South Georgia Veterans Health System, its the Library, the Department of Veterans Affairs, or the Veterans Health Administration.

The presenter declares no conflict of interest and there is no financial interest to report.
1. Locate authoritative resources on the VA’s Mobile Mental Health apps.

2. Describe two components of all VA self care apps.

3. How to promote and disseminate the VA’s self care apps.
PTSD.VA.GOV

• History
• Mission
• MobileMentalHealth@va.gov
Why Mobile Apps?

Smartphones are:

**Accessible**
- 85% of population owns a smartphone (Pew Research Center, 2021)

*Physically accessible*
- Available 24/7

**Discreet**
VA Mobile Apps Are:

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

Questions or comments: MobileMentalHealth@va.gov
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

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

- **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.

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

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

Questions or comments: MobileMentalHealth@va.gov
Components of Self Care Apps

- Psychoeducation (“Learn”)
- Coping Tools
- Tracking

- Crisis Resources
- Customization
- Save favorite tools

Questions or comments: MobileMentalHealth@va.gov
Mindfulness Coach App

Designed to support independent mindfulness practice.

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

Questions or comments: MobileMentalHealth@va.gov
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 Coach App

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
• 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!

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**Your Goal**

Give quality time to Oliver

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

67%

Successful
• Psychoeducation about mindfulness practice.

• 68 Topics organized into 9 General Categories.
Scavenger Hunt

1. Name one reading from Level 1 of Mindfulness Training

2. Name one of the reminders in the app

3. Name one Frequently Asked Question from the app

4. Other than the Veterans Crisis Line, name one crisis resource that is listed in the app

Questions or comments: MobileMentalHealth@va.gov
Library Perspective: We wear multiple hats

- Supervisory Librarian
- Local Coordinator, VHA Mobile Health Provider Program
- mHealth Specialist
- mHealth Ambassador
- Current Health Systems Specialist (detailed)
About Us

- Largest VA health system
- Most complex VA healthcare system
- 2 medical centers
- 5,800 FTEs
Our Veteran Population

• Largest age group of Veterans: 45-70

• Traveled great distance to be here

• Digital Divide

• Rural Challenges

• Mental Health Challenges

Image from Veterans Health Library
Ideas

• Offer classes, especially for CME/CE credit for Staff
• Offer classes to the public
• Write press releases
• Submissions to Weekly Newsletters
• Get on the meeting agenda
• Create your mailing list (email group; listserv) of allies
• Packets (folders) for discharged mental health patients and Veterans.

Funded data plans for tablets to promote the MMH apps for staff
• Partnership with National Center for PTSD Joint VA/DoD project, “Expanding Reach of VA/DoD Mobile Apps to Improve Coping and Reduce Suicide Risk.”

www.ptsd.va.gov/app/mobile
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 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
• YouTube Playlist: VA Mobile Mental Health Apps Playlist

Download apps:
• iTunes/App Store
• Google Play Store
Online Courses – www.veterantraining.va.gov

Moving Forward
Improve problem-solving to overcome obstacles and meet your goals.

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

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

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

Path to Better Sleep
Improve your sleep habits and get more rest.
Online Courses – www.ptsd.va.gov

**CRAFT – SUD**
A self-paced course for family members of Veterans working to manage substance abuse.

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

**PTSD Coach Online**
Cope with upsetting thoughts and other symptoms of PTSD.
Now Available: 988

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

Images from SAMHSA
Thank you

Resources:
• National Center for PTSD: ptsd.va.gov
• VA App Store = mobile.va.gov/appstore
Questions

Lisa Huang,
Lisa.Huang@va.gov,
352-231-5234

Thank you!