

Welcome



Mindfulness Coach

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.

Help @ Your Fingertips: VA Mobile Mental Health Apps

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

Disclaimers

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U.S. Department of Veterans Affairs

North Florida / South Georgia Veterans Health System

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The presenter declares no conflict of interest and there is no financial interest to report.

Learning Objectives

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



National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

PTSD.VA.GOV

- History
- Mission
- *MobileMentalHealth@va.gov*

ACT





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



MANAGE STRESS WITH PTSD COACH



Get Help with PTSD Symptoms

PTSD Coach can help you manage stress with easy-to-access tools. Download the app for support today.

[Learn more »](#)

PTSD Bytes

PTSD Monthly Update

PTSD Coach



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ptsd.va.gov

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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



NCPTSD Mobile Mental Health Apps

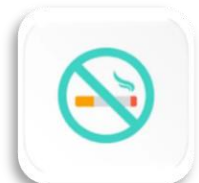
Self-Care Apps

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



Self Care Mobile Apps



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



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



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



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



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



Mindfulness Coach is designed to help people regularly practice mindfulness.



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



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



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



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Components of Self Care Apps



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

Mindfulness Coach App

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



Mindfulness Coach App



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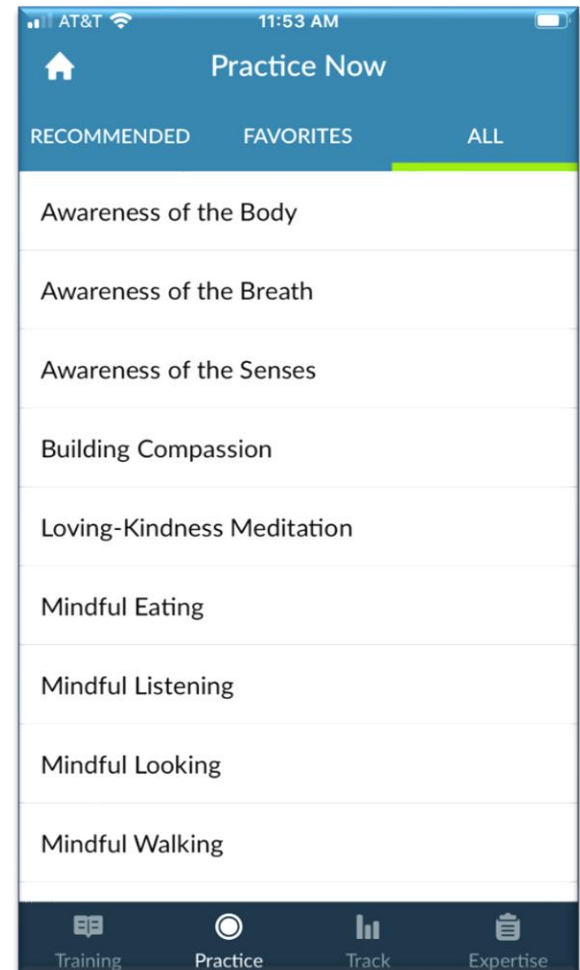


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PRACTICE

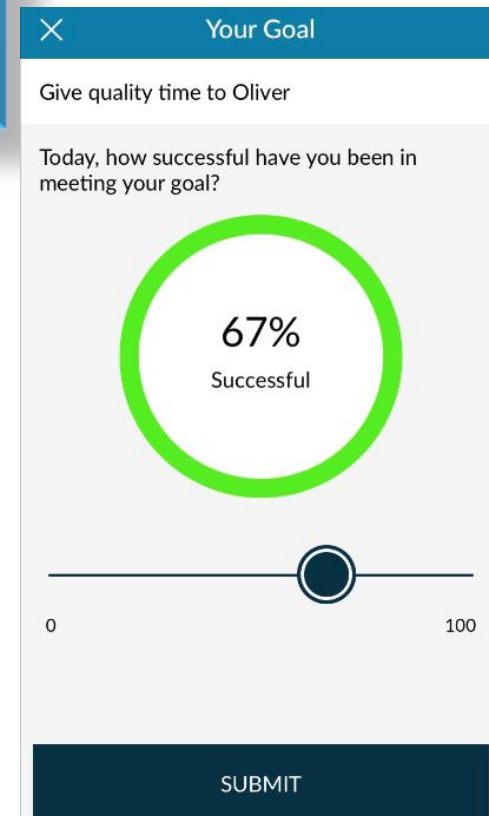
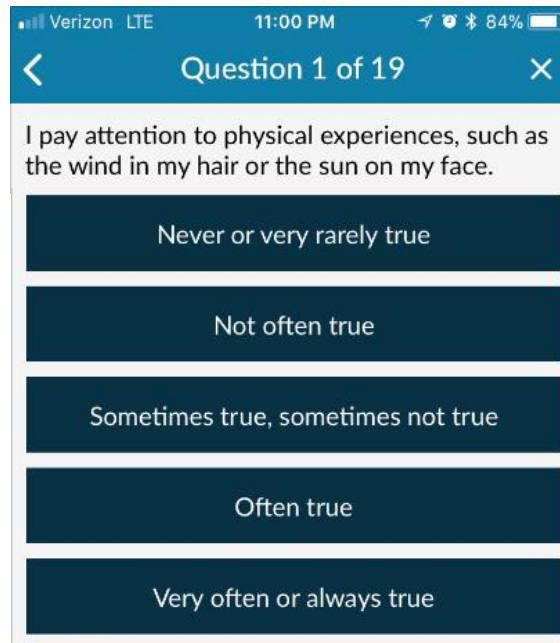
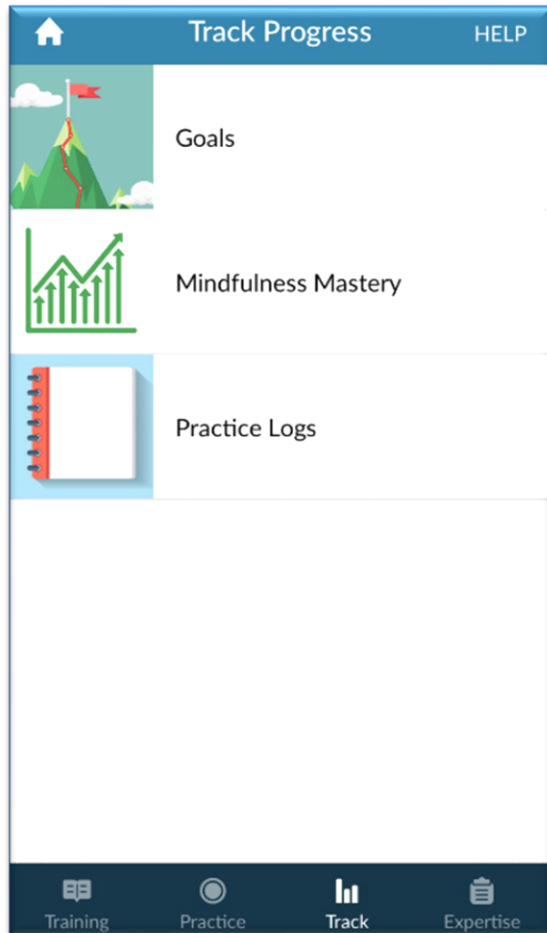
Try a series of mindfulness practice exercises designed to help you learn about the different types of mindfulness.

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



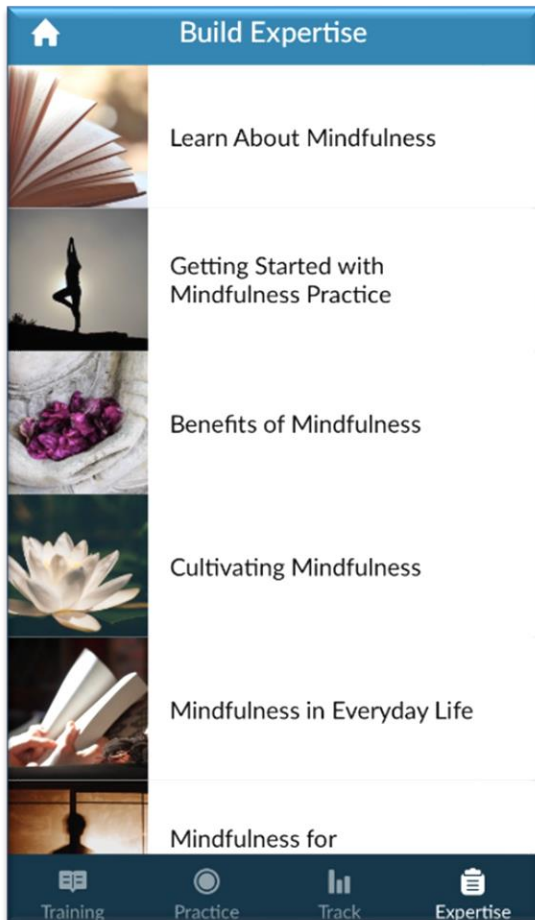
TRACK YOUR PROGRESS

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.

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



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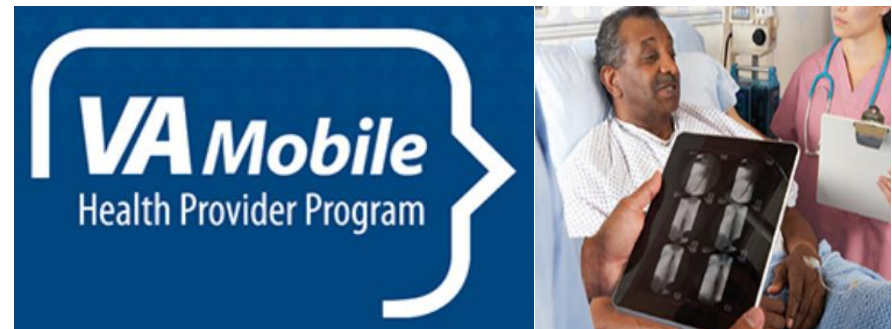
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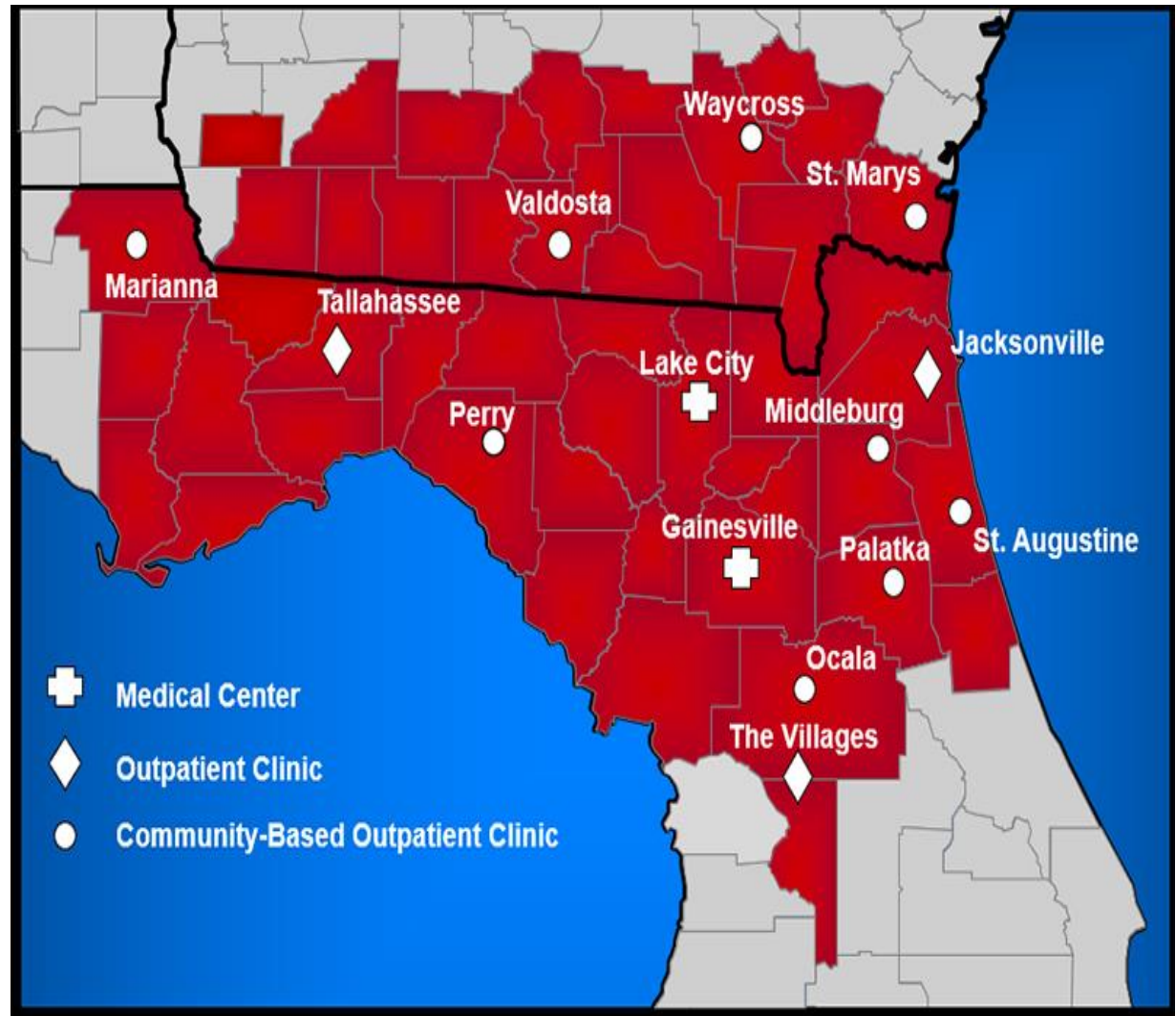
Library Perspective: We wear multiple hats

- Supervisory Librarian
- Local Coordinator, VHA Mobile Health Provider Program
- *m*Health Specialist
- *m*Health Ambassador
- Current Health Systems Specialist (detailed)



About Us

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



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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.



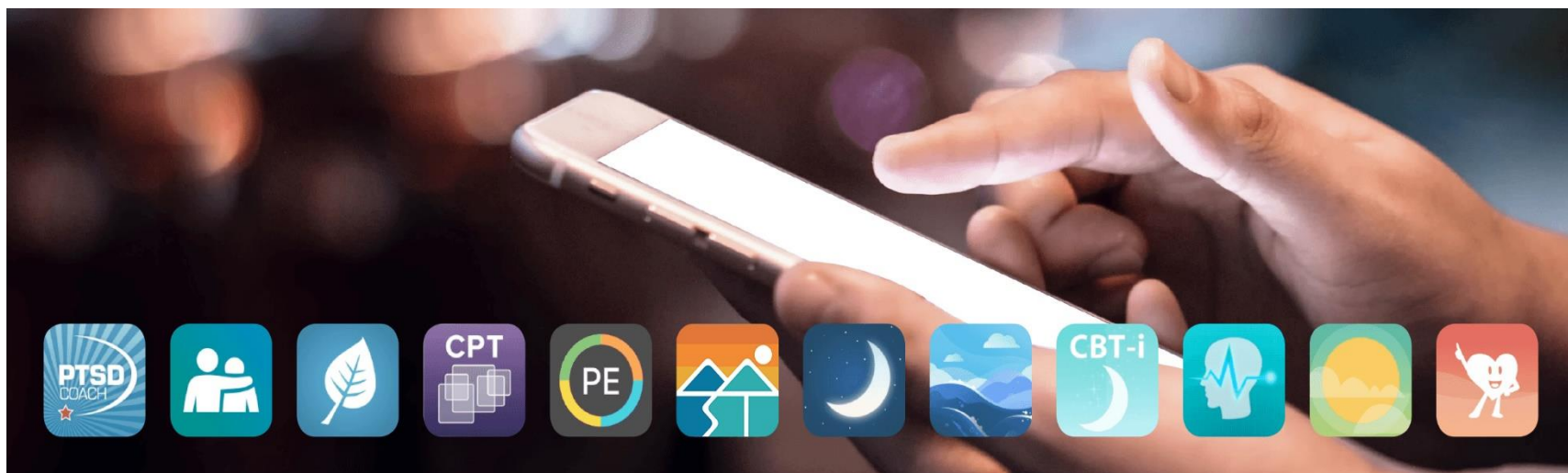
Innovators Network Spark-Seed-Spread Investment Program

The Spark-Seed-Spread Innovation Investment Program seeks innovative concepts, programs, products, and solutions from VHA employees. This program invests in both employees themselves and their innovative solutions.

[Read More »](#)

Funded data plans for tablets to promote the MMH apps for staff

VA Mobile Mental Health Apps



- 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:

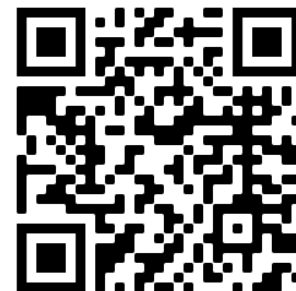
MobileMentalHealth@va.gov

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



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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.



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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.



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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.



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Images from SAMHSA

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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!