

WHAT'S OURS IS YOURS: FREE MENTAL HEALTH RESOURCES FROM THE DEPARTMENT OF VETERANS AFFAIRS

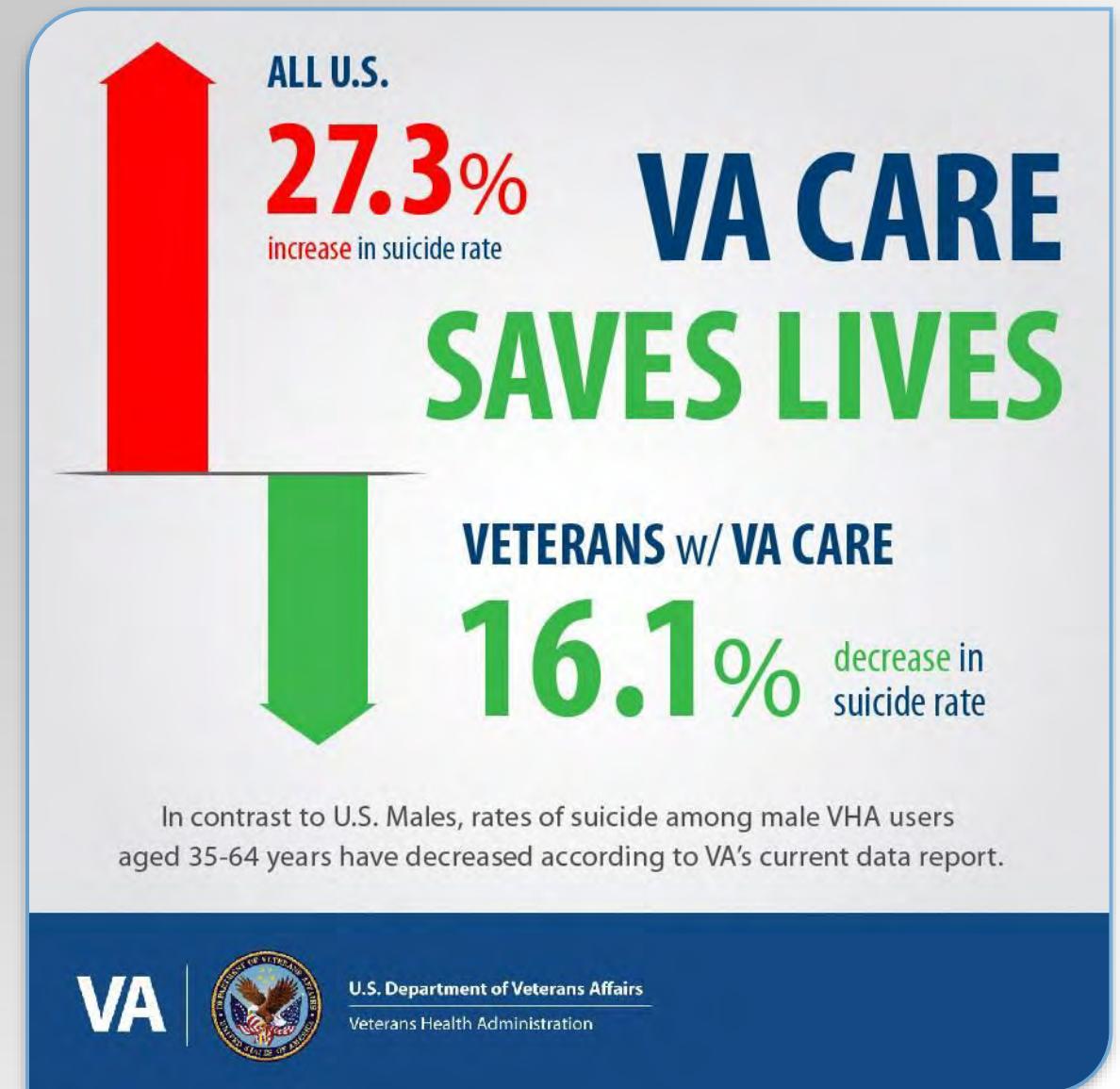
SAMANTHA HACK, PhD, LMSW
VISN 5 MENTAL ILLNESS RESEARCH, EDUCATION, AND CLINICAL CENTER
US DEPARTMENT OF VETERANS AFFAIRS

NAMI MARYLAND ANNUAL CONFERENCE
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THE VIEWS EXPRESSED IN THIS PRESENTATION ARE THOSE OF THE AUTHOR AND DO NOT NECESSARILY REFLECT THE POSITION OR POLICY OF THE DEPARTMENT OF VETERANS AFFAIRS OR THE UNITED STATES GOVERNMENT.

OVERVIEW

- Whole Health
- mHealth apps
- Websites and Videos
- Clinical Resources



PUBLIC FUNDING

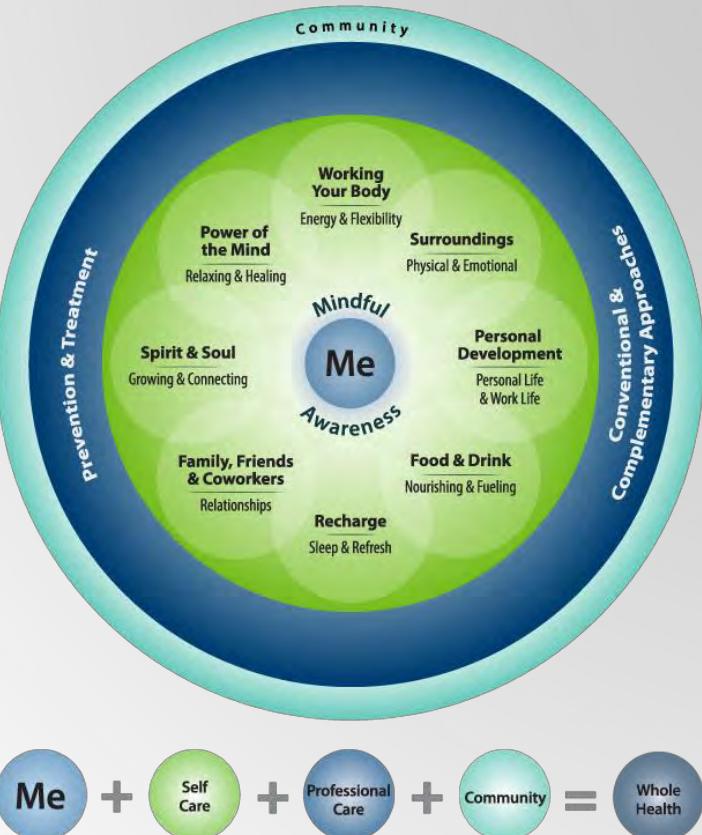
- Misconception: VA products are for Veterans and VA providers only
- Truth: Many VA products are created using public funds and are then made available to the public





WHOLE HEALTH

WHOLE HEALTH



- Focus on integrated care instead of medical model
- NO to “What’s the matter with the person?” or disease-centered care
- YES to “What matters most to the person?” and person-centered care



$$\text{Me} + \text{Self Care} + \text{Professional Care} + \text{Community} = \text{Whole Health}$$

WHOLE HEALTH HANDOUTS

- Whole Health overview
- Meditation and breathing exercises
- Probiotics and Eating for inflammation, diabetes, IBS
- Introduction to Yoga, Tai Chi, and Qigong
- Changing sleeping habits
- Spiritual anchors
- Exploring your values
- Compassion practice
- Ergonomics and Information Fasts
- How to do an information fast

<https://www.va.gov/PATIENTCENTEREDCARE/veteran-handouts/index.asp>



1-800-273-8255 **PRESS 1**



[\[Expand All\]](#) | [\[Collapse All\]](#)

At the Center of the Circle of Health

Mindful Awareness

Power of the Mind

Food and Drink

- An Introduction to Food and Drink for Whole Health: [HTML](#) | [PDF](#)
- Carbohydrates and Your Health - Glycemic Index, Glycemic Load and Blood Sugars: [HTML](#) | [PDF](#)
- Deciding How to be a Healthier Eater [HTML](#) | [PDF](#)
- Eating to Reduce Inflammation [PDF](#)
- Healthy Tips on Eating Out and Grocery Shopping: [HTML](#) | [PDF](#)
- Mindful Eating: [HTML](#) | [PDF](#)
- How a Healthy Gut Makes for a Healthier You: [HTML](#) | [PDF](#)
- Probiotics for Specific Conditions [HTML](#) | [PDF](#)
- How to Eat a Mediterranean Diet: [HTML](#) | [PDF](#)
- When Your Food & Drink Could Be Causing You Problems: Elimination Diets: [PDF](#)
- Eating to Reduce Irritable Bowel Symptoms: The FODMAP Diet: [HTML](#) | [PDF](#)
- Whole Health Food, Drink, Activity and Symptom Log: [HTML](#) | [PDF](#)

Working the Body

Recharge

Spirit and Soul

Personal Development

Family, Friends and Co-workers

Surroundings

Too Much Bad News: How to Do an Information Fast

Crime is going down, but you wouldn't know that from looking at national media because we still cover the same number of crimes, the same number of murderous trials, so there is a danger that we are not reflecting the world.

– Tony Gallagher

If it bleeds, it leads. – Adage about the news

How does the news affect my health?

In 2014, Harvard researchers asked 2,500 American adults what causes stress in their daily lives. Forty percent admitted that "watching, reading, or listening to the news" was one of their top life stressors.¹ Since then, more studies have shown that learning about bad news hurts our mental health more than listening to good news helps our mental health.²

Unfortunately, the media spends more time focusing on bad news than good news. One study found there are seventeen bits of bad news shared for every one that is about something good.³ That's because consumers are more likely to pay attention to stories about war, terrorism, bad weather, and natural or manmade disasters.⁴ Psychologists call this our "negativity bias." We tend to react to bad news faster and remember it better.⁵

All of this bad news damages our health in the following ways:

- Increasing stress hormone (cortisol) levels in our body⁶
- Increasing depressive symptoms, loneliness, and hopelessness⁷
- Creating feelings of anxiety that last beyond the news program⁸
- Making us feel more threatened by others around us⁹
- Triggering post-traumatic stress disorder (PTSD) symptoms^{10,11}

Studies done after the 9/11 attack and the Boston Marathon bombing showed that people who watched the news had more flashbacks about the attacks. Some even experienced more anxiety than the people who were present at the attacks.^{11,12}

The more we are exposed to negative stories, the more it causes us anxiety.¹³ Stress and anxiety negatively affect our long-term health.

What types of media affect my health?

The studies mentioned in this handout looked at how we react to the news we get from newspapers, magazines, televisions, and websites. Recently, more Americans are also getting their news from social media websites such as Facebook, Instagram, Pinterest, Reddit, and Twitter. Polls show that 8 out of 10 Americans who use the internet also use social media, and a majority of Americans get news from social media.¹⁴ Negative reports on social media can also contribute to anxiety and depression. In fact, a recent study found that people exposed to multiple social media sites were up to 3 times as likely to have anxiety and depression as people who went to fewer sites.¹⁵

How can I avoid the mental health effects of the news?

Many of us rely on daily news sources at work and during our free time. And psychologists agree that some Americans are addicted to the news. Totally staying away from the news may be too hard for most of us. Instead, experts offer 3 practical ways to decrease anxiety, depression, and PTSD symptoms that may be related to watching the news:

- (1) Balance the negative news with positive news sources. The same studies mentioned earlier also found that good news stories bring out positive emotions in us. Seek out positive news sources such as the "Good News Network" and "Headlines for The Hopeful." Get updates from the Constructive Journalism Project on how some people are trying to increase reporting of positive news topics.
- (2) If you think you might be addicted to the news or social media, consider using self-hypnosis. A self-hypnosis resource is provided below in the "For more information" table.
- (3) Try a media and information fast. This involves cutting down on TV, internet, radio, and newspaper sources of the news for a short time to allow your brain to rest and recover. There are many ways to do this without it throwing off your daily life. For more information, review the exercise below.

Exercise: How to do a Media and Information Fast

Before The Fast

Step 1: Start by keeping a media journal. This simply means keeping a small notebook with you throughout the day and writing down what news sources you use (TV, internet, phone applications, radio, etc). Keep track of how long you used them, what topics you reviewed, and how the news made you feel. Try to do it on at least 3 typical days, and look at both weekdays and weekends. This is a great mindful awareness practice.

Step 2: Once you complete your media journal, ask yourself what you want to get rid of during the information fast. This could be one of your information sources, or all of them. Consider starting with the news sources you use most often.

Step 3: Decide how long you want to take a break from these sources. Your media fast can be as short or long as you wish. Common times for a media fast are 24 hours, 3 days, 7 days, or even 1 month. Another option is to choose specific days-off from media during the week. This may mean not checking the news on your phone during the weekend, or only watching TV news broadcasts on Mondays and Fridays.

During the Fast

Step 4: Take time to reflect on how you feel without your news sources. Do you feel out of touch? Do you miss the information? Have you saved time? Have you noticed that your mood is better and your stress is lower? Do you feel like you have less to talk to other people about? Keep notes of anything you feel is important to remember after the experience.

Too Much Bad News: How to Do an Information Fast

Step 5: Fill your extra time with activities that make you healthier and happier. Spend time with friends and family or in nature. Ask yourself if you feel like you have more time to do the things you enjoy.

After the Fast

Step 6: When you finish your fast, think back to Step 4. Do you feel the information fast improved your health? Which sources of information are most helpful to you and which are the most harmful? Find a balance between getting information and not being harmed by it. Start adding back what you feel you need the most.

Step 7: Consider repeating this exercise from time to time, like doing spring cleaning. Our sources of news and other information change quickly, so this exercise is worth doing at least once a year, if not more.

As one becomes aware of the decline of violence, the world begins to look different. The past seems less innocent; the present less sinister.¹⁶ - Steven Pinker

The information in this handout is general. Please work with your health care team to use the information in the best way possible to promote your health and happiness.

For more information:

ORGANIZATION	RESOURCES	WEBSITE
Veterans Health Association	A variety of Whole Health handouts on surroundings	https://www.va.gov/PATIENTCENTER_EDCARE/veteran-handouts/index.asp
Good News Network	Website focused on publishing positive news stories	https://www.goodnewsnetwork.org/
Hypnosis Download	Self-hypnosis guide to reducing news addiction	http://www.hypnosisdownloads.com/addiction-help/news-addiction
Headlines for The Hopeful	Positive news source which also focuses on Veterans experiences	https://hopefulheadlines.org/

This handout was written for the Veterans Health Administration (VHA) by Sagar Shah, MD, integrative and family medicine physician at Kaiser Permanente in Honolulu, Hawaii and student in Master of Public Health program at Emory University. It is based in part on a document for clinicians, "A Media and Information Fast" written by J. Adam Rindfuss, MD. The handout was reviewed and edited by Veterans and VHA subject matter experts.

Resources

1. Robert Wood Johnson Foundation, National Public Radio, Harvard School of Public Health. The Burden of Stress in America. Robert Wood Johnson Foundation website.

SETTING WHOLE HEALTH GOALS

- Personal Health Inventory
 - 11 pages
- Mission/Aspiration/Purpose
- In depth discussion of current status and future goals for 8 areas of self care
- <https://www.va.gov/PATIENTCENTEREDCARE/docs/VA-OPCC-Personal-Health-Inventory-final-508.pdf>
- Personal Health Inventory – Short
 - 2 pages
- Mission/Aspiration/Purpose
- Numerical assessment of current status and future goals for 8 areas of self care
- https://www.va.gov/PATIENTCENTEREDCARE/docs/PHI_Short_508.pdf



MOBILE HEALTH APPS

CONSUMER APPS - 28

- Anger and Irritability Management Skills (AIMS)
 - Track and manage anger
- Mindfulness Coach
 - Learn mindfulness and stress reduction
- Move! Coach
 - Weight loss support

- Parenting2Go
 - Parenting skills
- PTSD Coach
 - Tools to manage PTSD
- Vet Change
 - Develop healthier drinking habits



<https://mobile.va.gov/appstore/mental-health>

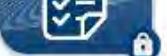


ACT Coach



In ACT with a therapist and want added support? Find it here.

iOS Android



Airborne Hazards and...



Deployment-related exposures information for Veterans.

Web



Anger and Irritability M...



Track, address and manage anger better with AIMS.

iOS Android



Annie App for Veterans...



Meet Annie, she sends Veterans self-care messages.

Web



CBT-i Coach



Engaged in CBT-i and want extra support? The Coach is here.

iOS



Concussion Coach



Customizable tool to help manage concussion symptoms.

iOS Android



CPT Coach



App to enhance CPT treatment with a mental health provider.

iOS



Mindfulness Coach



Be in the moment! Learn mindfulness to reduce stress.

iOS Android



MobileKidney



Track kidney health and learn about other disease topics.

Web



Mood Coach



Boost your mood through positive activities with this app.

iOS



MOVE! Coach



Looking for weight loss support? This app is for that.

iOS Android



Moving Forward



Tools to keep you moving forward during times of stress.

iOS

Description

Feedback to VA

Mood Coach is an app for Veterans, Service members, and others to learn and practice Behavioral Activation. This app is designed to help you boost your mood through participation in positive activities. You can make a plan with positive activities and track your progress.

This app provides

- Scheduling of positive activities for your selected values
- An activity log for tracking your progress
- A daily mood rating tool
- Education about depression, posttraumatic stress disorder, and Behavioral Activation
- The PHQ-9 assessment for tracking symptoms of depression

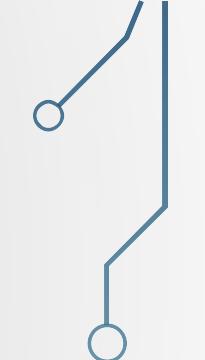
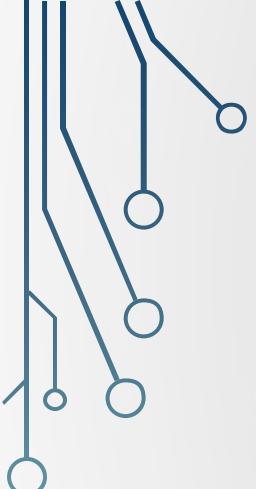
Mood Coach can be used on its own by those who would like mood management tools, or to augment face-to-face care with a healthcare professional. It is not intended to replace therapy for those who need it.

Mood Coach was developed by VA's National Center for PTSD.



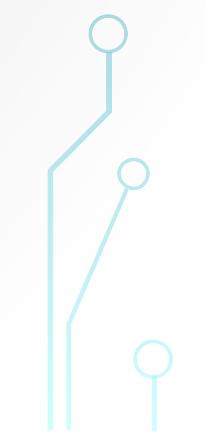


WEBSITES AND VIDEOS



INFORMATION ABOUT TREATMENT

- **Make the Connection**
- <https://maketheconnection.net/>
- Videos can be selected based on gender, diagnosis, symptoms, service era, branch, and combat experience.
- Videos show real Veterans discussing their experiences before, during, and after mental health care



Information For...

Life Events & Experiences

Signs & Symptoms

Conditions

Videos

Resources

Q

Signs & Symptoms

Symptoms — whether mild, moderate, or severe — can make daily life more difficult. But, there are ways to address symptoms and live well.

Alcohol or Drug Problems

Anger and Irritability

Chronic Pain

Confusion

Difficulty Concentrating

Dizziness

Eating Problems

Feeling on Edge

Feelings of Hopelessness

Flashbacks

Gambling

Guilt

Headaches

Loss of Interest or Pleasure

Nightmares

Noise or Light Irritation

Reckless Behavior

Relationship Problems

Social Withdrawal / Isolation

Stress and Anxiety

Trouble Sleeping

HEAR STORIES OF RECOVERY

FROM VETERANS LIKE YOU.

What does it mean if you are having feelings of hopelessness?

+



Show me videos of
Veterans who served
during:

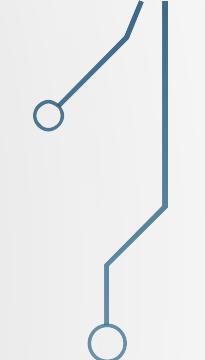
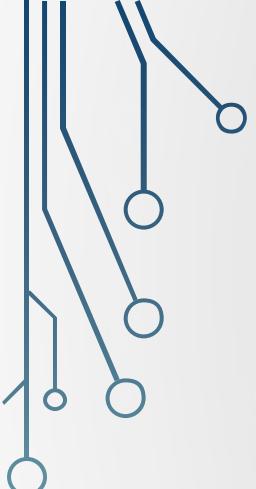
- Post-9/11 Era (2001 - Present)
- Desert Era (1990 - 2000)
- Post-Vietnam War Era (1976 - 1989)
- Vietnam War Era (1960 - 1975)
- Post Korean War Era (1954 - 1959)
- WW II through Korean War Era (1941 - 1953)

What can cause feelings of hopelessness?

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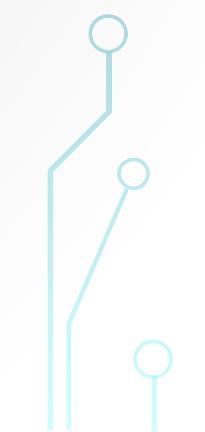
If I'm feeling hopeless or having thoughts of hurting myself, what can I do about it right away?

+



INFORMATION ABOUT TREATMENT

- **Treatment Works for Vets**
- <https://www.treatmentworksforvets.org/>
- A public website about proven mental health treatments
- Lots of illustrated videos and engaging pages to show details of what different treatments are like



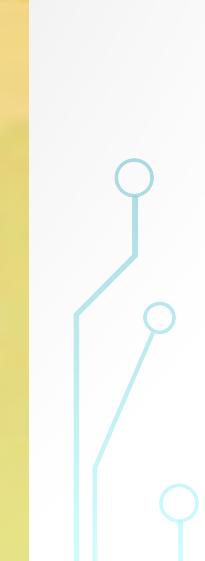


You may feel alone, but you're not.

Some Veterans may turn to alcohol or other drugs.



Click the arrow to
see how things
can be different!



TREATMENT
WORKS
FOR VETS

MENU =

Good news!

There are now proven treatments that can help.

Show me a path to
feeling better

[LEARN ABOUT YOUR OPTIONS](#)

Show me a path to
sleeping better

[LEARN ABOUT YOUR OPTIONS](#)

Show me a path to
coping better
without alcohol or other drugs

[LEARN ABOUT YOUR OPTIONS](#)

or

Show me a path to
managing chronic
pain

[LEARN ABOUT YOUR OPTIONS](#)

or

Show me a path to
improving relationship
distress

[LEARN ABOUT YOUR OPTIONS](#)

or



What if I want to do more than one?

What is TreatmentWorksForVets.org?

TreatmentWorksForVets.org is a public information website created to spread the word about proven "talk therapies," or counseling treatments, now available for problems like depression, insomnia (difficulty sleeping), substance use problems, chronic pain, and relationship distress. These treatments have helped many Veterans – and could help many more! We hope the experience on this website will help more Veterans to know their options and reach out for proven help.

Throughout your journey on the site, you will be able to:

1. Learn about proven treatments by watching brief videos and through interactive exercises about treatment and how it works,
2. Set possible treatment goals and see

I'll help guide you through this website. First, we'll learn about proven treatments. Next, we'll explore possible treatment goals you may have. Then, we'll learn how to find treatment.



Here's an outline of what we'll cover.

- 1 Learn about treatments
- 2 Set your goals
- 3 Find treatment near you

GET STARTED WITH STEP 1

Proven Treatments

Evidence-Based Psychotherapies:

Proven Treatments for Veterans

We all have life struggles that can weigh us down. Sometimes we can overcome them on our own, but sometimes we get stuck. Now, there are proven "talk" therapies, or counseling treatments, called "evidence-based psychotherapies" (or "E-B-Ps"). EBPs are effective for issues like depression, insomnia (sleep difficulty), substance use problems, chronic pain, relationship distress, and other "invisible wounds."

Check out this short video to learn more about these proven treatments!





Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) are two “talk therapies” that have been proven [effective](#) in treating depression. These treatments are based on the idea that how we feel is related to: (1) the thoughts that run through our mind and (2) our behaviors, or how we spend our time. People who are depressed are more likely to have thoughts that are extreme or unhelpful. They also stop doing things they care about or that make them feel good about their lives.

Both CBT and ACT teach proven skills for thinking and acting that are key to beating depression, though each treatment is somewhat different in its focus. For example, in CBT, clients learn how to change extreme or unhelpful thoughts that contribute to depression. In ACT, clients learn to change how they relate to their thoughts so that the thoughts don't have the power they once did.

Check out the table below for a brief summary of the two treatments. Then select the treatment you wish to learn more about!

[Cognitive Behavioral Therapy](#)

[Acceptance and Commitment Therapy](#)



Sessions 6-8

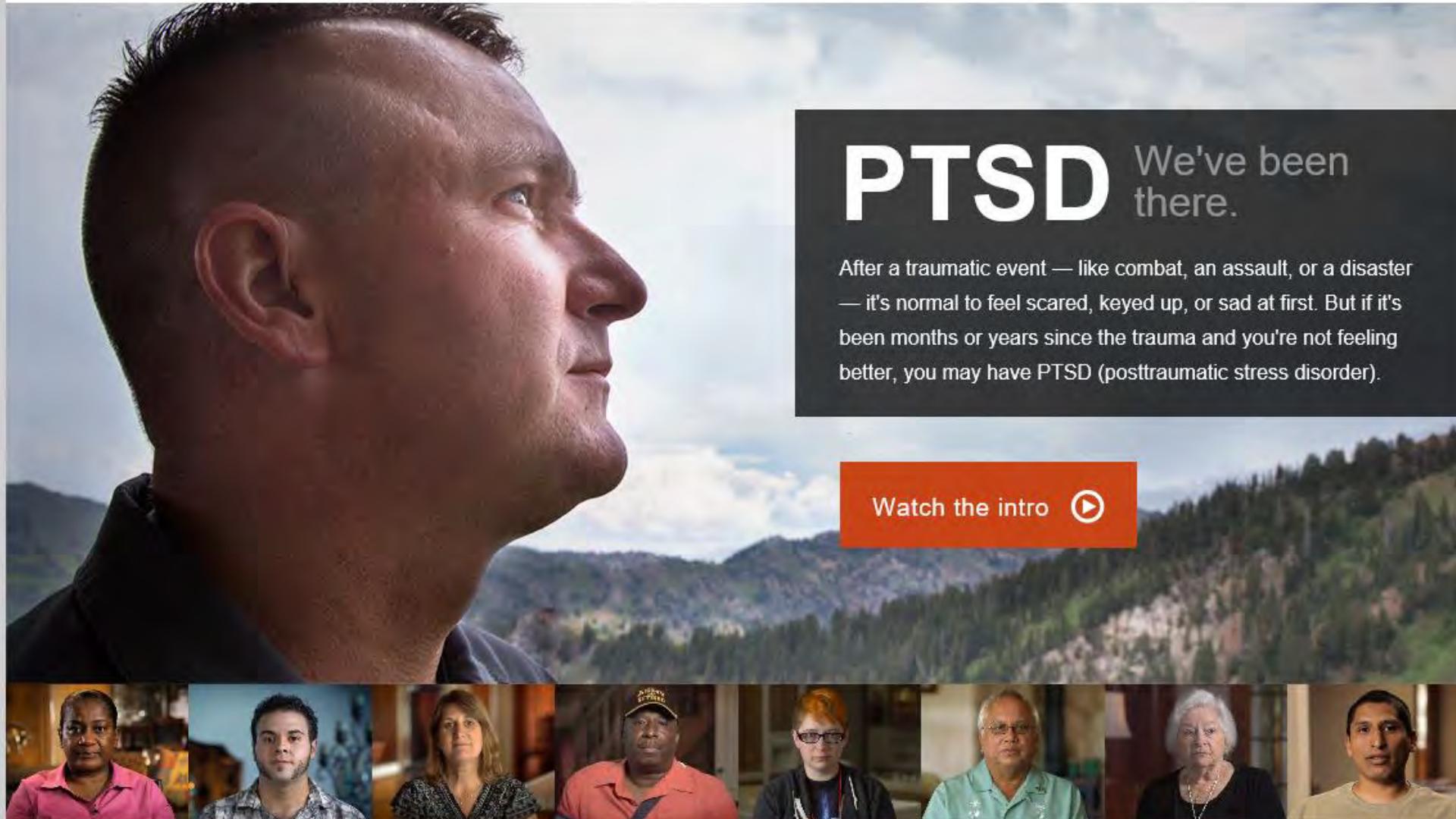
Tina noticed that doing pleasant activities started to improve her mood and make her feel more confident. She increased pleasant activities from 2 to 5 per week. She also said that relaxation exercises she learned lowered her stress level from about 9 out of 10 to about 3 out of 10 most days.

Sessions 9-12

Tina spent the next few weeks practicing how to catch and change negative thoughts in different situations in life. She used tools her therapist gave her to help her change these thoughts. Being more aware and in control of her thinking helped Tina feel better about herself and to be in more control of her emotions.

INFORMATION ABOUT TREATMENT – PTSD SPECIFIC

- **AboutFace**
- <https://www.ptsd.va.gov/apps/AboutFace/>
- AboutFace features videos of real Veterans who have experienced PTSD, their family members, and VA clinicians.
- You can learn about PTSD, explore treatment options, and get advice from others who have been there.



This is AboutFace

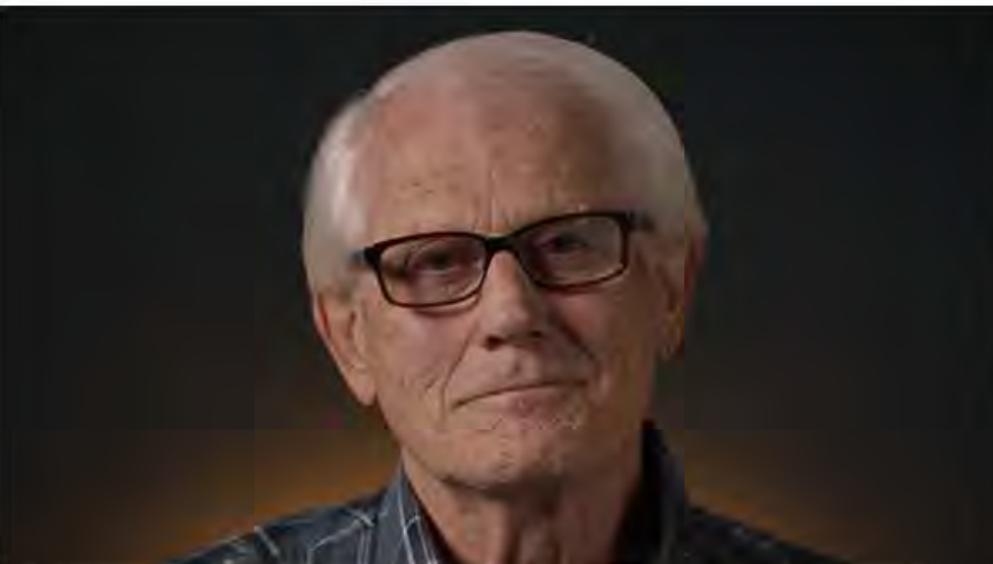
The pot of gold

When Rogelio "Roger" Rodriguez came home with PTSD, his family's dreams were shattered. Roger, his family, and his therapist tell the story of how PTSD treatment got him back on track and made their family stronger.

Rogelio "Roger" Rodriguez

US Air Force, US Navy 1987 – 2013

[Watch the video →](#)



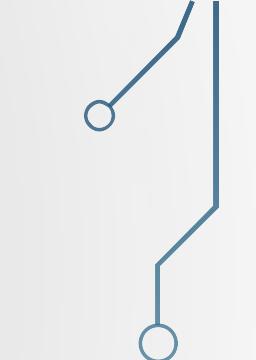
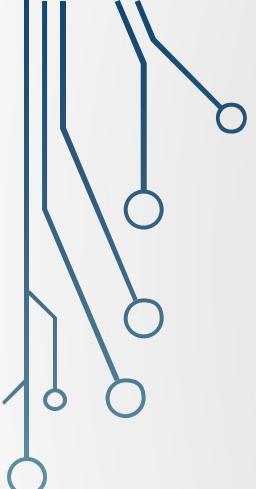
It's totally freeing

Years of flashbacks sent Dave Hanson to the edge. Dave, his family, and his therapist explain how Prolonged Exposure therapy brought him back to a full and happy life.

David Hanson

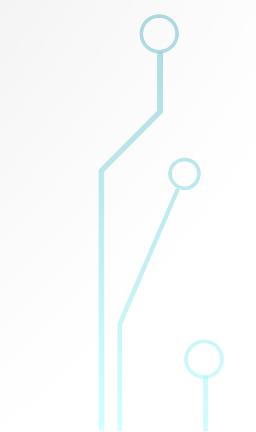
US Air Force 1967 – 1971

[← Watch the video](#)



COPING SKILLS

- **Moving Forward: Overcoming Life's Challenges**
- <https://www.veterantraining.va.gov/movingforward/>
- Moving Forward is an online course that teaches skills to help you overcome stressful problems and meet your goals
- Can pair with the Moving Forward App



Moving Forward
Path to Better Sleep
Sleep Check-up
Veteran Parenting
About the Site
FAQs

VA Mental Health Home Page

► More Health Care

QUICK LINKS

Hospital Locator

Zip Code Go

Health Programs

Protect Your Health

A-Z Health Topics

 Veterans Crisis Line

1-800-273-8255 **PRESS 1**

 My Health My Vet

My Health, My Care: 24/7  Access to VA

 eBenefits

My Gateway to Benefit Information

STUCK? PROBLEMS DEPRESSED
OVERWHELMED
RELATIONSHIP UNEMPLOYMENT
DIFFICULTIES STRESS SUBSTANCE ABUSE
LOSING HOPE TRANSITIONING TO CIVILIAN LIFE
FAMILY ISSUES DIVORCE
EMOTIONAL PROBLEMS PARENTING CHALLENGES
PHYSICAL DISEASE



Start Moving Forward!

 START THE COURSE

Moving Forward is an online course that teaches skills to help you overcome stressful problems and meet your goals. The course is free and registration is not required. No personal information is requested or stored by the website. Moving Forward is designed for **Veterans and Service Members** who are facing challenges including:

- Managing Stress
- Coping with physical injuries
- Balancing school & family
- Financial difficulties
- Relationship problems
- Adjustment issues

There are eight modules, each containing videos, games and interactive exercises:

1. Why Should You Take This Training?
2. What Is the Moving Forward Program?
3. What Type of Problem-Solver Are You?
4. How to Solve Problems When Your Brain Is Overloaded
5. How to Solve Problems When Under Stress
6. How to Solve Problems Step-by-Step
7. How to Start Solving Your Problems Now
8. Where Should You Go From Here?



Moving Forward Mobile App

A Moving Forward mobile app is available for users of iOS devices

MOVING FORWARD

Overcoming Life's Challenges

Module 1 Why Should You Take This Training?

Menu ▾

Why Do People Get Stuck at Times?

Facing life's challenges can sometimes be stressful and difficult. Sometimes we don't have enough resources, we experience strong feelings, or the situation seems overwhelming. At other times, we just don't know what to do. Why do you think people get stuck? What has been your experience? Now that you've heard Brandon Miller's story, you may have some questions for him. Select any of the four questions listed here to listen to what Brandon has to say.

We solve problems all the time. Why is this one so hard for you? 

Can't you just get answers on the Web? 

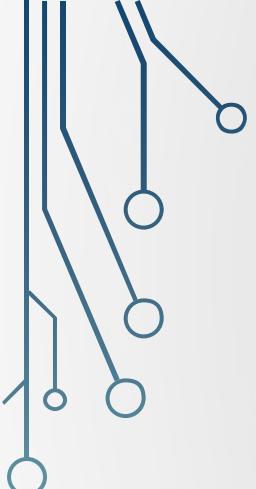
Doesn't your military experience help you overcome life's challenges? 

Is it just a matter of will power? 

 Help Resources



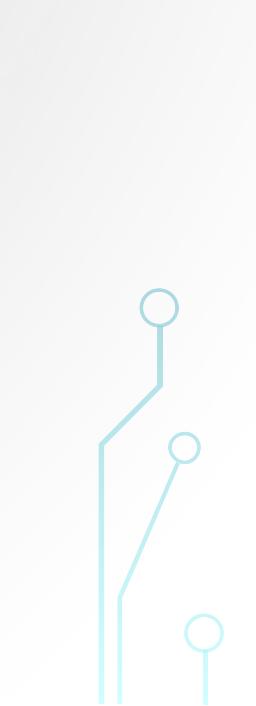
CLINICAL RESOURCES



NEVE WORRY ALONE



- **Suicide Risk Management Consultation Program**
- <https://www.mirecc.va.gov/visn19/consult/>
- The Suicide Risk Management Consultation Program (SRM) provides free consultation, support, and resources that promote therapeutic best practices for providers working with Veterans at risk of suicide
- Offers free consultations, tools, and trainings



► MIRECC/CoE

► More Health Care

QUICK LINKS

 Hospital Locator

Zip Code

 Health Programs

 Protect Your Health

 A-Z Health Topics

 Veterans Crisis Line

1-800-273-8255 **PRESS 1**

 My Health My Vet

Online
My Health, My Care: 24/7 Access to VA

 eBenefits

My Gateway to Benefit Information



Supporting Providers Who Serve Veterans

[Home](#) [About](#) [How It Works](#) [FAQ](#) [Results and Benefits](#) [Tools and Training](#) [Share SRM](#)

The Suicide Risk Management Consultation Program (SRM) provides free consultation, support, and resources that promote therapeutic best practices for providers working with Veterans at risk of suicide.



Learn How SRM Helps

Are you a provider supporting Veterans? Learn how SRM can help you treat Veterans at risk of suicide.

[Start Here](#)



Request A Free Consult

SRM offers providers a safe space to address Veteran suicide treatment concerns. Request a free consult.

[Start Here](#)



Sharpen Your Skills

Providers can best serve Veterans when they have the resources they need. Access SRM's free tools and trainings.

[Start Here](#)

CONTINUING EDUCATION UNITS (CEU)

- **VHA TRAIN**
- <https://www.train.org/vha/welcome>
- TRAIN is a free service for learners from the Public Health Foundation and the Veterans Health Administration Employee Education System (EES).
- It supports the professional development needs of public health and health care providers, with a focus on Veteran patient care.



Password

[Can't log in?](#)

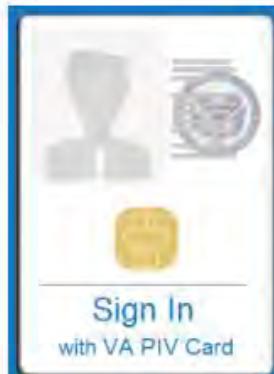
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Keep me logged in

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[Become a Course Provider](#)



catalog of public health training opportunities. TRAIN is a free service for learners from the Public Health Foundation. VHA TRAIN is supported by the Veterans Health Administration Employee Education System, an internal education and training program office in the Department of Veterans Affairs. The EES-developed learning programs found in the VHA support the professional development needs of public health and health care providers, with a focus on Veteran patient care.



If this is your first visit select "Create an Account" on the left menu to register. You only need one TRAIN account to access multiple TRAIN sites. Be sure to opt-in emails so that you can receive important messages.

If you already have an account, please enter your login name and password in the text-boxes provided on the left menu and select "Login". Have additional questions or need assistance? Learn more about VHA TRAIN or contact the help desk at VHATRAIN@va.gov.

Through this site you can:

- Find training to satisfy your professional development needs
- Track your learning via a single transcript

Hot Topics

CONTINUING EDUCATION UNITS (CEU)

- **Continuing Education – National Center for PTSD**
- [https://www.ptsd.va.gov/professional/continuing
ed/find_a_course.asp](https://www.ptsd.va.gov/professional/continuing_ed/find_a_course.asp)
- Free in-depth Continuing Education resources for
the Professional community concerned with trauma



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Assessment and Treatment of PTSD in Individuals with Co-occurring Psychotic Disorders



PTSD and Psychosis:
Assessment and Treatment

Co-occurring PTSD and psychotic spectrum disorders present unique barriers for providers. This course reviews PTSD assessment and collaborative treatment planning for patients with psychosis. Implementation considerations for evidence-based PTSD treatments are also reviewed. [View Course Details »](#)

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Date Created: 03/29/2019

Time to Complete: 1 hour

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Skill Level: Advanced

Course Series: PTSD 101

2017 Revised Clinical Practice Guideline for PTSD: How it Impacts Primary Care



The 2017 Revised Clinical Practice
Guideline for PTSD:
How It Impacts Primary Care
and Mental Health
Practitioners

Being able to treat Veterans with PTSD in primary care increases the likelihood that they will engage in treatment that helps. The VA/DoD Clinical Practice Guideline for PTSD was revised in 2017 with implications for primary care providers, including medical and mental health practitioners.



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co-occurring PTSD and psychotic spectrum disorders present unique barriers for providers. This course reviews PTSD assessment and collaborative treatment planning for patients with psychosis. Implementation considerations for evidence-based PTSD treatments are also reviewed. [View Course Details »](#)

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[2017 Revised Clinical Practice Guideline for PTSD: How it Impacts Primary Care](#)



The 2017 Revised Clinical Practice Guideline for PTSD: How it Impacts Primary Care, with What Resources are Available

Being able to treat Veterans with PTSD in primary care increases the likelihood that they will engage in treatment that helps. The VA/DoD Clinical Practice Guideline for PTSD was revised in 2017 with implications for primary care providers, including medical and mental health practitioners.

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- **Health Services Research & Development Cyberseminars**
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- Presentations about efforts to identify, evaluate, and rapidly implement evidence-based strategies that improve the quality and safety of care delivered to Veterans.

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10/9/2019	12:00pm		Addressing the Housing Needs of Homeless Veterans	Focus on Health Equity and Action	Bowser, Nikki Crouse, Caroline Fabiny, Anne Tsai, Jack
10/10/2019	2:00pm		VINCI Services	VA Informatics and Computing Infrastructure	Tucker, Jay
10/15/2019	2:00pm		It's all about the Blast: Acute Assessment of TBI and PTSD after a Deployment-Related Explosive Blast	Mild TBI Diagnosis and Management Strategies	Peterson, Alan
10/16/2019	12:00pm		A Primary Care PACT to Improve the Health Care of Veterans with Serious Mental Illness: SMI PACT	Patient Aligned Care Teams (PACT) Demonstration Labs	Young, Alex
10/16/2019	2:00pm		Events Associated with Changes in Reliance on the VHA Among Medicare-Eligible Veterans	HERC Health Economics Seminar	Hebert, Paul
10/17/2019	2:30pm		Just-in-Time: The Final Frontier	HSR&D Administration Seminar	Atkins, David Plouzek, Cathie
10/21/2019	1:00pm		Advertising Your Work: Infographics and Visual Abstracts	Communication Strategies for Health Services Researchers	Connolly, Brigid Gilmartin, Heather
10/21/2019	3:00pm		Validation and Acceptability of the PTSD Primary Care Screen for DSM-5	Spotlight on Mental Health Centers of Excellence	
11/4/2019	1:00pm		Requesting Approval for Access to VA Data	ViReC Database and Methods Seminar	Kok, Linda
11/5/2019	11:00am		Sequential and Comparative Evaluation of Pain Treatment Effectiveness Response (The SCEPTER Trial)	Spotlight on Pain Management	Bair, Matthew
11/18/2019	1:00pm		Writing for Reach: Communicating Scholarly Results to General Audiences	Communication Strategies for Health Services Researchers	Frakt, Austin

Q & A

