

# **TBI / PTSD / WOMEN VETERAN**

## **RESOURCES**

**Online Sites, Tools, Mobile APS**

*for providers, veterans, families, citizens*

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*101<sup>st</sup> ARW Director of Psychological Health (DPH), Maine*

# ***LEARNING & PRACTICE SOURCES***

**Department of Veteran's Affairs (VA):**

***Mental Illness Research, Education and Clinical Centers (MIRECCs)***

***VISN MIRECCs***

***National Center for PTSD (NCPTSD)***

***Mental Health Centers of Excellence (MH CoE)***

**Center of Excellence for Medical Multimedia (CEMM):**

***Interactive Brain & TBI***

**Department of Defense (DoD):**

***Military Health System (MHS)***

***Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury***

***(DCoE)***

***The National Center for Telehealth & Technology (T2)***

***Defense and Veterans' Brain Injury Center (DVBIC)***

**National Resource Directory**

## What is MIRECC?

The Mental Illness Research, Education and Clinical Centers (MIRECC) were established by Congress with the goal of researching the causes and treatments of mental disorders and using education to put new knowledge into routine clinical practice in the VA.



[MIRECC Overview...](#)

<http://www.mirecc.va.gov/index.asp>

## Mission Statement

To generate new knowledge about the causes and treatments of mental disorders, apply new findings to model clinical programs, and widely disseminate new findings through education to improve the quality of veterans' lives and their daily functioning in their recovering from mental illness.



## MIRECC CENTERS

MIRECC Centers Home  
VISN 6 MIRECC Home  
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Education  
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**VISN 6**  
*Post Deployment  
Mental Health*

**Traumatic brain injury (TBI) is an area of particular emphasis for us. Prompt identification and appropriate treatment of this condition in combat veterans is of increasing importance.**

jump to: [Education Home](#) [Newsletters](#) [Readjustment - Veteran](#) [Readjustment - Provider](#) [Readjustment - Clergy](#) [Teaching Tools & Tips](#)

### Veteran & Family

These printed materials present the same information in different formats.

- [Handout](#)
- [Article](#)
- [Brochure](#)
- [Pocketcard](#)

### Provider

These printed materials present the same information in different formats.

- [Handout](#)
- [Pocketcard](#)

### Clinical Practice Guidelines:

[Joint VA/DoD mild TBI CPG](#)

[Report of the VA 2009 Consensus Conference: Practice Recommendations for Treatment of Veterans with Comorbid PTSD, mTBI and Pain](#)

### Evidence-based Synthesis Program:

[Assessment and Treatment of Individuals with History of TBI and PTSD \(August 2009\)](#)

### Teaching Cases:

- Case 1: [Amnesic Disorder and Depression due to Cerebral Aneurysm and TBI](#)
- Case 2: [Traumatic Brain Injury, Post-Traumatic Stress Disorder, and Headache](#)
- Case 3: [Anger and Irritability 6 Years After Blast Injury](#)
- **\*new\*** Case 4: [Multiple Blast-Related Brain Injuries with Co-Morbidities](#)

### Web Courses:

- PTSD 101: [Neuropsychiatry of Traumatic Brain Injury](#) - Robin Hurley, MD

### Webcast Lectures:

- [TBI: Clinical Updates from Neuropsychiatry](#) - Robin Hurley, MD
- [Pharmacist Medication Counseling for TBI](#) - Joseph LaMotte, PharmD & Jill Fowler, PharmD
- [Neurobiology of TBI](#) - Katherine Taber, PhD
- [Visual Disorders in Brain Injury](#) - Gary Mancil, OD

## MIRECC CENTERS

MIRECC Centers Home  
Coaching Into Care Home  
Our Services  
Should I Call?  
Help Your Veteran  
Frequently Asked Questions  
Resources  
Get the Word Out  
Contact Us  
Site Search



## RESOURCES

VA Benefits and Claims

Call Center and Program Locator

Mental Health Information

### Mental Health Information

- [Post-Deployment Stress: What Families Should Know, What Families Can Do](#)
- [Make the Connection](#)
- [Self-Help Assessments and Wellness Information](#)
- [Mental Health Screening](#)  
Military members and their families can take a brief, anonymous online screening for Depression, PTSD, or Bipolar Disorder by visiting the Military Pathways website
- [Mental Health America](#)
- [Substance Abuse & Mental Health Services Administration \(SAMHSA\)](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Sesame Street for Military Families](#)
- [Welcome Back Veterans](#)
- Alcoholism / Drug Abuse
  - [National Institute on Alcohol Abuse and Alcoholism](#)
  - [National Institute on Drug Abuse \(NIDA\)](#)
  - [MedlinePlus](#)
- [Depression](#)
- [PTSD](#)
- [Schizophrenia / Psychosis](#)
- TBI
  - [VA Polytrauma / TBI System of Care](#)
  - [VA War Related Illness and Injury Study Center \(WRIISC\)](#)
  - [VA MIRECC Center: TBI Resources](#)



# [http://www.mirecc.va.gov/Recovery\\_Resources.asp](http://www.mirecc.va.gov/Recovery_Resources.asp)

## Websites

### [The National Center for PTSD](#)

<http://www.ptsd.va.gov/>

The Center aims to help U.S. Veterans and others through research, education, and training on trauma and PTSD.

### [The Yale Program for Recovery and Community Health \(PRCH\) -](#)

<http://www.Yale.edu/PRCH>

This program seeks to promote the recovery, self-determination, and inclusion of people facing psychiatric disability, addiction, and discrimination through focusing on their strengths and the valuable contributions they have to make to the lives of their communities.

### [Recovery International -](#)

<http://www.LowSelfHelpSystems.org/>

Recovery International is a self-help mental health program based on the work of founder Abraham A. Low, M.D., a neuropsychiatrist.

### [Center for Psychiatric Rehabilitation -](#)

<http://www.bu.edu/cpr/>

The Center is a research, training, and service organization dedicated to improving the lives of persons who have psychiatric disabilities.

### [National Empowerment Center -](#)

<http://www.power2u.org/index.html>

Recovery is real and this website is filled with practical information that will help you recover if you have been labeled with a mental illness.

### [Connecticut Department of Mental Health and Addiction Services -](#)

<http://www.dmhas.state.ct.us/recovery.htm>

The Department of Mental Health and Addiction Services (DMHAS) promotes and administers comprehensive, recovery-oriented services in the areas of mental health treatment and substance abuse prevention and treatment throughout Connecticut.

### [Veteran Recovery -](#)

<http://www.veteranrecovery.org/index.html>

The goal of the website is to provide detailed information regarding peer support, substance abuse and mental illness, MIRECC research, VA programs and other support services.

### [National Mental Health Information Center -](#)

<http://www.mentalhealth.samhsa.gov>

Substance Abuse and Mental Health Services Administrations informational website.

### [Wellness Recovery Action Plan™ at the Copeland Center for Wellness and Recovery -](#)

<http://copelandcenter.com/what-is-wrap/>

WRAP is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives.

### [National Mental Health Consumers' Self-Help Clearinghouse -](#)

<http://www.mhselfhelp.org/>

Here you'll find the latest information on mental health and consumer/survivor issues. We include updates on important issues, linking you to news sources, funding opportunities and the most recent developments in the consumer movement. You'll also find conference announcements and job postings from across the nation.

### [Training Grid Outlining Best Practices for Recovery and Improved Outcomes for People with Serious Mental Illness -](#)

<http://www.apa.org/practice/grid.html>

This document should assist providers in identifying appropriate interventions for their settings and those they serve, identifying needed advanced clinical training initiatives, and obtaining access to those clinicians and researchers who have developed, implemented, and/or studied the outcomes of the interventions and instruments described.

### [Peer-to-Peer Resource Center -](#)

<http://www.peersupport.org/>

Promoting peer support and recovery for people living with mental illness.

### [US Psychiatric Rehabilitation Association -](#)

<http://www.uspra.org>

USPRA is founded on a shared commitment to improve and promote the practice and outcomes of psychiatric rehabilitation.

### [The National Research and Training Center on Psychiatric Disability \(NRTC\) -](#)

<http://www.psych.uic.edu/uicnrtc/>

Promotes access to effective consumer-driven and community-based services for adults with serious mental illness.

### [The Desert Pacific MIRECC Recovery Page -](#)





## MIRECC Educational Products

Each MIRECC has developed a number of products for use by educators, clinicians and researchers. These range in product type from treatment manuals to educational videos to newsletters to websites to reports and journal articles. A listing of these products with either contact information for obtaining the material or actual links to the material can be accessed by clicking on the links below.

There are several ways to locate educational products from searching by title to using keywords. Please use the links below to facilitate your search.

- [List of all educational products](#)
- [List of educational products grouped by Uniform MH Service/Keyword](#)
- [Search by entering your own criteria](#)

### MIRECC Uniform MH Service/Keyword List

Click on a keyword in the list below to find all educational products associated with that keyword (the size of the keyword indicates the number of educational products associated with that keyword, the larger the word, the more products available):

[Ambulatory Care \(13\)](#) | [Community Mental Health \(36\)](#) | [Evidence-Based Treatments \(14\)](#) | [Gender Specific Care \(2\)](#) | [Homeless Programs \(2\)](#) | [Inpatient Care \(1\)](#) | [Integrating MH in Care of Older Veterans \(4\)](#) | [Integrating MH to Medical Care Settings \(25\)](#) | [Military Sexual Trauma \(1\)](#) | [Prevention and Management of Violence \(3\)](#) | [Rehabilitation and Recovery \(52\)](#) | [Residential Care \(5\)](#) | [Rural Mental Health Care \(2\)](#) | [Seriously Mentally Ill \(17\)](#) | [Specialized PTSD Services \(7\)](#) | [Substance Use Disorders \(15\)](#) | [Suicide Prevention \(15\)](#) |

# VA PolyTrauma/TBI

## Network Sites

Acute rehabilitation services provided at the PRCs is the first step in the journey toward recovery for the most severely injured. The next step is often one of the Polytrauma Network Sites (PNS), which are located in each [Veterans Integrated Service Network \(VISN\)](#). Currently there are 22 specialized rehabilitation programs located throughout the United States. The PNSs offer continued medical care and rehabilitation services for Veterans and Servicemembers who are transitioning closer to home following discharge from a PRC. PNS programs are also the entry point for rehabilitation services for those who have experienced a mild-to-moderate TBI or polytraumatic injury. Depending on need, these services may be provided on an inpatient or outpatient basis.

The PNS interdisciplinary teams include:

- Physiatrist (rehabilitation doctor)
- Social Work Case Manager
- Nurse Case Manager
- Physical Therapist
- Occupational Therapist
- Recreation Therapist
- Rehabilitation Nursing
- Speech and Language Pathologist
- Rehabilitation Psychologist
- Neuropsychologist
- Military liaison
- Blind Rehabilitation Specialist
- Certified Prosthetist/Orthotist
- Other consultative services as needed (e.g., Ophthalmology/Optomistry, Orthopedics, Neurology, Psychiatry, Surgery and Vocational Rehabilitation)

Following is a list of the Polytrauma Network Sites\*

- [Boston, MA](#)

**UNITED STATES DEPARTMENT OF VETERANS AFFAIRS**

Home Veteran Services Business About VA Media Room Locations Contact Us Related Links

Search At VA Web Pages

Polytrauma/TBI System of Care  
**VA Polytrauma System of Care > Care Facilities**

Academy Online | What to Expect | Benefits & Services | Care Facilities

PSC | PTRP | PNS | PSCT | Polytrauma POC

The Polytrauma System of Care (PSC) consists of 3 regional TBI/Polytrauma Rehabilitation Centers (PRC) located in Richmond, VA, Tampa, FL, Minneapolis, MN, and Palo Alto, CA, and San Antonio, TX.

**REAL STORIES**

**VA Polytrauma System of Care (PSC)**

- Admission Criteria
- What to Expect
- Benefits & Services
- Care Facilities

**Family & Caregiver Support**

- Support Services
- Training & Education

**PSC Bulletin**

**Research & Advancements**

**News & Resources**

- ALL-TBI Pilot Program
- Related Articles & Events
- Partners
- Frequently Asked Questions
- Terminology & Definitions

**Materials Library**

- Video
- Images
- Print

**Map of the United States:**

- P** POLYTRAUMA REHABILITATION CENTER (Palo Alto, Minneapolis, Tampa, Richmond, San Antonio, Houston)
- N** POLYTRAUMA NETWORK SITE (Seattle, West Coast, Tucson, Dallas, San Antonio, Houston, St. Louis, Minneapolis, Cleveland, Syracuse, Boston, Philadelphia, Washington, DC, Richmond, Lexington, Augusta, Tampa, Puerto Rico)

As Veterans recover and transition closer to their homes, the PSC continues to provide a continuum of integrated care through 3 Polytrauma Transitional Rehabilitation Programs (PTRP), 22 Polytrauma Network Sites (PNS), 37 Polytrauma Support Clinic Teams (PSCT), and 29 Polytrauma Points of Contact (POC), located at VA medical centers across the country.

**Facility Type and Location**

- [Polytrauma Rehabilitation Centers \(PRC\)](#)
- [Polytrauma Transitional Rehabilitation Programs \(PTRP\)](#)
- [Polytrauma Network Sites \(PNS\)](#)
- [Polytrauma Support Clinic Teams \(PSCT\)](#)
- [Polytrauma Points of Contact \(POC\)](#)

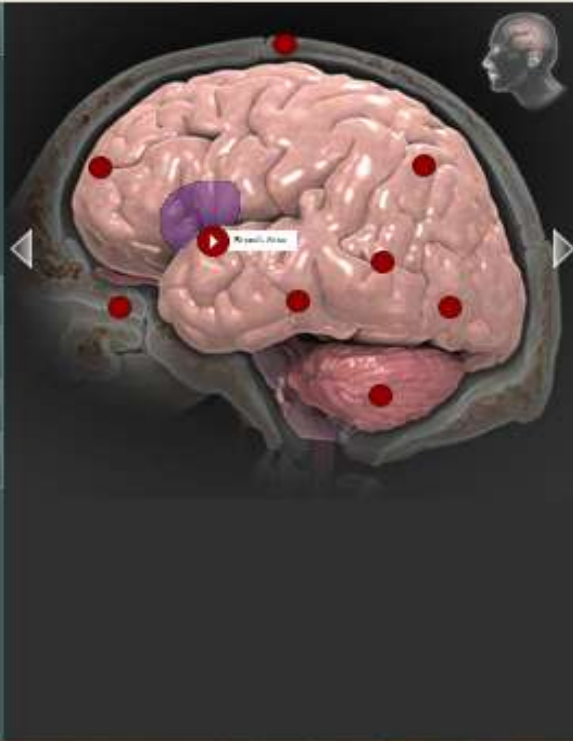


## Interactive Brain

Welcome to the Interactive Brain. This section shows and describes the brain at work and how it is affected by TBI. To see the various views and functions of the brain, use the left navigation menu. Then mouse over different areas of the brain and click for more information.

### 3D VIEW

- Broca's Area
- Cerebellum
- Cerebrum
- Frontal Lobe
- Occipital Lobe
- Olfactory System
- Parietal Lobe
- Temporal Lobe
- Wernicke's Area



### Broca's Area

#### DESCRIPTION

Named after 19th-century physician Paul Broca, Broca's area is a section of the brain located in the frontal lobe of the cortex. It is important in the production of written and spoken language.

#### FUNCTION

#### RESULT OF INJURY

## CEMM Center of Excellence for Medical Multimedia

## Moderate to Severe TBI

Moderate to Severe TBI > Diagnosing Moderate to Severe TBI > **TBI Diagnosis**

## TBI Diagnosis

### DIAGNOSING MODERATE TO SEVERE TBI

#### TBI Diagnosis

Bancho Los Amigos Scale of Cognitive Functioning  
Post Deployment Health Assessment (PDHA)



### Related Information

- [The Defense and Veterans Brain Injury Center \(DVBIC\)](#)
- [Classifications of TBI](#)
- [Military Acute Concussion Evaluation \(MACE\)](#)
- [Imaging Tests](#)
- [Glasgow Coma Scale](#)

### INTERACTIVE BRAIN



EXPLORE THE INTERACTIVE BRAIN

### THE BRAIN

- Overview of the Brain
- Anatomy of the Brain
- Lobe Functions
- What is Traumatic Brain Injury?

### MILD TBI

- Mild TBI/Concussion Overview
- Causes/Concussion
- TBI vs. Contain
- Symptoms of Mild TBI/Concussion
- Long Term Effects of Mild TBI/Concussion
- Diagnosing Mild TBI/Concussion
- Treatment
- Reassessment/Follow-up Care

### MODERATE TO SEVERE TBI

- Moderate to Severe TBI Overview
- Causes of TBI
- Types of Brain Injuries
- Injuries Associated with Moderate to Severe TBI
- Secondary Complications
- Physical Changes Resulting from TBI
- Symptoms of Moderate to Severe TBI
- Potential Effects of Moderate to Severe TBI
- Diagnosing Moderate to Severe TBI
- Treatment Stages of Moderate to Severe TBI
- TBI Providers
- Long Term Effects of Moderate to Severe TBI

### PERSONAL JOURNEYS

- Patient's Journey
- Caregiver's Journey

### RESOURCE CENTER

- The Defense and Veterans Brain Injury Center (DVBIC)
- For Caregivers
- TBI FAQ
- Glossary
- Web Resources
- Credits



About DCoE	Psychological Health	Traumatic Brain Injury	Service Members & Families	Media Center	Training & Conferences	24/7 Help
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[Home](#) > [Psychological Health](#) > [Provider Resources](#)

- Psychological Health Info
- Program Evaluation
- Integrative Health & Wellness
- Provider Resources**
- DCoE Products
- PTSD Treatment Options
- Tips for Treating mTBI and PTSD

## Provider Resources

DCoE provides information and resources on traumatic brain injury, psychological health issues, and combat stress specifically tailored to health care professionals. Here you can learn about treatment options for PTSD and review tips for civilian health care professionals treating military patients.

Visit the Resources page to access evidence-based clinical practice guidelines, as well as relevant Websites and reports.

- Continuing Education
- DCoE Information Kit
- TBI Information
- TBI Case Management
- PTSD Treatment Options
- Tips for Civilian Health Care Professionals Treating Chronic Symptomatic Mild Traumatic Brain Injury and Post-Traumatic Stress Disorder
- PTSD and TBI Training Events
- Integrative Health & Wellness
- inTransition
- DCoE Outreach Center
- DCoE Products

[Information for Health Professionals](#) on the Real Warriors site.



## DEFENSE AND VETERANS BRAIN INJURY CENTER

[Service Members & Veterans](#)

[Family & Friends](#)

[Medical Providers](#)

[About DVBIC & TBI](#)

[Educational Materials](#)

[Research](#)

[DVBIC Locations](#)

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[About Our Materials](#)

[Educational Materials](#)  
[FAQs](#)

### Educational Materials

Browse our collection of helpful TBI resources, including fact sheets, guides, posters and more.

[Browse Materials](#)



#### Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans

This resource is for family caregivers of service members and veterans who have sustained a moderate, severe or penetrating TBI.

1 2 3 4

### Latest Resources



#### Indications and Conditions for Neuroendocrine Dysfunction Screening Post mTBI Training Slides

This slide deck provides training for the Neuroendocrine Dysfunction Reference Card and Clinical Recommendation. The training extends the following objectives:



#### Indications and Conditions for Neuroendocrine Dysfunction Screening Post mTBI Reference Card

The purpose of the Neuroendocrine Dysfunction Screening Post Mild TBI Reference Card Tool Kit is to serve as a reference tool offering medical guidance following indications from post-injury neuroe

### Most Popular Resources



#### Military Acute Concussion Evaluation (MACE) Pocket Cards

The Military Acute Concussion Evaluation (MACE) is a concussion screening tool for the acute assessment of service members involved in a potentially concussive event. The MACE was updated in 2012.



#### Moderate or Severe TBI Fact Sheet

Health care providers can use this handout to educate families and caregivers of patients with a moderate or severe TBI.

[View all resources »](#)





## DEFENSE AND VETERANS BRAIN INJURY CENTER

Service Members & Veterans

Family & Friends

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Research

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### Concussion/mTBI Information and Tools for Providers

DVBIC offers guidance to providers on how to screen for concussions and manage treatment. Listed below are key tools used by military medical providers that also can be used by civilian providers. The list also includes patient handouts and links to mobile applications that might be helpful.

#### Military Acute Concussion Evaluation and Concussion Management Algorithm

The 2012 versions of the *Military Acute Concussion Evaluation (MACE)* and the *Concussion Management Algorithm (CMA)* are available as pocket cards or wallet cards through DVBIC's online shopping cart. They are used in conjunction with the 2012 acute concussion educational brochure. Training is available on the proper use of all three items. If you have any questions, please email [info@DVBIC.org](mailto:info@DVBIC.org) and someone will contact you to explain the process.

#### Fact Sheets

##### Mobile Applications

- Mild Traumatic Brain Injury (mTBI) Pocket Guide (providers)
- Co-occurring Conditions Toolkit (providers)
- T2 MoodTracker (patients)
- Breathe2Relax (patients)

##### Patient Education Materials

- Head Injury and Dizziness
- Headache Management
- Healthy Sleep
- Improving Memory
- Mood Changes
- Signs and Symptoms Fact Sheet

##### New Clinical Recommendations

*Assessment and Management of Visual Dysfunction Associated With Mild TBI:* This clinical recommendation, released January 2013, provides DoD primary care providers with an approach to evaluating visual dysfunction following mTBI as well as guidance on referral for further eye/visual evaluation and care. The clinical recommendation, reference card and training slides provide:

- PTSD Home
- PUBLIC
- PROFESSIONAL
  - PTSD Overview
  - Types of Trauma
  - Assessment
  - Treatment Overview
  - Early Intervention
  - Co-Occurring Problems
  - Treating Specific Groups
  - Working with Families
  - For Specific Providers
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  - Research on PTSD
  - Biology of PTSD
  - PILOTS Database
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- ABOUT US
  - PTSD Awareness Month

## Professional SECTION

Information on Trauma and PTSD  
Researchers, Providers & Helpers



# THE CAPS

The gold standard  
for PTSD assessment  
worldwide

## Clinician Administered PTSD Scale

**1 2 3 4 5 6 7**

*Intensity*  
How much distress or discomfort did these memories cause you? Were you able to put them out of your mind and think about something else? (How hard did you have to try?)  
How much did they interfere with your life?

- 0 None
- 1 Mild, minimal distress or disruption of activities
- 2 Moderate, distress clearly present but still manageable, some disruption of activities
- 3 Severe, considerable distress, difficulty dismissing memories, marked disruption of

This section contains training materials as well as information and tools to help you with assessment and treatment. These materials are based on the latest research, much of which is conducted by National Center staff.

### News

- Research and clinical experience continue to advance what we know about PTSD. Learn about the [new diagnostic criteria for PTSD to be released in DSM-5](#) this month.
- Veterans get mental health care outside of the VA too. If you work with Veterans, our [Community Provider Toolkit](#) can help you deliver the best care to those who served.

### Search PTSD Site

- Choose Section
- Enter Term and Search  
   
[Advanced Search](#)

Where to Get Help for PTSD

SHARE THIS PAGE



### Types of Products & Courses



### Featured Links

- [PTSD Research Quarterly \(RQ\)](#)
- [Iraq War Clinician Guide](#)
- [Psychological First Aid Manual](#)
- [PTSD 101 Courses](#)

[Clinician's Trauma Update-Online](#)

[Video: Women Who Served in Our Military: Insights for Intervention](#)

[Assessment of Trauma and PTSD](#)

[Materials for Printing - Posters, Brochures and Handouts](#)



## NATIONAL CENTER FOR PTSD

NATIONAL CENTER for PTSD  
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PUBLIC

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## Professional SECTION

Information on Trauma and PTSD  
Researchers, Providers & Helpers

### Mobile Applications



Apps for providers who treat people who have been through trauma. Available for Apple and Android devices. Also see [Mobile Apps for patients and family](#), including [PTSD Coach](#).

These apps were created by the National Center for PTSD and our collaborators and are not intended to replace needed professional care.

### Treatment Companion Apps

- [PE Coach](#)  
A mobile app to be used during Prolonged Exposure (PE) therapy between a mental health professional and patient. It may help with adherence to the PE treatment manual.

### Provider Apps

- [PFA Mobile](#)  
Following disasters or emergencies, the PFA Mobile app can assist responders who provide Psychological First Aid (PFA) to adults, families, and children.

Date Created: 07/26/2012 See last Reviewed/Updated Date below.

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## NATIONAL CENTER FOR PTSD

NATIONAL CENTER for PTSD  
Home

### PUBLIC

- PTSD Overview
  - Other Common Problems
  - Types of Trauma
  - Assessment
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  - Self Help and Coping
  - Family and Friends
  - Specific to Women
  - Return from War
  - PTSD and Communities
  - PTSD Research
  - Mobile Apps
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## Public SECTION

Information on Trauma and PTSD  
Veterans, General Public & Family

## Mobile App: PTSD Coach

***PTSD Coach has now been downloaded over 100,000 times in 74 countries around the world.***

The PTSD Coach app can help you learn about and manage symptoms that commonly occur after trauma. Features include:

- Reliable information on PTSD and treatments that work.
- Tools for screening and tracking your symptoms.
- Convenient, easy-to-use skills to help you handle stress symptoms.
- Direct links to support and help.
- Always with you when you need it.

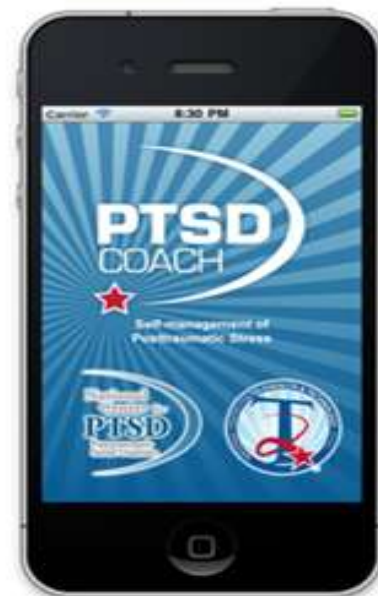
## Download the mobile app



**Free PTSD Coach download** from:  
[iTunes \(iOS\)\\*](#) and [Google Play \(Android\)\\*](#)

## How to use PTSD Coach

Together with professional medical treatment, PTSD Coach provides you dependable resources you can trust. If you have, or think you might have PTSD, this app is for you. Family and friends can also learn from this app.



## NATIONAL CENTER FOR PTSD

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## Professional SECTION

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### Mobile App: PE Coach

[Prolonged Exposure](#) (PE) is an evidence-based psychotherapy for PTSD. Research has shown PE to be one of the most effective treatments for PTSD.

PE Coach is an application (app) for mobile devices (iPhone, Android phone, iPod Touch, iPad, or Android tablet) that was created to increase conveniences for clinicians and patients working through the PE treatment manual. The app is downloaded onto a patient's mobile device to be used as a treatment companion during PE therapy.

Features include:

- Audio and visual psychoeducation about PE and common reactions to trauma.
- Capability for audio recording of PE sessions directly onto the patient's mobile device.
- PTSD symptom tracking over time to evaluate treatment progress and outcomes.
- Continuous availability of homework forms and record of completed tasks to facilitate feedback and monitor patient adherence to between-session assignments.
- An interactive breathing retraining coach.



### Download the mobile app



Free PE Coach download from:

[iTunes \(iOS\)\\*](#) and [Google Play \(Android\)\\*](#)

SHARE



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Search

datab:

[What](#)



<http://www.t2health.org/>



**The National Center for Telehealth & Technology (T2)**, designs and builds applications employing emerging technologies in support of psychological health and traumatic brain injury recovery in the military. Equally important is our work toward eradicating stigma that can deter Service Members from seeking help. Below are some recent initiatives.

- Provider Resilience App
- Biozen Mobile App
- T2 Mood Tracker Mobile App
- LifeArmor Mobile App
- PE Coach Mobile App
- MilitaryKidsConnect.org Website
- Virtual PTSD Experience

# <http://t2health.org/apps/pe-coach>



HOME ABOUT PORTFOLIO MEDIA CONTACT

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Home

## PE Coach

Like 173 Tweet 28 Share 6



PE Coach is the first mobile app designed to support the tasks associated with prolonged exposure treatment for PTSD. Providing hip-pocket access to the necessary tools for successful PE participation, the app includes audio recording capability for easy playback after sessions; tools to support patient tasks between sessions; and visual displays of symptom reduction over time. In addition, PE Coach is integrated with smartphone calendar functionality to encourage patient recall and session attendance.

PE Coach will help providers and patients overcome certain barriers to PE implementation, dissemination, and

adherence. For a free download, log on to the Apple App Store or Android Market.

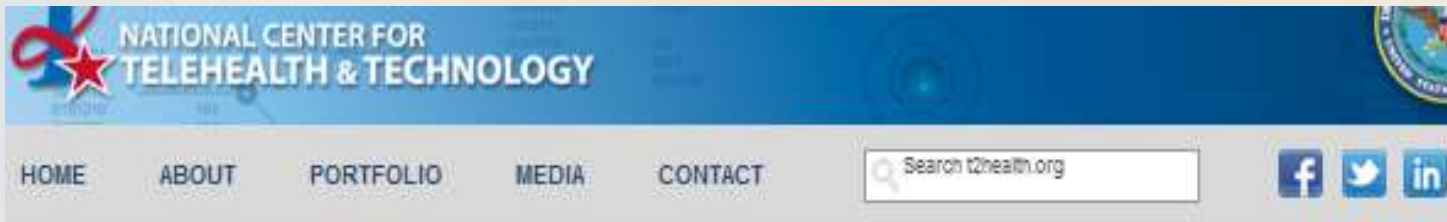
### POPULAR ARTICLES

- New Mobile App Helps Troops to Self-Manage Behavior, Stress
- DoD Website Connects Military Kids
- PTSD Coach Mobile App wins the ATA President's Award for Innovation
- Site keeps Kids Connected with Deployed Parents
- Law Bridges Gap in Mental Healthcare
- T2 Treatments for PTSD Get Virtual
- Mind Over Matter? At T2 the Two Work Together
- Soldiers put Face on Health Concerns

DOWNLOAD PE COACH







Home

## T2 Mood Tracker

Like 290 Tweet 65 Share 70



T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular with many civilian users around the world.

The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user's general well-being. Users can also create items to

track their progress in unique areas. The saved results are displayed in an easy-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.

T2 Mood Tracker received first place in the "General Wellness" category during the Apps4Army (A4A) competition.

### POPULAR ARTICLES

- [New Mobile App Helps Troops to Self-Manage Behavior, Stress](#)
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- [T2 Treatments for PTSD Get Virtual](#)
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DOWNLOAD MOOD TRACKER



## Co-Occurring Conditions Toolkit (CCT)

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Mild Traumatic Brain Injury (mTBI) presents a number of challenges to military healthcare professionals. Because symptoms of closed head wounds are often similar to those of a number of psychological conditions, assessing and treating patients presenting multiple conditions can be difficult.

Developed by T2, the Co-occurring Conditions Toolkit (CCT) mobile application for smart phones and tablet devices is an electronic version of the familiar Co-occurring Conditions Toolkit published by the Defense Centers of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury (mTBI).

The new app includes the entire contents of the 132-page spiral-bound CCT, and adds enhancements such as interactive decision trees to aid in the identification of appropriate interventions and timing of services for this challenging patient population. Like the bound edition, the app incorporates VA/DoD Evidence-Based Clinical Practice Guidelines (CPGs) for the management of concussions and mTBI, together with CPGs targeting common co-occurring conditions such as post-traumatic stress disorder, depression, chronic opioid therapy, and substance use.

As a mobile app, the new Toolkit offers primary care providers hip-pocket access to critical information and allows for seamless integration of new material, leading to improved quality of care, increased use of evidence-based treatment recommendations, enhanced provider-patient interactions, and more appropriate specialty referrals.

### POPULAR ARTICLES

- [New Mobile App Helps Troops to Self-Manage Behavior, Stress](#)
- [DoD Website Connects Military Kids](#)
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- [PE Coach on the Pentagon Channel](#)

### FEATURED TECHNOLOGY





# <https://www.t2health.org/products/mobile-apps>

## BioZen



The Department of Defense developed Biozen to help service members use the therapeutic benefits of biofeedback. BioZen is the first portable, low-cost method for clinicians and patients to use biofeedback in and out of the clinic.

This app takes many of the large medical sensors in a clinic and puts them in the hands of anyone with a smart phone. BioZen makes it easier for anyone to get started with

biofeedback.

## Breathe2Relax



Breathe2Relax is a portable stress management tool. Built on the iPhone mobile app platform, Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.

## Co-Occurring Conditions Toolkit (CCT)



Mild Traumatic Brain Injury (mTBI) presents a number of challenges to military healthcare professionals. Because symptoms of closed head wounds are often similar to those of a number of psychological conditions, assessing and treating patients presenting multiple conditions can be difficult.

## LifeArmor



LifeArmor is a comprehensive learning and self-management tool to assist members of the military community with common mental health concerns. Built for both iOS and Android, LifeArmor is portable and provides information and assistance at the touch of a button.

## mTBI Pocket Guide



The Mild Traumatic Brain Injury Pocket Guide mobile application for health care providers gives instant access to a comprehensive quick-reference guide on improving care for mTBI patients. Designed to reflect current clinical standards of care, the mTBI Pocket Guide mobile application can help you improve quality of care and clinical outcomes for patients.

## Positive Activity Jackpot



The Positive Activity Jackpot app uses augmented reality technology to combine a phone's GPS and camera to find nearby enjoyable activities or pleasant diversions.

## Provider Resilience



Provider Resilience gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans, and their families.

## PTSD Coach



PTSD Coach was developed by T2 in cooperation with the Veteran Affairs Administration's National Center for PTSD. The goal was to develop a mobile application to assist Veterans and Active Duty personnel (and civilians) who are experiencing symptoms of Post Traumatic Stress Disorder (PTSD).

## T2 Mood Tracker



T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular with many civilian users around the world.

## Tactical Breather



The Tactical Breather application can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and psychological responses to your body during stressful situations.

# <http://t2health.org/news/t2-treatments-ptsd-get-virtual>

<http://science.dodlive.mil/2012/01/04/t2-treatments-for-ptsd-get-virtual/>

A service member puts on a headset with a screen for each eye. He's given a joystick that's built with low-frequency vibrations and sounds, mirroring the vehicle he drove while on the battlefield. As he navigates through the virtual combat world, his head movements are tracked with an orientation system. Pre-fabricated smells mimicking burning rubber and weapons firing are released into the air, and the service member ventures into virtual war.



This is the new Virtual Reality Exposure Therapy (VRET) being studied by [National Center for Telehealth and Technology \(T2\)](#), a Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury center. T2 is currently researching this therapy, which places service members face-to-face with their unique experiences on the battlefield to help treat post-traumatic stress disorder (PTSD) and to help service members process memories. Once the study is completed, this unique treatment will be offered to service members and veterans.



U.S. Air Force photo by Senior Airman Renae Kleckner

"The whole treatment is customized to their memory, down to the day, time, weather conditions, location in the convoy and the combat stimuli themselves," said Dr. Greg Reger, T2 lead psychologist. "The purpose is to activate the experience to increase emotional engagement, so they can process that memory."

The study reviews the effectiveness of VRET by comparing it to [prolonged exposure therapy](#). T2 conducted the trial based on growing evidence that VRET is an effective treatment for PTSD and because this form of therapy may help reach service members who might otherwise avoid traditional talk therapies because of perceived stigma.

VRET encourages service members to address psychological health concerns associated with their combat experience rather than avoid them. T2 subject matter experts are now trying the treatment on service members who have returned home.

*...families can relate...*

The therapy program starts with three sessions with a psychologist where a service member discusses details they can remember from a traumatic event. Then, they re-live the experience in the virtual world for up to 10 sessions. While at first VRET may seem slightly jarring, it aims to reduce the anxiety the memory causes and help a patient work through their emotions.

"It can take the same amount of courage to do this treatment as it did to survive that battle experience," said Reger. "Yet often, by the end of the sessions, patients regain control over the memory and their lives instead of being haunted by the trauma."

T2 created the [Virtual PTSD Experience](#) in January, where users can learn about PTSD causes, symptoms and resources in a virtual world environment. Users choose an anonymous avatar, and then can enter different virtual areas where they can experience simulations and talk with other visitors online.

"Users can access information for resources including [afterdeployment.org](#), [Real Warriors](#) and [Military OneSource](#) in live media screens, so they can search those places with other avatars in their environment," said Dr. Kevin Holloway, T2 psychologist. "Families and friends can also enter the virtual world. We had a military family member tell us 'Wow. I never really got what he was going through, and now I get it.'"

Since many of today's service members use advanced technology such as smartphones, tablet computers and gaming systems, virtual therapy provides an alternative for a wired generation that may prefer treatment outside of a psychologist's office.

"This generation is really tech savvy—it's a language they speak very well. These programs have an interface feel similar to online environments and video games," said Holloway. "This treatment is more comfortable and cutting edge."



## NATIONAL CENTER FOR PTSD

NATIONAL CENTER for PTSD Home

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[PROFESSIONAL](#)

[ABOUT US](#)

[PTSD Awareness Month](#)

# TRAUMA AND PTSD

**Posttraumatic Stress Disorder (PTSD)** is a mental health problem that can occur after someone goes through a traumatic event like war, assault, or disaster.

TREATMENT WORKS HEAR VETERANS

# ABOUT FACE



### Public SECTION

Veterans, the General Public, Family & Friends

If you have gone through trauma or know someone who has, this section is for you.

### Professional SECTION

Researchers, Providers & Professional Helpers

If you work with people who have experienced trauma or have PTSD, start here.

### Search PTSD Site

1 Choose Section

choose section/audience

2 Enter Term and Search

SEARCH

[Advanced Search](#)



LEARN FROM VETERANS HOW PTSD TREATMENT CAN TURN YOUR LIFE AROUND

# ABOUT FACE

### PTSD News

Do you know that information and resources to help manage PTSD are mobile-friendly? [PTSD Help: With You When You Need It Most.](#)

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# Professional SECTION

Information on Trauma and PTSD  
 Researchers, Providers & Helpers

## Women Who Served in Our Military: Insights for Interventions

### Provider perspectives

Run time: 70 min

Production date: 2005



This videotape presents the many trauma treatment options available to women veterans today by VA Medical Centers, VA Outpatient Clinics, and Vet Centers. Special emphasis is placed on the fact that nationwide, VA is offering more services oriented towards women and their special needs, and that women veterans need not be apprehensive about seeking care through the VA.

Hosted by Jane Pauley, distinguished television news anchorwoman and journalist, the video examines how women may be adversely affected by their deployment to war zones, often leading to considerable stress responses and disruption of normal family life. Testimonials by veterans who sought treatment offer tangible proof that treatment does make a difference in bringing a person back to normalcy.

VA and Vet Center clinicians explore the multiple ways extreme stress may affect a person and outline ways women vets can start to work towards combating their afflictions through individual and group therapy and medications. The videotape also offers a historical perspective of women's considerable contributions in service to their country.

**NOTE:** Some of the videos specific to Veterans may contain information that has changed since the production date. The most current information on Veterans benefits, eligibility, VA services, and more can be found through the Department of Veterans Affairs at [www.va.gov](http://www.va.gov).

Title of Section	Run Time	Windows Media	Transcript - pdf
Women Who Served in Our	(70:00)	<a href="#">Video (228 kB)</a>	<a href="#">Part 1</a>

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### PUBLIC

- PTSD Overview
  - Other Common Problems
  - Types of Trauma
  - Assessment
  - Treatment
  - Self Help and Coping
  - Family and Friends
  - Specific to Women
  - Return from War
  - PTSD and Communities
  - PTSD Research
  - Mobile Apps
  - Videos
  - Web Links
- PROFESSIONAL
- ABOUT US
- PTSD Awareness Month

## Public SECTION

Information on Trauma and PTSD  
Veterans, General Public & Family



## Issues Specific to Women



Women report exposure to many different types of traumatic events, and are especially likely to experience sexual assault in childhood, adulthood, or both.

Sexual assault is a type of trauma that often leads to the onset of PTSD for both women and men. Given greater exposure to this type of trauma, women are particularly at risk for PTSD.

These fact sheets have information that is specific to women and trauma.

- [Rape of Women in a War Zone](#)  
Summarizes the prevalence and effects of war-related rape on women in a war zone, such as in Kosovo and Bosnia.
- [Sexual Assault against Females](#)  
Defines sexual assault, how often it occurs, and the characteristics of perpetrators. Discusses women's reactions to sexual assault and what to do if you have been sexually assaulted.
- [Traumatic Stress in Women Veterans](#)  
Discusses stressors faced by women Veterans and what can help.
- [Women, Trauma and PTSD](#)  
Learn about trauma and PTSD in women.
- [Women's Mental Health Services in the VA](#)  
Describes services offered to women Veterans, including the Women Veterans Health Care Program.

### VIDEOS

- [Women Who Served in Our Military](#)

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### Where to Get Help



## ABOUT

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[What is PILOTS?](#)

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## **REAL WARRIORS CAMPAIGN** *MINI-BROCHURES*

<http://www.realwarriors.net/materials>

### **RESILIENCE:** *There's An App For That*

<http://www.realwarriors.net/podcasts/episode034>

*Listen to episode #34 of the "Real Warriors, Real Advice" podcast to monitor changes in your behavior or performance & cope.*

**Real Warriors** *Live Chat* <http://realwarriors.net/livechat>

**DCOE** *Outreach Center* : 866-966-1020

**Military** *Crisis Line* : 800-273-8255 & press 1

<http://veteranscrisisline.net/ActiveDuty.aspx>



# <https://www.nrd.gov/>



## National Resource Directory

Connecting Wounded Warriors, Service Members, Veterans,  
Their Families and Caregivers with Those Who Support Them



 **SEARCH  
FOR RESOURCES**

Find national, state and local  
programs and services

 **NRD.GOV**

 **SEARCH  
FOR A JOB**

Find jobs from employers who want  
to hire Veterans

 **VeteransJobBank**

### FIND INFORMATION BY SUBJECT

Benefits & Compensation

Education & Training

Employment

Family & Caregiver Support

Health

Medical, Psychological &  
Behavioral Health Conditions ▶

Rehabilitation ▶

Healthy Living ▶

Health Care ▶

Domestic Abuse

Sexual Assault

Health Care Provider  
Resources ▶

Homeless Assistance

[Home](#) » [Health](#)

### Health

Learn about health-related issues, treatment options, the locations of medical facilities, insurance programs and tips on staying healthy.

[Locate Resources In Your State](#)

#### Medical, Psychological & Behavioral Health Conditions

- Post-Traumatic Stress Disorder (PTSD)
- Traumatic Brain Injury (TBI)
- Suicide Prevention
- Polytrauma/Multiple Injuries
- Amputation
- Burns
- Spinal Cord Injury/Paralysis
- Blindness/Visual Impairment
- Hearing Loss/Tinnitus
- Facial Injuries & Dental Care
- Chronic Pain
- Gulf War Illnesses
- Environmental Exposures
- Agent Orange Exposure
- Depression
- Anxiety & Panic Disorders
- Alcohol & Substance Abuse
- Stress
- Sleep Disorders

### FREQUENTLY ASKED QUESTIONS (FAQs)

VA's Ask a Question - Inquiry  
Routing & Information System  
(IRIS)

How can I find out about  
PTSD assessment?

What is TRICARE?

[View All FAQs](#)

### CHECKLISTS

Planning for Health Care  
Needs - Active Duty

Planning for Health Care  
Needs - Guard and Reserve

Staying Healthy - Men

[View All Checklists](#)

[Home](#) » [Maine](#) » [Health](#)

## Health Resources in Maine

Below are all resources found for the state of Maine. Some counties and cities within this state may have resources specific to that area. To see those available, please select from the drop down menu below.

Bangor



View

Listed Alphabetically | [List by Popularity](#) | [Show Descriptions](#)



Indicates a Government Resource

[Brain Injury Association of Maine](#)



[biausa.fyrion.com](http://biausa.fyrion.com)

[Health Care for the Homeless Clinics - Maine](#)



[www.nhchc.org](http://www.nhchc.org)

[Maine Alliance on Mental Illness](#)



[www.nami.org](http://www.nami.org)

[Maine Behavioral Health Services](#)



[www.maine.gov](http://www.maine.gov)



[Maine Coalition To End Domestic Violence](#)





# SEARCH @ <https://www.nrd.gov/health>



## National Resource Directory

Connecting Wounded Warriors, Service Members, Veterans,  
Their Families and Caregivers with Those Who Support Them



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### Search

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within  miles of

#### Search Options

##### Type of Resource

All  Government Only  Non-Government Only

##### Subject(s)

##### Audience(s)

1 resource found

Listed by Relevance | [Group by State](#)

[View this resource on a map](#) [Locate this resource on the NRD](#) [Share this resource](#) Indicates a Government resource

#### [American Widow Project](#)

Provides peer support to widows of Service Members through sharing stories, tears and **laughter** on an interactive Web site.

Was this information helpful? Yes or No

[www.americanwidowproject.org](http://www.americanwidowproject.org)

#### Searches related to laughter

laughter widow  
laughter american  
laughter project  
laughter friend  
laughter friendship

<https://www.t2health.org/apps/biozen>

## BioZen



The Department of Defense developed BioZen to help service members use the therapeutic benefits of biofeedback. BioZen is the first portable, low-cost method for clinicians and patients to use biofeedback in and out of the clinic.

This app takes many of the large medical sensors in a clinic and puts them in the hands of anyone with a smart phone. BioZen makes it easier for anyone to get started with biofeedback.

BioZen shows real-time data from multiple body sensors including

electroencephalogram (EEG), electromyography (EMG), galvanic skin response (GSR), electrocardiogram (ECG or EKG), respiratory rate, and skin temperature. It also displays Delta, Theta, Alpha, Beta, and Gamma brain waves and can combine the brain waves to show users their meditative and attentive cognitive states.

Each sensor sends a separate signal to the phone so users can see how their body is responding to their behavior with an easy-to-use visualization module.

Users can create notes to document and categorize their recording session. BioZen automatically generates graphical feedback from the recording sessions to monitor their progress over time.

The mobile app is built on an open source framework Bluetooth Sensor Processing for Android, also known as B-SPAN, developed by T2.

BioZen requires the purchase of compatible biosensor devices (see listing below). A sensor can range in price depending on quality.

