

Resilience & Mental Health Guide



Using This Guide

This guide describes selected mobile apps and websites produced by the National Center for Telehealth & Technology (T2) a component center of the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury.

The information and self-care techniques on these resources were developed by psychologists using evidence-based research, and the apps adhere to Department of Defense (DoD) and federal guidelines for patient safety, security and accessibility.

The Common Conditions grid suggests T2 products useful for particular conditions. Scan the grid and click on product names to go to their respective info sheets (to return to the grid from any page, click the triangle at the bottom of the page). Each info sheet also has links to T2 and the Army Performance Triad, and you can click on the product image to go to its Web page.

When you select a resource for a patient, print out its info sheet for them – the apps pages have a quick response code that can be scanned and is hyperlinked to the app stores so they can download the app onto their mobile device. For the best compliance, have your patient download and install the app before they leave your office; this also gives you an opportunity to discuss it with your patient and how to best use it.

If you have any questions, click the T2 logo on each page or email us at mrmc.dcoe.t2-contactus@mail.mil.

T2 offers training opportunities about how to use and integrate these resources into clinical practice. Contact Christina Armstrong Ph.D. at christina.m.armstrong15.civ@mail.mil.



Common Conditions

This grid provides a quick reference to see which T2 resources may be used to deal with certain common conditions.

Click on the name of the app to go to its info sheet.

Websites

	Anger	Anxiety	Depression	Suicide	mTBI	PTSD	Stress	Insomnia	Substance Abuse	Sexual Trauma	Pain
AfterDeployment	X	X	X	X	X	X	X	X	X	X	X
Military Families Near and Far		X	X				X				
Military Kids Connect		X	X		X	X	X				

Apps

Breathe2Relax	X	X					X				
CBT-i Coach		X	X			X		X			X
Life Armor	X	X	X	X	X	X	X	X	X	X	X
Mindfulness Coach		X	X			X	X				X
mTBI Pocket Guide					X						
Positive Activity Jackpot			X	X				X			
Provider Resilience						X	X				
Stay Quit Coach						X			X		
T2 Mood Tracker		X	X		X	X	X	X			X
Tactical Breather		X					X	X			
The Big Moving Adventure		X	X				X				
Virtual Hope Box		X	X	X		X	X			X	



Quick Reference

Websites



Extensive resources for a variety of topics.

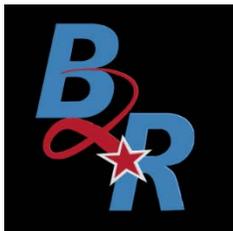


Resources for families with preschoolers



Resources for families with children

Mobile Apps



Breathe2Relax

Manage stress by learning diaphragmatic breathing.



CBT-I Coach

Use with Cognitive Behavioral Therapy for Insomnia treatment to improve sleep habits.



Life Armor

Take self-assessments and learn about mental health concerns.



Mindfulness Coach

Learn how to practice mindfulness meditation.



Mobile Apps continued



mTBI Pocket Guide

Assess and treat common symptoms of mTBI patients.



Positive Activity Jackpot

Motivate yourself to take action to take your mind off negative thoughts.



Provider Resilience

Guard against burnout, compassion fatigue and secondary traumatic stress.



Stay Quit

Get help while in smoking cessation treatment or to prevent relapse.



T2 Mood Tracker

Monitor your emotional health by tracking your moods.



Tactical Breather

Learn to control your responses in high-stress situations.



The Big Moving Adventure

Help prepare kids emotionally for moving.



Virtual Hope Box

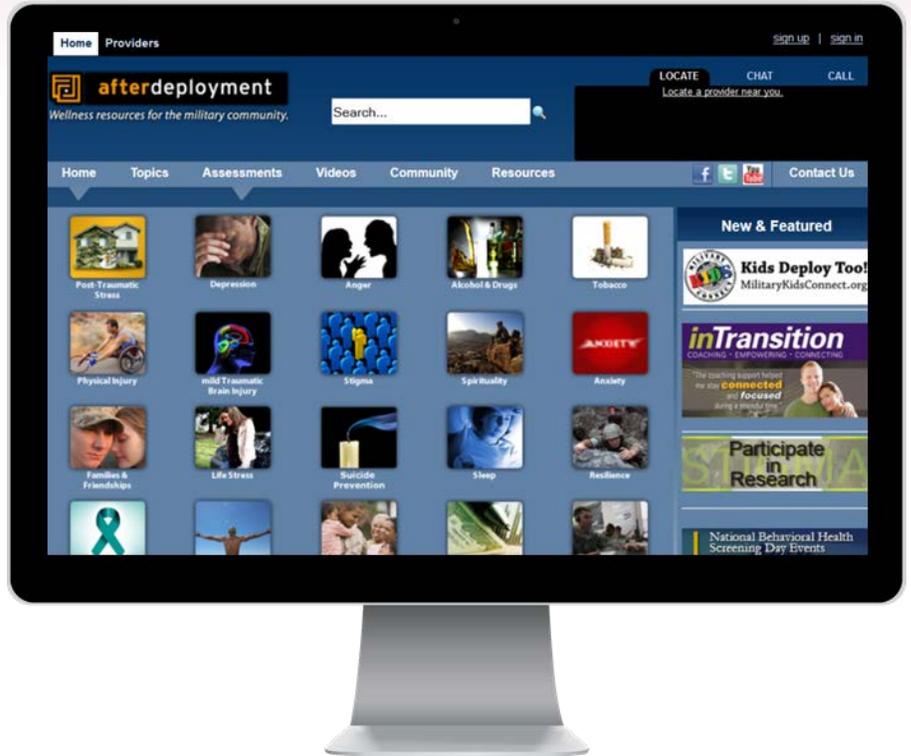
Reduce depression with a digital version of the Hope Box therapy.



AfterDeployment

Topics:

- Alcohol & Drugs
- Anger
- Anxiety
- Depression
- Health & Wellness
- Life Stress
- mTBI
- Physical Injury
- Post-Traumatic Stress
- Resilience
- Sleep
- Stigma
- Suicide Prevention
- Tobacco
- and more



Use this website as a self-care solution for a range of psychological health topics, including challenges you may be dealing with after returning home or areas you want to learn more about for personal growth.

Designed to provide an immersive, interactive experience, this website is packed with info ranging from video interviews to self-assessments.

A separate section for providers supports those working with clients.



Military Families Near and Far

Topics:

- Relocation
- Homecomings
- Self-Expression
- Deployments
- Injuries
- Grief



Explore this website to improve your parent-child communication. Tools help promote the self-expression of military children and connect them with their deployed parent on a family-based social network.

The website includes the Talk, Listen, Connect bundle of video skits with the military kid Muppet characters, Elmo and Rosita, going through a variety of situations. The scenarios include having a parent deployed, experiencing a homecoming after a parent has been injured, or even dealing with the death of a parent.



Military Kids Connect

Multiple Tracks for

- Kids
- Tweens
- Teens
- Parents
- Educators



Kids can use this website to deal with family transitions ranging from moving to living with a parent dealing with post-traumatic stress, physical disabilities or other issues.

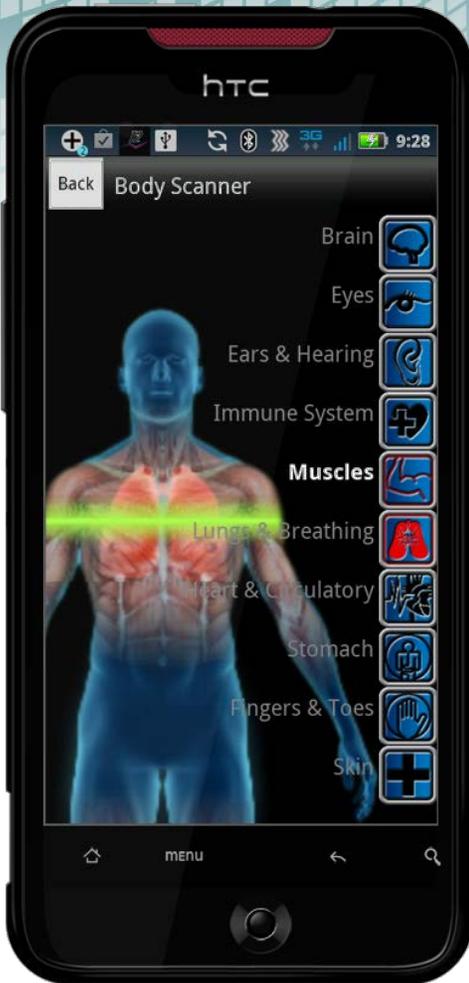
Military kids grow up in a world where they face challenges unique to military life. This site provides psychological support to military children ages 6-17 and is designed with content tailored for three different age groups.

Kids can share their ideas, experiences, and suggestions with other military children via monitored online forums, to help them know they're not alone.

The website also has sections for parents and educators to support those involved with military kids.



Breathe2Relax



Use the Breathe2Relax app to learn a skill called diaphragmatic breathing (also called belly breathing), which interrupts the body's "fight-or-flight" stress response and activates the body's relaxation response.

The app can also help with mood stabilization, anger control and anxiety management. Like any skill, this type of breathing requires practice and regular use – and with this portable stress-management tool, it's easy to practice whenever and wherever you want.

- Learn about the effects of stress on your body.
- Assess your stress level before and after a breathing exercise.
- Immerse yourself in the learning experience using interactive exercises.
- Change the pace of the breathing exercises to set a comfortable pace.
- Customize the app's backgrounds and music.
- Develop the habit of belly breathing throughout your day.



CBT-i Coach

Use the CBT-i Coach app along with treatment for cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep habits.

Starting with an initial “sleep prescription” (from your physician, your own sleep preferences or produced by your responses to the app’s sleep quiz), learn how to improve sleep and alleviate symptoms of insomnia.

Techniques in this app are based on the manual *“Cognitive Behavioral Therapy for Insomnia in Veterans”*.

- Take an insomnia-severity assessment and chart your ongoing progress.
- Learn the connection between sleep thoughts and behavior.
- Set reminders to get ready for bed, go to sleep, and get out of bed.
- Practice relaxation exercises and learn to improve your sleep environment.
- Explore the physiology and benefits of sleep, and barriers to sleep.
- Monitor your daytime sleepiness to adjust your sleep prescription.



Available on the
App Store



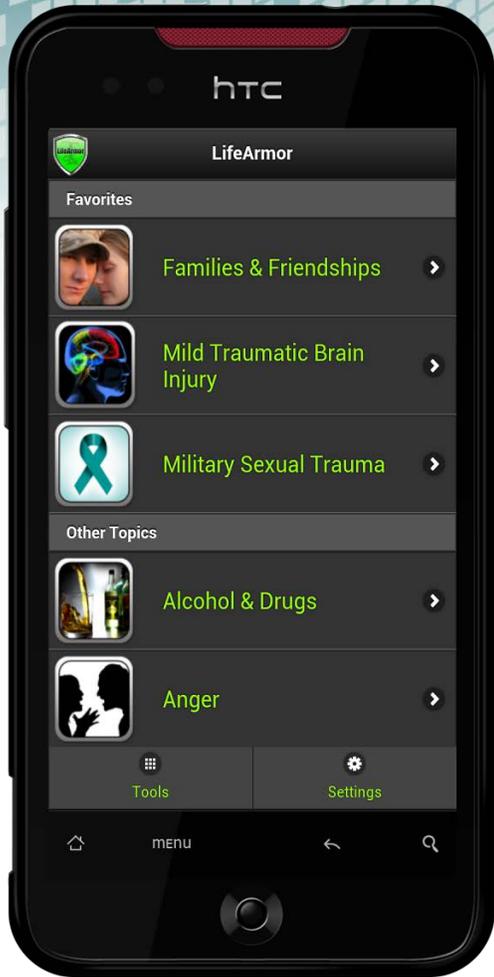
Life Armor

Use the Life Armor app as the mobile version of information on the AfterDeployment website.

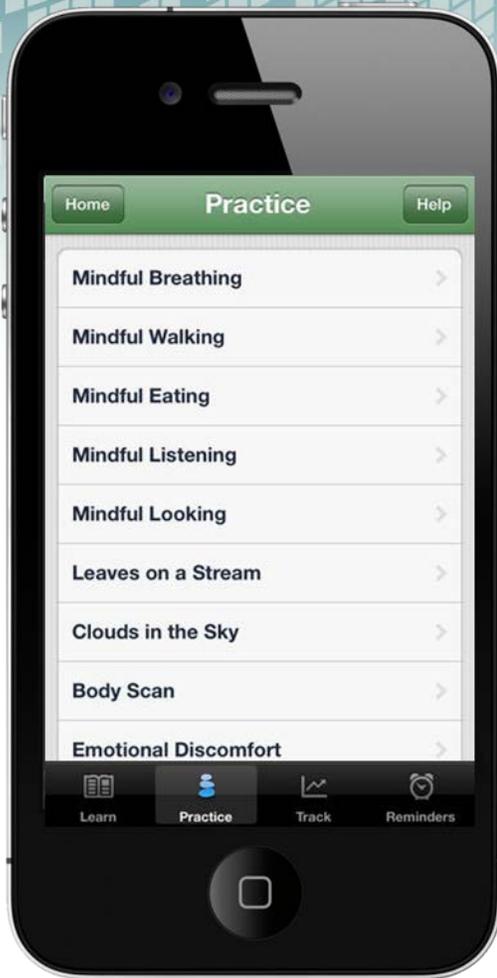
Access info and self-management tools for 17 common psychological health issues dealt with in the military community, including insomnia, depression, relationship issues and post-traumatic stress.

Each topics contents are conveniently organized into four categories: Learn, Assess, Videos and Tools.

- 17 topic areas to choose from.
- Explore the causes, characteristics and potential solutions to emotional, relationship and other issues.
- Self-assessments help you measure and track symptoms.
- Listen to members of the military community share about their struggles and what they have learned to overcome problems.
- Find info and guidance on techniques to self-manage problems.



Mindfulness Coach



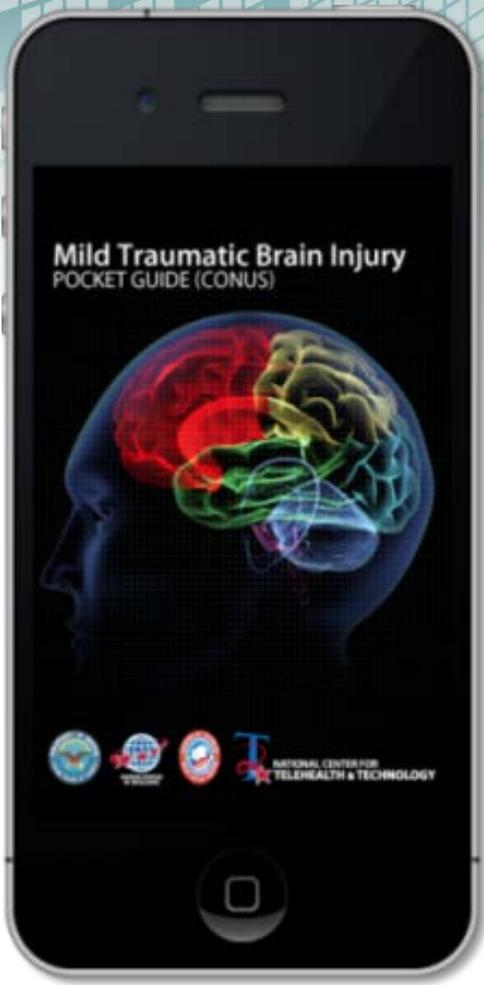
Use the Mindfulness Coach app to learn how to use mindfulness meditation, which focuses your attention on the present and steers your mind away from distressing thoughts about the past or the future.

This practice is effective for reducing stress, helping with anxiety and depression, increasing self-awareness and resilience, and coping more effectively with chronic pain.

- Learn the importance of mindfulness and how to practice it.
- Understand why mindfulness helps with conditions like PTSD.
- Try out nine different forms of mindfulness meditation using voice-guided sessions.
- Log your mindfulness sessions and track your progress.
- Learn strategies for overcoming challenges to mindfulness practice.
- Access educational materials about mindfulness.



mTBI Pocket Guide



If you are a health care provider, use the mTBI Pocket Guide app for immediate access to a comprehensive quick-reference guide on assessing, treating and managing common symptoms of mTBI patients.

As an app version of the “mTBI Pocket Guide” produced by the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury, it’s useful for military and civilian physicians, physician assistants, nurse practitioners and related treatment and therapy providers.

- Find definitions, causes and severity ratings for mTBI.
- Access the VA/DoD Clinical Practice Guideline for the Management of Concussion-mTBI.
- Look up cognitive rehabilitation clinical recommendations for mTBI.
- Locate clinical recommendations on driving assessment after mTBI.
- Access the consolidated ICD-9 TBI coding tool for providers.
- Evaluate patient education materials.
- Discover clinical tools and resources.



Positive Activity Jackpot



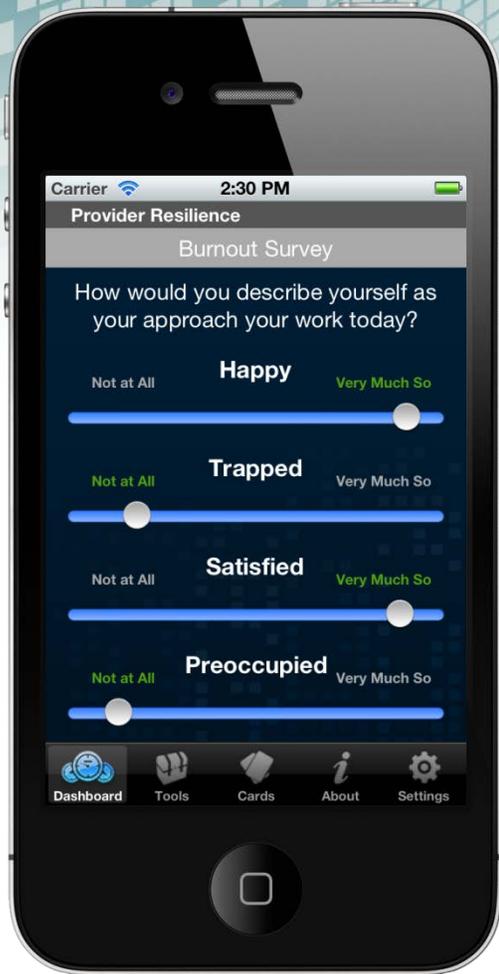
Use the Positive Activity Jackpot app to motivate yourself to get up and get out and do something to take your mind off negative thoughts.

Combining a therapy called “pleasant event scheduling” along with augmented reality technology, Positive Activity Jackpot makes it easy to find interesting things to do close to where you live.

- Search among selected activities chosen to interest service members.
- Invite friends to join you.
- Can't decide what to do? Play the app's jackpot function to get some ideas.
- Use the viewer to find where things are on the map.
- Use in conjunction with pleasant event scheduling therapy.



Provider Resilience



If you are a health care provider treating military personnel, use the Provider Resilience app to guard against burnout, compassion fatigue, secondary traumatic stress and other negative issues you may experience.

- Monitor yourself for risk of burnout.
- Take a self-assessment that scores using the Professional Quality of Life Scale, v5 (ProQOL).
- Track your resilience levels over time and remind yourself to take breaks.
- Access tools like inspirational cards, exercises and Dilbert comics to remind yourself of the positive aspects of your work.
- View videos by service members describing the positive impact providers had on them.



Stay Quit Coach

Use the Stay Quit Coach app as a handy source of support and information while you're quitting smoking (best used while in smoking cessation treatment or afterwards to help prevent relapse).

The app is based on the Integrated Care for Smoking Cessation (ICSC) treatment that has been shown to double the quit rates of military veterans with posttraumatic stress disorder (PTSD).

- Create a personalized plan that includes your personal reasons for quitting.
- Access interactive tools to learn how to control breathing and cope with triggers.
- Read how medication and nicotine replacement can help prevent relapse.
- Track how long you've stayed quit and the money you've saved.
- Receive motivational messages to remind you why you quit.
- Find ready access to support.
- Learn to manage relapses, including the do's and don'ts after a slip-up.



Available on the
App Store

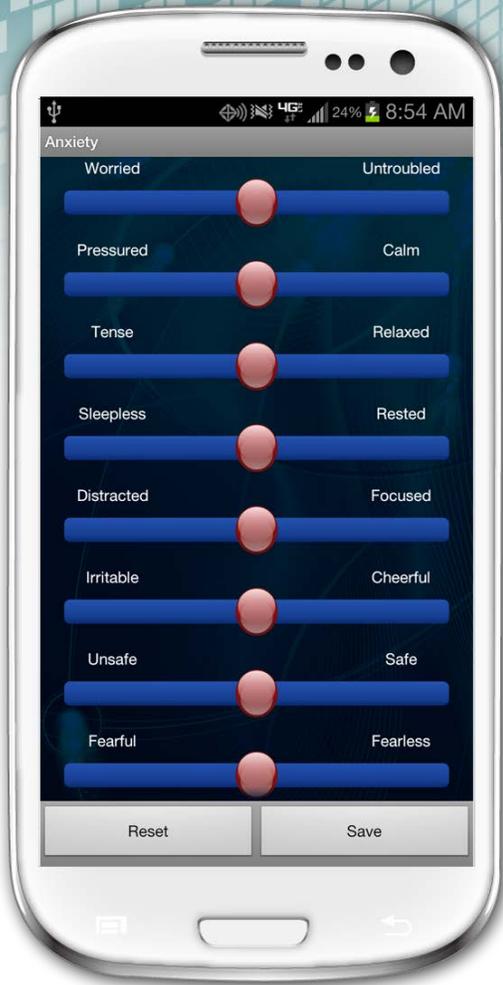


T2 Mood Tracker

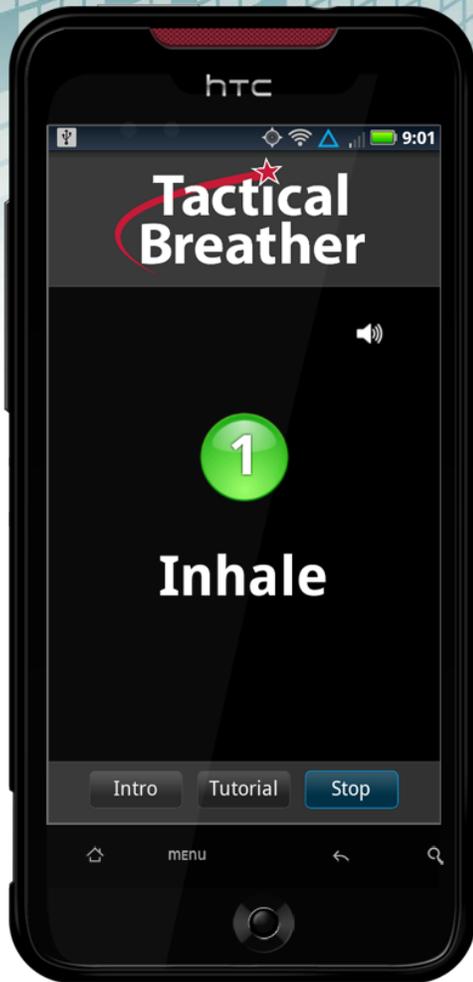
Use the T2 Mood Tracker app to monitor your emotional health and become aware of how your life is affected by your thoughts, behaviors and moods, changes at home or at work, or by everyday experiences.

While particularly helpful when in cognitive behavior therapy, many users find it useful just for personal awareness.

- Monitor your moods and behaviors to record them when they happen.
- Rate yourself using customized ratings categories.
- Save results in easy-to-understand graphs.
- Track emotions and behaviors regularly over time to identify trends or triggers.
- Send results to your home computer or share with your provider.



Tactical Breather



Use the Tactical Breather app to gain control of your physiological and psychological responses during stressful situations.

Using diaphragmatic breathing (also called belly-breathing), you will learn to manage your heart rate, emotions and concentration.

Through repetitive practice and training, this app uses techniques from Lt. Col. Dave Grossman's book *"On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace"*, which were developed for intense combat situations.

- Learn about the benefits of this type of breathing.
- Use the tutorial to learn the breathing techniques.
- Use these techniques to gain control over nearly any stressful situation.
- Customize the voice gender and graphics for your own preferences.
- Play a game-like interactive exercise.
- Read several chapters from Grossman's book.



The Big Moving Adventure

Use The Big Moving Adventure app with preschoolers (ages 2-5) to help prepare them emotionally for moving in a fun and interactive way.

Part of the DoD-funded Military Families Near and Far website created by Sesame Workshop, this app helps the young children of military parents understand that moving is a normal part of military life.

While this app can be used on a variety of mobile devices, it is optimized for use on tablets.



- Create a Muppet friend and help them express their feelings about moving.
- Decide which toys/books to pack and which to take with them for comfort.
- Learn how to say goodbye to people, places and things at their old home.
- Send postcards from their toys as they ride the moving truck.
- Explore the new home and unpack their things from the moving truck.
- Meet new friends at their new home, including some familiar, furry faces!

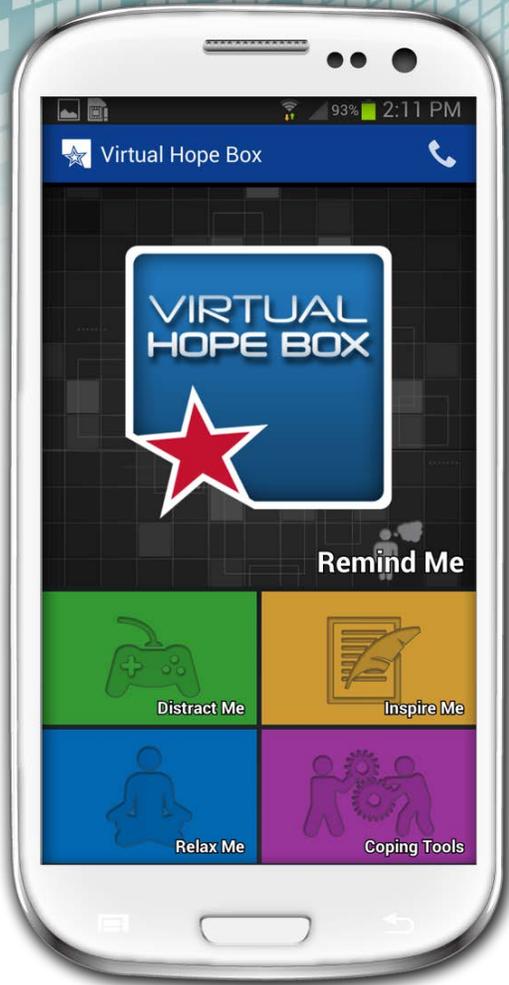


Virtual Hope Box

Use the Virtual Hope Box app along with treatment to create a cache of items to help you cope with stress, regulate your emotions and remind you of your reasons to live.

Because the app is available whenever you have your mobile device, it's basically always on hand.

- Work with your health provider initially to collect and add personalized content to the app on your mobile device (then add more wherever you want).
- Store items on your phone you find supportive, such as photos, music, videos, messages from loved ones or inspirational quotes.
- Distract yourself from negative thoughts with games, mindfulness exercises, positive messages, inspirational quotes and other tools.
- Create your own coping cards to use in times of stress.
- Plan positive activities and use relaxation exercises including guided imagery, controlled breathing and muscle relaxation.





DEFENSE CENTERS OF EXCELLENCE

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