



Tools to Enhance Psychological and Emotional Well-being

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NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING/

Objective

- To generate awareness among health promotion coordinators and educators and healthcare teams about available psychological and emotional well-being enhancement tools in order to increase the use of these tools with Sailors, Marines and other beneficiaries.
- Note: The tools presented in this webinar are meant to augment, not replace, professional mental health treatment. If you or someone you know is in need of assistance, please contact a medical provider or counselor



Mobile Health Technology & Treatment for the Military Community

- National Center for Telehealth & Technology [T2]
- Mobile Health Program [MHP]
- Presenter:
 - Dr. David Cooper, Psy.D.



Agenda

- Objectives
 - Present T2 behavioral health solutions
 - Discuss using these with patients
- Why Mobile Health?
- Websites for Specific Problems
- Mobile Apps for Specific Problems
- Q & A



Why mobile health?

- 73% of active duty SMs have smart phones
- 70% of people sleep with their cell phone
- 90% of people under 30 are “digital natives”
- There are more mobile phones in the world than toothbrushes



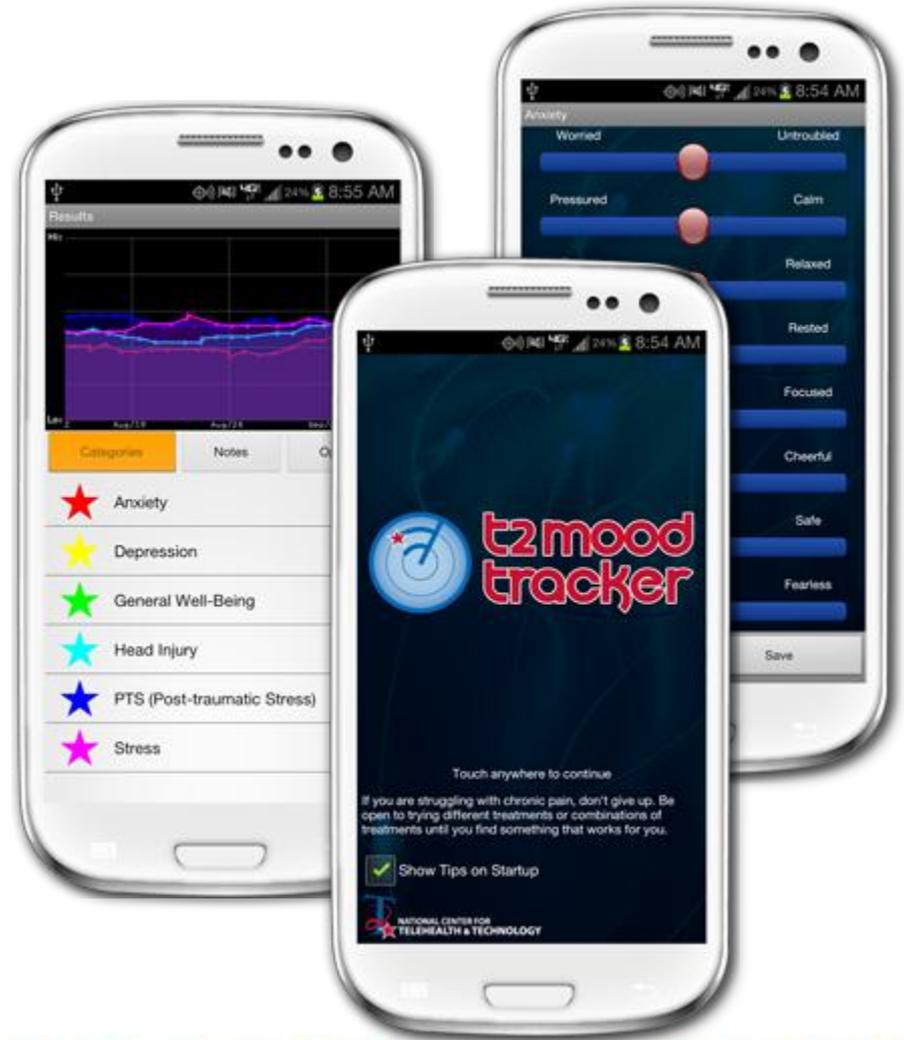
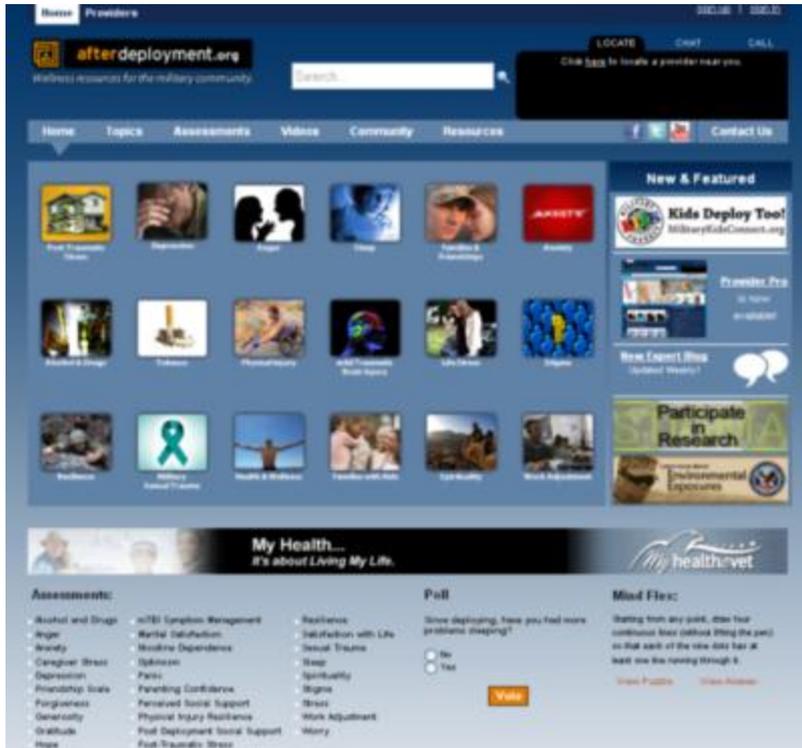
Why mobile health?

Overcome barriers to care

- Stigma:
 - Web-based and mobile apps are anonymous
 - Medium is familiar to, increasingly expected by service members
- Access:
 - Quick and 24/7 access to care



“Healthcare Anywhere”

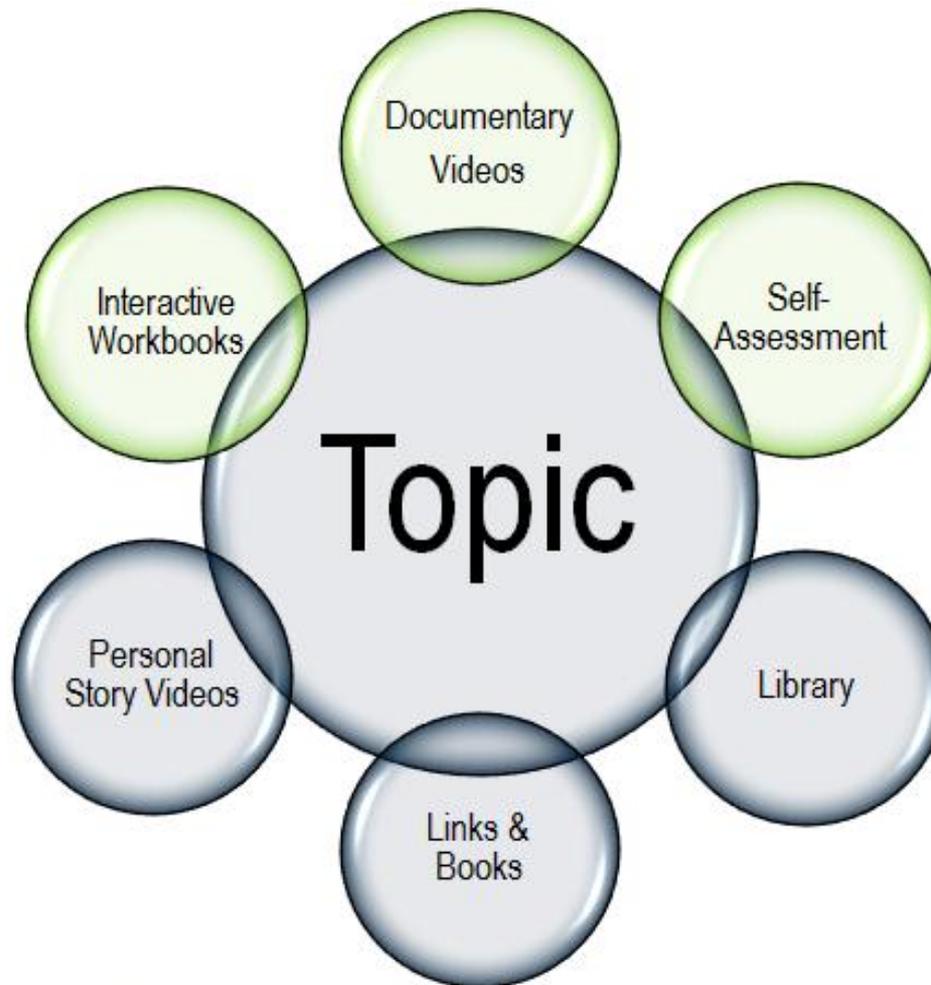


Afterdeployment.org

The screenshot shows the homepage of Afterdeployment.org. At the top, there are navigation links for "Home" and "Providers", and user options for "sign up" and "sign in". The main header features the website logo, a search bar, and buttons for "LOCATE", "CHAT", and "CALL". Below the header is a secondary navigation menu with "Home", "Topics", "Assessments", "Videos", "Community", and "Resources", along with social media icons for Facebook, Twitter, and YouTube, and a "Contact Us" link. The main content area is a grid of 20 topic tiles, each with an image and a label: Post-Traumatic Stress, Depression, Anger, Alcohol & Drugs, Tobacco, Physical Injury, mild Traumatic Brain Injury, Stigma, Spirituality, Anxiety, Families & Friendships, Life Stress, Suicide Prevention, Sleep, Resilience, Military, Health & Wellness, Families with Kids, Financial Health, and Work Adjustment. On the right side, there are three promotional boxes: "New & Featured" with a "Kids Deploy Too!" banner, "Provider Pro" with a "Provider Pro is now available!" message, and "Participate in Research" with a "STIGMA" banner and "Environmental Exposures" sub-header.



Topics: Core Modules



“PBS” Documentaries

VIDEO STORIES

1. Introduction to PTS
2. Reactions and Triggers
3. Harmful Habits
4. Helpful Habits
5. Treatment



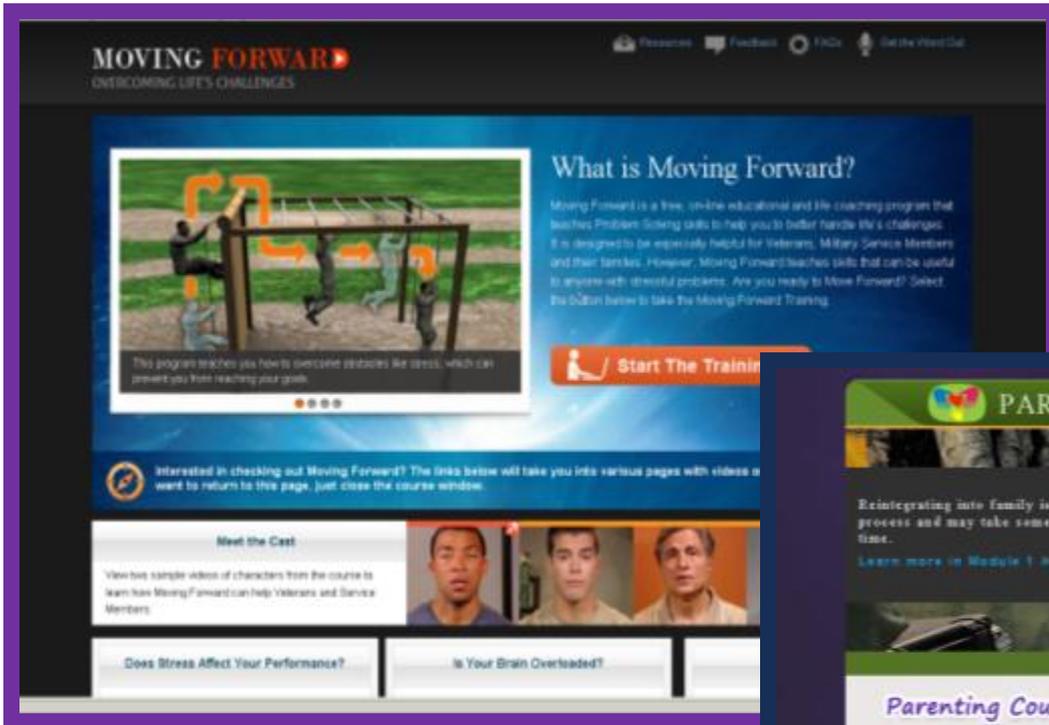
VIDEO STORIES

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MilitaryKidsConnect.org





◀ StartMovingForward.org

MilitaryParenting.org ▶
or
VeteranParenting.org



Mobile Application Development



Learn more about each app at <http://t2health.org/>

T2 Mood Tracker

Monitor and track emotional experiences over a period of days, weeks and months.

Features:

- Self-rating on pre-populated categories
- Full note adding
- Graphed results
- Fully customizable categories
- User-set reminders for self-rating
- Send results to providers



Breathe2Relax

A portable stress management tool utilizing hands-on diaphragmatic breathing exercise.

Features:

- Setup guide to assist new users
- Customizable backgrounds and music
- Immersive tutorial videos
- Body scanner to display effects of stress
- Graphing to track effectiveness
- Audio narration



LifeArmor

A mobile version of *AfterDeployment.org* to provide service members with knowledge and tools to cope.

Features:

- Multi-topic resource guide
- Self-assessments of topic symptoms
- Ease to manage, customizable views and favorites
- Manage symptoms with coping tools
- Video resources on topics

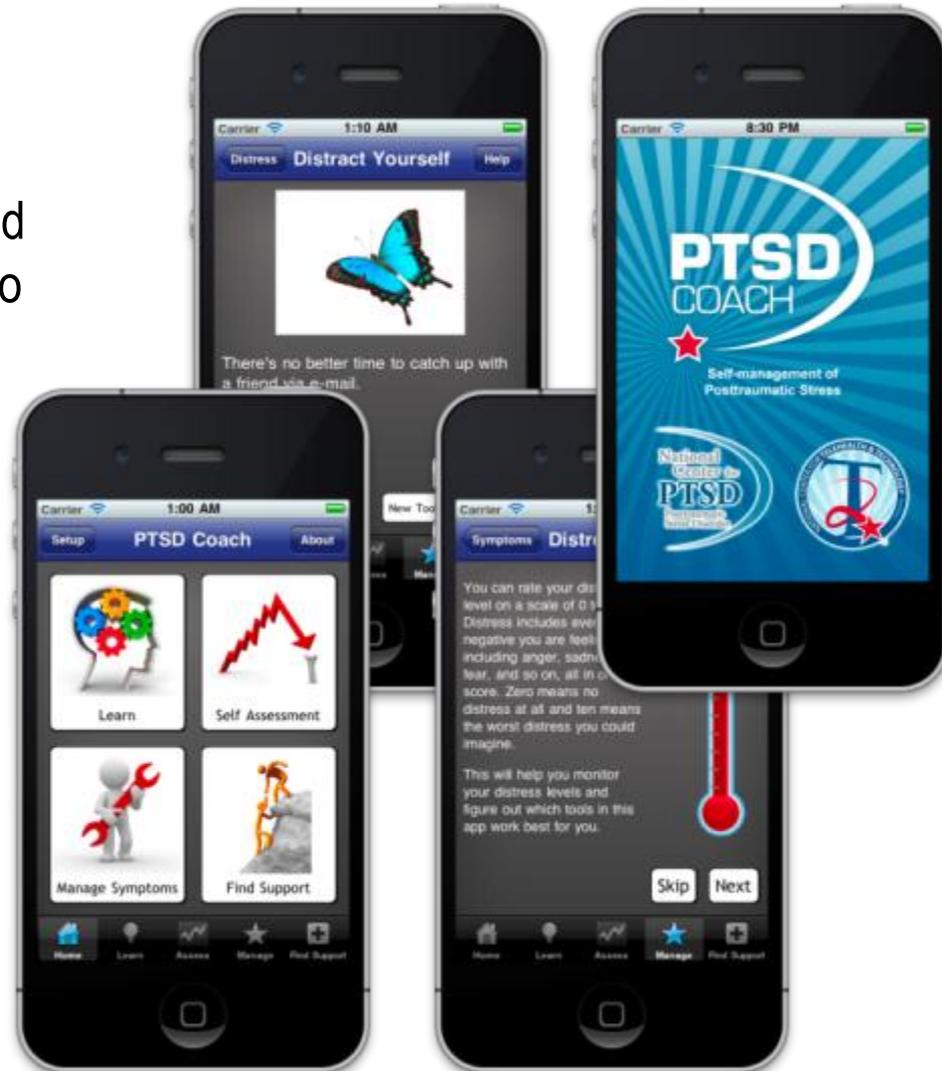


PTSD Coach

A collaboration with the VA's National Center for PTSD, this app assists anyone who is experiencing symptoms of PTSD. It is intended to be used as alongside treatment but can also serve as a stand-alone education tool.

Features:

- Self-assessment of PTSD Symptoms
- Tracking of changes in symptoms
- Manage symptoms with coping tools
- Assistance in finding immediate support
- Customized support information



CBTi (Insomnia) Coach

T2 collaborated with the VA's National Center for PTSD to develop this app to assist veterans and active duty personnel (and civilians) who are experiencing symptoms of insomnia. It is intended to be used as an adjunct to psychological treatment but can also serve as a stand-alone education tool.

Features:

- Self-assessment of insomnia symptoms
- Sleep diary to track sleep habits
- Sleep “prescription” to regulate wake and bed times
- Assistance in finding immediate support
- Customized support information



Provider Resilience

Self-care tool for health care providers who work with service members and who may need support coping with burnout or compassion fatigue

Features:

- Quick dashboard view
- Graphing to track resilience progress
- Tools to assist increasing resilience
- Inspirational value cards
- User-set reminders to update assessments



Virtual Hope Box

Coming soon!

Self-care tool for patients. Helps the user cope with suicidal ideation and other symptoms of depression by providing a customizable, virtual “hope box”

Features:

- Customizable pictures, video, and music to remind user of reasons for living
- Word games, photo puzzles, and other distraction tools
- Guides user in controlled breathing and progressive muscle relaxation
- Inspiring quotes
- Crisis lines and customizable contact information for immediate support



Habits4Health

Coming soon!

Supports individual and group collaboration on creating and maintaining healthy habits. Users can easily track progress via their mobile device.

Features:

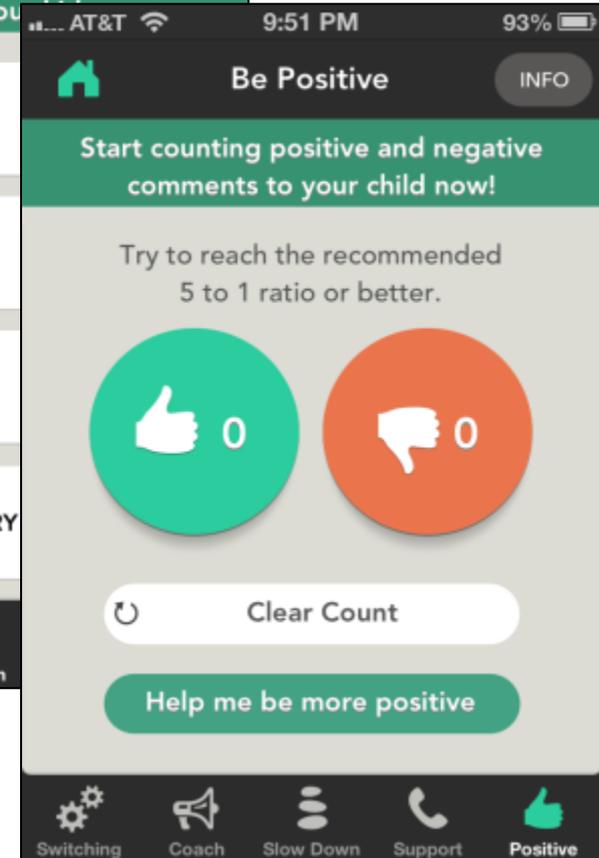
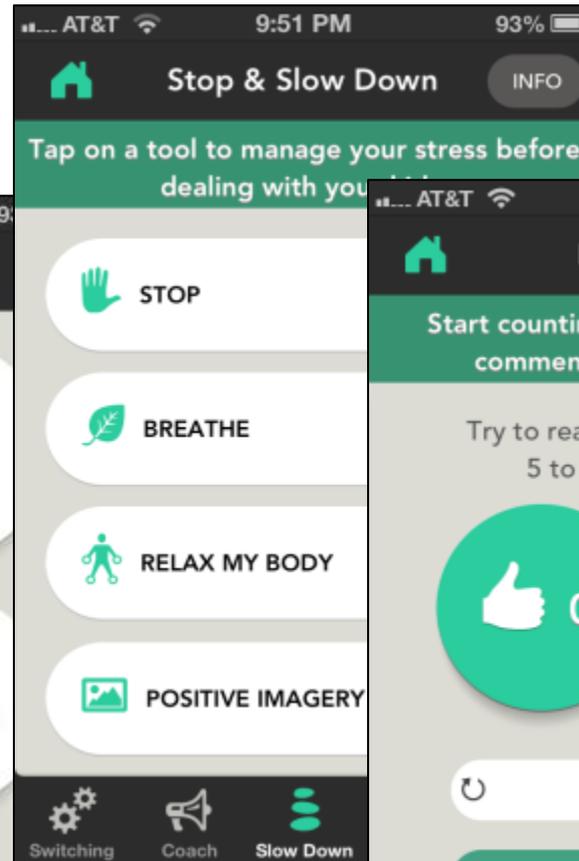
- Charts displaying past performance in habits
- Ability to form closed, invitation-only groups
- Activity stream to monitor group habit tracking
- Badges and points to encourage continued tracking



Moving Forward Mobile App

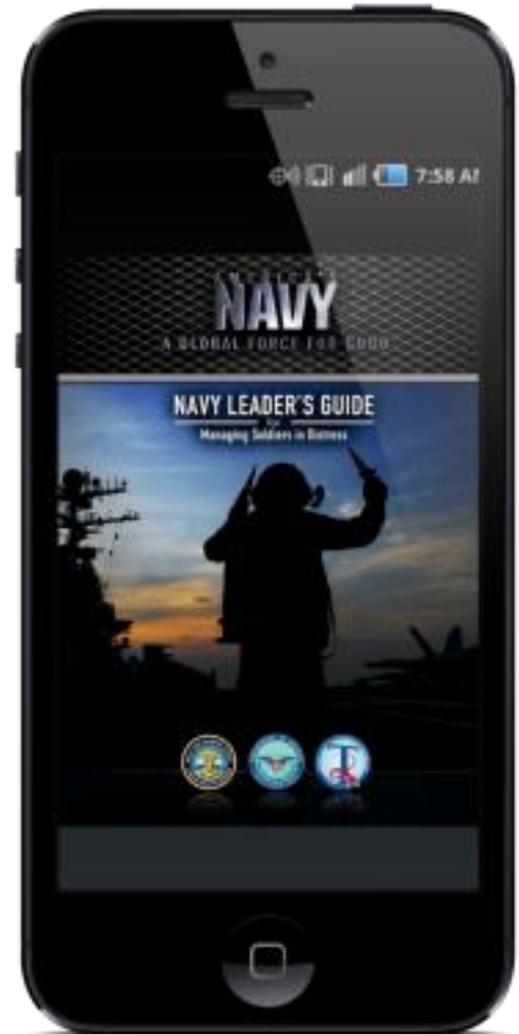


Parenting Mobile App



Navy Leader's Guide

T2 collaborated with the Navy Marine Corps Public Health Center to develop this app



Use in Practice

Rolling with resistance; Lowering barriers to treatment

- Mobile apps can be used to “hook” patients who might otherwise be resistant to treatment
- **Relevant Apps:** PTSD Coach, LifeArmor

Boosting Treatment as Usual

- Bridging the limitations, new ways to engage with patients
- **Relevant Apps:** PE Coach, Virtual Hope Box, LifeArmor



Use in Practice

Keeping up with patients

- Mobile health can be used to connect with patients in-between appointments
- Homework that can be used anywhere, anytime
- **Relevant Apps:** MoodTracker, Breathe2Relax, PTSD Coach



Contact Information

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Tools to Enhance Psychological and Emotional Well-being

- Navy and Marine Corps Public Health Center (NMCPHC)
- Health Promotion and Wellness (HPW) Department
- Presenters:
 - Mark Long, Ed.D
 - Brandi Alford, MPH, CHES
 - Kaleena Huggins, MPH
 - Valerie Kirby, MS



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Health Promotion and Wellness (HPW) Department

- Our mission is to provide innovative and evidence-based health promotion and wellness (HPW) programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery and promote lifelong healthy behaviors and lifestyles.
- HPW provides resources and tools that enhance psychological and emotional well-being.
 - Relaxation
 - Sleep
 - Suicide awareness and prevention
 - Stress navigation
 - Development and maintenance of resilience
 - Anger management



Highlighted Resources List

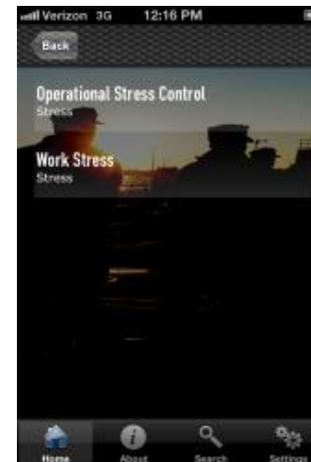
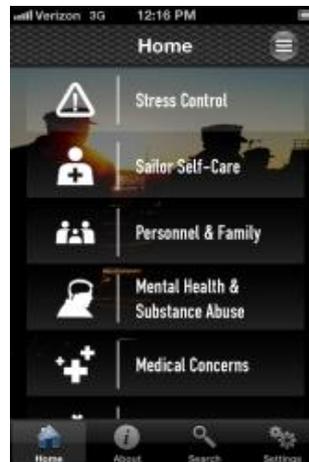
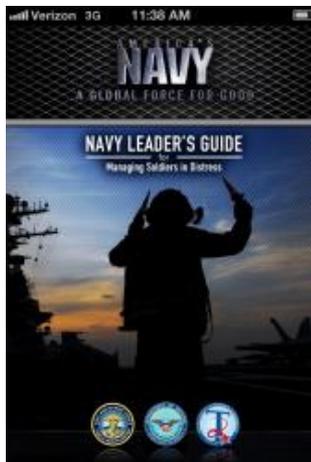
- Health Promotion and Wellness (HPW) Department Resources
 - Navy Leader's Guide for Managing Sailors in Distress
 - Health Promotion (HP) Toolbox
 - Relax Relax Toolkit
 - Sleep Resources
 - HPW Suicide Prevention Webpage

- Other Helpful Resources
 - Navy Systematic Stress Management Program
 - Minding Your Mental Health



Navy Leader's Guide for Managing Sailors in Distress

- Mobile Application: Coming Soon!
 - Helps Leaders recognize distress related behaviors, provide support, and collaborate with Navy helping agencies
 - Allows access to Leader's Guide, resources and policy, regardless of computer access/internet availability



- Navy Leader's Guide for Managing Sailor in Distress Link:
<http://www.med.navy.mil/sites/nmcphc/Documents/LGuide/index.aspx>



Health Promotion (HP) Toolbox

- Assist educators and coordinators who promote a fit and healthy workforce by providing

- Monthly calendar of health observances
- Resources to promote health and wellness among Sailors, Marines and civilian staff in DoN workplaces

- In October – Mental Health Month

- Sections on Planning Ahead, Key Resources, Video and Audio, and Learn More
 - Resources include plan of the week, activity ideas, fact sheets, posters, suicide information and important links on mental health to include depression and the Operational Stress Control Continuum
- Explore the Toolbox to choose the health education materials that best suit your location and health concerns



HP TOOLBOX

- ▶ January - Healthy Weight
- ▶ February - Heart Health
- ▶ March - Healthy Eating
- ▶ April - Sexual Health
- ▶ May - Fitness and Sports
- ▶ June - Drink Responsibly
- ▶ July - Summer Safety
- ▶ August - Workplace Safety
- ▶ September - Fruits and Vegetables
- ▶ October - Mental Health
- ▶ November - Tobacco Free Livelihood
- ▶ December - Impaired Driving Prevention

▶ HP Toolbox Main Page

▶ HPW Main Page

OCTOBER - MENTAL HEALTH

During the month of October, we are dedicated to promoting psychological health. Every day, Sailors, Marines, families and civilians are placed into challenging situations. The ability to adapt, cope and bounce back is what the Navy and Marine Corps wants for its forces. In this toolbox, we provide resources for enhanced quality of life and resiliency. Use of these materials will assist with awareness and education in effective coping and problem solving skills that help to prevent problems and maintain readiness.

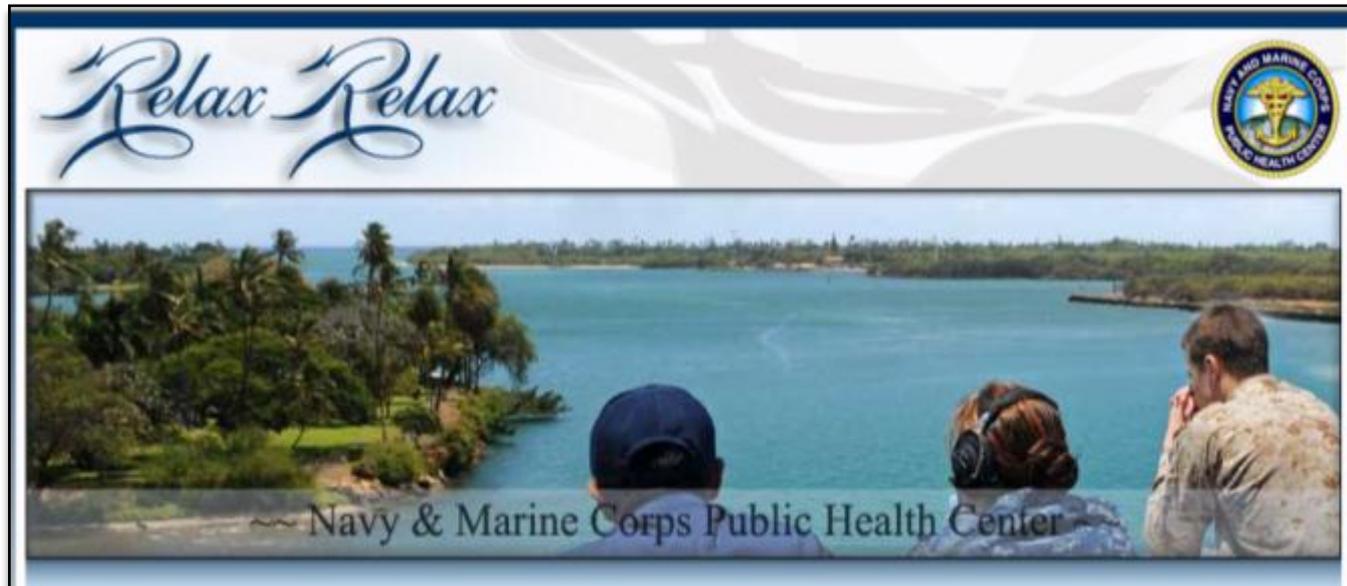
Planning Ahead

- Message for Commanding Officers
- Activity Ideas



Relax Relax Toolkit

- An audio library of relaxing and stress-reducing practical exercises to include deep breathing, mindfulness, guided imagery, and meditation
- Music for sleep and relaxation



- Relax Relax Toolkit Link: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/index.html>



Sleep Resources

- Insomnia CD (Enter Download Code 6289 when prompted)



- <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/sleep.aspx>

- Music selections from Relax Relax Toolkit

- <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/music.html>



- Got Sleep? Webinar

- <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/Webinars/Got-Sleep-Webinar.pdf>



HPW Suicide Prevention Webpage

Provide information, promotional materials and links to suicide awareness and prevention helping resources

- Assist health educators, healthcare team providers, chaplains, leaders, and other “helpers” in their suicide awareness and prevention roles
- Offer fact sheets, posters and promotional materials
- Link user to Navy Suicide Prevention Program, Marine Suicide Prevention Program, and other helping resources



HPW Suicide Prevention Webpage: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx>



Other Helpful Resources

Navy Systematic Stress Management Program:

<http://www.healthylife.com/online/FullVersion/Stress/>



The Proven Way to Action

Brought to you by: American Institute for Preventive Medicine



- 1 Introduction
- 2 Stress Management at Work
- 3 Type A & B Behavior Patterns
- 4 Biofeedback Training and Relaxation
- 5 Thinking Differently
- 6 Time Management
- 7 Communication and Stress



Other Helpful Resources

Minding Your Mental Health:

<http://www.healthylife.com/online/mentalhealth/navyhealthportsmouth>



Minding Your Mental Health™

by Don R. Powell, Ph.D. and the
American Institute for Preventive Medicine

Note: You should not substitute the information in this guide for expert professional advice or treatment. The information is given to help you make informed choices about your mental health. Follow your health care provider/counselor's advice if it differs from what is given.



Helpful Resources



- Military Pathways: <http://mentalhealthscreening.org/programs/military/>
- Real Warriors: <http://realwarriors.net/>
- Military OneSource: <http://www.militaryonesource.mil/>
- Naval Center for Combat & Operational Stress Control: <http://www.med.navy.mil/sites/nmcsd/nccosc/Pages/welcome.aspx?slider2=1>
- USMC Behavioral Health Information Network: <http://bhin.usmc-mccs.org/>



Contact Information

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Continuing Education and Feedback

- NMCPHC is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, INC. This program is designated for Certified Health Education Specialists (CHES) to receive up to 1 total Category I continuing education contact hour.
- E-mail your name and CHES number to:
melinda.lockhart.ctr@med.navy.mil
- We value your feedback! Please send any questions, comments, concerns, or suggestions for future webinars to:
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