

# EACH MIND MATTERS

## California's Mental Health Movement

### **Mental Health Resources for Veterans**

#### **NATIONAL RESOURCES**

##### **After Deployment**

This website provides extensive mental health information for veterans and their families.

<http://www.afterdeployment.org/web/guest>

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

This website includes webinars and news updates as well as a section on suicide prevention.

<http://www.dcoe.health.mil/Training/MonthlyWebinars/2012Webinars.aspx>

<http://www.dcoe.health.mil/SuicidePreventionWarriors.aspx>

##### **Department of Defense: Restoring Hope**

This website provides mental health services, self-help resources, and awareness materials for providers, military, veterans and their families, most of which are provided by the DoD or VA.

[http://www.defense.gov/home/features/2010/0810\\_restoringhope\\_resources](http://www.defense.gov/home/features/2010/0810_restoringhope_resources)

##### **DOD/VA Suicide Outreach**

This website has access to support hotlines, assessments and treatment options, professional resources and forums, and various multimedia tools. This site supports all members of the U.S. military - active and reserve, veterans, families, friends and providers.

<http://www.suicideoutreach.org>

##### **Make the Connection**

Make the Connection is a public awareness campaign by the U.S. Department of Veterans Affairs (VA) that provides personal testimonials and resources to help veterans, family members, and their friends discover ways to improve their lives.

<http://maketheconnection.net>

##### **NAMI Veterans and Military Resource Center**

This site provides support for veterans and active duty military members, as well as their families, friends, and advocates on topics like PTSD, mental illness, and obtaining VA benefits.

[http://www.nami.org/template.cfm?section=Veterans\\_Resources](http://www.nami.org/template.cfm?section=Veterans_Resources)

##### **U.S. Department of Veterans Affairs Suicide Prevention Awareness**

The U.S. Department of Veterans Affairs suicide prevention awareness website contains information on the veterans feature of the National Suicide Prevention Lifeline, suicide warning signs, and links to other mental health resources for veterans.

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

##### **VA National Center for PTSD**

Conducts research and provides education on the prevention, understanding and treatment of PTSD.

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

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### **Vets4Warriors**

Vets4Warriors is a confidential 24/7 peer support via chat, email or phone for combat veterans and their families. The website and phone line provides support from peers and clinicians.

1-855-838-8255 (VET-TALK)

[www.vets4warriors.com](http://www.vets4warriors.com)

### **Wounded Warrior Project**

This website provides programs and services to severely injured service members during the time between active duty and transition to civilian life.

<http://www.woundedwarriorproject.org>

## **CRISIS RESPONSE**

### **Veteran Crisis Line (also known as the Military Crisis Line)**

The Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

<http://www.veteranscrisisline.net>

### **Facebook and Suicide Prevention**

Facebook offers suicide prevention services tailored to active-duty military, veterans, and their families. Concerned family and friends of service members and veterans can connect to a crisis line through Facebook. VA personnel will respond via phone, online chat, or text message.

<http://www.slideshare.net/USArmySocialMedia/social-media-roundup-facebook-and-suicide-prevention>

(Slide Presentation)

## **TRAININGS**

### **Family of Heroes: Training for Family Members of Veterans**

A one-hour, online, interactive gatekeeper training simulation that teaches family members of veterans how to identify signs of post-deployment stress, approach veterans to discuss their concern, and make a referral to a mental health support service. Price ranges from approximately \$2 to \$25 per user, depending on the number and length of the licenses.

[www.kognito.com](http://www.kognito.com)

### **Mental Health First Aid for Veterans**

This module of MHFA is designed for military members, veterans and their families and includes a discussion of military culture, specific risk factors faced by service members and their families, and a review of resources.

<http://www.mentalhealthfirstaid.org/cs/veterans-military>

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### **Operation S.A.V.E.**

A one- to two-hour gatekeeper training program provided by VA suicide prevention coordinators to veterans and those who serve veterans and available from the VA at no charge. Optional role-playing exercises are included.

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### **RESOURCES FOR CLINICIANS**

#### **Community Provider Toolkit**

This site is for clinicians and features key tools to support them in providing mental health services to Veterans. It features information on connecting with VA, understanding military culture and experience, as well as tools for working with a variety of mental health conditions.

<http://www.mentalhealth.va.gov/communityproviders>

#### **From the War Zone to the Home Front: Supporting the Mental Health of Veterans and Families**

The Home Base Program, in collaboration with the Department of Veteran Affairs' National Center for PTSD, provides this free, online course, CME-certified educational series to assist clinicians in the diagnosis and treatment of the silent wounds of war in returning veterans and their families.

[http://mghcme.org/page/from\\_the\\_war\\_zone\\_to\\_the\\_home\\_front](http://mghcme.org/page/from_the_war_zone_to_the_home_front)

#### **Major Depressive Disorder (MDD) Toolkit**

This toolkit is a comprehensive resource for primary care providers working with service members and veterans, promoting accurate screening and diagnosis, symptom management and referrals.

<http://dcoe.health.mil/MDDToolkit.aspx>

#### **Mobile App: PTSD Coach**

The free PTSD Coach application, created by VA and DoD, allows phone users to manage their symptoms, links them with local sources of support and provides information on post-traumatic stress disorder (PTSD).

<http://www.ptsd.va.gov/public/pages/PTSDCoach.asp>

#### **Safety Plan Treatment Manual to Reduce Suicide Risk: Veteran Version**

Developed by Barbara Stanley and Gregory K. Brown in collaboration with VA staff. A 20-page *Treatment Manual* provides instructions for developing a safety plan for Veterans who are at risk for suicide. A corresponding *Safety Plan Quick Guide for Clinicians* pocket card is also available. The *Treatment Manual* is available from the VA at no charge.

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### **Suicide Risk Assessment Guide**

This guide was developed to assist clinicians in all areas, but especially in primary care and the emergency room/triage area. The Guide can assist clinicians in making assessments and care decisions regarding patients who present with suicidal ideation or provide reason to believe that there is cause for concern.

<http://www.mentalhealth.va.gov/docs/VA029AssessmentGuide.pdf>

### **Treating the Invisible Wounds of War**

This series of three online courses is designed to assist primary care physicians, case workers, and mental health providers to develop a better understanding of the culture in which veterans and their families live and work, and to provide best practices for identifying, assessing and treating mental health disorders that result from the trauma of war. Courses are free of charge but registration is required.

<http://www.aheconnect.com/citizensoldier>

## **STUDENT VETERANS**

**Halfofus.com/veterans** – Video bios of veteran college students, information to help the vet, family, friends and fellow students understand and support.

<http://www.halfofus.com/situation/veteran-issues>

### **Understanding and Supporting the Emotional Health of Student Veterans**

This is a training tool that helps campus health professionals best understand the student veteran perspective, engage with them on campus, and provide the resources and support they need to succeed.

<http://www.jedfoundation.org/professionals/programs-and-research/helping-our-student-veterans-succeed>

### **VA Campus Toolkit**

Provides faculty, staff, and administrators resources to support student Veterans.

<http://www.mentalhealth.va.gov/studentveteran/index.asp>

### **Veterans on Campus for Faculty and Staff**

A 30-minute, online, interactive training simulation in which users engage in three simulated experiences that address common challenges affecting student veterans' ability to succeed in an academic setting. Cost depends on the size of the population to which the purchasing institution plans to make the training available, and the amount of time they would like those licenses to be active. Institution-wide pricing begins at \$2,500.

[www.kognito.com](http://www.kognito.com)

## **VETERANS and FAMILIES**

### **Coming Home: Supporting Military Service Members, Veterans, and Their Families**

This webinar from 2012 describes the challenges facing military personnel, veterans, and their families, the mental health and substance abuse support available from the U.S. Department of Veterans Affairs and civilian health systems, and highlights the need to expand family-centered services.

<http://store.samhsa.gov/product/SMA12-4677DVD>

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### **FOCUS (Families OverComing Under Stress™)**

FOCUS provides resiliency training to military children and families. It teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively, and to successfully set goals together and create a shared family story.

<http://www.focusproject.org>

### **Guide to VA Mental Health Services for Veterans & Families**

This brochure provides information about the types of treatments available for the most common mental health problems of veterans (such as depression, substance abuse, and posttraumatic stress disorder) and describes special programs offered for particular groups of veterans (such as women, homeless or older veterans).

[http://www.mirecc.va.gov/VISN16/docs/Guide\\_to\\_VA\\_Mental\\_Health\\_Srvcs\\_FINAL12-20-10.pdf](http://www.mirecc.va.gov/VISN16/docs/Guide_to_VA_Mental_Health_Srvcs_FINAL12-20-10.pdf)

### **Recovery and the Military: Treating Veterans and Their Families**

This webcast from 2006 explores alcohol and drug addiction among veterans, post-traumatic stress disorder and other contributing stressors, and the effect of addiction on families. It discusses addiction treatment issues and the service options available to vets and their families.

<http://store.samhsa.gov/product/DVD251>

## **CALIFORNIA SPECIFIC RESOURCES**

### **Supporting Student Veterans**

CalMHSA-funded Student Mental Health Program offers training and technical assistance for California Community Colleges.

[http://www.cccstudentmentalhealth.org/docs/CCCSMHP\\_VeteransFactSheet.pdf](http://www.cccstudentmentalhealth.org/docs/CCCSMHP_VeteransFactSheet.pdf)

### **UC Berkeley PSA for Student Veterans**

Public Service Announcement created for UC Berkeley Re-Entry Student & Veteran Services.

<https://www.youtube.com/watch?v=jw-hMV-Tixw>

### **VA Suicide Prevention Coordinator**

Each VA medical center has a suicide prevention coordinator. Search for one closest to you either by zip code or state at <http://maketheconnection.net/resources>