

Information gathered from Dr. Jeane Bosch's Use of VA mobile mental health apps to support telemental health services

March 25, 2020

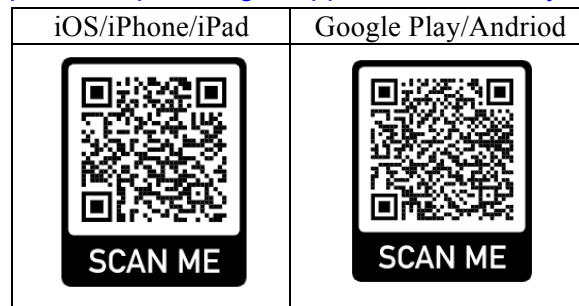
Overview

- Many applications have been developed to help therapists and clients with many different needs. All applications are also available online (www.veterantraining.va.gov). The online web pages do not require logins, and are confidential.
- Application also available in your iOS or Android app store. See below for QR codes for each app. All applications are:
 - Free and publically available in the app marketplace
 - Accessible to those with disabilities
 - Identifiable data not transmitted
 - You need wifi/data to download, but can use the downloaded app off wifi/data after downloaded
- Apps include many important aspects (e.g., Psychoeducation sections, common tools used in treatment, assessment tools, worksheets, etc).
- Veterans can request VA tablets (<https://tinyurl.com/Tech-Into-Care> <- can only be accessed on VA server)

Available Apps

Please use your cell phone camera to scan the QR codes below

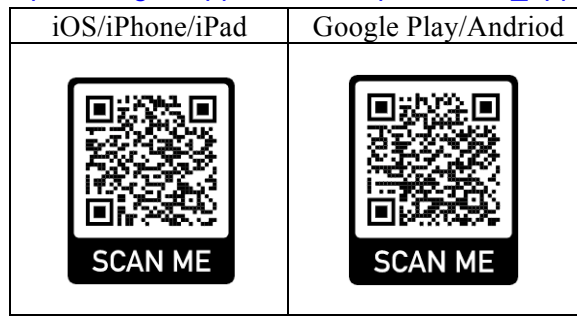
1. PTSD Family Coach (https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp)



Overview: PTSD Family Coach is for family members of those living with posttraumatic stress disorder (PTSD). The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get treatment.

Living with a family member who has PTSD can be incredibly stressful. PTSD Family Coach includes tools to help you manage this stress, including mindfulness exercises, tools to help you re-build your social networks, and tools to help with difficult thoughts and emotions. The app also provides a way for you to track your stress level over time, with specific feedback about your progress. Finally, PTSD Family Coach offers ways for you, and your loved one, to connect with support.

2. PTSD Coach (https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)



PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. You can customize tools based on your preferences and can integrate your own contacts, photos, and music. This app can be used by people who are in treatment as well as those who are not.

Includes:

- Mangement of symptoms
- Tools: you can see the tools available on the app
 - Can select favorite tools
- Track Progress
- Take assessment: PCL-5
- Can graph assessments and export results and saves as an excel file (and can send it to their provider with **secure messaging**)


3. Mindfulness Coach https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp



Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.

Mindfulness Coach 2 was developed to help Veterans, Service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice. Mindfulness Coach also offers a library of information about mindfulness, 12 audio-guided mindfulness exercises, a growing catalog of additional exercises available for free download, goal-setting and tracking, a mindfulness mastery assessment to help you track your progress over time, customizable reminders, and access to other support and crisis resources.

4. Mood Coach

iOS/iPhone/iPad	Google Play/Andriod
	Not available on Google Play for Andriod right now.

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

This app provides

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

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

5. AIMS for Anger Management

iOS/iPhone/iPad	Google Play/Andriod
	

AIMS is designed for Veterans and military Service members but can be used by anyone coping with anger problems. The AIMS app is based on the [Anger and Irritability Management Skills online self-help course](#). The app provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions. Users can also create custom tools based on their preferences, and can integrate their own contacts, photos, and music.

The AIMS app may be used alone, or in combination with the online course or in-person therapy.

This app includes:

- Emotions/anger/behavior tracking on an Anger Log
- Anger Control Plan: identifies goals for controlling anger and they can identify their triggers. Can be saved as a PDF and shared with the provider.

6. PE Coach (https://www.ptsd.va.gov/appvid/mobile/pecoach_app_public.asp)

iOS/iPhone/iPad	Google Play/Andriod
 SCAN ME	 SCAN ME

PE Coach is designed to be used during therapy for posttraumatic stress disorder (PTSD) with a health professional who is trained in Prolonged Exposure (PE) therapy. The app will guide you through the exercises assigned by your therapist and allows you to track and record your progress. In addition, the app provides techniques such as controlled breathing that will help you tolerate and decrease your distress. PE Coach will help you remember and track your upcoming therapy sessions. You will be able to audio record your sessions directly onto your phone so you can review them later as part of your treatment.

By itself this app is not sufficient to treat PTSD. However, those who are receiving PE treatment can work together with their therapist to use the tools in this app.

Important aspects:

- Can track homework assignments for the week
- In vivo hierarchy and suds rating
- Can record the session. The recording is only on the recording. But, there doesn't seem to be a way for the therapist to listen.
- Can set a pin on this app for safety and protection
- Can set reminders for assessments, so they can do it right before the therapy session

7. CPT Coach (https://www.ptsd.va.gov/appvid/mobile/cptcoach_app_public.asp)

iOS/iPhone/iPad	Google Play/Andriod
 SCAN ME	Not available on Google Play for Andriod right now. Please check in a week or so.

CPT Coach is for those with posttraumatic stress disorder (PTSD) who are participating in Cognitive Processing Therapy (CPT) with a professional mental healthcare provider. This app contains support materials for a complete course of CPT to help patients manage their treatment, including between session assignments, readings, PTSD symptom monitoring, and mobile versions of CPT worksheets.

CPT Coach is not intended to be used as self-help without the guidance of a professional mental healthcare provider.

Important considerations:

- Track assignments by session
- Complete readings and assessments

- Complete worksheets (stuck point log, ABC's and CBWs)
- Disappeared from the play store for androids - working on this. Should be back this week...
- The app version is not consistent with latest version of CPT
- CPT coach doesn't support export features at the time.
- Can set reminders for assessments, so they can do it right before the therapy session

8. CBT-i Coach (for insomnia) (https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp)



Cognitive Behavioral Therapy for Insomnia (CBT-I) is an evidence-based psychotherapy for treating insomnia. CBT-i Coach is a mobile app for people who are engaged in CBT-I with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits.

Features include:

- Education about CBT-i and how sleep works
- Tips to help develop positive sleep routines and improve sleep environments
- Sleep diary to track wake and sleep times
- Tools to help relax while getting ready for sleep or when trying to go back to sleep

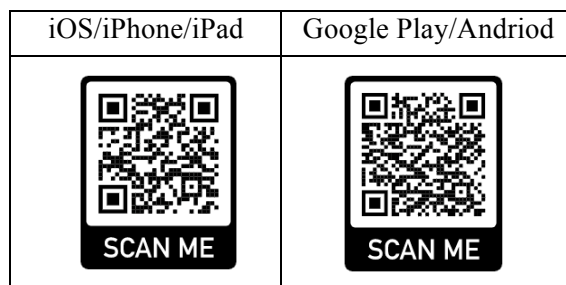
NOTE: Insomnia is a serious mental health condition that often requires professional evaluation and treatment.

- CBT-i Coach is intended to be used alongside face-to-face care with a healthcare professional.
- CBT-i Coach can be used on its own, but it is not intended to replace therapy.

The CBT-I Coach includes:

- Sleep reminders
- Log sleep
- Get feedback from Sleep measure
- Available in Spanish
- Can export sleep diaries and assessment data and send it to provider

9. ACT Coach (https://www.ptsd.va.gov/appvid/mobile/actcoach_app_public.asp)



Acceptance and Commitment Therapy (ACT) aims to help you live with unpleasant thoughts, feelings, and impulses without avoiding them or being controlled by them. In ACT, you are encouraged to commit to actions so that you can live your life by your values, even in the face of these unpleasant experiences. This app was developed for Veterans, Service Members, and other people who are in Acceptance and Commitment Therapy in consultation with a therapist. It offers exercises, tools, information, and tracking logs so you can practice what you're learning in your daily life.

10. STAIR Coach

iOS/iPhone/iPad	Google Play/Andriod
 SCAN ME	Not available on Google Play for Andriod right now.

STAIR Coach is designed to supplement in-person psychotherapy using Skills Training in Affective & Interpersonal Regulation (STAIR). It also may be useful to people experiencing symptoms of trauma. STAIR is an evidence-based psychotherapy that uses cognitive and behavioral techniques to help with managing emotions and relationships. The app includes in-depth psychoeducation, interactive tools for emotion and behavior management, customizable reminders and quick links to support.

Additional Information

Apps with export feature:

- AIMS for anger management (Anger Control Plan, Anger Log)
- Mindfulness coach (Mindfulness logs, Mindfulness Mastery, Assessments, Goals)
- PTSD coach (PCL5, PHQ-9)
- Vet change (PCL5, Drinking Log)
- CBT-i (Sleep diaries, insomnia severity index)
- PTSD Family Coach (My family goals, My loved one's progress PCL - 5, My well-being the Warwick-Edinburgh Mental Well-being Scale, my safety plan)

Interesting and Relevant Pre Recorded Talks (if you scroll down): <http://www.myvaapps.com/pbi-network-ce-lecture-series/>

Upcoming Resources/Videos

- Upcoming PBI Network Lecture Series (2nd Wed of each month, 12-1ET/9-10am PT. Email MobileMentalHealth@va.gov to request an Outlook invitation or visit <http://www.myvaapps.com/pbi-network-ce-lecture-series/> for more information).
- 1. April 8th, Using Mobile Mental Health Apps in Audiology
- 2. May 12th, Virtual Hope Box: Current & Potential Applications for Behavioral Health
- 3. June 10th, Incorporating Mobile Mental Health Apps into Spiritual Counseling
- 4. July 8th, Mobile Mentahl Health Apps for SUicide Safety Planning
- 5. August 12th, Enhancing Primary Care with Mobile Mental health APps
- 6. September 9th, Beyond MST