A survey of web-based mental health self-help programs

Ken Weingardt, Ph.D.

National Director, Web Services
Office of Mental Health Services
Veterans Health Administration
U.S. Department of Veterans Affairs
Washington, DC

Investigator
Center for Health Care Evaluation
VA Palo Alto Health Care System
Stanford University
Palo Alto, CA
Agenda

- OMHS Web Services
  - Provider-facing resources
  - Patient-facing resources
- Web-Based Self-help: “Computerized CBT”
- VA/DoD Integrated Mental Health Strategy
- New Programs for Veterans in 2012
- The Road Ahead: Patient Education Management System
OMHS Web Services

The web services group is part of the Mental Health Informatics Section in the VHA Office of Mental Health Services (VACO-10P4M)

Our mission is to use internet and emerging technologies to support the delivery of evidence-based, recovery-oriented, mental health services to Veterans and their families.

OMHS Web Services designs, develops and implements three types of resources:

(2) **Provider-facing resources** including intranet and SharePoint sites, web-based CE courses and online communities of practice

(3) **Veteran-facing resources** including websites for information and education, screening tools, and web-based self-help programs

(4) **Innovative technology applications** for both Veterans and staff, including mobile apps and social media.
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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Location</th>
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<tbody>
<tr>
<td>Steve Baumgartner</td>
<td>New Media Producer</td>
<td>Enterprise, AL</td>
</tr>
<tr>
<td>Mike Conran</td>
<td>New Media Producer</td>
<td>Salt Lake City, UT</td>
</tr>
<tr>
<td>Kellie Condon, Psy.D.</td>
<td>National Coordinator, My Recovery Plan</td>
<td>Santa Maria, CA</td>
</tr>
<tr>
<td>Carolyn Greene, Ph.D.</td>
<td>Program Manager</td>
<td>Palo Alto, CA</td>
</tr>
<tr>
<td>Kevin Lai, M.S.</td>
<td>New Media Producer</td>
<td>Palo Alto, CA</td>
</tr>
<tr>
<td>Ali Lott, M.S.</td>
<td>Health Science Specialist</td>
<td>Palo Alto, CA</td>
</tr>
<tr>
<td>Peter Shore, Psy.D.</td>
<td>Program Manager</td>
<td>Portland, OR</td>
</tr>
<tr>
<td>Ken Weingardt, Ph.D.</td>
<td>Director</td>
<td>Palo Alto, CA</td>
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Online Communities of Practice

Welcome to CBT for Depression SharePoint Site
The Office of Mental Health Services has implemented a national initiative to disseminate Cognitive Behavioral Therapy (CBT) for depression (Wenzel, Brown, & Karlin, 2010) throughout VA to make this treatment widely available to Veterans. As part of this initiative, VA has developed a national training program in CBT for Veterans with depression.

Highlights
Click on the button below to access a series of training videos developed by the CBT Dissemination Team. These videos include introductions by Drs. Aaron Beck and Bradley Karlin and CBT Case Descriptions and Vignettes of critical skills utilized in CBT.

CBT Training Videos

CBT "Virtual Office Hours"
An opportunity to ask questions of CBT experts about issues and challenges

- Call in number: 1-800-767-1750
- Access code: 36972
- Start date: The 2nd & 4th Fridays of each month
- Time: 1:00-2:00 PM EST; 10:00-11:00 AM PST

Learn More

Announcements
- CBT for Depression National Training Schedule 2011
  - Modified: 2/7/2011 4:30 PM
- Brief CBT Checklist: This new resource can be used as a
  - Modified: 11/6/2010 3:12 PM
Patients can have a variety of combinations of symptoms to be diagnosed with depression. In addition, patients may have other symptoms beyond the list of DSM-IV that are commonly associated with depression. Let’s look at 3 different case presentations of depression below.

Mary, Joe and Frank have all been diagnosed with Major Depression. Click on their images below to see how their symptoms are similar or different.
Alcohol Abuse Can be a Family Affair

Do you drink more than you should? Does someone in your family? Both Veterans and their family members face many changes when returning or leaving the military. Many of these changes can pose challenges that lead to alcohol abuse.

Get the full story....
Mental Health

Mental Health Home
Get Help
Suicide Prevention
PTSD
Depression
Military Sexual Trauma
Anxiety
Substance Abuse
Mental Health Recovery
Returning Veterans
Homelessness
Families
Veteran Students
Women Veterans
Veterans At Work
External Links
About VA Mental Health
I’m a Provider
Site Map
Site Search

www.mentalhealth.va.gov

Depression

VA Programs & Services

A number of depression treatments are available. Medication and psychological counseling (psychotherapy) are very effective for most people. There are also many types of professionals who treat depression. A good place to start is with your primary care physician. In some cases, a primary care physician can prescribe medication to relieve depression symptoms. However, if treatment by your physician does not help you, the next step is to see a mental health professional.

- Health professionals who can diagnose depression and prescribe medicine include: Family Physicians, Internists, Psychiatrists, Physician Assistants, Nurse Practitioners, and Obstetricians or Gynecologists.

- Treatment such as professional counseling or therapy can be provided by: Psychiatrists (who can also prescribe medicine) or Psychologists.

- Other health professionals who also may be trained in treating depression include: Social Workers, Licensed Professional Counselors, and Psychiatric Nurses.

- The VA provides two evidence based treatments for depression: Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

- CBT is an effective psychotherapy based on decades of research that has shown the strong relationship between thoughts, emotions and behaviors, and how these lead to depression. CBT helps patients learn new patterns of thinking and to develop new coping behaviors.
Mental Health

Learning about a mental health condition is a good first step to being able to recognize some of its symptoms. You may be wondering if you have symptoms of concern. One way of determining that is to take a brief confidential and anonymous screen. Only you will see the results of the brief screen. None of the results are stored in your My HealtheVet account or sent anywhere. You can choose to print a copy of the results for your own records or to give to your physician or a mental health professional.

This section contains screens for symptoms of several mental health conditions. You can take a screen to see if you have symptoms that are commonly associated with a specific mental health condition or with stress. The fact that you have symptoms of a mental health condition does not necessarily mean that you have a mental health condition or that a mental health condition is causing you difficulty in functioning in a major area of your life, such as your family, personal relationships, work life or social settings.

If you are concerned about any illness, regardless of what the screen shows, you should seek further evaluation from your physician. If you are concerned that you may have a medical emergency or are having thoughts of harming yourself or someone else, call 911, the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or go immediately to the nearest hospital Emergency Room for an evaluation.

Screening Tools

- **AUDIT-C**: Alcohol Use Screening
- **PHQ-9**: Depression Screening
- **PCL**: Post Traumatic Stress Disorder Screening
- **ASSIST**: Substance Abuse Screening

Screens are **NOT** intended to provide a complete assessment or diagnosis for any condition. They **CAN** help identify symptoms and assist you in determining if you should seek further evaluation by your physician or a mental health professional.

Considering Professional Help

**Considering Professional Help** is an online tool using real experiences from Veterans. There are five common concerns that may stop you from getting help for your mental health. This tool helps you identify your concerns. It provides new ways of thinking about them. This tool shows you what to look for and where to find help. You will learn the benefits of getting mental health support from doctors, social workers, mental health staff, clergy, or other counselors. Your responses are confidential. You do not need to be registered with My HealtheVet to use this tool.
Depression Screening (PHQ-9) - Instructions

The following questions are a screening focusing on symptoms of depression. Please read each question carefully, then select the answer that indicates how much you have been bothered by that problem in the past 2 weeks. This entire screening is processed on this local computer. No information is collected, stored or sent over the Internet. To ensure complete privacy, exit your web browser after completing this screening.

If you have problems accessing this tool, there is also text-only version.

Little interest or pleasure in doing things?

- Not at all
- Several days
- More than half the days
- Nearly every day

Question 1 of 10

The PHQ-9 is a Pfizer product.
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Online self-help programs


Beat Depression and Anxiety

Beating the Blues is the only computerised CBT treatment for depression recommended for use in the NHS.

Patients
Feeling anxious or depressed, find out how Beating the Blues can help you.

Practitioners
Hear how Beating the Blues can help in your practice.

Video
See how Beating the Blues is changing peoples lives.

Login
Welcome back, please login if you have your access details.

Activate
If you have been provided an activation code, create an account here.

http://www.beatingtheblues.co.uk/


What is FearFighter?

FearFighter is a method for delivering CBT (Cognitive Behavioural Therapy) on a computer (via the internet). Research has shown that FearFighter improves anxious or phobic patients as much as face to face therapy. FearFighter is also more readily available and more cost and time efficient.

FearFighter is an online therapy and can be accessed from home, the office or even the local library. This convenience and confidentiality provides a solution for many sufferers who may be concerned about the stigma associated with seeing a therapist. Taking only three months to complete, with minimal telephone support through the process, FearFighter provides clinically proven improvements for sufferers with close to zero computer skills.


## Improving Access to Psychological Therapies

### Step 3: High Intensity Service

<table>
<thead>
<tr>
<th>Disorder Description</th>
<th>Treatment Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression Mild, Moderate and Severe</td>
<td>CBT, IPT behavioural activation</td>
</tr>
<tr>
<td>Depression Mild-Moderate</td>
<td>Counselling, couples therapy</td>
</tr>
<tr>
<td>Panic Disorder</td>
<td>CBT</td>
</tr>
<tr>
<td>Generalised anxiety disorder (GAD) mild- moderate</td>
<td>CBT</td>
</tr>
<tr>
<td>Social Phobia</td>
<td>CBT</td>
</tr>
<tr>
<td>Post Traumatic Stress Disorder (PTSD)</td>
<td>CBT, eye movement desensitisation and reprocessing (EMDR)</td>
</tr>
<tr>
<td>Obsessive Compulsive Disorder (OCD)</td>
<td>CBT</td>
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### Step 2: Low Intensity Service

<table>
<thead>
<tr>
<th>Disorder Description</th>
<th>Treatment Options</th>
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</thead>
<tbody>
<tr>
<td>Depression Mild-Moderate</td>
<td>cCBT, guided self-help, behavioural activation, exercise</td>
</tr>
<tr>
<td>Panic Disorder Mild-Moderate</td>
<td>cCBT, guided self-help, pure self help</td>
</tr>
<tr>
<td>Generalised anxiety disorder (GAD) mild- moderate</td>
<td>cCBT, guided self-help, pure self help, psychoeducation groups</td>
</tr>
<tr>
<td>OCD mild - moderate</td>
<td>Guided Self-Help</td>
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### Step 1: Primary Care/ IAPT Service

<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
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<tbody>
<tr>
<td>Step 1:</td>
<td>Recognition of Problem</td>
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<tr>
<td>Step 2:</td>
<td>Assessment / Watchful Waiting</td>
</tr>
<tr>
<td>Step 3:</td>
<td>CBT, IPT behavioural activation</td>
</tr>
<tr>
<td></td>
<td>Counselling, couples therapy</td>
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<td></td>
<td>Guided Self-Help</td>
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Factors that Influence Whether CP is effective

• The importance of screening patients for suitability for CP (simple screening can enhance uptake, motivation, and economies of scale)

• The role of live human support for CP users (just a little human contact can go far to reduce attrition, improve uptake and pt outcomes)

• The background of successful CP supporters (typically professional, paraprofessional or student CBT therapists)

• The importance of routine monitoring of CP progress and live support (monitoring number of users, what sections they access, the goals they work on, their outcome ratings)

• How CP can fit with (complement/augment) traditional face to face psychotherapy.
What's in MoodGYM?

MoodGYM is a free, fun, interactive program consisting of a number of different modules. These are designed to be completed in order. The modules explore issues such as:

- Why you feel the way you do
- Changing the way you think
- Changing 'warped' thoughts
- Knowing what makes you upset
- Assertiveness and interpersonal skills training
What will I get from MoodGYM?

We would like to think that by the time you finish MoodGYM you will have:

- An understanding of how emotions arise, and how they might be modified
- Learned how to modify your thinking so that you are less prone to get upset
- Picked up a few hints on managing stress
- Learned a few things about what influences self-esteem
- Developed a better understanding of relationships and how they might be handled
- Developed some practical ways to help you cope better with difficult events


Engaging. Scalable. Effective.

Digital Health Coaching with proven outcomes.

HealthMedia Succeed® | Intelligent, flexible, powerful. It all starts here.

HealthMedia Move® | An innovative approach to staying active and healthy.

HealthMedia Relax® | Sources and symptoms discovered. Stress solutions found.

HealthMedia TeenSucceed® | An adolescent health program for today’s web generation.

HealthMedia Nourish® | Dietary analysis and counseling for improved eating habits.

HealthMedia Overcoming™ Insomnia | Strategies for healthy, restful, stress-free sleep.

HealthMedia Overcoming™ Depression | Confidential self-help for any level of depression.

HealthMedia Balance® | Mind, body, and food—the foundation for success.

HealthMedia Breathe® | Seven ways to promote individual success and prevent relapse.

Weight Management

Sleep Improvement

Smoking Cessation

Depression Management


Strategic Action 20: Web-Based Self Help Strategies

- Develop self-help strategies with web services, print material & seminars
- Evaluate adding coaching to support self-help strategies

Strategic Action 21: Access to Web Technology

- Coordinate communication and marketing plans to facilitate access to existing DoD and VA web resources
- Evaluate extension of joint DoD and VA programs using new web-based and social networking technologies
FY 11-13 Transformational Plan to Improve Veterans’ Mental Health

- Web-based Self Help
- Expand Partnerships

- Implement Integrated MH Strategy
- Destigmatize MH
- Workforce Development/Training

- Information Technology
- System Improvement
- Innovation in MH

- Add Public Health Outreach (Workstream B)

- Build Infrastructure (Workstream A)

- Collaborate with DoD (Workstream C)

Improve Veterans’ Mental Health

VA Mental Health Services (VAMC, CBOC, OMHS, RCS)

Evidence Based
Veteran Centric
Recovery Oriented
Problem Solving Therapy

Planning Committee Kickoff
July 15, 2011
“It's not a problem that we have a problem. It's a problem if we don't deal with the problem.”
--- Mary Kay Utech
Life’s Challenges

Everyone experiences challenges in life. Often they are normal daily events that we successfully solve. But sometimes, these challenges stop you from moving forward and can trigger stress. While a little stress can motivate you, too much stress can make things harder.

To see how stress can affect you, select Start to participate in a game of search. Notice how the more stress you experience, the harder it is to solve the game.
Stress and Problem-Solving

Take a moment to think about a problem that you tried to solve. Was it harder to solve when you were feeling stressed?

Brandon was dealing with a number of different problems at the same time. Select Play to find out how stress was getting in the way of his ability to move forward through his problems.
What This Program Has to Offer

Because facing life’s challenges is more than just the problems themselves, this program will teach you some powerful tools to deal with stress and the emotions that go along with it.

Life presents us with many challenges and sometimes we need help dealing with them. On the following pages, you will find out more about the Moving Forward program and what it has to offer you, including:

- What is the Moving Training program?
- How effective is it?
- How does it work?
- How the Moving Forward program is helpful for Service Members and Veterans
They see themselves through your eyes.
Building Strong Relationships with Your Children
- Reintegrating into the family system after separations.
- Promoting positive parent-child interactions
- Limit setting and discipline during transitions.
- Helping children cope with common post-deployment (and anytime) issues,

Taking Care of Yourself as a Parent
- Regulating your own emotions while parenting.
- Managing your stress level during stressful times.

Parenting in the Face of Personal Challenges
- Balancing work and home life demands as a military member.
- Parenting while coping with your own emotional upheaval.
- Helping children deal with your physical injury or disability.
The Road Ahead
Patient Education Management System

• Veteran-Facing Learning Management System (LMS), much like TMS for VA employees.

• Will make highly interactive, media rich courseware available to Veterans on My HealtheVet.

• Administrative functions allow clinicians to assign relevant courses and monitor progress.

• *Removes dependency on OI&T. Programs built to the industry standard (SCORM 2004) can be deployed with minimal technical rework*
PEMS allows diverse stakeholders to contribute content
PEMS supports Modular Content Development
Questions?

Ken Weingardt, Ph.D.
Ken.weingardt@va.gov
650-493-5000, ext 2-22846