

Education Products & Educational Outreach to CBOCs



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MIRECC Education Core

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Searcy, AR CBOC

Eldorado, AR CBOC

Mt. Vernon, MO CBOC

Houston VA

Oklahoma City VA

Oklahoma City VA

Little Rock, MHPL

Little Rock VA

Jackson VA

Engagement Strategies

- Involve CBOC clinicians in MIRECC activities (e.g., Education Core, training, Clinical Educator Grants program, MIRECC products, other projects, site visits)
- *South Central MIRECC Communiqué and NewsFlash*
- MIRECC web site for info and products
- VISN 16 Mental Health Community of Practice (COP) site

Clinical Educator Grants

Clinical Educator Grants program offers small grants (\$7-10K) to develop innovative clinical education tools for dissemination; since 1999

75 funded projects since 1999

Since last board meeting, funded 5 projects

Clinical Educator Grants (1)

Parenting Toolkit for our Veterans, Families, and Mental Health Providers (Sherman) – provides age appropriate information about parenting for new parents and VA providers not familiar with addressing these issues.

www.ouhsc.edu/vetparenting/

Veteran Parenting Toolkit: Together Building Strong Families



*Five age-based parenting toolkits for
Operation Enduring Freedom and Operation Iraqi Freedom
veterans and their partners*



Caring for...AMERICA'S HEROES
www.ouhsc.edu/va

Michelle D. Sherman, Ph.D.

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Karen Wyche, Ph.D.

*South Central Mental Illness Research, Education and Clinical Center (MIRE)
Oklahoma City Veterans Affairs Medical Center
August 2010*

Clinical Educator Grants (2)

Team Up to Facilitate Functioning (TUFF)
(Pastorek) – 20 symptom-focused interventional fact sheets and assessment tools for clinicians and veterans to address postconcussive symptoms in returning Veterans with a history of TBI

Team Up to Facilitate Functioning (TUFF): The Interactive Brochure Series

General Description

- The rate of comorbidity of psychological and somatic problems among OEF/OIF Veterans with histories of polytrauma is exceedingly high¹
- The Michael E. DeBakey VA Medical Center Polytrauma Team completed chart reviews and surveys to identify the needs of returning Veterans
- Based on the results of this process, a series of interactive brochures called the Team Up to Facilitate Functioning (TUFF) series was developed for Veterans and clinicians who do not have ready access to specialists in polytrauma, such as those Veterans living in rural areas
- Each TUFF module includes an evidence based interactive brochure with references for additional community resources, pre- and post-intervention symptom assessment, and a user manual. The 6 modules address the following:
 - Academic Skills
 - Managing Headaches
 - Stress Management
 - Cognitive Skills
 - Healthy Sleeping
 - Mood Management

Target Audience

- The interactive brochures are intended to be used with returning Veterans whose symptoms or problems are interfering with their daily lives
- The brief, low-intensity interactive brochures are not recommended for use when the identified problems are severe or debilitating

Selecting an Interactive Brochure

- Clinicians are encouraged to focus on the most salient problem or symptom reported by the Veteran when deciding which interactive brochure to use
- Although use of one brochure at a time is recommended to allow for ample discussion and/or practice of newly learned skills, the administration of two brochures that are conceptually unrelated is reasonable

Team Up

- Rapport building and validation are crucial elements of forming a therapeutic bond with the Veteran
- The Team Up sections of each brochure are designed to encourage a sense of teamwork while also providing an opportunity to practice newly learned skills
- Clinicians are encouraged to personalize the administration of the brochures by collaborating with the Veteran to fill out each Team Up section (where specified)

Pre- and Post-Intervention Symptom Assessment and the Tracking Log

- The symptom assessment is administered prior to the intervention and is re-administered 4 weeks following the intervention
- This pre/post assessment helps to determine if the intervention was successful and whether further services or referrals may be needed

Part of the Team Up to Facilitate Functioning (TUFF) series by the Michael E. DeBakey VA Medical Center Polytrauma Team

Development of this brochure was sponsored by a Clinical Educator Grant from the VISN 16 South Central MIRECC

Administration Procedure Quick Reference

- Ensure Veteran is part of target audience
- Administer pre-intervention symptom assessment
- Deliver the interactive brochure
- Establish follow-up date
- Document intervention including the symptom assessment results
- Complete the post-intervention symptom assessment 4 weeks later
- Determine if further intervention is needed

Reference

1. Lew et al. (2009). Prevalence of chronic pain, posttraumatic stress disorder, and persistent postconcussive symptoms in OIF/OEF veterans: polytrauma clinical trial. *J Rehabil Res Dev*, 46, 697-702.

Managing Headaches



Part of the Team Up to Facilitate Functioning (TUFF) series by the Michael E. DeBakey VA Medical Center Polytrauma Team

Friend / Family: _____

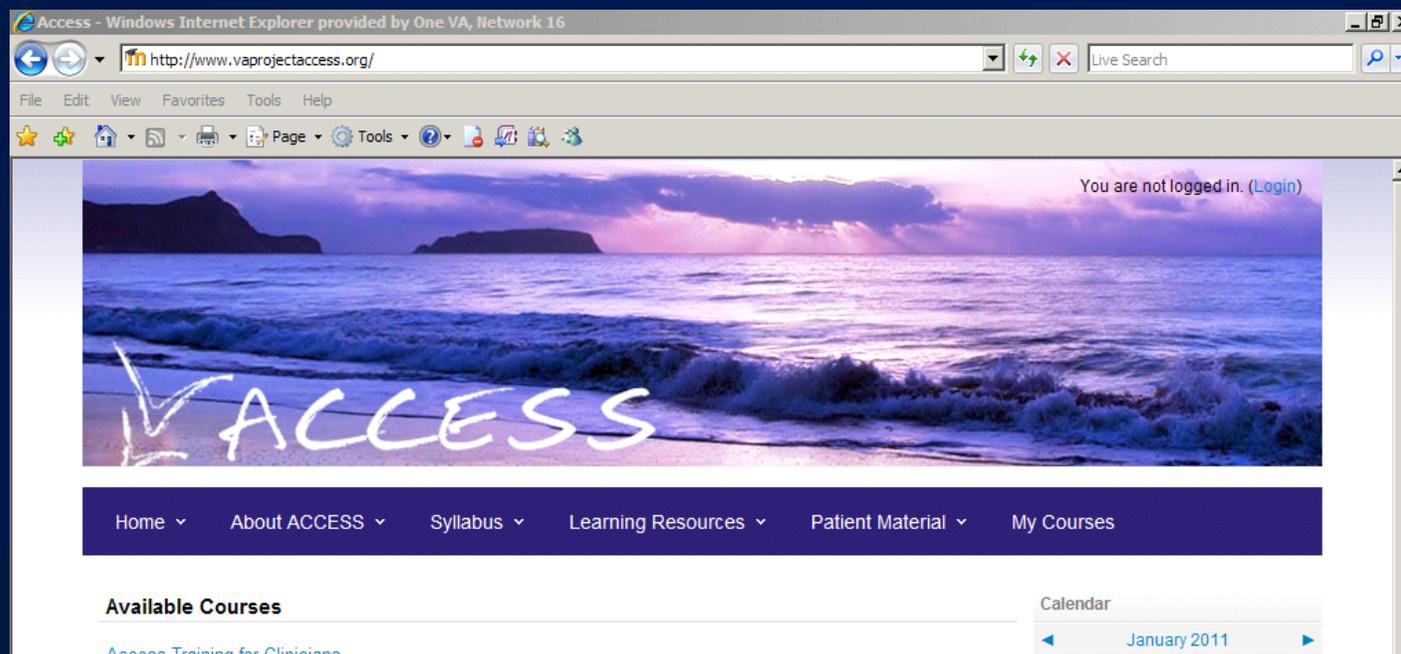
MEDICAL CENTER

Development of this brochure was sponsored by a Clinical Educator Grant from the VISN 16 South Central MIRECC

Clinical Educator Grants (3)

Development of an Internet-Based Cognitive Behavioral Therapy Training Program (Cully) – standardized web-based CBT training for VA providers who will treat medically ill veterans for depression via telephone.

Cully (PI). Cognitive Behavioral Therapy in Primary Care: Treating the Medically Ill Veteran. IIR. 2010-2014. \$1.1M



Sites: Houston and OKC

Clinical Educator Products

40 products - disseminated via newsletter, web sites, MH staff meetings, treatment groups, MH COP, special events, conferences, newspaper articles, word-of-mouth, etc

Available for free via web site, email (pdf), postal mail (hard copy or DVD)

Clinical Educator Products

Since last board meeting, added 4 products.

Manuals now available at www.mirecc.va.gov/visn16

2009 **1377 requests**; distributed > 2000 copies of products
from MIRECC office (pdf, hardcopy manual,
CD/DVD) **160% increase from '08 (review)**

2010 **2164 requests**; distributed > 3000 copies of products

Clinical Educator Products

Top requested products 2009-2010:

- *Recovery: A Journey of Healing and Transformation* DVD (Nguyen) 484
- *A Therapists' Guide to Brief Cognitive Behavioral Therapy* manual (Cully) 439
- *Resilience to Trauma* DVD (Wright) 319
- *PTSD Sleep Therapy Group* manual (Thompson) 250
- *Preparing Veterans for Group Psychotherapy* DVD (Fisher) 229

Two Education Projects that Target CBOCs

MH Community of Practice (COP) – Dr. Teasdale

SAFE Program for CBOCs – Dr. Sherman

Questions?