



South Central MIRECC

Clinical Education Products Catalog

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Overview of the SC MIRECC Clinical Education Grants Program

The South Central Mental Illness Research, Education, and Clinical Center (MIRECC) is one of ten MIRECCs in the Department of Veterans Affairs established to improve the provision of healthcare services to Veterans living with mental illness. The mission of the South Central MIRECC is “to promote equity in engagement, access, and quality of mental health care for Veterans facing barriers to care, especially rural Veterans.”



Michael Kauth, PhD

The products in this catalog were developed through the Clinical Education Grants Program. This program supports the development of unique clinical education tools by frontline clinicians and investigators at VA parent facilities and community-based outpatient clinics. We work closely with frontline clinicians to develop their ideas into fundable projects which can extend or complement research and demonstration projects through the development of clinical tools, intervention materials, training programs, and evidence-based treatment manuals. The products developed through this program are offered to mental health providers and consumers by download or request at no charge. Additional educational materials are available from the national MIRECC web site at www.mirecc.va.gov.

Thank you for downloading this catalog to view the clinical education products the South Central MIRECC is currently offering. I hope you will continue to come back to us for your clinical, research and education needs.

A handwritten signature in black ink, appearing to read "Michael Kauth", enclosed in a thin black rectangular border.

Michael Kauth, PhD
South Central MIRECC Co-Director and Associate Director for
Education

SC MIRECC Clinical Education Products A-Z

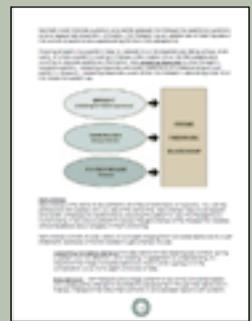
A Therapist's Guide to Brief Cognitive Behavioral Therapy

Jeffrey A. Cully, PhD and Andra L. Teten, PhD
Houston VA Medical Center

This manual shows how cognitive behavioral therapy can be adapted to brief sessions in medical settings. The manual is not intended to produce competence in cognitive behavioral therapy but to support existing training and supervision in cognitive behavioral therapy.

Download the Manual

http://www.mirecc.va.gov/visn16/docs/Therapists_Guide_to_Brief_CBTManual.pdf

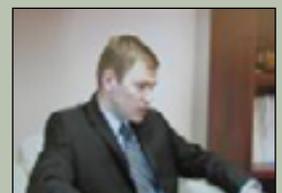
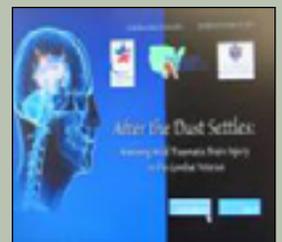


After the Dust Settles Traumatic Brain Injury Assessment DVD

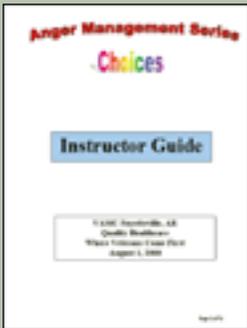
Kimberly Arlinghaus, MD and Nicholas Pastorek, MD
Houston VA Medical Center

This 55-minute instructional DVD demonstrates basic techniques to help clinicians recognize a history of combat-related mild traumatic brain injury, assess current symptoms, and provide feedback to the Veteran regarding the assessment results. This program may be especially helpful to clinicians in rural areas or areas where Veterans may have difficulty assessing specialty care for mild brain injury.

Copies of the DVD have been distributed to VISN 16 medical centers and community-based outpatient centers. Additional questions about this product can be forwarded to Michael.Kauth@va.gov.



Anger Management Patient Handbook and Instructor's Guide



Eddy White, LCSW
Little Rock VA Medical Center

An eight-session cognitive-behavioral workbook for group treatment. Great for a new group.

Download the Patient Guide

http://www.mirecc.va.gov/VISN16/docs/Anger_Mgt_Patients_Guide2008.pdf

Download the Instructor Guide

http://www.mirecc.va.gov/VISN16/docs/Anger_Mgt_Instructor_Guide2008.pdf

Download the Handouts

http://www.mirecc.va.gov/VISN16/docs/Anger_Mgt_Handouts.pdf

Be A Quitter – Just This Once: A Patient’s Guide to Stop Smoking



Dona Zanotti, PhD and John Tassej, PhD
Oklahoma City VA Medical Center

This patient-guided CD-ROM program uses the Stages of Change model to identify patients' readiness to stop smoking.

**Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request this product.**

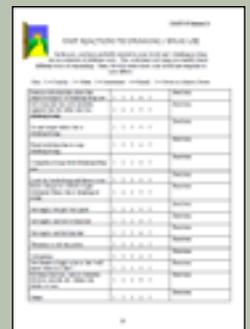
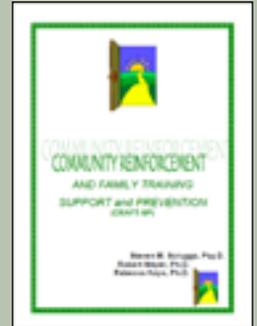
Community Reinforcement and Family Training – Support and Prevention (CRAFT-SP)

Steven M. Scruggs, PsyD, Robert J. Meyers, PhD, and Rebecca Kayo, PhD
Oklahoma VA Medical Center, University of New Mexico Center on Alcoholism,
Substance Abuse and Addictions, and the University of Oklahoma Health Sciences
Center

This family education manual is adapted from earlier work on the CRAFT model by Dr. Robert Meyers. The program is designed to aid family members in improving their relationship with the addict/user while encouraging the individual to seek treatment.

Download the Manual

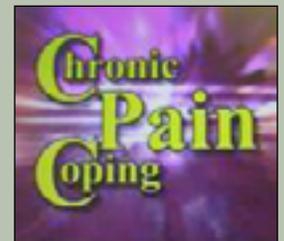
http://www.mirecc.va.gov/visn16/docs/CRAFT-SP_Final.pdf.



Coping with Chronic Pain

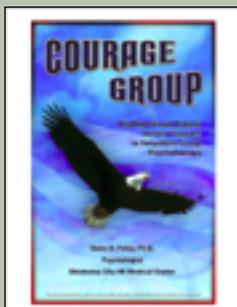
Jeffrey West, PhD
New Orleans VA Medical Center

A short DVD describing group treatment approach for chronic pain management. This is a good introduction to pain management.



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Michael.Kauth@va.gov to request this product.

Courage Group



Dana D. Foley, PhD
Oklahoma VA Medical Center

This workbook is the manualization of a 12-week outpatient psychotherapy group for Veterans who have experienced sexual trauma (started in 1995). The workbook focuses on effects of trauma, coping with emotions, self-esteem, trust, relationships and intimacy, confrontations and forgiveness, and celebration. Includes handouts.



Download the Instructor Guide

http://www.mirecc.va.gov/visn16/docs/Courage_Group_Manual.pdf

Download the Handouts

http://www.mirecc.va.gov/visn16/docs/Courage_Group_HandOuts.pdf

Discontinuing Your Medication for Depression Patient Brochure



JoAnn Kirchner, MD, Kathy Henderson, MD, Maga Jackson-Triche, MD , and the VISN 16 Mental Health Product Line

Brief take-home guide for patients who are discontinuing their antidepressants. Content covers withdrawal symptoms and warning signs of returning depression.



Download the Flyer

http://www.mirecc.va.gov/VISN16/docs/sc_mirecc_depression_flyer.pdf

Download the Brochure

http://www.mirecc.va.gov/VISN16/docs/sc_mirecc_depression_brochure.pdf

Gambling Education Workbook

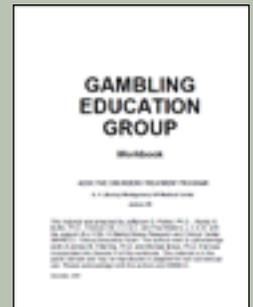
Jefferson Parker, PhD, Randy Burke, PhD, Paul Matens, LCSW, and Frances Hill
Jackson VA Medical Center

An eight-session gambling education workbook and resource guide that integrates cognitive-behavioral and 12-step approaches. Great for substance abuse treatment programs. Includes CD.

Download the Workbook

http://www.mirecc.va.gov/VISN16/docs/Gambling_Education_Workbook.pdf

Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request CD.



Guide to VA Mental Health Services for Veterans and Families

Greer Sullivan, MD, MSPH, Kimberly Arlinghaus, MD, Carrie Edlund, MS,
Michael Kauth, PhD & VA Central Office Mental Health Services
South Central MIRECC

Describes the mental health services local and regional VA health care facilities have pledged to provide. It outlines the guiding principles of mental health care, explains how to find treatment, and describes VA treatment settings, such as hospitals, clinics, and telemedicine. It provides information about the types of treatments available for Veterans' most common mental health problems and describes the special programs offered for particular groups of Veterans.

Download the Guide in English

http://www.mirecc.va.gov/MIRECC/VISN16/docs/Guide_to_VA_MH_Services_English.pdf

Download the Guide in Spanish

http://www.mirecc.va.gov/MIRECC/VISN16/docs/Guide_to_VA_MH_Services_Spanish.pdf

Contact your local VA medical center to request a hard copy.



Helping Dementia Caregivers



**Thomas Teasdale, DrPH
Houston VA Medical Center**

This interactive CD-ROM illustrates effective behavioral management skills to caregivers through a series of video clips. Useful for self-study or group formats.

Available at

http://www.ouhsc.edu/geriatricmedicine/Education/Dementia_Caregivers/Caregiver_Coping_Strategies.htm

Hepatitis C and Other Communicable Diseases Posing Threats to Homeless Veterans Brochure and DVD



**Estella Morris, PhD, LCSW and H. Lynn Hemphill, LCSW
Little Rock VA Medical Center**

This brief brochure and DVD provide basic description and prevention information to homeless Veterans on hepatitis A, B and C; trichomoniasis, chlamydia; gonorrhea; syphilis; pelvic inflammatory disease; genital warts; HIV; genital herpes; pubic lice; West Nile virus; body lice; influenza; TB and other communicable diseases. The DVD can be used in a group setting and is accompanied by a review and quiz.

**Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request this product.**

Insomnia: Difficulty Falling Asleep or Staying Asleep, and Quality of Sleep Brochure

JoAnn Kirchner, MD, Kathy Henderson, MD, and the VISN 16 Mental Health Product Line

Brief overview of causes of insomnia and tips for sleeping better.



Download the Brochure

http://www.mirecc.va.gov/VISN16/docs/Insomnia_brochure.pdf

Making the Invisible Visible: Clinical Guide for Recognizing Traumatic Brain Injury in Veterans

Kimberly A. Arlinghaus, MD, Helene K. Henson, MD, Stephanie Sneed, MD, and Janet Hickey, MD
Houston VA Medical Center

Graphically powerful staff brochure designed to increase clinician awareness about and screening for traumatic brain injury in returning Veterans. Screening questions and “next step” recommendations included.



**Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request this product.**

MAPS: A Guide to Managing Adult Psychiatric Symptoms for Family Members and Friends



Kristen H. Sorocco, PhD, Thomas Teasdale, DrPH, and Michelle Sherman, PhD
Oklahoma VA Medical Center

This caregiver support packet is intended for family members of Veterans who are diagnosed with a mental illness, especially family members who cannot attend support/psychoeducational groups at the VA. Content information describes various mental illnesses and addresses caregiver stress. Selected pages, or the entire packet, may be printed as needed.



Download the Guide

http://www.mirecc.va.gov/visn16/docs/MAPS_FINAL10-14-09.pdf

Managing Disruptive Behavior in Dementia Patients: A Training Tool for Clinical Nurse Assistants



Thomas Teasdale, DrPH
Houston VA Medical Center

This instructional CD-ROM models ineffective, effective and preventive behavioral management skills to long-term care nursing staff through a series of video clips with actors.

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Michael.Kauth@va.gov to request this product.

Operation Enduring Families: A Support and Education Program for Returning Iraq and Afghanistan Veterans and Their Families Manual

Ursula B. Bowling, PsyD, Alan Doerman, PsyD, and Michelle Sherman, PhD
Oklahoma VA Medical Center

A five-session psychoeducational class for returning Iraq and Afghanistan war Veterans and their families. Topics include deployment and its impact on the family; parenting tips; communication skills; coping with depression, posttraumatic stress disorder, and anger; and reconnecting as a family. The manual also includes promotional materials, a leader's guide, and participant handouts.

Download the Manual

http://www.mirecc.va.gov/MIRECC/VISN16/docs/Operation_Enduring_Families_Manual.pdf



Playing It Safer Workbook

Dana Ross, PhD, MPH and Randy S. Burke, PhD
Jackson VA Medical Center

A four-session behavioral skills-based group program to reduce HIV sexual risk. Good for substance abuse treatment programs.

Download the Facilitator Manual

http://www.mirecc.va.gov/visn16/docs/Playing_it_safer_facilitators_manual.pdf

Download the Evaluation

http://www.mirecc.va.gov/visn16/docs/Playing_it_safer_evaluation_form.pdf

Download the Pretest and Posttest

http://www.mirecc.va.gov/visn16/docs/Playing_it_safer_Prestest.pdf

http://www.mirecc.va.gov/visn16/docs/Playing_it_safer_Posttest.pdf



Preparing Veterans for Group Psychotherapy

Pamela C. Fischer, PhD and Richard Carothers, PhD
Oklahoma City VA Medical Center

A 25-minute DVD for Veterans that features Veterans discussing their experiences in group psychotherapy and how this treatment has been helpful. This is a good orientation to group therapy.

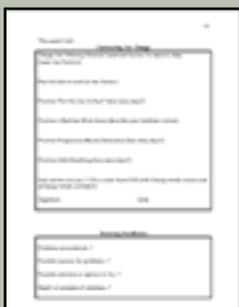
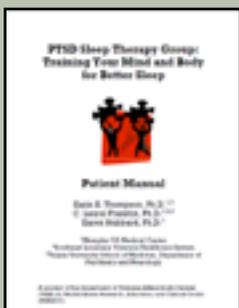


**Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request this product.**

PTSD Sleep Therapy Group Manual

Karin E. Thompson, PhD, C. Laurel Franklin, PhD and Karen Hubbard, PhD
Memphis and New Orleans VA Medical Centers

This six-session treatment protocol includes education, behavioral, and cognitive strategies for sleep problems related to posttraumatic stress disorder in an individual or group setting. Includes a therapist manual, patient workbook, and CD.



Download the Patient Manual

http://www.mirecc.va.gov/VISN16/docs/Sleep_Therapy_Group_Patient_Manual.pdf

Download the Therapist Manual

http://www.mirecc.va.gov/visn16/docs/Sleep_Therapy_Group_Therapist_Manual.pdf

**Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request CD.**

Quitting It All: Tobacco Cessation for Chemical Dependence and Dual Diagnosis Treatment Programs

Theodore V. Cooper, PhD and Randy S. Burke, PhD
Jackson VA Medical Center

A 90-minute, single-session program to address nicotine dependence. Includes workbook, facilitator's guide, and relaxation tape.



Submit “Education Products Order Form” on page 27 to Michael.Kauth@va.gov to request this product.

REACH: Reaching Out to Educate and Assist Caring, Healthy Families

Michelle Sherman, PhD, Ursula B. Bowling, PsyD, Alan Doerman, PsyD, and Lee Thrash, PhD
Oklahoma VA Medical Center

The Oklahoma City VA Medical Center's Family Mental Health Program modified William McFarlane's multifamily group model, an evidence-based model of family psychoeducation, for a VA setting and for Veterans living with PTSD and their family members.

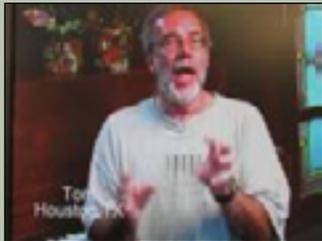


Download the Provider Manual
http://www.mirecc.va.gov/MIRECC/VISN16/docs/REACH_Provider_Manual.pdf

Download the Student Manual
http://www.mirecc.va.gov/MIRECC/VISN16/docs/REACH_Student_Workbook.pdf



Recovery: A Journey of Healing and Transformation



**Quang (Charlie) Nguyen, PhD, Mental Health Staff and Veteran Consumers
Houston, Biloxi, Dallas, and Little Rock VA Medical Centers**

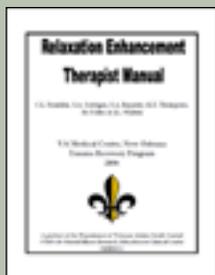
This 48-minute DVD introduces the recovery model to Veterans with mental illness, their family members and significant others, and medical center staff. The program illustrates the dimensions of recovery through Veteran-consumer testimonials and a simulated community meeting. Additional online resources are identified in the credits.

Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request this product.

Relaxation Enhancement Therapist Manual/Stress-for-Less Patient Manual

**C. Laurel Franklin, PhD, Shelia Corrigan, PhD, Stephanie Repasky, PsyD, Karin E. Thompson, PhD, Madeline Uddo, PhD, and Jessica Walton, MS
New Orleans VA Medical Center**

This is a step-by-step guide for teaching relaxation skills using breathing control, muscle relaxation, and guided imagery in a group format. Relaxation logs and instructions for audio recording personal relaxation tapes are included.



Download the Therapist Manual

http://www.mirecc.va.gov/visn16/docs/Franklin_Relaxation_Therapist_Manual.pdf

Download the Patient Manual

Manual: http://www.mirecc.va.gov/visn16/docs/Franklin_Relaxation_Patient_Manual.pdf

Download the Log

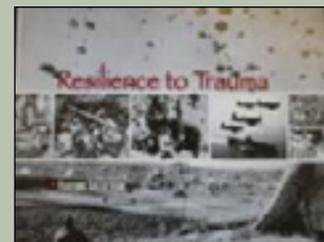
http://www.mirecc.va.gov/visn16/docs/Franklin_Relaxation_Log.pdf

Resilience to Trauma

Wright Williams, PhD
Houston VA Medical Center

This three-part DVD depicts World War II ex-Prisoners of War describing their internment experiences and life after captivity. This visually engaging program is intended to communicate to Veterans of all eras and to the general public that people can and do cope after horrific events.

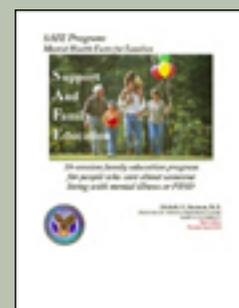
Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request this product.



SAFE Program Manual-Revised

Michelle Sherman, PhD
Oklahoma City VA Medical Center

An 18-session workshop and resource guide for educating families of Veterans with chronic mental illness. Very helpful if starting family services for first time. An Appendix on implementing the SAFE Program in a rural area or a VA community-based outpatient clinic is also available.



Download the Manual

http://www.mirecc.va.gov/MIRECC/VISN16/docs/SAFE_Manual.pdf

Us and Them: The Experience of Mental Health Stigma

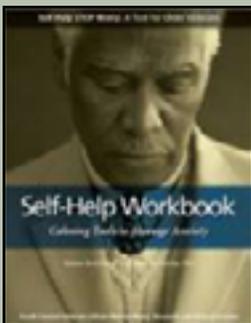


Michelle Sherman, PhD
Oklahoma City VA Medical Center

This PowerPoint program on CD and manual provides a facilitator-guided presentation for VA medical center staff to challenge their beliefs about mental illness and promote greater sensitivity.

**Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request this product.**

Self-Help STOP WORRY: A Tool for Older Veterans



Srijana Shrestha, PhD and Melinda Stanley, PhD
Houston VA Medical Center

This clinician guide and self-help workbook provide a user-friendly, guided cognitive behavioral treatment of generalized anxiety disorder for Veterans 60 years of age or older who experience high levels of worry and anxiety. The self-help workbook contains practice exercises and forms to monitor progress. The workbook also includes a CD with instructions for diaphragmatic breathing and progressive muscle relaxation. The workbook may be used independently or a part of formal treatment.

Download Clinician Guide

http://www.mirecc.va.gov/VISN16/docs/STOP_Worry_Clinician_Workbook.pdf

Download Self-Help Workbook

http://www.mirecc.va.gov/VISN16/docs/STOP_Worry_Self-Help_Workbook.pdf

**Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request CD.**

Team Up to Facilitate Functioning (TUFF) Series: Interactive Brochures for Treatment of Postconcussive Symptoms in Returning Veterans with History of Traumatic Brain Injury

Nicholas J. Pastorek, PhD, Carol Gustafson Holdaway, MS, Jared Bengé, PhD, and Jane Booth, PhD
Houston VA Medical Center

These six online modules address academic skills, cognitive skills, managing headaches, healthy sleeping, stress management, and mood management. Each brochure contains 'team up' sections that encourage clinicians to personalize the administration of each brochure and practice new skills through collaboration with the Veteran. A pre- and post-symptom assessment is paired with each interactive brochure, allowing clinicians to determine the effectiveness of the intervention. Each module includes an evidence-based interactive brochure with references for additional community resources, a pre- and post-intervention symptom assessment, and a user manual.

Download the Brochures

<http://www.mirecc.va.gov/VISN16/providers/TUFF.asp>



Treating Chronic Pain in Substance Abusing Patients: An Interactive Primer

Gabriel Tan, PhD, Deacon Staggs, MD, Serena Chu, PhD, Bilal F. Shanti, MD, Quang (Charlie) Nguyen, PhD, Jaime Rhudy, PhD, Rebecca Kayo, PhD, Mobeen N. Choudhri, MD, and John Ramirez
Houston VA Medical Center

A comprehensive, interactive CD primer on managing chronic pain in substance abusing patients. Includes medication pocket guides and assessment and intervention resources.



Submit "Education Products Order Form" on page 27 to
Michael.Kauth@va.gov to request this product.

Veterans Helping Veterans: Key Insights for PTSD Recovery

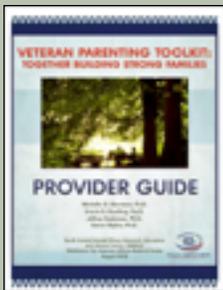


Kathleen O. Reyntjens, PhD and Leslie Root, PhD
Gulf Coast VA Healthcare System

A moving 23-minute audio CD to promote treatment involvement and adherence via testimonials by combat Veterans in posttraumatic stress disorder treatment.

Submit “Education Products Order Form” on page 27 to
Michael.Kauth@va.gov to request this product.

Veteran Parenting Toolkits



Michelle Sherman, PhD, Ursula B. Bowling, PsyD, Jeffrey Anderson, PhD, and Karen Wyche, PhD
Oklahoma City VA Medical Center

Five sets of age-specific parenting materials for young Veteran parents and their partners.



Download Toolkits

[http://www.mirecc.va.gov/VISN16/providers/
VeteranParentingToolkit.asp](http://www.mirecc.va.gov/VISN16/providers/VeteranParentingToolkit.asp)

Working With Couples Training Modules

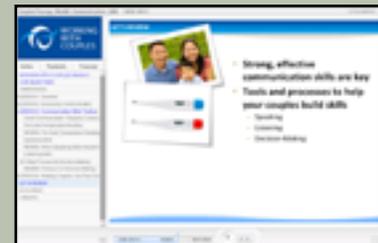
Michael Kauth, PhD and Michelle Sherman, PhD
Houston and Oklahoma City VA Medical Centers

These modules were developed by Drs. Michelle Sherman and Michael Kauth based on live training content created by Drs. Michelle Sherman, Ursula Bowling, and Dutch Doerman. The six modules provide an overview of essential content and skills for treating the Veteran and his or her partner or spouse who struggle with communication problems, anger and conflict, mental illness, trauma, and reintegration into the family after deployment. This training targets VA clinicians but may be helpful to non-VA providers who work with Veterans. Additional training and supervision are required to become competent in providing couples therapy.

Access the Modules

<http://www.vacouplestherapy.org/>.

Submit “Education Products Order Form” on page 27 to Michael.Kauth@va.gov to request this product on a CD.



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| Gambling Education Workbook Accompaniment CD | CD | |
| Helping Dementia Caregivers | CD-ROM | |
| Hepatitis C and Other Communicable Diseases Posing Threats to Homeless Veterans brochure and DVD | DVD | |
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| Managing Disruptive Behavior in Dementia Patients: A Training Tool for Clinical Nurse Assistants | CD-ROM | |
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