

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

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**

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

Reference

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