

# Final Session





# What to Expect in this Session

## Session Roadmap

1. We will set an agenda for the session.
2. How are you doing? We will complete a quick mood “check-in.”
3. We will review the previous session’s assignment and any other ongoing homework or skills you are using.
4. We will discuss your goals and overall progress during the program.
5. We will discuss how to maintain your progress.
6. We will discuss next steps and wrap up our work together.



# Rate your Mood

Over the last 2 weeks, how often have you been bothered by any of the following problems?

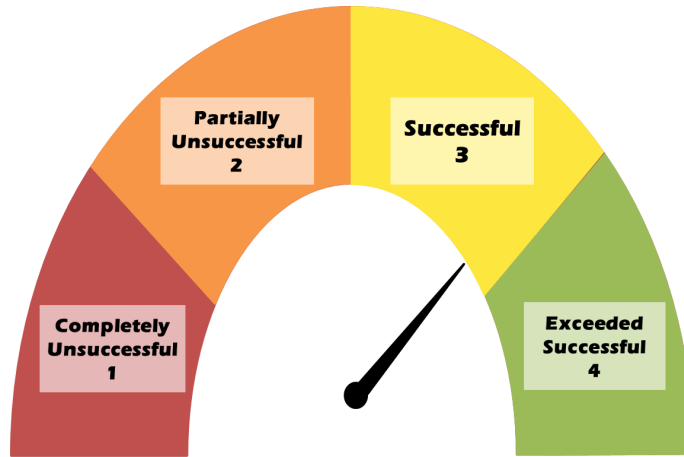
	Not at all	Several Days	More than half the days	Nearly every-day
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around more than usual.	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way.	0	1	2	3

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not Difficult at All	Somewhat Difficult	Very Difficult	Extremely Difficult
0	1	2	3

# Progress Review

Rate your overall success in reaching your goals:



What areas of your life have changed?

- ☐ Overall quality of life
- ☐ Mood/depression/mental health
- ☐ Physical health
- ☐ Ability to cope with stressors
- ☐ Relationships with others
- ☐ Other: \_\_\_\_\_

What contributed to this change?

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# Maintaining Improvement

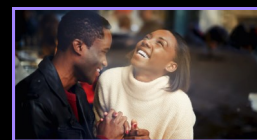
## Tips for Maintaining Improvement:

- Continue using your skills to maintain a high quality of life.
- Remain socially connected—be it in your faith community, social groups, the VA, or with friends and family.
- Tell someone close to you about your progress in this program and any ongoing goals. That way, you have accountability and support.
- Remember to set reasonable goals to avoid feeling let down or frustrated. Small steps are more likely to lead to accomplishment and positive feelings. Don't forget your SMART goals!
- Track your progress. When you reach a goal, recognize your effort!

## Bumps in the Road:

Despite our best intentions, things happen! We expect that people might hit bumps in the road. When you do, be kind to yourself and remember:

- Anticipating and addressing barriers to your goals will help you continue benefiting from this program long after your last session.
- Think about the bumps in the road you've encountered in the past—how did you get past them?
- What skills can you use to continue reaching your goals?
- Be flexible with new situations. When stressors occur, think about how you can use your toolbox in a different way.



# Next Steps

**What are your goals moving forward?**

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**What steps can you take to achieve your goals?**

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**Who can help you move forward?**

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**What might stand in the way?**

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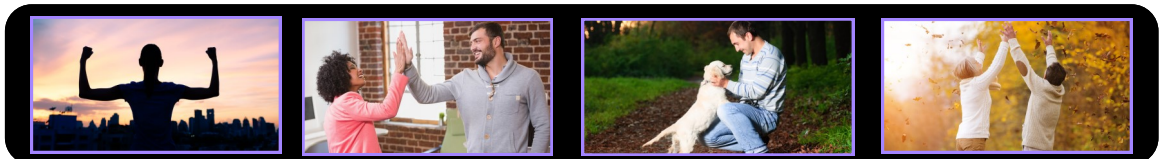
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**How do you plan to overcome these obstacles?**

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# Additional Help

## Signs you should seek additional help:

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## Options for seeking additional help:

Sometimes, despite attempts to use the skills you learned in this program, you may need additional help. If you notice symptoms of depression returning or worsening, remember that you can contact your VA primary care provider and/or your mental health care provider to get back into care.

If things are getting to the point of a crisis and you need immediate help, contact the **Veterans' Crisis Line**:

- Phone: 1-800-273-8255 (press 1)
- Send text to 838255
- Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
- Available 24 hours a day, 7 days a week, 365 days a year





