

FY 2016 Recommendation #9:

Disseminate information on access for VHA clinicians in the field, Veterans and caregivers on the type and availability of mental health specialty care services related to TBI care.

Summary of Recommendation: Team of VHA leaders in Mental Health (MH) and TBI have summarized available VHA Mental Health resources for clinicians in the field, Veterans and caregivers for listing on multiple VA websites. This listing makes available references to the type and availability of mental health specialty care services related to TBI.

In FY 2014, a VHA workgroup was formed to review the VHA Directive 2009-028 Polytrauma-Traumatic Brain Injury System of Care Directive. The workgroup members were chosen to assure expertise in Polytrauma, Mental Health, Primary Care-PACT, and Adult Learning/Education. The group met via teleconference routinely in FY 2014 and again in FY 2015. The group reviewed and updated the reference list via electronic communications in 2016.

History and Implementation Steps: In FY14, the workgroup regularly reviewed the charge, as well as strategies for reaching the target audience. The group continually used adult learning strategies to assure most effective delivery. In FY 2015, the group continued to advocate that a comprehensive reference tool directing providers to assessment/treatment resources and patient education materials would be the most efficient means of meeting the recommendation. The workgroup updated their previous FY2014 reference guide, and presented it for the Undersecretary's Committee review. The workgroup also provided a recommended distribution list. Annual updating of the Reference guide continued in 2016 by this workgroup. The reference guide was available on both the national Polytrauma System of Care website and on the VISN 6 Mental Illness Research Education and Clinical Center (MIRECC) website for use by providers. The updated version for 2016 will also be posted.

Recommended Distribution List for 2016 Reference Guide:**Intranet sites for reference guide**

- TMS
- Mental Health Services and OMHO VHA intranet website
(<http://vaww.mentalhealth.va.gov/>)
- Polytrauma home website (<http://www.polytrauma.va.gov/>)
- Mental Health Research Education and Clinical Care (MIRECC) home website
- VISN 19 and 6 MIRECC individual Websites
- National Center for PTSD website

Teleconference verbal Education on reference guide release/posting to web

- Monthly Primary Care, MH, and Polytrauma Program office conference calls with field leaders
- National Center for PTSD monthly calls
- PACT training and consultation calls

- Polytrauma Centers of Care monthly calls
- Post Deployment Integrated Care Initiative monthly COP call

Progress to Date: The working group has reviewed relevant MH and TBI programming and resources in VHA. The following resources were generated.

Primary Care Reference Guide for Accessing Mental Health Services for Patients with Traumatic Brain Injuries

| Question or MH need | MH Reference materials and websites to learn more |
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| Military Culture Roadmap | Reference guide to military culture. www.tms.va.gov . course # 19335 |
| Current suicidal ideations with patient in provider's office | Immediately phone MH provider in your VA for assistance in evaluating the patient straightaway. Do not leave the patient unattended while accessing MH care. Additional guidance can be obtained by calling the Veterans Crisis Line at 1-800-273-8255. |
| Learning more about how to evaluate for suicidal ideas and general warning signs | http://vaww.mentalhealth.va.gov/rc-suicideprevention.asp http://www.mirecc.va.gov/visn19/education/products.asp |
| To refer a Veteran in clinic for treatment of MH symptoms beyond the comfort/scope of primary care interventions | PACT providers should turn first to their Primary Care Mental Health Integration Team (PCMHI), if available. If not, consultation to the MH Service Line for referrals. |
| Defense Center Of Excellence Resource Guide for military families and providers | http://t2health.dcoe.mil/apps/mtbi |
| General Facts on TBI exposures in OIF/OEF/OND Veterans: includes information on assessments and treatment recommendations | http://www.polytrauma.va.gov/understanding-tbi/ http://www.dcoe.mil/TraumaticBrainInjury.aspx |
| Neuropsychiatric Manifestations after | http://www.mirecc.va.gov/visn6/TBI_education.asp |

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| TBI | |
| Substance Use after TBI and Risk Reduction | http://www.mirecc.va.gov/visn19/education/products.asp |
| Teaching Tools for trainees on understanding neuroanatomy and neuropsychiatry | http://www.mirecc.va.gov/visn6/Tools-Tips.asp |
| PTSD Guides and references for providers | http://www.ptsd.va.gov/professional/index.asp |
| PTSD Guides and references for Veterans and families | http://www.ptsd.va.gov/public/index.asp |
| Common Post-deployment Symptom Education Guides for patients | http://www.mirecc.va.gov/visn6/Readjustment.asp |
| Epidemiological Data on Common Diagnoses and numbers of Veterans treated post-deployment | http://www.publichealth.va.gov/epidemiology/reports/oefoifond/health-care-utilization/index.asp |
| PTSD Consultation Services with the National Center for PTSD | PTSDconsult@va.gov |
| General Facts on Chronic Pain in OIF/OEF/OND Veterans | www.tms.va.gov Course # 13260: chronic pain |
| Clinical Practice Guideline for Patients at Risk for Suicide | http://www.healthquality.va.gov/guidelines/MH/srb/ |
| Clinical Practice Guideline for PTSD | http://www.healthquality.va.gov/guidelines/MH/ptsd/ |

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| Clinical Practice Guideline for mild TBI | http://www.healthquality.va.gov/guidelines/Rehab/mtbi/ |
| Clinical Practice Guideline for Opioid Therapy for Chronic Pain | http://www.healthquality.va.gov/guidelines/Pain/cot/ |
| Consensus Conference Recommendations for Treating patients with mild TBI, PTSD, and Pain | http://www.mirecc.va.gov/docs/visn6/Report_Consensus_Conf_Practice_Recommend_TBI_PTSD_Pain.pdf |
| Mobile Phone APP for Concussion symptom management for patients | https://mobile.va.gov/app/concussion-coach |
| Mobile Phone APP for PTSD symptom management | https://mobile.va.gov/app/ptsd-coach |

Way Forward: The working group will continue regular communications to review any newly developed educational materials for VHA clinicians and include in the listing as appropriate. This will be an ongoing process.