

**Reference Guide for Providers, Veterans, and Families: Accessing Mental Health Services after Traumatic Brain Injury**

| Question or MH need   | MH Reference materials and websites to learn more   |
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| <b>Military Culture Training</b>  | <b>Military Culture Training for Health Care Professionals: Treatment Resources, Prevention &amp; Treatment</b><br>VA TMS 2.0 course # 19335 ( <i>internal VA training site</i> )   |
| <b>Current suicidal ideations</b> with patient in provider's office   | Immediately phone MH provider in your VA or engage PCMHI in your clinic 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 <b>evaluate for suicidal ideas</b> and general warning signs                                 | <a href="https://www.mirecc.va.gov/visn19/education/media/">https://www.mirecc.va.gov/visn19/education/media/</a>   |
| <b>Lethal Means Safety</b> and Suicide prevention   | Preventing suicide or self-directive violence is critical in the prevention of suicide in Veterans. One aspect is the prevention of lethal means.<br><a href="https://www.mirecc.va.gov/visn19/lethalmeanssafety/">https://www.mirecc.va.gov/visn19/lethalmeanssafety/</a>  |
| <b>Lethal Means Safety Training</b> for providers   | Learning how to discuss lethal means safety with Veterans and their families is critical to the prevention of suicide. This site provides training in how to have these critical discussions.<br><a href="https://www.mirecc.va.gov/visn19/lethalmeanssafety/counseling/">https://www.mirecc.va.gov/visn19/lethalmeanssafety/counseling/</a>  |
| <b>Suicide Risk Screening and Evaluation</b> for providers  | Preventing suicide and evaluation for risk is critical. This website describes VHA efforts towards screening evaluation, risk assessment, and education on different levels of risk stratification with evidence-based tools.<br><a href="https://dva.gov.sharepoint.com/sites/ECH/srsa">https://dva.gov.sharepoint.com/sites/ECH/srsa</a> (internal Sharepoint site for VA staff). |
| <b>To refer a Veteran in clinic for treatment of MH symptoms</b> 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.<br><a href="https://www.mirecc.va.gov/cih-visn2/index.asp">https://www.mirecc.va.gov/cih-visn2/index.asp</a>  |

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| <p><b>General Facts on TBI</b> exposures in OIF/OEF/OND Veterans: includes information on assessments and treatment recommendations</p> | <p><a href="https://www.polytrauma.va.gov/understanding-tbi/">https://www.polytrauma.va.gov/understanding-tbi/</a></p>   |
| <p><b>Neuropsychiatric Manifestations</b> after TBI</p>   | <p>The website contains information for Veterans, families and providers.<br/> <a href="https://www.mirecc.va.gov/visn6/TBI_education.asp">https://www.mirecc.va.gov/visn6/TBI_education.asp</a></p>                   |
| <p><b>Substance Use</b> after TBI and Risk Reduction</p>  | <p><a href="https://www.mirecc.va.gov/visn19/education/media/">https://www.mirecc.va.gov/visn19/education/media/</a></p>   |
| <p><b>Teaching Tools for trainees</b> on understanding neuroanatomy and neuropsychiatry</p>   | <p><a href="https://www.mirecc.va.gov/visn6/Tools-Tips.asp">https://www.mirecc.va.gov/visn6/Tools-Tips.asp</a></p>   |
| <p><b>PTSD Guides</b> and references for providers</p>  | <p><a href="https://www.ptsd.va.gov/professional/index.asp">https://www.ptsd.va.gov/professional/index.asp</a></p>   |
| <p><b>PTSD Guides</b> and references for Veterans and families</p>  | <p><a href="https://www.ptsd.va.gov/family/effects_ptsd.asp">https://www.ptsd.va.gov/family/effects_ptsd.asp</a></p>   |
| <p>Common Post-deployment <b>Symptom Education Guides</b> for patients</p>  | <p><a href="https://www.mirecc.va.gov/visn6/Readjustment.asp">https://www.mirecc.va.gov/visn6/Readjustment.asp</a></p>   |
| <p><b>Overview of PTSD and violence</b> towards others</p>  | <p><a href="https://www.ptsd.va.gov/professional/treat/cooccurring/research_violence.asp">https://www.ptsd.va.gov/professional/treat/cooccurring/research_violence.asp</a></p>   |
| <p><b>Evaluating risk of violence towards others</b> in context of PTSD</p>   | <p><a href="https://www.ptsd.va.gov/professional/treat/cooccurring/assessing_risk_violence.asp">https://www.ptsd.va.gov/professional/treat/cooccurring/assessing_risk_violence.asp</a></p>                             |
| <p><b>Epidemiological Data</b> on Common Diagnoses and numbers of</p>   | <p><a href="https://www.publichealth.va.gov/epidemiology/reports/oefoifond/health-care-utilization/index.asp">https://www.publichealth.va.gov/epidemiology/reports/oefoifond/health-care-utilization/index.asp</a></p> |

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| Veterans treated post-deployment  |  |
| <b>PTSD Consultation Services</b> with the National Center for PTSD             | <a href="mailto:PTSDconsult@va.gov">PTSDconsult@va.gov</a>   |
| <b><u>General Facts on Chronic Pain in OIF/OEF/OND Veterans</u></b>             | TMS 2.0 (internal VA training site)<br>Course # 13260: chronic pain  |
| <b>Caregiver Education</b><br>Facts and handouts on multiple medical conditions | This site provides extensive education for caregivers of Veterans with many chronic disease processes.<br><a href="https://www.caregiver.va.gov/publications_resources_topic.asp">https://www.caregiver.va.gov/publications_resources_topic.asp</a>  |
| <b>Military-Veteran Caregiver and Family Education</b>                          | These site provides extensive resources for Veteran caregivers and families (in English and Spanish) on a wide variety of psychosocial and medical issues.<br><br><a href="https://www.easterseals.com/explore-resources-for-caregivers/military-caregiving-education.html">https://www.easterseals.com/explore-resources-for-caregivers/military-caregiving-education.html</a><br><br><a href="https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html">https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html</a> |
| CPG for <b>Patients at Risk for Suicide</b>                                     | <a href="https://www.healthquality.va.gov/guidelines/MH/srb/">https://www.healthquality.va.gov/guidelines/MH/srb/</a>  |
| CPG for <b>PTSD</b>   | <a href="https://www.healthquality.va.gov/guidelines/MH/ptsd/">https://www.healthquality.va.gov/guidelines/MH/ptsd/</a>  |
| CPG for <b>mild TBI</b>   | <a href="https://www.healthquality.va.gov/guidelines/Rehab/mtbi/">https://www.healthquality.va.gov/guidelines/Rehab/mtbi/</a>  |
| CPG for <b>Opioid Therapy for Chronic Pain</b>                                  | <a href="https://www.healthquality.va.gov/guidelines/Pain/cot/">https://www.healthquality.va.gov/guidelines/Pain/cot/</a>  |
| CPG for <b>Headache</b>   | <a href="https://www.healthquality.va.gov/guidelines/Pain/headache/">https://www.healthquality.va.gov/guidelines/Pain/headache/</a>  |
| <b>Consensus Conference</b><br>Recommendations for Treating patients with       | <a href="https://www.mirecc.va.gov/docs/vsn6/Report_Consensus_Conf_Practice_Recommend_TBI_PTSD_Pain.pdf">https://www.mirecc.va.gov/docs/vsn6/Report_Consensus_Conf_Practice_Recommend_TBI_PTSD_Pain.pdf</a>  |

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| mild TBI, PTSD, and Pain   |  |
| VA Mobile Phone <b>APPs</b>  | Apps for the management of multiple MH conditions and TBI-related symptoms, including the new COVID coach app.<br><a href="https://mobile.va.gov/appstore">https://mobile.va.gov/appstore</a>  |
| Website supports for <b>managing stress</b> in providers, Veterans, community, and families in times of infectious disease outbreaks | <a href="https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response">https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response</a><br><br><a href="https://www.ptsd.va.gov/covid/index.asp">https://www.ptsd.va.gov/covid/index.asp</a>                                 |
| Managing <b>general stress in times of COVID-19</b>  | This website has resources for managing stress in the pandemic. It contains guidance for the general public, for health care workers, and for employers and community leaders.<br><a href="https://www.ptsd.va.gov/covid/index.asp">https://www.ptsd.va.gov/covid/index.asp</a>  |
| Managing <b>PTSD in the context of the COVID-19</b> pandemic   | This website contains recorded lectures from the National Center for PTSD on managing PTSD in the COVID-19 pandemic.<br><a href="https://www.ptsd.va.gov/professional/consult/lecture_series.asp">https://www.ptsd.va.gov/professional/consult/lecture_series.asp</a>  |
| Coping strategies for <b>building resilience</b> in COVID-19   | This Center for Disease Control (CDC) website contains multiple resources for identifying and managing the mental health toll of COVID-19. It includes resources for personal life and for the workplace.<br><a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html</a> |
| Strategies for <b>Whole Health</b> and improved wellbeing  | This website helps educate on healthy living, personalize health plans, and global good health education tools. There are professional resources as well. This website has information for Veterans, families, providers, and the general community.<br><a href="https://www.va.gov/wholehealth/">https://www.va.gov/wholehealth/</a>  |
| Addressing <b>Homelessness</b>   | This website contains information on key programs and resources to address homelessness.<br><a href="https://www.va.gov/homeless/">https://www.va.gov/homeless/</a>  |