

Resources for Providers and Patients

From NYSPA talk:
Invisible Wounds of War:
PTSD, TBI & Combat-Related Mental
Health Issues Confronting Primary Care
Practices

PTSD Consultation Program

- For providers who treat veterans with PTSD—VA and non-VA
- Ask a question or request consultation from experts about PTSD-related issues, including
 - Treatment
 - Clinical management
 - Screening
- Consultation is free



Are you treating Veterans with PTSD?

Consult with expert PTSD clinicians for FREE

✉ PTSDconsult@va.gov

☎ (866) 948-7880

🌐 www.ptsd.va.gov/consult

PTSD PTSD Consultation Program
FOR PROVIDERS WHO TREAT VETERANS

PTSD Treatment Decision Aid

- Free online tool helps patients:
- Includes data, testimonials, and videos of PTSD experts
- Users can create a **treatment comparison chart**, save or print a **personalized summary** of their symptoms, questions, and preferences, read information about treatments
- **ACT function** helps patients generate questions for providers

LEARN >
Learn about PTSD and how this decision aid can help

COMPARE >
Compare effective PTSD treatment options

ACT >
Take action to start treatment

LEARN COMPARE ACT

TREATMENT COMPARISON CHART

Add Treatment

	PSYCHOTHERAPY			MEDICATION
	Cognitive Processing Therapy	Eye Movement Desensitization & Reprocessing	Prolonged Exposure	SSRI/SNRI
What type of treatment is this?	Psychotherapy (a type of trauma-focused CBT)	Psychotherapy	Psychotherapy (a type of trauma-focused CBT)	Antidepressant medications: • SSRI: Prozac, Paxil & Zoloft • SNRI: Effexor
	Teaches you to reframe	Helps you process and	Teaches you how to	Restores the balance of

Is it effective?

Yes, trauma-focused psychotherapy (including effective types of treatment for PTSD.

53

For every 100 people with PTSD who receive a trauma-focused therapy (such as Cognitive Processing Therapy), 53 will no longer have PTSD after about three months.

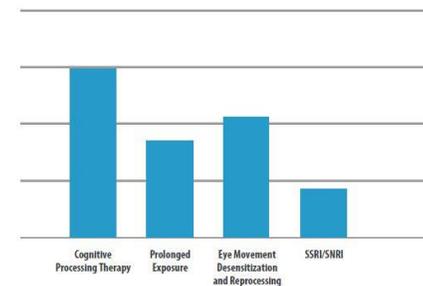
I COMPARED different PTSD treatments

Based on what I liked about different treatments, the following treatments might be a good fit for me:

No answer.

MY TREATMENT PREFERENCES

Here is a summary of the number of things you liked about each of the treatment options.



PTSD Trials Standardized Database Repository (PTSD-Repository)

- Large database of PTSD clinical trials
- Includes more than 300 variables extracted from almost 400 published randomized controlled trials of PTSD interventions of all types
- Data are freely available to researchers, clinicians, patients, families, and other stakeholders



About



Stories



Data

NCPTSD Continuing Education

- Over 50 hours of web-based courses
- All courses are free.
- Most offer continuing education for multiple disciplines.

Available to Anyone



For VA Staff



Treatment of Comorbid TBI and PTSD: Lessons Learned

https://www.ptsd.va.gov/professional/continuing_ed/tx_tbi_ptsd.asp

Series on the 2017 Revised Clinical Practice Guideline for PTSD

Why It Matters for Primary Care Providers and What Resources are Available

https://www.ptsd.va.gov/professional/continuing_ed/2017cpg_primary_care.asp

Recommendations for Medications

https://www.ptsd.va.gov/professional/continuing_ed/2017cpg_medications.asp

Recommendations for Psychotherapy

https://www.ptsd.va.gov/professional/continuing_ed/2017cpg_psychotherapy.asp

Stay Up to Speed on New Research

PTSD Research Quarterly:

- Reviews of research on timely topics written by guest experts

Clinician's Trauma Update-Online

- Brief updates on clinically relevant research on PTSD assessment and treatment



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PTSD and TBI
Comorbidity

CLINICIAN'S TRAUMA UPDATE

CTU-ONLINE | www.ptsd.va.gov

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TREATMENT

Another study of MDMA-assisted therapy for PTSD

Digital Health: Mobile Apps

Rx

PRESCRIPTION FOR BEHAVIORAL HEALTH

Mobile & Web Resources

<input type="checkbox"/>  ACT Coach  	<input type="checkbox"/>  CPT Coach  	<input type="checkbox"/>  PE Coach  
<input type="checkbox"/>  AIMS for Anger Management www.veterantraining.va.gov   	<input type="checkbox"/>  Insomnia Coach/ Path to Better Sleep www.veterantraining.va.gov   	<input type="checkbox"/>  PTSD Coach/Online https://go.usa.gov/xN9Hb   
<input type="checkbox"/>  Beyond MST  	<input type="checkbox"/>  Mindfulness Coach  	<input type="checkbox"/>  PTSD Family Coach  
<input type="checkbox"/>  CBT-i Coach  	<input type="checkbox"/>  Moving Forward www.veterantraining.va.gov 	<input type="checkbox"/>  STAIR Coach  
<input type="checkbox"/>  Couples Coach  	<input type="checkbox"/>  Parenting www.veterantraining.va.gov 	<input type="checkbox"/>  VetChange www.ptsd.va.gov/apps/change   
<input type="checkbox"/>  COVID Coach  	<div style="border: 1px solid gray; padding: 5px; min-height: 40px;"> <p>RECOMMENDATION:</p> </div>	




More info on mobile apps:
www.ptsd.va.gov/appvid/mobile

Question about the Rx pads?
MobileMentalHealth@va.gov

PTSD:

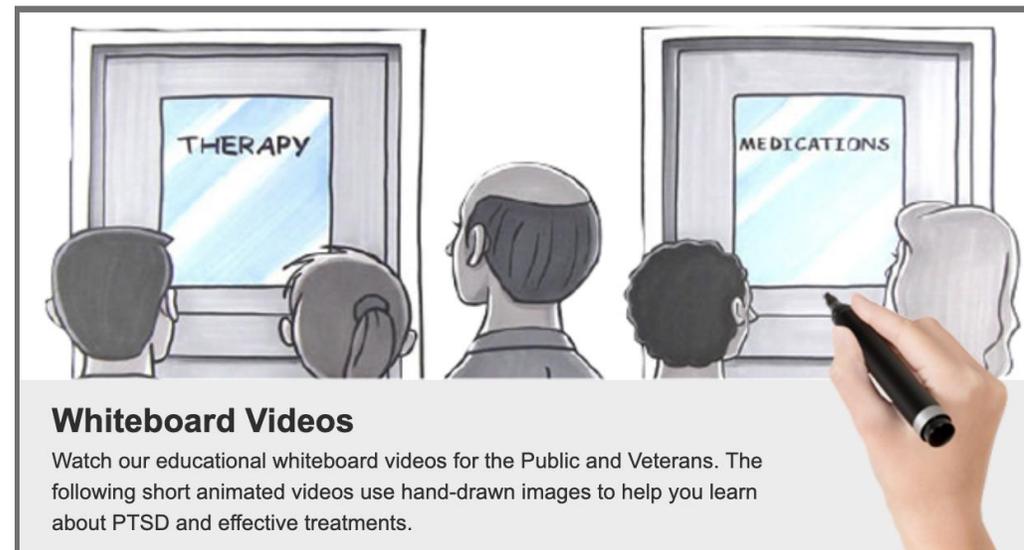
- Self-help: PTSD Coach
- Treatment companion: CPT Coach, PE Coach

TBI: Concussion Coach

NEW: COVID Coach

Educational Whiteboard Videos

- For patients:
 - What is PTSD?
 - “Evidence-based” Treatment
 - Medications for PTSD
 - Treatment: Know Your Options
 - PE, CPT, EMDR
- For providers:
 - Prescribing for PTSD: Know Your Options
 - PTSD Awareness in Health Care Settings



Confronting Stigma, Encouraging Treatment: AboutFace Video Gallery

The screenshot shows the AboutFace website interface. At the top is a navigation bar with links: HOME, WHO'S ON THE SITE, PTSD PROFILES, THERAPIES, PREVIEWS, ABOUT PTSD, and GET HELP. Below the navigation bar is a large background image of a person's face. On the left side, there is a vertical menu with the title 'ABOUTFACE' and sub-sections: VETERANS, CLINICIANS, and FAMILY. Under 'VETERANS', there is a list of video topics: 'Who I am', 'How I knew I had PTSD', 'How PTSD affects the people you love', 'Why I didn't ask for help right away', 'When I knew I needed help', 'What treatment was like for me', 'How treatment helps me', and 'My advice to you'. The main content area features a grid of nine video thumbnails showing various individuals. Below the grid is a pagination control showing '1 / 2 / 3 / 4 / 5 / 6 / ... / 9'. At the bottom, there are social media icons (Facebook, Twitter, YouTube, Instagram, Plus) and a footer with links: 'HOW THIS SITE WORKS', 'CONTACT US', 'LAST UPDATED: 2016-04-01', and the logo for the National Center for PTSD.

- Videos of veterans and family members speaking about PTSD and treatment
- Veteran and clinician videos about how PTSD treatment can improve quality of life



PRIMARY CARE: The Best PTSD Care Anywhere Starts with You!



Primary Care teams have an important role in treating Veterans with PTSD. Know the facts about recommended PTSD treatments to provide the best care to your patients.



Did You Know?



> **1 IN 10** VETERANS RECEIVING CARE IN VA HAVE PTSD

Among OEF/OIF Veterans who use VA care, **1 in 4 men** and **1 in 5 women** have PTSD



1 IN 4 MEN



1 IN 5 WOMEN

PTSD DOES NOT HAVE TO BE A CHRONIC DISORDER. WITH TREATMENT, RECOVERY IS POSSIBLE

TRAUMA-FOCUSED PSYCHOTHERAPIES—NOT MEDICATION—ARE THE BEST TREATMENT OPTION



Plan Ahead for Resistance

You can challenge common misconceptions about PTSD therapy and mental health treatment.

TIPS: STANDING UP TO STIGMA

- ✓ Tell your patient trauma-focused psychotherapy works.
- ✓ Talk openly about mental health issues.
- ✓ Explain that untreated PTSD can impact overall health and enjoyment of life.
- ✓ Explore why a patient is declining referral.
- ✓ Be a myth-buster: Effective therapy is focused and time-limited.

WHAT ELSE CAN YOU DO?

- ✓ Think twice before you prescribe. Is medication going to prevent your patient from trying psychotherapy?
- ✓ Emphasize that with no treatment, symptoms are unlikely to get better, and may get worse.
- ✓ Start with your Primary Care Mental Health Integration team. Brief, effective treatments are available.



What Works

TRAUMA-FOCUSED PSYCHOTHERAPIES WITH THE STRONGEST EVIDENCE

Connect your patients to effective PTSD treatments. When placing a consult, indicate you want your patient to receive trauma-focused psychotherapy, the first-line treatment for PTSD.

Cognitive Processing Therapy (CPT)



Teaches patients to reframe negative thoughts about the trauma.

Prolonged Exposure (PE)



Teaches patients how to gain control by facing their fears.

Eye Movement Desensitization and Reprocessing (EMDR)



Helps patients process and make sense of their trauma.

Antidepressants are Another Option

Though less effective than trauma-focused psychotherapies, antidepressant medication is another treatment option for PTSD. Prescribing medication for PTSD is the same as prescribing medication to treat depression.

Antidepressants with the strongest evidence:



To track clinical progress, use the **PTSD Checklist (PCL-5)**.

Remember: For the best outcome, keep the focus on treating PTSD. Focusing on symptoms like anxiety or insomnia is not as effective.

There is strong evidence against the following: Benzodiazepines Cannabis



PTSD Consultation Program FOR PROVIDERS WHO TREAT VETERANS

Ask an expert about your PTSD-related questions through the PTSD Consultation Program: call (866) 948-7880 or email PTSDconsult@va.gov



Find a full list of recommended treatments in the VA/DoD 2017 PTSD Clinical Practice Guideline (CPG): www.healthquality.va.gov/guidelines/MH/ptsd/



Help patients learn more about PTSD treatment options and choose what's best for them with the PTSD Treatment Decision Aid: www.ptsd.va.gov/apps/decisionaid/

Find a PTSD Specialist

- It can be challenging to find a clinician who provides evidence-based psychotherapies for PTSD
- NCPTSD Find a Provider page
 - https://www.ptsd.va.gov/gethelp/find_therapist.asp
 - Tips for patients seeking a provider
 - Resources including web-based directories of providers and strategies for finding a provider by phone
 - Specific tips for veteran patients
- Use PTSD Treatment Decision Aid to generate recommended treatments and questions to ask providers
 - <https://www.ptsd.va.gov/apps/decisionaid/>

For more information:
Visit the National Center for
PTSD Website

www.ptsd.va.gov