



T2 Applications for Psychological Health

1 Oct 2015



Using This Guide

This guide describes websites and mobile apps produced by the National Center for Telehealth & Technology (T2), a component center of the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury (DCoE).

The information and self-care techniques on these resources were developed by psychologists using evidence-based research. The apps adhere to Department of Defense (DoD) and federal guidelines for patient safety, security and accessibility.

The Common Conditions grid on the next page suggests T2 products useful for particular conditions. When you choose one of these resources for a patient, print out its info page for them to take home. Each mobile app's page has a scannable quick response (QR) code hyperlinked to the app stores, so they can quickly download the app onto their mobile device.

For best results, have your patient download and install the app before they leave your office; this will also give you an opportunity to discuss the app with them and how to best use it.

If you have any questions, please email us at mrmc.dcoe.t2-contactus@mail.mil.

T2 offers free training opportunities for military providers about how to use and integrate these technology resources into your clinical practice. Contact Dr. Christina Armstrong at christina.m.armstrong15.civ@mail.mil.

Common Conditions

This grid provides a quick reference of T2 technology resources that may be used for these common conditions.

Websites

	Page	Anger	Anxiety	Depression	Suicide	mTBI	PTSD	Stress	Insomnia	Substance Abuse	Sexual Trauma	Pain
AfterDeployment	8	X	X	X	X	X	X	X	X	X	X	X
Sesame Street for Military Families	9		X	X				X				
Military Kids Connect	10		X	X		X	X	X				
Moving Forward	11	X		X		X	X	X		X		
Parenting for Service Members & Veterans	12	X		X		X	X	X				

Apps

ACT Coach	13	X	X	X	X		X	X	X	X	X	X
Breathe2Relax	14	X	X					X				
CBT-i Coach	15		X	X			X		X			X
Concussion Coach	16					X						
CPT Coach	17	X	X	X	X		X	X	X	X	X	X
Feel Electric!	18		X	X				X				
LifeArmor	19	X	X	X	X	X	X	X	X	X	X	X
Mindfulness Coach	20		X	X			X	X				X
Moving Forward	21	X		X		X	X	X		X		
mTBI Pocket Guide	22					X						
Parenting2Go	23	X		X		X	X	X				
PE Coach	24						X					
PFA Mobile	25							X				
Positive Activity Jackpot	26			X	X				X			
Provider Resilience	27						X	X				
PTSD Coach	28						X					
Stay Quit Coach	29						X			X		
T2 Mood Tracker	30		X	X		X	X	X	X			X
Tactical Breather	31		X					X	X			
The Big Moving Adventure	32		X	X				X				
Virtual Hope Box	33		X	X	X		X	X			X	

T2 Websites



Resources for psychological health and personal growth.



Resources for families with young children.



Resources for military children and their parents.



Resources to improve your decision-making.



Resources to strengthen your parenting skills.

T2 Mobile Apps (1 of 3)

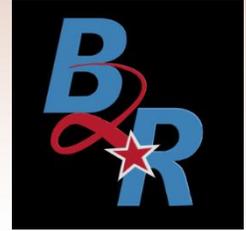


ACT Coach

Add acceptance and commitment therapy (ACT) tips to daily life.

Breathe2Relax

Manage stress by learning and practicing deep-breathing exercises.



CBT-i Coach

Use with cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep.

Concussion Coach

Identify concussion symptoms and cope with related problems.



CPT Coach

Use with cognitive processing therapy (CPT) to reduce PTSD symptoms.

Feel Electric!

Help your grade-school children identify and express their feelings.



LifeArmor

Take self-assessments and deal with topics like PTSD, anger, depression and more.

Mindfulness Coach

Learn to practice mindfulness meditation to live in the present.



T2 Mobile Apps (2 of 3)



Moving Forward

Learn problem-solving techniques that help you make better decisions.

mTBI Pocket Guide

Access this handy reference when assessing and treating symptoms of mTBI.



Parenting 2 Go

Strengthen your relationships with your children.

PE Coach

Use with prolonged exposure (PE) therapy to improve results.



PFA Mobile

Get support as a responder when your job is to provide psychological first aid (PFA).

Positive Activity Jackpot

Find local activities to improve your mood and avoid negative thinking.



Provider Resilience

Use when dealing with burnout, compassion fatigue and secondary traumatic stress.

PTSD Coach

Get support in managing PTSD symptoms.



T2 Mobile Apps (3 of 3)



Stay Quit Coach

Get help either while in smoking cessation treatment or afterwards to prevent relapse.

T2 Mood Tracker

Monitor your emotional health by tracking your moods over time.



Tactical Breather

Learn to use breathing to control your response during times of stress.

The Big Moving Adventure

Help prepare military children emotionally for the stress of moving.



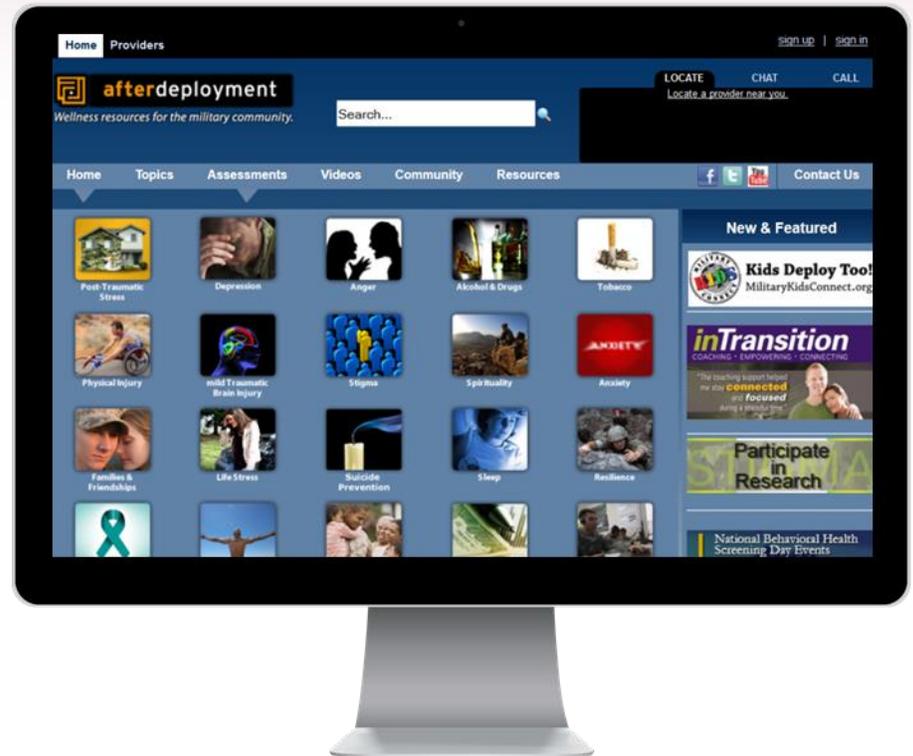
Virtual Hope Box

Reduce depression with a digital version of hope box therapy.

AfterDeployment

Topics include:

- Post-Traumatic Stress
- Depression
- Families & Friendships
- Anxiety
- Anger
- Alcohol & Drugs
- Sleep
- mTBI
- Life Stress
- Resilience
- Health & Wellness
- Work Adjustment
- Suicide Prevention
- Physical Injury



Use the AfterDeployment website as a self-care solution for challenges you may be dealing with after returning home. Find info on a range of psychological health and personal growth topics, and learn proven methods for meeting your challenges.

Designed to provide an immersive, interactive experience, this website is packed with info ranging from video interviews to anonymous self-assessments.

A separate section of the site has resources to support providers working with the military community.

Sesame Street for Military Families

Topics:

- Relocation
- Homecomings
- Self-Expression
- Deployments
- Injuries
- Grief



Explore the Sesame Street for Military Families™ website to improve your parent-child communication. Part of the popular Sesame Street program of the same name, the site was developed with psychologists and experts in child development and military life.

This website includes the Talk, Listen, Connect bundle of video skits and materials featuring military kid Muppet® characters going through a variety of situations common to military life. The scenarios include having a parent deployed, experiencing a homecoming after a parent has been injured, or even dealing with the death of a parent.

Military Kids Connect

Multiple Tracks for:

- Kids (ages 6-8)
- Tweens (ages 9-12)
- Teens (ages 13-17)
- Parents
- Educators



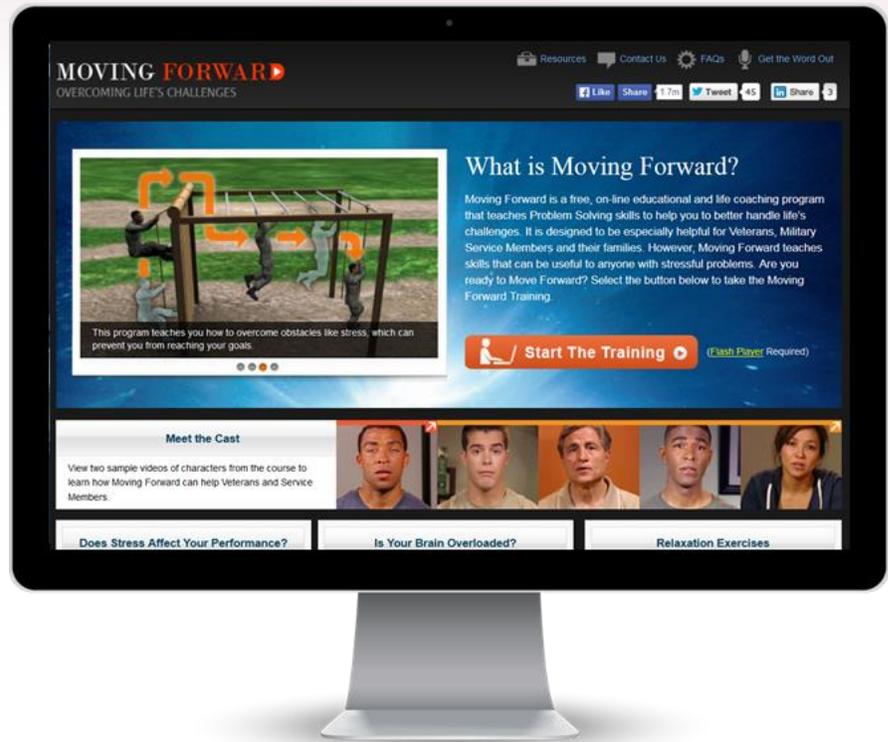
Kids can use the Military Kids Connect® website to deal with family transitions that range from separation due to deployment to living with a parent dealing with post-traumatic stress, physical disabilities or other issues.

Military youth grow up in a world where they face unique challenges. This site provides psychological support to military children ranging in age from 6-17 and includes interactive activities uniquely designed for three different age groups. Children can receive support from their military friends through a moderated online forum where they can share their ideas, experiences and suggestions.

The site also includes sections for parents and educators to help them support the military youth in their care.

Moving Forward

- **Assess Stress Levels**
- **Discover Your Style of Problem-Solving**
- **Reduce Brain Overload**
- **Learn to Stop and Slow Down**
- **Practice Relaxation Techniques**
- **Create a Problem-Solving Worksheet**



Take this free online Web course to improve your problem-solving skills and help you make better life decisions.

Life can be tough – everyone experiences challenges like transitions, financial concerns or relationship issues. Learn how to break down problems into more manageable chunks, get unstuck when you're overwhelmed, and reduce impulsiveness.

Developed by T2 and the VA for military service members, veterans and their families, this eight-module course is completely anonymous and can be done at your own pace.

Parenting for Service Members and Veterans

Topics:

- **Homecoming**
- **Good Communication**
- **Helping Your Child with Difficult Emotions**
- **Discipline**
- **Managing Your Stress**
- **Parenting with Emotional and Physical Challenges**



Take this free online course to build upon your existing parenting skills in order to strengthen your relationships with your children and help you reconnect with your family after separations.

Based on practical materials developed by parenting experts in the DoD, VA and academia, you can select the modules and tools that best fit your parenting needs or family situation. Learn to address not only family concerns unique to a military lifestyle, but common issues faced by all parents with children of every age.

The course requires no registration and no personal information is requested or stored.

ACT Coach



Use the ACT Coach app when in face-to-face treatment with a mental health professional trained in acceptance and commitment therapy (ACT).

This therapy incorporates mindfulness and acceptance strategies to help you cope with trauma-related difficulties like posttraumatic stress disorder (PTSD), depression, anxiety and chronic pain.

This therapy can help you focus on the present and learn to live with unpleasant thoughts, feelings and impulses without either avoiding them or being controlled by them.

- Increase your participation in your ACT treatment to improve results.
- Use the app's exercises and tools to incorporate what you learn in therapy into your daily life.
- Learn to identify your personal values and take action to live by them.
- Practice mindfulness exercises using voice-guided sessions.
- Keep track of coping strategies that work for you.



Available on the
App Store



Breathe2Relax

Use the Breathe2Relax app to learn a skill called diaphragmatic breathing (also called belly breathing), which interrupts the body's fight-or-flight stress response and activates the body's relaxation response.

The app can also help with mood stabilization, anger control and anxiety management. Like any skill, this type of breathing requires practice and regular use; with this portable stress-management tool, it's easy to practice whenever and wherever you want.

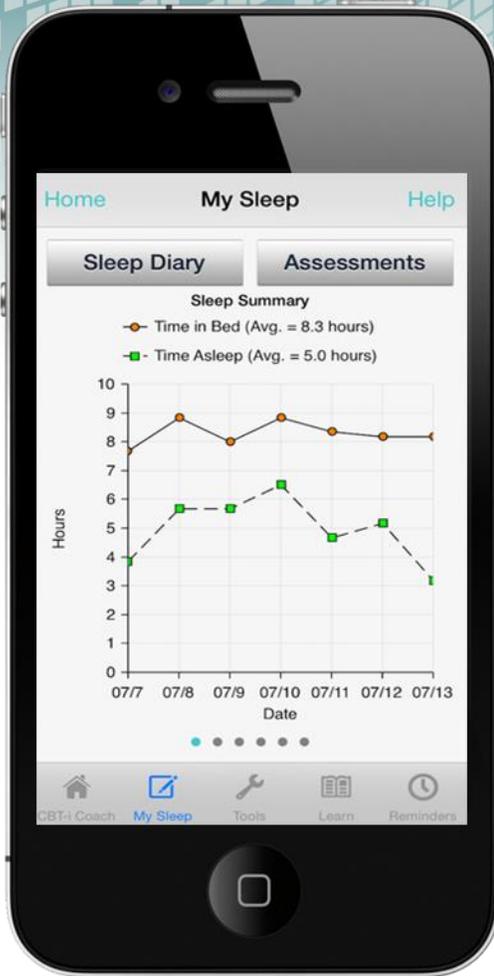
- Learn about the effects of stress on your body.
- Assess your stress level before and after a breathing exercise.
- Immerse yourself in the learning experience using interactive exercises.
- Change the pace of the breathing exercises to set a comfortable pace.
- Customize the app's backgrounds and music.
- Develop the habit of belly breathing throughout your day.



Available on the
App Store



CBT-i Coach



Use the CBT-i Coach app when in face-to-face treatment with a health professional for cognitive behavioral therapy for insomnia (CBT-i) to improve your sleep habits.

Start with an initial “sleep prescription” and learn how to improve sleep and alleviate symptoms of insomnia.

This prescription can come from your provider, your own sleep preferences, or be generated by your responses to the app’s sleep quiz.

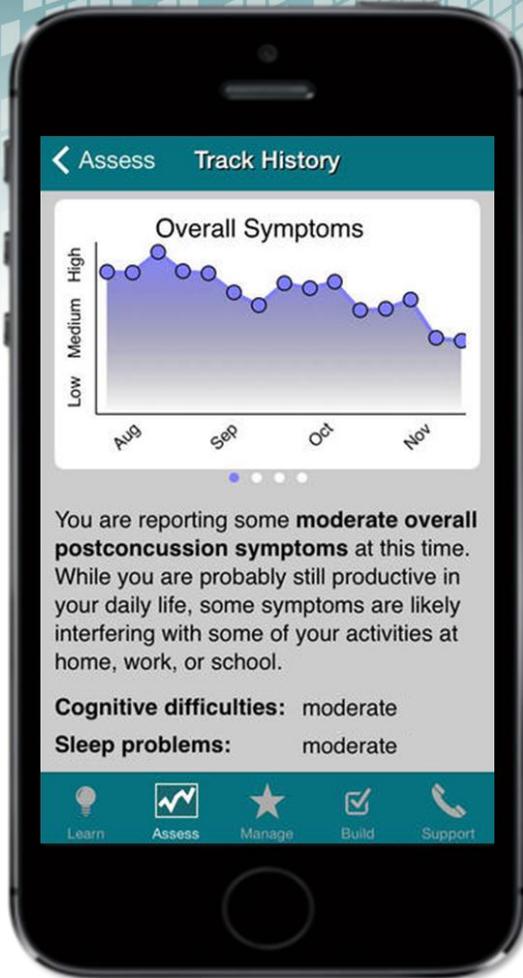
- Take an insomnia-severity assessment and chart your ongoing progress.
- Learn the connection between sleep thoughts and behavior.
- Set reminders to get ready for bed, go to sleep, and get out of bed.
- Practice relaxation exercises and learn to improve your sleep environment.
- Explore the physiology and benefits of sleep, and barriers to sleep.
- Monitor your daytime sleepiness to adjust your sleep prescription.



Available on the
App Store



Concussion Coach



Use the Concussion Coach app when in face-to-face treatment with a health professional to identify symptoms related to a concussion or mild-to-moderate traumatic brain injury and to cope with related problems.

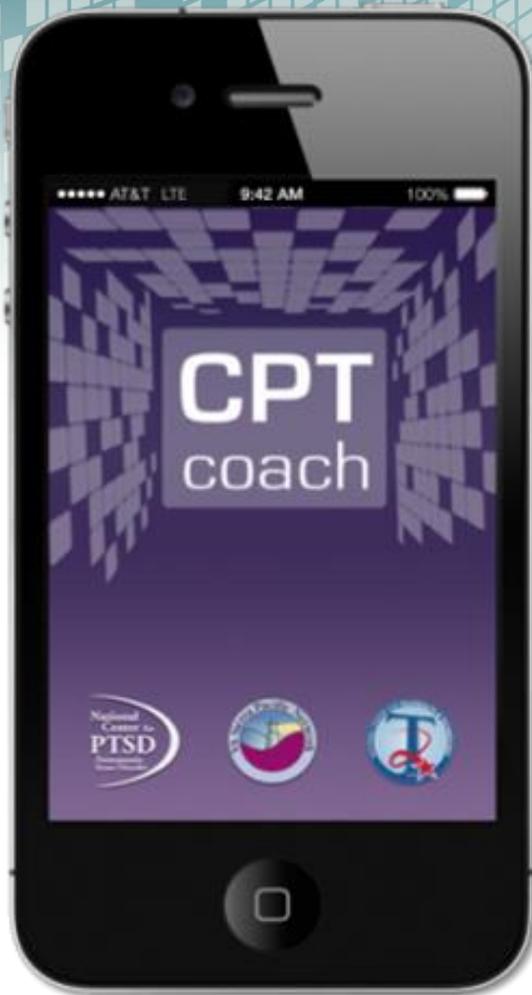
Symptoms can include physical problems (headaches, balance problems and dizziness), cognitive issues (concentration or memory issues) or emotional challenges (getting angry more easily).

While the app can be used alone, note that it is not intended to replace professional diagnosis, medical treatment or rehabilitation therapy.

- Learn about concussion symptoms and treatment options.
- Use the self-assessment tool to screen for and track your symptoms.
- Explore relaxation exercises and tools to help manage related problems, deal with frustration and build resilience.
- Personalize the app by adding your own photos, music and personal contacts.
- Link directly to local support resources.



Available on the
App Store



CPT Coach

Use the CPT Coach app when in face-to-face treatment with a mental health professional trained in cognitive processing therapy (CPT). This type of therapy can reduce posttraumatic stress disorder (PTSD) symptoms related to a traumatic event (including combat, child abuse, sexual assault and natural disasters).

Note that this app is not intended to be used alone as a self-help tool. It's designed to help you work though assignments between sessions, process your thoughts and feelings, relieve your symptoms, and get the most out of your therapy.

- Learn about CPT and get access to worksheets and assignments.
- Process painful thoughts and feelings about what you experienced to deal with difficult memories.
- Learn to challenge how you think about yourself, the world and other people to develop healthier, more realistic thoughts.
- Use the assessment tool to track your symptoms and progress.
- Increase your participation in your CPT treatment to improve results.
- Get reminders about your therapy appointments



Available on the
App Store

Feel Electric!

Use the Feel Electric! app with your young children to help them identify and express their feelings as they deal with the unique challenges of military life.

The app is part of the popular Sesame Street for Military Families™ program in conjunction with The Electric Company®.

The program was developed with the help of psychologists and experts in child development and military life.



Available on the
App Store



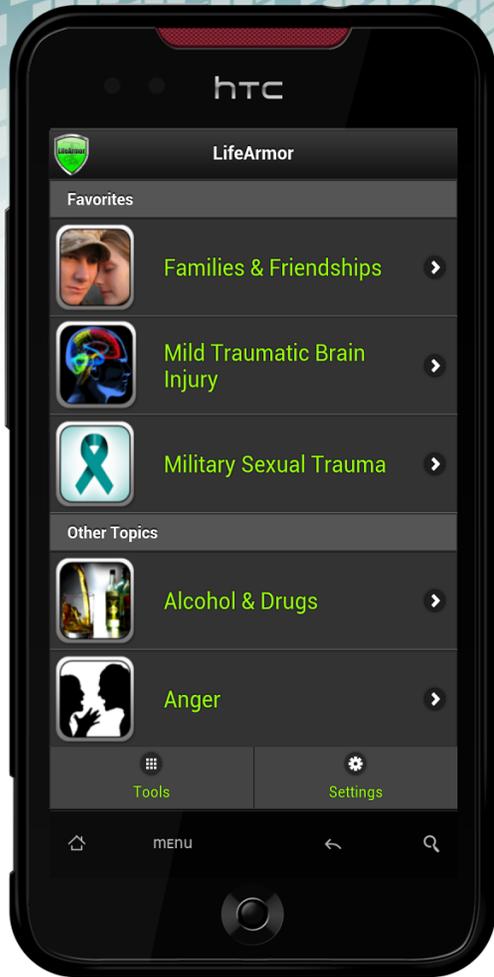
- Designed to improve the well-being of grade-school (ages 6 to 10) military children.
- Features engaging, multimedia educational content from The Electric Company.
- Encourages young children that it's ok to have emotions – and ok to express them.
- Uses games and activities to help children find better words to talk about their emotions.

LifeArmor

Use the LifeArmor app as the mobile version of information on the AfterDeployment website.

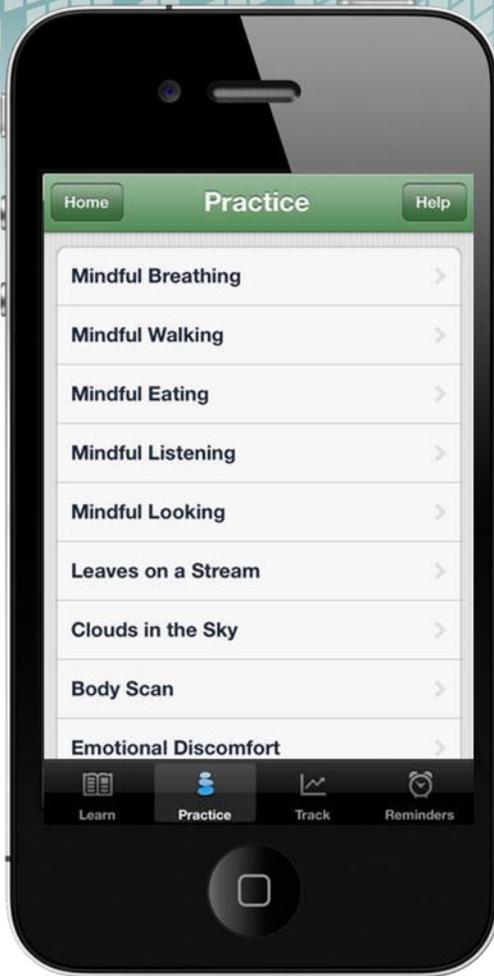
Access info and self-management tools for 17 common psychological health issues dealt with in the military community, including insomnia, depression, relationship issues and post-traumatic stress.

Each topic's contents are conveniently organized into four categories: Learn, Assess, Videos and Tools.



- Choose from 17 topic areas.
- Explore the causes, characteristics and potential solutions to emotional, relationship and other issues.
- Measure and track your symptoms with self-assessments.
- Listen to members of the military community share about their struggles and how they've learned to overcome challenges.
- Find info and guidance on techniques to help you manage issues.

Mindfulness Coach



Use the Mindfulness Coach app to learn how to use mindfulness meditation, which focuses your attention on the present and steers your mind away from distressing thoughts about the past or the future.

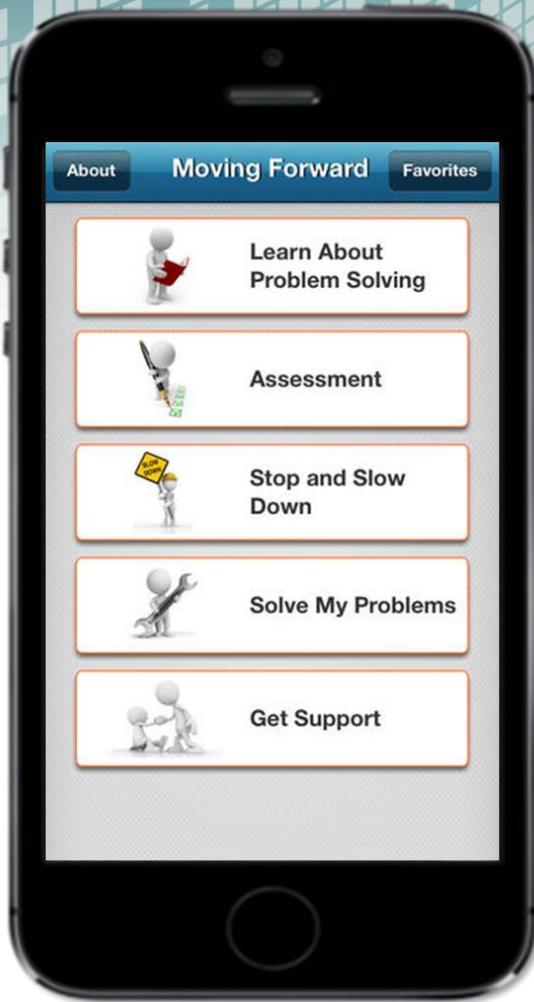
This practice is effective for reducing stress, helping with anxiety and depression, increasing self-awareness and resilience, and coping more effectively with chronic pain.

- Learn the importance of mindfulness and how to practice it.
- Understand why mindfulness helps with conditions like posttraumatic stress disorder (PTSD).
- Try out nine different forms of mindfulness meditation using voice-guided sessions.
- Log your mindfulness sessions and track your progress.
- Learn strategies for overcoming challenges to mindfulness practice.
- Access educational materials about mindfulness.



Available on the
App Store

Moving Forward



Use the Moving Forward app to improve your problem-solving skills and make better life decisions.

Life can be tough – everyone has challenges like transitions, financial concerns or relationship issues. Learn how to break down problems into more manageable chunks, get unstuck when you're overwhelmed, and reduce avoidance and impulsiveness.

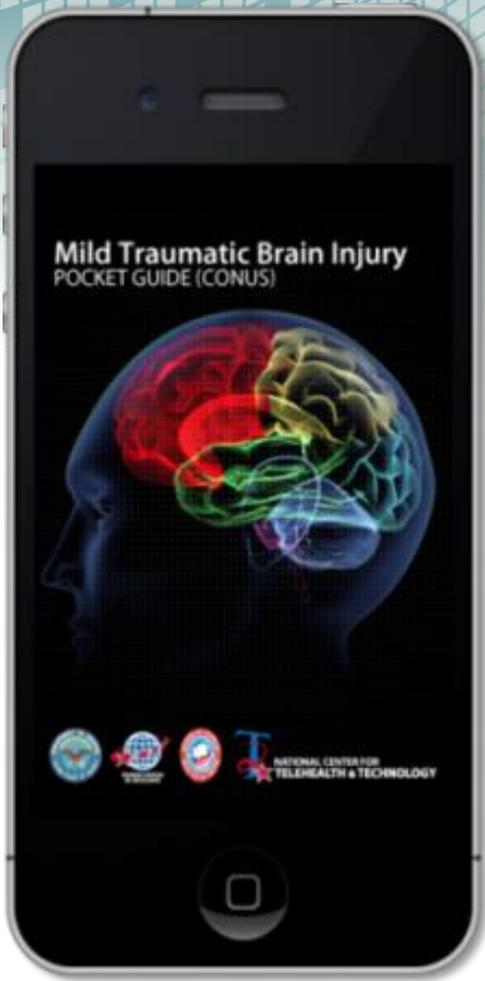
Developed by T2 and the VA as a companion app to the Moving Forward online course, this app features problem-solving tools that you can use on-the-go and at your own pace.

- Assess your current stress level.
- Figure out your problem-solving style.
- See how stress overloads your brain.
- Try out relaxation techniques.
- Create a problem-solving worksheet.



Available on the
App Store

mTBI Pocket Guide



If you are a health care provider, use the mTBI Pocket Guide app for a comprehensive quick-reference guide on assessing, treating and managing common symptoms of patients with mild traumatic brain injury (mTBI).

This app is a mobile version of the mTBI Pocket Guide produced by the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury. It is useful for military and civilian physicians, physician assistants, nurse practitioners, and related treatment and therapy providers.

- Find definitions, causes and severity ratings for mTBI.
- Access the VA/DoD Clinical Practice Guideline for the Management of Concussion/mTBI.
- Look up cognitive rehabilitation clinical recommendations for mTBI.
- Find clinical recommendations on driving following mTBI.
- Access the consolidated ICD-9 TBI coding tool for providers.
- Locate patient education materials.
- Discover clinical tools and resources.



Available on the
App Store





Parenting2Go

Use the Parenting2Go app to strengthen relationships with your children and reconnect with your family after separations.

Based on practical materials developed by parenting experts in the DoD, VA and academia, you can select the tools that best fit your parenting needs or family situation.

Learn to address not only family concerns unique to a military lifestyle, but explore common issues faced by all parents with children of every age.

- Learn how to switch gears between work and home so you can be more present mentally for your children.
- Find quick tips for reconnecting with your family after a deployment.
- Use supportive tools when you're feeling stressed or overwhelmed with parenting demands.
- Keep track of when you say positive or negative comments to your children.
- Access your personal contacts and other resources to support your parenting efforts.



Available on the
App Store

PE Coach



Use the PE Coach app only when in face-to-face treatment with a mental health professional trained in prolonged exposure (PE) therapy. This type of therapy can reduce symptoms of posttraumatic stress disorder (PTSD) related to a traumatic event (including combat, child abuse, sexual assault and natural disasters).

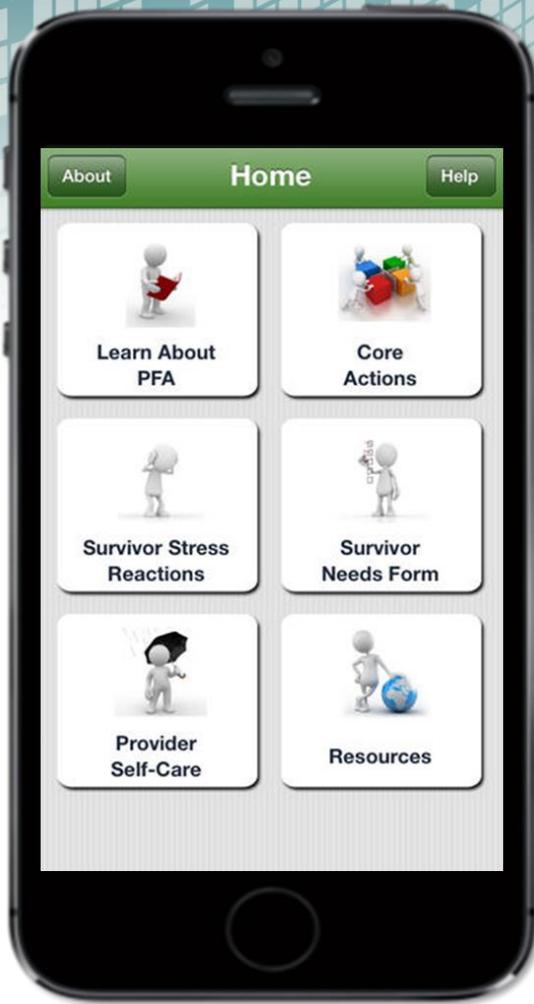
Note that this app is not intended to be used alone as a self-help tool. It's designed to help you process your thoughts and feelings, reduce anxiety and fear, and get the most out of your therapy.

- **Learn about prolonged exposure therapy and common reactions to traumatic experiences.**
- **Review recordings of your treatment sessions.**
- **Learn to process your memories and feelings and reduce your symptoms.**
- **Record completed homework tasks.**
- **Practice interactive breathing exercises.**
- **Track your symptoms over time.**
- **Use the calendar to remember your next appointment.**



Available on the
App Store





PFA Mobile

The PFA Mobile app is for responders trained to provide psychological first aid (PFA) to adults, families and children following a disaster or emergency. This app is not a replacement for PFA training. It supplements other resources that you may use before, during and after a disaster response.

Created in partnership with the VA and the National Child Traumatic Stress Network, the materials on the app are adapted from the *Psychological First Aid Field Operations Guide (2nd Edition)* by Brymer, Layne, Jacobs, Pynoos, Ruzek, Steinberg, Vernberg and Watson.

- Review summaries of PFA fundamentals.
- Match PFA interventions to specific reactions and needs of survivors.
- Get tips from mentors for applying PFA in the field.
- Determine your readiness to conduct PFA.
- Use the included Survivor Needs Form to simplify data collection and referrals.



Available on the
App Store



Positive Activity Jackpot

Use the Positive Activity Jackpot app to motivate yourself to get up and get out and do something to take your mind off negative thoughts.

Combining a therapy called pleasant event scheduling along with augmented reality technology, Positive Activity Jackpot makes it easy to find interesting things to do close to where you live.

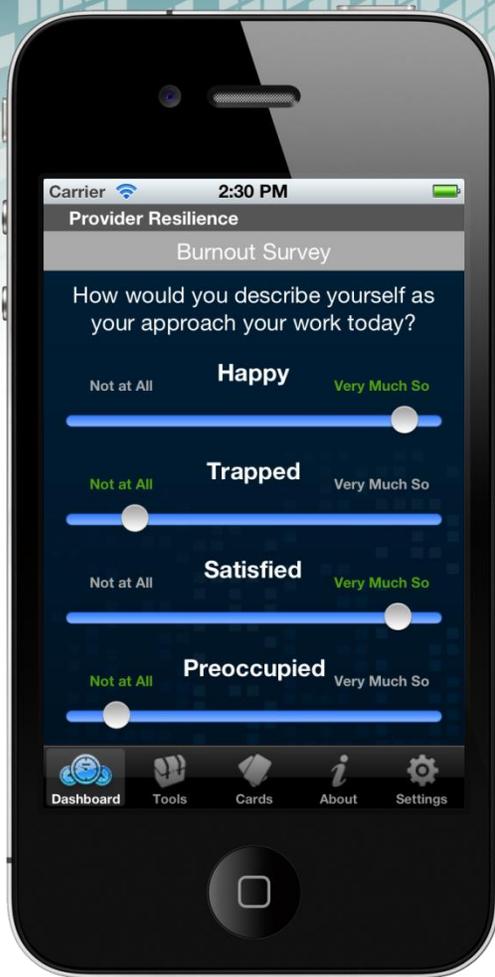
- Search among selected activities chosen to interest service members.
- Invite friends to join you.
- Can't decide what to do? Play the app's jackpot function to get some ideas.
- Use the viewer to find where things are on the map.
- Use in conjunction with pleasant event scheduling therapy.



Provider Resilience

If you are a health care provider treating military personnel, use the Provider Resilience app to guard against issues like:

- Burnout
- Compassion fatigue
- Secondary traumatic stress



- Monitor yourself for risk of burnout.
- Take a self-assessment that scores using the Professional Quality of Life Scale, v5 (ProQOL).
- Track your resilience levels over time and remind yourself to take breaks.
- Access tools like inspirational cards, exercises, and Dilbert™ comics to remember the positive aspects of your work or just take a break.
- Watch videos by service members describing the positive impact providers had on their lives.



Available on the
App Store



PTSD Coach

Use the PTSD Coach app to help you identify and understand symptoms related to posttraumatic stress disorder (PTSD) that you may have after exposure to trauma.

Information and tools in the app offer support in managing these symptoms and monitoring stress. Family and friends can also use the app to learn more about PTSD and better understand how best to support you.

Meant to be used as an educational tool, note that this app cannot formally diagnose PTSD, and is not intended to replace professional evaluation and treatment.

- Understand the effects of exposure to trauma.
- Get information on PTSD and on treatments that work.
- Take a self-assessment of your symptoms and get options for seeking professional evaluation and treatment.
- Identify and track your symptoms over time and in different situations.
- Manage your symptoms using tools that teach healthy coping skills.
- Identify your resources and create a customized support network.



Available on the
App Store



Stay Quit Coach

Use the Stay Quit Coach app as a handy source of support and information either while you're quitting smoking (while in smoking cessation treatment) or afterwards to help prevent relapse.

The app is based on the Integrated Care for Smoking Cessation (ICSC) treatment. This treatment has been shown to double the quit rates of military veterans with posttraumatic stress disorder (PTSD).

- Create a personalized plan that includes your personal reasons for quitting.
- Access interactive tools to learn how to control breathing and cope with triggers.
- Read how medication and nicotine replacement can help prevent relapse.
- Track how long you've stayed quit and the money you've saved.
- Receive motivational messages to remind you why you quit.
- Find ready access to support.
- Learn to manage relapses, including the do's and don'ts after a slip-up.

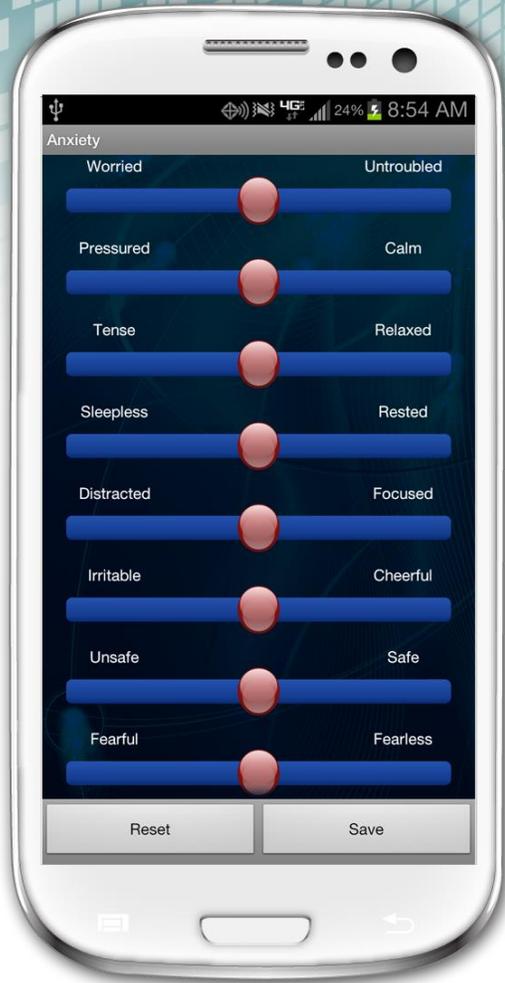


Available on the
App Store

T2 Mood Tracker

Use the T2 Mood Tracker app to monitor your emotional health and become aware of how your life is affected by your thoughts, behaviors and moods; changes at home or at work; and everyday experiences.

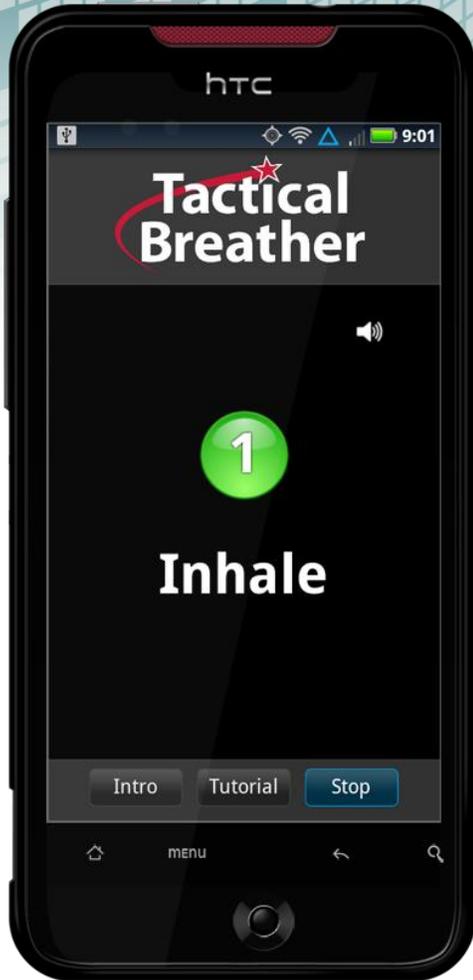
While particularly helpful when in cognitive behavior therapy, many users find this app useful just for personal awareness.



Available on the
App Store



- Monitor your moods and behaviors to record them when they happen.
- Rate yourself using customized ratings categories.
- Save results in easy-to-understand graphs.
- Track emotions and behaviors regularly over time to identify trends or triggers.
- Send results to your home computer or share with your provider.



Tactical Breather

Use the Tactical Breather app to gain control of your physiological and psychological responses during stressful situations.

Using diaphragmatic breathing (also called belly breathing), you will learn to manage your heart rate, emotions and concentration through repetitive practice and training.

This app uses techniques from the book *On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace* that were developed for intense combat situations. The book was written by Lt. Col. Dave Grossman, U.S. Army (Ret.), former West Point psychology professor and Army Ranger.

- Learn about the benefits of this type of breathing.
- Follow the tutorial to learn the breathing techniques.
- Use these techniques to gain control over nearly any stressful situation.
- Customize the graphics and voice gender for your own preferences.
- Play a game-like interactive exercise.
- Access several chapters from Col. Grossman's book.



The Big Moving Adventure

Use The Big Moving Adventure app with your preschoolers (ages 2-5) for a fun interactive way to prepare them emotionally for an upcoming move.

Part of the DoD-funded Sesame Street for Military Families™ program, this app helps the young children of military parents understand that moving is a normal part of military life.

While this app can be used on a variety of mobile devices, it is optimized for use on tablets.



Help your children:

- Create a Muppet® friend and help them express their feelings about moving.
- Decide which toys and books to pack and which ones to carry along for comfort.
- Learn how to say goodbye to people, places and things at their old home.
- Send postcards from their toys as they ride the moving truck.
- Explore the new home and unpack their things.
- Meet new friends at their new home, including some familiar, furry faces!



Virtual Hope Box

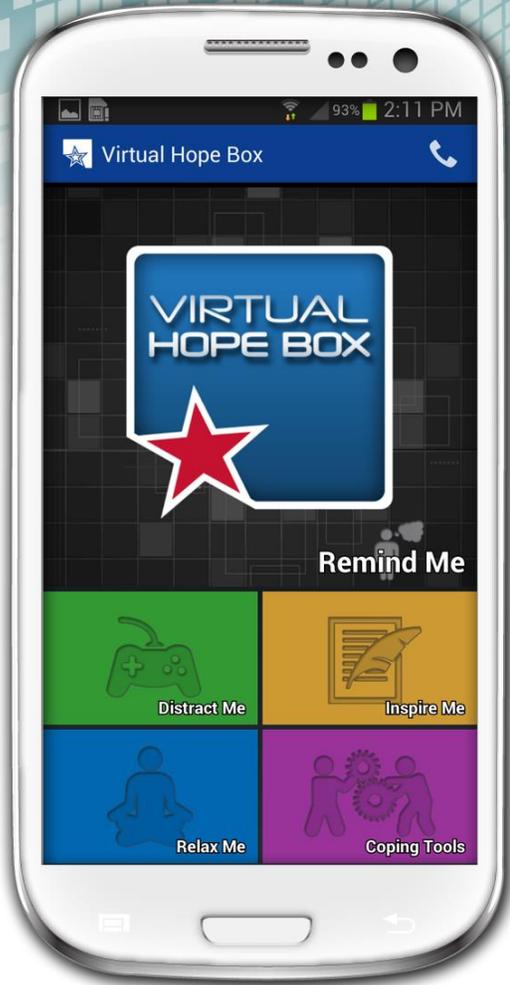
Use the Virtual Hope Box app along with treatment to create a cache of items (hope box) to help you cope with stress, regulate your emotions and remind you of your reasons to live.

Because the app is available whenever you have your mobile device, it's basically always on hand.

To access this app's user guide, visit:

<http://t2health.dcoe.mil/apps/virtual-hope-box>

- Work with your health provider to initially collect and add personalized content to the app on your mobile device, then add more whenever you want.
- Store items on your phone that you find supportive, such as photos, music, videos, messages from loved ones or inspirational quotes.
- Distract yourself from negative thoughts with games, mindfulness exercises, positive messages and other tools.
- Create your own coping cards that you can access in times of stress.
- Plan positive activities and use relaxation exercises including guided imagery, controlled breathing and muscle relaxation.





DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury

National Center for Telehealth & Technology

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253-968-1914

t2health.dcoe.mil

mrmc.dcoe.t2-contactus@mail.mil

