



Behavioral Health Tech Review

National Center for Telehealth & Technology (T2) | t2health.org

View online at t2health.org/newsletter

Volume 2, Issue 3 | June 2013

QUARTERLY NEWS HIGHLIGHTS

MOBILE APPLICATIONS

Will Mobile 'Virtual Assistants' Propel the Future of Medicine?

March 19, 2013 (Huffington Post)

The future of a quality, efficient health care system rests in our ability to press industry players to embrace collaboration and push for the creation of a connected ecosystem where, from patient to payer, mHealth technology acts as the ember to spark ongoing innovation...[More](#)

Helping Consumers Find the Right Mobile Health Apps

May 8, 2013 (HIMSSwire)

There's an app for everything – and that includes some 30,000 to 40,000 apps designed to help consumers better manage their health, according to industry estimates...[More](#)

VIRTUAL APPLICATIONS

Experts Endorse Virtual Reality for PTSD Treatment.

March 19, 2013 (Healio Psychiatry)

Some leading experts on posttraumatic stress disorder are advocating the use of virtual reality as an effective treatment option for the disorder. Their findings appear in *Psychiatric Annals*, part three of a 6-month series on complementary and alternative medicine in the treatment of PTSD...[More](#)

Research Finds Second Life Program Can Help With Weight Loss and Maintenance.

May 3, 2013 (University of Kansas Medical Center)

New research shows the virtual reality world of avatars created in Second Life can help people keep weight off once they lose it. A study led by Debra Sullivan, Ph.D., professor and chair of the University of Kansas Department of Dietetics and Nutrition, used Second Life's three-dimensional, virtual reality environment to study both weight loss and maintenance...[More](#)

TELEHEALTH

The Effectiveness of Telemental Health: A 2013 Review.

May 22, 2013 (Mary Ann Liebert, Inc. publishers)

Telemental health, a use of telemedicine to provide mental health assessment and treatment at a distance, enters its sixth decade as a well-known practice in the medical field—it has increased access to care, and patients and providers are very satisfied with it for a wide variety of services...[More](#)

INNOVATIVE TECHNOLOGY FOR HEALTHCARE

The Quantified Self Evolves: A South By Southwest (SXSW) Vision of How Gadgets Will Teach Us About Ourselves.

March 12, 2013 (Time)

One of the great storylines at this year's South By Southwest (SXSW) Interactive festival is the rapid push from Big Data to My Data – or the mainstreaming of the Quantified Self movement that has succeeded in bringing data analysis and wearable technology into our daily lives...[More](#)

SUBSCRIBE TO THE BEHAVIORAL HEALTH TECH REVIEW AT T2HEALTH.ORG/NEWSLETTER

The "Behavioral Health Tech Review" is published quarterly by the National Center for Telehealth & Technology (T2) to inform senior military leaders, healthcare providers, and T2 collaborators about existing and new innovative technologies which support the treatment of behavioral health patients. For more information about "Behavioral Health Tech Review" or to submit a story idea or comment, please e-mail us at AskUs@t2health.org or connect on Facebook and Twitter.

The appearance of external hyperlinks does not constitute endorsement by the United States Department of Defense of the linked web sites, or the information, products or services contained therein. [Please read our privacy and security notice.](#)



MilitaryKidsConnect.org



**TOGETHER,
EVERYWHERE.**

One goal of MilitaryKidsConnect.org is to "connect" military youth with each other, their parents, and teachers. The message board, game challenges, personal story video commenting and sharing are all activities on the website intended to build an active and supportive military youth community.

With the drawdown of the conflicts in Iraq and Afghanistan, more families will be adjusting to being together without the interruptions of deployment. MilitaryKidsConnect.org has "Tough Topic" modules on post-traumatic stress, physical injury, and grief and loss. Animated graphic novels and real life personal stories are used to exemplify how military kids might improve their adjustment to these new situations. Parents can learn more about effective parenting under these circumstances. Teachers can better understand the impact that reintegration will have on their military students.

MilitaryKidsConnect.org is about connection, even if it means dealing with some of the tougher parts of military life.

