TBI / PTSD / WOMEN VETERAN

RESOURCES
Online Sites, Tools, Mobile APS

for providers, veterans, families, citizens

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LEARNING & PRACTICE SOURCES

Department of Veteran’s Affairs (VA):
Mental Illness Research, Education and Clinical Centers (MIRECCs)
VISN MIRECCs
National Center for PTSD (NCPTSD)
Mental Health Centers of Excellence (MH CoE)

Center of Excellence for Medical Multimedia (CEMM):
Interactive Brain & TBI

Department of Defense (DoD):
Military Health System (MHS)
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)
The National Center for Telehealth & Technology (T2)
Defense and Veterans’ Brain Injury Center (DVBIC)

National Resource Directory
What is MIRECC?
The Mental Illness Research, Education and Clinical Centers (MIRECC) were established by Congress with the goal of researching the causes and treatments of mental disorders and using education to put new knowledge into routine clinical practice in the VA.

http://www.mirecc.va.gov/index.asp

Mission Statement
To generate new knowledge about the causes and treatments of mental disorders, apply new findings to model clinical programs, and widely disseminate new findings through education to improve the quality of veterans’ lives and their daily functioning in their recovering from mental illness.
Traumatic brain injury (TBI) is an area of particular emphasis for us. Prompt identification and appropriate treatment of this condition in combat veterans is of increasing importance.

**Veteran & Family**
These printed materials present the same information in different formats.

- Handout
- Article
- Brochure
- Pocketcard

**Provider**
These printed materials present the same information in different formats.

- Handout
- Pocketcard

**Clinical Practice Guidelines:**
- Joint VA/DoD mild TBI CPG
- Report of the VA 2009 Consensus Conference: Practice Recommendations for Treatment of Veterans with Comorbid PTSD, mTBI and Pain

**Evidence-based Synthesis Program:**
- Assessment and Treatment of Individuals with History of TBI and PTSD (August 2009)

**Teaching Cases:**
- Case 1: Anesthetic Disorder and Depression due to Cerebral Aneurysm and TBI
- Case 2: Traumatic Brain Injury, Post-Traumatic Stress Disorder, and Headache
- Case 3: Anger and Irritability 6 Years After Blast Injury
- *new* Case 4: Multiple Blast-Related Brain Injuries with Co-Morbidities

**Web Courses:**
- PTSD 101: Neuropsychiatry of Traumatic Brain Injury - Robin Hurley, MD

**Webcast Lectures:**
- TBI: Clinical Updates from Neuropsychiatry - Robin Hurley, MD
- Pharmacist Medication Counseling for TBI - Joseph LaMotte, PharmD & Jill Fowler, PharmD
- Neurobiology of TBI - Katherine Tabor, PhD
- Visual Disorders in Brain Injury - Gary Mancil, OD
MIRECC Centers

MIRECC Centers Home
Coaching Into Care Home
Our Services
Should I Call?
Help Your Veteran
Frequently Asked Questions
Resources
Get the Word Out
Contact Us
Site Search

Mental Health Information

- Post-Deployment Stress: What Families Should Know, What Families Can Do
- Make the Connection
- Self-Help Assessments and Wellness Information
- Mental Health Screening
  Military members and their families can take a brief, anonymous online screening for Depression, PTSD, or Bipolar Disorder by visiting the Military Pathways website
- Mental Health America
- Substance Abuse & Mental Health Services Administration (SAMHSA)
- National Alliance on Mental Illness (NAMI)
- Sesame Street for Military Families
- Welcome Back Veterans
- Alcoholism / Drug Abuse
  - National Institute on Alcohol Abuse and Alcoholism
  - National Institute on Drug Abuse (NIDA)
  - MedlinePlus
- Depression
- PTSD
- Schizophrenia / Psychosis
- TBI
  - VA Polytrauma / TBI System of Care
  - VA War Related Illness and Injury Study Center (WRIISC)
  - VA MIRECC Center TBI Resources
http://www.mirecc.va.gov/Recovery_Resources.asp

Websites

The National Center for PTSD
http://www.ptsd.va.gov/
The Center aims to help U.S. Veterans and others through research, education, and training on trauma and PTSD.

The Yale Program for Recovery and Community Health (PRCH)
http://www.yale.edu/PRCH
This program seeks to promote the recovery, self-determination, and inclusion of people facing psychiatric disability, addiction, and discrimination through focusing on their strengths and the valuable contributions they have to make to the lives of their communities.

Recovery International
Recovery International is a self-help mental health program based on the work of founder Abraham A. Low, M.D., a neuropsychiatrist.

Center for Psychiatric Rehabilitation
http://www.bu.edu/cpr/
The Center is a research, training, and service organization dedicated to improving the lives of persons who have psychiatric disabilities.

National Empowerment Center
http://www.power2u.org/index.html
Recovery is real and this website is filled with practical information that will help you recover if you have been labeled with a mental illness.

Connecticut Department of Mental Health and Addiction Services
http://www.dmhas.state.ct.us/recovery.htm
The Department of Mental Health and Addiction Services (DMHAS) promotes and administers comprehensive, recovery-oriented services in the areas of mental health treatment and substance abuse prevention and treatment throughout Connecticut.

Veteran Recovery
http://www.veteranrecovery.org/index.html
The goal of the website is to provide detailed information regarding peer support, substance abuse and mental illness, MIRECC research, VA programs and other support services.

National Mental Health Information Center
http://www.mentalhealth.samhsa.gov
Substance Abuse and Mental Health Services Administrations informational website.

Wellness Recovery Action Plan™ at the Copeland Center for Wellness and Recovery
http://copelandcenter.com/what-is-wrap/
WRAP is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives.

National Mental Health Consumers' Self-Help Clearinghouse
http://www.mhsselfhelp.org/
Here you'll find the latest information on mental health and consumer/survivor issues. We include updates on important issues, linking you to news sources, funding opportunities and the most recent developments in the consumer movement. You'll also find conference announcements and job postings from across the nation.

Training Grid Outlining Best Practices for Recovery and Improved Outcomes for People with Serious Mental Illness
This document should assist providers in identifying appropriate interventions for their settings and those they serve, identifying needed advanced clinical training initiatives, and obtaining access to those clinicians and researchers who have developed, implemented, and/or studied the outcomes of the interventions and instruments described.

Peer-to-Peer Resource Center
http://www.peersupport.org/
Promoting peer support and recovery for people living with mental illness.

US Psychiatric Rehabilitation Association
http://www.uspра.org
USPRA is founded on a shared commitment to improve and promote the practice and outcomes of psychiatric rehabilitation.

The National Research and Training Center on Psychiatric Disability (NRTC)
http://www.psych.uic.edu/icnrtc/
Promotes access to effective consumer-driven and community-based services for adults with serious mental illness.

The Desert Pacific MIRECC Recovery Page
MIRECC Educational Products

Each MIRECC has developed a number of products for use by educators, clinicians and researchers. These range in product type from treatment manuals to educational videos to newsletters to websites to reports and journal articles. A listing of these products with either contact information for obtaining the material or actual links to the material can be accessed by clicking on the links below.

There are several ways to locate educational products from searching by title to using keywords. Please use the links below to facilitate your search.

- List of all educational products
- List of educational products grouped by Uniform MH Service/Keyword
- Search by entering your own criteria

MIRECC Uniform MH Service/Keyword List

Click on a keyword in the list below to find all educational products associated with that keyword (the size of the keyword indicates the number of educational products associated with that keyword, the larger the word, the more products available):

- Ambulatory Care (13)
- Community Mental Health (36)
- Evidence-Based Treatments (14)
- Gender Specific Care (2)
- Homeless Programs (2)
- Inpatient Care (1)
- Integrating MH in Care of Older Veterans (4)
- Integrating MH to Medical Care Settings (25)
- Military Sexual Trauma (1)
- Prevention and Management of Violence (3)
- Rehabilitation and Recovery (52)
- Residential Care (5)
- Rural Mental Health Care (2)
- Seriously Mentally Ill (17)
- Specialized PTSD Services (7)
- Substance Use Disorders (15)
- Suicide Prevention (15)

VA PolyTrauma/TBI
Provider Resources

DCoE provides information and resources on traumatic brain injury, psychological health issues, and combat stress specifically tailored to health care professionals. Here you can learn about treatment options for PTSD and review tips for civilian health care professionals treating military patients.

Visit the Resources page to access evidence-based clinical practice guidelines, as well as relevant Websites and reports.

- Continuing Education
- DCoE Information Kit
- TBI Information
- TBI Case Management
- PTSD Treatment Options
- Tips for Civilian Health Care Professionals Treating Chronic Symptomatic Mild Traumatic Brain Injury and Post-Traumatic Stress Disorder
- PTSD and TBI Training Events
- Integrative Health & Wellness
- inTransition
- DCoE Outreach Center
- DCoE Products

Information for Health Professionals on the Real Warriors site.
Educational Materials

Browse our collection of helpful TBI resources, including fact sheets, guides, posters and more.

Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans
This resource is for family caregivers of service members and veterans who have sustained a moderate, severe or penetrating TBI.

Latest Resources

Indications and Conditions for Neuroendocrine Dysfunction Screening Post mTBI Training Slides
This slide deck provides training for the Neuroendocrine Dysfunction Reference Card and Clinical Recommendation. The training extends the following objectives:

Indications and Conditions for Neuroendocrine Dysfunction Screening Post mTBI Reference Card
The purpose of the Neuroendocrine Dysfunction Screening Post Mild TBI Reference Card Tool Kit is to serve as a reference tool offering medical guidance following indications from post-injury neuroc

Most Popular Resources

Military Acute Concussion Evaluation (MACE) Pocket Cards
The Military Acute Concussion Evaluation (MACE) is a concussion screening tool for the acute assessment of service members involved in a potentially concussive event. The MACE was updated in 2012.

Moderate or Severe TBI Fact Sheet
Health care providers can use this handout to educate families and caregivers of patients with a moderate or severe TBI.

View all resources →
Concussion/mTBI Information and Tools for Providers

DVBIC offers guidance to providers on how to screen for concussions and manage treatment. Listed below are key tools used by military medical providers that also can be used by civilian providers. The list also includes patient handouts and links to mobile applications that might be helpful.

Military Acute Concussion Evaluation and Concussion Management Algorithm

The 2012 versions of the Military Acute Concussion Evaluation (MACE) and the Concussion Management Algorithm (CMA) are available as pocket cards or wallet cards through DVBICs online shopping cart. They are used in conjunction with the 2012 acute concussion educational brochure. Training is available on the proper use of all three items. If you have any questions, please email info@DVBIC.org and someone will contact you to explain the process.

Fact Sheets

Mobile Applications

- Mild Traumatic Brain Injury (mTBI) Pocket Guide (providers)
- Co-occurring Conditions Toolkit (providers)
- T2 MoodTracker (patients)
- Breathe2Relax (patients)

Patient Education Materials

- Head Injury and Dizziness
- Headache Management
- Healthy Sleep
- Improving Memory
- Mood Changes
- Signs and Symptoms Fact Sheet

New Clinical Recommendations

Assessment and Management of Visual Dysfunction Associated With Mild TBI: This clinical recommendation, released January 2013, provides DoD primary care providers with an approach to evaluating visual dysfunction following mTBI as well as guidance on referral for further eye/visual evaluation and care. The clinical recommendation, reference card and training slides provide:
THE CAPS
The gold standard for PTSD assessment worldwide

Clinician Administered PTSD Scale

This section contains training materials as well as information and tools to help you with assessment and treatment. These materials are based on the latest research, much of which is conducted by National Center staff.

News
- Research and clinical experience continue to advance what we know about PTSD. Learn about the new diagnostic criteria for PTSD to be released in DSM-5 this month.
- Veterans get mental health care outside of the VA too. If you work with Veterans, our Community Provider Toolkit can help you deliver the best care to those who served.
Mobile Applications

Apps for providers who treat people who have been through trauma. Available for Apple and Android devices. Also see Mobile Apps for patients and family, including PTSD Coach.

These apps were created by the National Center for PTSD and our collaborators and are not intended to replace needed professional care.

Treatment Companion Apps

- PE Coach
  A mobile app to be used during Prolonged Exposure (PE) therapy between a mental health professional and patient. It may help with adherence to the PE treatment manual.

Provider Apps

- PFA Mobile
  Following disasters or emergencies, the PFA Mobile app can assist responders who provide Psychological First Aid (PFA) to adults, families, and children.

Date Created: 07/26/2012 See last Reviewed/Updated Date below.
PTSD Coach has now been downloaded over 100,000 times in 74 countries around the world.

The PTSD Coach app can help you learn about and manage symptoms that commonly occur after trauma. Features include:

- Reliable information on PTSD and treatments that work.
- Tools for screening and tracking your symptoms.
- Convenient, easy-to-use skills to help you handle stress symptoms.
- Direct links to support and help.
- Always with you when you need it.

Download the mobile app

Free PTSD Coach download from: iTunes (iOS)* and Google Play (Android)*

How to use PTSD Coach

Together with professional medical treatment, PTSD Coach provides you dependable resources you can trust. If you have, or think you might have PTSD, this app is for you. Family and friends can also learn from this app.
Mobile App: PE Coach

Prolonged Exposure (PE) is an evidence-based psychotherapy for PTSD. Research has shown PE to be one of the most effective treatments for PTSD.

PE Coach is an application (app) for mobile devices (iPhone, Android phone, iPod Touch, iPad, or Android tablet) that was created to increase conveniences for clinicians and patients working through the PE treatment manual. The app is downloaded onto a patient’s mobile device to be used as a treatment companion during PE therapy.

Features include:

- Audio and visual psychoeducation about PE and common reactions to trauma.
- Capability for audio recording of PE sessions directly onto the patient’s mobile device.
- PTSD symptom tracking over time to evaluate treatment progress and outcomes.
- Continuous availability of homework forms and record of completed tasks to facilitate feedback and monitor patient adherence to between-session assignments.
- An interactive breathing retraining coach.

Download the mobile app

Free PE Coach download from: iTunes (iOS)* and Google Play (Android)*
The National Center for Telehealth & Technology (T2), designs and builds applications employing emerging technologies in support of psychological health and traumatic brain injury recovery in the military. Equally important is our work toward eradicating stigma that can deter Service Members from seeking help. Below are some recent initiatives:

- Provider Resilience App
- Biozen Mobile App
- T2 Mood Tracker Mobile App
- LifeArmor Mobile App
- PE Coach Mobile App
- MilitaryKidsConnect.org Website
- Virtual PTSD Experience

http://www.t2health.org/
PE Coach is the first mobile app designed to support the tasks associated with prolonged exposure treatment for PTSD. Providing hip-pocket access to the necessary tools for successful PE participation, the app includes audio recording capability for easy playback after sessions; tools to support patient tasks between sessions; and visual displays of symptom reduction over time. In addition, PE Coach is integrated with smartphone calendar functionality to encourage patient recall and session attendance.

PE Coach will help providers and patients overcome certain barriers to PE implementation, dissemination, and adherence. For a free download, log on to the Apple App Store or Android Market.
T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular with many civilian users around the world.

The app records a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress and a user’s general well-being. Users can also create items to track their progress in unique areas. The saved results are displayed in an easy-understand graph. The data is saved in a graphical or spreadsheet file which can be transferred by e-mail or other wireless connection.

T2 Mood Tracker received first place in the “General Wellness” category during the Apps4Army (A4A) competition.
Co-Occurring Conditions Toolkit (CCT)

Mild Traumatic Brain Injury (mTBI) presents a number of challenges to military healthcare professionals. Because symptoms of closed head wounds are often similar to those of a number of psychological conditions, assessing and treating patients presenting multiple conditions can be difficult.

Developed by T2, the Co-Occurring Conditions Toolkit (CCT) mobile application for smart phones and tablet devices is an electronic version of the familiar Co-Occurring Conditions Toolkit published by the Defense Centers of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury (mTBI).

The new app includes the entire contents of the 132-page spiral-bound CCT, and adds enhancements such as interactive decision trees to aid in the identification of appropriate interventions and timing of services for this challenging patient population. Like the bound edition, the app incorporates VA/DoD Evidence-Based Clinical Practice Guidelines (CPGs) for the management of concussions and mTBI, together with CPGs targeting common co-occurring conditions such as post-traumatic stress disorder, depression, chronic opioid therapy, and substance use.

As a mobile app, the new Toolkit offers primary care providers hip-pocket access to critical information and allows for seamless integration of new material, leading to improved quality of care, increased use of evidence-based treatment recommendations, enhanced provider-patient interactions, and more appropriate specialty referrals.

http://t2health.org/apps/cct
<table>
<thead>
<tr>
<th>App Name</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>BioZen</td>
<td>The Department of Defense developed BioZen to help service members use the therapeutic benefits of biofeedback. BioZen is the first portable, low-cost method for clinicians and patients to use biofeedback in and out of the clinic. This app takes many of the large medical sensors in a clinic and puts them in the hands of anyone with a smartphone. BioZen makes it easier for anyone to get started with biofeedback.</td>
</tr>
<tr>
<td>Breathe2Relax</td>
<td>Breathe2Relax is a portable stress management tool. Built on the iPhone mobile app platform, Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body’s ‘fight-or-flight’ (stress) response, and help with mood stabilization, anger control, and anxiety management.</td>
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<td>LifeArmor</td>
<td>LifeArmor is a comprehensive learning and self-management tool to assist members of the military community with common mental health concerns. Built for both iOS and Android, LifeArmor is portable and provides information and assistance at the touch of a button.</td>
</tr>
<tr>
<td>mTBI Pocket Guide</td>
<td>The Mild Traumatic Brain Injury Pocket Guide mobile application for healthcare providers gives instant access to a comprehensive quick-reference guide on improving care for mTBI patients. Designed to reflect current clinical standards of care, the mTBI Pocket Guide mobile application can help you improve quality of care and clinical outcomes for patients.</td>
</tr>
<tr>
<td>Positive Activity Jackpot</td>
<td>The Positive Activity Jackpot app uses augmented reality technology to combine a phone’s GPS and camera to find nearby enjoyable activities or pleasant diversions.</td>
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<tr>
<td>Provider Resilience</td>
<td>Provider Resilience gives healthcare providers tools to guard against burnout and compassion fatigue as they help service members, veterans, and their families.</td>
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<tr>
<td>PTSD Coach</td>
<td>PTSD Coach was developed by T2 in cooperation with the Veteran Affairs Administration’s National Center for PTSD. The goal was to develop a mobile application to assist Veterans and Active Duty personnel (and civilians) who are experiencing symptoms of Post Traumatic Stress Disorder (PTSD).</td>
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</tr>
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<td>Tactical Breather</td>
<td>The Tactical Breather application can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and psychological responses to your body during stressful situations.</td>
</tr>
</tbody>
</table>
A service member puts on a headset with a screen for each eye. He's given a joystick that's built with low-frequency vibrations and sounds, mirroring the vehicle he drove while on the battlefield. As he navigates through the virtual combat world, his head movements are tracked with an orientation system. Pre-fabricated smells mimicking burning rubber and weapons firing are released into the air, and the service member ventures into virtual war.

This is the new Virtual Reality Exposure Therapy (VRET) being studied by National Center for Telehealth and Technology (T2), a Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury center. T2 is currently researching this therapy, which places service members face-to-face with their unique experiences on the battlefield to help treat post-traumatic stress disorder (PTSD) and to help service members process memories. Once the study is completed, this unique treatment will be offered to service members and veterans.

"The whole treatment is customized to their memory, down to the day, time, weather conditions, location in the convoy and the combat stimuli themselves," said Dr. Greg Reger, T2 lead psychologist. "The purpose is to activate the experience to increase emotional engagement, so they can process that memory."

The study reviews the effectiveness of VRET by comparing to prolonged exposure therapy. T2 conducted the trial based on growing evidence that VRET is an effective treatment for PTSD and because this form of therapy may help reach service members who might otherwise avoid traditional talk therapies because of perceived stigma.

VRET encourages service members to address psychological health concerns associated with their combat experience rather than avoid them. T2 subject matter experts are now trying the treatment on service members who have returned home.

The therapy program starts with three sessions with a psychologist where a service member discusses details they can remember from a traumatic event. Then, they relive the experience in the virtual world for up to 10 sessions. While at first VRET may seem slightly jarring, it aims to reduce the anxiety the memory causes and help a patient work through their emotions.

"It can take the same amount of courage to do this treatment as it did to survive that battle experience," said Reger. "Yet often, by the end of the sessions, patients regain control over the memory and their lives instead of being haunted by the trauma."

T2 created the Virtual PTSD Experience in January, where users can learn about PTSD causes, symptoms and resources in a virtual world environment. Users choose an anonymous avatar, and then can enter different virtual areas where they can experience simulations and talk with other visitors online.

"Users can access information for resources including afterdeployment.org, Real Warriors and Military OneSource in live media screens, so they can search those places with other avatars in their environment," said Dr. Kevin Holloway, T2 psychologist. "Families and friends can also enter the virtual world. We had a military family member tell us 'Wow. I never really got what he was going through, and now I get it.'"

Since many of today's service members use advanced technology such as smartphones, tablet computers and gaming systems, virtual therapy provides an alternative for a wired generation that may prefer treatment outside of a psychologist's office.

"This generation is really tech savvy—it's a language they speak very well. These programs have an interface feel similar to online environments and video games," said Holloway. "This treatment is more comfortable and cutting edge."
National Center for PTSD  http://www.ptsd.va.gov/

NATIONAL CENTER for PTSD

TRAUMA AND PTSD

Posttraumatic Stress Disorder (PTSD) is a mental health problem that can occur after someone goes through a traumatic event like war, assault, or disaster.

TREATMENT WORKS HEAR VETERANS

ABOUT FACE

Public SECTION

Veterans, the General Public, Family & Friends

If you have gone through trauma or know someone who has, this section is for you.

LEARN FROM VETERANS HOW PTSD TREATMENT CAN TURN YOUR LIFE AROUND

ABOUT FACE

Professional SECTION

Researchers, Providers & Professional Helpers

If you work with people who have experienced trauma or have PTSD, start here.

PTSD News

Do you know that information and resources to help manage PTSD are mobile-friendly? PTSD Help: With You When You Need It Most.

About the National Center for PTSD

Advancing Science and Promoting Understanding of Traumatic Stress
Women Who Served in Our Military: Insights for Interventions

Provider perspectives

Run time: 70 min
Production date: 2005

This videotape presents the many trauma treatment options available to women veterans today by VA Medical Centers, VA Outpatient Clinics, and Vet Centers. Special emphasis is placed on the fact that nationwide, VA is offering more services oriented towards women and their special needs, and that women veterans need not be apprehensive about seeking care through the VA.

Hosted by Jane Pauley, distinguished television news anchorwoman and journalist, the video examines how women may be adversely affected by their deployment to war zones, often leading to considerable stress responses and disruption of normal family life. Testimonials by veterans who sought treatment offer tangible proof that treatment does make a difference in bringing a person back to normalcy.

VA and Vet Center clinicians explore the multiple ways extreme stress may affect a person and outline ways women vets can start to work towards combating their afflictions through individual and group therapy and medications. The videotape also offers a historical perspective of women’s considerable contributions in service to their country.

NOTE: Some of the videos specific to Veterans may contain information that has changed since the production date. The most current information on Veterans benefits, eligibility, VA services, and more can be found through the Department of Veterans Affairs at www.va.gov.
Issues Specific to Women

Women report exposure to many different types of traumatic events, and are especially likely to experience sexual assault in childhood, adulthood, or both.

Sexual assault is a type of trauma that often leads to the onset of PTSD for both women and men. Given greater exposure to this type of trauma, women are particularly at risk for PTSD.

These fact sheets have information that is specific to women and trauma.

- **Rape of Women in a War Zone**
  Summarizes the prevalence and effects of war-related rape on women in a war zone, such as in Kosovo and Bosnia.

- **Sexual Assault against Females**
  Defines sexual assault, how often it occurs, and the characteristics of perpetrators. Discusses women’s reactions to sexual assault and what to do if you have been sexually assaulted.

- **Traumatic Stress in Women Veterans**
  Discusses stressors faced by women Veterans and what can help.

- **Women, Trauma and PTSD**
  Learn about trauma and PTSD in women.

- **Women’s Mental Health Services in the VA**
  Describes services offered to women Veterans, including the Women Veterans Health Care Program.
REAL WARRIORS CAMPAIGN MINI-BROCHURES
http://www.realwarriors.net/materials

RESILIENCE: There's An App For That
http://www.realwarriors.net/podcasts/episode034

Listen to episode #34 of the "Real Warriors, Real Advice" podcast to monitor changes in your behavior or performance & cope.

Real Warriors Live Chat http://realwarriors.net/livechat

DCOE Outreach Center : 866-966-1020

Military Crisis Line : 800-273-8255 & press 1
http://veteranscrisisline.net/ActiveDuty.aspx
Health
Learn about health-related issues, treatment options, the locations of medical facilities, insurance programs and tips on staying healthy.

Locate Resources In Your State

Medical, Psychological & Behavioral Health Conditions
- Post-Traumatic Stress Disorder (PTSD)
- Traumatic Brain Injury (TBI)
- Suicide Prevention
- Polytrauma/Multiple Injuries
- Amputation
- Burns
- Spinal Cord Injury/Paralysis
- Blindness/Visual Impairment
- Hearing Loss/Tinnitus
- Facial Injuries & Dental Care
- Chronic Pain
- Gulf War Illnesses
- Environmental Exposures
- Agent Orange Exposure
- Alcohol & Substance Abuse
- Anxiety & Panic Disorders
- Sleep Disorders
- Stress

FREQUENTLY ASKED QUESTIONS (FAQs)
- VA's Ask a Question - Inquiry Routing & Information System (IRIS)
- How can I find out about PTSD assessment?
- What is TRICARE?

CHECKLISTS
- Planning for Health Care Needs - Active Duty
- Planning for Health Care Needs - Guard and Reserve
- Staying Healthy - Men

View All FAQs
View All Checklists
Health Resources in Maine

Below are all resources found for the state of Maine. Some counties and cities within this state may have resources specific to that area. To see those available, please select from the drop down menu below.

Listed Alphabetically | List by Popularity | Show Descriptions

Brain Injury Association of Maine
biausa.fyrian.com

Health Care for the Homeless Clinics - Maine
www.nnchc.org

Maine Alliance on Mental Illness
www.nami.org

Maine Behavioral Health Services
www.maine.gov

Maine Coalition To End Domestic Violence
SEARCH @ https://www.nrd.gov/health

American Widow Project
Provides peer support to widows of Service Members through sharing stories, tears and laughter on an interactive Web site.

Searches related to laughter
laughter widow
laughter american
laughter project
laughter friend
laughter friendship
BioZen

The Department of Defense developed BioZen to help service members use the therapeutic benefits of biofeedback. BioZen is the first portable, low-cost method for clinicians and patients to use biofeedback in and out of the clinic.

This app takes many of the large medical sensors in a clinic and puts them in the hands of anyone with a smart phone. BioZen makes it easier for anyone to get started with biofeedback.

BioZen shows real-time data from multiple body sensors including electroencephalogram (EEG), electromyography (EMG), galvanic skin response (GSR), electrocardiogram (ECG or EKG), respiratory rate, and skin temperature. It also displays Delta, Theta, Alpha, Beta, and Gamma brain waves and can combine the brain waves to show users their meditative and attentive cognitive states.

Each sensor sends a separate signal to the phone so users can see how their body is responding to their behavior with an easy-to-use visualization module.

Users can create notes to document and categorize their recording session. BioZen automatically generates graphical feedback from the recording sessions to monitor their progress over time.

The mobile app is built on an open source framework Bluetooth Sensor Processing for Android, also known as B-SPAN, developed by T2.

BioZen requires the purchase of compatible biosensor devices (see listing below). A sensor can range in price depending on quality.