



Roadmap for Using **VetChange**

Four Weeks to Cut Back on Your Drinking



A Quick Overview of the App Features

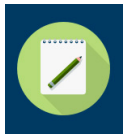
My Goals

Set a safe drinking goal by deciding the maximum number of drinks you will have per day, and the maximum number of drinks you will have per week. Consider whether you will plan to cut down or avoid alcohol use this week.

Daily Drink Log

From the VetChange home screen, select the plus sign (+) to log your alcohol use in real-time and keep track of how many drinks you've had each day, and determine whether or not you are on track to reach your daily and/or weekly goal.

Drink Notes




- Describe your mood: Select the word or emoji that best describes your mood for the day.
- Urges to drink: Rate your urge to drink on a scale of 1 to 10 for the day.
- Record the situation: Identify the situation that led to your mood and/or urge to drink. Select from a list of common situations that can lead to drinking, or add your own personalized situation.

Other Tools to Help You Meet Your Goals

These features can be accessed from the bottom of the home screen:

- **Urges:** Learn about what causes urges to drink, practice strategies for managing urges, and create an action plan to use during the week.
- **Motivate:** Identify your reasons to quit or reduce your drinking, weigh the pros and cons of changing, and receive quick tips to stay motivated to meet your goals.
- **Tools:** Learn tools to cope with feelings and situations that may lead to urges to drink such as anger, anxiety, boredom, memories, sadness, and difficulty sleeping.
- **Progress:** Track your alcohol use, PTSD symptoms, and well-being, and view your progress over time.

Settings

You can access **Settings** from the home screen by selecting on the lateral menu  on the menu bar. From this, users can access many app components, including:

- **Learn:** Read information about alcohol use, goals setting, PTSD, and coping skills.
- **How to Use this App:** Browse quick tips about how to use this app.
- **Get Support:** Get quick access to crisis resources, as well as resources for finding professional help.
- **Reminders:** Set reminders to complete the Drink Log and other assessments.
- **Breathing Tool:** Practice a deep breathing tool and view practice history (e.g., dates, times, duration).
- **Settings:** Export data (e.g. assessments), add/modify PIN number, and access data management options.



HELPFUL TIPS

- Complete the Daily Drink Log and learn more about your alcohol use to set personalized safe drinking goals for the next week.
- Export your information and email it to your healthcare provider.

Daily tasks for all 4 weeks: Log drinks, complete Drink Notes

| Week | Week Overview | Week Tasks | Other Helpful Things to Try |
|---------------|---|--|--|
| Week 1 | Learn About Yourself and Set a Goal <ul style="list-style-type: none"> Complete assessments Set a goal Log drinks daily Daily drink notes | <p>Progress: Complete the QDS, My Well-Being, and PTSD Symptom Assessments, and review feedback</p> <p>My Goals: Set drinking goals for the week, and for each day</p> <p>Log drinks daily, in real-time</p> <p>Complete Drink Notes daily</p> | <p>Learn:</p> <ul style="list-style-type: none"> <i>How Much is too Much</i> <i>Alcohol Use and PTSD</i> <i>What is a Standard drink?</i> <i>Why Should I Log My Drinks?</i> <i>Why Set a Drink Goal?</i> <p>Motivate: Use the <i>Readiness Rulers</i> and the <i>Make a Decision to Change</i> tools to build motivation</p> |
| Week 2 | Manage Urges <ul style="list-style-type: none"> Update drinking goals Review drink logs and Drink Notes Learn about urges Complete an Action Plan Practice tools | <p>Log drinks and complete Drink Notes daily</p> <p>Review Drink Log</p> <p>Drink Notes: Review History and Insights to understand your drinking</p> <p>Urges: watch Facts About Urges, practice Urge Surfing daily, and make an action plan</p> <p>Tools: Identify and practice a tool to help you manage urges</p> | <p>Learn:</p> <ul style="list-style-type: none"> <i>Review Your Goals Weekly</i> <i>Manage Risky Situations</i> <i>Urges to Drink</i> <i>Surfing an Urge</i> <p>Motivate: <i>Quick Motivation</i> – for quick tips to maintain motivation to meet goals</p> |
| Week 3 | Improve Well-Being <ul style="list-style-type: none"> Update drinking goals Retake Well-being assessment Set a self-care goal Learn skills for coping with triggers | <p>Log drinks and complete Drink Notes daily</p> <p>Review Drink Log</p> <p>Progress: Retake My Well Being</p> <ul style="list-style-type: none"> If scores increased – Keep doing what you’re doing! If scores decreased, review Insights in Drink Notes to understand factors that impact your mood <p>Tools:</p> <ul style="list-style-type: none"> Based on feedback from Insights choose a Tool to practice Set a self-care goal (<i>Being Healthier > My Self-Care</i>) | <p>Learn:</p> <ul style="list-style-type: none"> <i>Identify Feelings & Moods</i> <i>Strategies to Manage Feelings & Moods</i> <i>Having Sleep Problems?</i> <i>Drinking and Sleep</i> <i>How to Prevent Stress</i> <i>Anger</i> <i>Drinking and PTSD</i> <i>Managing Anger</i> |
| Week 4 | Build a Support Network <ul style="list-style-type: none"> Review and update drinking goals Retake PTSD Assessment Create Support Network | <p>Log drinks and complete Drink Notes daily</p> <p>Review Drink Log</p> <p>Progress: Retake PTSD Symptoms</p> <ul style="list-style-type: none"> If scores decreased - Keep doing what you’re doing! If scores increased or stayed the same - review Insights in Drink Notes to learn about factors that impact PTSD symptoms. <p>Tools: Check out <i>Connect with Others</i> for tips on how to build a support network</p> | <p>Learn:</p> <ul style="list-style-type: none"> <i>Creating a Support Network</i> <i>Roadblocks to support</i> <p>Tools: Browse full list and choose 1 new tool to try. If you like it, add it to your favorites list!</p> |