Integrating NCPTSD Mobile Apps into Veteran Mental Health Care

This video series is intended to help mental health providers learn to use mobile mental health applications, or “apps,” to supplement the care they provide for Veterans with PTSD or other mental health concerns. Each video demonstrates a different aspect of clinical integration of mobile apps. We provide an overview of skills and things to consider. You can determine whether and how to best integrate mobile apps into your work, based on:

- your discipline
- clinical setting
- the Veteran’s presenting concerns and personal preference

Please note that while these videos are publicly available via the links provided, they are not intended to be shared with patients.

Video#01
Introduction to the Video Series
https://bcove.video/2sTsdh1

Video#02
Providing Information About Self-Care Mobile Apps to a Veteran
https://bcove.video/2TIK4bl

Video#03
Introducing a Mobile App into a Veteran’s Care
https://bcove.video/2B8OonS

Video#04
Demonstrating an App: Privacy and Security
https://bcove.video/2TjsxB9

Video#05
Obtaining Informed Consent
https://bcove.video/2BjRaH5

Video#06
Assigning Homework Using a Mobile Mental Health App in Clinical Care
https://bcove.video/2sTc4rH

Video#07
Demonstrating the CBT-i Coach Mobile App to a Veteran
https://bcove.video/2BblseM

Video#08
Integrating PE Coach with Prolonged Exposure Therapy
https://bcove.video/2sVy7OE

Video#09
Incorporating Mobile Technology into Suicide Safety Planning
https://bcove.video/2t2cTid

Video#10
End of an Episode of Care: Using Apps for Self-Care Post-Treatment
https://bcove.video/2B6rJbG

Date Created: 02/21/2019    Questions or suggestions: MobileMentalHealth@va.gov