



**HCS Quarterly Wellness Speaker Series**  
**“VA Mental Health Apps for Self-Care”**

# Event Host



## **Allison Weber**

Work-Life Wellness Specialist

Work-Life Wellness and Employee Experience Division (WWEE)

Office of Human Capital Services (HCS)

# Agenda

## Welcome and Opening Remarks

**Allison Weber**

Work-Life Wellness Specialist

Work-Life Wellness and Employee Experience Division (WWEE)

Office of Human Capital Services (HCS)

Veterans Benefits Administration (VBA)

## Keynote Speaker Remarks

**Colleen Becket-Davenport, PsyD**

Psychologist

Tech Into Care Team

National Center for PTSD

Veterans Healthcare System

## Closing Remarks

**Allison Weber**

# Keynote Speaker



**Colleen Becket-Davenport**  
Psychologist  
Tech Into Care Team  
National Center for PTSD  
Veterans Health Administration (VHA)

# Speaker Biography



Dr. Colleen Becket-Davenport is a Clinical Psychologist at the Veterans Health Administration National Center for Post-Traumatic Stress Disorder (PTSD), in the Dissemination and Training Division. She is an Implementation Facilitator and the Communication and Training Lead for the Tech into Care Program. She is also a consultant for the PTSD Consultation Program and has worked with Veterans from all branches and service eras. In her current role, Dr. Becket-Davenport delivers trainings on Veterans Affairs (VA) mental health apps and works with healthcare teams to incorporate apps into clinical care.

Dr. Becket-Davenport received her doctorate in Psychology (Psy.D) from the Wright Institute in Berkeley, CA. She completed her pre-doctoral internship at VA New York Harbor Healthcare System, and her postdoctoral fellowship at Weill Cornell's Program for Anxiety and Traumatic Stress Studies. She is certified in Prolonged Exposure Therapy and works to help Veterans process PTSD through cognitive behavioral therapy.



National Center for  
**PTSD**  
POSTTRAUMATIC STRESS DISORDER

# VA Mental Health Apps for Self-Care

*Colleen Becket-Davenport, PsyD  
Tech into Care Team  
National Center for PTSD*



# Smartphones

- Accessible
  - 85% of population owns a smartphone
- Convenient
  - Available 24/7
- Discreet



(Pew Research Center, 2021)

# Mental Health Apps



- Offer basic self-care skills practice
  - Coping tools
  - Symptom tracking
  - Psychoeducation
  - Resources for finding treatment
- Facilitate treatment

*Apps do not replace treatment with a trained mental health provider*



# NCPTSD Mobile Mental Health Apps

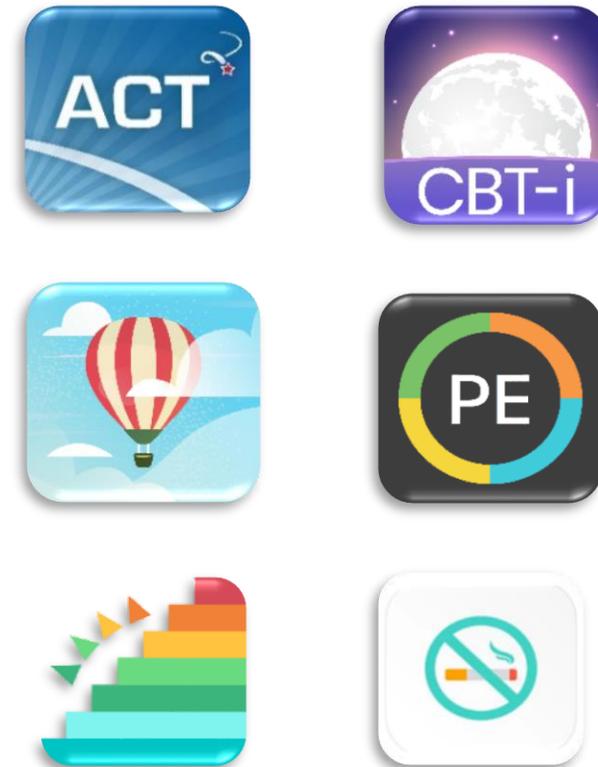
## Self-Care Apps

For those who seek to manage their own symptoms or are supplementing care



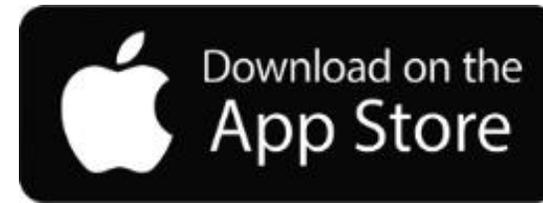
## Treatment Companion Apps

To be used in conjunction with evidence-based psychotherapies



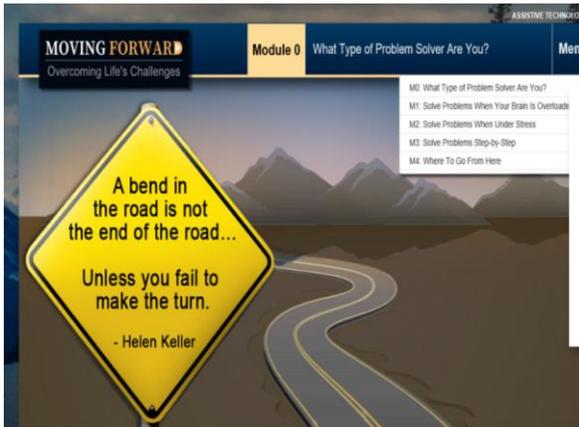
# NCPTSD Apps are...

- Free & publicly available in the app marketplaces
- Private: do not share or require personal information
- Fully Section 508 compliant
- No ads
- Evidence-informed
- Accessible without Wi-Fi or data\*
- Designed to be easy to use, with text in plain language
- Tailored to Veterans & VA providers, can be used by anyone



\* Wi-Fi or data needed only to download app

# Online Courses



## Moving Forward

Improve problem-solving to overcome obstacles and meet your goals.



## Parenting for Veterans and Service Members

Strengthen your parenting skills and connect with your children.



## Anger and Irritability Management Skills

Manage your anger and develop self-control over your thoughts and actions.



## My Recovery Plan

Create a self-designed prevention and wellness plan for your mental and physical health.



## Path to Better Sleep

Improve your sleep habits and get more rest.

These courses can be found at:  
[www.veterantraining.va.gov](http://www.veterantraining.va.gov)

# Online Courses



**CRAFT - PTSD**  
A self-paced course for family members of someone working to manage PTSD.



**PTSD Coach Online**  
Cope with upsetting thoughts and other symptoms of PTSD.

**These courses can be found at:**  
[www.ptsd.va.gov](http://www.ptsd.va.gov)



National Center for  
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POSTTRAUMATIC STRESS DISORDER

**ACT**



**CBT-i**

# Self-Care Apps



**PTSD  
COACH**



# Self-Care Mobile Apps



**PTSD Coach** supports the self-management of posttraumatic stress disorder (PTSD).



**PTSD Family Coach** is for partners, family members, and other loved ones of individuals who may be experiencing PTSD.



**AIMS for Anger Management** (Anger and Irritability Management Skills) is an app for anyone experiencing problematic anger.



**Beyond MST** is for managing stress that may be related to the experience of military sexual trauma



**Couples Coach** is for partners who want to improve their relationship and explore new ways to connect.



**COVID Coach** is for managing stress related to the COVID-19 pandemic.



**Insomnia Coach** is designed for anyone who would like to improve their sleep.



**Mindfulness Coach** is designed to help people regularly practice mindfulness.



**VetChange** is an app for anyone who is concerned about their drinking and PTSD.



**Safety Plan** is for anyone who experiences suicidal thoughts and would like to create a plan to keep themselves safe.

# Components of Self-Care Apps



- Psychoeducation (“Learn”)
- Coping Tools
- Tracking
- Crisis Resources
- Customization
- Save favorite tools



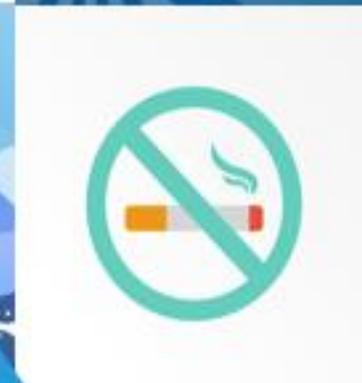
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Mindfulness Coach



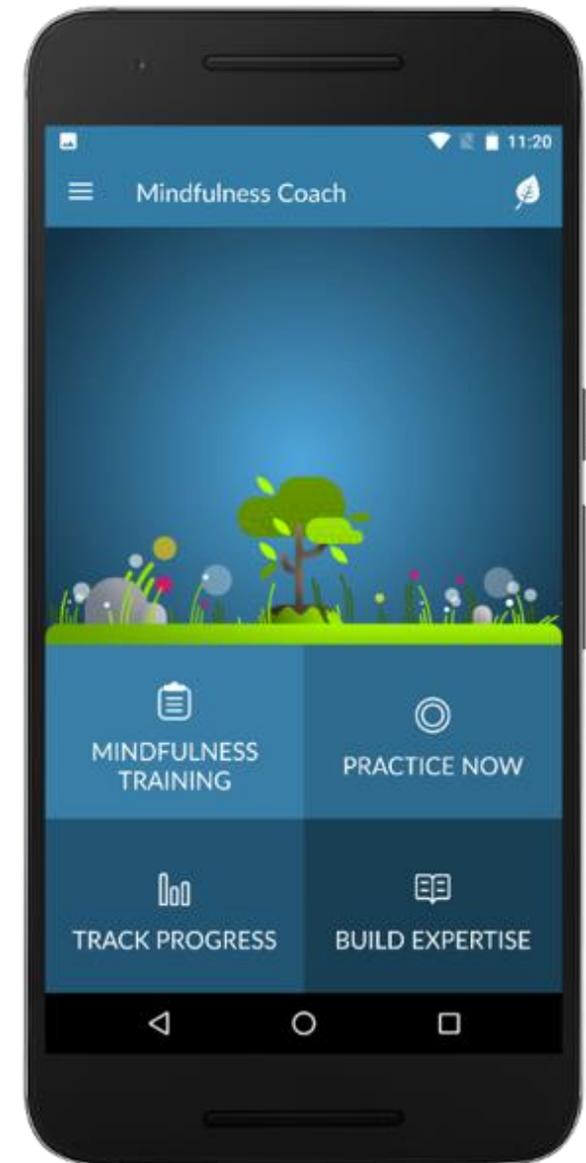
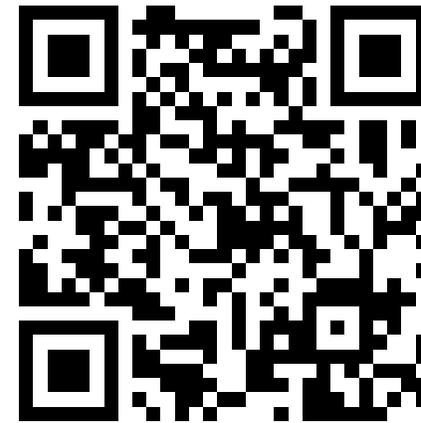


# Mindfulness Coach

Designed to support independent mindfulness practice.

Features:

- Mindfulness Training
- Practice Now
- Track Progress
- Build Expertise



# Testimonials

“This app has helped me lower my blood pressure. Also helps me to relax when I get over stressed.”

“This is helping me lower my pain.”

“Every time I am stressed out, this is my soothing place. I just get myself grounded with the mindfulness practices in the app.”



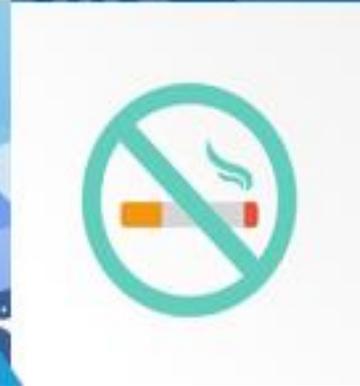
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# Resources



U.S. Department of Veterans Affairs

Get help from Veterans Crisis Line >

Search

SITE MAP [A-Z]

Health Benefits Burials & Memorials About VA Resources Media Room Locations Contact Us

VA » Health Care » PTSD: National Center for PTSD

## PTSD: National Center for PTSD

- PTSD
  - PTSD Home
  - Understand PTSD
  - Understand PTSD Treatment
  - Get Help
  - For Families and Friends
  - For Providers
  - Apps, Videos and More**
  - Mobile Apps
  - Videos
  - PTSD Treatment Decision Aid

Now more than ever, there are effective treatments for PTSD

- Trauma-focused Psychotherapy**  
53 OUT OF 100 people who receive trauma-focused psychotherapy will no longer meet criteria for PTSD.
- Medication**  
42 OUT OF 100 people who take medication will no longer meet criteria for PTSD.

How to Choose a Treatment

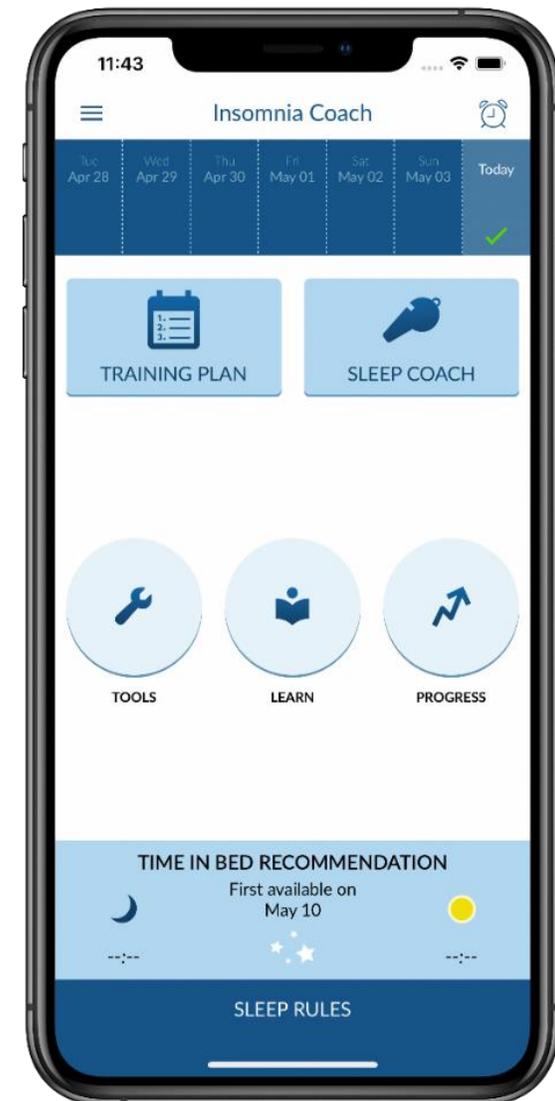
Understand more about PTSD and find out how to choose a treatment.

Learn more >

Treatment Works Treatment Options Consultation Program

# Mobile Apps Tutorials on YouTube

## [Mobile Mental Health Apps Playlist](#)



# “PTSD Bytes” Podcast



- Experts discuss tech that can support PTSD and other mental health concerns
- Tone and content appropriate for staff, Veterans, family members, general public
  - Brief “bite-sized” episodes (10-12 mins)
- Show page: [www.spreaker.com/show/ptsd-bytes](http://www.spreaker.com/show/ptsd-bytes)
  - Podcast available by searching “PTSD Bytes” on most platforms
  - New episodes released every other Tuesday

	#10: Crisis Resources and Support	24 May	11:51
	#9: What is Trauma?	10 May	10:42
	#8: Treatments for PTSD 5: EMDR	26 Apr	11:31
	#7: Treatments for PTSD 4: Medications	12 Apr	11:36
	#6: Treatments for PTSD 3: Cognitive Proc...	29 Mar	10:59
	#5: Treatments for PTSD 2: Prolonged Expo...	15 Mar	10:42
	#4: Treatments for PTSD 1: Overview	01 Mar	11:19
	#3: What is PTSD?	15 Feb	10:34
	#2: Coping during COVID with the COVID C...	01 Feb	11:15
	#1: VA Mobile Mental Health Apps	18 Jan	11:37

# Thank you!

To report bugs, offer suggestions, or ask questions about our apps:  
[MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov)

Visit us online for additional materials and information:

- App descriptions, videos, and links: [www.ptsd.va.gov/appvid/mobile](http://www.ptsd.va.gov/appvid/mobile)
- VA Mobile Mental Health Apps Playlist on YouTube:  
<https://tinyurl.com/appsplaylist>
- PTSD Bytes podcast: [www.spreaker.com/show/ptsd-bytes](http://www.spreaker.com/show/ptsd-bytes)

Download apps:



# Thank You for Attending!

For additional questions or comments, please contact the Work-Life Wellness and Employee Experience Division at [HCSEmployeeExperience.VBACO@va.gov](mailto:HCSEmployeeExperience.VBACO@va.gov)

Please visit the [Work-Life Wellness & Employee Experience SharePoint Site](#) for information about upcoming events.

Please join the [Work-Life Wellness & Employee Experience Channel](#) on MS Teams for updates on upcoming wellness events.