VA Mental Health

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Comprehensive Continuum of Mental Health Services

**Physical Health Settings:**
- MH integrated into Primary care
- Long term care and end-of-life care
- Physical Rehabilitation
- Medical Specialty Clinics
- Emergency Departments

**Specialty Mental Health Settings:**
- Outpatient Mental Health
- Specialty Outpatient including Post Traumatic Stress Disorder, Substance Use Disorder and Serious Mental Illness programs
- Residential Rehabilitation Programs
- Inpatient Mental Health Care

**Community services:**
- Vocational Rehabilitation
- VITAL
- Coaching into Care
- Marital/Family Services
### Growth in Veterans using Mental Health Services

<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>Total VA Service Users</th>
<th>Service Users Receiving Specialized Mental Health Care</th>
<th>% Service Users Receiving Specialized Mental Health Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>4,710,853</td>
<td>873,746</td>
<td>18.6%</td>
</tr>
<tr>
<td>2013</td>
<td>5,566,415</td>
<td>1,370,946</td>
<td>24.6%</td>
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Focus on Interdisciplinary Program (BHIP) Behavioral Health Team-Based Care

- A BHIP team is a group of mental health professionals (providers and clerical staff) working together to focus on the Veteran’s mental health and well-being

- **These teams promote:**
  - Proactive, integrated, comprehensive outpatient mental health care
  - Increased Veteran access to mental health care
  - Veteran-centered, recovery-oriented, evidence-based care
  - Improved coordination and continuity of care
  - Improved overall Veteran health status
  - Increased provider collaboration
Unfortunately, Veterans are more likely to die by suicide than the general population.

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1. Veterans Health Administration National Patient Care Database (VHA NPCD) (2009). Suicide Rates per 100,000 Among VHA Users by Age and Sex, FY 2001-2009. Identifies all VHA users, identified as having had VHA inpatient or outpatient services.

VA’s integrated approach to suicide prevention
Ready access to quality care

Awareness and outreach
Access
Enhanced care delivery
Training and collaboration
Research
Preliminary findings suggest a decrease in non-fatal suicide events within VHA.
Veterans Crisis Line: 6 years of saving lives

- National Veterans Suicide Prevention Hotline (2007)
- Online chat (2009)
- Veterans Crisis Line (2010)
- Military Crisis Line (2011)
- Text to 838255 (2012)
- Increased responders (2013)
- Mobile Site (2013)

- 1,100,000 calls
- 144,000 chats
- 18,000 texts

35,000 rescues

As of December 2013
Suicide Prevention Coordinators

More than 300 SPCs nationwide

Direct care

Outreach and education

Monitoring and oversight

Reporting and tracking
Connecting with Veterans and their families through outreach
A Resource for Veterans

At MakeTheConnection.net, Veterans and members of their support networks can:

- **Listen** to powerful video testimonials from Veterans and their family members
- **Learn** in plain language, about topics and solutions relevant to their experiences
- **Locate** resources, programs, and services near them
Real Veterans – Real Stories

Watch hundreds of Veterans’ stories, all told in their own words.

Visitors can:

- Easily find Veterans’ stories relevant to their own experiences
- Dynamically sort videos by:
  - Gender, era, branch, and exposure to combat
  - Life events and experiences
  - Signs and symptoms
  - Conditions
Encouraging Veterans to Make the Connection

Connecting with the Veteran community

3.3 million visits*

Over 2 million Facebook fans

Over 7.2 million video views*

*data current as of 12/31/13