

# VA Mental Health

Sonja Batten, Ph.D.

Mary Schohn, Ph.D.

Janet E. Kemp, RN, Ph.D

Caitlin Thompson, Ph.D.

Veterans Health Administration

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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

## Community services:

- Vocational Rehabilitation
- VITAL
- Coaching into Care
- Marital/Family Services

## 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

# Growth in Veterans using Mental Health Services

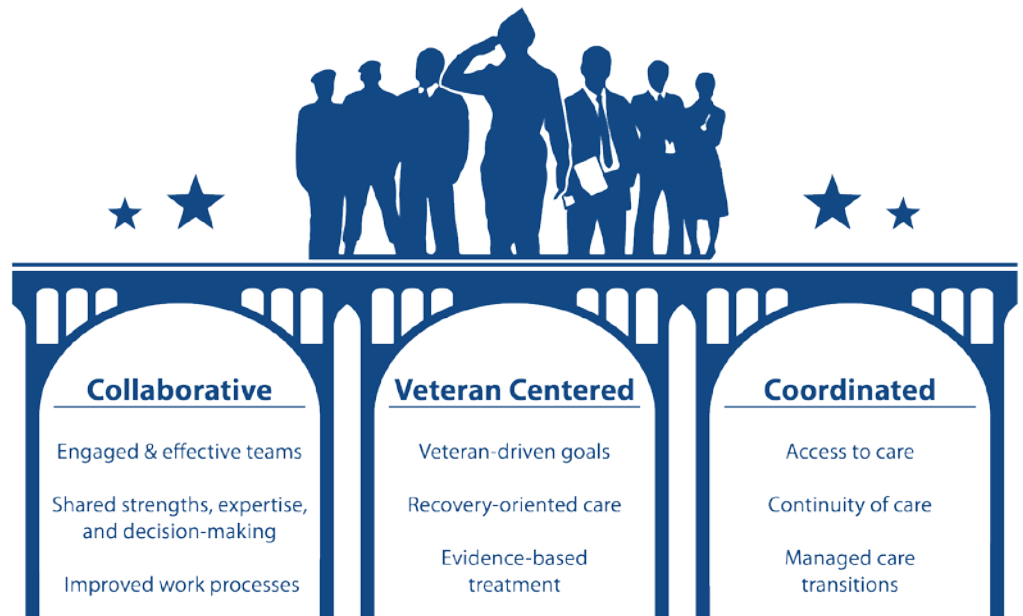
Fiscal Year	Total VA Service Users	Service Users Receiving Specialized Mental Health Care	% Service Users Receiving Specialized Mental Health Care
2005	4,710,853	873,746	18.6%
2013	5,566,415	1,370,946	24.6%



# Focus on Interdisciplinary Program (BHIP) Behavioral Health Team-Based Care

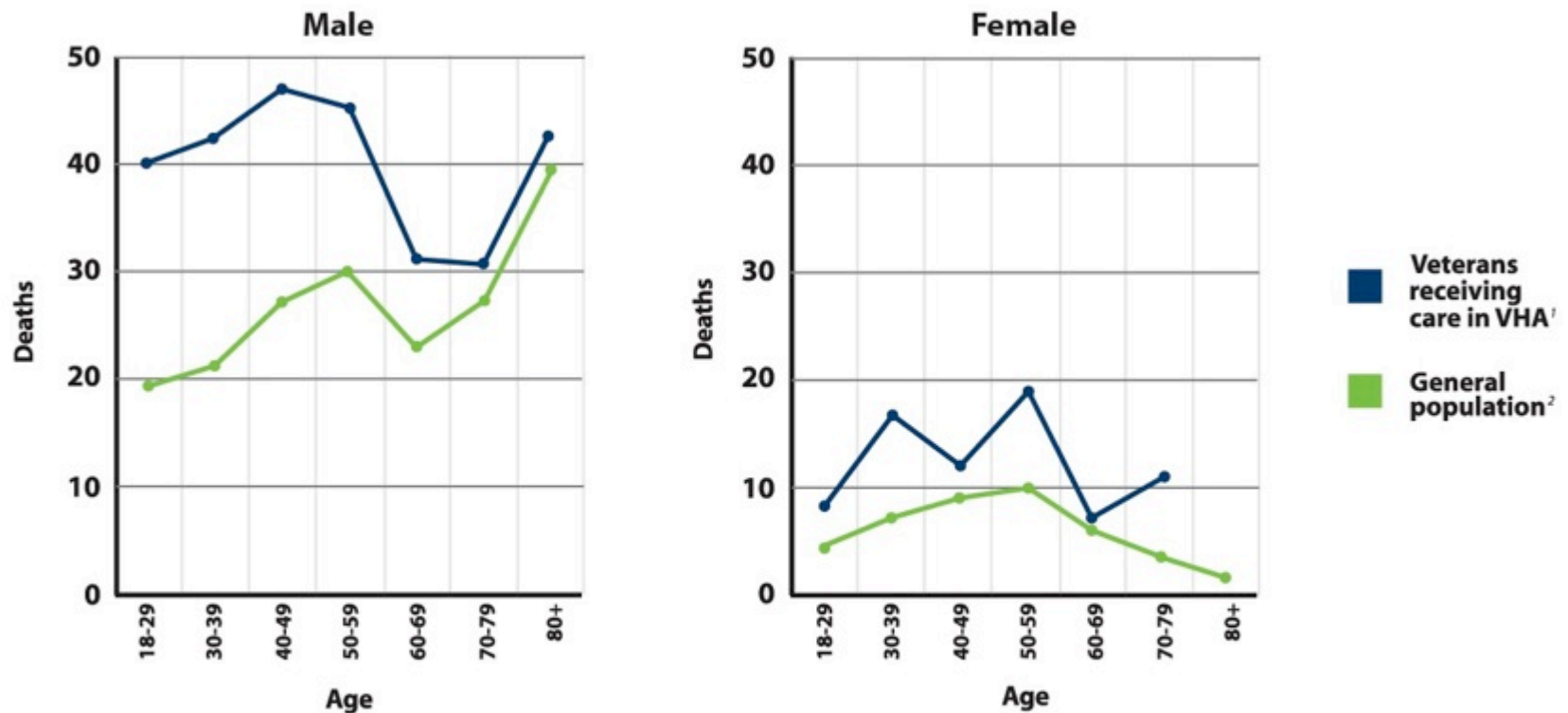
- **A BHIP team is a group of mental health professionals (providers and clerical staff) working together to focus on the Veteran's mental health and well-being**
- **These teams promote:**
  - Proactive, integrated, comprehensive outpatient mental health care
  - Increased Veteran access to mental health care
  - Veteran-centered, recovery-oriented, evidence-based care
  - Improved coordination and continuity of care
  - Improved overall Veteran health status
  - Increased provider collaboration

## Behavioral Health Interdisciplinary Program Team-Based Care



# Unfortunately, Veterans are more likely to die by suicide than the general population.

2009 suicide rates per 100,000 population



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.

2. U.S. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Office of Statistics and Programming (2012). *2009 Suicide Injury Deaths and Rates per 100,000*. Data sourced from NCHS Vital Statistics Systems for numbers of deaths, and Bureau of Census for population estimates. Retrieved from: <http://webappa.cdc.gov/cgi-bin/broker.exe>

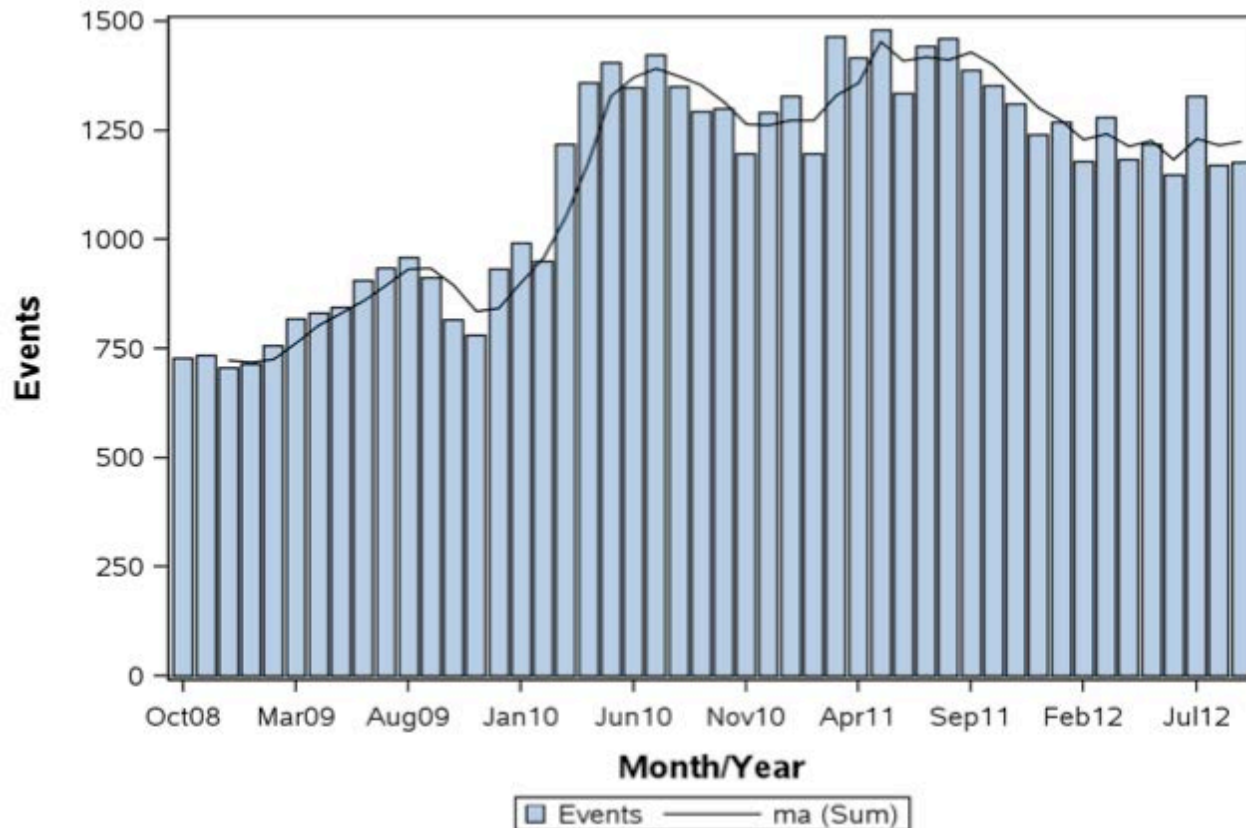
# VA's integrated approach to suicide prevention

Ready access to quality care

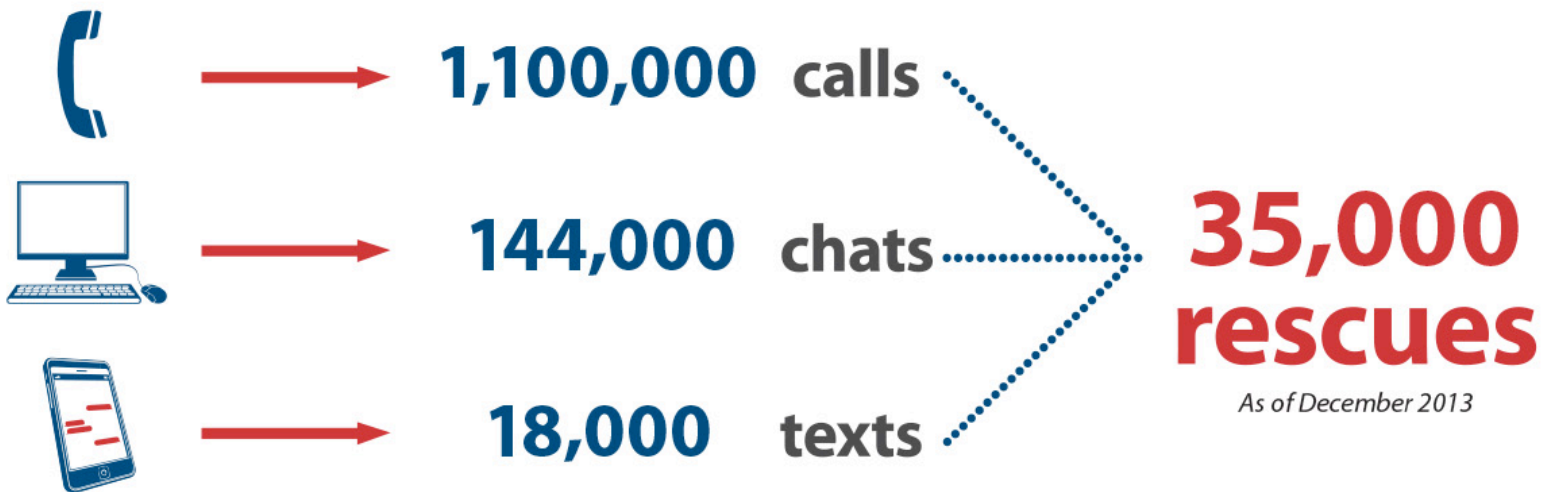
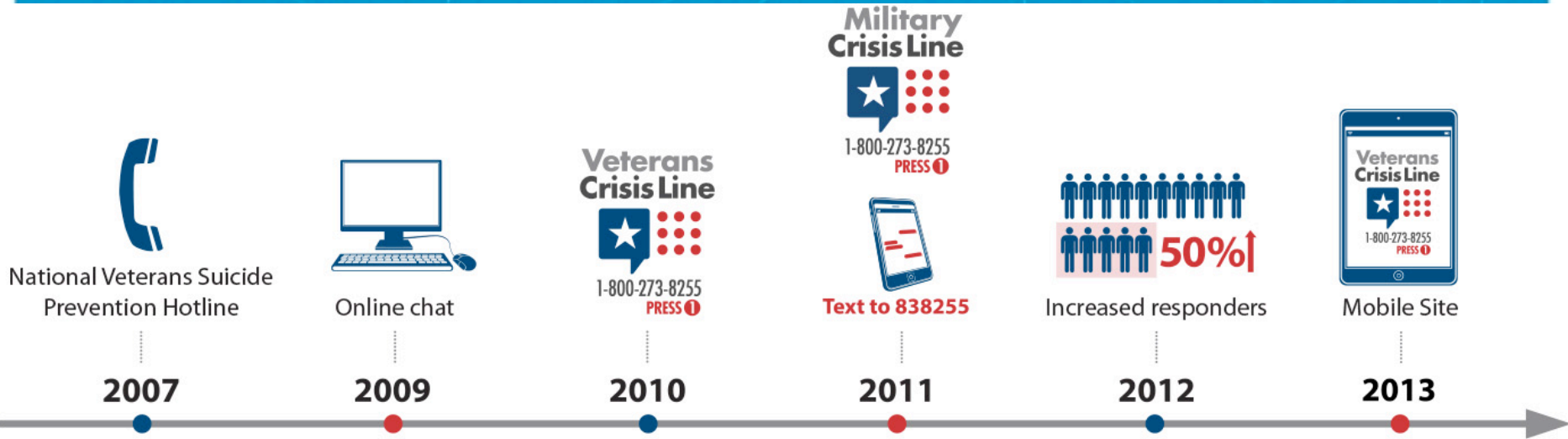


# Preliminary findings suggest a decrease in non-fatal suicide events within VHA.

## Non-fatal events by VHA users



# Veterans Crisis Line: 6 years of saving lives



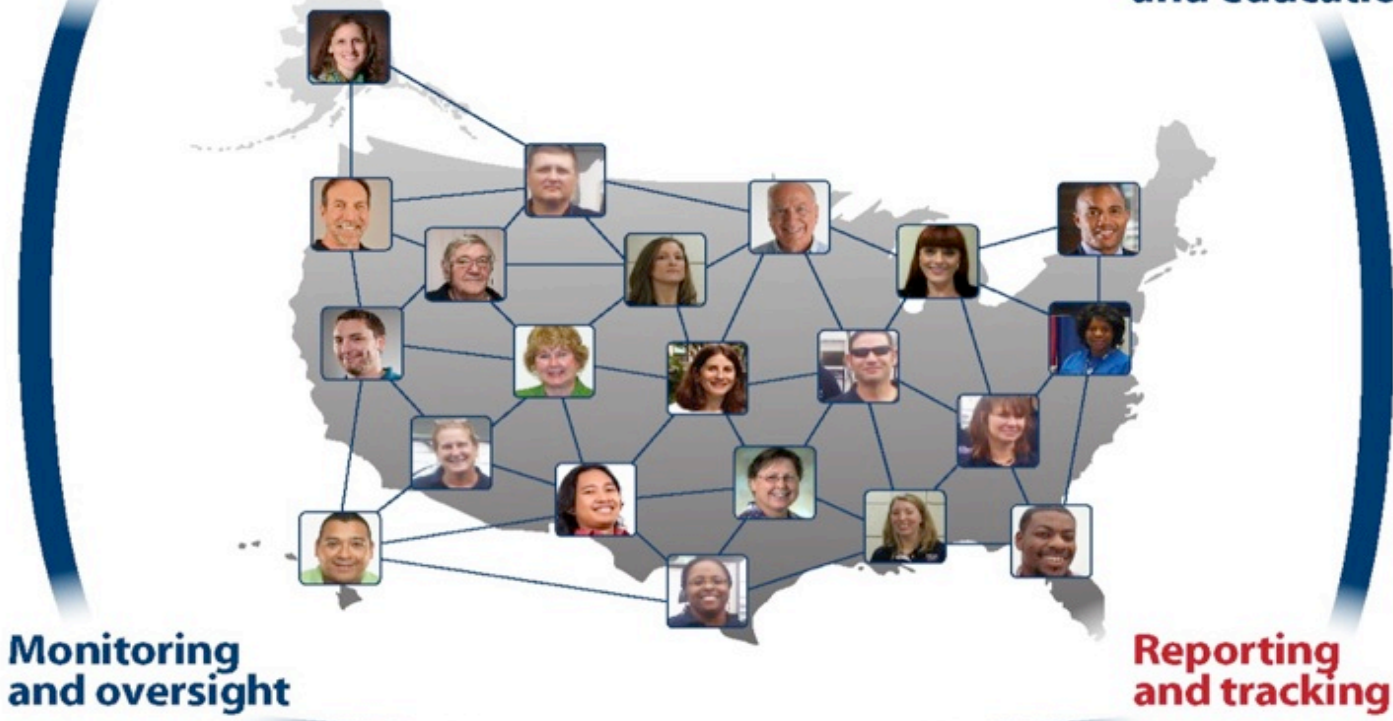


# Suicide Prevention Coordinators

**More than 300 SPCs nationwide**

**Direct care**

**Outreach  
and education**



**Monitoring  
and oversight**

**Reporting  
and tracking**

# Connecting with Veterans and their families through outreach

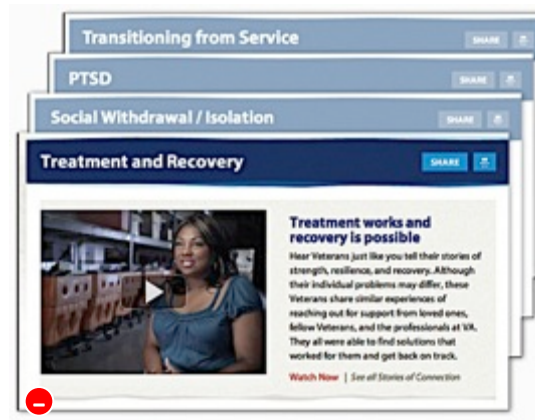


# A Resource for Veterans

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

The screenshot displays the 'Browse Video Gallery' interface. On the left is a filter sidebar with the following sections:

- Browse Video Gallery**
- CLEAR ALL SELECTIONS**
- Gender**:  BOTH  MALE  FEMALE
- Era**: (1960-1975) Vietnam War
- Branch of Service**: U.S. Army
- Combat Experience**:  BOTH  YES  NO
- Life Events & Experiences (2)**:
  - Death of Family or Friends
  - Family and Relationships
  - Financial and Legal Issues
  - Homelessness
  - Jobs and Employment
  - Physical Injury
  - Preparing for Deployment
  - Retirement and Aging
  - Spirituality
  - Student Veterans / Higher Education
  - Transitioning from Service
- Signs & Symptoms**

On the right, the main content area shows 'Showing 24 of 27 matching stories'. At the top right, there are social media sharing options: Like (20k), Tweet (206), Print (2), and a +1 icon. Below these are filter tags: COMBAT EXPERIENCE: YES X, (1960-1975) VIETNAM WAR X, GENDER: MALE X, U.S. ARMY X, FAMILY AND RELATIONSHIPS X. The video thumbnails are arranged in a 3x3 grid:

- Top row: 'Find the support you need at a Vet Center', 'Overcoming two decades of combat stress', 'I just couldn't connect with anything'
- Middle row: 'I didn't see myself as needing help', 'A hunting trip was the turning point for Mike', 'I was constantly looking for that adrenaline rush'
- Bottom row: 'I was in denial', 'Long buried combat stress returns after 9/11', 'A connection can turn your life around'

# Encouraging Veterans to *Make the Connection*

Connecting with the Veteran community

3.3 million visits\*

The screenshot shows the homepage of the 'Make the Connection' website. At the top, it says 'MAKE THE CONNECTION' with the tagline 'Shared experiences and support for Veterans'. Below this is a navigation menu with options like 'Who You Are', 'Life Events & Experiences', 'Video Gallery', 'Signs & Symptoms', 'Conditions', and 'Resources & Support'. A central banner features a man's face and the text 'WELCOME TO MAKE THE CONNECTION'. To the right of the banner is a 'CUSTOMIZE THIS SITE FOR YOU' form with fields for gender, service duration, and combat exposure. Below the banner is a video player showing a woman speaking, with a 'SHARE YOUR PHOTO' button. At the bottom, there are sections for 'Information for You' and 'Connect with Resources Now'.

[www.MakeTheConnection.net](http://www.MakeTheConnection.net)

Over 2 million Facebook fans

The screenshot shows the Facebook page for 'Make the Connection'. The page features a blue header with the organization's logo and name. Below the header, there are several profile pictures of people. The page has 1,648,042 likes and 77,773 people talking about it. The main content area includes a community post and a 'THANK YOU' button.

[www.facebook.com/VeteransMTC](http://www.facebook.com/VeteransMTC)

Over 7.2 million video views\*

The screenshot shows the YouTube channel for 'Make the Connection'. The channel banner features a collage of people's faces. Below the banner, there are several video thumbnails. The channel has 7,241 subscribers.

[www.YouTube.com/VeteransMTC](http://www.YouTube.com/VeteransMTC)

\*data current as of 12/31/13