



Choose My Therapy Workshop

Choose My Therapy is a 2-session workshop designed to:

- Streamline therapy referral process and efficiently match veterans with the therapy of their choosing
- Encourage veterans to take an active role in their mental health treatment
- Educate veterans on effective therapy options to ensure informed decision making
- Enhance motivation and develop concrete therapy goals

This is a 2-session Workshop, not a long-term or standalone treatment but an entry into therapy.

When: Thursday at 11:00AM and lasts approximately 60 minutes.

How to attend: The workshop is virtual. You will receive an email with a link that you will click on to join the video conference. On the date of the workshop, click the link about 10 minutes prior to the appointment and wait for the workshop to begin promptly at 1100.

Please have this packet printed or opened on computer prior to the appointment. You DO NOT need to fill these sheets out ahead of time. You will receive information about session 2 during your first class.

NOTE: If you do not see the email in your inbox be sure to check your spam folder.

Choose My Therapy Packet

Motivation for Change	
Pros of Therapy	Cons of No Therapy
Examples: I could start fishing again; I could do more things with my kids	Examples: I won't be able to keep a job because my anger keeps getting me fired; I won't be able to make it to my son's first football game
My Therapy Goals	
My primary therapy goal is: Example: To not feel so anxious in public or around people I don't know	
I will know I achieved this goal if: Examples: I can go to an event (2-3 hour concert) with my friends and not have to leave early	
My Between-Session Assignments	
1. I will complete Page 3 of this worksheet and bring it back with me to my next group session.	
2. I will attend the next workshop to learn a helpful coping skill on: <hr/>	

FIRST LINE TREATMENT: STRUCTURED THERAPY **PROTOCOL**

Protocols are short-term and structured consisting of various techniques and skill building. Protocols are offered individually or in a group setting based on availability. There are different therapy protocols available for different sets of problems including:

- Overwhelming feelings of sadness, hopelessness, withdrawing from others, lack of activity or motivation, etc
- Chronic uncontrollable worry about everyday life, panic attacks, OCD etc
- Substance Use
- Avoiding trauma reminders (e.g., specific places/situations/ memories), nightmares, intrusive memories, etc
- Sleep problems
- Chronic Pain
- Relationship conflict
- Body Image or Food related Distress

If you choose to engage in a front line treatment you are expected to:

- Attend **weekly** individual or group sessions for **12-18** weeks
- **Actively participate** in your therapy
- Complete **daily practice assignments** outside of session

SECOND LINE TREATMENT: COPING SKILLS (CLASS)

Classes are offered weekly but attendance is not required.

Primary Symptoms	Therapy Name	Description of Therapy
Avoiding trauma reminders (e.g., specific places/situations/memories), nightmares, intrusive memories, etc	- PTSD Coping Skills Class	Coping-focused psychoeducational class designed to enhance understanding of PTSD and equip you with basic coping skills. Fridays @ 1030 (virtual)
	- PTSD Growth and Recovery After Trauma Class	Post EBP class designed to assist pts with maintaining their PTSD recovery and achieving posttraumatic growth. Tuesday @ 0900 (virtual)
	- PTSD Support Group Class	Open group of veterans helping veterans with coping and managing PTSD symptoms. Sharing experiences of strength and hope as they meet to form lasting and healthy relationships in a safe, trusting, environment. Thursday @ 1500 AND Friday @ 1430 (virtual or in person Hinesville clinic)
General distress (Anxiety, depression, difficulty coping with stressors)	- Stress Management Class	Learn about stress and skills to improve healthy functioning. Topics covered: mindfulness, emotion regulation, distress tolerance, and healthy communication. Tuesday @ 1300 (in person Hinesville clinic)

	Veteran "X"	Learn how to take an active role in identifying your treatment goals and finding solutions. Veterans work together as a treatment team to come up with solutions for a fictitious Veteran "X" who has challenges that may be similar to your own. Group members help one another and ultimately help themselves. Mondays @ 1000 (Virtual or in person Hinesville clinic)
Substance Use	- Substance Abuse: Relapse Prevention Class	Sessions focus on a specific skill to address triggers, cravings, emotions, relationships, refusal skills, enhancing support systems, sober activities, recovery support, & satisfying sober lifestyle. For veterans at any point on the road to recovery. Tuesdays @ 1000 (in person Hinesville clinic)
Anger	- Anger and Irritability Management Skills(AIMS)	Anger management explores the relationship between thoughts and emotions and focuses on increasing awareness of triggers, changing thoughts and behaviors to reduce anger/irritability and learn more helpful ways to respond to anger. Tuesday @ 1100 (in person at Hinesville clinic)
Relationship Conflict	- Couples Communication Class	Sessions focus on building skills consisting of the use of use of I-statements, listening/paraphrasing, using effective time-outs, sharing thoughts and feelings, and using problem-solving skills, among others. With partner. Tuesdays @ 1500 (virtual)

SECOND LINE TREATMENT: COPING SKILLS (SELF-GUIDED)

No appointments. Mobile phone apps are available so that you can build coping skills completely on your own schedule.

Link to ALL VA Mobile Apps for Mental Health: <https://mobile.va.gov/appstore/mental-health>

Primary Symptoms	Therapy Mobile App Name
Sleep Problems	- Insomnia Coach
Anger	- AIMS for Anger Management
PTSD	- PTSD Coach - Beyond MST
General distress (Anxiety, depression, difficulty coping with stressors)	- Mindfulness Coach - STAIR Coach
Relationship Distress	- Couples Coach

If you feel you need immediate assistance, call 911 or go to the closest Emergency Department. Additionally, you may call the Veterans Crisis line at 1-800-273-8255. It is available 24 hours a day, seven days a week. You will be immediately connected with a qualified and caring provider who can help.

RALPH H. JOHNSON VA MEDICAL CENTER – GUIDELINES FOR VA VIDEO CONNECT (VVC)

1. When signing on to VA Video Connect you will be asked to enter your **name** and **contact information**. Please enter your first name and the first letter of your last name. Also, please enter your location so that we can assist you in the event of an emergency.
2. If you are using your own device for VVC appointments, try to connect with wi-fi; Sprint, Verizon and T-Mobile are free to use if you are using 4G.
3. TeleMental Health into the Home, also known as VA Video Connect, is not a suitable modality for everyone. You and/or your provider may determine services may be better offered via in-person or over TeleMental Health to a clinic.
4. If there are continuous difficulties with technology (audio/video) VVC may not be an option for you; alternatives will be given to you.
5. **Treat your VVC appointment just as you would a regular doctor's appointment at the hospital or clinic.** Be on time or notify your provider if you will be late or unable to attend. This includes wearing proper attire, conducting the sessions seated in an upright position (not lying down/in bed).
6. Ensure you have **removed possible distractions during session**: Cell phones should be turned off or on vibrate (do not text during session, do not e-mail, use the internet, or engage in any other activities on the computer during sessions); turn off televisions and radios; place pets in another room.
7. Due to the private nature of mental health appointments, you should be alone (no family or friends), unless otherwise agreed upon with your mental health provider. **Please have sessions in a private room.**
8. Be sure to **put your device at eye level** and on a solid surface vs. holding during the session to reduce distractions. Place device in a position to where the provider can consistently see your face.
9. Please be sure to have your **devices fully charged** prior to your scheduled appointment and or plugged into a power source.
10. If you are using your own device and it is an Apple IOS product, you will need to download for free "VA Video Connect" from the App Store. This will ensure that the call is secure and private (encrypted). This software will take up a certain amount of space on your device.
11. Put any other devices connected to the internet to "airplane mode." If using your phone, put "do not disturb" on so the session does not get interrupted.
12. Do not attend sessions while under the influence of alcohol or illegal drugs. No smoking during session.