Thank you for using the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Resource Catalog. This catalog offers information about resources produced by DCoE for use by health care providers, service members, veterans and military families. The catalog includes information about organizational programs, websites, educational materials, product fact sheets, clinical practice recommendations, posters, mobile applications and more.

The contents of this catalog impact the psychological health and traumatic brain injury (TBI) medical treatment, care and advocacy of our nation’s warriors and their families. We encourage you to explore the broad range of resources available and, of course, share with all who may find them useful.

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Feedback

Your feedback is important! Help make this catalog better by submitting comments via ICE at go.usa.gov/c7tQx

NEW THIS MONTH

- Products are unchanged from the previous month.
Mission

Improve the lives of our nation’s service members, veterans and their families by advancing excellence in psychological health and traumatic brain injury prevention and care.

ABOUT DCoE

The DCoE vision is to lead profound improvements in psychological health and TBI prevention and care. As a part of the Defense Health Agency (DHA), DCoE is uniquely positioned to achieve this vision by collaborating across the Defense Department, Department of Veterans Affairs and other agencies to provide clinical expertise, drive policy and influence health outcomes in the Military Health System.

DCoE is comprised of three centers – the Deployment Health Clinical Center (DHCC), Defense and Veterans Brain Injury Center (DVBIC) and National Center for Telehealth and Technology (T2) – that work together to influence the evaluation, treatment and quality of care provided to patients with a psychological health and/or TBI diagnoses. To learn more about DCoE, visit www.dcoe.mil
# Table of Contents

## Organizational Information and Programs: DCOE and the Centers
- **DCOE Fact Sheet** ................................................................. 1
- **DCOE Outreach Center** ...................................................... 1
- **DCOE Webinar Series** ....................................................... 2
- **DCOE Online** .................................................................... 2
- **Department of Defense Suicide Event Report (DODSER) Website** ................................................................. 3
- **DHCC Website** ................................................................. 3
- **DVBIC Fact Sheet** ............................................................... 4
- **DVBIC Website** ............................................................... 4
- **Psychological Health and Traumatic Brain Injury Program Evaluation & Improvement Webpage** ............. 5
- **T2 Behavioral Health Tech Review Newsletter** .................. 5
- **T2 Website** ....................................................................... 6

## Resources for Service Members and Veterans: Military Family Resources
- **Family Needs Line – A Parent’s Guide to Returning Your Child to School After a Concussion** ................. 7
- **Family Needs Line – Addressing Family Needs** .................. 7
- **Family Needs Line – Taking Care of Yourself While Caring for Others** ................................................. 8
- **Family Needs Line – Talking with Children About Moderate or Severe TBI** ............................................. 8
- **Family Needs Line – Talking with Children About TBI** ............................................................................. 9
- **Military Kids Connect** ....................................................... 9
- **Sesame Street for Military Families** ..................................... 10
- **Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans** ......................... 10

## Resources for Service Members and Veterans: Psychological Health
- **Afterdeployment** ............................................................. 11
- **Biozen Mobile Application** ................................................. 11
- **Breathe2Relax Mobile Application** ..................................... 12
- **Dream Ez Mobile Application** ........................................... 12
- **Intransition Program and Website** ..................................... 13
- **LifeArmor Mobile Application** .......................................... 13
- **Navy Leaders Guide Mobile Application** .......................... 14
- **Positive Activity Jackpot Mobile Application** ...................... 14
- **Real Warriors Campaign** .................................................. 15
- **Real Warriors ‘Saluting Those Who Serve’ Website and Mobile Application** ........................................... 15
- **T2 Mood Tracker Mobile Application** ................................. 16
- **Tactical Breathr Mobile Application** .................................... 16
- **Virtual Hope Box Mobile Application** ............................... 17

## Resources for Service Members and Veterans: Traumatic Brain Injury
- **A Head for the Future Campaign** ....................................... 19
- **Acute Concussion (Mild TBI) Educational Brochure** ........ 19
- **Back-to-School Guide for Academic Success After Traumatic Brain Injury** ............................................. 20
- **Concussion/Mild TBI Information Brochure for Use >1 Month After Injury or at Post Deployment Health Assessment (Not for Acute Period)** ................................................................. 20
- **Concussion/Mild Traumatic Brain Injury and Posttraumatic Stress Disorder Fact Sheet** ....................... 21
- **Heads Concussion Wallet Card and Poster** ......................... 21
- **Help with Ongoing Symptoms Fact Sheet** ............................ 22
- **Line Leader Fact Sheet** .................................................... 22
- **Mild TBI Symptom Management Fact Sheets** ..................... 23
- **Signs and Symptoms Concussion Fact Sheet** ....................... 23
- **Traumatic Brain Injury Recovery Support Program** ................ 24
# Table of Contents

## VISION PROBLEMS AFTER CONCUSSION PATIENT EDUCATION BROCHURE ................................................................. 24
## WARFIGHTER SLEEP KIT ................................................................................................................................................. 25

### RESOURCES FOR HEALTH CARE PROVIDERS: PSYCHOLOGICAL HEALTH

<table>
<thead>
<tr>
<th>Resource</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACUTE STRESS REACTION FACT SHEET</td>
<td>27</td>
</tr>
<tr>
<td>AFTERDEPLOYMENT PROVIDER PRO WEBSITE</td>
<td>27</td>
</tr>
<tr>
<td>ASSESSMENT AND MANAGEMENT OF SUICIDE RISK CLINICAL SUPPORT TOOLS</td>
<td>28</td>
</tr>
<tr>
<td>COMPLEMENTARY AND ALTERNATIVE MEDICINES, MODALITIES AND INTERVENTIONS FACT SHEET</td>
<td>28</td>
</tr>
<tr>
<td>FAMILY RESILIENCE KIT</td>
<td>29</td>
</tr>
<tr>
<td>MANAGEMENT OF MAJOR DEPRESSIVE DISORDER CLINICAL SUPPORT TOOLS</td>
<td>29</td>
</tr>
<tr>
<td>MANAGEMENT OF OPIOID THERAPY FOR CHRONIC PAIN CLINICAL SUPPORT TOOLS</td>
<td>30</td>
</tr>
<tr>
<td>MANAGEMENT OF POSTTRAUMATIC STRESS DISORDER CLINICAL SUPPORT TOOLS</td>
<td>30</td>
</tr>
<tr>
<td>MANAGEMENT OF SUBSTANCE USE DISORDER CLINICAL SUPPORT TOOLS</td>
<td>31</td>
</tr>
<tr>
<td>PROVIDER RESILIENCE MOBILE APPLICATION</td>
<td>31</td>
</tr>
<tr>
<td>STOP HIDING AND START RECOVERING: 2016 ALCOHOL AWARENESS MONTH EVENT PLANNING GUIDE</td>
<td>32</td>
</tr>
<tr>
<td>WEB-BASED APPLICATIONS: A GUIDE FOR CLINICIANS</td>
<td>32</td>
</tr>
</tbody>
</table>

## RESOURCES FOR HEALTH CARE PROVIDERS: TRAUMATIC BRAIN INJURY

<table>
<thead>
<tr>
<th>Resource</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASSESSMENT AND MANAGEMENT OF DIZZINESS ASSOCIATED WITH MILD TBI CLINICAL SUPPORT TOOLS</td>
<td>33</td>
</tr>
<tr>
<td>ASSESSMENT AND MANAGEMENT OF VISUAL DYSFUNCTION ASSOCIATED WITH MILD TBI CLINICAL SUPPORT TOOLS</td>
<td>33</td>
</tr>
<tr>
<td>AUTOMATED NEUROPSYCHOLOGICAL ASSESSMENT METRICS FACT SHEET</td>
<td>34</td>
</tr>
<tr>
<td>BRAIN INJURY AWARENESS MONTH POSTERS — 2016 (THINK AHEAD)</td>
<td>34</td>
</tr>
<tr>
<td>CONCUSSION MANAGEMENT IN DEPLOYED SETTINGS: COMBAT MEDIC/CORPSMAN ALGORITHM CARD</td>
<td>35</td>
</tr>
<tr>
<td>ICD-10 CODING GUIDANCE FOR TRAUMATIC BRAIN INJURY</td>
<td>35</td>
</tr>
<tr>
<td>MACE: MILITARY ACUTE CONCUSSION EVALUATION POCKET AND WALLET CARD</td>
<td>36</td>
</tr>
<tr>
<td>MANAGEMENT OF HEADACHE FOLLOWING CONCUSSION/MILD TRAUMATIC BRAIN INJURY CLINICAL SUITE</td>
<td>36</td>
</tr>
<tr>
<td>MANAGEMENT OF SLEEP DISTURBANCES FOLLOWING CONCUSSION/MILD TRAUMATIC BRAIN INJURY CLINICAL SUPPORT TOOLS</td>
<td>37</td>
</tr>
<tr>
<td>MILITARY TBI CASE MANAGEMENT QUARTERLY NEWSLETTER</td>
<td>38</td>
</tr>
<tr>
<td>NEUROCOGNITIVE ASSESSMENT TOOL CLINICAL RECOMMENDATION</td>
<td>38</td>
</tr>
<tr>
<td>NEUROENDOCRINE DYSFUNCTION SCREENING POST MILD TBI RECOMMENDATION CLINICAL SUPPORT TOOLS</td>
<td>39</td>
</tr>
<tr>
<td>NEUROIMAGING FOLLOWING MILD TBI IN THE NON-DEPLOYED SETTING CLINICAL SUPPORT TOOLS</td>
<td>39</td>
</tr>
<tr>
<td>PROGRESSIVE RETURN TO ACTIVITY FOLLOWING ACUTE CONCUSSION/MILD TRAUMATIC BRAIN INJURY: GUIDANCE FOR PRIMARY CARE MANAGERS CLINICAL SUPPORT TOOLS</td>
<td>40</td>
</tr>
<tr>
<td>PROGRESSIVE RETURN TO ACTIVITY FOLLOWING ACUTE CONCUSSION/MILD TRAUMATIC BRAIN INJURY: GUIDANCE FOR REHABILITATION PROVIDERS CLINICAL SUPPORT TOOLS</td>
<td>40</td>
</tr>
<tr>
<td>TELEHEALTH AND TECHNOLOGY WEB RESOURCE LOCATOR WEBSITE</td>
<td>41</td>
</tr>
</tbody>
</table>
Organizational Information and Programs
DCoE and the Centers
DCOE FACT SHEET
Product Description:
- Fact sheet with brief description of DCoE and centers

Additional Information:

Audience:
- All audiences

Format:
- Fact sheet

DCOE OUTREACH CENTER
Product Description:
- Provides custom information and support related to psychological health and TBI concerns
- Staffed 24/7 by trained health resource consultants

Additional Information:
- Website: http://dcoe.mil/Families/Help.aspx
- Online Chat: http://realwarriors.net/livechat
- Email: resources@dcoeoutreach.org
- Phone: 866-966-1020

Audience:
- All audiences

Format:
- Call center, website and online chat
## DCOE WEBINAR SERIES

**Product Description:**
- Monthly webinars provide information on a variety of topics related to psychological health, TBI and program evaluation; many provide continuing education credit
- Past DCoE webinars can be viewed on the DCoE YouTube channel
- Series flyer is updated regularly, always check DCoE website for most current schedule

**Additional Information:**
- YouTube: [http://www.youtube.com/dcoepage](http://www.youtube.com/dcoepage)

**Audience:**
- All audiences (Targeted specifically for health care providers and specialists)

**Format:**
- Webinar

## DCOE ONLINE

**Product Description:**
- Up-to-date information and resources related to psychological health and TBI, including products and training programs

**Additional Information:**
- Website: [http://dcoe.mil](http://dcoe.mil)
- Blog: [dcoe.mil/blog](http://dcoe.mil/blog)
- DCoE News: [dcoe.mil/RSSNews.rss.ashx](http://dcoe.mil/RSSNews.rss.ashx)
- Facebook: [facebook.com/DCoEpage](http://facebook.com/DCoEpage)
- Twitter: [twitter.com/DCoEPage](http://twitter.com/DCoEPage)
- Pinterest: [pinterest.com/dcoepage](http://pinterest.com/dcoepage)
- YouTube: [youtube.com/dcoepage](http://youtube.com/dcoepage)
- SlideShare: [slideshare.net/dcoepage](http://slideshare.net/dcoepage)
- Google+: [plus.google.com/110842321794862483890?prsrc=3](http://plus.google.com/110842321794862483890?prsrc=3)

**Audience:**
- All audiences

**Format:**
- Website and social media platforms
DEPARTMENT OF DEFENSE SUICIDE EVENT REPORT (DODSER) WEBSITE

Product Description:
- Standardizes suicide surveillance efforts across the services (Air Force, Army, Marine Corps, and Navy) to support the DoD’s suicide prevention mission
- Includes instructions, detailed coding guidance, a computer-based training program, and the DoDSER webform that collects the comprehensive information about the Service Member and the suicide event

Additional Information:
- Website: https://dodser.t2.health.mil/

Audience:
- Military medical program managers (Login required)

Format:
- Website

DHCC WEBSITE

Product Description:
- A gateway to information on psychological health care and prevention of psychological health disorders in the Military Health System

Additional Information:
- Website: http://www.pdhealth.mil

Audience:
- All audiences (Targeted at health care providers and specialists)

Format:
- Website
Organizational Information and Programs

**DVBIC FACT SHEET**

Product Description:
- Provides an overview of DVBIC’s care coordination, education, clinical care and research and network locations

Additional Information:

Audience:
- All audiences

Format:
- Fact sheet

**DVBIC WEBSITE**

Product Description:
- Up-to-date information and resources related to TBI

Additional Information:
- Website: [http://dvbic.dcoe.mil](http://dvbic.dcoe.mil)
- Facebook: [http://www.facebook.com/DVBICpage](http://www.facebook.com/DVBICpage)

Audience:
- All audiences

Format:
- Website and social media platform
Organizational Information and Programs

PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY PROGRAM EVALUATION & IMPROVEMENT WEBPAGE

Product Description:
- Program evaluation enables continuous improvement and helps achieve better service quality and outcomes
- DCoE conducts psychological health and TBI program evaluation studies; provides support through training, toolkits, etc.; and submits reports to stakeholders

Additional Information:
- Website: http://www.dcoe.mil/About_DCoE/Program_Evaluation.aspx
- PEI YouTube Channel: https://www.youtube.com/playlist?list=PLgD_lzCqblLpE-Ukt7S97DvomVqKGG_vl

Audience:
- Military medical program managers

Format:
- Website, booklet and training videos

T2 BEHAVIORAL HEALTH TECH REVIEW NEWSLETTER

Product Description:
- A quarterly publication with information about existing and new innovative technologies which support the treatment of behavioral health patients

Additional Information:
- Download: http://t2health.dcoe.mil/newsletter

Audience:
- Military leaders, health care providers and technology collaborators

Format:
- Newsletter
Organizational Information and Programs

T2 WEBSITE
Product Description:
- Mobile health and telehealth resources related to psychological health and TBI

Additional Information:
- Website: http://t2health.dcoe.mil
- Facebook: http://www.facebook.com/T2Health
- Twitter: http://twitter.com/intent/user?screen_name=T2Health
- LinkedIn: http://www.linkedin.com/company/national-center-for-telehealth-&-technology
- YouTube: http://www.youtube.com/user/TelehealthTechVids

Audience:
- All audiences

Format:
- Website and social media platforms
Resources for Service Members and Veterans
Military Family Resources
FAMILY NEEDS LINE – A PARENT’S GUIDE TO RETURNING YOUR CHILD TO SCHOOL AFTER A CONCUSSION

Product Description:
- Guide offers practical advice to parents on how to recognize the signs and symptoms of a concussion, information on treatment and recovery, and what a parent can do to support a child’s recovery and successful return to school.

Additional Information:

Audience:
- Military families and caregivers

Format:
- Booklet

FAMILY NEEDS LINE – ADDRESSING FAMILY NEEDS

Product Description:
- Provides tips and guidance regarding care of a service member or veteran with a TBI.
- Booklet highlights:
  - Building stronger family ties
  - Improving communication
  - Transitioning home
  - Driving after a TBI
  - Avoiding substance abuse

Additional Information:
- Download: https://dvbic.dcoe.mil/material/addressing-family-needs

Audience:
- Military families and caregivers

Format:
- Booklet
Resources for Service Members and Veterans: Military Family Resources

FAMILY NEEDS LINE – TAKING CARE OF YOURSELF WHILE CARING FOR OTHERS

Product Description:
- Provides coping techniques for managing stress, anxiety or sadness; includes links for additional information
- Includes tips regarding: emotional health, sleep, diet, exercise and strategies for self-care

Additional Information:
- Download: https://dvbic.dcoe.mil/material/taking-care-yourself-while-caring-others

Audience:
- Military families and caregivers

Format:
- Booklet

FAMILY NEEDS LINE – TALKING WITH CHILDREN ABOUT MODERATE OR SEVERE TBI

Product Description:
- Provides essential tips on how to talk with children about what a moderate or severe TBI is and how to cope with changes in their loved one
- Booklet offers communication techniques to help explain the effects of a moderate or severe TBI to children in a way they can understand; includes tips for every age group, from toddlers to teens

Additional Information:
- Download: https://dvbic.dcoe.mil/material/talking-children-about-moderate-or-severe-tbi

Audience:
- Military families

Format:
- Booklet
## FAMILY NEEDS LINE – TALKING WITH CHILDREN ABOUT TBI

**Product Description:**
- Booklet offers communication techniques to help explain the effects of TBI to children in a way they can understand, and includes tips for every age group from toddlers to teens

**Additional Information:**

**Audience:**
- Military families

**Format:**
- Booklet

## MILITARY KIDS CONNECT

**Product Description:**
- Online community that offers age-appropriate resources to support children from pre-deployment, through a parent’s or caregiver’s return
- Includes informative activities, fun games and helpful videos

**Additional Information:**
- Website: [http://militarykidsconnect.dcoe.mil](http://militarykidsconnect.dcoe.mil)
- Facebook: [http://www.facebook.com/MilitaryKidsConnect](http://www.facebook.com/MilitaryKidsConnect)
- Twitter: [http://twitter.com/MilKidsConnect](http://twitter.com/MilKidsConnect)
- YouTube: [http://www.youtube.com/user/MilitaryKidsConnect](http://www.youtube.com/user/MilitaryKidsConnect)

**Audience:**
- Military children, service members, educators, parents and caregivers

**Format:**
- Website and social media platform

**Awards:**
- 2015 - “Communicator platform Award” from the Academy of Interactive and Visual Arts
Resources for Service Members and Veterans: Military Family Resources

SEASAME STREET FOR MILITARY FAMILIES
Product Description:
- Extends Sesame Workshop's ongoing efforts to support service members and their families through a free, bilingual (English and Spanish) platform for families to create, communicate and stay connected
- Includes interactive tools for creating art, music, videos, letters, cards and notebooks help kids explore their emotions and encourage communication
- Provides resources for parents and caregivers to help children cope with challenging transitions

Additional Information:
- Website: http://www.sesamestreetformilitaryfamilies.org/
- Facebook: https://facebook.com/SesameStreetForMilitaryFamilies

Audience:
- Military families

Format:
- Website and social media platform

TRAUMATIC BRAIN INJURY: A GUIDE FOR CAREGIVERS OF SERVICE MEMBERS AND VETERANS
Product Description:
- Tools that provide information and support for caregivers of service members and veterans with moderate to severe TBI

Additional Information:
- Website: http://dvbic.dcoe.mil/family-caregiver-curriculum
- Download/Order:
  - Fact sheet: https://dvbic.dcoe.mil/material/family-caregiver-fact-sheet
  - Postcard: https://dvbic.dcoe.mil/material/family-caregiver-postcards

Audience:
- Military families and caregivers

Format:
- Booklet, fact sheet and postcard
Resources for Service Members and Veterans
Psychological Health
Resources for Service Members and Veterans: Psychological Health

AFTERDEPLOYMENT

Product Description:
- Information and multimedia resources to address common psychological health concerns or challenges related to military deployments

Additional Information:
- Website: http://afterdeployment.dcoe.mil
- Facebook: https://facebook.com/afterdeployment
- Twitter: https://twitter.com/afterdeployment
- YouTube: https://www.youtube.com/user/afterdeployment

Audience:
- All audiences

Format:
- Website and social media platforms

BIOZEN MOBILE APPLICATION

Product Description:
- Portable, low-cost* method for clinicians and patients to gather biofeedback in and out of the military clinic
- BioZen shows real-time data from multiple body sensors

*Application requires purchase of compatible biosensor devices

Additional Information:
- Website: http://t2health.dcoe.mil/apps/biozen
- Download:

Audience:
- Health care providers and service members

Format:
- Android
Resources for Service Members and Veterans: Psychological Health

**BREATHE2RELAX MOBILE APPLICATION**

**Product Description:**
- Portable stress management tool used as a standalone stress reduction tool or in tandem with clinical care directed by a health care provider

**Additional Information:**
- Website: http://t2health.dcoe.mil/apps/breathe2relax
- Download:

**Audience:**
- All audiences

**Format:**
- Android and iOS

**DREAM EZ MOBILE APPLICATION**

**Product Description:**
- Uses principles from imagery rehearsal therapy for nightmare reduction to help users change their nightmares into less disturbing dreams so they can get a better night’s sleep
- Helps users influence their dreams to get a better night’s sleep

**Additional Information:**
- Website: http://t2health.dcoe.mil/dream-ez
- Download:

**Audience:**
- All audiences

**Format:**
- Android and iOS
INTRANSITION PROGRAM AND WEBSITE
Product Description:
- Program supports service members receiving mental health care as they transition between health care services or providers

Additional Information:
- Website: http://intransition.dcoe.mil
- Phone:
  - 800-424-7877 Inside the United States toll-free
  - 800-424-7877 Inside the United States toll-free
  - 800-424-4685 (DSN) Outside the United States toll-free
  - 314-387-4700 Outside the United States collect

Audience:
- All audiences

Format:
- Website, telephonic coaching service, brochure, flier and poster

LIFEARMOR MOBILE APPLICATION
Product Description:
- Provides information on 17 different topics related to post-deployment to include anger, stress and anxiety, and substance abuse
- Mobile companion to http://afterdeployment.dcoe.mil

Additional Information:
- Website: http://t2health.dcoe.mil/apps/lifearmor
- Download:

Audience:
- Service members, veterans and military families

Format:
- Android and iOS
NAVY LEADERS GUIDE MOBILE APPLICATION

Product Description:
- Provides information on a range of topics including dealing with a sailor’s substance abuse, rules for ordering a command directed evaluation, procedures for convening a medical board, resources for sailors dealing with sexual assault and how to support your personnel after the death of a shipmate

Additional Information:
- Website: http://t2health.dcoe.mil/apps/navy-leaders-guide
- Download:
  - iTunes: https://itunes.apple.com/hk/app/navy-leaders-guide/id762950101

Audience:
- Military leaders

Format:
- Android and iOS

POSITIVE ACTIVITY JACKPOT MOBILE APPLICATION

Product Description:
- Tool that uses augmented reality technology to combine a phone’s location services and camera to find nearby enjoyable activities or pleasant diversions
- Uses “pleasant event scheduling,” a common behavioral therapy element used in professional counseling
- Useful in helping people build resilience and deal effectively with depression

Additional Information:
- Website: http://t2health.dcoe.mil/apps/positiveactivityjackpot
- Download:

Audience:
- Service members, veterans and civilians

Format:
- Android
Resources for Service Members and Veterans: Psychological Health

REAL WARRIORS CAMPAIGN
Product Description:
- Tools and resources developed to combat the stigma associated with seeking psychological health care, encourage service members to reach out for support and increase awareness of the resources available to them

Additional Information:
- Website: http://realwarriors.net
- Download: http://realwarriors.net/materials
- Facebook: https://www.facebook.com/pages/Real-Warriors/61288747990
- Twitter: https://twitter.com/realwarriors
- YouTube: http://www.youtube.com/user/realwarriorscampaign

Audience:
- All audiences

Format:
- Website, brochures, wallet cards, fact sheet and posters

Awards:
- View: http://www.realwarriors.net/awards.php

REAL WARRIORS ‘SALUTING THOSE WHO SERVE’ WEBSITE AND MOBILE APPLICATION
Product Description:
- The Real Warriors application and website provide an online photo-sharing service that offers peer support for warriors, veterans and military families
- Users can upload photos to the Wall, salute others and access 24/7/resources

Additional Information:
- Website: https://realstrength.realwarriors.net
- Download: http://realwarriors.net/mobileapp.php
- Facebook: https://www.facebook.com/realwarriors
- Twitter: https://twitter.com/realwarriors

Audience:
- All audiences

Format:
- iOS and website
Resources for Service Members and Veterans: Psychological Health

T2 MOOD TRACKER MOBILE APPLICATION

Product Description:
- Tool that enables users to self-monitor emotional experiences associated with common deployment-related behavioral health issues such as PTSD, brain injury, life stress, depression and anxiety

Additional Information:
- Website: http://t2health.dcoe.mil/apps/t2-mood-tracker
- Download:

Audience:
- All audiences

Format:
- Android and iOS

TACTICAL BREATHER MOBILE APPLICATION

Product Description:
- Through repetitive breathing exercise practice and training, users learn to gain control of their heart rate, emotions, concentration and other physiological and psychological responses to the body during stressful situations

Additional Information:
- Website: http://t2health.dcoe.mil/apps/tactical-breather
- Download:

Audience:
- All audiences

Format:
- Android and iOS
Resources for Service Members and Veterans: Psychological Health

VIRTUAL HOPE BOX MOBILE APPLICATION

Product Description:
- Designed to help service members focus on positive influences in their life when they are upset; combines meaningful memories with relaxation coaching and distracting activities to help them cope when they are feeling down.
- The Virtual Hope Box contains simple, customizable support tools to help users with coping, relaxation, distraction and positive thinking.

Additional Information:
- Website: https://t2health.dcoe.mil/apps/virtual-hope-box
- Download:

Audience:
- All audiences

Format:
- Android and iOS
Resources for Service Members and Veterans
Traumatic Brain Injury
### A HEAD FOR THE FUTURE CAMPAIGN

**Product Description:**
- A central resource of information regarding prevention, recognition and recovery from TBI.

**Additional Information:**
- Website: [http://dvbic.dcoe.mil/aheadforthefuture](http://dvbic.dcoe.mil/aheadforthefuture)
- Facebook: [http://facebook.com/aheadforthefuture](http://facebook.com/aheadforthefuture)
- Twitter: [https://twitter.com/AHFTF_Page](https://twitter.com/AHFTF_Page)
- YouTube: [youtube.com/dcoepage](https://youtube.com/dcoepage)

**Audience:**
- All audiences

**Format:**
- Website, social media, postcard, poster and fact sheets

### ACUTE CONCUSSION (MILD TBI) EDUCATIONAL BROCHURE

**Product Description:**
- Designed to educate deployed service members about TBI immediately after concussion injury

**Additional Information:**

**Audience:**
- Service members and veterans

**Format:**
- Brochure
BACK-TO-SCHOOL GUIDE FOR ACADEMIC SUCCESS AFTER TRAUMATIC BRAIN INJURY

Product Description:
- Provides guidance to service members and veterans who have ongoing symptoms from a TBI and are going to college, university or vocational school
- The frequently asked questions section quickly offers answers to common questions about accommodation plans, financial aid and assistive technology

Additional Information:
- Download/Order: https://dvbic.dcoe.mil/material/back-school-guide

Audience:
- Health care providers, service members, and veterans

Format:
- Booklet

CONCUSSION/MILD TBI INFORMATION BROCHURE FOR USE >1 MONTH AFTER INJURY OR AT POST DEPLOYMENT HEALTH ASSESSMENT (NOT FOR ACUTE PERIOD)

Product Description:
- Brochure developed by experts from the Defense Department and the Department of Veterans Affairs to educate deployed service members about TBI one month or more after injury

Additional Information:

Audience:
- Service members and veterans

Format:
- Brochure
CONCUSSION/MILD TRAUMATIC BRAIN INJURY AND POSTTRAUMATIC STRESS DISORDER FACT SHEET

Product Description:
- Provides the definition for concussion/mild traumatic brain injury and posttraumatic stress disorder and explains how overlapping symptoms often occur
- Describes why it is important to seek out treatment for both conditions and gives helpful advice about what to tell your family and friends to help in the recovery process

Additional Information:

Audience:
- Service members, veterans, military families and friends

Format:
- Fact sheet

HEADS CONCUSSION WALLET CARD AND POSTER

Product Description:
- Promotes key symptoms of concussion/mild TBI by explaining the HEADS acronym
  - Headaches and/or vomiting
  - Ears ringing
  - Amnesia, altered or loss of consciousness
  - Double vision and/or dizziness
  - Something feels wrong or is not right

Additional Information:
- Order:
  - Wallet card: https://dvbic.dcoe.mil/material/heads-concussion-card
  - Poster: https://dvbic.dcoe.mil/material/poster-heads-protect-your-strongest-weapon

Audience:
- All audiences

Format:
- Wallet card and poster
HELP WITH ONGOING SYMPTOMS FACT SHEET

Product Description:
- This fact sheet addresses why symptoms continue to persist in some patients and how they can cope or seek additional help.

Additional Information:
- Download: https://dvbic.dcoe.mil/material/help-ongoing-symptoms-fact-sheet

Audience:
- Service members and veterans

Format:
- Fact sheet

LINE LEADER FACT SHEET

Product Description:
- Document that describes the line leader responsibilities for the Defense Department mandated policy (DoD Instruction 6490.11) that covers service members involved in potentially concussive events in deployed settings.

Additional Information:

Audience:
- Military line leaders

Format:
- Fact sheet
MILD TBI SYMPTOM MANAGEMENT FACT SHEETS

Product Description:
- Provides coping and recovery tips for patients with mild TBI symptoms:
  - Ways to Improve Your Memory
  - Managing Headaches After a Concussion
  - Healthy Sleep
  - Changes in Behavior, Personality or Mood
  - Head Injury and Dizziness
  - Headache and Neck Pain

Additional Information:
- Download/Order: https://dvbic.dcoe.mil/resources/fact-sheets

Audience:
- Service members and veterans

Format:
- Fact sheet

SIGNS AND SYMPTOMS CONCUSSION FACT SHEET

Product Description:
- Provides major physical, cognitive and emotional symptoms of concussion, coping and recovery tips for mild TBI
- Available in English, Spanish, Albanian, Bulgarian, Croatian, Czech, Danish, Dutch, Estonian, French, Georgian, German, Greek, Hungarian, Icelandic, Italian, Korean, Latvian, Lithuanian, Luxembourgish, Norwegian, Polish, Portuguese, Romanian, Slovak, Slovenian and Turkish

Additional Information:
- Download/Order: https://dvbic.dcoe.mil/material/signs-symptoms-fact-sheet-english

Audience:
- Service members and veterans

Format:
- Fact sheet
Resources for Service Members and Veterans: Traumatic Brain Injury

TRAUMATIC BRAIN INJURY RECOVERY SUPPORT PROGRAM

Product Description:
- Program and its recovery support specialists provide TBI expertise, support and connection to TBI and psychological health services

Additional Information:
- Download:
- Website: http://dvbic.dcoe.mil/tbi-recovery-support-program
- Email: mrmc.dcoe.TBIrecoverysupport@mail.mil

Audience:
- Service members and veterans who have sustained a TBI

Format:
- Website, client brochure and fact sheet

VISION PROBLEMS AFTER CONCUSSION PATIENT EDUCATION BROCHURE

Product Description:
- Helps concussed service members understand vision problems and provides insight into treatment options

Additional Information:

Audience:
- Service members and veterans

Format:
- Brochure
WARFIGHTER SLEEP KIT

Product Description:
- Provides education to service members on the impact of sleep on mission effectiveness and obtaining adequate sleep after a TBI
- Sponsored by the Naval Medical Research Center as part of the alertness management military operations initiative from the Defense Safety Oversight Council

Additional Information:
- Order: https://dvbic.dcoe.mil/material/sleep-kit

Audience:
- Service members and veterans

Format:
- Toolkit
Resources for Health Care Providers
Psychological Health
ACUTE STRESS REACTION FACT SHEET

Product Description:
- Provides a concise overview of acute stress reaction for providers who treat service members diagnosed with a concussion/mild TBI while deployed.

Additional Information:
- Download: https://dvbic.dcoe.mil/material/acute-stress-reaction-fact-sheet

Audience:
- Health care providers

Format:
- Fact sheet

AFTERDEPLOYMENT PROVIDER PRO WEBSITE

Product Description:
- Portal provides resources for health care professionals who treat patients with behavioral health concerns related to the deployment cycle.
- Additional tools for providers include treatment tips, client handouts summarizing important information on each of the topic areas, RSS feeds linking to reports on new developments in mental health and PowerPoint briefings allowing providers to easily disseminate information to colleagues.

Additional Information:
- Website: http://afterdeployment.dcoe.mil/providers/home

Audience:
- Health care providers

Format:
- Website, assessments, videos, workshops
ASSESSMENT AND MANAGEMENT OF SUICIDE RISK

CLINICAL SUPPORT TOOLS

Product Description:
- Outlines critical decision points in the management of suicide and provides evidence-based recommendations on warning signs, protective factors, safety planning and treatment

Additional Information:
- Download: https://www.qmo.amedd.army.mil/suicide/suicide.htm (under the Health Care Team tab)
- Website: http://www.healthquality.va.gov/guidelines/mh/srb/index.asp

Audience:
- Health care providers, service members, veterans and families

Format:
- Clinical support tools

COMPLEMENTARY AND ALTERNATIVE MEDICINES, MODALITIES AND INTERVENTIONS FACT SHEET

Product Description:
- Classifies complementary and alternative medicines, modalities and interventions and their clinical use
- Describes a group of diverse clinical and health practices and products related to psychological health and TBI that are currently considered conventional medicine or accepted standards of care

Additional Information:

Audience:
- Health care providers

Format:
- Fact sheet
### FAMILY RESILIENCE KIT

**Product Description:**
- Educational materials to help educate family members on how to cope with the stress of deployment, recognize signs and symptoms of mental health problems, build resilience, reconnect with children and access psychological health services
- This kit is designed to help family readiness groups, chaplains, family resource center staff, assistance centers and other military family support personnel host community events

**Additional Information:**
- Download/Order: [http://afterdeployment.dcoe.mil](http://afterdeployment.dcoe.mil)
- Website: [http://afterdeployment.dcoe.mil](http://afterdeployment.dcoe.mil)

**Audience:**
- Health care providers, mental health professionals, chaplains, family resource center staff, service members, veterans, military teens and families

**Format:**
- Various size printed materials

### MANAGEMENT OF MAJOR DEPRESSIVE DISORDER

**CLINICAL SUPPORT TOOLS**

**Product Description:**
- Trainer-ready materials help health care providers treat patients and improve treatment outcomes by assisting with symptom recognition, treatment and management

**Additional Information:**

**Audience:**
- Health care providers

**Format:**
- Clinical support tools

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[Return to the Table of Contents](#)
# Resources for Health Care Providers: Psychological Health

## MANAGEMENT OF OPIOID THERAPY FOR CHRONIC PAIN
### CLINICAL SUPPORT TOOLS
**Product Description:**
- Brings together important resources on the safe and effective use of opioid therapy in treating chronic pain
- Complies with the VA/DoD Clinical Practice Guideline (CPG) for the Management of Opioid Therapy for Chronic Pain

**Additional Information:**
- Download: [http://www.healthquality.va.gov/guidelines/Pain/cot](http://www.healthquality.va.gov/guidelines/Pain/cot)

**Audience:**
- Health care providers

**Format:**
- Clinical support tools

## MANAGEMENT OF POSTTRAUMATIC STRESS DISORDER
### CLINICAL SUPPORT TOOLS
**Product Description:**
- Brings together important resources that support comprehensive evidence based treatment of PTSD including recommendations on screening, diagnosis, psychotherapy, pharmacotherapy, referrals, patients and family self-management and psychoeducation

**Additional Information:**

**Audience:**
- Health care providers

**Format:**
- Clinical support tools
MANAGEMENT OF SUBSTANCE USE DISORDER
CLINICAL SUPPORT TOOLS

Product Description:
- Provides critical substance use disorder management decision points, evidence based recommendations and supports patient and provider decision-making
- Complies with the VA/DoD Clinical Practice Guideline for the Management of Substance Use Disorders

Additional Information:
- Download: http://www.healthquality.va.gov/guidelines/MH/sud

Audience:
- Health care providers

Format:
- Clinical support tools

PROVIDER RESILIENCE MOBILE APPLICATION

Product Description:
- Gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans and their families

Additional Information:
- Website: https://t2health.dcoe.mil/apps/provider-resilience

Audience:
- Health care providers

Format:
- Android and iOS
STOP HIDING AND START RECOVERING: 2016 ALCOHOL AWARENESS MONTH EVENT PLANNING GUIDE

Product Description:
- Provides tips to plan, promote and conduct a successful and interactive alcohol awareness and screening event
- Includes an event planning guide, educational pamphlets and brochures, posters to promote the event, promotional take-away items, an AUDIT-C Scale assessment form for in-person screenings, and a post-event summary form

Additional Information:
- Order Email: mrmc.dcoe.t2-contactus@mail.mil
- Phone: 703-712-4291

Audience:
- Installation/unit alcohol awareness program coordinators, health care providers, mental health providers, chaplains and family resource center staff

Format:
- Booklet

WEB-BASED APPLICATIONS: A GUIDE FOR CLINICIANS

Product Description:
- Tool offers an introduction to the use of Web-based resources in clinical and educational settings though developed primarily for psychological health professionals
- The guide can also be used by clinicians and educators who diagnose, treat and work with individuals with problems resulting from the demands of military deployments
- The guide focuses on two websites developed by the National Center for Telehealth & Technology: AfterDeployment and Military Kids Connect

Additional Information:

Audience:
- Health care providers

Format:
- Booklet
ASSESSMENT AND MANAGEMENT OF DIZZINESS ASSOCIATED WITH MILD TBI CLINICAL SUPPORT TOOLS

Product Description:
- Provides an approach to evaluate dizziness following mild TBI and offers guidance regarding referral for further vestibular evaluation and care. Dizziness differentiations, effect of dizziness symptoms, and an algorithm outlining steps for providers.

Additional Information:

Audience:
- Health care providers

Format:
- Clinical support tools

ASSESSMENT AND MANAGEMENT OF VISUAL DYSFUNCTION ASSOCIATED WITH MILD TBI CLINICAL SUPPORT TOOLS

Product Description:
- Provides an approach to evaluate visual dysfunction following mild TBI and offers guidance regarding referral for further eye or visual evaluation and care.

Additional Information:

Audience:
- Health care providers

Format:
- Clinical support tools
AUTOMATED NEUROPSYCHOLOGICAL ASSESSMENT METRICS FACT SHEET

Product Description:
- Fact sheet that explains the web-based neurocognitive assessment used by all service members pre and post-deployment to measure potential cognitive changes in individuals exposed to a concussive event
- ANAM results are considered protected health information and become part of a service member’s permanent medical record

Additional Information:
- Download: http://www.dcoe.mil/content/Navigation/Documents/About%20ANAM.pdf
- Email: usarmy.jbsa.medcom.mbx.otsg--anam-baselines@mail.mil

Audience:
- Health care providers and service members

Format:
- Fact sheet

BRAIN INJURY AWARENESS MONTH POSTERS — 2016 (THINK AHEAD)

Product Description:
- Series of three posters that promote brain injury awareness and reflects the DVBIC 2016 theme for Brain Injury Awareness Month, “Think Ahead: Be safe, Know the signs and Get help.” These posters can be used year-round

Additional Information:

Audience:
- All audiences

Format:
- Set of posters
CONCUSSION MANAGEMENT IN DEPLOYED SETTINGS:
COMBAT MEDIC/CORPSMAN ALGORITHM CARD

Product Description:
- Concussion Management Algorithm (CMA) is a tool for all levels of providers on the assessment, evaluation and treatment of concussion in the deployed setting

Additional Information:

Audience:
- Health care providers

Format:
- Pocket and wallet cards

ICD-10 CODING GUIDANCE FOR TRAUMATIC BRAIN INJURY

Product Description:
- Contains the latest coding guidance and the Military Health System Professional Services and Specialty Medical Coding Guidelines Version 5.0 for use by for medical and rehabilitation providers
- Presents the 2015 Department of Defense TBI definition and severity levels
- Provides the codes to be used for initial TBI and subsequent visits in the proper sequence specific to TBI diagnoses, including but not limited to, TBI screening and symptom codes

Additional Information:

Audience:
- Health care providers

Format:
- Training slides
MACE: MILITARY ACUTE CONCUSSION EVALUATION POCKET AND WALLET CARD

Product Description:
- Concussion screening tool that includes a cognitive exam, neurological exam and symptom results

Additional Information:

Audience:
- Health care providers

Format:
- Pocket and wallet cards

MANAGEMENT OF HEADACHE FOLLOWING CONCUSSION/MILD TRAUMATIC BRAIN INJURY CLINICAL SUITE

Product Description:
- Offers guidance regarding the assessment and management of headache following a mild TBI and includes specific recommendations for health care providers to help patients manage non-pharmacologic and pharmacologic treatment of post-traumatic headache
- The products in this suite are intended to help providers diagnose, evaluate and treat mild TBI patients

Additional Information:

Audience:
- Health care providers

Format:
- Clinical support tools
MANAGEMENT OF SLEEP DISTURBANCES FOLLOWING CONCUSSION/MILD TRAUMATIC BRAIN INJURY CLINICAL SUPPORT TOOLS

Product Description:
- Provides guidance regarding assessing and managing sleep disturbances associated with mild traumatic brain injury and includes specific recommendations for helping service members and/or veterans in both deployed and non-deployed settings manage symptoms of insomnia, circadian rhythm sleep-wake disorder and obstructive sleep apnea

Additional Information:

Audience:
- Health care providers, specifically sleep specialists

Format:
- Clinical support tools

MILD TRAUMATIC BRAIN INJURY POCKET GUIDE (CONUS) AND MOBILE APPLICATION

Product Description:
- Quick reference concussion screening tool on the assessment, treatment and management of patients with mild TBI and related symptoms stateside

Additional Information:
- Download App:

Audience:
- Health care providers

Format:
- Pocket guide, Android and iOS
Resources for Health Care Providers: Traumatic Brain Injury

MILITARY TBI CASE MANAGEMENT QUARTERLY NEWSLETTER

Product Description:
- Provides information and resources for those caring for service members with TBI and their families
- Spotlights TBI case management excellence to identify and share best practices across the military community

Additional Information:
- Website: http://dvbic.dcoe.mil/case-management-resources

Audience:
- Health care providers and TBI case managers

Format:
- Newsletter

NEUROCOGNITIVE ASSESSMENT TOOL CLINICAL RECOMMENDATION

Product Description:
- Provides background of pre-deployment neurocognitive testing and the use of automated neuropsychological assessment metrics

Additional Information:

Audience:
- Health care providers and TBI case managers

Format:
- Clinical recommendation
Resources for Health Care Providers: Traumatic Brain Injury

NEUROENDOCRINE DYSFUNCTION SCREENING POST MILD TBI RECOMMENDATION CLINICAL SUPPORT TOOLS

Product Description:
- Serves as a reference tool offering medical guidance following indications from post-injury neuroendocrine screening

Additional Information:

Audience:
- Health care providers

Format:
- Clinical support tools

NEUROIMAGING FOLLOWING MILD TBI IN THE NON-DEPLOYED SETTING CLINICAL SUPPORT TOOLS

Product Description:
- Offers guidance for a standard approach for imaging from the acute through chronic stages following mild TBI in the non-deployed setting

Additional Information:

Audience:
- Health care providers

Format:
- Clinical support tools
PROGRESSIVE RETURN TO ACTIVITY FOLLOWING ACUTE CONCUSSION/MILD TRAUMATIC BRAIN INJURY: GUIDANCE FOR PRIMARY CARE MANAGERS CLINICAL SUPPORT TOOLS

Product Description:
- Provides an initial framework for gradually increasing service member activity after concussion

Additional Information:

Audience:
- Health care providers

Format:
- Clinical support tools

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PROGRESSIVE RETURN TO ACTIVITY FOLLOWING ACUTE CONCUSSION/MILD TRAUMATIC BRAIN INJURY: GUIDANCE FOR REHABILITATION PROVIDERS CLINICAL SUPPORT TOOLS

Product Description:
- Provides details for rehabilitation providers in the management of service members who have sustained a TBI
- Includes six rehabilitation stages and includes a neurobehavioral symptoms inventory (NSI)

Additional Information:

Audience:
- Rehabilitation providers

Format:
- Clinical support tools
TELEHEALTH AND TECHNOLOGY WEB RESOURCE LOCATOR WEBSITE

Product Description:
- Offers access to the Defense Department, Department of Veterans Affairs and community resources to support ongoing care for families coping with TBI and associated psychological health concerns
- Website offers links to websites, locations, hotlines and other resources covering more than 40 topics

Additional Information:
- Website: https://ttwrl.dcoe.mil

Audience:
- TBI case managers

Format:
- Website