



Post-Deployment Online: PTSD Project





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BACKGROUND

- **National Defense Authorization Act (NDAA) FY 2006:**
 - Authorized a pilot project for online mental health support for returning soldiers and their families.

- **Project Lead:**
 - Army Behavioral Health Technology Office (ABHTO), Madigan Army Medical Center (MAMC), Ft Lewis WA.



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PARTNERS

- **The VA National Centers for PTSD:**
 - Boston MA.
 - Palo Alto CA.
 - Honolulu HI.
- **Tripler Army Medical Center, HI.**
- **The VA Medical Center, Portland OR.**
- **The National Center for Deployment Psychology at USUHS, Bethesda MD.**



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TIMELINE

- **Spring/Summer 2006:**
 - **Concepts Developed, Funding Secured, Subject Matter Experts Engaged.**
- **29 September 2006:**
 - **Contracts Approved.**
- **30 September 2006, December 2006:**
 - **Integrated Project Team Sessions.**
- **March 2007:**
 - **Prototype Ready For Testing**
- **Early summer 2007:**
 - **First Deployment.**
- **Data collection and evaluation ongoing from prototype through deployment**



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WHY BUILD A POSTDEPLOYMENT WEBSITE?

- **Significant Incidence of Postdeployment Mental Health Problems.**
- **Stigma Related to Visiting a Mental Health Clinic.**
- **Computer-Based Self-Guided Training is Effective.**
- **User Population's Facility With Computer-Based Tools.**



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MAIN PAGE INTERFACE

after
DEPLOYMENT

Name: **LOG IN** **REGISTER**

Password: [Why Register?](#)

- Info Center ★
- Initial Self-Evaluation ★
- My Progress
- Self-Guided Treatment
- Should I Get Help?

- Understanding Combat Stress/Triggers & Reminders
- General Stress Management Arousal Reduction (Relaxation Exercises)
- Dealing with Anger/Irritability
- Dealing with Sleep Problems
- Building Social Support/ Reintegration with Family & Friends
- Reintegration with Society/ Workplace
- Substance Abuse
- Risk & Driving Behaviors
- Deployment & Children
- Deployment & Spirituality
- Self-Talk

★ Recommended

The main content area features an isometric aerial view of a camp named 'CAMP PURPLE'. The camp includes a large hospital building with a red cross on its roof, several residential-style houses, a swimming pool, a covered walkway, and an entrance gate with a sign that says 'CAMP PURPLE' and 'ENTER'. There are also some outdoor seating areas and utility buildings.



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MAIN PAGE

- ***How Am I Doing?***
 - **Customize Your Experience:**
 - **Assessments: Quick Check; Full Check.**

- ***Know Your Stuff.***
 - **Examples of Individual Programs:**
 - **Dealing With Anger.**
 - **Conflicts at Home or at Work.**
 - **Sleeping Better.**

- ***Get Me Some Help.***
 - **Local Resources.**
 - **Web Resources.**
 - **Stigma.**

- ***Stories From Home and Away.***
 - **Testimonials.**

- ***Check It Out!***
 - **E-Books.**
 - **Podcasts, etc.**



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SELF-ASSESSMENTS

“I’m Not Sure What My Problems Are!”

- **‘Quick Check’ Checklist.**
- **‘Full Check’ Survey.**
- **Workshop Scales.**



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TAILORED FEEDBACK

**After Taking One of The
Self-Assessments,
The User Obtains
Immediate Feedback,
And Is Provided With Detailed
Program Recommendations.**



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INDIVIDUALIZED PROGRAM PLAN (IPP)

“You are reporting a high level of anger. Anger can be a common emotion after a deployment. Anger following a deployment often diminishes after about three to six months. However, anger that doesn’t diminish after a while can have negative consequences for you and the people you come into contact with.”

[User’s score is indicated on a bar graph, yellow to red, higher scores located in the “red zone.”]

“Based on your responses, we recommend the following *Individualized Program Plan*:

- *The Anger Management Program.*”**



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PROGRAM COMPONENTS

ANGER MANAGEMENT PROGRAM:

- **What's In This Program? / How To Navigate.**
- **“Improve Your Knowledge” About *Anger Management*.**
 - **Text/Audio-Based Information.**
 - **Testimonials.**
 - **Advice From An Expert.**
 - **Quizzes.**
 - **Interactive Games/Challenges.**
- ***Anger Management Workshop*.**
 - **Anger Management Workshop Scale.**
 - **Interactive Anger Management Workshop Exercises.**



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WORKSHOP CHARACTERISTICS

- **Highly Interactive.**
- **Evidence-Based -- Cognitive/Behavioral.**
- **Self-Guided.**
- **Symptoms Common To Service Members.**
- **User Can Track Progress Across Sessions.**
- **Anonymity Is A Key Component.**
- **Design Draws On Recent Work From NASA.**



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PROGRAMS

- **11 INDIVIDUALIZED PROGRAMS:**
 - **Can't Leave The War Behind.**
 - **Conflict at Home or at Work.**
 - **Dealing With Moods.**
 - **Dealing With Anger.**
 - **Sleeping Better.**
 - **Drugs and Alcohol.**
 - **Manage Your Stress.**
 - **How Are The Kids Doing.**
 - **Spirituality.**
 - **Living With Physical Injuries.**
 - **Staying Fit.**



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PRODUCT BENEFITS

- **Both Static and Interactive Educational Materials.**
- **Self-Guided Assessment and Instructional Workshops, and Prevention Training.**
- **Can Be Used to Augment Traditional In-Person Therapy.**
- **Rapid, Personalized, Anonymous (i.e. stigma-free) Care to Individuals Who Would Otherwise Not Receive Assistance.**



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PRODUCT BENEFITS (*cont.*)

- **Engaging and Interactive Multimedia for both Educational Materials and Self-Guided Workshops.**
- **Portable Services can Move with the User.**
- **Future Integration with other DOD and VA Resources:**
 - **MilitaryOneSource.**
 - **TricareOnline/CHCSII.**
 - **MyHealthVet/Vista.**
- **Future Integration/Links to other Novel Treatment Approaches:**
 - **Virtual Reality.**
 - **Other Multimedia Programs.**
 - **Decision Support Systems.**
 - **Behavioral Health Automation.**
- **Expandability to other User Populations as Appropriate.**



QUESTIONS

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