Providers can take advantage of this resource by calling these numbers:

1-800-424-7877

Inside the United States;

1-800-424-4685 (DSN)

Outside the United States toll-free;

1-314 387-4700

or Outside the United States collect.

www.health.mil/inTransition

DEFENSE CENTERS OF EXCELLENCE

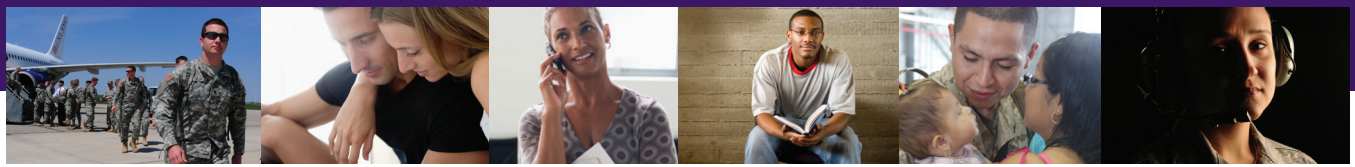
For Psychological Health & Traumatic Brain Injury

The *inTransition* Program:

Support for service members receiving mental health treatment

inTransition

COACHING • CONNECTING • EMPOWERING



Let us help make their transition easier.

Transitions in military service can be challenging. Any transition–be it a call to active duty, relocation or other events–can take its toll. If the Service member is presented with such a transition challenge *while in mental health treatment,* he or she may need extra resources.

Help is now available through the *inTransition* Program.

The *inTransition* program offers:

- Each Service member a one-on-one Transitional Support Coach, available by phone, who is a master's-level, licensed behavioral health clinician
- Support for Service members' mental health and wellness through the coaches' use of motivational interviewing, readiness, and action planning to identify and address challenges
- Information for Service members about their mental health care and how to successfully change providers at the time of transfer or discharge
- Assistance with referrals to and follow-up with new providers to ensure effective continuity of care for Service members
- Information about local community resources, support groups, healthy lifestyle options, benefit enrollment and other health resources
- Crisis intervention services to help members with urgent/emergent conditions attain safe and appropriate services
- Toll-free program access and additional program information at **www.health.mil/inTransition**

Get them the resources they need.

The *inTransition* program is designed to make sure the Service members you treat are given the necessary resources to maintain treatment gains, connect with an ongoing provider and achieve positive outcomes. The program is just a phone call away, so please take advantage of this resource on behalf of the Service members in your care.

Providers can contact *inTransition* at:

1-800-424-7877 *Inside the United States;*

1-800-424-4685 (DSN)
Outside the United States toll-free; or

1-314-387-4700 *Outside the United States collect.*

For more information about the *inTransition* program, please log on to **www.health.mil/inTransition**.
Go to the Provider Spotlight to find the Health Affairs Policy, FAQs, the provider orientation Webinar schedule as well as downloadable communication materials.