

**Defense Centers of Excellence for  
Psychological Health and Traumatic Brain Injury**

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**RESOURCE CATALOG**



**JANUARY 2017**



## Feedback

Your feedback is important!  
Help make this catalog better  
by submitting comments via  
ICE at [go.usa.gov/c7tQx](https://go.usa.gov/c7tQx)

# WELCOME

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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.

## NEW THIS MONTH

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- 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

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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](http://www.dcoe.mil)

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# Organizational Information and Programs

## DCE and the Centers

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# Organizational Information and Programs

## DCOE FACT SHEET

### Product Description:

- Fact sheet with brief description of DCoE and centers

### Additional Information:

- Download: [http://dcoe.mil/Libraries/Documents/About\\_DCoE.pdf](http://dcoe.mil/Libraries/Documents/About_DCoE.pdf)

### Audience:

- All audiences

### Format:

- Fact sheet



The fact sheet features the DCoE logo at the top, which includes a globe and three stars. Below the logo, the text reads "DEFENSE CENTERS OF EXCELLENCE For Psychological Health & Traumatic Brain Injury". The document is divided into two main sections: "MISSION" and "VISION". The mission statement states: "The mission of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is to 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." The vision statement states: "To be the leader of profound improvements in psychological health and traumatic brain injury prevention and care." A central paragraph states: "DCoE oversees three centers, each of which contributes unique insights, standards, clinical tools and research products to the fields of psychological health and traumatic brain injury." Below this, the "Defense and Veterans Brain Injury Center" is highlighted. A text block describes DVBIC as the traumatic brain injury (TBI) operational component of DCoE, with a mission to serve active-duty military, their beneficiaries and veterans with TBIs through state-of-the-science clinical care, innovative clinical research initiatives and educational programs, and support force health protection services. A logo for DVBIC is shown to the right. At the bottom, the words "excellence", "integrity", and "teamwork" are displayed in a stylized font.

## 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:

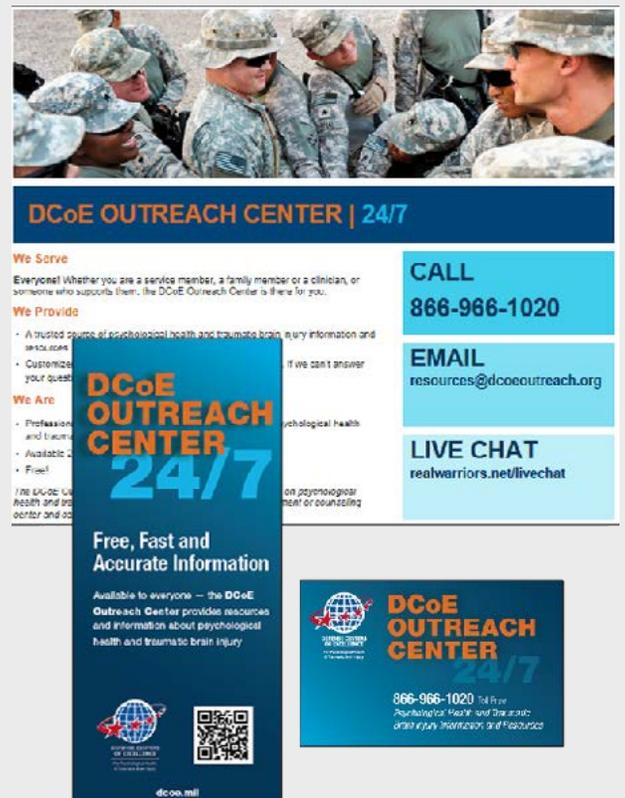
- Website: <http://dcoe.mil/Families/Help.aspx>
- Online Chat: <http://realwarriors.net/livechat>
- Email: [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)
- Phone: 866-966-1020

### Audience:

- All audiences

### Format:

- Call center, website and online chat



The outreach center graphic features a photograph of soldiers in a huddle at the top. Below the photo, the text reads "DCoE OUTREACH CENTER | 24/7". The graphic is divided into several sections. On the left, there are three columns of text: "We Serve" (Everyone! Whether you are a service member, a family member or a clinician, or someone who supports them... the DCoE Outreach Center is there for you.), "We Provide" (A trusted source of psychological health and traumatic brain injury information and services; Customized information; Customized answers to your questions), and "We Are" (Professionals; Available 24/7; Free!). On the right, there are three contact options: "CALL 866-966-1020", "EMAIL resources@dcoeoutreach.org", and "LIVE CHAT realwarriors.net/livechat". At the bottom, there is a large blue box with the text "Free, Fast and Accurate Information" and "Available to everyone — the DCoE Outreach Center provides resources and information about psychological health and traumatic brain injury." Below this box is a QR code and the DCoE logo.

# Organizational Information and Programs

## 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 flier is updated regularly, always check DCoE website for most current schedule

### Additional Information:

- Website: [http://dcoe.mil/Training/Monthly\\_Webinars.aspx](http://dcoe.mil/Training/Monthly_Webinars.aspx)
- YouTube: <http://www.youtube.com/dcoepage>

### Audience:

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

### Format:

- Webinar

Psychological Process	Webinar Title	Program Description
JAN 29	Do You (or Your Caregiver) Have Post-Traumatic Stress Disorder?	Understanding Service Care
FEB 05	Libertine Soldiers in Traditional in the Military	Program Evaluation and Health Assessment and Service Readiness
MAR 01	Deployment-related Co-occurring PTSD and TBI in Service Members	Data Collection in Program Evaluation: How to Ensure Quality and Timeliness
APR 08	Development of Social Assessment Criteria	Understanding Operating Case Data: Status, Case and Cost Analysis
MAY 15	Psychiatric Help-Seeking Outcomes for Mental Health Concerns	Program Evaluation: Can Help for Active Customers, Employment Evaluation
JUN 22	Clarity, Caring, Behaviors, and Skills: Improving Military Members and Dependents	Understanding Operating Case Data: Adjusting Case Analysis and Assessment Case Applications
JUL 29	Technological Advances in the Treatment of Mental Health Conditions	Research Program Evaluation: Findings, Conclusions, Methods and Planning
AUG 05	Compassion Fatigue	Assessing and Managing Military and TBI
SEP 12	No assessment planned	Assessing and Managing Military and TBI
OCT 19	Special Operations in PTSD Symptoms and Treatment Approaches	Assessing and Managing Military and TBI
NOV 26	State of the Science on Building Resilience	Assessing and Managing Military and TBI
DEC 03	Research Using Derogation of the VA/DoD Clinical Practice Guidelines	Assessing and Managing Military and TBI

## 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>
- 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)
- Storify: [storify.com/DCoEPage/](http://storify.com/DCoEPage/)

### Audience:

- All audiences

### Format:

- Website and social media platforms

The screenshot shows the DCoE Online website interface. At the top, there is a navigation bar with tabs for 'Home', 'Psychological Health', 'Training Resources', 'Service Members & Families', 'Media & Resources', and 'Training & Conferences'. Below the navigation bar is a 'DCoE Social Media' section with icons for Facebook, YouTube, and Twitter, and a 'Connect with DCoE Social Media' link. The main content area features several featured articles and resources, including 'DHCC works to improve psychological health and deployment-related health care for our Nation's warriors and their families', 'National Center for Telehealth and Technology', and 'DHCC serves military and family members with traumatic brain injuries through state-of-the-art clinical care, research, and education'. At the bottom, there is a 'DCoE Outreach Center 24/7' section with contact information (888-996-1020, resources@dcoeoutreach.org) and a 'Latest from DCoE' section with links to 'Student PTSD Myths Hurt You, Career' and 'Is This Behavior Normal? 3 Pairs for the Concerned Military Spouse'. The footer contains 'Contact Us', 'Feedback', 'Privacy and Security', 'Accessibility', and 'External Link Disclaimer'.

# Organizational Information and Programs

## 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:

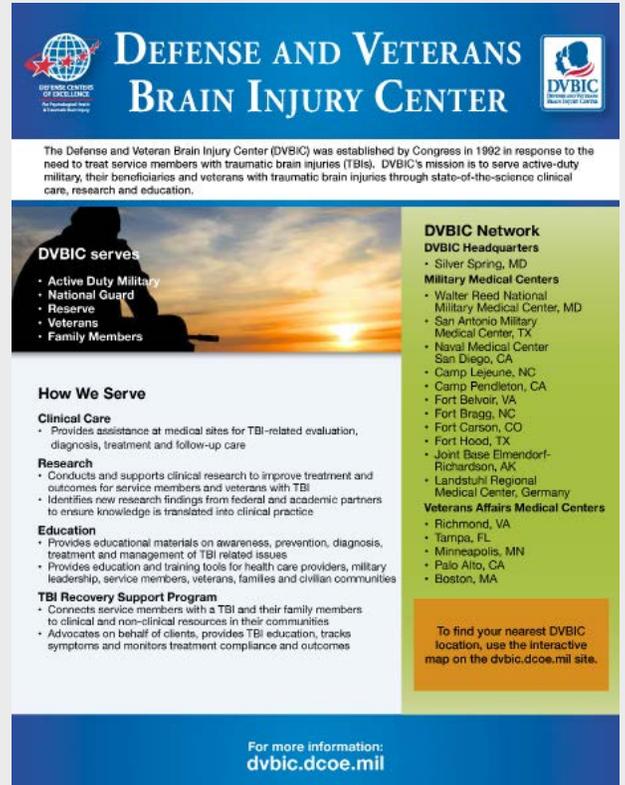
- Download: <http://dvbic.dcoe.mil/material/dvbic-fact-sheet>

### Audience:

- All audiences

### Format:

- Fact sheet



**DEFENSE AND VETERANS BRAIN INJURY CENTER**

The Defense and Veterans Brain Injury Center (DVBIC) was established by Congress in 1992 in response to the need to treat service members with traumatic brain injuries (TBIs). DVBIC's mission is to serve active-duty military, their beneficiaries and veterans with traumatic brain injuries through state-of-the-science clinical care, research and education.

**DVBIC serves:**

- Active Duty Military
- National Guard
- Reserve
- Veterans
- Family Members

**How We Serve**

**Clinical Care**

- Provides assistance at medical sites for TBI-related evaluation, diagnosis, treatment and follow-up care

**Research**

- Conducts and supports clinical research to improve treatment and outcomes for service members and veterans with TBI
- Identifies new research findings from federal and academic partners to ensure knowledge is translated into clinical practice

**Education**

- Provides educational materials on awareness, prevention, diagnosis, treatment and management of TBI related issues
- Provides education and training tools for health care providers, military leadership, service members, veterans, families and civilian communities
- Connects service members with a TBI and their family members to clinical and non-clinical resources in their communities
- Advocates on behalf of clients, provides TBI education, tracks symptoms and monitors treatment compliance and outcomes

**TBI Recovery Support Program**

- Connects service members with a TBI and their family members to clinical and non-clinical resources in their communities
- Advocates on behalf of clients, provides TBI education, tracks symptoms and monitors treatment compliance and outcomes

**DVBIC Network**

**DVBIC Headquarters**

- Silver Spring, MD

**Military Medical Centers**

- Walter Reed National Military Medical Center, MD
- San Antonio Military Medical Center, TX
- Naval Medical Center San Diego, CA
- Camp Lejeune, NC
- Camp Pendleton, CA
- Fort Belvoir, VA
- Fort Bragg, NC
- Fort Carson, CO
- Fort Hood, TX
- Joint Base Elmendorf-Richardson, AK
- Landstuhl Regional Medical Center, Germany

**Veterans Affairs Medical Centers**

- Richmond, VA
- Tampa, FL
- Minneapolis, MN
- Palo Alto, CA
- Boston, MA

To find your nearest DVBIC location, use the interactive map on the [dvbic.dcoe.mil](http://dvbic.dcoe.mil) site.

For more information: [dvbic.dcoe.mil](http://dvbic.dcoe.mil)

## DVBIC WEBSITE

### Product Description:

- Up-to-date information and resources related to TBI

### Additional Information:

- Website: <http://dvbic.dcoe.mil>
- Facebook: <http://www.facebook.com/DVBICpage>

### Audience:

- All audiences

### Format:

- Website and social media platform



**DEFENSE AND VETERANS BRAIN INJURY CENTER**

Home | Contact Us | Facebook

Service Members & Veterans | Family & Friends | Medical Providers | About DVBIC & TBI | Educational Materials | Research | DVBIC Locations | Press

**WE ARE SOCIAL!**  
facebook.com/DVBICpage  
Find us on Facebook and share with your community

Like DVBIC on Facebook  
Follow us for news, information and resources on traumatic brain injury.

Find a DVBIC location near you

Download and order materials

**TBI Community**  
DVBIC works closely with its partners and collaborators.

**HEAR FOR THE FUTURE**  
Learn how to recognize, prevent and recover from TBI.

**Webinar Series**  
DVBIC hosts a monthly TBI webinar series.

**Crisis Intervention (24/7)**  
U.S. Department of Veterans Affairs  
Suicide Prevention hotline  
1-800-273-8255

**DoD Numbers for TBI**  
Worldwide numbers for service members diagnosed with TBI since 2000.

**Featured Materials**  
Concussion Signs and Symptoms Fact Sheet (English)  
Addressing Family Needs

**DCoE Blog TBI Highlights**  
8 Resources to Help You Talk with Kids about Brain Injury, Mental Health  
Expert Offers TBI

# 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:

- Download: [http://www.dcoe.mil/About\\_DCoE/Program\\_Evaluation/2015\\_Resources\\_and\\_Training.aspx](http://www.dcoe.mil/About_DCoE/Program_Evaluation/2015_Resources_and_Training.aspx)
- Website: [http://www.dcoe.mil/About\\_DCoE/Program\\_Evaluation.aspx](http://www.dcoe.mil/About_DCoE/Program_Evaluation.aspx)
- PEI YouTube Channel: [https://www.youtube.com/playlist?list=PLgD\\_IzCQbILpE-Ukt7S97DvomVqKGG\\_vl](https://www.youtube.com/playlist?list=PLgD_IzCQbILpE-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](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

**NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY**

HOME ABOUT PORTFOLIO MEDIA CONTACT

Search

**Promote Your Parenting!**  
Take the free online course today.

**PARENTING**  
For Service Members and Veterans

**T2 Feature News**

The National Center for Telehealth & Technology (T2) was honored today by a visit from Medal of Honor recipient US Army Staff Sergeant Ty Carter. He visited T2 to get an inside look at our technology which supports soldiers and their families with post-traumatic stress, traumatic brain injury (TBI) and other behavioral health issues. In addition to taking a tour and spending some hands-on time with our apps, he took a few minutes to share his comments and his appreciation of our work with T2 staff. Staff Sgt. Carter encouraged us to continue our work in technology and never to lose sight of the need to overcome the obstacles to care, such as stigma and lack of convenient access. He strongly suggested that removing the 'D' from PTSD would go a long way in helping soldiers seek the care they need. (October 25, 2013)

**POPULAR ARTICLES**

- New Mobile App Helps Troops to Self-Manage Behavior, Stress
- PTSD Coach Mobile App wins the ATA President's Award for Innovation
- DoD Website Connects Military Kids
- FE Coach on the Pentagon Channel
- T2 Treatments for PTSD Get Visual
- Military, VA release New Mobile App for PTSD Therapy
- Site keeps Kids Connected with Deployed Parents
- Mind Over Matter? At T2 the Two Work

# Resources for Service Members and Veterans

## Military Family Resources

---



# 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:

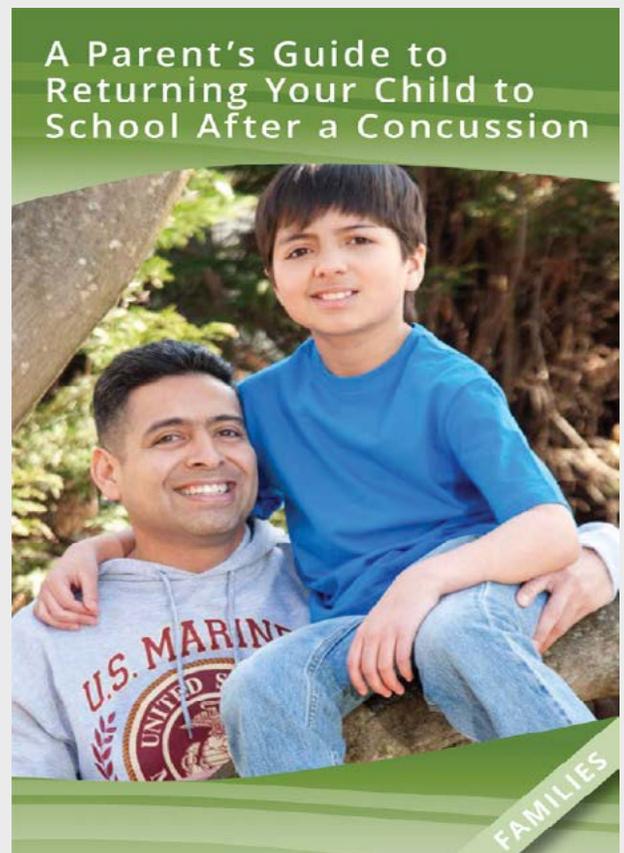
- Download: <https://dvbic.dcoe.mil/material/parental-guide-returning-your-child-school-after-concussion>

### 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:

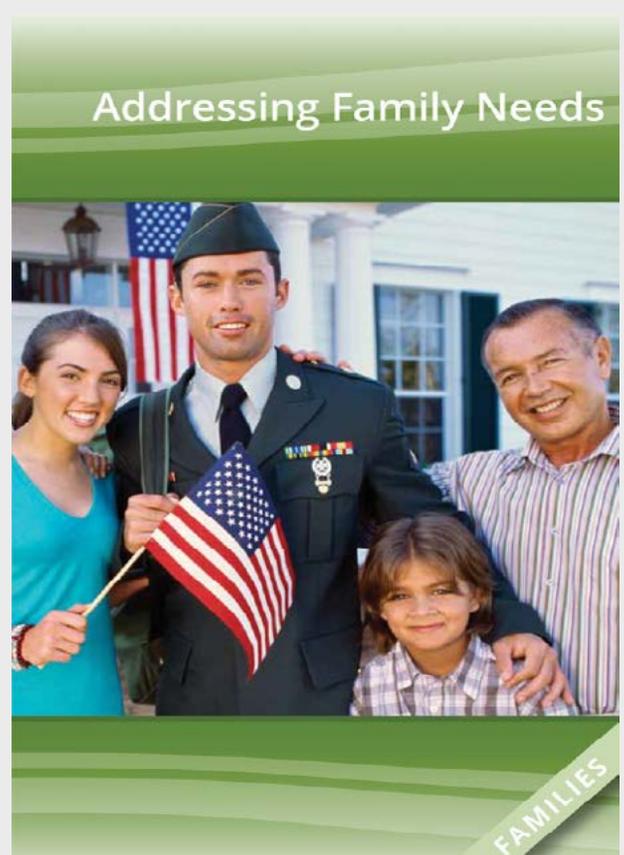
- Download: <https://dvbic.dcoe.mil/material/addressing-family-needs>

### 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:

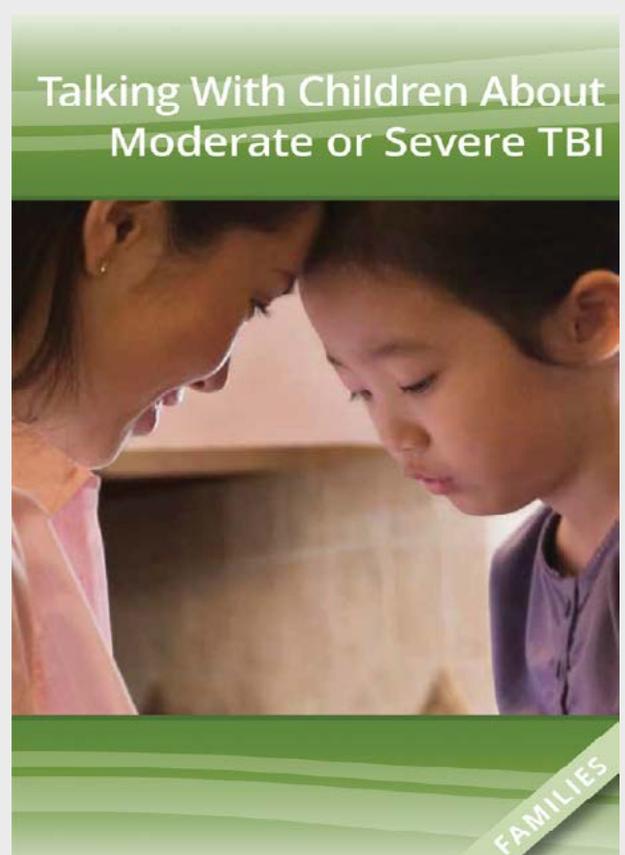
- Download: <https://dvbic.dcoe.mil/material/talking-children-about-moderate-or-severe-tbi>

### Audience:

- Military families

### Format:

- Booklet



# Resources for Service Members and Veterans: Military Family Resources

## 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:

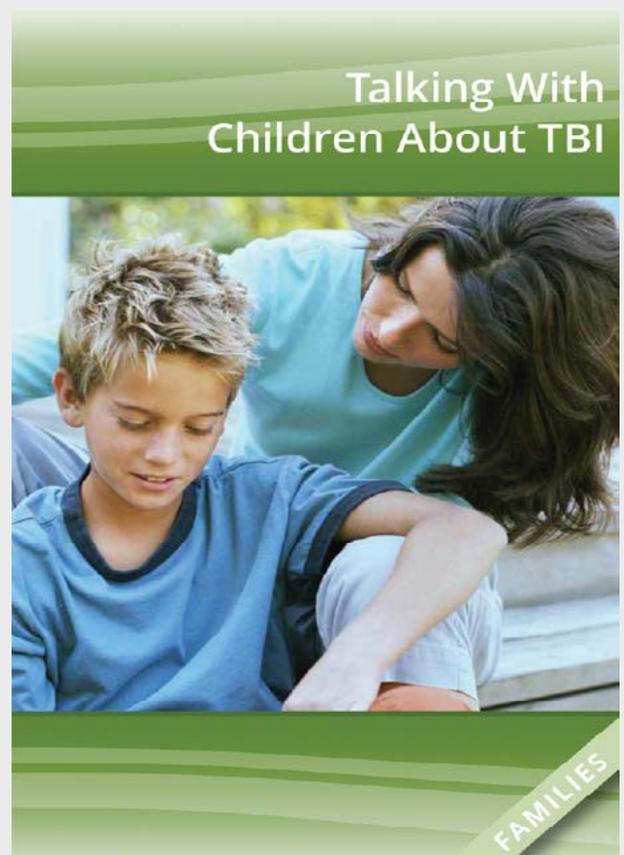
- Download: <https://dvbic.dcoe.mil/material/talking-children-about-tbi>

### 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>
- Facebook: <http://www.facebook.com/MilitaryKidsConnect>
- Twitter: <http://twitter.com/MilKidsConnect>
- YouTube: <http://www.youtube.com/user/MilitaryKidsConnect>

### Audience:

- Military children, service members, educators, parents and caregivers

### Format:

- Website and social media platform

### Awards:

- 2015 - "Communicator Award" from the Academy of Interactive and Visual Arts



# Resources for Service Members and Veterans: Military Family Resources

## SESAME 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:

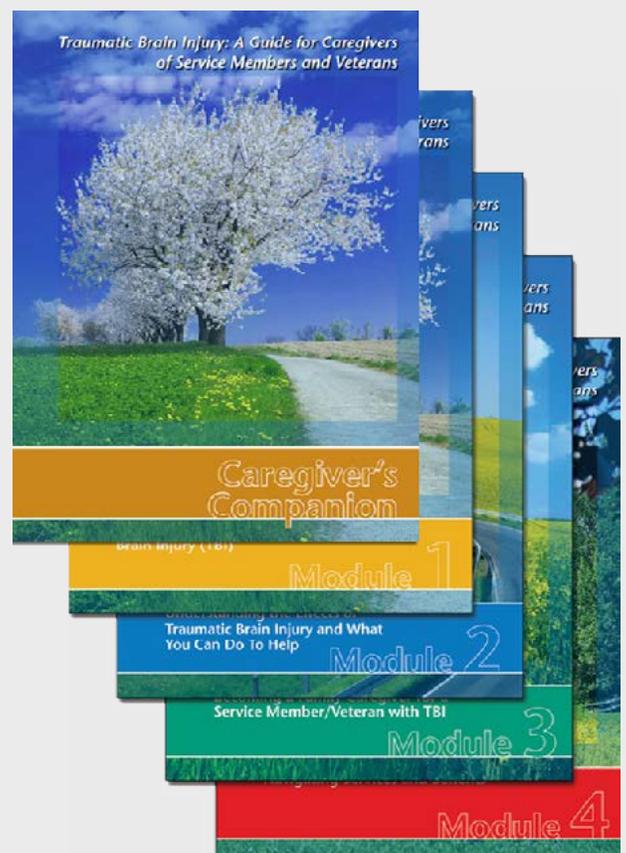
- Website: <http://dvbic.dcoe.mil/family-caregiver-curriculum>
- Download/Order:
  - Fact sheet: <https://dvbic.dcoe.mil/material/family-caregiver-fact-sheet>
  - Postcard: <https://dvbic.dcoe.mil/material/family-caregiver-postcards>

### Audience:

- Military families and caregivers

### Format:

- Booklet, fact sheet and postcard



# Resources for Service Members and Veterans Psychological Health

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# 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:
  - Google Play: <https://play.google.com/store/apps/details?id=com.t2>

### Audience:

- Health care providers and service members

### Format:

- Android





# Resources for Service Members and Veterans: Psychological Health

## 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:

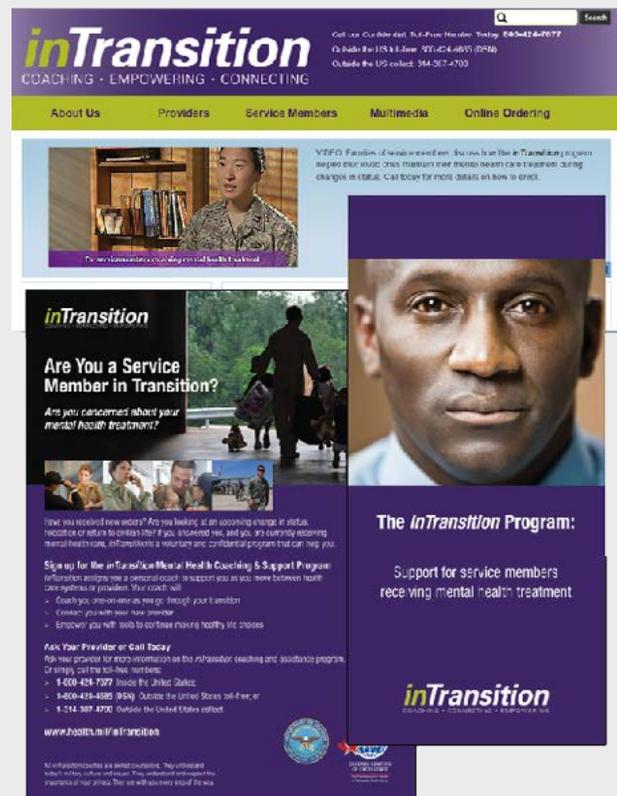
- Website: <http://intransition.dcoe.mil>
- Download: <http://intransition.dcoe.mil/Communications.aspx>
- Phone:
  - 800-424-7877 Inside the United States toll-free
  - 800-424-7877 Inside the United States toll-free
  - 800-424-4685 (DSN) Outside the United States toll-free
  - 314-387-4700 Outside 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:
  - Google Play: <https://play.google.com/store/apps/details?id=org.t2.adcompanion>
  - iTunes: <https://itunes.apple.com/us/app/life-armor/id499648341>

### Audience:

- Service members, veterans and military families

### Format:

- Android and iOS



# Resources for Service Members and Veterans: Psychological Health

## 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:
  - Google Play: <https://play.google.com/store/apps/details?id=com.t2.navyleadersguide>
  - 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:
  - Google Play: <https://play.google.com/store/apps/details?id=t2.paj>

### 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:

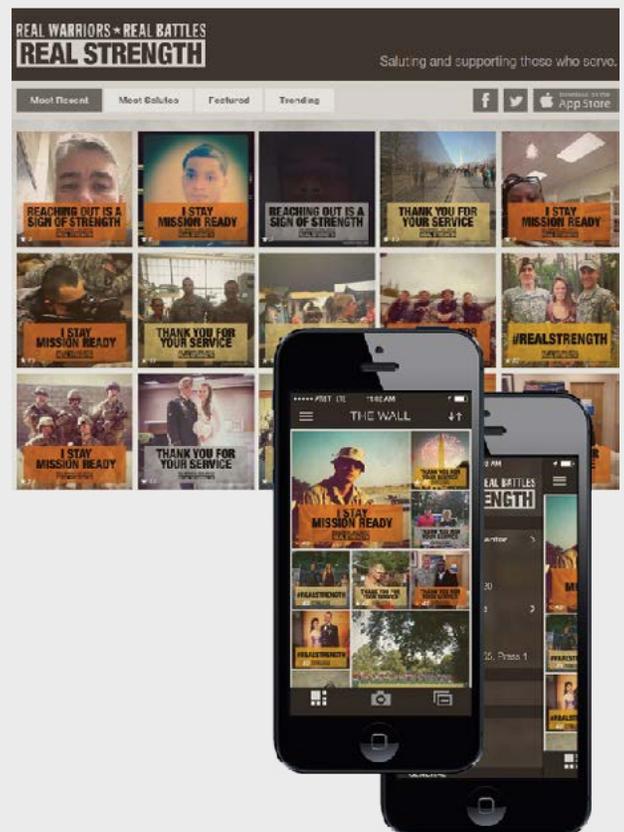
- Website: <https://realstrength.realwarriors.net>
- Download: <http://realwarriors.net/mobileapp.php>
- Facebook: <https://www.facebook.com/realwarriors>
- Twitter: <https://twitter.com/realwarriors>

### 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:

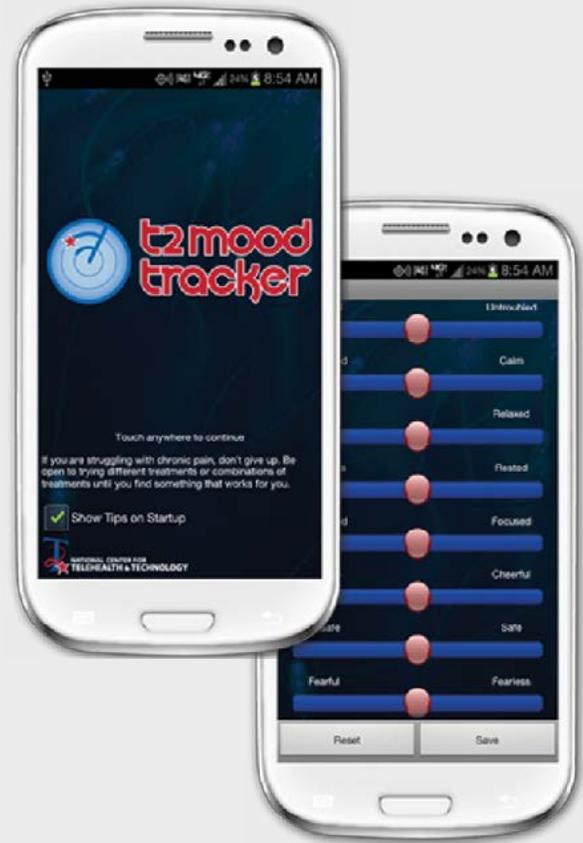
- Website: <http://t2health.dcoe.mil/apps/t2-mood-tracker>
- Download:
  - Google Play: <https://play.google.com/store/apps/details?id=com.t2.vas>
  - iTunes: <http://itunes.apple.com/us/app/t2-mood-tracker/id428373825>

### 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:
  - Google Play: <http://play.google.com/store/apps/details?id=t2.tacticalBreather>
  - iTunes: <http://itunes.apple.com/app/tactical-breather/id445893881>

### 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:

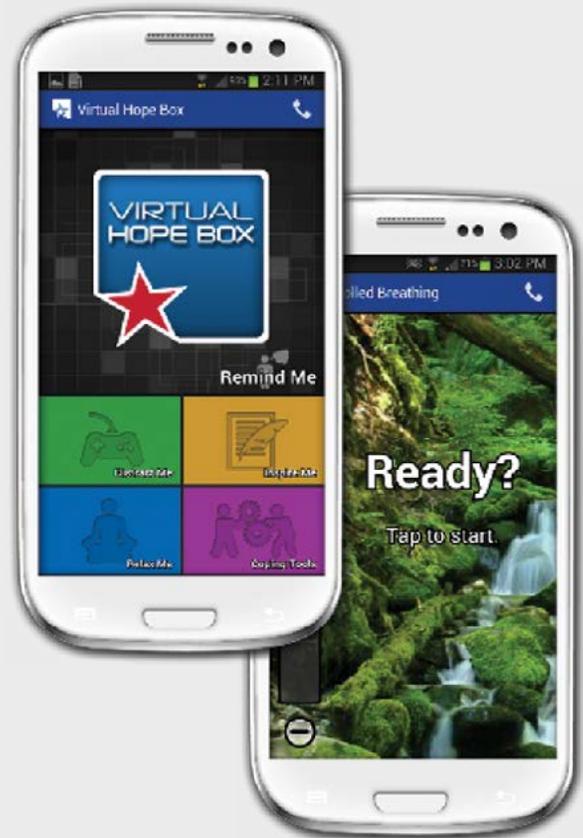
- Website: <https://t2health.dcoe.mil/apps/virtual-hope-box>
- Download:
  - Google Play: <https://play.google.com/store/apps/details?id=com.t2.vhb>
  - iTunes: <https://itunes.apple.com/us/app/virtual-hope-box/id825099621>

### Audience:

- All audiences

### Format:

- Android and iOS



# Resources for Service Members and Veterans Traumatic Brain Injury

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# 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>
- Facebook: <http://facebook.com/aheadforthefuture>
- Twitter: [https://twitter.com/AHFTF\\_Page](https://twitter.com/AHFTF_Page)
- YouTube: <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:

- Download/Order: <https://dvbic.dcoe.mil/material/acute-concussion-mtbi-educational-brochure>

### Audience:

- Service members and veterans

### Format:

- Brochure



# Resources for Service Members and Veterans: Traumatic Brain Injury

## 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:

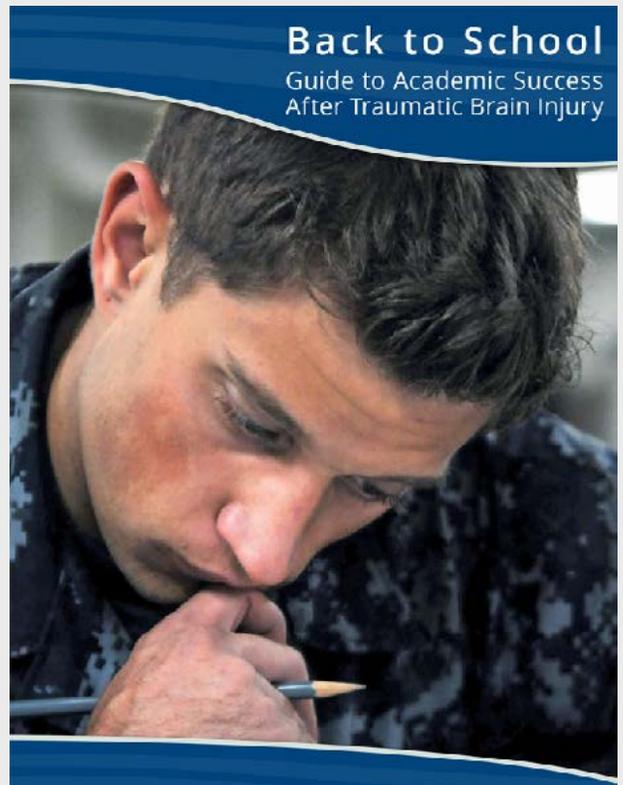
- Download/Order: <https://dvbic.dcoe.mil/material/back-school-guide>

### 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:

- Download/Order: <https://dvbic.dcoe.mil/material/concussionmtbi-information-pamphlet-use-1-month-after-injury-not-acute>

### Audience:

- Service members and veterans

### Format:

- Brochure



# Resources for Service Members and Veterans: Traumatic Brain Injury

## 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:

- Download: <https://dvbic.dcoe.mil/material/concussionmild-traumatic-brain-injury-mtbi-and-posttraumatic-stress-disorder-ptsd-fact>

### Audience:

- Service members, veterans, military families and friends

### Format:

- Fact sheet

**WHAT IS A TRAUMATIC BRAIN INJURY (TBI)?**

- A TBI is the disruption of normal brain function caused by an external force including a jolt or blow to the head...
- Not all blows or jolts to the head cause a TBI.
- A TBI may be classified as mild, moderate or severe. A mild TBI, also called a concussion, is the most common form.
- With a concussion patients may or may not lose consciousness, remember the event (amnesia), feel confused or "foggy" immediately after the injury.

**WHAT IS POSTTRAUMATIC STRESS DISORDER (PTSD)?**

- PTSD describes a group of symptoms that may develop after you are exposed to actual or threatened death, serious injury or sexual violence.
- These events can include combat exposures; domestic violence; sexual, mental or physical abuse; a motor vehicle crash; a terrorist attack; or a natural disaster.

**IS THERE A CONNECTION BETWEEN CONCUSSION AND PTSD? CAN I HAVE BOTH?**

- Yes, you can have both. Concussion and PTSD can be caused by the same traumatic event.
- Yes, Concussion and PTSD involve physical changes and psychological symptoms.
- Some people with a concussion also have PTSD, but not everyone does.
- The symptoms of PTSD and concussion may be similar and make it hard to tell which condition you have. Common symptoms for each are listed below.

**Possible Symptoms of Concussion**

- headache
- dizziness/balance problems
- nausea
- sensitivity to light and sound
- vision changes
- impulsivity

**Possible Symptoms of PTSD**

- on high alert
- startle easily
- fearfulness
- flashbacks
- nightmares
- guilty feelings
- avoidance
- numbness
- self-destructive behavior

**Overlapping Symptoms**

- fatigue
- sleep problems
- trouble with memory and attention
- depression
- anxiety
- irritability

**CO-OCCURRING CONDITIONS: CONCUSSION & PTSD**

**PATIENTS**

## 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

**PROTECT YOUR STRONGEST WEAPON**

**Concussion**  
Know the symptoms

**HEADS**

- H** Headaches and/or Vomiting ✓
- E** Ears Ringing ✓
- A** Amnesia, Altered/Loss of Consciousness ✓
- D** Double Vision and/or Dizziness ✓
- S** Something Feels Wrong or Is Not Right ✓

**PROTECT YOUR STRONGEST WEAPON**

**Concussion**  
Know the symptoms

**HEADS**

- H** Headaches and/or Vomiting ✓
- E** Ears Ringing ✓
- A** Amnesia, Altered/Loss of Consciousness ✓
- D** Double Vision and/or Dizziness ✓
- S** Something Feels Wrong or Is Not Right ✓

If you or a buddy experiences symptoms of a **CONCUSSION**, get checked out.

info@DVbic.org www.DVbic.org



# Resources for Service Members and Veterans: Traumatic Brain Injury

## MILD TBI SYMPTOM MANAGEMENT FACT SHEETS

### Product Description:

- Provides coping and recovery tips for patients with TBI symptoms:
  - Headache
  - Memory
  - Mood changes
  - Sleep disturbances
  - Head injury and dizziness
  - 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:
  - Brochure: [http://dvbic.dcoe.mil/sites/default/files/uploads/RSP/2014\\_TBI\\_RSP\\_Brochure.pdf](http://dvbic.dcoe.mil/sites/default/files/uploads/RSP/2014_TBI_RSP_Brochure.pdf)
  - Fact sheet: [http://dvbic.dcoe.mil/sites/default/files/DVBIC\\_TBI\\_Recovery-Support-Program\\_FactSheet\\_2015-02-19.pdf](http://dvbic.dcoe.mil/sites/default/files/DVBIC_TBI_Recovery-Support-Program_FactSheet_2015-02-19.pdf)
- Website: <http://dvbic.dcoe.mil/tbi-recovery-support-program>
- Email: [mrmc.dcoe.TBIrecovery-support@mail.mil](mailto:mrmc.dcoe.TBIrecovery-support@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:

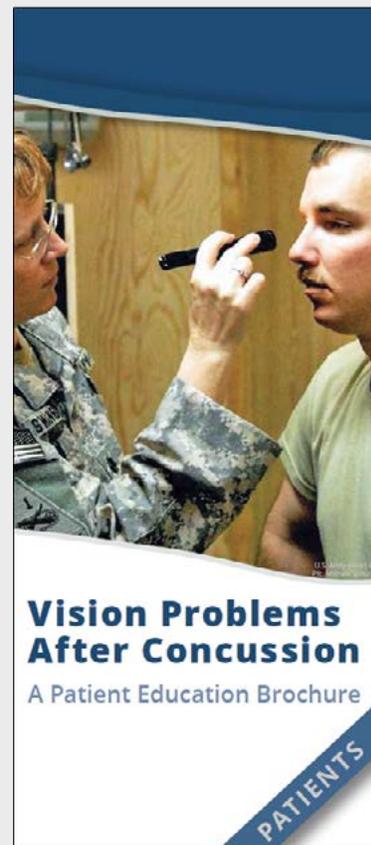
- Download/Order: <https://dvbic.dcoe.mil/material/assessment-and-management-visual-dysfunction-associated-mtbi-patient-tool>

### Audience:

- Service members and veterans

### Format:

- Brochure



# Resources for Service Members and Veterans: Traumatic Brain Injury

## 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://dvvic.dcoe.mil/material/sleep-kit>

### Audience:

- Service members and veterans

### Format:

- Toolkit



# Resources for Health Care Providers

## Psychological Health

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# 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:

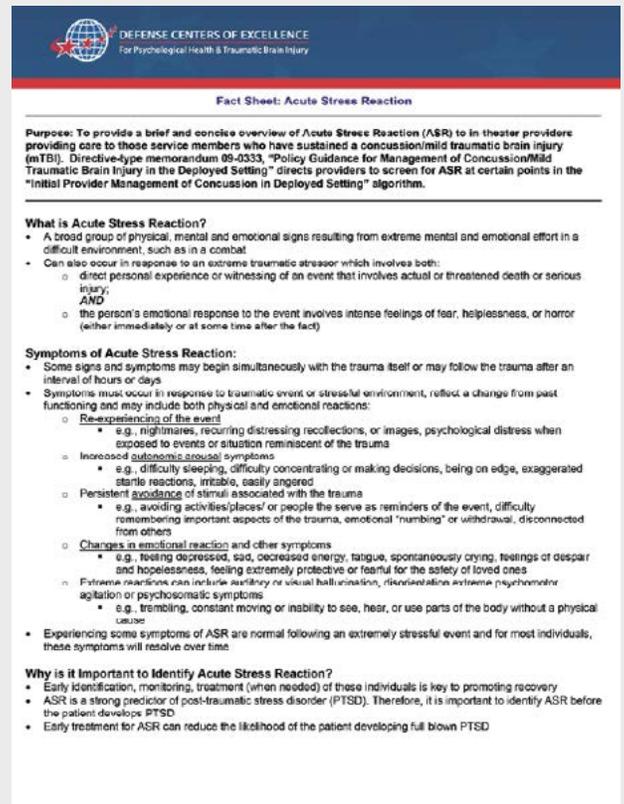
- Download: <https://dvbic.dcoe.mil/material/acute-stress-reaction-fact-sheet>

### 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



# Resources for Health Care Providers: Psychological Health

## 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:

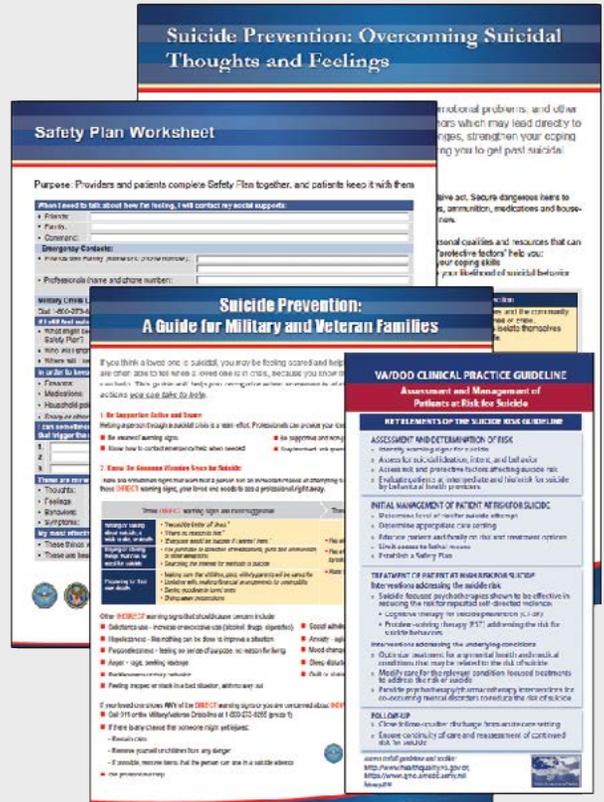
- Download:
  - <https://www.qmo.amedd.army.mil/suicide/suicide.htm> (under the Health Care Team tab)
  - <http://www.healthquality.va.gov/guidelines/mh/srb/index.asp>
- Website: [http://dcoe.mil/PsychologicalHealth/Suicide\\_Prevention.aspx](http://dcoe.mil/PsychologicalHealth/Suicide_Prevention.aspx)

### 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:

- Download: [http://www.dcoe.mil/Libraries/Documents/DCoE\\_CAM\\_Modalties\\_and\\_Interventions.pdf](http://www.dcoe.mil/Libraries/Documents/DCoE_CAM_Modalties_and_Interventions.pdf)

### Audience:

- Health care providers

### Format:

- Fact sheet



### Complementary and Alternative Medicines (CAM), Modalities and Interventions

#### WHAT IS CAM?

CAM is a group of diverse clinical and health practices and products that are not presently considered to be part of conventional medicine or accepted standards of care. Further definition is below.

- **Alternative medicine** is used in place of conventional treatment.
- **Complementary medicine** is used in parallel with conventional therapies.
- **Integrative medicine** synergistically combines conventional and CAM treatments to achieve safe and effective care.

Classification of CAM Modalities	Clinical use of CAM Modalities in Veterans Affairs and the Military Health System
<b>Whole Medicine Systems</b> <ul style="list-style-type: none"> <li>Traditional Chinese medicine (acupuncture)</li> <li>Naturopathic medicine</li> <li>Homeopathy</li> <li>Ayurveda</li> <li>Native American herbalism</li> </ul>	<b>Acupuncture</b> has been used for about 2500 years. It involves insertion of sterile, thin disposable needles into body, ear and scalp points, and may include infrared heat, electro-acupuncture and moxibustion. It is used as adjunctive treatment for chronic pain, stress management, anxiety, depression, posttraumatic stress disorder (PTSD), traumatic brain injury and withdrawal symptoms of substance use disorder.
<b>Mind-Body Medicine</b> <ul style="list-style-type: none"> <li>Meditation (mindfulness, qi gong, vipassana)</li> <li>Movement meditation (yoga, tai chi)</li> <li>Breath based practices</li> <li>Spiritual/prayer based practices</li> <li>Bioidentical</li> </ul>	<b>Mind-body interventions</b> seek to engage mind-body connection and spirituality as part of the healing process. Mindfulness meditation is the most common practice and is used as adjunctive treatment for stress management, anxiety, PTSD, depression and pain.
<b>Manipulative Body-Based Practices and Energy Therapy</b> <ul style="list-style-type: none"> <li>Osteopathic manipulation (osteopathic, chiropractic care)</li> <li>Soft tissue mobilization (massage, tuina, myofascial release, cranio-sacral therapy)</li> <li>Bioidentical energy medicine (healing touch, reiki)</li> </ul>	<b>Chiropractic care</b> focuses on performance of osseous adjustments and manipulations to the spine or other joints to correct alignment problems, alleviate pain, improve function and support the body's natural ability to heal itself. <b>Clinical Indications</b> for chiropractic care include back pain, neck pain, headaches and radiculopathy.
<b>Diet/Nutritionally Based Interventions</b> <ul style="list-style-type: none"> <li>Dietary medicine</li> <li>Clinical nutrition therapy (macronutrient status, dietary supplements)</li> </ul>	<b>Dietary medicine</b> uses plant-based substances for their pharmacological properties to achieve therapeutic effects. <b>Clinical nutrition therapy</b> is the use of dietary modifications and nutritional supplements to achieve a specific therapeutic goal. <b>Common indications</b> for use of herbs and nutrients are general health and prevention, diabetes mellitus, weight loss, coronary disease, hypertension.

# Resources for Health Care Providers: Psychological Health

## 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>
- Website: <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:

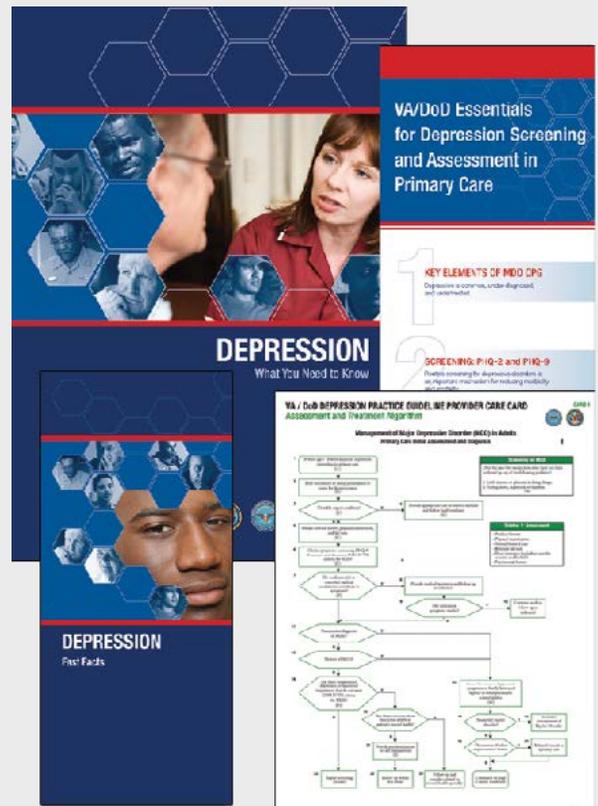
- Download: <http://www.healthquality.va.gov/guidelines/MH/mdd>
- Order: <https://www.qmo.amedd.army.mil/QMOCPGShopCart/products.asp?cat=6>

### Audience:

- Health care providers

### Format:

- Clinical support tools



# 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>
- Download/Order (excludes CPG): <https://www.qmo.amedd.army.mil/OT/cot.htm>

### 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:

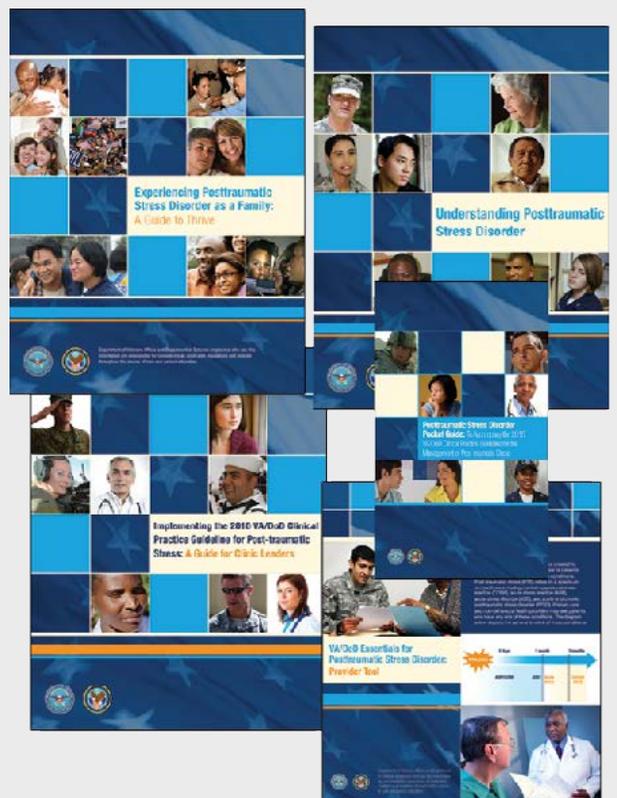
- Download: <http://www.healthquality.va.gov/guidelines/MH/ptsd>
- Order (CPG only): <https://www.qmo.amedd.army.mil/ptsd/ptsd.html>

### Audience:

- Health care providers

### Format:

- Clinical support tools



# Resources for Health Care Providers: Psychological Health

## 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>
- Order (CPG only): <https://www.qmo.amedd.army.mil/substance%20abuse/substance.htm>

### 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



# Resources for Health Care Providers: Psychological Health

## 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:

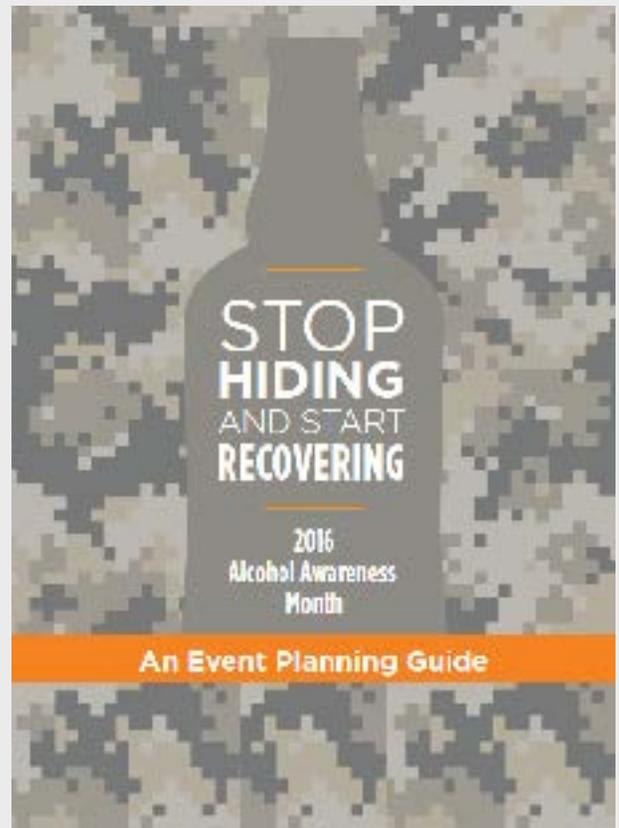
- Order Email: [mrmc.dcoe.t2-contactus@mail.mil](mailto:mrmc.dcoe.t2-contactus@mail.mil)
- Phone: 703-712-4291

### 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:

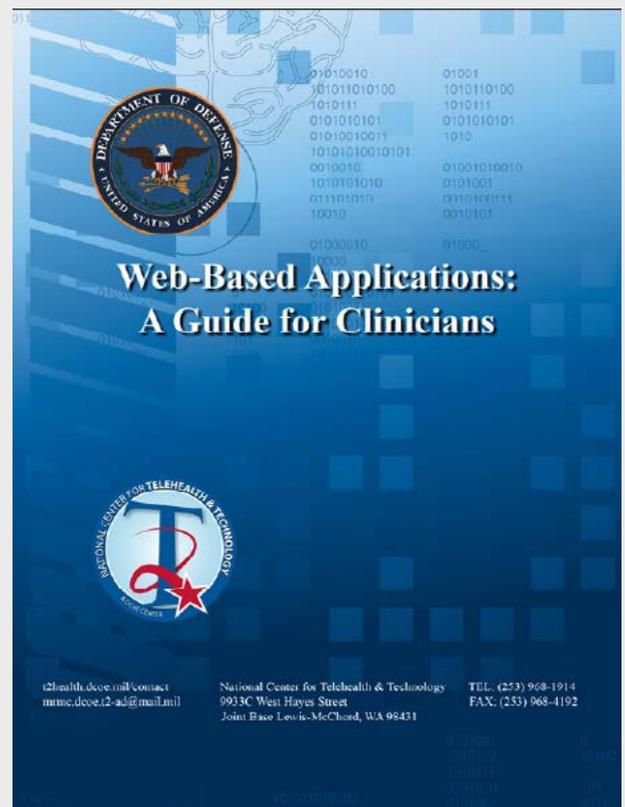
- Download: <http://t2health.dcoe.mil/sites/default/files/T2-Web-Applications-Clinicians-Guide-Feb2015.pdf>

### Audience:

- Health care providers

### Format:

- Booklet



# Resources for Health Care Providers

## Traumatic Brain Injury

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# Resources for Health Care Providers: Traumatic Brain Injury

## 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 in patients who have been exposed to mild TBI and an algorithm outlining steps for providers

### Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/assessment-and-management-dizziness-associated-mtbi-clinical-recommendation>

### Audience:

- Health care providers

### Format:

- Clinical support tools

**DCoE Clinical Recommendation | September 2012**

### Assessment and Management of Dizziness Associated with Mild TBI

**Introduction and Background**  
More than 294,000 service members sustained a traumatic brain injury (TBI) between 2002 and the first quarter of 2012. The majority of these (77 percent) were classified as mild TBI (mTBI), also known as concussion. While most concussions with mild complexity resolve within weeks to months, a small subset of individuals experience persistent symptoms and difficulty in rehabilitation. This is particularly true for mTBI with neurocognitive sequelae.

Dizziness is a common symptom following TBI and can have a significant impact on a service member's quality of life. Temporal bone fractures, labyrinthine concussion, benign paroxysmal positional vertigo (BPPV) or central causes are commonly implicated as causes of vestibular pathology, including the complaint of dizziness after head trauma. Other otologic conditions such as superior canal dehiscence can contribute to dizziness after mTBI.

The clinical recommendation provides the primary care provider an approach to evaluating dizziness following mTBI and guidance regarding referral for further vestibular evaluation and care. The recommendation is based on a review of currently published literature and the proceedings of a consensus conference convened by Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCEH) in collaboration with the Hearing Center of Excellence in November 2011. The consensus panel included the services DCoE and Civilian Dizziness Clinics, Air Force (AF) DVBIC, Naval U.S. Central O Command, and the Hearing Center of Excellence.

**Clinical Recommendation**  
The clinical recommendation is designed to assist providers in the diagnosis and management of dizziness associated with mTBI. The clinical algorithm addresses the diagnosis and management of dizziness associated with mTBI.

**Physical Examination**  
A comprehensive primary care physical examination for complaints of dizziness includes the following: a complete otolaryngology examination; a hearing assessment to detect post-traumatic hearing loss as possible aetiology; a blood pressure decrease of at least 20 mmHg, a heart rate of at least 10 beats per minute, or a pulse increase of 30 beats per minute with acute hypotension. Features of general appearance, respiratory and cardiovascular asymmetry, hoarseness, and cyanosis may increase the likelihood that a non-otologic cause of dizziness is present. A detailed otologic exam can rule out a foreign body or other otologic pathology.

System	Disturbance/Exam	Relevance	Acute/Chronic	ENT	Otolaryngology	ENT
Dizziness	Gait Assessment (stair and tandem)				X	K
	Systolic/biastolic/mid-diastolic murmurs	X				
	Heart rate	X				
	Heart rate variability	X				
Vestibular	Postural blood pressure	X				
	30 sec	X				
Labyrinthine	Corrosive or staining tympanic membrane	X				
	Acoustic neuroma	X				

## 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:

- Download/Order: <https://dvbic.dcoe.mil/material/assessment-and-management-visual-dysfunction-associated-mtbi-clinical-recommendation>

### Audience:

- Health care providers

### Format:

- Clinical support tools

**DCoE Clinical Recommendation | January 2013**

### Assessment and Management of Visual Dysfunction Associated with Mild Traumatic Brain Injury

**Introduction and Background**  
More than 294,000 service members sustained a traumatic brain injury (TBI) between 2002 and the first quarter of 2012. The majority of these (77 percent) were classified as mild TBI (mTBI), also known as concussion. While most concussions with mild complexity resolve within weeks to months, a small subset of individuals experience persistent symptoms and difficulty in rehabilitation. This is particularly true for mTBI with neurocognitive sequelae.

Visual dysfunction is a common complaint following mTBI and can have a significant impact on a service member's quality of life. Temporal bone fractures, labyrinthine concussion, benign paroxysmal positional vertigo (BPPV) or central causes are commonly implicated as causes of vestibular pathology, including the complaint of dizziness after head trauma. Other otologic conditions such as superior canal dehiscence can contribute to dizziness after mTBI.

The clinical recommendation provides the primary care provider an approach to evaluating dizziness following mTBI and guidance regarding referral for further vestibular evaluation and care. The recommendation is based on a review of currently published literature and the proceedings of a consensus conference convened by Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCEH) in collaboration with the Hearing Center of Excellence in November 2011. The consensus panel included the services DCoE and Civilian Dizziness Clinics, Air Force (AF) DVBIC, Naval U.S. Central O Command, and the Hearing Center of Excellence.

**Clinical Recommendation**  
The clinical recommendation is designed to assist providers in the diagnosis and management of dizziness associated with mTBI. The clinical algorithm addresses the diagnosis and management of dizziness associated with mTBI.

**Physical Examination**  
A comprehensive primary care examination for complaints of visual dysfunction includes the following: a complete otolaryngology examination; a hearing assessment to detect post-traumatic hearing loss as possible aetiology; a blood pressure decrease of at least 20 mmHg, a heart rate of at least 10 beats per minute, or a pulse increase of 30 beats per minute with acute hypotension. Features of general appearance, respiratory and cardiovascular asymmetry, hoarseness, and cyanosis may increase the likelihood that a non-otologic cause of dizziness is present. A detailed otologic exam can rule out a foreign body or other otologic pathology.

# Resources for Health Care Providers: Traumatic Brain Injury

## 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:

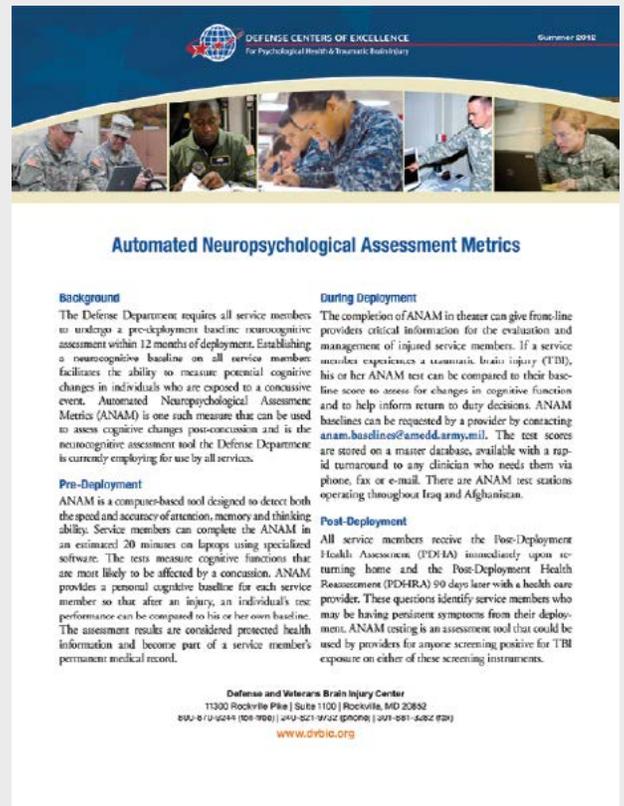
- Download: <http://www.dcoe.mil/content/Navigation/Documents/About%20ANAM.pdf>
- Email: [usarmy.jbsa.medcom.mbx.otsg--anam-baselines@mail.mil](mailto:usarmy.jbsa.medcom.mbx.otsg--anam-baselines@mail.mil)

### 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:

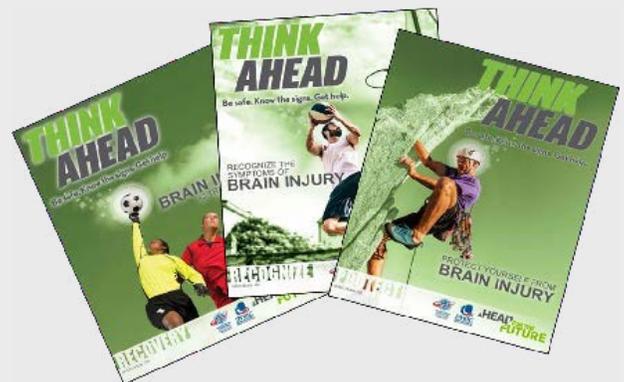
- Download/Order: <https://dvbic.dcoe.mil/material/2016-brain-injury-awareness-month-posters-think-ahead>

### Audience:

- All audiences

### Format:

- Set of posters



# Resources for Health Care Providers: Traumatic Brain Injury

## 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:

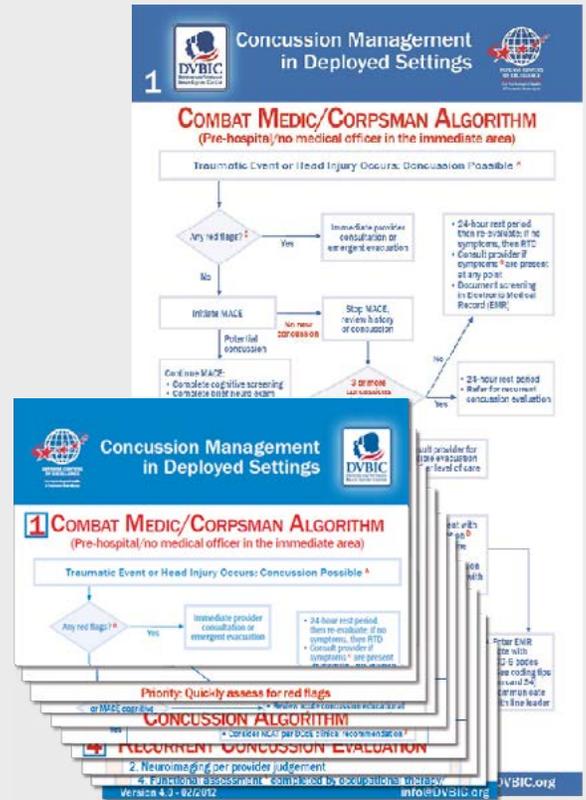
- Medical Dosage Guidance Update: <https://dvbic.dcoe.mil/medical-dosage-guidance-update>
- Order: <https://dvbic.dcoe.mil/material/concussion-management-algorithm-cma-pocket-cards>

### 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:

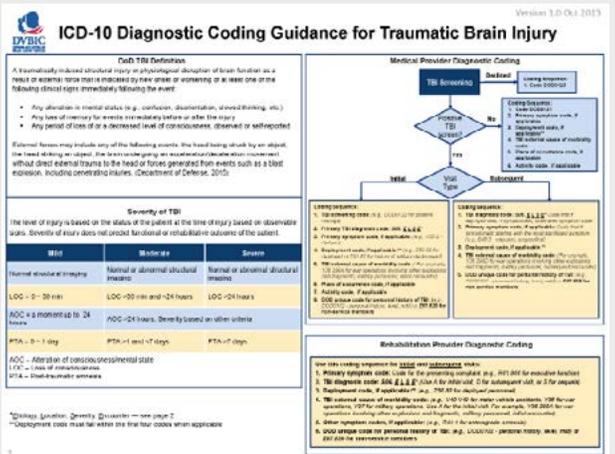
- Download: <https://dvbic.dcoe.mil/material/icd-10-coding-guidance-traumatic-brain-injury-training-slides>

### Audience:

- Health care providers

### Format:

- Training slides



# Resources for Health Care Providers: Traumatic Brain Injury

## 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:

- Download/Order: <https://dvbic.dcoe.mil/material/military-acute-concussion-evaluation-mace-pocket-cards>
- Download/Order: <https://dvbic.dcoe.mil/material/military-acute-concussion-evaluation-mace-wallet-cards>

### Audience:

- Health care providers

### Format:

- Pocket and wallet cards

The image shows a stack of MACE (Military Acute Concussion Evaluation) forms. The top form is clearly visible and contains the following information:

- Header:** DVBC logo, MACE Military Acute Concussion Evaluation, and a globe icon.
- Form Fields:** Patient Name, Service Member ID#, Unit, Date of Injury, Time of Injury, Examiner, Date of Evaluation, Time of Evaluation.
- CONCUSSION SCREENING:** Complete this section to determine if there was both an injury event AND an alteration of consciousness.
- 1. Description of Incident:** A. Record the event as described by the service member or witness. Use open-ended questions to get as much detail as possible.
- B. Record the event:** Check all that apply: Exposed, Blunt Contact, Fall.
- C. Was there an alteration of consciousness?** YES/NO, If yes, for how long? (minutes), Schedule of Inattention, Items of a Common Object, Does either arm d/dt down?
- Footer:** Release 02/2012, info@DVBC.org, Page 1 of 8.

## 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:

- Download/Order: <https://dvbic.dcoe.mil/resources/management-headache/clinical-suite>

### Audience:

- Health care providers

### Format:

- Clinical support tools

The image displays the 'Management of Headache Following Concussion/Mild Traumatic Brain Injury' clinical suite. It includes:

- Introduction:** Overview of the clinical suite and its purpose.
- Background:** Information on the prevalence of post-traumatic headache and the need for clinical guidance.
- Managing Headaches After a Concussion/Mild Traumatic Brain Injury:** A flowchart and text-based guidance for primary care managers in deployed and non-deployed settings.
- HEALTHCARE PROVIDERS:** A list of healthcare providers who should be consulted for headache management.
- HEALTHCARE SETTINGS:** A list of healthcare settings where headache management should be provided.
- NON-PHARMACOLOGIC TREATMENTS:** A list of non-pharmacologic treatments for headache management.
- PHARMACOLOGIC TREATMENTS:** A list of pharmacologic treatments for headache management.
- Footer:** DVBC logo, MACE logo, and the title 'Management of Headache Following Concussion/Mild Traumatic Brain Injury: Guidance for Primary Care Management in Deployed and Non-Deployed Settings'.

# Resources for Health Care Providers: Traumatic Brain Injury

## 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:

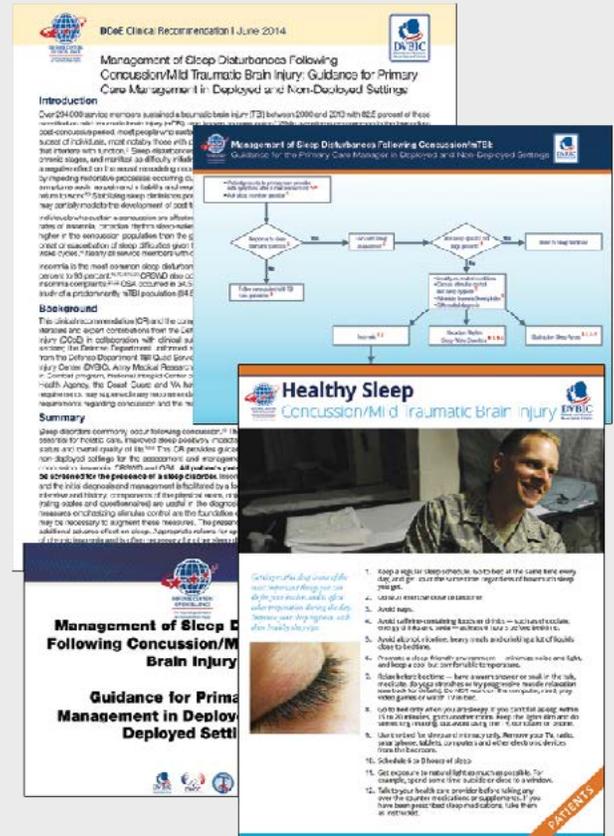
- Download/Order: <http://dvbic.dcoe.mil/resources/management-sleep-disturbances>

### 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:

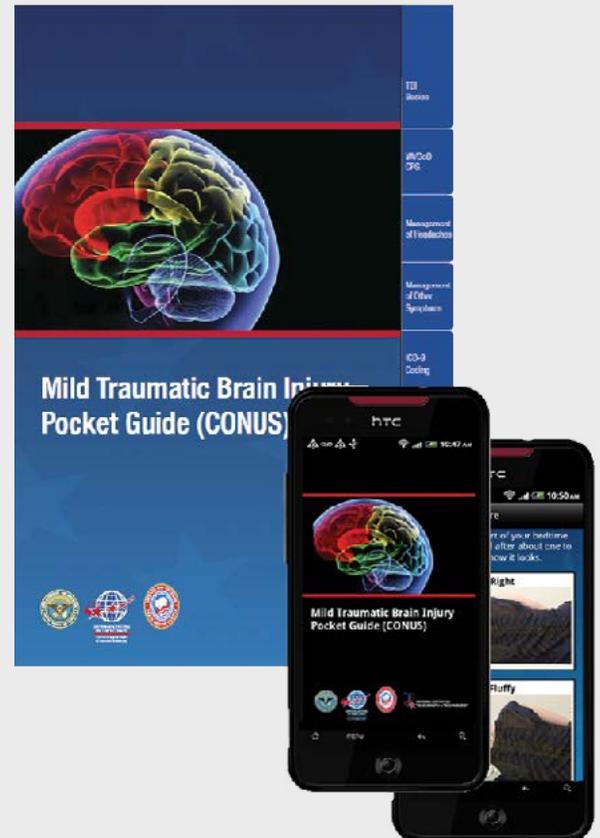
- Download PDF/Order: <https://dvbic.dcoe.mil/material/mtbi-pocket-guide-and-mobile-application>
- Download App:
  - Google Play: <https://play.google.com/store/apps/details?id=org.t2health.mtbi>
  - iTunes: <http://itunes.apple.com/us/app/mtbi-pocket-guide/id479348842>

### 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

The screenshot shows the cover of the "Military TBI Case Management Quarterly Newsletter" from the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury. The cover features a blue header with the organization's name and logo. Below the header, the title "Military TBI Case Management Quarterly Newsletter" is prominently displayed, along with the subtitle "TBI Case Management Community of Interest". The main content area is divided into two columns. The left column, titled "Contents", lists eight items: 1. Quarterly Highlight: VA/DoD Collaborative Case Coordination Symposium; 2. Call for TBI Case Manager Nominations; 3. ICD-10 TBI Coding Guidance; 4. Sleep Issues and Soldiers' Health; 5. DCoE Summit Sessions Online; 6. TBI RSP at Landstuhl RMC; 7. 7 TBI Resources to Take Back to School; 8. DCoE/DVBC Webinar Series; 9. Latest TBI Numbers. The right column, titled "Quarterly Highlight", features the article "VA Hosts Model Event for Regional TBI Care Coordination" by Mary Ellen Krutz, Outreach Specialist, TBI Recovery Support Program, DVBC. The article describes a symposium at the Hunter Holmes McGuire VA Medical Center in Richmond, Virginia, hosted by the Department of Veterans Affairs (VA) and the Department of Defense (DoD). It focuses on improving access to appropriate services for traumatic brain injury (TBI) care of service members, National Guard and reserve components, and veterans. The symposium is part of a larger effort to replicate the program in other regions of the VA TBI/Polytrauma System of Care. Below the article, there is a section titled "About the Newsletter" which states that the newsletter is published by the Defense and Veterans Brain Injury Center, the traumatic brain injury (TBI) operational component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. It is intended for case managers and other providers who support warfighters with TBI and their families. The newsletter is a forum to share best practices, ideas and resources among the TBI care community. Comments and content suggestions for future editions of the newsletter and subscription updates may be sent to [Jenny.Gilks@dcoe.mil](mailto:Jenny.Gilks@dcoe.mil). At the bottom of the cover, there are social media icons for Facebook, Twitter, LinkedIn, and YouTube, along with contact information for the DCoE Outreach Center, including a phone number (866-966-1020) and website ([resources@dcoecol Outreach.org](http://resources@dcoecol Outreach.org)).

## NEUROCOGNITIVE ASSESSMENT TOOL CLINICAL RECOMMENDATION

### Product Description:

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

### Additional Information:

- Download: <https://dvbic.dcoe.mil/material/indications-and-conditions-theater-post-injury-neurocognitive-assessment-tool-ncat-testing>

### Audience:

- Health care providers and TBI case managers

### Format:

- Clinical recommendation

The screenshot shows the "DCoE Clinical Recommendation" document for the "Indications and Conditions for In-Theater Post-Injury Neurocognitive Assessment Tool (NCAT) Testing". The document is published by the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury. The main heading is "Indications and Conditions for In-Theater Post-Injury Neurocognitive Assessment Tool (NCAT) Testing". Below this, there is an "INTRODUCTION AND BACKGROUND" section which states that in accordance with Section 1673 of the NDAA HR 4986, signed into law in January of 2008, the Secretary of Defense was instructed to establish a protocol for the pre-deployment assessment and documentation of the cognitive functioning of Service Members deployed outside the United States. In advance of definitive evidence of superiority for any single Neuro-Cognitive Assessment Tool (NCAT), the Automated Neuropsychological Assessment Metrics (ANAM) was chosen by a DoD expert consensus panel as an interim instrument to implement this program pending further evaluation of computerized neurocognitive assessment tools. The DoD has successfully implemented a pre-deployment NCAT program utilizing the ANAM. According to the Defense and Veterans Brain Injury Center (DVBC), pre-deployment cognitive baseline results are being obtained for deploying Service Members (EMs). A baseline or pre-deployment ANAM testing, mandated within 12 months before deployment, provides a reference point for neurocognitive testing following traumatic brain injury. To support the practical use of ANAM as an assessment tool for Service Members sustaining concussion, the Army Neurocognitive Assessment Branch (NCAB) Office has distributed ANAM capable laptops for use by theater providers. Additionally, the Defense Health Information Management System (DHIMS) has been working closely with the DVBC NCAT office and Service Points of Contact (POCs) to create a web accessible system that can be incorporated into the Army MCA laptop image issued to deploying providers to enhance theater ANAM testing and facilitate more rapid access to pre deployment baseline studies to assist in the clinical neurocognitive assessment of the injured SM. There is general consensus that a subset of EMs diagnosed with concussion may benefit from post-injury NCAT testing. Clarification of the indications for post-injury neurocognitive testing, optimal conditions for testing, and who should be administering and interpreting the test, has been requested by theater providers. The following Clinical Recommendations are intended to offer guidance to providers regarding the effective use of NCAT testing following a TBI. These recommendations are based on the proceedings of a December 2010 Expert Panel convened by DVBC that included clinical subject matter experts representing all four Military Services and the Department of Veterans Affairs. The Clinical Recommendations were reviewed and approved by the DoD TBI Quad Service Cell. Below the introduction, there is a "CLINICAL RECOMMENDATIONS" section with three bullet points: 1. Post injury assessment with ANAM should be considered as one component of a comprehensive evaluation and result to any (RTD) assessment when a concussion is accompanied by symptoms lasting longer than 24 hours, post-traumatic amnesia (PTA) of any duration, or a loss of consciousness. The test can also be repeated serially following post-injury symptom resolution to document neurocognitive recovery to pre-deployment ANAM levels and to further inform the RTD assessment. 2. Post-injury NCAT testing should only be used as one component of a thorough clinical evaluation by a qualified provider. It should not be used in isolation for clinical decision making since it was not designed for the diagnosis of concussion. Ideally, a psychologist would be available for cognitive evaluations, including evaluation with ANAM. 3. ANAM should only be administered in a quiet, comfortable setting with no distractions. The Service Member (SM) should be well rested prior to ANAM testing and other medical conditions should be adequately addressed so as to not interfere with the ANAM testing procedure. For example, testing should be avoided when the SM is experiencing a severe headache, anxiety, sleep deprivation, or is reporting or exhibiting side effects of their current medications. At the bottom of the document, there is a footer with the text "REVISED | MAY 11", "DEFENSE CENTERS OF EXCELLENCE", and "PAGE | 1".

# 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:

- Download/Order: <https://dvbic.dcoe.mil/material/indications-and-conditions-neuroendocrine-dysfunction-screening-post-mtbi-recommendations>

### Audience:

- Health care providers

### Format:

- Clinical support tools

**DCoE Clinical Recommendation | August 2012**

**Indications and Conditions for Neuroendocrine Dysfunction Screening Post Mild Traumatic Brain Injury**

**Introduction and Background**

More than 233,345 traumatic brain injuries (TBI) have occurred in the military from 2000 through December 2011. The majority of these (90-95 percent) have been classified as mild TBI (mTBI). Most patients with mTBI recover completely within three months or less of injury. However, a small subset of these individuals experience persistent symptoms and difficulty in rehabilitation, particularly in the setting of co-occurring disorders. Neuroendocrine dysfunction (NED) may be a contributing factor in this setting of psychological symptoms or difficult rehabilitation following mTBI.

NED following TBI is the result of direct traumatic (biomechanical response) that interferes with the normal production and regulation of inter-related hormonal processes. The anterior pituitary is the most vulnerable and other anterior pituitary hormones (ACTH, GH, TSH, LH, FSH, PRL) are most frequently affected in mTBI. Anterior pituitary hormones and gonadotropins (LH, FSH, PRL) are normally secreted by the anterior pituitary. Deficiency of these hormones in adults may lead to symptoms such as weight gain, low blood pressure, low libido, low bone mass and amenorrhea. The screening strategy below is recommended to identify most individuals with NED related to mTBI. The onset of NED can range between 18 weeks and up to 36 months post-TBI.

**Clinical Recommendation**

- Consider NED in the differential diagnosis if greater than three months or new onset of symptoms, impaired cognition and memory.
- Symptoms of NED are similar to the symptoms of anxiety, depression, PTSD and diagnosis and improve prognosis.
- Anterior pituitary deficiencies account for the hormone and gonadotropin deficiencies are ACTH deficiency (adrenal insufficiency) may be difficult to identify. The following screening strategy is pending case development.
- The following describes the typical symptomatology:
  - Growth Hormone Deficiencies:** Characterized by weight gain, reduced heart rate, low blood pressure and decreased fat, bone.
  - Gonadotropin Deficiencies (LH/FSH):** Characterized by decreased testosterone in men, decreased estradiol in women.

**Flowchart: Neuroendocrine Dysfunction Screening Post Mild TBI**

The flowchart outlines the screening process for NED following mTBI. It starts with 'Mild Traumatic Brain Injury (mTBI) - 18 weeks to 36 months post-TBI'. The process branches into 'Screening for ACTH deficiency' and 'Screening for Gonadotropin deficiencies (LH/FSH)'. The ACTH screening involves a 1-hour cosyntropin test, and the Gonadotropin screening involves a 2-hour GnRH test. Both tests are followed by 'Interpretation of Results' and 'Management of NED'.

## 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:

- Download/Order: <https://dvbic.dcoe.mil/material/neuroimaging-following-mtbi-non-deployed-setting-clinical-recommendation>

### Audience:

- Health care providers

### Format:

- Clinical support tools

**DCoE Clinical Recommendation | July 2013**

**Neuroimaging Following Mild Traumatic Brain Injury in the Non-Deployed Setting**

**Introduction and Background**

More than 271,000 service members have sustained a traumatic brain injury (TBI) between 2000 and the first quarter of 2013. The majority of these (approximately 85%) occurred in the non-deployed environment and 82.4% were classified as mild TBI (mTBI), also known as concussion. Neuroimaging following mTBI has been a challenge for the Department of Defense (DoD) and the Department of Veterans Affairs (VA). The Department of Defense (DoD) and the Department of Veterans Affairs (VA) have established a joint task force to address this issue. The task force has identified a need for a standard approach for imaging from the acute through chronic stages following mTBI. Accordingly, an appendix (Appendix A) containing expert recommended minimum technical parameters and equipment is provided to generate standardization among the radiology community.

**Clinical Recommendation**

- The guidance contained in this CTI represents a review of currently published literature and is not intended to be used as a substitute for clinical judgment. The guidance is intended to be used in conjunction with clinical judgment and other relevant information.
- The guidance is intended to be used in conjunction with clinical judgment and other relevant information.
- The guidance is intended to be used in conjunction with clinical judgment and other relevant information.

**Table: Neuroimaging Recommendations following mTBI**

Modality	Technical Recommendations	Indications	Contraindications	Notes
CT	Non-contrast head CT (NCCT)	Acute (within 72 hours) mTBI with loss of consciousness, amnesia, or other symptoms of acute brain injury.	None	CT is the preferred modality for acute mTBI.
MR	Non-contrast MRI (NCMRI)	Chronic (more than 72 hours) mTBI with persistent symptoms.	None	MR is preferred for chronic mTBI.
MR	Contrast-enhanced MRI (CEMRI)	Chronic (more than 72 hours) mTBI with persistent symptoms and suspicion of tumor or infection.	None	CEMRI is preferred for chronic mTBI with suspicion of tumor or infection.
DTI	Diffusion Tensor Imaging (DTI)	Chronic (more than 72 hours) mTBI with persistent symptoms and suspicion of white matter injury.	None	DTI is preferred for chronic mTBI with suspicion of white matter injury.



## 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://twrl.dcoe.mil>

### Audience:

- TBI case managers

### Format:

- Website

The screenshot shows the homepage of the 'Telehealth and Technology Web Resource Locator For TBI Case Managers'. The page features a navigation menu with categories: Websites, Locations, Hotlines, TBI Info, and Research. A user login section is visible on the left, including fields for Username and Password, and links for 'Create new account' and 'Request new password'. Below the login section are links for 'Sign-up Instructions' and 'Privacy and Security Notice'. The main content area includes a large image of a hand using a computer mouse, with an 'online resources' callout box. At the bottom, three colored buttons display statistics: 1736 Websites (blue), 1156 Locations (orange), and 29 Hotlines (green). The footer text reads: 'For TBI Case Managers in support of Service Members, Veterans and their Families'.



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