

Psychological Health Clinical Support Tools

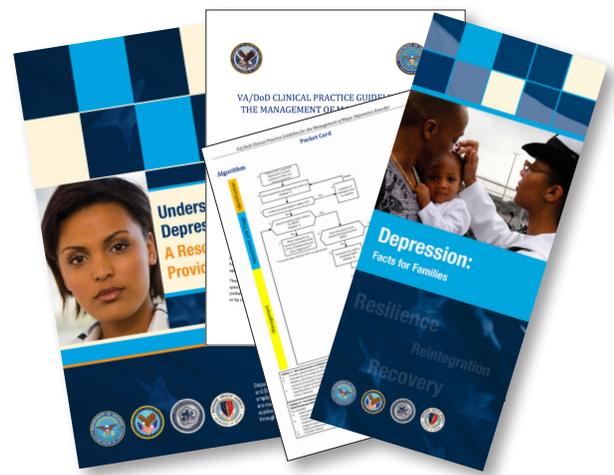
Clinical support tools help health care providers deliver evidence-based treatment that is consistent with Department of Veterans Affairs (VA) and Department of Defense (DoD) clinical practice guidelines. The VA and U.S. Army Medical Command partner with the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury to develop clinical support tools to accompany the clinical practice guidelines for psychological health conditions. These tools include educational materials and decision aids for primary and specialty care providers, patients and families.

To download the following clinical support tools, visit the Treatment Guidance section of the Deployment Health Clinical Center website at pdhealth.mil. Army, Air Force and Navy facilities can order hard copies of the tools on the Army Medical Command Quality Management Office website at qmo.amedd.army.mil.

MAJOR DEPRESSIVE DISORDER TOOLS

Tools that accompany the 2016 VA/DoD Clinical Practice Guideline for the Management of Major Depressive Disorder (MDD)

- **Management of MDD Patient Guide*** — Provides information to patients on MDD causes, symptoms, assessment and treatment, and general ways to improve health and well-being
- **Management of MDD Pocket Card*** — Provides health care providers with a quick reference tool for treating patients with MDD and related conditions
- **Depression: Fast Facts for Families** — Brochure with facts on depression symptoms, causes and effective treatments
- **Understanding Depression: A Resource for Providers and Patients** — Booklet with information on treatment, medications, tips on talking to family and friends about MDD and patient worksheets on how to improve sleep and manage symptoms



SUBSTANCE USE DISORDER TOOLS

Tools that accompany the 2015 VA/DoD Clinical Practice Guideline for the Management of Substance Use Disorders (SUD)

- **Screening and Treatment Pocket Card*** — Provides the screening and treatment algorithm and high level reminders for providers on screening, brief intervention, pharmacotherapy and psychotherapy guidance and resources for management of SUD
- **Stabilization Pocket Card*** — Provides the stabilization algorithm and information for providers on withdrawal assessment and management of SUD
- **Medications for the Treatment of Alcohol Use Disorder** — Patient booklet with information on the four most effective medication choices for treating alcohol addiction



- **Substance Use Disorder Affects Families** — Brochure for family members with facts about SUD and support-focused resources
- **Substance Use Disorder: What Line Leaders Need to Know** — Booklet to guide line leaders in educating service members about substance misuse and dependence

SUICIDE RISK TOOLS

Tools that accompany the 2013 VA/DoD Clinical Practice Guideline for the Assessment and Management of Patients at Risk for Suicide

FDA Warning/Regulatory Alert: This guideline references a drug(s) for which important revised regulatory and/or warning information has been released since completion of the guideline. Read more at qmo.amedd.army.mil.

- **Patient Safety Plan Worksheet** — Tool that enables providers and patients to collaboratively identify warning signs, sources of support, coping strategies and ways to access health care assistance
- **Suicide Prevention: A Guide for Military and Veteran Families** — Guide to educate family members about suicide warning signs, how to access care and appropriate treatments
- **Suicide Prevention: Overcoming Suicidal Thoughts and Feelings** — Guide to educate patients on strategies to build inner sources of strength, how to recognize warning signs, effective coping strategies, and the importance of treatment engagement
- **Suicide Risk Provider Pocket Guide*** — Concise overview of guidelines and decision aids for primary and specialty care providers related to prevention, symptom recognition, treatment and patient management



POSTTRAUMATIC STRESS DISORDER TOOLS

Tools that accompany the 2010 VA/DoD Clinical Practice Guideline for the Management of Posttraumatic Stress Disorder (PTSD). **This guideline is currently under revision.**

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- **PTSD Pocket Guide** — Tabbed pocket guide with a medication table to help providers identify, treat and manage PTSD
- **VA/DoD Essentials for PTSD Provider Tool** — Brochure is a step-by-step tool to assist health care providers with care of patients experiencing post-traumatic stress
- **Understanding PTSD** — Patient booklet that highlights the signs, symptoms and evidence-based treatments for PTSD
- **Experiencing PTSD as a Family** — Booklet to educate family members about the signs and symptoms of PTSD, where to get professional help and how to contribute to treatment
- **Implementing the 2010 VA/DoD Clinical Practice Guideline for PTSD: A Guide for Clinic Leaders** — Guide to help clinic leaders identify ways their clinics' practices can be more consistent with guideline recommendations

*Created by the VA

OPIOID THERAPY FOR CHRONIC PAIN TOOLS



Tools that accompany the 2010 VA/DoD CPG for the Management of Opioid Therapy for Chronic Pain (OTCP). **This guideline is currently under revision.**

- **Opioid Therapy for Chronic Pain Pocket Guide** — Tabbed pocket guide to help providers assess, start, adjust and discontinue opioid therapy
- **Opioid Therapy Pocket Card*** — Provides algorithms for assessment, start of trial and discontinuation of opioid therapy as well as contraindications to therapy and predictors, risks and preferred treatment for opioid misuse
- **Taking Opioids Responsibly for Your Safety and the Safety of Others** — Patient booklet that highlights responsible use of opioids, benefits and risks of opioid therapy and self-management tips
- **Fact Sheets** — Information for primary care providers including education on patient risk determination, tapering opioids, managing side effects and methadone use



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