



## Provider Resources

*For your convenience in finding behavioral health resources, Missouri Department of Mental Health (DMH) has compiled this list. These links will take you out of the DMH website. DMH neither endorse nor take responsibility for the content of other organization's websites.*

### **Post-Traumatic Stress Disorder (PTSD)**

*Hope for Recovery* is a short, educational video describing PTSD for health professionals. This is offered by the *National Center for PTSD-Veterans Administration*.

<http://www.ptsd.va.gov/professional/videos/hoperecovery-pro.asp>

The *Department of Veterans Affairs* offers a professional section that provides information on trauma and PTSD for Researchers, Providers & Helpers. Topics include: types of trauma, assessments, co-occurring problems, early intervention and more. <http://www.ptsd.va.gov/professional/index.asp>

The VA's *Community Provider Toolkit* features key tools to support the mental health services you provide to Veterans. You can find information on connecting with VA, understanding military culture and experience, as well as tools for working with a variety of mental health conditions.

<http://www.mentalhealth.va.gov/communityproviders/>

The Department of Defense (DoD) has made it a priority for health professionals to implement evidence-based *clinical practice guidelines* (CPGs) to improve and standardize the quality of care provided to its beneficiaries. CPGs contain recommendations based on evidence from a systematic review and synthesis of published medical literature. CPGs can improve the quality of clinical decisions. If carefully followed and implemented under the right circumstances, CPGs can further benefit health professionals by:

- Offering clear recommendations for practitioners who are uncertain about how to proceed.
- Providing a more rational basis for referral.
- Promoting efficient use of resources.
- Providing authoritative recommendations that reassure practitioners about the appropriateness of their treatment decisions.
- Improving the consistency of care.

To view the VA/DoD CPG on Management of Post-Traumatic Stress visit:

<https://www.qmo.amedd.army.mil/ptsd/CompleteGuideline.pdf>

24/7 Outreach Center is provided by the *Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury*. A trusted source of information on psychological health and traumatic brain injury issues and resources. Provides responses to your specific questions and needs. If we can't answer your question, we will be sure to connect you to someone that can—whether it's within the Department

of Defense, other federal agencies or a civilian/community organization. The site offers a call center, email and live chat. Available to clinicians and clients. <http://www.dcoe.health.mil/Families/Help.aspx>

**The following are resources you may consider offering your clients:**

*Five Steps Veterans Can Take to Support PTSD Treatment* offers tips to strengthen the ongoing recovery process. <http://realwarriors.net/veterans/treatment/ptsdtreatment.php>

The following website provides an overview of PTSD, assessment, treatment options, self-help for coping, the effects of PTSD on the family, relationships and more. This information is offered by the National Center for PTSD-Veterans Administration. [www.ptsd.va.gov/public/index.asp](http://www.ptsd.va.gov/public/index.asp)

*Make the Connection* offers video testimonials for mental illness, treatment for PTSD and healing. <http://maketheconnection.net/>