



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.

Military Cultural Training

Understanding Military Culture by the National Center for PTSD. The target audience includes: Mental health leaders/clinicians, clinical managers, psychiatrists, psychologists, social workers, nurses, and primary care clinicians. At the conclusion of this educational program, learners will be able to: describe military terms and demographics, discuss stressors in the military, report programs offered by DoD relevant to combat and operational stress, describe implications of military culture for clinicians.

http://www.ptsd.va.gov/professional/ptsd101/course-modules/military_culture.asp

Treating the Invisible Wounds of War (TTIWW) are free online courses designed to help primary care physicians, case workers, mental health providers, and other professionals - who may see a veteran or family member on an unrelated issue - develop a better understanding of the culture in which Service Members and Veterans, as well as their Families, live and work. The course also provides best practices for identifying, assessing, and treating Behavioral Health problems that result from the trauma of war.

http://www.amhca.org/assets/content/TreatingInvWoundsWar_ArmyOneSource_AMHCA.pdf

Serving Our Veterans-Behavioral Health Certificate. The curriculum is based on the latest evidence and clinical practice guidelines by the Department of Defense and Veterans Affairs for treating posttraumatic stress disorder, traumatic brain injury, addictions, depression and more. Courses include: Cognitive Processing Therapy for PTSD in Veterans and Military Personnel, Domestic and Intimate Partner Violence, Epidemiology of PTSD in Military Personnel and Veterans, Fundamentals of TBI and more.

<http://vets.cequick.com/veterans-behavioral-health-care-certificate.aspx>

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.healthquality.va.gov/Post_Traumatic_Stress_Disorder_PTSD.asp

Military Sexual Trauma (MST)

The *Center for Deployment Psychology* explains the prevalence of sexual assault, consequences, publications and links <http://deploymentpsych.org/topics-disorders/sexual-assault-in-the-military>

Sexual Trauma: Information for Women's Medical Providers has basic information for medical providers working with women with a history of sexual trauma including suggestions on preventing patient distress during exams. From the National Center for PTSD <http://www.ptsd.va.gov/professional/pages/ptsd-womens-providers.asp>

Trauma Exposure Measures. Find questionnaires to help you screen for trauma, including sexual trauma. These instruments assess the types and/or degree of severity of trauma exposure. From the National Center for PTSD <http://www.ptsd.va.gov/professional/pages/assessments/list-trauma-exposure-measures.asp>

Substance Abuse

The Department of Veterans Affairs has put together a *Substance Abuse Mini-Clinic*. This will provide clinicians with easy access to useful Veteran focused treatment tools. Substance use and dependence basics, assessing for a substance use problem, client educational materials, treatment & training and more. http://www.mentalhealth.va.gov/communityproviders/clinic_sud.asp

Traumatic Brain Injury (TBI)

The *Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury* offers free resources for health care professionals. Resources include mTBI pocket guide, ICD-9 TBI Coding Guidance pocket card, clinical recommendations for Cognitive Rehabilitation for mTBI, a co-occurring conditions tool kit and more. <http://www.dcoe.health.mil/TraumaticBrainInjury.aspx>

Defense and Veterans Brain Injury Center offers concussion/mTBI fact sheets, TBI basics, case management resources, online education and more. <http://www.dvbic.org/audience/medical-providers>

The *Center for Deployment Psychology* is a resource for health providers who are interested in gaining competency in working with individuals (military or civilian) who have sustained a TBI. The site describes TBI, offers online course (both free for no CEs and a fee to earn CEs), publications and related links <http://deploymentpsych.org/topics-disorders/mild-traumatic-brain-injury-tbi>

Traumatic Brain Injury (TBI) and combat stress that leads to post-traumatic stress disorder (PTSD) have been described as the invisible, signature wounds of war. As a health professional treating service members, you have an important role on the forefront of military medicine. *Real Warriors.net* provides TBI, combat stress and PTSD information specifically tailored to health care providers. Review evidence-based clinical practice guidelines, discover signs and symptoms of combat stress, learn in-depth specifics about military culture and access resources to help you become a TRICARE-accepting physician. <http://realwarriors.net/healthprofessionals>

General Mental Health

The Department of Veterans Affairs has put together a Community Provider Toolkit for those working with the military community. Mini-clinics offer mental health and wellness information and a free (non-credit) course on understanding the military culture.

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

Additional Information

SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) is a searchable online registry of more than 280 interventions supporting mental health promotion, substance abuse prevention, and mental health and substance abuse treatment. We connect members of the public to intervention developers so they can learn how to implement these approaches in their communities.

<http://www.nrepp.samhsa.gov/>

Mental Health Screening Program is an anonymous tool clients can use to review their situation with regard to more common mental health issues including: PTSD, depression, anxiety, alcohol problems and more. This tool is hosted by Military Pathways. <http://www.militarymentalhealth.org/>

Military One Source provides non-medical counseling services to provide help with short-term issues to those who are eligible. <http://www.militaryonesource.mil/>

Information on becoming a TRICARE Provider. Being a TRICARE provider means that you are treating America's heroes - the people making sacrifices to keep America strong and safe.

<https://www.uhcmilitarywest.com/uhcmw/portal/provider/overview/>