

# Mental Health

## Title Sponsors

---



**U.S. Department of  
Veterans Affairs**

## Partner Sponsor

---





# 2023 Statewide Symposium in Support of Service Members, Veterans & Their Families

APRIL 19-20, 2023 | PHOENIX, ARIZONA

 arizona coalition  
for military families



beconnected  
service members • veterans • families • communities

---

# Mental Health

April 19, 2023

---



# Experiences, Solutions and Next Steps

---

Session 2

---



# Facilitators



**Nicki Bartram**  
Program Administrator  
Arizona Coalition for Military  
Families

## U.S. Department of Veterans Affairs

**Erica Leffler**  
Community Mental Health Liaison  
Phoenix VA Healthcare System

# Before we begin . . .

---

**The discussion of mental health can include some intense material.**

- Please watch for triggers and practice self care.
- If you need to step out of the room for any reason, please give us a “thumbs up” if you’re okay, otherwise someone from our team will head out to check on you.

# Agenda

---

1

**Introduction**

2

**Treatment Modalities**

3

**Accessing  
Treatment**

5

**Demonstrations**

6

**Home Base**

7

**Q&A**

# Treatment Modalities

---

- Individual
- Group
- Family
- Couples
- Animal assisted therapy/equine assisted therapy
- Location: in-person, tele-health, text, and phone



# Accessing Treatment

---

- **Private Insurance/Medicaid/Medicare/VA Eligible/IHS**
- **VA - Community Cares Act**
- **HeadStrong**
- **Wounded Warrior**
- **Center Stone**
- **Tri-Care**
- **Give an Hour**

**Be Connected Support Line: 866-429-8387**

# Demonstrations

---

- **EMDR - Eye Movement Desensitization and Reprocessing**
- **CPT - Cognitive Processing Therapy**
- **Mindfulness**

# Mass Dosing

---

- **Louis Chow, PhD**
- **Home Base**



## HOME BASE PRESENTATION: MASS DOSE ARIZONA COALITION MILITARY FAMILIES



**Louis Chow, PhD**

*Senior Director of Training Institute and Network Development  
Assistant in Psychology, Massachusetts General Hospital  
Instructor, Harvard Medical School*

**A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM**



# ABOUT HOME BASE

**Home Base is dedicated to healing the invisible wounds for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-class clinical care, wellness, education and research.**



RED SOX  
FOUNDATION



MASSACHUSETTS  
GENERAL HOSPITAL

VETERAN  
AND FAMILY CARE

HOME BASE

# Evidence Based Treatments for PTSD



RED SOX  
FOUNDATION

COMMUNITY  
CLINICAL CENTER

VETERAN  
AND FAMILY CARE

# Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> edition

## PTSD: DSM-V Diagnostic Criteria

### □ Traumatic Event

- (Direct, Learned, or Witnessed) exposure to actual or threatened death, serious injury or sexual violation.

*\*\*Not all stressors are traumatic events*

### *Symptom Clusters*

- **Alterations in Arousal** (Sleep problems, anger outbursts, reckless behavior, hyper-vigilance, concentration problems)
- **Intrusion Symptoms** (Flashbacks, bad dreams, physiological and psychological distress at exposure to trauma reminders)
- **Avoidance** (reminders, overworking, substances)
- **Altered Cognition & Mood** (Persistent negative emotional state)

# Trauma Focused Treatments

	Prolonged Exposure (PE)	Cognitive Processing Therapy (CPT)	Eye Movement Desensitization & Reprocessing (EMDR)	SSRI/SNRI
How it works	Gain control by facing fears, talking about trauma	Reframe imbalanced thoughts about the trauma.	Process trauma while focusing on external motion or sound	Psychopharmacot herapy (Sertraline, Paroxetine, Fluoxetine, Venlafaxine)
Treatment Duration	Weekly sessions for ~3 months	Weekly sessions for ~3 months	Weekly sessions for 2-3 months	Variable



# EMPIRICAL SUPPORT FOR CPT

*20 published randomized controlled trials (RCTs) of CPT*

Traumas	Populations	Locations	Modalities	Comparison conditions
<ul style="list-style-type: none"> <li>• Rape</li> <li>• Child Sexual abuse</li> <li>• Physical Assault</li> <li>• Military Sexual Trauma</li> <li>• Combat</li> </ul> <p>• All studies include individuals with multiple traumas</p>	<ul style="list-style-type: none"> <li>• Civilian</li> <li>• Active Duty</li> <li>• Veteran</li> <li>• Male</li> <li>• Female</li> <li>• Adolescents</li> </ul>	<ul style="list-style-type: none"> <li>• North America</li> <li>• Australia</li> <li>• Germany</li> <li>• Democratic Republic of Congo</li> </ul>	<ul style="list-style-type: none"> <li>• CPT</li> <li>• CPT +A</li> <li>• Individual</li> <li>• Group</li> <li>• Combined</li> <li>• Telehealth</li> <li>• CPT + rTMS</li> </ul>	<ul style="list-style-type: none"> <li>• Delayed treatment</li> <li>• Treatment as Usual</li> <li>• Present-Centered Therapy</li> <li>• Prolonged Exposure</li> <li>• Dialogical Exposure Therapy</li> <li>• Written Exposure Therapy</li> <li>• Differing CPT modalities</li> </ul>

## Treatment Dose

### *Antibiotics: Full Course Required*

- Treatment Dose:
  - Minimum of 8 sessions, 30 minutes across a range of mental health conditions (Wnag 2005)
  - PTSD Specific:
    - Prolonged Exposure: 6.8 sessions for 50% reduction (Van Minnen and Foa, 2006)
- Treatment Access
  - VA, Visn 1 FY 2010: 6.3% in PTSD clinics received PE or CPT ( Shiner et al., 2013)
- Drop-out rates:
  - 36% for trauma focused treatments (Imel et al. 2013)

# Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> edition


## PTSD: DSM-V Diagnostic Criteria

### □ Traumatic Event

- (Direct, Learned, or Witnessed) exposure to actual or threatened death, serious injury or sexual violation.

*\*\*Not all stressors are traumatic events*

### *Symptom Clusters*

- **Alterations in Arousal** (Sleep problems, anger outbursts, reckless behavior, hyper-vigilance, concentration problems)
- **Intrusion Symptoms** (Flashbacks, bad dreams, physiological and psychological distress at exposure to trauma reminders)
-  □ **Avoidance** (reminders, overworking, substances)
- **Altered Cognition & Mood** (Persistent negative emotional state)

# IN VIVO EXPOSURE

real life

movie theaters  
grocery stores  
malls  
church  
restaurants  
open markets  
arenas  
driving  
airport  
Sporting events  
concerts

parades  
outside events  
son's wrestling meet  
school  
middle eastern  
war movies  
video games  
fireworks

reunions  
talking about self  
family events  
feeling vulnerable  
holidays  
city parts  
subway

therapy  
doctors



marriage  
arguments  
depression  
avoidance  
growth  
no choices

benefits of avoidance

safe  
peaceful  
in control  
not hypervigilant  
send message

↓ anxiety

lack of friends  
disappointing people  
failure to participate in life  
people stop inviting  
relationships suffer  
economic  
substance use  
isolating  
losing social skills

HOME BASE  
**INTENSIVE CLINICAL PROGRAM**



RED SOX  
FOUNDATION

COMMUNITY  
CLINICALS

VETERAN  
AND FAMILY CARE



RED SOX  
FOUNDATION

MASSACHUSETTS  
GENERAL HOSPITAL

## TWO-WEEK INTENSIVE CLINICAL PROGRAM (ICP) FOR PTSD & TBI NATIONAL PROGRAM

### TWO YEAR'S WORTH OF CLINICAL CARE AND SUPPORT IN TWO WEEKS

- 2-weeks, daily group and individual therapy
- Holistic approach to care that includes mindfulness and wellness practice through yoga, fitness, nutrition and art therapy...*Songwriting*

#### EVIDENCE-BASED:

- Prolonged Exposure, Cognitive Processing Therapy, Cognitive Behavioral Therapy

#### MAJOR LOGISTICS COSTS COVERED

- Care, lodging, transportation and food is provided at no cost to participants
- Cohort size ranging from 6-14 individuals



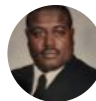
“I had lost hope and was on the path to losing my family, my life, everything. Home Base gave me back my life.”

-SGT Travis Peterson, Intensive Clinical Program Graduate, Georgia



“Home Base isn’t another cookie-cutter program, it gave me another chance at life. Today, I’m proud to say I served. Home Base helps bring us back into society, there is help, and we are not alone. Home Base doesn’t leave us behind.”

- CWO3 Bill Bastable, Home Base Intensive Clinical Program & ComBHAT Program Graduate, Virginia

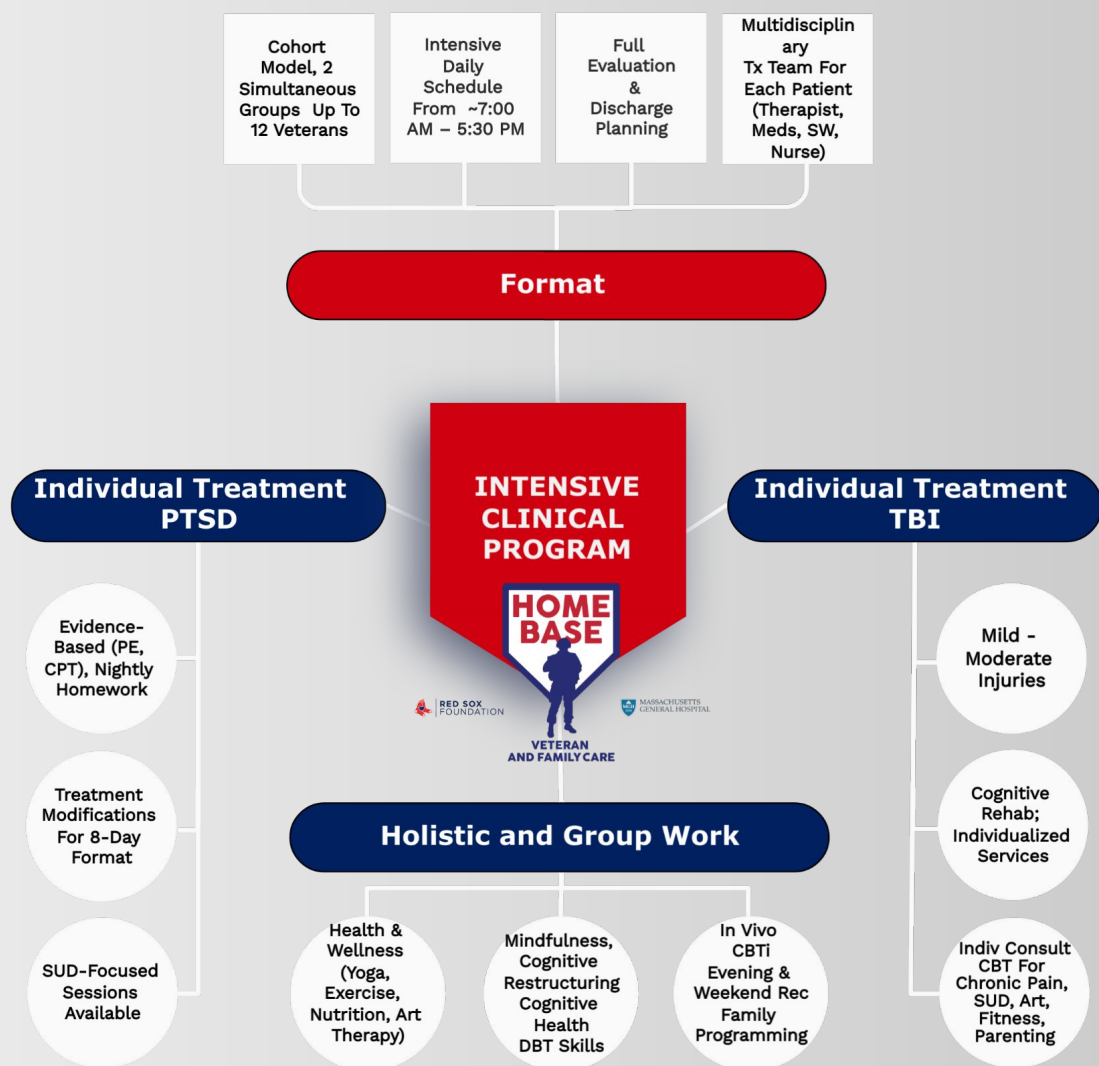


“Home Base made me whole again. I was able to be a better husband and a better father. They didn’t just treat the symptoms; they found the problem.”

-Navy Chief Darnel Johnson, Intensive Clinical Program Graduate, Florida

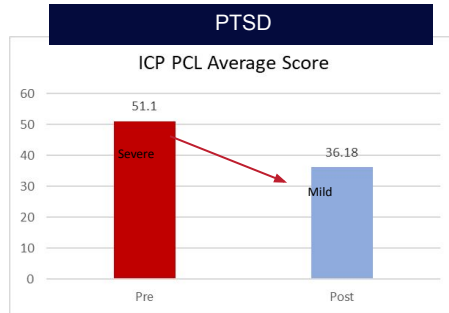
# TWO-WEEK INTENSIVE CLINICAL PROGRAM (ICP) FOR PTSD & TBI

NATIONAL PROGRAM

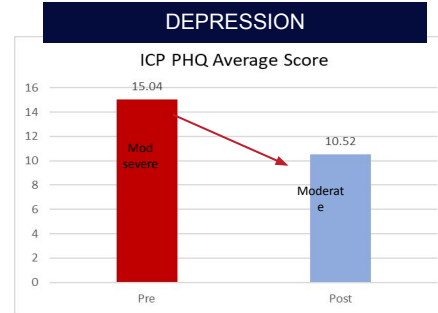


# PROGRAM OUTCOMES: INTENSIVE CLINICAL PROGRAMS

95% Retention



PCL Severity: Normal: 0-18, Mild: 19-36,  
Moderate: 37-49, Severe: 50+



PHQ Severity: Minimal: 0-4, Mild: 5-9,  
Moderate: 10-14, Moderately Severe:  
15-19, Severe: 20+

\*Charts include data from 2,398 patients from  
program inception to 7/1/2022



## TWO-WEEK INTENSIVE CLINICAL PROGRAM (ICP) FOR FAMILIES OF THE FALLEN

### NATIONAL PROGRAM

- Collaboration with the Tragedy Assistance Program for Survivors (TAPS)
- Survivors of Traumatic Loss receive a combination of evidence-based treatment for post traumatic stress disorder and complicated grief
- Provides 2 years of care and treatment
- Only program of its kind available to Families of the Fallen



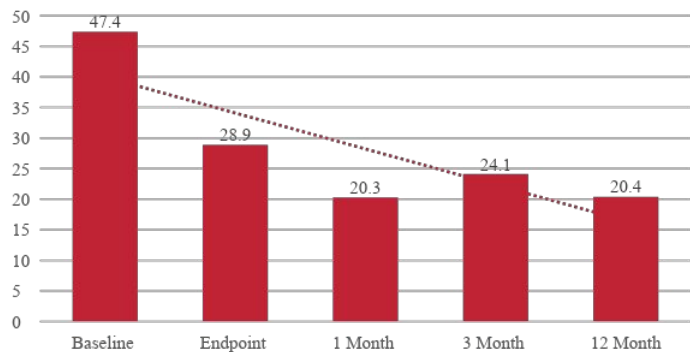
“I left the program feeling lighter. Instead of isolating and blaming myself for Alan and Stephen’s deaths, I can celebrate their lives and the love and the happiness we shared.”

-Kathy Colley, Families of the Fallen Program Graduate, California

# PROGRAM OUTCOMES: ICP FAMILIES OF THE FALLEN

## PTSD

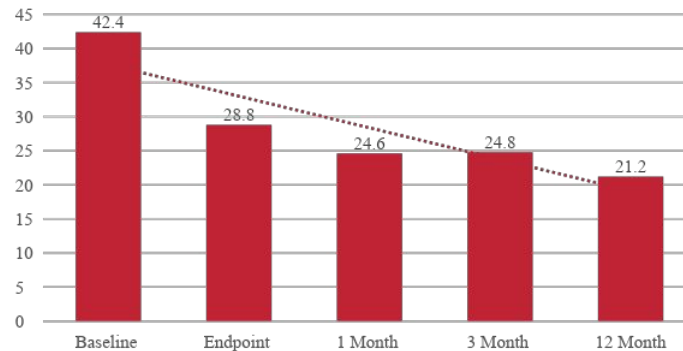
PTSD (PCL-5)  
N=108



Follow-up response rate ranges from 35-44%

## INVENTORY COMPLICATED GRIEF

ICG  
N=110



Follow-up response rate ranges from 35-44%



RED SOX  
FOUNDATION

MASSACHUSETTS  
GENERAL HOSPITAL

VETERAN  
AND FAMILY CARE



## STORIES OF HOPE

**MEET SGT TRAVIS PETERSON: MARINE CORPS VETERAN AND HOME BASE INTENSIVE CLINICAL PROGRAM GRADUATE.** Travis had lost hope. He was on a trajectory of losing his family, his life, everything he loved. When Travis came to Home Base it was his last shot at saving his family. Home Base provided Travis with the tools he needed to begin a path towards healing for him and his family.





# HOME BASE ARIZONA

**PHASE 1  
LAUNCH SEP 2023**



Fitness & Resilience



**PARTNERING WITH:**



**PHASE 2  
LAUNCH NOV 2023**



Mental Health Clinic for  
Vets & Families



**PARTNERING WITH:**

**HONORHEALTH®**

**PHASE 3  
1<sup>ST</sup> QTR  
MOBILIZATION 2024**



Rural  
Intensive Clinical  
Treatment for Native  
American Veterans



For more information contact

**MARCUS DENETDALE**

Regional Associate Director of Southwest  
Programs and Tribal Affairs

[Mdenetdale@mgb.org](mailto:Mdenetdale@mgb.org)

505-360-6197

**DR. LOUIS CHOW**

Senior Director  
Home Base Training Institute  
& Network Development  
[LKChow@mgh.harvard.edu](mailto:LKChow@mgh.harvard.edu)



Their Mission Is Complete.  
Ours Has Just Begun.



# Q & A



# Session Evaluation

We want to hear from you!

