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 Psychological Health Center of Excellence (PHCoE) 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 clinical practice guidelines sections of the VA website healthquality.va.gov or PHCoE website pdhealth.mil. Army, Air Force and Navy facilities can order hard copies of the tools on the Army Medical Command Quality Management Office website qmo.amedd.army.mil.

MAJOR DEPRESSIVE DISORDER TOOLS

Tools that accompany the 2016 VA/DoD Clinical Practice Guideline for 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
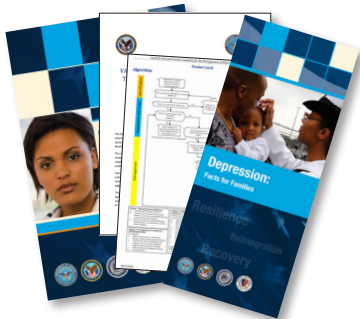
SUBSTANCE USE DISORDER TOOLS

Tools that accompany the 2015 VA/DoD Clinical Practice Guideline for 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 brochure 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
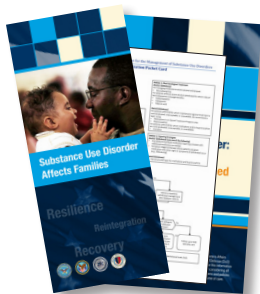
- **Substance Use Disorder: What Line Leaders Need to Know —** Booklet to guide line leaders in educating service members about substance misuse and dependence

- **Is Your Body Ready for Pregnancy? Pregnancy and Substance Use: It's Not Worth the Risk —** Brochure for patients with information

on how women and babies are impacted by alcohol, tobacco and drug use when trying to conceive and during pregnancy.

**This tool accompanies the 2018 VA/DoD Clinical Practice Guideline for Pregnancy Management.

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.

Revised tools coming in 2019

■ **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

OPIOID THERAPY FOR CHRONIC PAIN TOOLS

Tools that accompany the 2017 VA/DoD Clinical Practice Guideline for Management of Opioid Therapy for Chronic Pain

■ **Opioid Therapy for Chronic Pain Pocket Guide —** Tabbed pocket guide to help providers assess the risks and benefits of initiating or continuing opioid therapy and recommended strategies for managing tapering, withdrawal and discontinuation

■ **Opioid Therapy Pocket Card* —** Algorithms for assessment, start of trial and discontinuation of opioid therapy as well as recommended treatment for opioid misuse

■ **Patient Information Guide: Long-term Opioid Therapy for Chronic Pain —** Patient booklet that highlights responsible use of opioids, benefits and risks of opioid therapy, and pain self-management tips

- **Managing Side Effects and Complications of Opioid Therapy for Chronic Pain —** Fact sheet for primary care providers that explains how to properly manage side effects of opioid therapy

- **Tapering and Discontinuing Opioids —** Brochure for primary care providers with strategies to safely taper, manage withdraw and discontinue long-term opioid therapy

POSTTRAUMATIC STRESS DISORDER TOOLS

Tools that accompany the 2017 VA/DoD Clinical Practice Guideline for the Management of Posttraumatic Stress Disorder and Acute Stress Disorder

- **A Patient's Guide: Understanding Posttraumatic Stress Disorder and Acute Stress Disorder —** Booklet that describes symptoms and treatment options and provides a recovery worksheet and additional resources

- **A Family's Guide to Posttraumatic Stress Disorder —** Brochure that describes symptoms and treatment options and offers healthy coping strategies and resources for family members of those diagnosed with PTSD or ASD

- **Posttraumatic Stress Disorder and Acute Stress Disorder Pocket Guide —** Tabbed pocket guide to help providers assess and diagnose symptoms and to treat PTSD and ASD and co-occurring conditions as recommended in the 2017 clinical practice guideline

- **Posttraumatic Stress Disorder and Acute Stress Disorder Pocket Card* —** Algorithms for assessment, diagnosis and treatment of PTSD and ASD including medication tables

- **Recommended Medications for the Treatment of Posttraumatic Stress Disorder —** A quick reference fact sheet for patients explaining which medications are most effective for treating PTSD

- **Health Care Provider's Guide to Trauma-Informed Care —** Fact sheet for health care providers on trauma-informed practices and recommended psychotherapies for service members who have experienced trauma

*Created by the VA