Overview: System

- The U. S. Department of Veteran Affairs (VA) is the largest integrated health care system in the United States and in fiscal year 2013 provided health care to over 5.7 million Veterans.
- Care is provided to Veterans at more than 150 hospitals, more than 900 community-based outpatient clinics, 134 nursing homes (now called “Community Living Centers”), and 300 Readjustment Counseling Centers (or “Vet Centers”).
- VA provides a full spectrum of mental health services in inpatient, residential, and outpatient mental health settings at its medical centers and clinics.
- VA employs over 20,000 full-time equivalent (FTE) mental health care professionals.
Overview: Mental Health Care & EBP

- Veterans Health Administration (VHA) developed a national initiative to disseminate and implement evidence-based psychotherapies (EBP).
- The EBP initiative is part of a broader focus to create a recovery-focused and evidence-based mental health system of care (Zeiss & Karlin, 2008).
EBP Goals

• Increase the availability of EBPs for Veterans with a variety of mental health care needs
  – Ensure Veterans have access to these treatments when clinically indicated
  – EBPs are delivered with fidelity to protocols as designed and shown to be effective
• Promote psychotherapy use as a treatment option
• Build systems infrastructure that supports delivery of psychotherapy
Posttraumatic Stress Disorder (PTSD)
- Cognitive Processing Therapy (CPT)
- Prolonged Exposure (PE)

Serious Mental Illness
- Social Skills Training (SST)
- Behavioral Family Therapy (BFT)

Depression
- Cognitive Behavioral Therapy for Depression (CBT-D)
- Acceptance and Commitment Therapy for Depression (ACT-D)
- Interpersonal Psychotherapy (IPT)

Motivation for Change
- Motivational Interviewing (MI)
VA Training in Evidence-Based Psychotherapies/Interventions

**Relationship Distress**
- Integrated Behavioral Couples Therapy (IBCT)

**Behavioral Health**
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)
- Problem-Solving Training (PST)

**Substance Use Disorders**
- Motivational Enhancement Therapy (MET)
- Cognitive Behavioral Therapy for Substance Use Disorders (CBT-SUD)
- Contingency Management (CM)
- Behavioral Couples Therapy for Substance Use Disorders (BCT-SUD)
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<th>Level</th>
<th>Focus</th>
<th>Facilitation Strategies</th>
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| Policy        | National requirements for EBP availability | • Uniform MH Services Handbook  
• VHA Mental Health Initiative Operating Plan                                           |
| Provider      | Staff training and support           | • Competency-based staff training programs  
• Longer-term consultation support  
  • “Virtual office hours”; Local peer consultation and communities of practice |
| Local Systems | Local clinical infrastructures and buy-in | • Local EBP Coordinators and PTSD Mentors  
• Adaptations to organization and culture of care,  
• Demonstrate direct value and impact of EBPs  
• External facilitation; technical assistance  
• VHA Handbook 1160.05: Local Implementation of EBPs for Mental and Behavioral Health Conditions |
| Patient       | Clinical implementation strategies   | • Patient informed choice: Pre-treatment processes  
• Motivational enhancement  
• Socialization to treatment  
• Assessing and enhancing the therapeutic relationship  
• Case conceptualization and goals-based approach  
• Promote EBP awareness through various media |
| Accountability| Monitoring and evaluating implementation and impact | • Surveys of local EBP delivery  
• Online psychotherapy metrics dashboard  
• Computerized EBP documentation templates  
• Performance measure  
• EBP training program evaluation  
  • Therapist and patient-level outcomes |
Challenges & Road Ahead

• There is variability across sites in the degree to which EBPs are delivered
  – Scheduling challenges for weekly sessions, local structural issues, limited provider time for EBP versus other mental health services can interfere

• Sustainment & decentralizing EBP training
  – Promote ongoing adoption of EBPs through shifting the “culture of care”
  – Some EBP training programs have begun decentralizing; next fiscal year other EBP programs will likely begin piloting blended learning strategies as well as more regional training and consultation
Strong Enough to Serve
Strong Enough to Recover

Evidence-based psychotherapies are specific treatments used to treat problems like PTSD, depression and other conditions. Problems that were once thought to be untreatable are now being treated successfully with these therapies in VA. GET HELP NOW.

TALK WITH YOUR HEALTH CARE PROVIDER TODAY ABOUT EVIDENCE-BASED PSYCHOTHERAPIES AVAILABLE IN VA.