

AHEC Veterans Mental Health Project

Toolkit Introduction

This toolkit was developed by the AHEC Training and Consultation Center (A-TrACC) for the Veterans Mental Health Project funded by HRSA. It provides tools and guidance to help AHEC staff plan and host continuing education events for health professionals on the needs of veterans, National Guard, Reservists, and their families who may be coping with post deployment mental and behavioral health issues and seeking health care in the civilian sector.

Who is the toolkit for?

AHEC Centers with

- little to no experience coordinating CE programs,
- limited staff, time and resources, or
- experience in coordinating CE, but limited experience with this subject area

This toolkit was developed to minimize the number of staff, amount of time and resource investment needed so that **centers of all sizes – even those with 1 or 2 employees – are able to offer these trainings.** A-TrACC provides individual technical assistance should centers have problems finding speakers or partners, adapting agendas, getting CE credit, working with partners, using these materials or other issues. Sheryl Pacelli, A-TrACC Consultant for the Veterans Mental Health Project, is available at 910.686.1918 or sherylpacelli@charter.net or contact A-TrACC at info@atracc.org.

What is in the toolkit?

- Forms to collect and report the registration & evaluation data **required** by this project
- Program planning materials and resources
- Learning objectives, agenda, slides, speaker notes and handouts for 1-hour and 4-hour face-to-face trainings

What content is in the 4-hour curriculum?

- Introduction (Slides 1-7)
- Scope of the Issue (Slides 8-33)
- Military Culture (Slides 34-65)
- Behavioral Health Issues (Slides 66-167)
 - Post Deployment Issues
 - Post Traumatic Stress Disorder (PTSD)
 - Clinical Practice Guidelines
 - Treatment Options
 - Traumatic Brain Injury (TBI)
 - Combat/Operational Stress Reactions and Injuries
 - Women's Issues
- Overview of Department of Veterans Affairs (VA) (Slides 169-174)
- Overview of TRICARE Military Health Insurance (Slide 175)
- Call to Action (Slides 176-191)
- Boots on the Ground (Slide 192)
- Evaluation (Slide 193)

What content is in the 1-hour curriculum?

- Introduction (Slides 1-7)
- Scope of the Issue (Slides 8-22)
- Military Culture (Slides 23-36)
- Behavioral Health Issues (Slides 37-70)
 - Identifying Military Families
- Evaluation (Slide 71)

How do I use the toolkit?

If your AHEC has experience with CE, then pick and choose what you want to use from the sample forms/checklists. If your AHEC has little to no experience with CE, start by looking at the Program Task List in the “Planning Materials and Resources” section for an overview.

Next, review the “**Read This First**” document in the “Required Registration/Evaluation/Reporting Materials” section to familiarize yourself with the required information that must be collected and reported as part of this project.

The third step is to make a list of partners you want to be part of the project and call the first planning meeting. You can use the Project Checklist as a “to do” list for the rest of the planning. In the documents included in the toolkit, notes to the Program Coordinator as well as sections where date, agency, or personal names are to appear are in **[bold and bracketed]**.

What audiovisual equipment will I need?

- Laptop with cord to connect to an LCD project
- Remote for advancing slides
- Computer speakers or the computer connected to a sound system
- Internet access
- Power strip

Who can I contact for help?

Contact Sheryl Pacelli, Consultant to A-TrACC on the Veterans Mental Health Project at 910.686.1918 or email at sherylpacelli@charter.net. You may also contact A-TrACC at info@atracc.org.