



Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury & National Center for Telehealth and Technology “Twitterview” Transcript

Date: December 13, 2011

Participants:

- Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)
- Dr. Skip Moe, Chief of Staff, National Center for Telehealth and Technology (T2Health)

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DCoEPage: Hi @T2Health chief of staff, Dr. Skip Moe! We’re excited to learn more about #T2Health today.

T2Health: Thank you @DCoEPage, I’m excited to be here for our first Twitterview. #T2Health

DCoEPage: What areas of #technology does @T2health leverage to support #warriors, #veterans and #milfam? #milhealth #T2health

T2Health: We are using #mobileapplications, #virtualreality, virtual worlds, video teleconferencing, & mobile telehealth. #T2Health

DCoEPage: Why is T2 using this technology? #T2Health #milhealth #providers

T2Health: Our #mobileapps provide both education on these #mentalhealth issues and always available access to resources and support. #T2Health

DCoEPage: How is #T2health using #MobileApps to deliver support for #PTSD, #TBI and psychological health?

T2Health: Pt 1 We are developing several apps: Life Armor is a companion app to afterdeployment.org providing skills to aid in reintegration #T2Health

T2Health: Pt 2: Co-occurring Conditions Toolkit is a #mobileapp version of @DCoEPage guide for providers on TBI & PH co-occurring conditions. #T2Health

T2Health: Pt 3: A provider resilience app to aid #mentalhealth providers in managing compassion fatigue and building #resilience. #T2Health

T2Health: Pt 4: Take a look at all our #mobileapps on our website bit.ly/pYuExq #T2Health

DCoEPage: Awesome! More about T2 #mobileapps at bit.ly/pYuExq. How is #T2Health using virtual reality? #milhealth

T2Health: We're studying how #virtualreality may increase efficacy of prolonged exposure therapy by making it more realistic & impactful. #T2Health

DCoEPage: How will you use virtual reality technology next? #T2Health

T2Health: Pt 1: We're creating more immersive virtual reality through technology like the Virtusphere on fb.me/tdAfTR #T2Health

T2Health: Pt 2: We are also exploring the ability to provide clinical counseling sessions in a #virtualworld such as #SecondLife. #T2Health

DCoEPage: What about those that don't live near a treatment facility? What innovations are @T2Health pursuing in telemental #healthcare? #T2Health

T2Health: Pt 1: T2 is working to improve policy & law for the use of #telehealth across states lines and downrange. #T2Health

T2Health: Pt 2: We are establishing training for #DoD providers in the use of telehealth for psychological health and #TBI. #T2Health

T2Health: Pt 3 Hardware platforms: video tcon, mobile telehealth units (MTU) & transportable telehealth units (TTU) bit.ly/uFvFG2 #T2Health

T2Health: Pt 4: Conducting a pilot study on the use of in-home #telehealth in a manner that is effective & safe. #T2Health

DCoEPage: How do mobile telehealth units (MTU) & transportable telehealth units (TTU) improve access to care for #servicemembers & #milfam? #milhealth

T2Health: Pt 1: They address the 2 largest barriers to receiving #TBI & PH care: Stigma and time & distance #T2Health

T2Health: Pt 2: They make it possible to deliver evidence-based PH care more frequently and for less cost to rural and remote areas. #T2Health

DCoEPage: Thanks, Dr. Moe, for the @T2Health overview! Let's open up to questions from the audience. If you have a question, just simply use #T2Health

Q1 @EmilyDeck: T2 -- What's your most popular mobile app? #T2Health

T2Health: @EmilyDeck our most popular and longest standing is T2 MoodTracker bit.ly/eStJ7r
#T2Health

T2Health: PTSD Coach, co-developed with @VA_PTSD_Info, is also very popular bit.ly/qS0AF5
#T2Health

Q2 @HeatherSMarsh: @T2Health what about #mobileapps for #milfam members? Any of those on the horizon? #T2Health

T2Health: @HeatherSMarsh Life Armor is on the horizon and has content targeted at #militaryfamilies #T2Health

Q3 @LauraDrahan: #T2Health What is the most notable #telehealth technology that T2 is working on?

T2Health:@LauraDrahan Many people find it interesting that we're using #virtualworlds to provide #PTSD education.

T2Health: @LauraDrahan We're investigating the use of #virtualworlds for providing therapy to #PTSD patients. #T2Health

Q4 @HeatherSMarsh: T2, thanks! I have another Q: What kind of feedback, if any, are you getting from service members who have used your apps? #T2Health

T2Health: @HeatherSMarsh We're getting positive feedback from #servicemembers, and interest in what is coming next. #T2Health

T2Health: @HeatherSMarsh We also get some great suggestions on how to make our #mobileapps better & more accessible . #T2Health

Q5 @realwarriors: @DCoEPage Does T2 have any #mobileapps for service members to help them build resilience? #T2health #sot

T2Health: @realwarriors None currently released on #resilience, although we have a great area on AfterDeployment.org bit.ly/tc3eFm #T2Health

T2Health: @realwarriors We have 2 #mobileapps in development on #resilience: Life Armor and Provider Resilience #T2Health

Q6 @EmilyDeck: @T2Health are similiar mobile apps and virtual technologies being used to treat #PTSD in the civilian world? #T2Health

T2Health: @EmilyDeck There are a number of #mobileapps related to #PTSD in civilians, & our apps are available to civilian providers. #T2Health

Q7 @amariefelicio: @T2Health & @DCoEPage: Where should #woundedwarriors go to use #virtualworlds therapeutically?

T2Health: @amariefelicio I #woundedwarriors that are interested in investigating this have them check out Virtual PTSD Experience

T2Health: @amariefelicio #WoundedWarriors interested in investigating this can check out Virtual PTSD Experience bit.ly/nP27N1 #T2Health

DCoEPage: That's a wrap for today 4 the #T2Health #twitterview! Thank u all for joining. Follow @T2Health 2 stay up-to-date on the latest #technology.

T2Health: Thank you @DCoEPage for the great Twitterview today. To review the conversation search #T2Health.

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