



**DEFENSE CENTERS
OF EXCELLENCE**

For Psychological Health
& Traumatic Brain Injury



**NATIONAL CENTER FOR
TELEHEALTH &
TECHNOLOGY**

Warrior Resilience Conference II
afterdeployment.org

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Mission

afterdeployment.org

Our mission is to help service members and their loved ones manage the challenges that are often faced following a deployment

afterdeployment.org provides
Wellness resources for the military community



afterdeployment.org

after deployment

[accessibility options](#)

Wellness resources for the military community.

[GIVE US FEEDBACK](#)

[MY DATA](#)

Our mission is to help you and your loved ones manage the challenges that are often faced following a deployment.

Here you will find information and self-guided solutions for dealing with [post-traumatic stress and war memories](#); [conflict at work](#); [depression](#); [anger](#); [sleep problems](#); [alcohol and drug abuse](#); [stress](#); [relationship problems](#); [kids and deployment](#); [spiritual guidance and fitness](#); [living with physical injuries](#); and [health and wellness](#).

[Outreach Center](#)

866-966-1020

For Psychological Health and Traumatic Brain Injury Info & Resources
Staffed by the DoD's Defense Centers of Excellence.

[National Suicide Prevention Hotline](#)

800-273-TALK

For Crisis Intervention.

[RealWarriors.net](#)

Stories of service members who have sought treatment and continue to lead successful careers.

 GETTING HELP	 CHECK HOW YOU'RE DOING	 STAYING HEALTHY WHERE YOU LIVE	 STORIES FROM HOME AND FAR AWAY	 LINKS, BOOKS, BLOGS, & PODS	 NEW & FEATURED	There is new information about Traumatic Brain Injury (TBI) in the <i>Living with Physical Injuries</i> Program. Check out the Quick Facts , the detailed Expert Advice library, and Links to external resources
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 Adjusting to War Memories	 Dealing with Depression	 Handling Stress	 Improving Relationships
 Succeeding at Work	 Overcoming Anger	 Sleeping Better	 Controlling Alcohol and Drugs
 Helping Kids Deal with Deployment	 Seeking Spiritual Fitness	 Living with Physical Injuries	 Balancing Your Life

[FAQS](#) | [GIVE US FEEDBACK](#) | [CREDITS](#) | [PRIVACY POLICY](#)



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Topics

 <p>Adjusting to War Memories</p>	 <p>Improving Relationships</p>	 <p>Sleeping Better</p>
 <p>Dealing with Depression</p>	 <p>Succeeding at Work</p>	 <p>Controlling Alcohol and Drugs</p>
 <p>Handling Stress</p>	 <p>Overcoming Anger</p>	 <p>Helping Kids Deal with Deployment</p>
 <p>Seeking Spiritual Fitness</p>	 <p>Living with Physical Injuries</p>	 <p>Balancing Your Life</p>

Topics

 Adjusting to War Memories	 Improving Relationships	 Sleeping Better
 Dealing with Depression	 Succeeding at Work	 Controlling Alcohol and Drugs
 Handling Stress	 Overcoming Anger	 Helping Kids Deal with Deployment
 Seeking Spiritual Fitness	 Living with Physical Injuries	 Balancing Your Life
 mild Traumatic Brain Injury	 Resilience	 Anxiety
 Military Sexual Trauma	 Tobacco	 Stigma

Program Tools



Assessments

Take self-assessments in any topic area and receive immediate feedback.



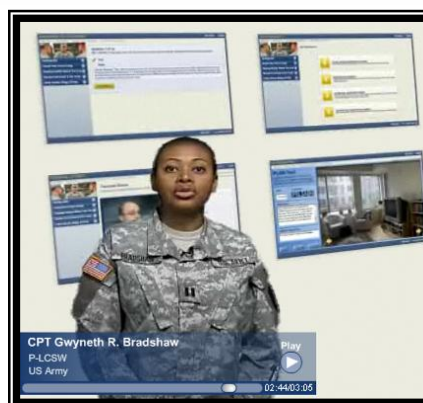
Personal Stories

Service members, veterans, and family members discuss how they overcame post-deployment problems.



Workshops

Narrator-guided, interactive workshops tailored to each user's needs.



E-Library

E-libraries, introduced by a subject matter expert, offer a mixture of multimedia and text.

Interactive Tools

SELF-HELP WORKSHOP MY DATA LOGOUT

Main Menu > Getting Help > Handling Stress > Self-Help Workshop

handling stress:
personal stress profile

SESSION 2 OF 8 PROGRESS

SELF-HELP WORKSHOP MY DATA LOGOUT

Main Menu > Getting Help > Balancing Your Life > Self-Help Workshop

MANAGING YOUR TIME - ACTUAL DAY

Make the slices larger or smaller on the pie chart to reflect how you spend your time. Drag the sliders to make the slices of the pie smaller or larger. Lock a slider to prevent it from being moved. To create a new category, click 'Add New Slider'. You can edit and delete new categories.

Family **Personal time**

Delete [icon] [slider] 4% Delete [icon] [slider] 17%

SESSION 2 OF 4 PROGRESS

SELF-HELP WORKSHOP MY DATA LOGOUT

Main Menu > Getting Help > Controlling Alcohol and Drugs > Self-Help Workshop

controlling alcohol and drugs:
understanding your alcohol use

Percent of People **Number of Drinks Each Week** **Your Drinking**

10% 22 & up

30%

50%

SESSION 1 OF 4 PROGRESS

SELF-HELP WORKSHOP MY DATA LOGOUT

Main Menu > Getting Help > Coping with Anger > Self-Help Workshop

recognizing the signs of anger:
using the anger meter

Describe an anger incident in the Boiling Zone
Cut off in traffic

SESSION 1 OF 7 PROGRESS 00:18 / 00:27 BACK PAUSE NEXT SUBMIT PRINT ? WORKSHOP MENU SOUND CLOSED CAPTION



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Staying Healthy Where You Live

- Learn how to manage barriers to care/stigma
- Know when it's time to seek out face-to-face care
- Differentiate what type of provider to contact
- Find resources in your area

Advantages of Online Tools

- Available 24/7/365
- Can be accessed privately at home
- Users can take assessments and complete interactive workshops at their own pace
- Augments face-to-face care
- Provides resources for healthcare professionals
- Especially applicable to National Guard/Reserve units who live distant from a treatment facility



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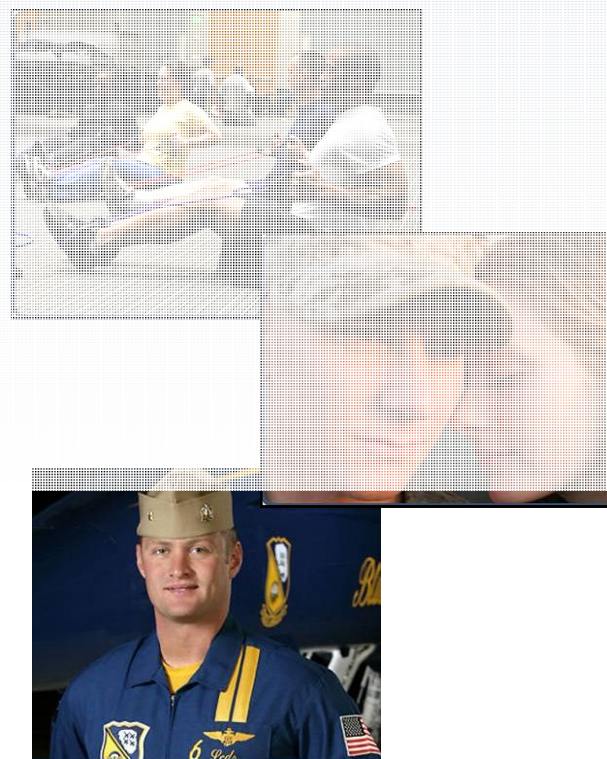
User Feedback

"I like this one because it seems to relate more to me, my family and our experience as a military family"
(Family Member)

"There is a lot to visit on this site, with many resources offered. I would sit down with my family to go through this site; even if we were in separate places I'd feel that we could go through this one together." (Service Member)

"Everyone goes through a lot when service members are deployed. It's good to have resource like this and support for everyone involved." (Service Member)

"...the videos, dealing with numerous different subjects, are affirmation that someone else has also experienced some of what the person may be going through. I think that these can be very self assuring."
(Family Member)



What did you like the most about the site?

"That someone even cared enough to build it."
(Service Member)



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New Features

- New program materials
- Use of e-learning technology for assessment and workshop functions
- Enhancement of workshops
 - Media rich with Video-base guides
 - Greater freedom to access workshop content and tailoring to individual preferences
- Social networking/ community features (Blog/forums)
- Podcasting
- Provider training
- Refreshing content such as health tips, quotes, brain benders, and polls
- Health Resource locator (Google Maps)
- New/ updated testimonials and personal stories
- Expert advice materials combined into a central electronic “manual” – e-Library
 - Users flip through pages as if reading a book
 - Text complemented with enhanced graphics; audio and video; and hyperlinks



Next Generation: Online Coaches

Online Video-Based Coaching Provides engaging human interface between user and psychological content and promotes 'connection' between user and content

- **Late-2009 Applications:**
 - Video-based guides introduce assessments and provide tailored feedback
 - Video-based guides introduce workshops and provide ongoing coaching during workshop didactics, vignettes, exercises, and practice assignments

- **Future Application: 'Avatar':**
 - Natural language interaction
 - Site orientation/ 'concierge' function
 - Avatar directs user to tailored content
 - Avatar assists user with treatment planning
 - 'Rapport-building' with repeated user visits

- **Provider/ Coach in Face-to-Face Settings**
 - Future clinical/ research applications: engage website materials in tandem with face-to-face clinical services



Future Landing Page

Service Members Veterans Families Providers sign up | sign in

afterdeployment.org LOCATE CHAT CALL
 Wellness resources for the military community. Outreach Center 866.966.1020
National Suicide Hotline 800-273-8255

Home Topics Assessments Videos Community Resources Feedback

Post-Traumatic Stress

Depression

Spirituality

Physical Injury

General Stress

Relationships

Alcohol & Drugs

Anger

Sleep

Health & Wellness

Families with Kids

Work Adjustment

Real Strength in Action REAL WARRIORS * REAL BATTLES
REAL STRENGTH
Click here to watch videos from the Real Warriors campaign.

Assess Yourself | Overview Video

- Post-Traumatic Stress
- Depression
- Spirituality
- Physical Injury
- General Stress
- Relationships
- Sleep
- Alcohol & Drugs
- Anger
- Health & Wellness
- Families with Kids
- Work Adjustment

Mind Flex

How Many Fs? Quick! Count the number of times that the letter F appears in the following sentence:

"Finished files are the result of years of scientific study combined with the experience of years".

[View Answer](#)

News Feeds: [The US Army today finalized the various aspects related to TBI & PTSD treatment centers throughout the US.](#)

Topics, Assessments and Videos

Post Traumatic Stress	Physical Injury	Sleep	Health & Wellness	Community Resources	About Contact
Depression	General Stress	Alcohol & Drugs	Families with Kids		
Spirituality	Relationships	Anger	Work Adjustment		

Featured Sites:

Defense Centers of Excellence DOD

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Partners

- VA National Centers for PTSD
- Army Medical centers: Tripler, Madigan, Brooke
- AMEDD Center / School Pastoral Ministry Training
- TRICARE Management Activity, Health Affairs
- Real Warriors Campaign
- Defense and Veterans Brain Injury Center
- National Center for Deployment Psychology
- Center for Health Promotion / Preventive Medicine



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