

VA



U.S. Department
of Veterans Affairs

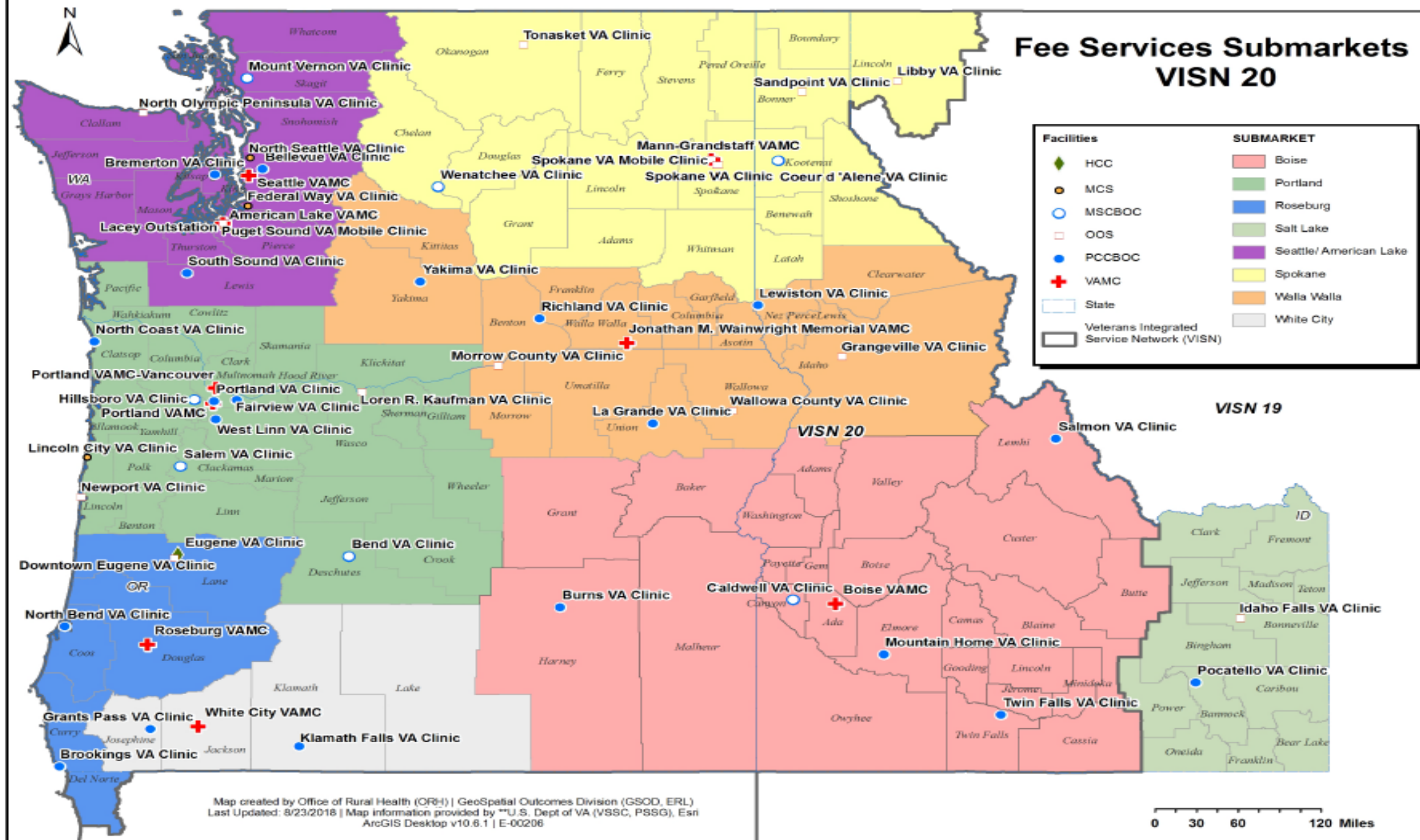
Protective Factors

An Overview of accessing MH at VA and Self-Care Apps

VA Portland Health Care System

Ashley Taylor, MS

Portland VA Suicide Prevention Team



Agenda



What are Protective Factors?



Accessing Care at VA



Self-Care Apps



Resources

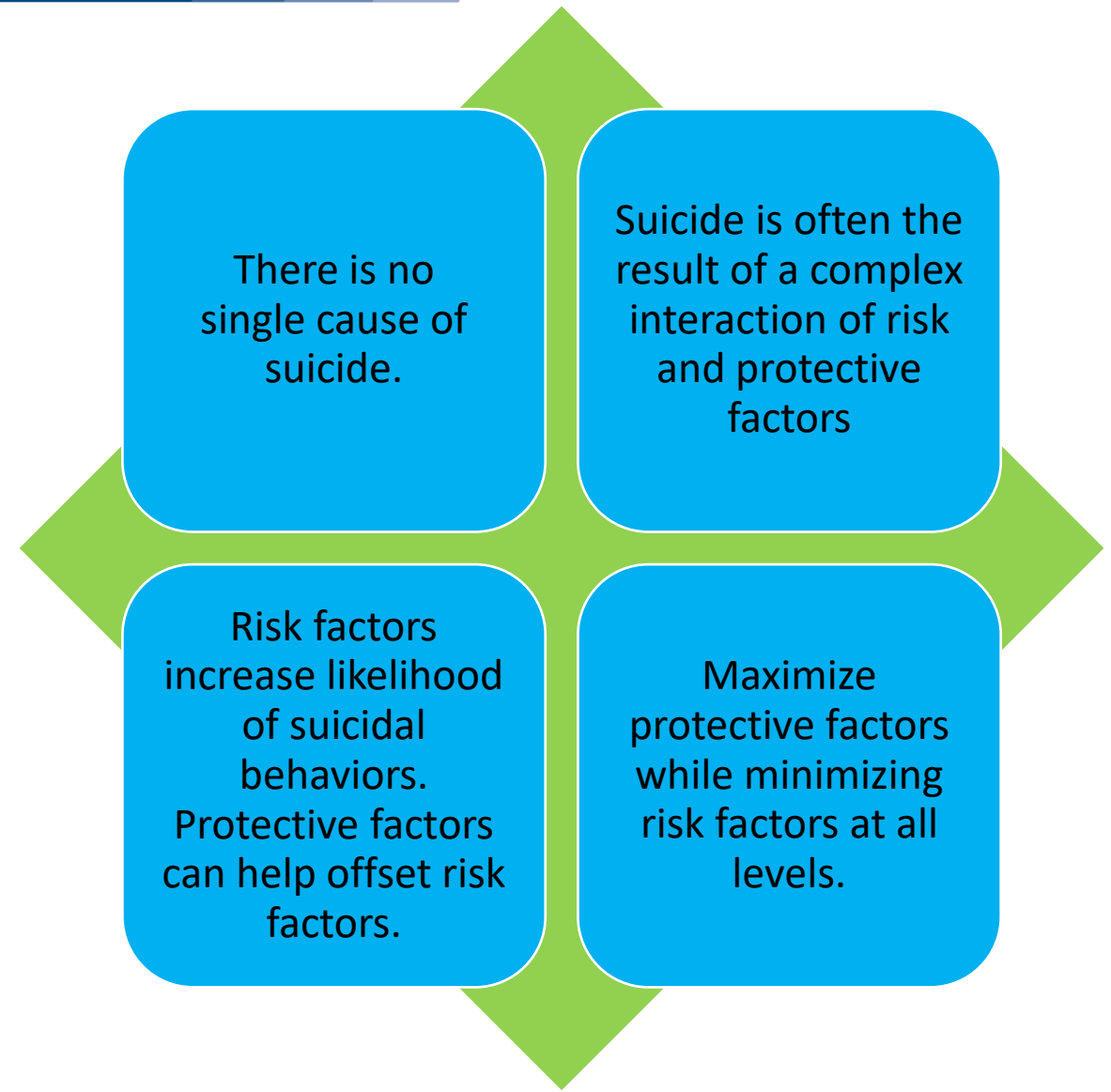
What are Protective Factors?

Suicide is a National Public Health Issue

- Suicide is a national issue, with rising rates of suicide in the general population.
- For every death by suicide, approximately 135 individuals are impacted.

Reference: Cerel J, Brown MM, Maple M, Singleton M, van de Venne J, Moore M, Flaherty C. How Many People Are Exposed to Suicide? Not Six. Suicide Life Threat Behav. 2019 Apr;49(2):529-534. doi: 10.1111/sltb.12450. Epub 2018 Mar 7. PMID: 29512876.

Suicide is a Complex Issue with No Single Cause



Risk and Protective Factors

Risk

- Prior suicide attempt
- Mental health issues
- Substance abuse
- Access to lethal means
- Recent loss
- Legal or financial challenges
- Relationship issues
- Unemployment
- Homelessness

Protective


- Access to mental health care
- Sense of connectedness
- Problem-solving skills
- Sense of spirituality
- Mission or purpose
- Physical health
- Employment
- Social and emotional well-being





Goal: Minimize risk factors and boost protective factors

How to Access VA Care?

How to Get Started with VA Services

 An official website of the United States government [Here's how you know](#) ✓

  U.S. Department of Veterans Affairs

[Search](#) [Contact us](#) [Sign in](#)

[VA Benefits and Health Care](#) [About VA](#) [Find a VA Location](#)

Welcome to VA.gov

Let us help you get started

Whether you're a Veteran, service member, or family member, we're here to help you get the care and benefits you deserve.

[Get started with VA](#)

Create an account to manage your VA benefits and care in one place — any time, from anywhere.

[Create account](#)

[Learn how an account helps you](#)

How to Access Mental Health Treatment at VA Portland HCS

- Primary Care Provider, if enrolled with Primary Care
- Mental Health Triage: Veterans call x56409. If no one answers leave a message. Within 24 hours will be called by triage nurse to discuss current concerns and treatment options
- Emergency Department for urgent safety concerns
- Veterans experiencing homelessness or housing instability can go to CRRC, Vancouver walk-in or consult submitted by a VA provider
- Crisis Line: 988

Helpful Processes



Patient Advocates

- The Patient Advocates at VA Portland Health Care System are specifically trained to provide a consistent, exceptional experience, that builds trust and confidence with Veterans and their families. If you've experienced any problems that you haven't been able to resolve by talking with your care team, please reach out to one of our patient advocates.
- 6 Patient Advocates to help YOU!



Connect with a Patient Advocate



Walk-in support

Portland VA Medical Center only, Bldg 101, Rm. 120

Hours: Monday, 10:00 a.m. - 3:00 p.m. and Tuesday - Friday, 9:00 a.m. - 3:00 p.m.



Call-in support; leave a message 24/7
and expect call back within 3 business
days.

All locations, [503-220-8262](tel:503-220-8262), ext. 58549

Your PACT Team

*Patient Aligned
Care Team*

Calling the clinic
directly and ask to
leave a message with
your PACT Team

MyHealtheVet and
secure messaging



Partnerships
with Veterans



Access
to care using
diverse methods



Coordinated care
among team
members



Team-based care
with Veterans as the
center of their PACT

Health Connect 24hour Nurses Line

- When you call the main number for Portland VA 503-220-8262, listen to the prompts and press the number that says 'speak to a nurse'.
- Or call directly: 1-800-325-7940



Resources

Mental Health Mobile Apps.

Mobile Apps - PTSD: National Center for PTSD (va.gov)

Self-Help

These apps provide support and guidance in living with PTSD.



PTSD Coach



PTSD Family Coach



Beyond MST



Mindfulness Coach

Treatment Companions

These apps offer additional help for PTSD treatments.



CPT Coach



PE Coach



CBT-i Coach



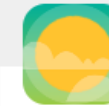
ACT Coach

Related

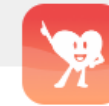
These apps help with related issues affecting people with PTSD.



Safety Plan



COVID Coach



Couples Coach



Insomnia Coach

BEYOND THE MILITARY UNIFORM

Connect with resources and opportunities to build community with fellow veterans in Oregon. Together, we can navigate the challenges of life after service.

If you or someone you know is in
immediate need of help

**DIAL 988 THEN
PRESS 1**



Free, Confidential Support 24/7/365

Be prepared.
Save the number.
Dial 988 then Press 1



- Veterans
- Service members
- Family members
- Friends
- Coworkers

VeteransCrisisLine.net/Chat, or text 838255.

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Postvention Resources



COMMUNITY

PROVIDERS

WORKPLACE



Films



Infographics



Podcasts

Uniting for Suicide Postvention (USPV): <https://www.mirecc.va.gov/visn19/postvention/>

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VA Tools and Resources for Veterans and Supporters

Veterans Crisis Line: A free, anonymous, confidential resource available to Veterans in crisis, as well as concerned family members and friends. **Dial 988 then Press 1**, chat at VeteransCrisisLine.net/Chat, or text **838255**.

Reach Out: Get support designed specifically for you. Family members or friends can find resources that are designed for the Veterans in your life.

Safety Planning: Information on safety planning and a template for developing a safety plan. A safety plan is a written list of coping strategies and sources of support that at-risk Veterans can use before or during a suicidal crisis.

VA Mental Health: VA's repository of mental health resources, information, and data materials.

VA Tools and Resources for Veterans and Supporters

VA S.A.V.E. Training: Training designed to teach anyone who interacts with Veterans how to recognize warning signs of crisis and what to do to help a Veteran who may be at risk.

VA Suicide Prevention: Explore suicide prevention resources to build networks of support among community-based organizations, Veterans Service Organizations, health care providers, and other members of your community that strengthen protective factors for Veterans.

VA Resource Locator: This tool can help Veterans find local mental health and suicide prevention resources, including their local suicide prevention coordinator.

Suicide Prevention Team

- Martha Carlson, Ph.D. PM(Portland)
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- Jeremiah Dutt, LCSW (West Linn)
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Team Line 503-402-2857/52857
email: vhapor-mhdspc@va.gov

