

A NEW WEBSITE FOR VETERANS STRUGGLING WITH DEPRESSION AND SUICIDALITY

The Rocky Mountain Mental Illness Research and Clinical Center, a division of the Veterans Administration, has launched a public information website for veterans, family members, and others interested in learning more about proven mental health treatments for veterans and anyone seeking mental health treatment. The website is free to use.

The website provides information, creative videos, and interactive exercises related to two specific evidence-based psychotherapies: Cognitive Behavioral Therapy for Depression and Cognitive Behavioral Therapy for Insomnia. In the coming months other Cognitive Behavioral Therapies will be added.



By empowering Veterans with information about proven treatments and what treatment involves, this website will allow more veterans to seek treatment and be active participants in the treatment process!

Visit the website at www.treatmentworksforvets.org.

Also as part of the Treatment Works for Vets site is a free Provider Portal, an Evidence-Based Psychotherapy Shared Decision-Making Toolkit for Mental Health Providers.

The toolkit contains information and resources to promote Veterans' engagement in evidence-based psychotherapies (EBPs) through the use of shared decision-making, beginning prior to the initiation of treatment. Increasingly part of high quality, patient-centered care in other health care contexts, shared decision-making principles and processes provide significant opportunities for promoting initial and ongoing engagement in EBPs.

The primary focus of this toolkit is on identifying key components and steps for implementing a pre-treatment Shared Decision-Making (SDM) session to increase initial engagement in EBPs. This SDM Session is a highly collaborative process designed to promote informed choice, treatment motivation, and patient readiness for EBP.

Visit the provider portal at www.treatmentworksforvets.org/provider/.