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Subject: Introducing the All New PTSD Coach Mobile App

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PTSD

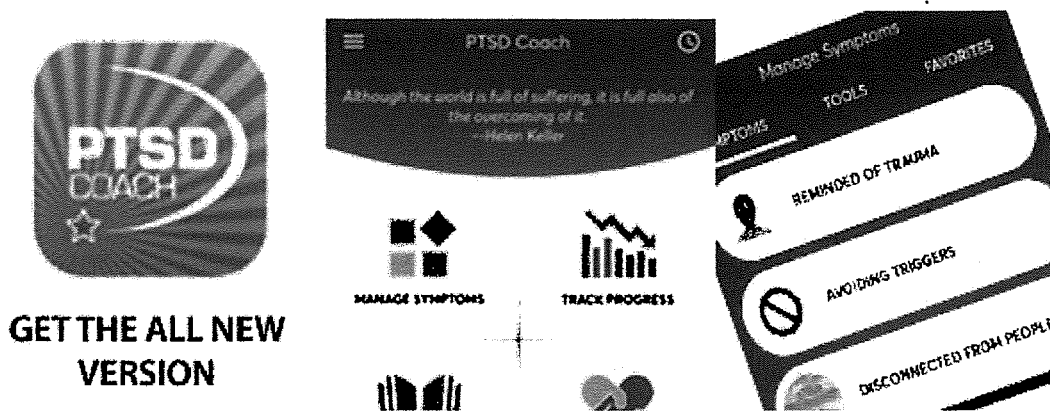
Monthly Update

News Relevant to the Issues of Trauma and PTSD



January 2020

FEATURED TOPIC



All New PTSD Coach Mobile App Released

Introducing the newest release of PTSD Coach, VA's first mobile app for mobile devices. The app has even more features to help you learn about and manage symptoms that can occur after trauma. First launched in April of 2011, the app has been downloaded about 500,000 times in over 115 countries.

The app is now available in Spanish, thanks to the efforts of the U.S. Department of Health and Social Services Hurricane Maria Recovery Team in Puerto Rico. App users can change the language from English to Spanish once they download the content.

Additional features include:

- More tools to help you manage stress symptoms
- More information about PTSD and treatments that work
- Improved graphics to help you track your progress
- New ways to personalize your app with the ability to turn on or off daily quotes and the distress meter

The app is free and can be downloaded for [iOS](#) and [Android](#).

Watch a video walk-through of the app and how to use the PTSD Coach mobile app on our website.

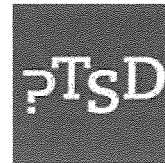
[Watch the Video...](#)

[For Providers](#)

PTSD Consultation Program

Treating Veterans with PTSD? We can help.

Any healthcare provider treating Veterans can ask our expert clinicians a question. [Meet our consultants and get started.](#)



PTSD Monthly Lecture Series

February 19, 2020 at 2 ET: *Concurrent Treatment of PTSD and SUDs Using Prolonged Exposure (COPE)*, by Sudie Back, PhD

- [Mark your calendar](#) for the 3rd Wednesday of the month at 2pm ET
- [Subscribe](#) to monthly emails to find out how to join live lectures.
- Registration is required to receive free continuing education credit for attending the live lecture.

Resources of the Month

Key Recommendations from the Clinical Practice Guideline for Managing PTSD

We've summarized the key recommendations of the Clinical Practice Guideline (CPG) for Managing PTSD in the PDFs below. The CPG was developed by a panel of multidisciplinary experts from the Department of Defense and Department of Veterans Affairs and updated in 2017 with a review of clinical and epidemiological evidence for the management of PTSD. The guideline rates both the quality of evidence and strength of recommendations.

- [Mental Health Providers: Help Veterans Choose Effective Treatments \(PDF\)](#)
- [Primary Care Providers: PTSD Treatment Starts with You \(PDF\)](#)
- [Psychiatrists and Psychiatric Nurse Practitioners: Key Treatment Recommendations \(PDF\)](#)
- [For Your Patients: PTSD Treatment Works. Take the First Step Toward Recovery \(PDF\)](#)

Research at the Center

PTSD Coach Mobile App: Are there benefits of using with Peer Support?

Center researchers are evaluating data from a randomized controlled trial using the PTSD Coach mobile app with and without peer support. The 3-year study tested the effects of the app with engagement and use as well as on changes in PTSD symptoms and attitudes toward mental health services.

Results of this study would directly inform evidence-based care for PTSD and have substantial potential to reach and impact Veterans with PTSD who are currently not seeking treatment within VA.

PTSD in the News

Study finds health as top concern for Veterans after separating from military service

In the months after separating from military service, most Veterans are less satisfied with their health than with their work or social relationships, found a study by Dr. Dawne Vogt from the Clinical Neuroscience Division of the National Center for PTSD. [Read more.](#)*

Stay Connected - Subscribe Here

Be sure to forward this update to others so they can subscribe. We send one update per month to keep you informed of the latest PTSD developments.

Thank you,

The Staff of VA's National Center for PTSD

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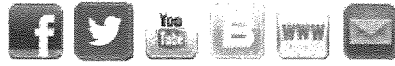


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