Central Office Update
Informatics Section

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VA Psychology Leadership Conference
April 26, 2008
Primary Informatics Projects

- Mental Health Assistant
- My Health-e Vet MH project
- MH Website Management
Mental Health Assistant

Instrument Administrator

Instrument Results Review

Addiction Severity Index Manager

Global Assessment of Functioning Manager

GAF rating is due
• Released to field January 7, 2008
• MHA files completely restructured in VistA
• Launch from CPRS Tools Menu
• Pass progress note to CPRS
• With clinical reminders patch 6, all MHA instruments will work with reminders
• Reminders will be able to use MH scales and individual responses in finding logic
New National Reminders

- **PTSD Screen**
  - Uses PC PTSD

- **Alcohol (Audit-C) Screen**
  - Uses AUDIT-C for all alcohol screens

- **+ AUDIT-C Evaluation**
  - Provides a standard tool for education and counseling for AUDIT-C scores of $\geq 5$

- **Update to national Depression Screen**
  - Uses PHQ-2 and PHQ-9
New Instruments Added in MHA3

- BOMC (Blessed Orientation Memory Concentration) Test
- Braden Skin Risk Assessment
- Morse Falls Risk Scale
- PHQ-2
- PC-PTSD
- TBI 2nd Level Evaluation
• AUD-C: Invoke Skip Logic; add option of “0” as response to Item 2
• PHQ-9: Add 10th question regarding impact of symptoms on overall functioning
• **Progress Note generated by MHA**
  - Tests that are restricted with YSP do not generate note
  - Copyrighted instruments do not include questions in note
  - Concerns regarding potential to misuse information, view as definitive of diagnosis
  - If a site restricts a test locally, the package does not recognize that change
Problems/Solutions

- Psychology Advisory Committee test review
- Disclaimer to Note
- New Note Title
- Update option in MHS Manager to work with new file structure
Test Access

• Restricted tests require user to hold YSP key to access test results
• Menu should be given to all clinical users
• More test administrations occurring outside of mental health—screening instruments
  – 2,487,071 AUD-C administered last year, mostly in clinical reminders in primary care
• Experiencing delays from contracting office in completing contracts
• Cannot reactivate PAR instruments—PAI, NEO-PI without completed contract
• Cannot add MMPI-2-RF until current year contract completed
Future Development Plans

- Continued restrictions in IT development budget
- Prioritized but not funded in FY08
- Received approval to fix defects in MHA—can begin that work immediately
- Working with TBI group to provide enhancements for evaluating veterans with TBI (special funds)
In the Spotlight

**Anxiety Reduction**

**APRIL 2008**

Anxious moments present themselves on a routine basis. For example, an anxious moment could be driving in city traffic, a dreaded dentist appointment, speaking in public, relationship or money problems, or managing health problems. Anxiety is not always bad. Anxiety can come during good times - such as planning a wedding or the arrival of a new grandchild. Anxious moments like these can motivate us and prompt us to get moving and begin a new chapter of our life. Anxiety is an ancient reaction to... Read More →

**VA Women’s Health Care**

VA women’s health care seems to be a “well-kept secret.” Women who do not use the VA often do not realize that most VAs have gynecologists who specialize in women’s health care. How many women know their cholesterol? Blood pressure? Menopause?... Read More →

**Know Your Numbers**

Phone numbers, PIN numbers, passcodes - numbers have become a crucial part of activities in our daily lives. How many numbers do you have? Are you sure you know their chronological order?... Read More →

**Member Login**

**User ID:**

**Password:**

**Forgot User Name?**

**Forgot Password?**

**First time My HealtheVet user?**

**Register today!**

**REGISTER**

**Prescription Refill**

**Emergency Contacts**

**Veterans & Physicians**

**Vitals & Readings**

**Military Health History**

**Medical Library**

**VA Honors Veterans**

**Virtual Tour**

**Get a peek at the many features you can find on My HealtheVet.**
1. Screening Tools for Common Mental Health Problems

2. Information and Education on Common Mental Health Problems (in partnership with Healthwise)

3. My Recovery Plan—interactive personal treatment planner for veterans in treatment to use in conjunction with their care providers
MHV Mental Health Content

Collaboration

- Goal: to develop recovery-focused informational/educational materials on:
  - PTSD  ✅
  - Substance Use Disorders  ✅
  - Schizophrenia  ✅
  - Depression
  - Spirituality
Mental Health

Learning about a mental health condition is a good first step to being able to recognize some of its symptoms. You may be wondering if you have symptoms of concern. One way of determining that is to take a brief confidential and anonymous screen. Only you will see the results of the brief screen. None of the results are stored in your My HealtheVet account or sent anywhere. You can choose to print a copy of the results for your own records or to give to your physician or a mental health professional.

This section contains screens for symptoms of several mental health conditions. You can take a screen to see if you have symptoms that are commonly associated with a specific mental health condition or with stress. The fact that you have symptoms of a mental health condition does not necessarily mean that you have a mental health condition or that a mental health condition is causing you difficulty in functioning in a major area of your life, such as your family, personal relationships, work life or social settings.

Screening Tools

Screens are NOT intended to provide a complete assessment or diagnosis for any condition. They CAN help identify symptoms and assist you in determining if you should seek further evaluation by your physician or a mental health professional.

If you are concerned about any illness, regardless of what the screen shows, you should seek further evaluation from your physician. If you are concerned that you may have a medical emergency or are having thoughts of harming yourself or someone else, call 911, or go immediately to the nearest hospital Emergency Room for an evaluation.
A component of My HealtheVet that will help veterans with mental health issues to:

- Take an active, collaborative role in their treatment
- Take increased responsibility for monitoring and tracking:
  - the type and degree of mental health symptoms,
  - medication adherence and side effects,
  - progress towards recovery goals,
  - as well as relapse triggers & coping plans.
Monitoring Symptoms, Functioning & QoL

- **Overview**
  - Start here...

- **Calendar**
  - Review and add appointments, medications, and events

- **Goals**
  - Review and add goals to your recovery plan

- **Secure Email**
  - Send and receive email from your doctors

- **Links**
  - Discover useful features of your recovery plan

- **Track Your Progress**
  - Keep a record of your symptoms and assessments

- **Medication**
  - Keep a record of your side effects and adherence

- **Training Modules**
  - Discover useful features of your recovery plan

### My Symptoms

- **Category A** Mental Well Being
  - **Overall Mental Health (BASIS 24)**
    - The BASIS 24 is a behavioral health assessment tool used to...
  - **Depression Symptoms (PHQ. 9)**
    - The PHQ 9 is an assessment tool used to measure symptoms of depression...
  - **Alcohol Use Screening (AUDIT-C)**
    - The AUDIT-C is an assessment tool used to measure symptoms of alcohol use...

- **Category B** Healthy Living
  - **Instrument to be defined**

- **Category C** Physical Health
  - **Instrument to be defined**
You are currently taking the medications listed below. Use the links next to each medication to enter and track your desired and unwanted effects.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Desired Effect</th>
<th>Unwanted Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clozapine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lexapro</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Since I started taking Clozapine I have had the following desired effects:

[Example of desired effects of Clozapine: increased sense of calm, reduction of hallucinations; keep you calm; reduce hallucinations]

Desired effect: [interface to input desired effect]

How severe was this effect:
- Low
- Medium
- High

Add more

Since I started taking Clozapine I have had the following unwanted effects:

[Example of unwanted effects of Clozapine: weight gain; drowsiness]

Desired effect: [interface to input desired effect]

How severe was this effect:
- Low
- Medium
- High

Add more
VA Psychology Leadership Conference April 24-27, 2008

Please visit the Conference Announcement page for more details.

SAVE THE DATE!!!

Transforming Mental Health Care: Promoting Recovery and Integrated Care

Date: July 21-24
Arlington, VA

The July 2008 conference will enable key leaders and new mental health staff alike to come together
Office of Mental Health Services

Home

Announcements

National Survey of Substance Abuse Treatment Services (N-SSATS)
by DVA\vhacodeweyr
If your facility has not received the N-SSAT Survey attached by April 15 then please notify robert.deweyr@va.gov

Welcome
by Cosgrove, Keith M
Welcome to the Office of Mental Health Services SharePoint portal. Please contact our help desk at 412-365-4127 with any problems or questions.

• Add new announcement

Events

7/22/2008 12:00 AM National Mental Health Conference
Save the dates for this year's National Mental Health Conference, sponsored by the Office of Mental Health Services. Details will be posted as they become available.

• Add new event

Links

- Mental Health Intranet Web Site
- Mental Health Internet Web Site
- Email Help Desk
• Add new link
Suicide Prevention Awareness

Suicide is the 11th most frequent cause of death in the US: someone dies from suicide every 16 minutes. Suicidal ideas and attempts to harm oneself are the result of problems that may seem like they can't be fixed. Together, Vet Centers and VA Medical Centers stand ready to reach out and help veterans at risk for suicide. Seek professional help...Call the toll-free National Suicide Prevention hotline and indicate you are a veteran. You'll be immediately connected to VA suicide prevention and mental health professionals. We can help--If you feel you are in Crisis--Call the Suicide hotline (1-800-273-TALK), your local VA Medical Center or Vet Center today!

Suicide Prevention Letter from the Under Secretary of Health

Suicide is not the answer

Are you, or someone you love, at risk of suicide? Get help if you notice any of the following:

- Talking about wanting to hurt or kill oneself

Special Feature for US Military Veterans

The National Suicide Prevention Lifeline* has a new feature for veterans. Call for yourself, or someone you care about: 1-800-273-TALK (8255) and press 1. Your call is free and confidential.

Listen to audio from the Lifeline: MP3, WMA Transcript

VA Mental Health