



South Central MIRECC

Clinical Education Products Catalog

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Overview of the SC MIRECC Clinical Education Grants Program

The South Central Mental Illness Research, Education, and Clinical Center (MIRECC) is one of ten MIRECCs in the Department of Veterans Affairs established to improve the provision of healthcare services to Veterans living with mental illness. The mission of the South Central MIRECC is “to promote equity in engagement, access, and quality of mental health care for Veterans facing barriers to care, especially rural Veterans.”



Michael Kauth, PhD

The products in this catalog were developed through the Clinical Education Grants Program. This program supports the development of unique clinical education tools by frontline clinicians and investigators at VA parent facilities and community-based outpatient clinics. We work closely with frontline clinicians to develop their ideas into fundable projects which can extend or complement research and demonstration projects through the development of clinical tools, intervention materials, training programs, and evidence-based treatment manuals. The products developed through this program are offered to mental health providers and consumers by download or request at no charge. Additional educational materials are available from the national MIRECC web site at www.mirecc.va.gov.

Thank you for downloading this catalog to view the clinical education products the South Central MIRECC is currently offering. I hope you will continue to come back to us for your clinical, research and education needs.

A handwritten signature in black ink, appearing to read "Michael Kauth, PhD". The signature is written in a cursive style and is contained within a thin black rectangular border.

Michael Kauth, PhD
South Central MIRECC Co-Director and Associate Director for Education

SC MIRECC Clinical Education Products A-Z

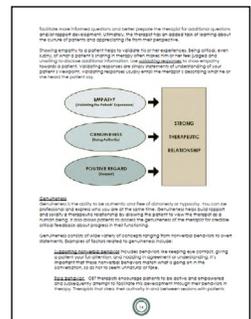
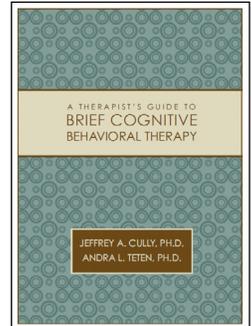
A Therapist's Guide to Brief Cognitive Behavioral Therapy

Jeffrey A. Cully, PhD and Andra L. Teten, PhD
Houston VA Medical Center

This manual shows how cognitive behavioral therapy can be adapted to brief sessions in medical settings. The manual is not intended to produce competence in cognitive behavioral therapy but to support existing training and supervision in cognitive behavioral therapy.

Download the Manual

http://www.mirecc.va.gov/visn16/docs/Therapists_Guide_to_Brief_CBTManual.pdf

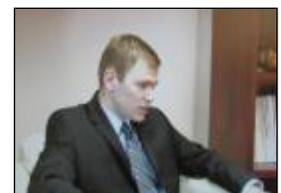


After the Dust Settles Traumatic Brain Injury Assessment DVD

Kimberly Arlinghaus, MD and Nicholas Pastorek, MD
Houston VA Medical Center

This 55-minute instructional DVD demonstrates basic techniques to help clinicians recognize a history of combat-related mild traumatic brain injury, assess current symptoms, and provide feedback to the Veteran regarding the assessment results. This program may be especially helpful to clinicians in rural areas or areas where Veterans may have difficulty assessing specialty care for mild brain injury.

Copies of the DVD have been distributed to VISN 16 medical centers and community-based outpatient centers. Additional questions about this product can be forwarded to Michael.Kauth@va.gov.



Anger Management Patient Handbook and Instructor's Guide

Eddy White, LCSW
Little Rock VA Medical Center

An eight-session cognitive-behavioral workbook for group treatment.
 Great for a new group.

Download the Patient Guide

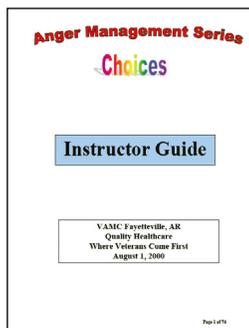
http://www.mirecc.va.gov/VISN16/docs/Anger_Mgt_Patients_Guide2008.pdf

Download the Instructor Guide

http://www.mirecc.va.gov/VISN16/docs/Anger_Mgt_Instructor_Guide2008.pdf

Download the Handouts

http://www.mirecc.va.gov/VISN16/docs/Anger_Mgt_Handouts.pdf



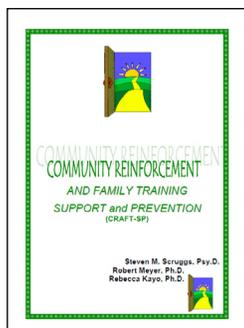
Community Reinforcement and Family Training – Support and Prevention (CRAFT-SP)

Steven M. Scruggs, PsyD, Robert J. Meyers, PhD, and Rebecca Kayo, PhD
Oklahoma VA Medical Center, University of New Mexico Center on Alcoholism, Substance Abuse and Addictions, and the University of Oklahoma Health Sciences Center

This family education manual is adapted from earlier work on the CRAFT model by Dr. Robert Meyers. The program is designed to aid family members in improving their relationship with the addict/user while encouraging the individual to seek treatment.

Download the Manual

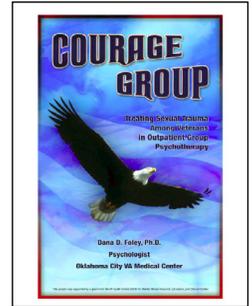
http://www.mirecc.va.gov/visn16/docs/CRAFT-SP_Final.pdf



Courage Group

Dana D. Foley, PhD
Oklahoma VA Medical Center

This workbook is the manualization of a 12-week outpatient psychotherapy group for Veterans who have experienced sexual trauma (started in 1995). The workbook focuses on effects of trauma, coping with emotions, self-esteem, trust, relationships and intimacy, confrontations and forgiveness, and celebration. Includes handouts.

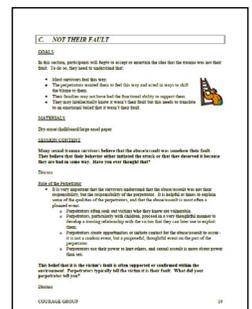


Download the Instructor Guide

http://www.mirecc.va.gov/visn16/docs/Courage_Group_Manual.pdf

Download the Handouts

http://www.mirecc.va.gov/visn16/docs/Courage_Group_HandOuts.pdf



Discontinuing Your Medication for Depression Patient Brochure

JoAnn Kirchner, MD, Kathy Henderson, MD, Maga Jackson-Triche, MD, and the VISN 16 Mental Health Product Line

Brief take-home guide for patients who are discontinuing their antidepressants. Content covers withdrawal symptoms and warning signs of returning depression.



Download the Flyer

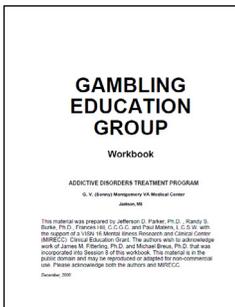
http://www.mirecc.va.gov/VISN16/docs/sc_mirecc_depression_flyer.pdf

Download the Brochure

http://www.mirecc.va.gov/VISN16/docs/sc_mirecc_depression_brochure.pdf



Gambling Education Workbook



Jefferson Parker, PhD, Randy Burke, PhD, Paul Matens, LCSW, and Frances Hill Jackson VA Medical Center

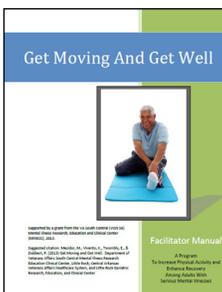
An eight-session gambling education workbook and resource guide that integrates cognitive-behavioral and 12-step approaches. Great for substance abuse treatment programs. Includes CD.

Download the Workbook

http://www.mirecc.va.gov/VISN16/docs/Gambling_Education_Workbook.pdf

Submit “South Central MIRECC Education Products Order Form” on page 26 to VISN16SCMIRECCEducation@va.gov to request this product.

Get Moving and Get Well Manual



Marie Mesidor, PhD, Kristen M. Viverito, PsyD, Eric Twombly, and Patricia Dubbert, PhD Little Rock VA Medical Center

Developed for Veterans living with psychotic disorders, major depression, bipolar disorder, and severe PTSD who have difficulty identifying and making use of opportunities for physical activity. The focus of this program is on wellness rather than weight management. The program is designed to be delivered in 60-minute classes scheduled twice a week for 12 weeks. GMGW participants engage in walking, dancing, and stretching activities. A 12-week follow-up cycle of the class is focused on community integration.



Download Manual

http://www.mirecc.va.gov/visn16/docs/Get_Moving_and_Get_Well_Manual.pdf

Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) Conference Development: Recommendations for Organizing a Successful Training Event at Your VA

**Quang (Charlie) X. Nguyen, PhD; Angelic Chaison, PhD ; Amy Cuellar, PhD; Jennifer O’Neil, PhD; and Ellen Teng, PhD
Houston VA Medical Center**

On this DVD, successful conference organizers give a rationale for conducting an LGBTQ educational meeting. They describe the planning process and provide tips for setting goals, identifying speakers, involving community organizations, and finding funding support. The purpose of the DVD is to help facilitate similar diversity conferences throughout the VA system

Submit “South Central MIRECC Education Products Order Form” on page 26 to VISN16SCMIRECCEducation@va.gov to request this product.

LifeGuard, Operation: Coming Home

**J. Vincent Roca, PhD, Remzi Seker, Radu Babiceanu, Harry Hull, Keith Bush, Kerin Cates, Chia-Chu Chiang, Lenoard Chambliss
Little Rock VA Medical Center**

This website is dedicated to helping returning Veterans reintegrate into their communities and families. VA LifeGuard gives Veterans and their family members an opportunity to experience five skills that help them respond to their thoughts, feelings, and memories that occur on a daily basis.



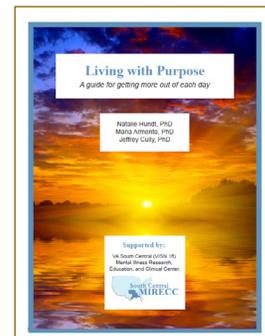
Visit the Website

<http://www.mirecc.va.gov/apps/activities/lifeguard/#&panel1-6>

Living with Purpose: A Guide for Getting More Out of Each Day

Natalie Hundt, PhD, Maria Armento, PhD, and Jeff Cully, PhD
Houston VA Medical Center

This patient workbook is designed to complement formal treatment for depression. The workbook employs a Behavioral Activation approach to get Veterans more active and more involved in pleasurable activities. Includes a provider brochure.

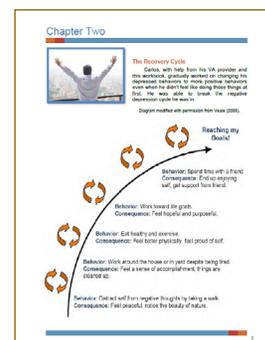


Download the Manual

http://www.mirecc.va.gov/VISN16/docs/Living_With_Purpose.pdf

Download the Provider Brochure

http://www.mirecc.va.gov/VISN16/docs/Living_With_Purpose_Provider_Brochure.pdf



Making the Invisible Visible: Clinical Guide for Recognizing Traumatic Brain Injury in Veterans

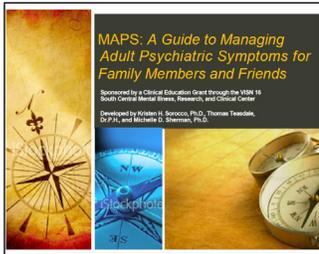
Kimberly A. Arlinghaus, MD, Helene K. Henson, MD, Stephanie Sneed, MD, and Janet Hickey, MD
Houston VA Medical Center

Graphically powerful staff brochure designed to increase clinician awareness about and screening for traumatic brain injury in returning Veterans. Screening questions and “next step” recommendations included.



Submit “South Central MIRECC Education Products Order Form” on page 26 to VISN16SCMIRECCEducation@va.gov to request this product.

MAPS: A Guide to Managing Adult Psychiatric Symptoms for Family Members and Friends

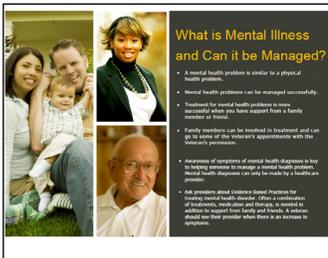


**Kristen H. Sorocco, PhD, Thomas Teasdale, DrPH, and Michelle Sherman, PhD
Oklahoma VA Medical Center**

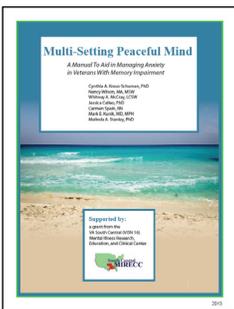
This caregiver support packet is intended for family members of Veterans who are diagnosed with a mental illness, especially family members who cannot attend support/psychoeducational groups at the VA. Content information describes various mental illnesses and addresses caregiver stress. Selected pages, or the entire packet, may be printed as needed.

Download the Guide

http://www.mirecc.va.gov/visn16/docs/MAPS_FINAL10-14-09.pdf



Multi-Setting Peaceful Mind: A Manual to Aid in the Management of Anxiety in Veterans with Memory Impairment



**Cynthia A. Kraus-Schuman, Ph.D., Nancy Wilson, MA, MSW; Whitney A. McCray, LCSW; Jessica Calleo, PhD; Carmen Spain, RN; Mark E. Kunik, MD, MPH; and Melinda A. Stanley
Houston VA Medical Center**

The easy-to-follow manual outlines an evidence-supported cognitive behavioral therapy (CBT) treatment for anxiety with older adults with dementia. The manual includes helpful worksheets for patients.

Download the Manual

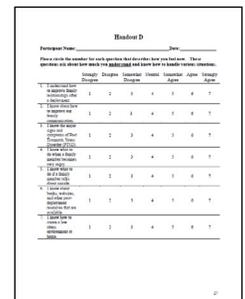
http://www.mirecc.va.gov/MIRECC/VISN16/docs/Multi_Setting_Peaceful_Mind.pdf



Operation Enduring Families: A Support and Education Program for Returning Iraq and Afghanistan Veterans and Their Families Manual

Ursula B. Bowling, PsyD, Alan Doerman, PsyD, and Michelle Sherman, PhD
Oklahoma VA Medical Center

A five-session psychoeducational class for returning Iraq and Afghanistan war Veterans and their families. Topics include deployment and its impact on the family; parenting tips; communication skills; coping with depression, posttraumatic stress disorder, and anger; and reconnecting as a family. The manual also includes promotional materials, a leader's guide, and participant handouts.



Participant Name: _____ Date: _____							
Please circle the number for each question that describes how you feel now. There are seven options to choose from: 1=disagree and 7=agree. Do not leave any blank items.							
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		
1. I am satisfied with the information provided.	1	2	3	4	5	6	7
2. I am satisfied with the format of the manual.	1	2	3	4	5	6	7
3. I am satisfied with the length of the manual.	1	2	3	4	5	6	7
4. I am satisfied with the content of the manual.	1	2	3	4	5	6	7
5. I am satisfied with the quality of the manual.	1	2	3	4	5	6	7
6. I am satisfied with the cost of the manual.	1	2	3	4	5	6	7
7. I am satisfied with the availability of the manual.	1	2	3	4	5	6	7
8. I am satisfied with the usefulness of the manual.	1	2	3	4	5	6	7
9. I am satisfied with the readability of the manual.	1	2	3	4	5	6	7
10. I am satisfied with the overall quality of the manual.	1	2	3	4	5	6	7

Download the Manual

http://www.mirecc.va.gov/MIRECC/VISN16/docs/Operation_Enduring_Families_Manual.pdf

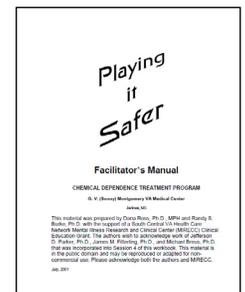
Playing It Safer Workbook

Dana Ross, PhD, MPH and Randy S. Burke, PhD
Jackson VA Medical Center

A four-session behavioral skills-based group program to reduce HIV sexual risk. Good for substance abuse treatment programs.

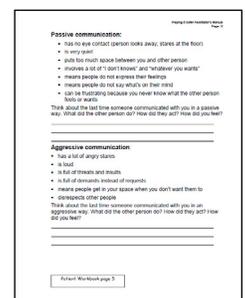
Download the Facilitator Manual

http://www.mirecc.va.gov/visn16/docs/Playing_it_safer_facilitators_manual.pdf



Download the Evaluation

http://www.mirecc.va.gov/visn16/docs/Playing_it_safer_evaluation_form.pdf



Download the Pretest and Posttest

http://www.mirecc.va.gov/visn16/docs/Playing_it_safer_Pretest.pdf

http://www.mirecc.va.gov/visn16/docs/Playing_it_safer_Posttest.pdf

Preparing Veterans for Group Psychotherapy

Pamela C. Fischer, PhD and Richard Carothers, PhD
Oklahoma City VA Medical Center



A 25-minute DVD for Veterans that features Veterans discussing their experiences in group psychotherapy and how this treatment has been helpful. This is a good orientation to group therapy.

Submit “South Central MIRECC Education Products Order Form” on page 26 to VISN16SCMIRECCEducation@va.gov to request this product.

Problem Gambling: Assessing for and Making Plans for Reduction

Joseph Vanderveen, PhD and Daniel Williams, PhD
Jackson VA Medical Center



The goal of this educational product is to make information available regarding the description of gambling problems, how to briefly assess for gambling problems, and what steps can be taken to curtail the further development and continuation of gambling problems. The brochure utilizes information from the Shortened South Oaks Gambling Screen as well as the DSM-5. This highly accessible and easily transportable information will not only allow providers to conduct quick, on-site assessments within any type of Veteran-utilized clinic, it will also help educate providers and Veterans alike about whether a gambling problem may exist. At the very least, this brochure will allow for an increase in communication regarding a Veteran’s gambling habits, while also providing an element of empirically supported brief treatment.

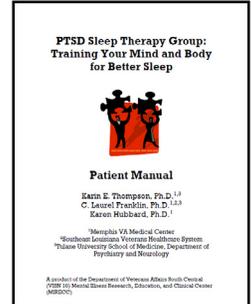
Download the Brochure

http://www.mirecc.va.gov/VISN16/docs/Problem_Gambling_Brochure.pdf

PTSD Sleep Therapy Group Manual

Karin E. Thompson, PhD, C. Laurel Franklin, PhD and Karen Hubbard, PhD
Memphis and New Orleans VA Medical Centers

This six-session treatment protocol includes education, behavioral, and cognitive strategies for sleep problems related to posttraumatic stress disorder in an individual or group setting. Includes a therapist manual, patient workbook, and CD.



Download the Patient Manual

http://www.mirecc.va.gov/VISN16/docs/Sleep_Therapy_Group_Patient_Manual.pdf

Download the Therapist Manual

http://www.mirecc.va.gov/visn16/docs/Sleep_Therapy_Group_Therapist_Manual.pdf

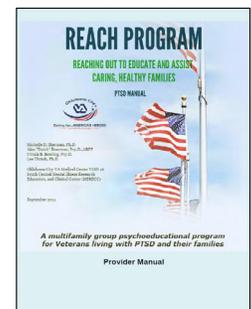


Submit “South Central MIRECC Education Products Order Form” on page 26 to VISN16SCMIRECCEducation@va.gov to request CD.

REACH: Reaching Out to Educate and Assist Caring, Healthy Families

Michelle Sherman, PhD, Ursula B. Bowling, PsyD, Alan Doerman, PsyD, and Lee Thrash, PhD
Oklahoma VA Medical Center

The Oklahoma City VA Medical Center’s Family Mental Health Program modified William McFarlane’s multifamily group model, an evidence-based model of family psychoeducation, for a VA setting and for Veterans living with PTSD and their family members.



Download the Provider Manual

http://www.mirecc.va.gov/MIRECC/VISN16/docs/REACH_Provider_Manual.pdf

Download the Student Manual

http://www.mirecc.va.gov/MIRECC/VISN16/docs/REACH_Student_Workbook.pdf

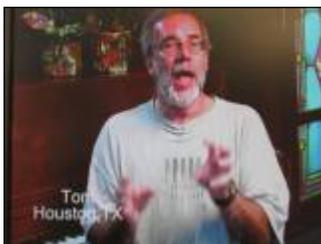


Recovery: A Journey of Healing and Transformation



**Quang (Charlie) Nguyen, PhD, Mental Health Staff and Veteran Consumers
Houston, Biloxi, Dallas, and Little Rock VA Medical Centers**

This 48-minute DVD introduces the recovery model to Veterans with mental illness, their family members and significant others, and medical center staff. The program illustrates the dimensions of recovery through Veteran-consumer testimonials and a simulated community meeting. Additional online resources are identified in the credits.

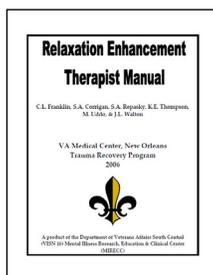


Submit “South Central MIRECC Education Products Order Form” on page 26 to VISN16SCMIRECCEducation@va.gov to request this product.

Relaxation Enhancement Therapist Manual/ Stress-for-Less Patient Manual

**C. Laurel Franklin, PhD, Shelia Corrigan, PhD, Stephanie Repasky, PsyD, Karin E. Thompson, PhD, Madeline Uddo, PhD, and Jessica Walton, MS
New Orleans VA Medical Center**

This is a step-by-step guide for teaching relaxation skills using breathing control, muscle relaxation, and guided imagery in a group format. Relaxation logs and instructions for audio recording personal relaxation tapes are included.



Download the Therapist Manual

http://www.mirecc.va.gov/visn16/docs/Franklin_Relaxation_Therapist_Manual.pdf

Download the Patient Manual

Manual: http://www.mirecc.va.gov/visn16/docs/Franklin_Relaxation_Patient_Manual.pdf

Download the Log

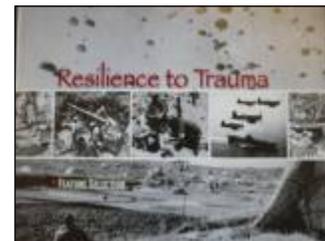
http://www.mirecc.va.gov/visn16/docs/Franklin_Relaxation_Log.pdf



Resilience to Trauma

Wright Williams, PhD
Houston VA Medical Center

This three-part DVD depicts World War II ex-Prisoners of War describing their internment experiences and life after captivity. This visually engaging program is intended to communicate to Veterans of all eras and to the general public that people can and do cope after horrific events.



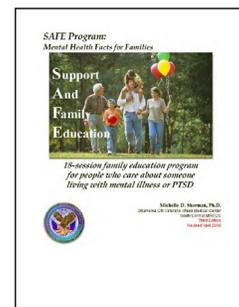
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SAFE Program Manual-Revised

Michelle Sherman, PhD
Oklahoma City VA Medical Center

An 18-session workshop and resource guide for educating families of Veterans with chronic mental illness. Very helpful if starting family services for first time. An Appendix on implementing the SAFE Program in a rural area or a VA community-based outpatient clinic is also available.

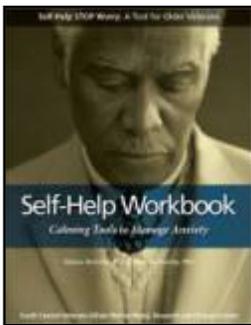


Download the Manual

http://www.mirecc.va.gov/MIRECC/VISN16/docs/SAFE_Manual.pdf



Self-Help STOP WORRY: A Tool for Older Veterans



Srijana Shrestha, PhD and Melinda Stanley, PhD
Houston VA Medical Center

This clinician guide and self-help workbook provide a user-friendly, guided cognitive behavioral treatment of generalized anxiety disorder for Veterans 60 years of age or older who experience high levels of worry and anxiety. The self-help workbook contains practice exercises and forms to monitor progress. The workbook also includes a CD with instructions for diaphragmatic breathing and progressive muscle relaxation. The workbook may be used independently or a part of formal treatment.



Download Clinician Guide

http://www.mirecc.va.gov/VISN16/docs/STOP_Worry_Clinician_Workbook.pdf

Download Self-Help Workbook

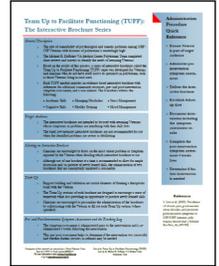
http://www.mirecc.va.gov/VISN16/docs/STOP_Worry_Self-Help_Workbook.pdf

Submit “South Central MIRECC Education Products Order Form” on page 26 to VISN16SCMIRECCeducation@va.gov to request this product.

Team Up to Facilitate Functioning (TUFF) Series: Interactive Brochures for Treatment of Postconcussive Symptoms in Returning Veterans with History of Traumatic Brain Injury

Nicholas J. Pastorek, PhD, Carol Gustafson Holdaway, MS, Jared Benge, PhD, and Jane Booth, PhD
Houston VA Medical Center

These six online modules address academic skills, cognitive skills, managing headaches, healthy sleeping, stress management, and mood management. Each brochure contains 'team up' sections that encourage clinicians to personalize the administration of each brochure and practice new skills through collaboration with the Veteran. A pre- and post-symptom assessment is paired with each interactive brochure, allowing clinicians to determine the effectiveness of the intervention. Each module includes an evidence-based interactive brochure with references for additional community resources, a pre- and post-intervention symptom assessment, and a user manual.



Download the Brochures
<http://www.mirecc.va.gov/VISN16/providers/TUFF.asp>

Us and Them: The Experience of Mental Health Stigma

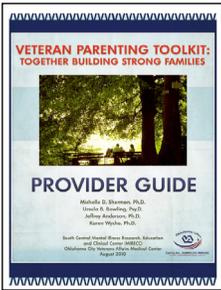
Michelle Sherman, PhD
Oklahoma City VA Medical Center

This PowerPoint program on CD and manual provides a facilitator-guided presentation for VA medical center staff to challenge their beliefs about mental illness and promote greater sensitivity.



Submit "South Central MIRECC Education Products Order Form" on page 26 to VISN16SCMIRECCEducation@va.gov to request this product.

Veteran Parenting Toolkits



Michelle Sherman, PhD, Ursula B. Bowling, PsyD, Jeffrey Anderson, PhD, and Karen Wyche, PhD

Oklahoma City VA Medical Center

Five sets of age-specific parenting materials for young Veteran parents and their partners.



Download Toolkits

<http://www.mirecc.va.gov/VISN16/providers/VeteranParentingToolkit.asp>

Working With Couples Training Modules

Michael Kauth, PhD and Michelle Sherman, PhD
Houston and Oklahoma City VA Medical Centers



These modules were developed by Drs. Michelle Sherman and Michael Kauth based on live training content created by Drs. Michelle Sherman, Ursula Bowling, and Dutch Doerman. The six modules provide an overview of essential content and skills for treating the Veteran and his or her partner or spouse who struggle with communication problems, anger and conflict, mental illness, trauma, and reintegration into the family after deployment. This training targets VA clinicians but may be helpful to non-VA providers who work with Veterans. Additional training and supervision are required to become competent in providing couples therapy.



Access the Modules

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