



# DoD IMPLEMENTATION SCIENCE MONTHLY

July 2017

Prepared by the Deployment Health Clinical Center

*Informing a community of behavioral health providers who lead the rapid translation of research findings into routine clinical practice*

## Resources/Tips of the Month

### A Guide to Testing Practice Changes for Performance Improvement

This guide from the Health Resources and Services Administration provides information on how to test and evaluate practice changes with the purpose of improving clinical performance.

### Tips to Improve Reporting and Submissions to IS Journals

Implementation Science journal editors review the past 10 years of submissions, give suggestions for how to improve reporting and provide specific tips to submit to an IS journal.

## Featured Article

### A Virtual Hope Box: Randomized Control Trial of a Smart Phone App for Emotional Regulation and Coping with Distress

This study assessed the impact of the Virtual Hope Box (VHB), a smartphone app to improve stress coping skills, suicidal ideation, and perceived reasons for living among patients at elevated risk of suicide and self-harm.

## Action Items

### Tech into Care Pilot Study

This DoD/VA Practice Based Implementation (PBI) Network pilot program will provide support to clinicians for the implementation of web and mobile based interventions as a therapy support. It will develop and test training and implementation approaches that address what technology to use for whom, how to engage and support remote interactivity and self-help practices, and how to increase accessibility, improve communication, and engage in shared decision-making related to technology.

### Psychological Health Provider Needs and Preferences Survey

This year, the PBI Network will roll out an annual DoD Psychological Health Provider Needs and Preferences Survey to collect service specific clinician feedback. The DoD Psychological Health Practice Change Prioritization Work Group (PCPWG) will analyze the provider feedback and use it, along with surveillance data and research gap reviews, to inform PCPWG recommendations to the DoD Mental Health Working Group.

## Research News

The Military Operational Medicine Research Program recently closed three dissemination and implementation (D&I) request for proposal solicitations. The outcomes will be reported in an upcoming newsletter. The studies will optimize dissemination and implementation of:

- Evidence-based PTSD treatments
- Evidence-based tele-behavioral health interventions
- DoD's Behavioral Health Data Portal (BHDP)

### DCoE Summit – Advances in the State of Science and Best Practices September 19-21, 2017

Mark your calendars to join us online for our annual summit! This virtual event will connect health care professionals, researchers and academicians involved in all aspects of psychological health and TBI care for the military community.

**Register now!**

### 10<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health December 4-5, 2017

Connect with peers to address priorities in the field, grow the research base, and ensure that evidence is used to inform decisions that will improve health and health care.

**Learn more**

Contact the DHCC IS Team  
Learn about the PBI Network  
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