Providers: How PHCoE Can Help You

Psychological Health Center of Excellence

Advancing excellence in psychological health care in the military

Defense Health Agency

The **Psychological Health Center of Excellence** is the centralized source of psychological health expertise in the Defense Health Agency (DHA) and resides within the Research and Development Directorate.

We are a trusted source and partner in implementing evidence-based research and practices across the continuum of care to enhance psychological health and readiness in the military community.

Learn which PHCoE projects and resources can help you and your patients:

Prevention and Outreach

Helping clinicians and service members in the prevention and early detection of psychological health disorders

Clinician's Corner Blog: Series written by leaders, clinicians, and experts on current topics of interest for psychological health care providers in the Military Health System (MHS).

Psychological Health Resource Center: 24/7 call center for service members, family members, and clinicians staffed by professional health resource consultants with expertise in psychological health and military culture. Call (866) 966-1020 for assistance.

Real Warriors Campaign: DOD initiative that encourages service members, veterans, and military families who are coping with invisible wounds to reach out for help. Order materials at www.realwarriors.net for health fairs, for patient handouts, or to leave in your clinics/commands.

inTransition: Free, voluntary program with coaches who provide psychological health care support to service members, veterans, and their health care providers any time a service member or veteran needs a new mental health provider. This could be when moving from one duty station to another, when leaving active duty, or when returning home following reserve or Guard duty. Call (800) 424-7877 to refer a patient or ask questions.

Implementation Science

Helping clinicians implement empirically-supported treatments

Clinical Support Tools: Resources to help providers use DOD/VA clinical practice guidelines for psychological health conditions, including provider, patient, and family guides.

Primary Care Behavioral Health (PCBH): Education and training programs to support behavioral health within DOD primary care and implementation of clinical pathway protocols for alcohol use, anxiety, depression, diabetes, obesity, pain, sleep problems, and tobacco.

Practice-based Implementation Network (PBI Network): A network of clinics across the country that bridge the gap between mental health research and clinical practice in DoD and the VA to more rapidly translate research findings into practice changes.

Evidence Synthesis and Gap Analysis

Helping clinicians synthesize and understand pertinent psychological health and military research

Psych Health Evidence Briefs: Expert-reviewed summaries of available scientific evidence and clinical guidance for existing and potential treatments for psychological health conditions commonly experienced by service members. They can serve as handouts for patients to read about different treatment options.

Research Gaps Reports: Reports on significant psychological health topics developed through rigorous, efficient, and transparent methodology to identify and prioritize research gaps in the MHS.

Systematic Reviews: Comprehensive reviews that identify and promote evidence-based psychological health practices in the MHS using well-established and rigorous methods.

Surveillance and Medical Intelligence

Helping clinicians and researchers identify and understand current trends in psychological health disorders and utilization rates

Psychological Health by the Numbers: Mental health surveillance and monitoring reports to inform leadership, health care providers, and researchers of trends in mental health and mental health care within the MHS.

Department of Defense Suicide Event Report (DoDSER): System that standardizes suicide surveillance efforts across the military services and tracks suicide-related risk factors and behaviors for all cases of suicide occurring among service men and women. Each year the data is summarized and released to the public in the DoDSER Annual Report.

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