

# Older Veteran Behavioral Health Resource Inventory



U.S. Department  
of Veterans Affairs



## Overview

This inventory provides information on resources to help health and social service professionals support older Veterans and other older adults who have or are at risk for behavioral health conditions. This inventory is not exhaustive. Rather, it provides an overview of programs and publications on topics including posttraumatic stress disorder, suicide prevention, long-term services and supports, and much more.

In addition to using this inventory, health and social service professionals can connect with the nationwide network of state and local aging and disability agencies, known as the No Wrong Door (NWD) System ([nwd.acl.gov/](https://www.nwd.acl.gov/)).

Through partnerships with community organizations, including behavioral health entities, the NWD System helps all populations, including Veterans and their caregivers, take advantage of an array of services that support community living. The NWD System has access points across the country staffed by people living in local communities.

A collaboration among:

U.S. Department of Veterans Affairs (VA)

Veterans Health Administration (VHA)

Veterans Benefits Administration (VBA)

U.S. Department of Health and Human Services (HHS)

Administration for Community Living (ACL)

Center for Medicare & Medicaid Services (CMS)

Substance Abuse and Mental Health Services Administration (SAMHSA)

National Council on Aging (NCOA)

## Connecting Veterans with VA Services

VA remains committed to the health and well-being of all Veterans, no matter when or how long they served. Community-based partners share and bolster that commitment by connecting Veterans with VA's many services. Explore these resources and encourage the Veterans in your life to do the same:

- The VA Welcome Kit can help guide Veterans and caregivers to the benefits and services they have earned, whether they are transitioning from military service or have been civilians for years.
- Veterans who have not enrolled with VA health care can learn about eligibility requirements and apply online for Veteran health benefits. For questions about enrolling in VA health care, Veterans can call VA's toll-free hotline at 1-877-222-VETS (1-877-222-8387), Monday through Friday, 8 a.m. to 8 p.m. Eastern time. TTY users may call 1-800-877-8339.
- All Veterans can access support from VA for a specific **mental health challenge** — such as trouble sleeping, difficulty controlling their anger, or concerns related to military sexual trauma (MST).
- They do not need to be enrolled in VA health care to receive free mental health services right away. They may call or visit any **VA medical center** — anytime, day or night — or any **Vet Center** during clinic hours.

Local providers and community-based partners often support Veterans who are also receiving services at a VA medical center. VA medical centers use Patient Aligned Care Teams (PACTs) to involve the Veteran and their health care professionals, inside and outside of VA, in all aspects of the patient's health. PACTs also provide Veterans with assigned care managers who are often nurses or social workers.

Thank you for joining with VA in contributing to Veterans' well-being, supporting their independence, and enhancing their quality of life.

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## VA Benefits

**VA.gov** was built with Veterans, for Veterans. The VA site offers one place to access all VA benefits and health care services. You can sign in with your My HealthVet, DS Logon, or ID.me account to track your claims, refill your prescriptions, and more.

Access and manage your VA benefits and health care at **VA.gov**.

Link: <https://www.va.gov/>

**VA Mental Health** – VA is committed to recovery-oriented, holistic, integrated, evidence-based mental health care. The care is sensitive to a Veteran’s sex and cultural differences, and it can be accessed close to home. VA provides a wide range of outpatient, inpatient, residential rehabilitation, telehealth, mental health and suicide prevention services. This site includes a section with information and resources specifically for **older Veterans**.

Link 1: <https://www.mentalhealth.va.gov/>

Link 2: <https://www.mentalhealth.va.gov/older-veterans/index.asp>

**VA Benefits for Older Veterans** – These VBA programs provide information on benefits and health services that address changing health risks and financial challenges among Veterans ages 65 and over. Unique benefits available include the following.

Link: <https://www.benefits.va.gov/persona/veteran-elderly.asp>

1. **VA Pension Benefits** is a needs-based benefit paid to wartime Veterans who meet certain age or non-service-connected disability requirements.

Link: <https://www.va.gov/pension/>

2. **Aid & Attendance and Housebound** benefits are paid in addition to a monthly pension. Veterans and survivors who are eligible for a VA pension and require the aid and attendance (A&A) of another person or are housebound may be eligible for this additional monetary payment.

Link : [https://www.benefits.va.gov/pension/aid\\_attendance\\_housebound.asp](https://www.benefits.va.gov/pension/aid_attendance_housebound.asp)

3. **VA Disability Compensation** provides VBA information on disability compensation, the claims process, eligibility, how to file an online fully developed claim (FDC), and available benefits.

Link : <https://www.va.gov/disability/>

4. The **Fiduciary Program** provides oversight of VA’s most vulnerable beneficiaries who are unable to manage their VA benefits because of injury, disease, or the infirmities of advanced age or who are under 18 years old.

Link : <https://www.benefits.va.gov/fiduciary/index.asp>

5. **Military Sexual Trauma and Disability Compensation:** The **Military Sexual Trauma (MST) and disability compensation webpage** provides information on benefits for health conditions related to experiences of sexual assault or sexual harassment while serving in the military. MST experiences can affect Veterans mental and physical health, even many years later. VBA has **MST Outreach Coordinators** at local regional benefit offices who can assist Veterans.

Link 1: <https://www.va.gov/resources/military-sexual-trauma-and-disability-compensation/>

Link 2: <https://www.benefits.va.gov/benefits/mstcoordinators.asp>

**Federal Benefits for Veterans, Dependents and Survivors** - This booklet contains overviews of the most commonly sought information about Veterans' benefits and services. For the most up-to-date information, Veterans and family members should visit the websites provided within this publication as regulations, payments, and eligibility requirements are subject to change.

Link: [https://www.va.gov/opa/publications/benefits\\_book.asp](https://www.va.gov/opa/publications/benefits_book.asp)

**VA Life Insurance (VALife) - Veterans Affairs Life Insurance (VALife)** provides low-cost coverage to Veterans with service-connected disabilities. VALife is guaranteed acceptance whole life insurance. This means that if you meet the eligibility requirements for VALife, we'll automatically approve your application. You won't need to prove you're in good health and you can keep your coverage for the rest of your life. Explore the eligibility criteria, coverage details, and benefits of VALife, the new life insurance program designed for Veterans.

Link 1: <https://www.va.gov/life-insurance/>

Link 2: <https://www.va.gov/life-insurance/options-eligibility/valife/>

**VA Community Care** – VA provides care to Veterans through community-based providers when VA cannot provide the care needed. Community care is based on specific eligibility requirements, availability of VA care, and the needs and circumstances of individual Veterans.

Link: <https://www.va.gov/COMMUNITYCARE/>

**PACT Act** – The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and other toxic substances. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they've earned and deserve.

Link: <https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>

**COMPACT Act** – Under the Veterans Comprehensive Prevention, Access to Care, and Treatment (COMPACT) Act, Veterans in suicidal crisis can go immediately to any VA or non-VA health care facility for emergency health care at no cost to them. Under the COMPACT Act, VA will provide, pay for, or reimburse for treatment of eligible Veterans' emergency suicide care, transportation costs, and follow-up care at any VA or community health care center for up to 30 days of inpatient care and 90 days of outpatient care.

Link 1: [https://www.va.gov/communitycare/programs/veterans/emergency\\_care.asp](https://www.va.gov/communitycare/programs/veterans/emergency_care.asp)

Link 2: <https://www.va.gov/poplar-bluff-health-care/news-releases/compact-act-expands-free-emergency-suicide-care-for-veterans/>

## **Cross-Diagnostic Clinical Resources**

**VA/DoD Clinical Practice Guidelines** – VA, in collaboration with the Department of Defense (DoD) and leading professional organizations, has been developing clinical practice guidelines since the early 1990s. Many guidelines are relevant to behavioral health care for older Veterans. They include guidelines for the assessment and management of patients at risk for suicide and those who have major depressive disorder, posttraumatic stress disorder, substance use

disorder, chronic pain, lower back pain, insomnia, and more. Clinical practice guidelines are used to improve patient care and to prevent inappropriate variations in care. Guidelines must always be used in the context of a health care provider's clinical judgment regarding the care of a particular patient. For this reason, the guidelines may be viewed as an educational tool to provide information in shared decision-making.

Link: <https://www.healthquality.va.gov/>

**VA Academic Detailing Service** – The VA Pharmacy Benefits Management Academic Detailing Service is designed to provide a centralized matrix model for developing and supporting core elements of academic detailing (AD) programming. AD is a scholarly approach to balanced, evidence-based information that uses direct, one-on-one social marketing techniques to provide service-oriented outreach for health care professionals. AD educational materials cover a wide range of clinical topics, including dementia, depression, posttraumatic stress disorder, chronic insomnia, alcohol use disorder, opioid use disorder, pain/opioid safety, and more.

Link: <https://www.pbm.va.gov/PBM/academicdetailingservicehome.asp>

**VA South Central Mental Illness Research, Education and Clinical Center (MIRECC)** – This VA Center of Excellence provides a range of **clinical resources to address the mental health needs of older Veterans**. These resources include the “Collaborative Safety Planning for Older Adults” manual, older adult anxiety treatment resources (“Self-Help STOP WORRY: A Tool for Older Veterans” and “Multi-Setting Peaceful Mind: A Manual to Aid in the Management of Anxiety in Veterans with Memory Impairment”), and the “Pocket Guide for Clinicians for Management of Chronic Pain.” The center also has many **educational products** on evidence-based interventions and care for mental health issues that are relevant to older adults, such as anxiety and worry, cognitive impairment, and stress.

Link 1: <https://www.mirecc.va.gov/visn16/index.asp>

Link 2: <https://www.mirecc.va.gov/visn16/resources-older-veterans.asp>

Link 3: [https://www.mirecc.va.gov/VISN16/clinicalEducationProducts\\_topic.asp](https://www.mirecc.va.gov/VISN16/clinicalEducationProducts_topic.asp)

**E4 Center of Excellence for Behavioral Health Disparities in Aging** – The mission of the SAMHSA-funded E4 Center is to engage, empower, and educate health care providers and community-based organizations for equity in behavioral health for older adults and their families. The E4 Center provides education, implementation resources, and technical assistance regarding mental health, substance use, and their intersection with physical health. (SAMHSA)

Link: [www.e4center.org](http://www.e4center.org)

**Resources for Older Adults | SAMHSA** – SAMHSA has a number of products for serving older adults with mental and substance use disorders that can be useful to clinicians, other service providers, older adults, and caregivers. Resources include **Psychosocial Interventions for Older Adults with Serious Mental Illness**, **Helping Older Adults After Disasters: A Guide to Providing Support**, and substance use disorder, suicide prevention and other resources referenced in other sections of this guide.

Link 1: <https://www.samhsa.gov/resources-serving-older-adults>

Link 2: <https://www.samhsa.gov/resource/ebp/psychosocial-interventions-older-adults-serious-mental-illness>

Link 3: <https://store.samhsa.gov/product/helping-older-adults-after-disasters-guide-providing-support/pep19-01-01-001>

**Brief Reference Document on Supporting the Mental Health Needs of Older Adults** - This concise reference document highlights evidence-based practices (EBPs) that have proven effective in addressing mental health challenges faced by older adults. It offers practical guidance for State Mental Health Agencies (SMHAs) and providers on policy development and successful implementation and expansion of these EBPs. (SAMHSA)

Link: <https://www.samhsa.gov/sites/default/files/state-ta-supporting-mental-health-older-adults.pdf>

## **Posttraumatic Stress Disorder (PTSD)**

**National Center for PTSD** – The Center’s mission is to advance the clinical care and social welfare of America’s Veterans and others who have experienced trauma, or who suffer from PTSD, through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders. This website has educational resources for providers on **PTSD symptoms in older adults** and **assessing and treating older adults**, as well as courses on **PTSD and aging**, **PTSD and dementia**, and **prescribing for older Veterans with PTSD**. There are also web articles that review **PTSD at the end of life**, **co-occurring PTSD and neurocognitive disorder (NCD)** and information on the **assessment and treatment of PTSD with NCD**. Relevant materials for the public include the “**Understanding PTSD and Aging**” booklet in **English** and **Spanish** (PDF), an article on **aging Veterans and posttraumatic stress symptoms**, an **infographic on the risks of benzodiazepine use in older adults**, and an **article on suicide and PTSD**.

Link 1: <https://www.ptsd.va.gov/>

Link 2: [https://www.ptsd.va.gov/professional/treat/specific/symptoms\\_older\\_adults.asp](https://www.ptsd.va.gov/professional/treat/specific/symptoms_older_adults.asp)

Link 3: [https://www.ptsd.va.gov/professional/treat/specific/assess\\_tx\\_older\\_adults.asp](https://www.ptsd.va.gov/professional/treat/specific/assess_tx_older_adults.asp)

Link 4: [https://www.ptsd.va.gov/professional/continuing\\_ed/ptsd\\_aging.asp](https://www.ptsd.va.gov/professional/continuing_ed/ptsd_aging.asp)

Link 5: [https://www.ptsd.va.gov/professional/continuing\\_ed/dementia\\_ptsd.asp](https://www.ptsd.va.gov/professional/continuing_ed/dementia_ptsd.asp)

Link 6: [https://www.ptsd.va.gov/professional/continuing\\_ed/prescribe\\_oldervets\\_ptsd.asp](https://www.ptsd.va.gov/professional/continuing_ed/prescribe_oldervets_ptsd.asp)

Link 7: [https://www.ptsd.va.gov/professional/treat/specific/ptsd\\_end\\_of\\_life.asp](https://www.ptsd.va.gov/professional/treat/specific/ptsd_end_of_life.asp)

Link 8: [https://www.ptsd.va.gov/professional/treat/cooccurring/ncd\\_cooccurring.asp](https://www.ptsd.va.gov/professional/treat/cooccurring/ncd_cooccurring.asp)

Link 9: [https://www.ptsd.va.gov/professional/treat/cooccurring/ncd\\_assess\\_cooccur.asp](https://www.ptsd.va.gov/professional/treat/cooccurring/ncd_assess_cooccur.asp)

Link 10: [https://www.ptsd.va.gov/publications/print/understandingptsd\\_aging\\_booklet.pdf](https://www.ptsd.va.gov/publications/print/understandingptsd_aging_booklet.pdf)

Link 11: [https://www.ptsd.va.gov/spanish/docs/understandingptsd\\_aging\\_booklet\\_SP.pdf](https://www.ptsd.va.gov/spanish/docs/understandingptsd_aging_booklet_SP.pdf)

Link 12: [https://www.ptsd.va.gov/understand/what/aging\\_veterans.asp](https://www.ptsd.va.gov/understand/what/aging_veterans.asp)

Link 13: [https://www.ptsd.va.gov/publications/print/ptsd\\_things\\_change.pdf](https://www.ptsd.va.gov/publications/print/ptsd_things_change.pdf)

Link 14: [https://www.ptsd.va.gov/understand/related/suicide\\_ptsd.asp](https://www.ptsd.va.gov/understand/related/suicide_ptsd.asp)

**PTSD Consultation Program** – This free resource is available to both VA and non-VA providers who are working with Veterans who have PTSD. Speak directly with experts from the National Center for PTSD about topics including evidence-based treatment, clinical management, resources, assessment, education and training opportunities, referrals, and transitioning Veterans to VA care. The PTSD Consultation Program has a monthly **lecture series** with archived recordings.

Link 1: <https://www.ptsd.va.gov/professional/consult/index.asp>

Link 2: [https://www.ptsd.va.gov/professional/consult/lecture\\_series.asp](https://www.ptsd.va.gov/professional/consult/lecture_series.asp)

**AboutFace** – This website aims to help Veterans and others recognize PTSD, reduce barriers to care, and motivate them to seek treatment. AboutFace includes videos of Veterans of service eras dating back to World War II and the Korean War speaking about their experiences with PTSD and treatment. There are video stories for 3 Veterans who underwent a successful course of **Prolonged Exposure (PE), Cognitive Processing Therapy (CPT) and Eye Movement Desensitization and Reprocessing (EMDR)** for their PTSD. This site also includes older Veterans’ stories of treatment and healing from **military sexual trauma or racism and discrimination**.

*Link 1: <https://www.ptsd.va.gov/apps/AboutFace/>*

*Link 2: <https://www.ptsd.va.gov/apps/aboutface/ptsd-therapies/>*

*Link 3: <https://www.ptsd.va.gov/apps/aboutface/military-sexual-trauma/>*

*Link 4: <https://www.ptsd.va.gov/apps/aboutface/race-culture-and-ptsd/>*

**Make the Connection: PTSD** – Make the Connection is a VA online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives.

On the website, visitors can watch hundreds of Veterans share their stories of strength and recovery, find relevant information, and locate nearby resources. Searching by era of military service, learn more about PTSD, treatment options, self-help tools, and recovery resources.

*Link: <https://maketheconnection.net/conditions/ptsd>*

**Talking Later: Veterans’ Stories of Late-Life PTSD.** Created by the VA Office of Rural Health, this podcast is about PTSD in later life; it is also about resilience as we age. Each episode of Talking Later begins with a real Veteran’s story. They share their ups and downs and ways that they coped with what they’ve gone through. Then the moderators discuss what the Veteran’s story can teach us about PTSD and resilience in later life.

*Link: <https://www.spreaker.com/show/talking-later>; or go to any podcast app and search for Talking Later.*

**PTSD at the End of Life Videos** – Created by the VA Office of Rural Health, these three videos were designed to teach rural hospice and palliative care providers how to recognize and respond to PTSD symptoms in older Veterans. The videos may also be helpful to clinicians working in long-term care, home health staff, and also to family caregivers.

*Link: [https://www.youtube.com/playlist?list=PL3AQ\\_JVoBEyyJX0UhUmQG8q4B5nex3cl8](https://www.youtube.com/playlist?list=PL3AQ_JVoBEyyJX0UhUmQG8q4B5nex3cl8)*



## Substance Use Disorders

**Make the Connection: Problems With Alcohol** and **Make the Connection: Problems With Drugs** – Make the Connection is a VA online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives.

On the website, visitors can watch hundreds of Veterans share their stories of strength and recovery, find relevant information, and locate nearby resources. Searching by era of military service, you can learn more about problems with alcohol and/or drugs, treatment options, self-help tools, and recovery resources.

*Link 1: <https://maketheconnection.net/conditions/problems-with-alcohol>*

*Link 2: <https://maketheconnection.net/conditions/problems-with-drugs>*

*Link 3: <https://www.maketheconnection.net/stories/342/>*

**Limit Alcohol** – This resource from the VA National Center for Health Promotion and Disease Prevention has information and recommendations about using alcohol in moderation if one chooses to consume alcohol. The page includes a VA handout for Veterans, a video, and links to relevant resources.

*Link: [https://www.prevention.va.gov/Healthy\\_Living/Limit\\_Alcohol.asp](https://www.prevention.va.gov/Healthy_Living/Limit_Alcohol.asp)*

**Drug and Alcohol Misuse** – The Veterans Health Library is a resource with information to help Veterans understand unhealthy drinking, the misuse of medication, and treatment options.

*Link: [https://veteranshealthlibrary.va.gov/Search/142,UG4806\\_VA](https://veteranshealthlibrary.va.gov/Search/142,UG4806_VA)*

**Get Connected: Linking Older Adults With Medication, Alcohol, and Mental Health Resources** – This toolkit and **video** help service providers learn more about mental illness and substance use disorders in older adults, focusing on alcohol and medication use. It provides tools such as a program coordinator's guide, suggested curricula, and handouts. (SAMHSA)

*Link 1: <https://store.samhsa.gov/product/get-connected-linking-older-adults-resources-medication-alcohol-and-mental-health/sma03-3824>*

*Link 2: <https://www.youtube.com/watch?v=FQan4-6amJk>*

**Treatment Improvement Protocol (TIP) 26: Treating Substance Use Disorder in Older Adults** – This updated TIP is designed to help providers and others better understand how to identify, manage, and prevent substance misuse in older adults. The TIP describes the unique ways in which the signs and symptoms of substance use disorder (SUD) manifest in older adults; drug and alcohol use disorder screening tools, assessments, and treatments specifically tailored for older clients' needs; the interaction between SUDs and cognitive impairment; and strategies to help providers improve their older clients' social functioning and overall wellness. (SAMHSA)

*Link: <https://store.samhsa.gov/product/treatment-improvement-protocol-tip-26-treating-substance-use-disorder-in-older-adults/PEP20-02-01-011>*



**Alcohol Use in Older Adults (NIAAA)** – This National Institute on Alcohol Abuse and Alcoholism webpage briefly reviews the scope and impact of alcohol use in older adults, including increased sensitivity to alcohol, risks of health problems, and dangerous interactions with medications. (NIH)

Link: <https://www.niaaa.nih.gov/alcohols-effects-health/special-populations-co-occurring-disorders/older-adults>

**Substance Use in Older Adults DrugFacts** – This National Institute on Drug Abuse fact sheet briefly reviews the scope and impact of substance use in older adults including prescription medications, nicotine, alcohol and illicit substances. (NIH)

Link: <https://www.drugabuse.gov/publications/substance-use-in-older-adults-drugfacts>

**The Impact of the Opioid Epidemic on the Aging Services Network and the Older Adults They Serve** – Read findings from a survey by NCOA that reveals an untold story about the nation’s opioid epidemic — how the crisis is eroding the quality of life of older adults and the ability of local organizations to serve them. (NCOA)

Link: <https://www.ncoa.org/article/the-impact-of-the-opioid-epidemic-on-the-aging-services-network-and-the-older-adults-they-serve>

## Smoking and Tobacco Use Treatment

**VA Tobacco Use Treatment** - VA offers Veterans of all ages support for stopping tobacco use because it’s never too late to quit. This website provides resources for Veterans in English **and Spanish** to learn more about the health effects of tobacco use and how to quit, including patient workbooks, medication guides, videos, and information sheets. For health care providers there are **handbooks** to support the delivery of evidence-based treatment for tobacco use.

Link 1: <https://www.mentalhealth.va.gov/quit-tobacco/index.asp>

Link 2: <https://www.mentalhealth.va.gov/quit-tobacco/es/index.asp>

Link 3: <https://www.mentalhealth.va.gov/healthcare-providers/quit-tobacco.asp>

**SmokefreeVET** - This website includes detailed information about smoking and other tobacco use like **smokeless tobacco** and **vaping**. There is helpful treatment information for Veterans who use tobacco, such as interactive patient resources like the “**Build Your Quit Plan**” tool and the interactive “**Quit for Good with Nicotine Replacement Therapy**” page.

Link 1: <https://veterans.smokefree.gov/>

Link 2: <https://veterans.smokefree.gov/quit-dip-vapes/smokeless-tobacco>

Link 3: <https://veterans.smokefree.gov/quit-dip-vapes/vaping>

Link 4: <https://veterans.smokefree.gov/build-your-quit-plan>

Link 5: <https://veterans.smokefree.gov/tools-tips-vet/quit-for-good-with-nrt>

**Smokefree60+** - This website contains specific information for older adults including tips for dealing with nicotine withdrawal symptoms, lifestyle tips, and handling slips. Also included are **quit stories from former smokers 60+**.

Link 1: <https://60plus.smokefree.gov>

Link 2: <https://60plus.smokefree.gov/support/stories-former-smokers>



**Provider Education and Training Opportunities** - On-demand accredited continuing education is available for a wide range of tobacco use treatment topics through VHA Train. Recommended core trainings include **Tobacco Treatment: Importance of Medications for a Chronic, Relapsing Disease** and **Evidence-Based Elements of Behavioral Counseling for Tobacco Cessation**.

Link 1: <https://www.train.org/vha/course/1115708/details>

Link 2: <https://www.train.org/vha/course/1115438/details>

**Tobacco Unfiltered – Podcast Series** - In this podcast series, Dr. Mark Myers, a clinical psychologist and researcher, discusses tobacco treatment with other national clinical experts and leaders. The series provides actionable clinical takeaways for front-line providers.

Link: <https://www.spreaker.com/podcast/tobacco-unfiltered-conversations-with-clinicians--5205027>

## Pain Management

**VA Pain Management** – VA is leading the way in promoting individualized whole person treatment of chronic pain. This website provides resources for Veterans, their families, and providers regarding pain management and treatment and opioid safety.

Link: <https://www.va.gov/painmanagement/>

**VA Academic Detailing Services - Educational Materials** – The VA National Pharmacy Benefits Management Academic Detailing Service provides a number of provider and patient educational tools regarding pain and opioid safety, as part of its collection of educational resources to promote the use of evidence-based treatments for a range of mental and behavioral health conditions.

Link: <https://www.pbm.va.gov/PBM/academicdetailingservicehome.asp#OSI>

**Implementing Evidence-Based Programs to Address Chronic Pain** – The purpose of this issue brief is to educate community-based providers about the common and growing problem of chronic pain in older adults, provide background information on how evidence-based programs can be an important tool for pain management, and offer insights into successful strategies for implementation of the Chronic Pain Self-Management Program. (NCOA)

Link: <https://www.ncoa.org/article/implementing-evidence-based-programs-to-address-chronic-pain>

## Suicide Prevention

### Data

**Veteran Suicide Data** – This page includes links to the **2023** National Veteran Suicide Prevention Annual Report and to data sheets for the 50 states, Puerto Rico, and the District of Columbia.

Link: [https://www.mentalhealth.va.gov/suicide\\_prevention/data.asp](https://www.mentalhealth.va.gov/suicide_prevention/data.asp)



Be there: help save a life

## Resources for Veterans, Their Families, and Clinicians

**Veterans Crisis Line** – The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring VA responders through a confidential toll-free hotline, text messaging service, or **online chat**. Veterans and their loved ones can call **988** and then **Press 1**, send a text message to **838255**, or **chat online** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. In addition, the Veterans Crisis Line website hosts a tool for locating nearby resources and assistance.

Link 1: <https://www.veteranscrisisline.net/>

Link 2: <https://www.veteranscrisisline.net/get-help-now/chat/>

**VA S.A.V.E Training** – VA S.A.V.E. Training is a free, brief online or in-person course that will help you act with care and compassion if you come across a Veteran who is in crisis or having thoughts of suicide.

**Don't Wait. Reach Out.** – This website has resources for Veterans, Service members, and those who want to support them. We can all play a role in preventing suicide, but many people don't know what they can do to support the Veteran or Service member in their life who is going through a difficult time. This website reinforces the fact that a simple act of kindness can help someone to feel less alone. Your actions could help save a life.

Link: <https://www.va.gov/REACH/default.asp>

**Make the Connection: Suicide** – Make the Connection is a VA online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives. On the website, visitors can watch hundreds of Veterans share their stories of strength and recovery, find relevant information, and locate nearby resources. Searching by era of military service, you can learn more about suicide prevention, treatment options, self-help tools, and recovery resources.

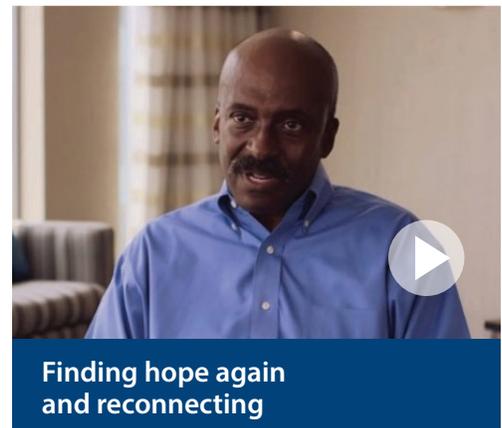
Link: <https://maketheconnection.net/conditions/suicide>

**Safety Plan Mobile App** – The Safety Plan app is for anyone who has experienced thoughts about suicide or self-harm. The app helps you make a safety plan, share your safety plan with loved ones, and use tools to manage distress.

Link: <https://mobile.va.gov/appstore>

**Lethal Means Safety and Secure Firearm Storage** – Lethal means are objects like guns, medications, alcohol, opioids or other substances, ropes, cords, or sharp objects that can be used during a suicidal crisis. If a Veteran is in crisis or having thoughts of suicide, these items can become deadly when they are easily accessible.

Link: [KeptSecure.net](https://KeptSecure.net)



**Reducing Firearm and Other Household Safety Risks for Veterans and Their Families** – This brochure provides Veterans and their loved ones with clear guidance on how to safely store firearms and medications when they are not in use.

Link: [https://www.mentalhealth.va.gov/suicide\\_prevention/docs/Lethal-Means-Brochure-508.pdf](https://www.mentalhealth.va.gov/suicide_prevention/docs/Lethal-Means-Brochure-508.pdf)

**Rocky Mountain MIRECC for Suicide Prevention** – Rocky Mountain MIRECC provides free resources through its mission to disseminate useful information about suicide prevention and evaluate strategies to translate research-informed practices into everyday care in ways that are accessible to Veterans and the public. **Educational products** include brochures, podcasts, videos, and clinical tools that support suicide prevention and postvention. **Rocky Mountain MIRECC's Suicide Risk Management (SRM) Consultation Program** provides free consultation, support, and resources that promote best practices for providers — both within and outside the VA health system — who are working with Veterans at risk of suicide.

Link 1: <https://www.mirecc.va.gov/visn19>

Link 2: <https://www.mirecc.va.gov/visn19/orderform/orderform.asp>

Link 3: <https://www.mirecc.va.gov/visn19/consult>

**Suicide Prevention Resource Center (SPRC)** – SPRC provides technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide. SPRC promotes collaboration among a variety of organizations in the field of suicide prevention. (SAMHSA)

Link: <http://www.sprc.org/about-sprc>

## Community/Organizational Toolkits

**Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers** – This toolkit helps senior centers integrate suicide prevention into activities that support wellness. It describes activities that increase protective factors and explains how to recognize the warning signs for suicide. (SAMHSA)

Link: <https://store.samhsa.gov/product/Promoting-Emotional-Health-and-Preventing-Suicide/SMA15-4416>

**Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities** – This toolkit equips senior living staffs with resources to promote mental health, prevent suicide, and encourage active participation among residents. It includes guidelines for integrating suicide prevention into ongoing programs, hands-on tools, and training manuals. (SAMHSA)

Link: <https://store.samhsa.gov/product/Promoting-Emotional-Health-and-Preventing-Suicide/SMA10-4515>

**A Toolkit for Safe Firearm Storage in Your Community** – Compiled by VA, the National Shooting Sports Foundation (NSSF), and the American Foundation for Suicide Prevention (AFSP), this toolkit includes tips for safely storing firearms as well as best practices for sharing these guidelines in your community.

Link: [https://www.mentalhealth.va.gov/suicide\\_prevention/docs/Toolkit\\_Safe\\_Firearm\\_Storage\\_CLEARED\\_508\\_2-24-20.pdf](https://www.mentalhealth.va.gov/suicide_prevention/docs/Toolkit_Safe_Firearm_Storage_CLEARED_508_2-24-20.pdf)

## Health Promotion and Disease Prevention

**VA Whole Health** – It all starts with a simple question: **What matters most to you?** That's the first step in VA's Whole Health approach to care that empowers and equips Veterans to take charge of their health and well-being and to live

their life to the fullest. It allows each person to discover their own mission, aspiration, and purpose, and connects health care to what matters most to the Veteran. Whole Health also expands the resources available to Veterans in the areas of self-care, skill building, education, and Complementary and Integrative Health (CIH) approaches.

*Link: <https://www.va.gov/wholehealth/>*

**VA National Center for Health Promotion and Disease Prevention** – Find resources to help Veterans stay healthy, including recommended preventive health services for men and women, the **Veterans Health Library**, **tips for sleeping well**, the **MOVE! Weight Management Program**, **recommended screening tests and immunizations**, and handouts and videos on a wide range of health and wellness topics, and much more.

*Link 1: <https://www.prevention.va.gov/>*

*Link 2: [https://www.prevention.va.gov/Veterans\\_Health\\_Library.asp](https://www.prevention.va.gov/Veterans_Health_Library.asp)*

*Link 3: [https://www.prevention.va.gov/Healthy\\_Living/Sleep\\_Well.asp](https://www.prevention.va.gov/Healthy_Living/Sleep_Well.asp)*

*Link 4: <https://www.prevention.va.gov/MOVE.asp>*

*Link 5: [https://www.prevention.va.gov/Healthy\\_Living/Get\\_Recommended\\_Screening\\_Tests\\_and\\_Immunizations.asp](https://www.prevention.va.gov/Healthy_Living/Get_Recommended_Screening_Tests_and_Immunizations.asp)*

**VA Intimate Partner Violence Assistance Program (IPVAP)** – Having strong, healthy relationships with significant others — including intimate partners, family members and caregivers - is important to supporting the health, safety and well-being of Veterans. Aging Veterans have unique needs and risk factors that may impact their close relationships or even increase risk of abuse/neglect. The VA IPVAP, under Care Management and Social Work, offers a variety of resources and support to Veterans and their partners who may be struggling with relationship stress. Local IPVAP Coordinators are available to assist.

*Link: <https://www.socialwork.va.gov/IPV/Index.asp>*

**Military Sexual Trauma (MST)** - VA uses the term military sexual trauma, or MST, to refer to sexual assault or threatening sexual harassment during military service. People of all ages, sexes, sexual orientations, racial and ethnic backgrounds, and branches of service have experienced MST. VA believes in MST survivors, and has compassionate, knowledgeable staff and services to support them as they continue to heal, regardless of how long it has been. To learn more, download the free and secure **Beyond MST mobile app** or contact the **VHA MST Coordinator** at your closest VA health care facility.

*Link 1: <https://www.mentalhealth.va.gov/MST>*

*Link 2: <https://www.ptsd.va.gov/appvid/mobile/beyondMST.asp>*

*Link 3: <https://www.mentalhealth.va.gov/msthome/vha-mst-coordinators.asp>*

**Advance Care Planning via Group Visits (ACP-GV) Program** – The ACP-GV Program engages Veterans, their families and caregivers in advance care planning by facilitating a group discussion that elicits personal experience(s) and encourages participants to identify a next step in the process of planning for future health care needs. The group includes discussion and review of the VA advance directive form. Participants may attend alone or choose to bring someone they trust to the group with them. Groups are available at a growing number of VHA facilities.

*Link: [https://www.socialwork.va.gov/ACP\\_GV.asp](https://www.socialwork.va.gov/ACP_GV.asp)*

**Fact Sheet: Engaging Veterans in Evidence-Based Programs** – The purpose of this resource is to share strategies for developing and enhancing partnerships between aging services and Veterans' health organizations to deliver evidence-based care. (NCOA)

Link: <https://www.ncoa.org/article/tip-sheet-engaging-veterans-evidence-based-programs>

**ACL Health, Wellness, and Nutrition Programs** – ACL health and wellness programs help older adults and people with disabilities to remain as healthy and independent as possible in their homes and communities. Programs address prevention, chronic disease self-management, behavioral health, and more. (ACL)

Link: <https://www.acl.gov/programs/health-wellness/behavioral-health>

- **Behavioral Health** – ACL provides resources for supporting behavioral health to aging and disability network community-based organizations. Resources include trainings, toolkits, state behavioral health profiles, webinars, and issue briefs.
- **Brain Health** – This resource provides information and tips on understanding and maintaining a healthy brain.
- **Care Transitions** – This effort helps states strengthen the Aging and Disability Resource Centers in implementing evidence-based models to engage older adults, people with disabilities, and their caregivers for improving care transitions.
- **Centers for Independent Living** – These community-based nonprofits are consumer controlled and promote and practice the independent living philosophy. They offer a wide range of services, including many that can improve the health and wellness of people with disabilities. Many offer support in navigating health and service systems.
- **Chronic Disease Self-Management** – These programs provide people with disabilities and older adults with education and tools to help them manage chronic conditions.
- **Falls Prevention** – These grants fund evidence-based community programs to reduce falls, which are a leading cause of injury for older adults.
- **Nutrition** – Grants to states support nutrition services for older adults (age 60 and older) across the country through home-delivered meal providers, congregate meal providers, and **nutrition education**.

Link 1: <https://acl.gov/programs/health-wellness/behavioral-health>

Link 2: <https://acl.gov/brain-health>

Link 3: <https://acl.gov/programs/care-transitions/evidence-based-care-transitions-program>

Link 4: <https://acl.gov/programs/aging-and-disability-networks/centers-independent-living>

Link 5: <https://acl.gov/programs/health-wellness/chronic-disease-self-management-education-programs>

Link 6: <https://acl.gov/programs/health-wellness/falls-prevention>

Link 7: <https://acl.gov/programs/health-wellness/nutrition-services>

Link 8: <https://acl.gov/senior-nutrition/nutrition-education>

**Resource Guide: Remote Delivery of Evidence-Based Programs** – This resource guide compiles best practices and resources to support the delivery of remote evidence-based health promotion programs (NCOA).

Link: <https://www.ncoa.org/article/resource-guide-remote-delivery-of-evidence-based-programs>

## Long-Term Services and Supports

**VA Geriatrics and Extended Care (GEC)** – VA GEC is committed to optimizing the health and well-being of Veterans who have multiple chronic conditions, life-limiting illness, or frailty or disability associated with chronic disease, aging, or injury. GEC programs maximize each Veteran’s functional independence and lessen the burden of disability on Veterans and their families and caregivers.

Link: <https://www.va.gov/geriatrics/>

**Age-Friendly Health Systems** - Age-Friendly care for older Veterans starts with the 4Ms: What Matters, Medication, Mind, and Mobility. This initiative aims to deliver safe, reliable, high-quality health care in every setting based on what matters most to Veterans.

Link: [https://www.va.gov/geriatrics/pages/VA\\_Age\\_Friendly\\_Health\\_Systems\\_Initiative.asp](https://www.va.gov/geriatrics/pages/VA_Age_Friendly_Health_Systems_Initiative.asp)

**Home and Community Based Services** – These services help chronically ill or disabled Veterans of any age remain in their homes. Services include Adult Day Health Care, Home-Based Primary Care, Homemaker and Home Health Aide Care, Hospice Care, Palliative Care, Respite Care, Skilled Home Health Care, Telehealth Care, and Veteran-Directed Care.

Link: [https://www.va.gov/GERIATRICAL/Guide/LongTermCare/Home\\_and\\_Community\\_Based\\_Services.asp](https://www.va.gov/GERIATRICAL/Guide/LongTermCare/Home_and_Community_Based_Services.asp)

**Residential Settings and Nursing Homes** – These care settings include Community Residential Care, Medical Foster Homes, Adult Family Homes, Assisted Living, VA Community Living Centers, Community Nursing Homes, and State Veterans Homes.

Link: [https://www.va.gov/GERIATRICAL/Guide/LongTermCare/Nursing\\_Home\\_and\\_Residential\\_Services.asp](https://www.va.gov/GERIATRICAL/Guide/LongTermCare/Nursing_Home_and_Residential_Services.asp)

**VA Social Work** – This site offers information about VA social work services for helping Veterans and their family members, caregivers, and loved ones in resolving barriers to social determinant of health domains, such as access to care, cognitive status, housing, finance, mood, social support, and physical limitation issues in individual, group, or family treatment. VA social workers link Veterans to both VA and community-based resources and services in support of their treatment goals.

Link: <https://www.socialwork.va.gov/>

**VA Caregiver Support Program (CSP)** – VA understands that the caregiver community is vital to the recovery and care of so many Veterans. That is why the VA CSP offers clinical, educational, and wraparound services to individuals who care for Veterans enrolled in VA healthcare through two programs – the **Program of General Caregiver Support Services (PGCSS)** and the **Program of Comprehensive Assistance for Family Caregivers (PCAFC)**.

- PGCSS provides peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources for caregivers of Veterans.
- PCAFC offers enhanced clinical support and services for caregivers of eligible Veterans who have a serious injury (or illness) and require in-person personal care services among other requirements.

Link 1: <https://www.caregiver.va.gov/>

Link 2: [https://www.caregiver.va.gov/Care\\_Caregivers.asp](https://www.caregiver.va.gov/Care_Caregivers.asp)

Link 3: [https://www.caregiver.va.gov/support/support\\_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp)

**Dementia Caregiver Video Series** - Created by the **VA Office of Rural Health**, these brief video vignettes depict common caregiving challenges as well as solutions to changes in functioning and behavior, which are common with a dementia diagnosis. A list of video vignettes covers caregiver topics to address challenges of caring for someone with dementia.

*Link 1: <https://www.ruralhealth.va.gov/vets/resources.asp#dem>*

*Link 2: <https://www.ruralhealth.va.gov/>*

**VA Homeless Programs** – VA and its partners are committed to identifying Veterans who are homeless or at risk of homelessness and putting them on the pathway to permanent housing. Veterans who are homeless or at imminent risk of homelessness are strongly encouraged to contact the National Call Center for Homeless Veterans at 877-424-3838 for assistance.

*Link: <https://www.va.gov/homeless/>*

**Homeless Aging and Disabled Veterans Initiative - VA Homeless Programs** - The **Housing and Urban Development-VA Supportive Housing (HUD-VASH)** and **Geriatrics and Extended Care (GEC)** programs developed the Homeless Aging and Disabled Veterans Initiative to address the needs of aging and disabled Veterans by finding innovative ways to use our existing resources, or by forging new partnerships. In particular the HUD-VASH and GEC programs are supporting the development and expansion of housing models using existing Public Housing Authority special housing types and GEC programs, where Veterans can utilize their voucher in these GEC community-based programs.

*Link 1: [https://www.va.gov/homeless/hud-vash\\_GEC\\_Partnership.asp](https://www.va.gov/homeless/hud-vash_GEC_Partnership.asp)*

*Link 2: <https://www.va.gov/homeless/hud-vash.asp>*

*Link 3: <https://www.va.gov/GERIATRICS/>*

**VA Compassionate Contact Corps** – The Compassionate Contact Corps is a virtual social prescription program where trained volunteers are matched with Veterans that are experiencing loneliness or are socially isolated. The volunteer typically calls the Veteran weekly for 15—60 minutes to provide socialization and companionship via phone or video calls.

*Link: <https://www.volunteer.va.gov/ccp.asp>*

**Veteran Community Partnerships (VCP)** – This national initiative, led by the VHA National Center for Healthcare Advancement and Partnerships (HAP), aims to ensure that all Veterans and their caregivers have access to, and the widest range of choices among, the services that allow Veterans to stay in the places they call home. VCPs are coalitions of Veterans and their caregivers, VA facilities, and community health providers, organizations, and agencies. They work together to foster and provide seamless access to and transitions among the full continuum of care and support services in VA and the community.

*Link: <https://www.va.gov/healthpartnerships/vcp.asp>*

**VCP Toolkit – Serving Those Who Served Us** – This VA toolkit is designed to provide direction, strategy, resources, and practical tools to build and strengthen partnerships among Veterans and their caregivers, VA, and community partners. The toolkit provides helpful information and resources to build a successful VCP and specifically outlines eight steps to form a VCP that can be adapted to focus on mental/behavioral health needs of Veterans in your community.

*Link: <https://www.va.gov/HEALTHPARTNERSHIPS/docs/VCPToolkit.pdf>*

**COVER to COVER** – The Connecting Older Veterans (Especially Rural) to Community or Veteran Eligible Resources model uses the expertise of benefits counselors at community agencies such as Aging and Disability Resource Centers, Area Agencies on Aging, and Centers for Independent Living to help older Veterans access resources available from VA and community agencies.

Link: [https://www.ruralhealth.va.gov/docs/promise/ORH\\_RuralPromisingPractice\\_COVERtoCOVER\\_\\_Overview\\_FINAL-508.pdf](https://www.ruralhealth.va.gov/docs/promise/ORH_RuralPromisingPractice_COVERtoCOVER__Overview_FINAL-508.pdf)

**Veteran-Directed Care** – This program provides Veterans with opportunities to self-direct their long-term services and supports and to continue living independently at home. Veterans manage their own flexible budgets and decide what mix of goods and services best meet their needs. Through an options counselor, the local aging and disability network provides facilitated assessment and care/service planning, arranges fiscal management services, and offers ongoing counseling and support. (ACL/VHA)

Link: <https://nwd.acl.gov/vdc.html>; also see [https://www.va.gov/GERIATRICAL/pages/Veteran-Directed\\_Care.asp](https://www.va.gov/GERIATRICAL/pages/Veteran-Directed_Care.asp)

**No Wrong Door (NWD) System** – Through partnerships with community-based organizations, including behavioral health entities, the NWD System helps all populations, including Veterans and their caregivers, connect to an array of services that support community living. The NWD System has access points across the country that are staffed by people living in local communities. (ACL)

Link: <https://nwd.acl.gov/>

**No Wrong Door: Supporting Community Living for Veterans** – This paper describes promising practices on how aging and disability network agencies, VA medical centers (VAMCs), and Veterans benefits offices in seven states (Connecticut, Minnesota, Missouri, New Hampshire, Nevada, Utah, and Washington) have forged partnerships to better support Veterans in community living.

Link: [http://www.longtermscorecard.org/~media/Microsite/Files/2017/2017%20Scorecard/Veterans/AARP1195\\_PP\\_NWDandVeterans\\_WEB.PDF](http://www.longtermscorecard.org/~media/Microsite/Files/2017/2017%20Scorecard/Veterans/AARP1195_PP_NWDandVeterans_WEB.PDF)

**National Center on Elder Abuse** – The National Center on Elder Abuse (NCEA) provides the latest information regarding research, training, best practices, news and resources on elder abuse, neglect, and exploitation to professionals and the public. Two tip sheets include **Tips for Avoiding Veterans Scams** and **Protect Those Who Protected Us** (ACL)

Link 1: <https://ncea.acl.gov/>

Link 2: [https://web.archive.org/web/20210629193839/https://ncea.acl.gov/NCEA/media/Publication/NCEA\\_VeteranFlyer2021\\_Tips.pdf](https://web.archive.org/web/20210629193839/https://ncea.acl.gov/NCEA/media/Publication/NCEA_VeteranFlyer2021_Tips.pdf)

Link 3: [https://web.archive.org/web/20210629193857/https://ncea.acl.gov/NCEA/media/Publication/NCEA\\_VeteranFlyer2021\\_Protect.pdf](https://web.archive.org/web/20210629193857/https://ncea.acl.gov/NCEA/media/Publication/NCEA_VeteranFlyer2021_Protect.pdf)

**Get the Facts About Elder Abuse – Empowering Older Veterans** – This brochure describes some of the warning signs of elder abuse among older Veterans. (Department of Justice)

Link: <https://www.justice.gov/elderjustice/file/949096/download>

## Clinician Education: Serving Veterans

**Make the Connection** – This VA online resource is designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives. On the website, visitors can watch hundreds of Veterans share their stories of strength and recovery, find relevant information, and locate nearby resources.

Link: <https://maketheconnection.net/>

**Make the Connection – Retirement and Aging** – Retirement and aging can be challenging. For those Veterans who have difficulty adjusting, connecting with counseling and therapy can ease this transition. Listen to Veterans talk about how they found solutions to live well as they get older, leave jobs, and start their next phase of life.

Link: <https://maketheconnection.net/events/retirement-aging>

**Military Cultural Competence – Online Course** – This interactive online training course (about 75 minutes long) provides an overview of military culture, including organizational structure, ranks, branches of service, core values, and demographics, as well as similarities and differences between the Active Duty and Reserve components. It is intended to help civilian mental health providers understand and effectively communicate and interact with Service members and their families. (Center for Deployment Psychology, Uniformed Services University)

Link: <https://deploymentpsych.org/online-courses/military-culture>

**Military Culture: Core Competencies for Healthcare Professionals** – This course includes four modules (each about two hours long) on these topics: (1) Self-Assessment and Introduction to Military Ethos; (2) Military Organization and Roles; (3) Stressors and Resources; (4) Treatment, Resources, and Tools. (Center for Deployment Psychology, Uniformed Services University)

Link: <https://deploymentpsych.org/military-culture-course-modules>

**VA TRAIN Learning Network** – TRAIN is a free service for learners from the Public Health Foundation and supported by the VA Employee Education System (EES), a VA internal education and training program office. VA's EES-developed learning programs support the professional development of public health and health care providers, with a focus on Veteran patient care. Training topics include geriatrics and extended care, military culture, opioid issues, and PTSD.

Link: <https://www.train.org/vha/welcome>

**National Council on Aging webinars** – Search this site for past or upcoming webinars and other virtual events sponsored by NCOA on a variety of topics related to health and well-being for older adults. (NCOA)

Link: <https://www.ncoa.org/event-custom-search>

**E4 Center webinars – The E4 Center of Excellence for Behavioral Health Disparities in Aging** sponsors webinars on a range of topics related to the behavioral and mental health of older adults, available on-demand at this site. (SAMHSA)

Link 1: <http://e4center.org/webinars/>

Link 2: <http://e4center.org/>

**Patient Priorities Care** - Patient Priorities Care aligns care among all clinicians with what matters most to their patients. It recognizes that patients are the experts in what they want to achieve from their healthcare, while clinicians are the experts in how to get them there. This site includes **training resources** for healthcare professionals.

Link 1: <https://patientprioritiescare.org/>

Link 2: <https://patientprioritiescare.org/training/>

## **Other Benefits and Support**

### **Medicare and Medicaid**

**Medicare and Your Mental Health Benefits** – This official government booklet provides information about mental health benefits for people with Original Medicare (Part A and Part B), including who is eligible, outpatient and inpatient benefits, prescription drug coverage, help for people with limited income and resources, and where to get the help you need. A **Getting Started** brochure provides a broad overview of mental health benefits for people with Original Medicare. (CMS)

Link 1: [https://www.medicare.gov/Pubs/pdf/10184-Medicare-and-Your-Mental-Health-Benefits.pdf\\_](https://www.medicare.gov/Pubs/pdf/10184-Medicare-and-Your-Mental-Health-Benefits.pdf_)

Link 2: <https://www.medicare.gov/publications/11358-medicare-and-your-mental-health-benefits-getting-started.pdf>

**Medicare Mental Health** – This booklet for health care professionals provides information on Medicare mental health services, including covered and noncovered mental health services, eligible professionals, commonly used Current Procedural Terminology (CPT) codes, information about specific settings of care, medical records requirements, and more. (CMS)

Link: <https://www.cms.gov/files/document/medicare-mental-health.pdf>

**Roadmap to Behavioral Health: A Guide to Using Mental Health and Substance Use Disorder Services** – This Centers for Medicare and Medicaid Services resource focuses on behavioral health as a companion guide to the **Roadmap to Better Care**. It offers important information about services for mental health and substance use disorders, finding a behavioral health provider, defining behavioral health terms, receiving services, and following up on care. (CMS)

Link 1: <https://www.cms.gov/about-cms/agency-information/omh/downloads/roadmap-to-behavioral-health-508-updated-2018.pdf>

Link 2: <https://www.cms.gov/files/document/c2c-roadmap-better-care.pdf>

**Your Medicare Benefits** – This booklet explains many services and supplies covered by Medicare Part A and Part B. (CMS)

Link: <https://www.medicare.gov/Pubs/pdf/10116-your-medicare-benefits.pdf>

**Your Medicare Coverage** – This website provides information about Medicare coverage for many tests, items, and services. Coverage details include those for **depression screenings, pain management, and inpatient, outpatient, and partial hospitalization mental health care**. (CMS)

Link 1: <https://www.medicare.gov/coverage>

Link 2: <https://www.medicare.gov/coverage/depression-screening>

Link 3: <https://www.medicare.gov/coverage/pain-management>

Link 4: <https://www.medicare.gov/coverage/mental-health-care-inpatient>

Link 5: <https://www.medicare.gov/coverage/mental-health-care-outpatient>

Link 6: <https://www.medicare.gov/coverage/mental-health-care-partial-hospitalization>

**Low-Income Subsidy (LIS) Program or Extra Help** – Medicare beneficiaries can qualify for Extra Help with their Medicare prescription drug plan costs. Extra Help is estimated to be worth about \$4,000 per year. To qualify for Extra Help, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia.

Link: <https://www.ssa.gov/benefits/medicare/prescriptionhelp/>

**Medicare Savings Programs (MSPs)** – MSPs help pay for Medicare premiums. They may also pay for Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) deductibles, coinsurance, and copayments for those who meet certain conditions. (CMS)

Link: <https://www.medicare.gov/your-medicare-costs/help-paying-costs/medicare-savings-program/medicare-savings-programs.html>

**Medicaid** – Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, older adults, and people with disabilities. Medicaid is administered by states, according to federal requirements, and is funded jointly by states and the federal government. The Medicaid program covers certain **behavioral health services**, which vary by state of residence. (CMS)

Link 1: <https://www.medicare.gov/your-medicare-costs/help-paying-costs/medicare-savings-program/medicare-savings-programs.html>

Link 2: <https://www.medicare.gov/your-medicare-costs/help-paying-costs/medicare-savings-program/medicare-savings-programs.html>

## Other Federal Benefits

**Low-Income Home Energy Assistance Program (LIHEAP)** – LIHEAP is a federally funded, state-run program that helps members of low-income households afford their home heating and cooling bills. LIHEAP includes assistance to avert certain energy-related emergencies, such as utility shutoffs and fuel-supply shortages. LIHEAP may also help clients with other energy-related needs, such as repairing or replacing utility equipment (such as a furnace and air conditioning), also known as weatherization assistance.

Link: <https://www.acf.hhs.gov/ocs/programs/liheap/about>

**Supplemental Nutrition Assistance Program (SNAP)** – SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. The Food and Nutrition Service works with state agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Link: <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

**Health Insurance Marketplace** – Some individuals may purchase coverage through the Health Insurance Marketplace, which includes coverage for treating mental health conditions and substance use disorders.

Link: <https://www.healthcare.gov/coverage/mental-health-substance-abuse-coverage/>

## Other Services

**Service Members, Veterans, and their Families Technical Assistance (SMVF TA) Center** – The SMVF TA Center works with states and territories to strengthen their behavioral health systems for Service members, Veterans, and their families. (SAMHSA)

*Link: <https://www.samhsa.gov/smvf-ta-center>*

**Eldercare Locator** – This nationwide service connects older Americans and their caregivers with trustworthy local support resources. The Eldercare Locator is a public service of the Administration on Aging, an agency of the Administration for Community Living. Since 1991, the Eldercare Locator has been linking those who need assistance with state and local agencies on aging, as well as community-based organizations that serve older adults and their caregivers. Search for resources related to behavioral health, Alzheimer’s disease, elder abuse, healthy aging, food and nutrition, long-term care, and much more. (ACL)

*Link: <https://eldercare.acl.gov/Public/Index.aspx>*

**SAMHSA Behavioral Health Treatment Services Locator** – This services locator tool is a confidential and anonymous source of information for people seeking treatment facilities for substance use and/or mental health problems. The **video** shows how the tool can be used to find Veteran-specific resources. (SAMHSA)

*Link 1: <https://findtreatment.samhsa.gov/>*

*Link 2: <https://www.youtube.com/watch?v=SeywTEKko5k>*

**Find Support** - [findsupport.gov](https://findsupport.gov) helps people navigate through common questions when they are at the start of their journey to better behavioral health, such as how to ask for help, how to help others and how to search for a health care professional or support program that meets their needs. (SAMHSA)

*Link: [findsupport.gov](https://findsupport.gov)*

**BenefitsCheckUp®** – This is the nation’s most comprehensive free online service to screen older adults with limited income for benefits. BenefitsCheckUp has helped more than 6.6 million people find more than \$24 billion in benefits. Older adults, caregivers, and service providers can use BenefitsCheckUp to quickly screen and apply for over 2,500 local, state, and federal benefits. (NCOA)

*Link: <https://www.benefitscheckup.org/>*