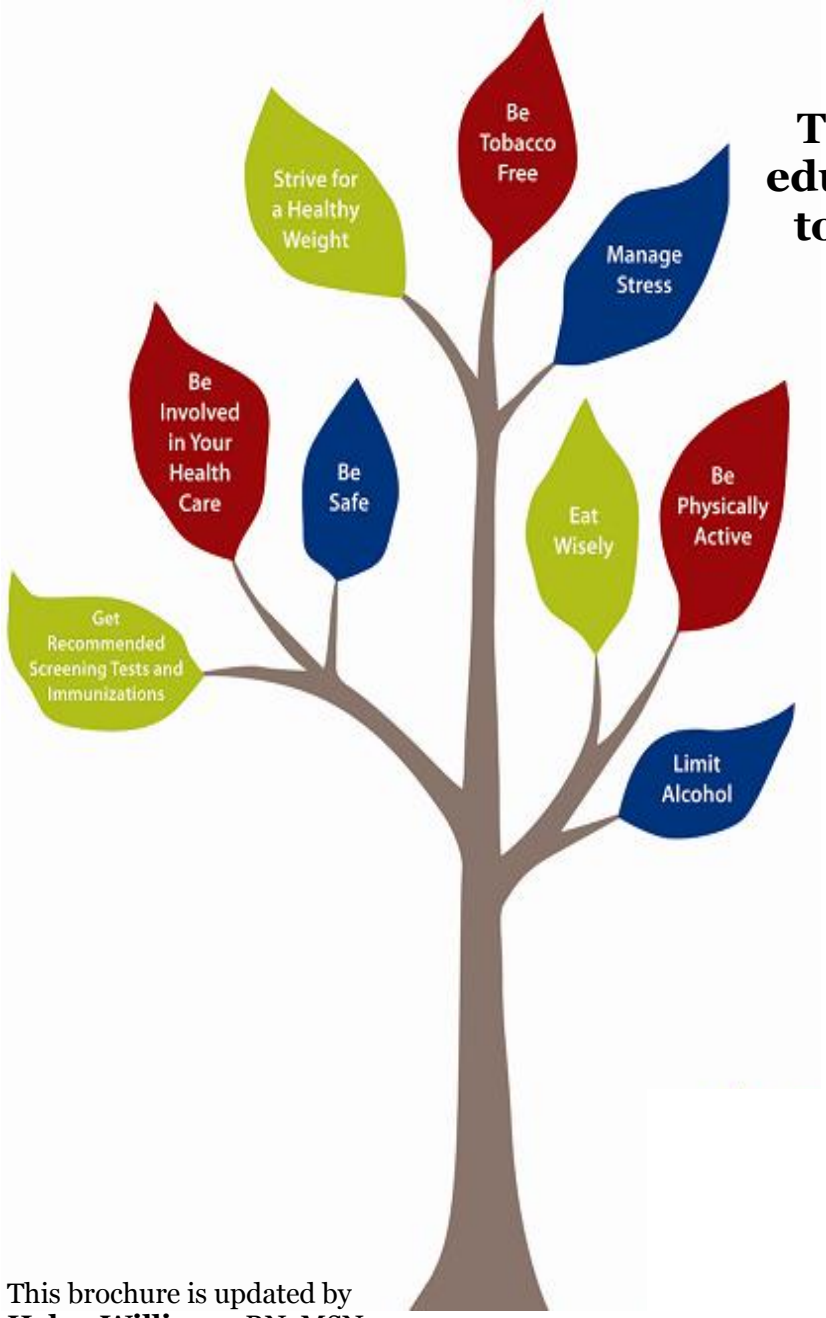
VA Montana Health Care System
Patient Health and Wellness Programs



This brochure lists patient education programs available to Veterans enrolled in the VA Montana Care System.

Fall 2015 Edition

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VA HEALTH CARE | Defining EXCELLENCE in the 21st Century

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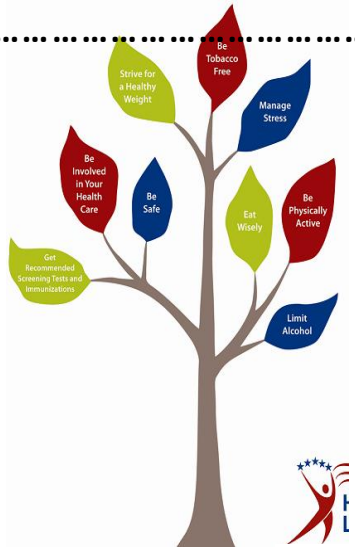


Join the "PACT"!

What does "Patient Aligned Care Teams" (PACT) mean?

PACT is a team of health care staff working with you to provide high quality care**. Your core team, consists of your provider (doctor, nurse practitioner, or physician assistant), nurses, clerk and YOU.**

In addition to the standard office appointments, we now offer telephone appointments, group classes, and secure messaging (email to your PACT team).

What is my role in PACT?

Your role in PACT is very important. Do the following to be an active team player:

- ✓ Be prepared for your visit. Make a list of questions or concerns.
- ✓ Arrive on time with proper identification.
- ✓ At check-in provide updated insurance information and any changes in your phone numbers, address and emergency contact.
- ✓ Bring all of your medicines.
- ✓ Bring any forms you would like completed.
- ✓ Contact your PACT with any problems or concerns that arise before and after your visit.
- ✓ If you have access to a computer, sign up for My HealtheVet.

EAT WISELY & BE PHYSICALLY ACTIVE

NUTRITION CONSULT

Talk to a Registered Dietician about how to eat wisely to improve your health and feel better. Ask your PACT team or call (406)447-7366.

MOVE! PROGRAM: STATEWIDE VIA TELEHEALTH

A self-management weight loss program for Veterans that encourages healthy lifestyle changes through goals YOU set. It is not a diet or exercise program. You may choose among weekly and monthly support groups, one-on-one support from Registered Dietitians, Licensed Professional Counselor & Nurse, telephone support, and/or online and printed resources.
Contact the MOVE! Office: (406) 447-7337

MOVE! WEBSITE

www.move.va.gov
Handouts on many healthy eating, physical activity, and behavior change strategies.

MOVE! COACH APP provides self-managed, weight management allowing Veterans to monitor, track, and receive tailored feedback regarding their progress with weight and exercise goals while controlling relapse triggers and forming coping plans. Available only on Apple products.

IMPROVE SLEEP

IMPROVING SLEEP ONE "Z" AT A TIME:

Having trouble falling asleep or getting back to sleep if you wake in the middle of the night? Ask for this booklet which will give you more information to restful sleep!

SLEEP STUDY ORIENTATION:

This class may be recommended before having a sleep study and can be done over telehealth. This 1 hour class is offered weekly on Thursday and Fridays. Appointments must be scheduled in advance and require a referral from your primary care provider.

CONTACT: (406) 447-7443

COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA GROUP (CBT-I): FORT HARRISON

The goals of CBT-I are to help you fall asleep, stay asleep, and improve your daytime functioning and quality of life as a result of better sleep at night. 5 week class.

CONTACT: (406) 447-6000

PTSD SLEEP/ NIGHTMARE: FORT HARRISON

Learn how to reduce PTSD related nightmares. 4 week class. Veterans are encouraged to attend Cognitive Behavioral Therapy for Insomnia prior to this class.

CONTACT: (406) 447-6000

CBT-I APP: CBT-i Coach is for people who are engaged in Cognitive Behavioral Therapy for Insomnia with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits. Available for iOS and Android.

LIVING LIFE WELL!

6 week workshop focused on improving how you cope with ongoing health conditions.

For more information call:
Fort Harrison- (406) 447-6052
Kalispell-(406) 758-2782 or 758-2768
Miles City- (406) 874-5617

These same classes are also offered in YOUR community!
Call to find out about the next FREE class in your area!

HELENA: ST. PETERS HOSPITAL …….……(406) 444-2389
PLAINS, THOMPSON FALLS, HOT SPRINGS: CLARK FORK VALLEY HOSPITAL…….…..…..(406) 826-4811
CHINOOK, HARLEM: MSU EXTENSION IN BLAINE COUNTY …….(406) 357-2345
LEWISTOWN: MSU EXTENSION IN FERGUS COUNTY…..(406) 535-3919
BOZEMAN MSU EXTENSION……..(406) 994-5696
COLUMBUS AND ABSORAKEE: STILLWATER BILLINGS CLINIC…….(406) 322-9969
BILLINGS LIFTT PROGRAM……..(406) 259-5259
MISSOULA YMCA…… (406) 721-9623
MISSOULA ST. PATRICKS HOSPITAL…….(406) 552-2485
GLENDIVE MEDICAL CENTER…….….(406) 345-3309

BE TOBACCO FREE

Get help QUITTING TOBACCO: STATEWIDE

VA Montana resource to help guide Veterans through the quitting process and link Veterans with resources to help you quit.

CONTACT: MEGAN SILZLY, LCSW (406)447-6822

QUIT VET: STATEWIDE

A national telephone tobacco cessation quit line for veterans who receive VA health care. Quitline counselors provide: individualized counseling, help developing a quit plan, strategies to prevent relapse, and follow-up calls to help you stay quit. Hours: Monday-Friday 6am-8pm (MT)

CONTACT: 1-855-QUIT-VET OR 1-855-784-8838

SMOKEFREE VET: STATEWIDE

Text messaging program to provide 24/7 encouragement, advice, and tips. Sign up by texting VET to 47848 or text "URGE", "STRESS", or "SMOKED" anytime to 47848 without signing up.

STAY QUIT COACH APP is intended to serve as a source of readily available support and information for adults who are already in treatment to quit smoking and to help them stay quit after treatment ends. Available for iOS and Android.

Take the healtheliving assessment to find out

The healtheliving assessment (HLA) is a first step to understanding—and improving—your health. The HLA asks you questions about your lifestyle and health history, and provides you:

- **Your "health age,"** an estimate of how healthy you are compared with others your age, based on factors like your weight, diet, exercise, and health habits.
- **Personalized reports** on your overall health and risk of certain diseases.
- **Recommendations** on how to improve your health and lower your disease risk.

The HLA is available 24/7 through the My HealtheVet website. It's confidential and takes only about 20 minutes to complete!

My healthevet healtheliving assessment

Ready to get on track to better health? It's easy with the HLA:

1. Log in to your online account at My HealtheVet (www.myhealth.va.gov). If you're new to My HealtheVet, just register for an online account at www.myhealth.va.gov.
2. Click on the healtheliving assessment link.
3. Complete the assessment and find out about your health age today!

MANAGE DIABETES

ADDITIONAL CERTIFIED DIABETES EDUCATORS!

We now have more certified diabetes educators to help you learn how to better manage diabetes! Ask your PACT team how to set up a visit! **Or you can call (406) 447-7366 to make an appointment.**

ASK YOUR HEALHCARE TEAM ABOUT THE **DIABETES BLUE FOLDER.** This folder provides helpful information you need to understand and manage diabetes.
Contact: Your PACT team

GETTING STARTED WITH DIABETES- FORT HARRISON

One-time class meets the 4th Wednesday of every month at 9:30am. Learn the basics about diabetes and how to take care of this condition.
CONTACT: (406) 447-7366

DIABETES YOUR WAY (DYW) - FORT HARRISON, MISSOULA, BILLINGS, GREAT FALLS

This 6 week class series is for any Veteran who wants to learn how to best manage their condition. DYW is highly recommended for any Veteran who has diabetes.
CONTACT: FORT HARRISON: KATHY (406)447-7370 OR KATIE (406) 447-7016
MISSOULA: LINDA (406) 493-3754 OR HEATHER (406) 465-4230
BILLINGS: HEATHER (406)373-3537
GREAT FALLS: KRYSTAL (406)791-3217

DIABETES PHONE CLASS-OPEN STATEWIDE

Monthly meeting with new topics discussed each month to help you better manage your diabetes.
CONTACT: (406) 447-7366

INSULIN CLASS

Need some help getting started with insulin?
CONTACT: (406) 447-7366

BE INVOLVED IN YOUR HEALTH CARE

BETTER BREATHING WITH COPD-FORT HARRISON

Learn how to breathe better, improve activities and increase energy with less shortness of breath.
6 week class - held on Fridays.
CONTACT: JOAN (406) 447-7895

LIVING WELL WITH HEART FAILURE-FORT HARRISON

Learn how to better manage your heart failure with other Veterans with this condition. This class is offered quarterly and meets weekly on Tuesdays for 6 weeks.
CONTACT: ANNETTE (406) 447-7071

DOWN WITH HIGH BLOOD PRESSURE-FORT HARRISON

Learn things you can do to lower your blood pressure. 3 week class
CONTACT: KATIE (406) 447-7016

CHRONIC PAIN GROUP-FORT HARRISON

Learn practical skills to help you reduce pain, increase activity level, and improve quality of life. 12 week class.
CONTACT: (406)447-6000

LIVING LIFE WELL-FORT HARRISON, KALISPELL, MILES CITY

6 week workshop focused on improving how you cope with ongoing health conditions.
CONTACT: FORT HARRISON- (406) 447 6052
KALISPELL- (406) 758-2782 OR (406) 758-2768
MILES CITY- (406) 874-5617

HOME TELEHEALTH

The Home Telehealth program helps you manage your health care needs in the comfort of your home. Using in-home technology, Registered Nurse Care Coordinators and Licensed Social Workers monitor and assess your health and well-being. The Registered Nurse Care Coordinator or Social Worker serves as a link between you and your Patient Aligned Care Team (PACT). Home Telehealth is currently able to serve Veterans with the following conditions:

- Anxiety
- Bipolar Disorder
- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary disease (COPD)
- Depression
- Diabetes (DM)
- Hypertension (HTN)
- PTSD
- Schizophrenia
- Tobacco Cessation
- Weight Loss (TeleMOVE)

For more information contact Char Christianson 447-7620

MANAGE STRESS & EMOTIONAL HEALTH

MANAGE STRESS

MINDFULNESS BASED STRESS REDUCTION- MISSOULA

Dr. Susan Curtis leads a meditation based 8 week course on stress reduction. Mindfulness is the skill of paying attention to the present moment, which has been proven to help reduce stress, improve coping with chronic pain, depression, anxiety, and PTSD. Come and learn how to feel better through the practice of mindfulness instead of adding another pill!

"This practice of stress management and mindfulness meditation has been one of the most helpful for my stressors (PTSD and chronic pain) that I have found in 25 years of seeking help. I loved this class!" - Veteran participant

CONTACT: LISA OR GWEN (406)493-3700.

MINDFULNESS GROUP- FORT HARRISON

This group provides the opportunity to learn more about the practice of Mindfulness to help reduce stress, physical pain, depression, anxiety and improve sleep. 8 week group.

CONTACT: (406) 447-6000

MINDFULNESS COACH APP is for people who may be experiencing emotional distress, and for those wanting to maintain healthy coping practices. The app can be used on its own by those who would like mindfulness tools, or to enhance face-to-face care with a healthcare professional. It is not recommended for PTSD. Available for iOS only.

EMOTIONAL HEALTH AND SUBSTANCE USE

VA Montana offers groups and individual sessions to help improve symptoms related to post traumatic stress disorder, depression, anxiety, substance use or other emotional health concerns. Individual and group sessions use treatments that are proven to be effective in helping Veterans improve their quality of life.

For **individual counseling and groups** in your area please call:

- Fort Harrison..... (406) 447-6000
- Kalispell ..... (406) 758-2700
- Missoula..... (406) 493-3800
- Bozeman..... (406) 582-5300
- Billings.....(406) 373-3501
- Great Falls.....(406) 791-3200

Individual counseling provided through telehealth at the following locations.

- Anaconda.....(406) 496-3100
- Cut Bank .....(406) 873-9047
- Glendive..... (406) 377-4755
- Glasgow..... (406) 228-4101
- Hamilton..... (406) 363-3352
- Havre.....(406) 265-4304
- Plentywood.....(406) 765-3718
- Lewistown .....(406) 535-4790
- Miles City..... (406) 874-5675

VETERAN'S CRISIS LINE

Talk with a trained counselor at a crisis center about your distress. Includes free referral services.

VETERAN'S CRISIS LINE: 1-800-273-8255 OR WWW.VETERANSCRISISLINE.NET

Or visit: **WWW.SUICIDEPREVENTIONLIFELINE.ORG**

PRIMARY CARE-MENTAL HEALTH INTEGRATED PROVIDERS: MISSOULA, KALISPELL, GREAT FALLS, BILLINGS

These Social Workers or Psychologists work directly with your PACT to offer short term counseling and support.
Services are available in the following clinics:

- Missoula.....(406) 493-3700
- Great Falls....(406) 791-3200
- Kalispell.....(406) 758-2700
- Billings.....(406) 373-3500

EGALA: FORT HARRISON

Equine Assisted Psychotherapy is an therapy option in which the horses serve as powerful stand ins for the people, issues, and challenges in the Veteran's life. The treatment sessions re-create life experiences providing opportunities for Veterans to discover their resources and strengths and overcome perceived obstacles to enhance change and growth in their life.

CONTACT: (406)447-6000

RESIDENTIAL TREATMENT PROGRAMS: FORT HARRISON

VA Montana offers 2 residential treatment programs to assist Veterans in need of more intensive treatment to manage their symptoms.

CONTACT: (406) 447-6100

TRAUMA RECOVERY UNIT (TRU)

5 ½ week trauma-focused treatment program. Primary goal is to lessen and manage symptoms of PTSD and prepare Veteran to return home with adaptive skills.

SUBSTANCE USE DISORDER UNIT

Residential treatment program to help Veterans with substance abuse. Learn skills to lead a life free from drugs and alcohol.

PTSD COACH APP is designed for Veterans and military Service Members who have, or may have, Posttraumatic Stress Disorder (PTSD). This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life. Available for iOS and Android.

LEARN IN THE COMFORT OF YOUR OWN HOME

Ask your PACT (or health care team) about the following resources:

DVDS:

- **Living Better With Heart Failure**
- **Down With High Blood Pressure**
- **Type 2 Diabetes Home Video Guide: Skills For Self-Care**

BOOKLETS:

- **Living Well With COPD**
- **Blue Diabetes Folder**
- **Living Well With Heart Failure**
- **Improving Sleep One "Z" at a Time**

WEBSITES:

- **Parkinson's Disease :** Telephone support group, education videos, many handouts and checklists for day to day management of Parkinson's Disease.
  http://www.parkinsons.va.gov/patients.asp

- **Learn more about kidney disease:** Try out this new VA on-line learning clinic to discover more about kidney disease! Learn more about what you kidneys do, lab tests, medications, nutrition and treatment options!
  http://ckd.vacloud.us/

LEARN IN THE COMFORT OF YOUR OWN HOME

WEBSITES:

- **Anger Management:** Practical skills and tools to manage anger and develop self-control over thoughts and actions.
  www.veterantraining.va.gov/aims

- **Problem Solving**: Self-Help resources to help with problem solving. Includes relaxation tips.
  www.startmovingforward.org

- **AboutFace:** AboutFace is dedicated to improving the lives of Veterans with posttraumatic stress disorder (PTSD). Learn about PTSD, explore treatment options and, most importantly, hear real stories from other Veterans and their family members. Get advice from VA clinicians who have treated thousands of cases of PTSD.
  http://www.ptsd.va.gov/apps/AboutFace/

- **After Deployment:** Helpful tips and resources for every aspect of life once you return home. Great website, check it out!
  http://afterdeployment.dcoe.mil/

- **Geriatrics and Long Term Care:**
  http://www.va.gov/geriatrics/Guide/LongTermCare/index.asp

- **Hepatitis:**
  http://www.hepatitis.va.gov/HEPATITIS/patient/index.asp

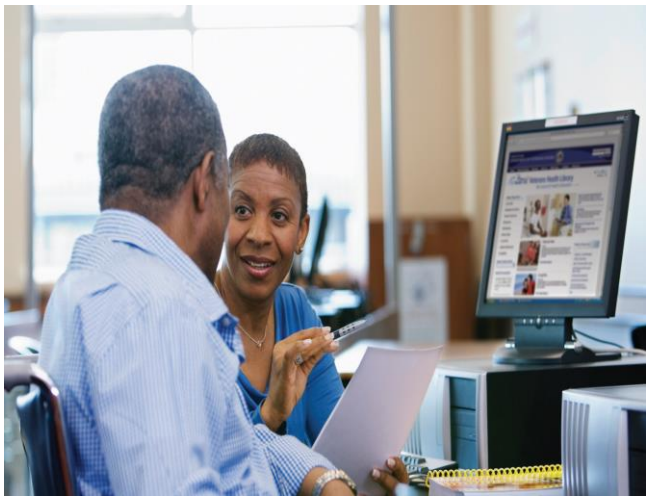
- **VA Montana:**
  http://www.montana.va.gov/

VA INTERNET HEALTH RESOURCES

VETERANS HEALTH LIBRARY

www.veteranshealthlibrary.org

Free access to hundreds of handouts and videos designed specifically for Veterans, so you will have the information you need to understand a diagnosis, make treatment decisions, and manage your health.



MY HEALTHEVET

My Health*e*Vet **www.myhealth.va.gov**

My Health***e***Vet is an online Personal Health Record that allows Veterans to become engaged in their health care, access trusted and secure health information, and get facts about VA benefits and services. Your registered account gives you access to tools that will help you track your health measures, such as blood pressure, blood sugar, and weight.

If you receive care at a VA facility, the next step is to upgrade your My Health***e***Vet account to the free "Premium" account so you can view parts of your VA medical record, VA appointments, lab results, and refill and track your VA prescriptions.

To learn more about how to get an upgraded account, contact the My Health***e***Vet National Help Desk: (877) 327-0022 or your local My Health***e***Vet Coordinator: Duane Cunningham (406) 447-7437

NATIONAL CENTER FOR HEALTH PROMOTION & DISEASE PREVENTION

www.prevention.va.gov

Information on various health topics.

The only health information resource designed for you.

www.veteranshealthlibrary.org

COMMUNITY HEALTH AND WELLNESS PROGRAMS

EAGLE MOUNT: B0ZEMAN, GREAT FALLS, BILLINGS

This program has been transforming the lives of people with disabilities. With the help and support of a generous community, Eagle Mount opens up a world of adventures-skiing, horseback riding, swimming, camping, rock climbing, kayaking, cycling, fishing, and more-that foster freedom, joy, strength, focus, and confidence. Set under the beauty of Montana's legendary big sky, Eagle Mount focuses on people's abilities, while gently supporting their disabilities.

CONTACT: BOZEMAN: (406) 586-1781
GREAT FALLS: (406) 454-1449
BILLINGS: (406) 969-2949

MONTANA PROJECT HEALING WATERS: HELENA, GREAT FALLS

This program is devoted to the physical and emotion well-being of veterans through fly tying, fly fishing and outings.

CONTACT: http://montanahealingwaters.org

WARRIORS AND QUIET WATERS

This program helps reintegrate traumatically combat-injured U.S. veterans and active service members from recent wars into society by building hope and resilience, facilitating camaraderie, and providing security and serenity through fly fishing and other high quality therapeutic recreational mediums in southwest Montana. Programs include fishing, skiing, and equine.

CONTACT: (406) 585-WQWF OR (406)585-9793
Or visit: **http://warriorsandquietwaters.org**

WOUNDED WARRIOR PROJECT: STATEWIDE

This program serves veterans and service members who incurred a physical or mental injury, illness, or wound, co-incident to their military service on or after September 11, 2001 and their families. Offers a variety of programs to support Veterans and families.

CONTACT: 877-TEAM-WWP (832-6997)
Or visit: **http://www.woundedwarriorproject.org**

STATE OF MONTANA HEALTH PROGRAMS:

- Arthritis
- Asthma Control
- Cancer Control
- Cardiovascular health program
- Diabetes program
- Disability & health programs
- Injury prevention
- Montana tobacco use prevention program
- Nutrition &physical activity

Contact: 1-844-MTHLT4U or 1-844-684-5848
Or visit: **chronicdiseaseprevention.mt.gov**

Community Based Programs Workgroup page and interactive map:
http://dphhs.mt.gov/publichealth/chronicdisease/CommunityBasedPrograms

Community Health Programs Guide:
http://dphhs.mt.gov/Portals/85/publichealth/ChronicDisease/mtccdp22506CommunityGuideDesignWEBFinal.PDF

WHAT IS MONTANA 2-1-1? It is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities.
http://www.montana211.org/

MONTANA TOBACCO QUIT LINE:

Free program to help tobacco users quit tobacco. Provides a personalized quit plan, coaching on how to quit, and nicotine replacement therapy if appropriate.
CONTACT: 1-800-QUIT-NOW (784-8669)

If you have any questions about this brochure
Please contact:

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