

Match Summary

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| Name of Match: | Military Mental Health (Needs of Rural and Remote Military and their Families) |
| Location of Match: | Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, Deployment Health Clinical Center, 1335 East West Highway, Silver Spring, MD, USA |
| 1. Brief summary of the outcomes of your match | |
| <p>There were 21 participants from US, Canada, New Zealand, Denmark, and Germany. The group focused on how to address access to mental health care for military and their families who live in rural and remote locations. Previous military match work with Australian Institute of Family Studies included a RAND to better understand the mental health needs of US military and their families in rural and remote locations. Study was published and can be found here: http://www.rand.org/pubs/research_reports/RR578.html</p> <p>Attendees during this 2015 match had discussions about their military system of mental health care, and their strategies related to access to care for rural and remote beneficiaries. Experts presented on mobile applications and telemental health systems designed specifically for use by military and their families in US. Participants discussed the similarities and differences between countries related to mental health care delivery systems for military members and their families, and worked on development of an international resource tool for patients and providers who work with military populations. The tool will be designed to share knowledge to help improve access to clinical mental health care, and programs, services, and tools to improve mental health care for those in rural and remote areas, to include mobile apps, telemental health services, and IT platforms. The group decided to first work together to produce a scientific paper to explore and analyze current status of mental health care systems for military beneficiaries, and the seek publication. The group hopes to generate support for an IT solution to build a tool that would be used by military patients and providers for knowledge sharing across participating countries. During the last afternoon the group had a video teleconference with the University of British Columbia Technology Match to discuss technology-related topics that were reviewed at both match sites.</p> | |
| 2. Resources used in your match | |
| <p>Real Warriors: www.realwarriors.net National Center for Telehealth and Technology: www.t2health.dcoe.mil German Armed Forces www.einsatz.bundeswehr.de/Familienbetreuung www.frau-zu-frau-online.de www.angriff-auf-die-seele.de www.ptbs-hilfe.de www.pdhealth.mil www.dcoe.mil www.t2health.dcoe.mil</p> | |
| 3. Brief description of how your match has accelerated change towards mental health, well-being and inclusion | |
| <p>Our match has identified an opportunity to accelerate change towards sharing knowledge and tools between nations for providers who have patients who live in rural and remote areas, who are associated</p> | |

with the military. The resources are intended to also help improve knowledge about mental health care, and increase access to care, for this group of patients and families. The hope is that by leveraging information about available resources between nations, military and their families will have greater access to mental health services, tools, and programs regardless of where they live or serve, which in turn could improve well-being.

4. Brief description of how your match has built leadership for the future

Participants in this match share information and challenges related to systems, strategies, and leadership in military mental health care systems. While many of these challenges differ across countries, by sharing perspectives and engaging in open dialogue, participants are able to view their own challenges from a different viewpoint, gain feedback and input from international colleagues, and learn from other leaders how similar challenges have been managed in other countries. Participants in this match are also able to leverage mental health resources and tools for military and their families from countries that are able to share products. The current focus of this group will help shape mental health leaders' knowledge about how to use mobile apps, telehealth technology, and IT platforms in their systems of care to enhance service deliver to military members and their families, especially those who live in rural and remote areas where access to care is difficult.