Wellness for Warriors: Developing and Disseminating a Veteran-centric Wellness Guide

Jennifer L. Bryan, PhD1,2,3,4, Moushumi Sahu, BA4, and Ali A. Asghar-Ali, MD1,2,3

(1) VA South Central Mental Illness Research, Education and Clinical Center (MIRECC); (2) VA HSR&D Center for Innovations in Quality, Effectiveness and Safety, Michael E. DeBakey VA Medical Center; (3) Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine; and (4) School of Social Sciences, Rice University

What Is the Purpose of the Study?

• To partner with veterans to design and disseminate a Veteran-centric Wellness Guide comprising activities from positive psychology science.

What Is the Problem?

• Veterans experience greater mental health needs than the general public.
• Veterans face several barriers to mental health treatment, including stigma and time constraints (e.g., childcare, taking time off work, transportation).

What Are the Findings?

• Veterans wanted to know more about sleep and to be directed to additional mental health resources.
• Veterans preferred realistic images and direct language and provided examples relatable to the veteran experience.
• The Veteran Engagement Group was essential in developing and disseminating a self-help, veteran-centric Veterans’ Wellness Guide.
• Veterans found the guide to be useful and would recommend the Veterans Wellness Guide to other veterans.

Who Should Care Most?

• Veterans.
• Veterans’ family and friends.
• Mental/behavioral health professionals who serve veterans.
• Veteran Service Organizations.

Recommendations for Action

• Mental health clinicians, educators, and researchers should establish collaborative partnerships with veterans to develop culturally informed mental health resources.
• Dissemination of mental health resources for veterans should involve the Veterans Health Administration, Veteran Service Organizations, and community partners.