

MOVING FORWARD

Overcoming Life's Challenges



User Guide (V 2.2)



What Is Moving Forward?

MOVING FORWARD
Overcoming Life's Challenges

Moving Forward is a free, anonymous, online educational and life coaching program that teaches problem-solving skills to better handle life's challenges.

- Designed to be especially helpful for challenges faced by Veterans and Service Members including returning to civilian life.
- It is based on Problem Solving Training course developed by Drs. Arthur and Christine Nezu and successfully used in veteran settings.



www.VeteranTraining.va.gov/MovingForward/



Project Team

MOVING FORWARD

Overcoming Life's Challenges

Collaboratively developed by Departments of Veterans Affairs (VA) and Defense (DoD)

- VA Mental Health Services, Web Services
- DoD National Center for Telehealth and Technology (T2)
- Dr. Arthur Nezu and Dr. Christine Nezu
- Partner Organizations include:
 - VA National Center for PTSD
 - VA National Center for Health Promotion and Disease Prevention
 - VA VISN 3 Mental Illness Research, Education, and Clinical Center
 - VA Northwest Mental Illness Research, Education, and Clinical Center
 - DoD Center for Deployment Psychology (CDP)



Who Is It For?

MOVING FORWARD

Overcoming Life's Challenges



This online course is free and open to the public. It is especially useful for **Veterans and Service Members** having difficulties with issues such as:

- Balancing school and family life
- Financial difficulties
- Relationship problems
- Difficult career decisions
- Coping with physical injuries
- Managing stress

www.VeteranTraining.va.gov/MovingForward/





Goals of Moving Forward:

- Teaches skills for thoughtful, planful problem solving
- Improves optimism
- Reduces stress
- Improves ability to better manage negative emotional reactions
- Reduces avoidance

Why Web-Based?

MOVING FORWARD

Overcoming Life's Challenges

Online tools can overcome many common **barriers** including **logistics** and **stigma**.



- Individuals can use the program anonymously, at the time and location of their choosing.
- They can select the frequency of sessions and can re-visit sections as many times as they wish.
- Many younger Veterans and Service Members expect online options.

www.VeteranTraining.va.gov/MovingForward/

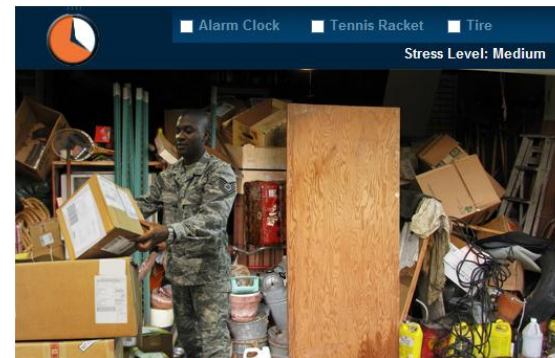


The Online Course

MOVING FORWARD
Overcoming Life's Challenges

Eight modules are designed to build on one another:

- Users complete as little or as much as they wish during a session
- Games and interactive exercises increase curiosity and engagement
- Videos and character narratives create a memorable learning experience



www.VeteranTraining.va.gov/MovingForward/



The Online Course

MOVING FORWARD

Overcoming Life's Challenges

The web course is designed as a **stand-alone intervention** but can be used as an adjunct to Mental Health care. It includes:

- A step-by-step approach for effective problem solving
- Information about how your thoughts and emotions affect your well-being
- Self-assessment
- Emotion regulation
- Stress management techniques



www.VeteranTraining.va.gov/MovingForward/



Frequently Asked Questions

Can anyone use Moving Forward?

Yes, **Moving Forward** can be useful for anyone with stressful problems. It is free, anonymous, and available to the public. You do not have to be a Veteran or Service Member- anyone can use it. Just go to www.VeteranTraining.va.gov/movingforward/, and select the button **Start the Course**.

Where and how do I access the course?

You can access this course from any computer by going to the website www.VeteranTraining.va.gov/movingforward/. No user name or password is necessary to access this course.

Will my health care provider or anyone else be able to view my information?

No, **Moving Forward** is anonymous and your data will not be sent to others. Once you delete the cookies on the computer in use, your data will be deleted completely. However, you may find it helpful to share your information with a family member, friend or professional. Talking to others can be a useful strategy to help you better handle life's challenges. The sharing of information however, is entirely at your discretion.



Frequently Asked Questions

Can I download this course and view it offline?

A CD version of the course that can be used without internet access is available. Email us at MovingForward@va.gov to request a copy.

How long do I have to complete the course – is there a time limit?

There is no time limit, you may work at your own pace. You may start and stop as many times as you like. If you have cookies enabled, you can leave the course and come back at a later time and resume where you left off. If the cookies are deleted, your progress will not be saved.

I took the course and my problems are still not solved. Where can I get more help?

The [Resources](#) link at the top of the home page gives you information on several key, recommended resources. At the bottom of the home page, you can also find many additional resources.



Contact Information

MOVING FORWARD
Overcoming Life's Challenges

The course can be found at:

www.VeteranTraining.va.gov/MovingForward/

For questions or additional
information contact:

movingforward@va.gov

or

publicaffairs@t2health.org



www.VeteranTraining.va.gov/MovingForward/

