TARGET AUDIENCE
This program is for Service members and Veterans.

SUMMARY
Moving Forward: A Problem Solving Approach to Achieving Life's Goals (Moving Forward), an online or classroom-directed course, is designed to teach participants problem-solving skills that can help reduce emotional distress and build resilience. Moving Forward is based on the Problem-Solving Therapy (PST) program, which has been placed as Unclear - No Evaluations on the Clearinghouse Continuum of Evidence.

EVIDENCE
One pre-test, post-test study conducted among Veterans found statistical and clinical improvements in social problem-solving, resilience, and overall distress levels in participants.

COMPONENTS
Moving Forward is designed to strengthen a person's resilience and coping abilities and enhance his or her recovery from the negative effects of stressful life events. Moving Forward has been adapted for use with Service members and Veterans and endeavors to help participants navigate a variety of problems, including becoming a new parent; feeling angry, sad, lonely, depressed, overwhelmed, or anxious; being recently deployed; reintegrating into civilian life; relying on alcohol or drugs; getting divorced; finding a job or choosing a new career; handling Service-related injuries; or managing difficult, painful emotions.

Sessions are conducted in a classroom environment. Each participant receives a guidebook that outlines three sets of skills that are based on contemporary PST:

- Problem-solving multitasking - Learn to manage cognitive overload when dealing with stressful situations by practicing skills of externalization, simplification, and visualization;
- Stop, Slow Down, Think, and Act (SSTA) method of emotional regulation - Develop emotional mindfulness and strengthen one's ability to handle problems when facing negative feelings and negative thinking; and
- Planful Problem-Solving - Practice the Thinking and Acting steps of the SSTA method by defining the problem, setting realistic goals, formulating alternative solutions, making a final decision, carrying out the plan, monitoring and evaluating consequences, and deciding whether the process has been successful.

Please visit the website listed in the Contact section to complete this program online.

PREVIOUS USE
Moving Forward has undergone pilot testing in the Veterans Affairs (VA) health care system from 2010 to 2012 at 75 VA sites across the continental United States.
Moving Forward: A Problem Solving Approach to Achieving Life's Goals (Moving Forward)

**TRAINING**

Off-site, 2 1/2-day training workshops are available and are followed by weekly telephone consultation calls with PST experts and other program trainees. VA providers receive the Moving Forward Instructor's Manual.

**CONSIDERATIONS**

Considerations for implementing this program include having instructors participate in training, acquiring participant buy-in, and ensuring participants who want to participate in the online program have access to a computer and the internet.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**

If you are interested in implementing Moving Forward, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**

This program consists of 4 sessions.

**COST**

Cost information was unavailable.

**EVALUATION PLAN**

To move Moving Forward to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation with a strong study design including a control group should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Dr. Art Nezu by email arthur.nezu@verizon.net or visit www.veterantraining.va.gov/apps/movingforward/index.html

**SOURCE**