

# Cards for Connection:

**National Center for Innovators VHA** Network

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## Coping Skills Playing Cards for Veterans



## **Key Features**

- Each of the 52 playing cards has a unique design
- By playing with the cards (their primary function) Veterans have repeated exposure to simple, easy to implement coping skills and critical VA resources
- Card content was created using a human-centered design process, informed by Veterans, VA staff, and other stakeholders

Playing cards are distributed and used in VA and outreach settings. This is an easy to access and maintain resource for Veterans.

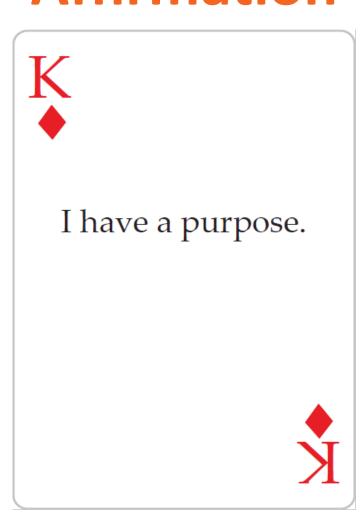
Cards for Connection offers a non-stigmatizing and low-cost solution that can be seamlessly integrated into current operations.

This fills a critical gap for Veterans who have difficulty connecting to essential resources.

To date, demand for the cards has far exceeded the available supply.

## Card examples by message type

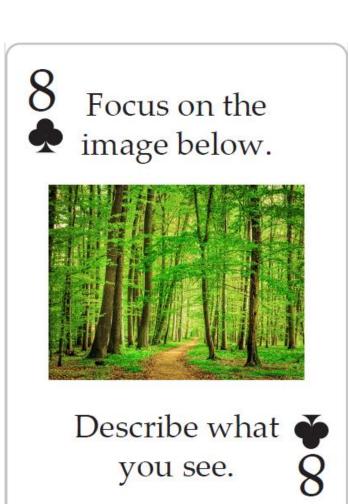
#### **Positive Affirmation**



## **Critical Numbers**



## Grounding



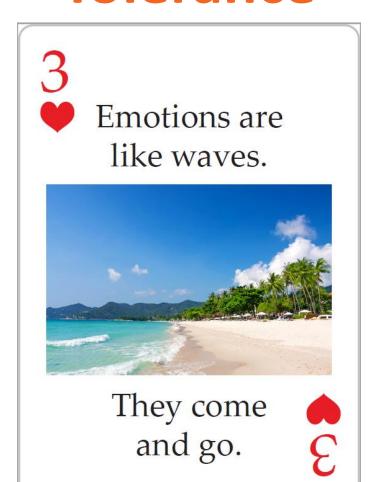
### Hope



### Connect with Others



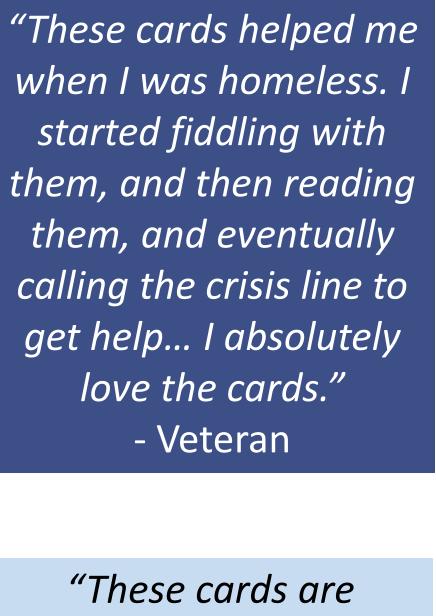
#### **Distress Tolerance**



## **Take Care** of Yourself

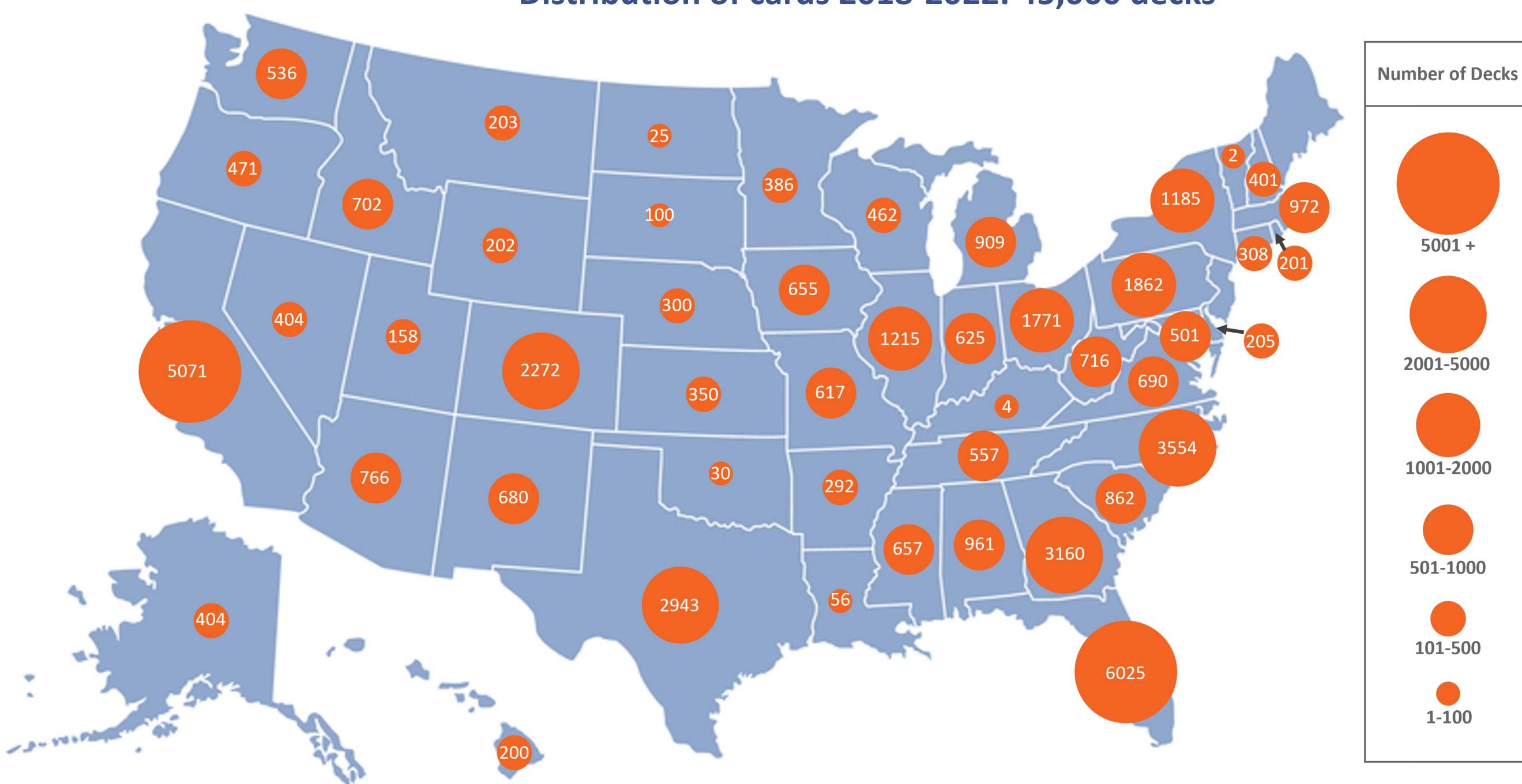


## Distribution of cards 2018-2022: 45,000 decks



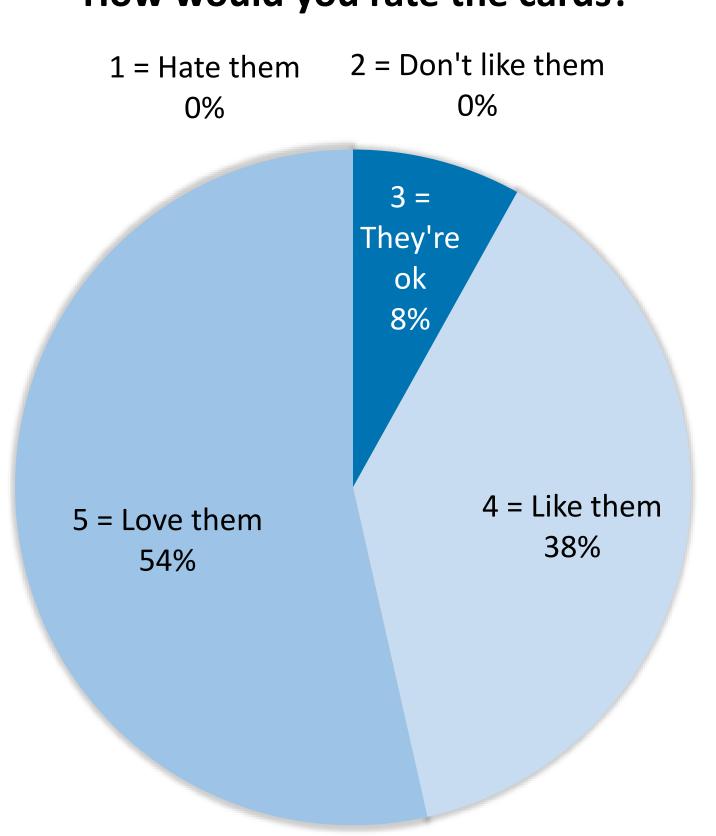
supportive like no other resource, I believe because they are interactive. What a wonderful idea!" - VA Staff

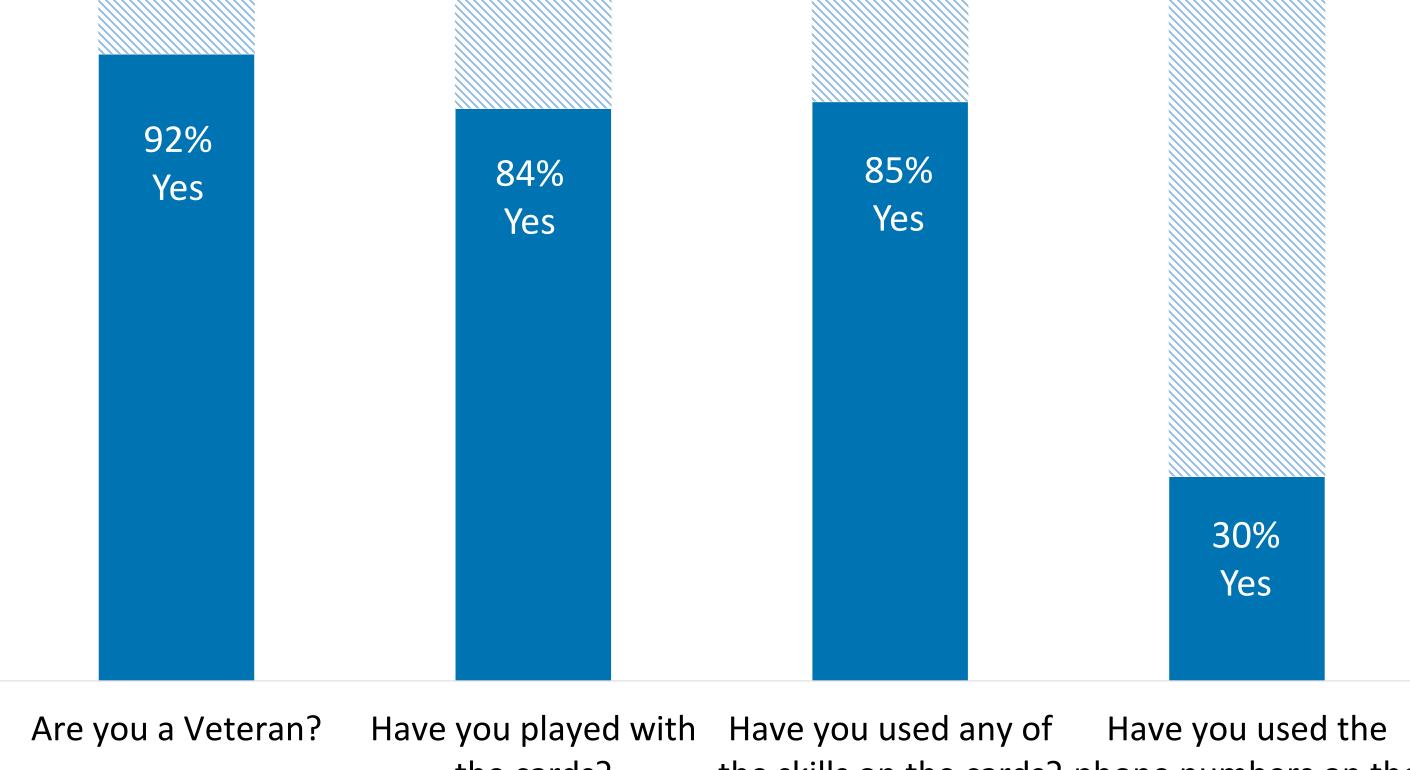
"Our members LOVED the cards and have been asking for more... We appreciate you!" - Member of the Air National Guard



### Feedback from Anonymous Postcards (N=99)

#### How would you rate the cards?





## Who requested the cards?



Homeless Programs



Inpatient & Outpatient Programs



Community



Recreation Therapy Programs



Suicide Prevention Teams



Family and individuals



Shelters



Military Installations

Average score: 4.45

the cards?

the skills on the cards? phone numbers on the cards?