



July, 2016



## Session Description:

### ***Utilizing Self-Care Technology to Improve the Lives of Children and Adolescents***

*Increasingly, new technologies are advancing that use a self-care approach to behavioral health treatment. This allows health consumers to stay engaged in their own treatment as it is an important component in your own recovery.*

*Attend this session to learn about one of these important technology tools that has been proven effective in keeping the consumer engaged in their own treatment.*

Technology

Foster Care

TAY-College

School-  
Based

Trauma  
Informed



NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH



ADULT&child

# Outline

A. Brief Organization Overview

B. Why Integrate Technology

C. Where/How is Tech Utilized

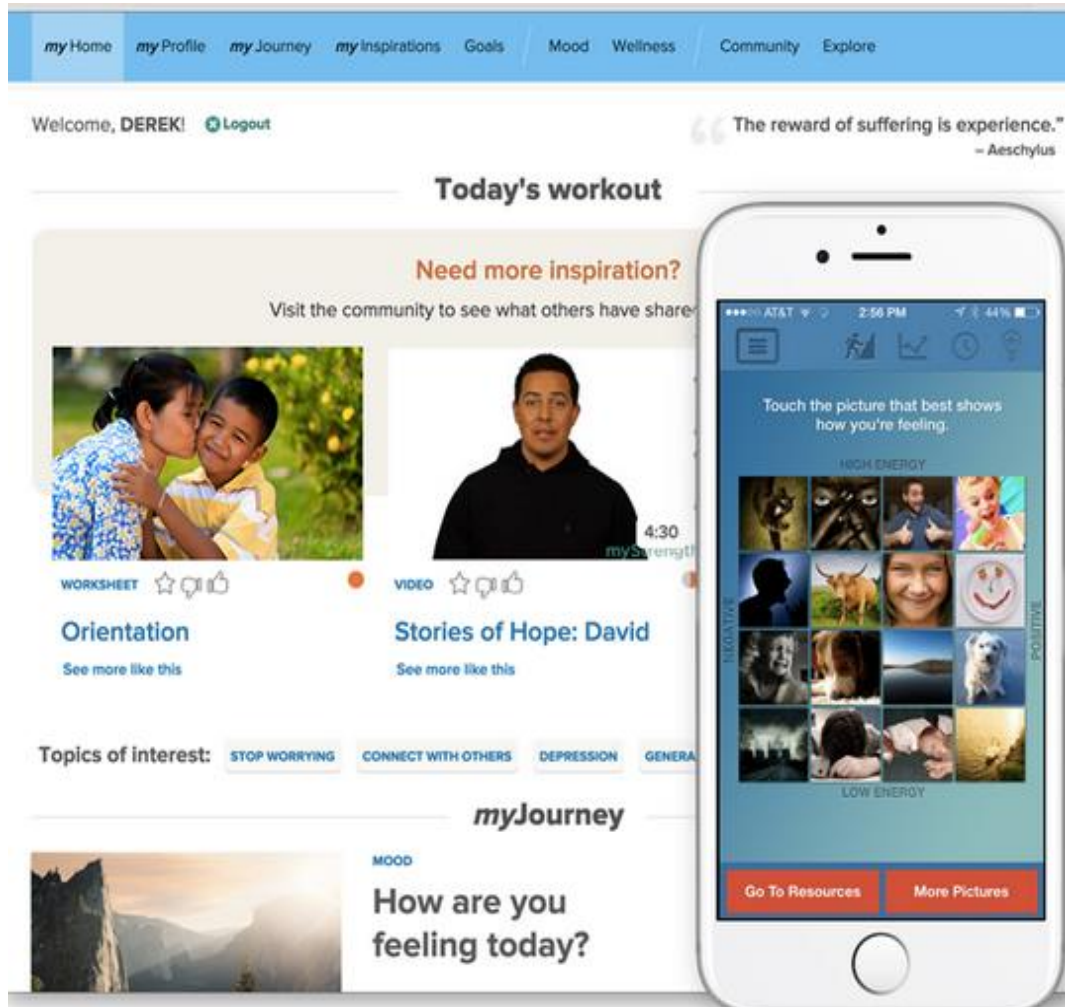
D. Demonstration – Web/Mobile

- ✧ Current/2.0

A. Provider Integration and Support

- ✧ Learnings

B. Data Collection



myStrength:  
evidence-based,  
self-help resources  
offering providers  
the ability to **meet**  
**consumer**  
**demand, extend**  
**access, improve**  
**outcomes and**  
**lower cost of**  
**care.**



## Mind

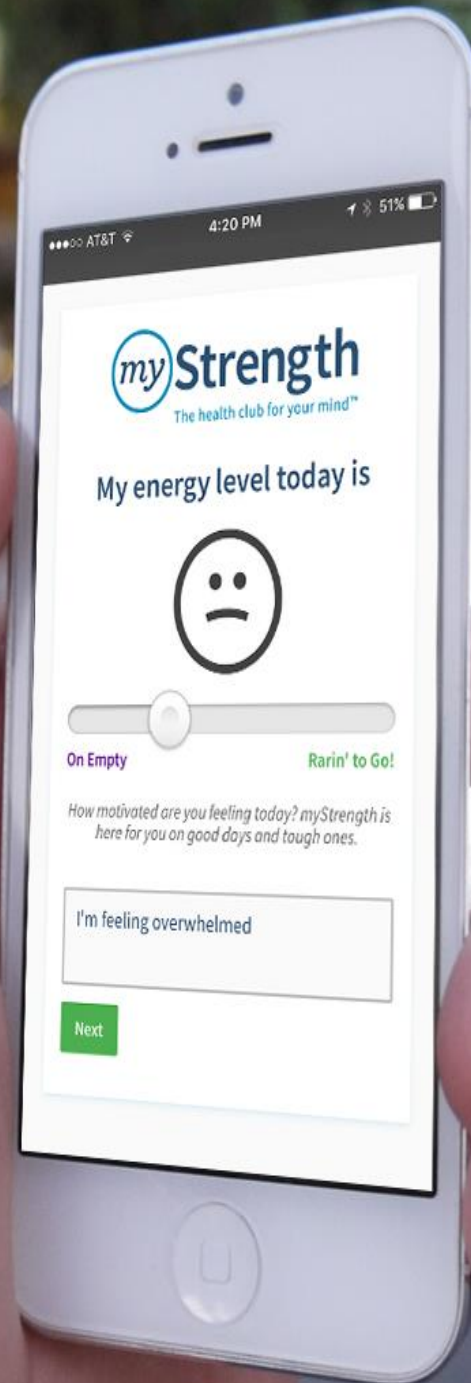
Clinically Proven  
Psychotherapy  
Models

## Body

Wellness  
Applications

## Spirit

Spiritual and  
Inspirational  
Resources



## CBT

Motivational  
Interviewing  
Behavioral Activation  
CBT-Relapse  
Mindfulness  
ACT

# Building a Personalized Program

Create Your Home Page

This is the last step. To finish, choose what you want to see on your myStrength home page. You can pick as many as you like.

PHYSICAL WELLNESS

Advice and information to help keep your body healthy

☐ Managing weight

☐ Eating well

☐ Staying physically fit

☐ Getting active

☐ Stopping smoking

☐ Managing stress

MENTAL HEALTH

Tips to help you stay strong through life's ups and downs

☐ Setting goals

☐ Being assertive

☐ Overcoming depression

☐ Handling anxiety

☐ Managing chronic Pain

☐ Dealing with addiction

☐ Overall mental health wellness

☐ Losing a loved one

☐ Caring for an aging parent

☐ Job transition or loss

☐ Illness or injury

☐ Moving

☐ Getting divorced or separated

SPIRITUALITY

For some people spiritual beliefs are inspirational. Spiritual tips to inspire you – but only if you want them.

☒ Yes, I want content about Spirituality

☐ Buddhism

☐ Christianity

☐ Hinduism

☐ Islam

file my Journey my Inspirations Goals Mood Wellness Community Explore

“It takes a lot of courage to show your dreams to someone else.”  
– Erma Bombeck

Today's workout

Welcome! You are now at your personalized home page.  
where to start? Click on the Intro video on the left, and learn how to get the most out of myStrength.

Today's workout

you have high energy today

1:48

Inner Voice

See more like this

JUST BREATHE IN  
BREATHE OUT  
AND REMEMBER  
THAT MOVING FORWARD  
MEANS TAKING IT  
ONE STEP AT A TIME

QUICK-TIPS

One Step

See more like this

GETTING ACTIVE

ANXIETY


CONNECT WITH OTHERS

STOP WORRYING

See all

myJourney

# Inspirations, Progress and Community Support



+

Add

myJourney





MOOD





How are you feeling today?


➔

Track your mood now

ACHIEVEMENTS









You completed Using the thought sorter

29 minutes ago.




You completed Gaining momentum

31 minutes ago.




You completed Labeling your thoughts

29 minutes ago.




You completed Action plan and summary

32 minutes ago.




Marie viewed Don't Stop Playing

36 minutes ago.




Marie viewed Adjust Your Sails

37 minutes ago.



Marie viewed Feet in Your Shoes




37 minutes ago.






Marie viewed The Way You See

38 minutes ago.

myStrength community





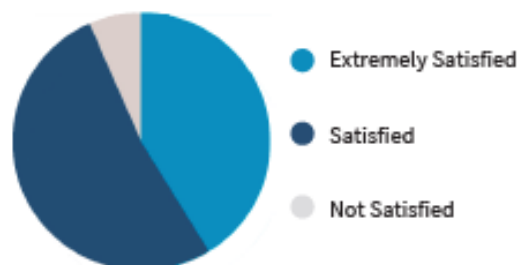
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# 2016 myStrength Survey Results & Feedback

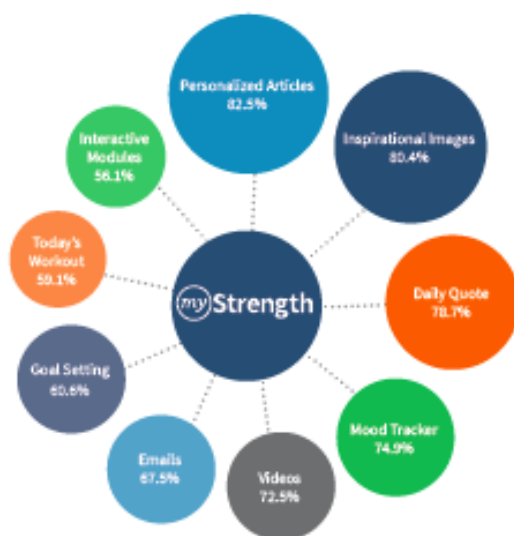
myStrength's digital applications are designed to improve overall mental health and wellness. myStrength conducts regular consumer satisfaction surveys, and we are pleased to share the recent results representing feedback from myStrength members.

## Overall Experience with myStrength

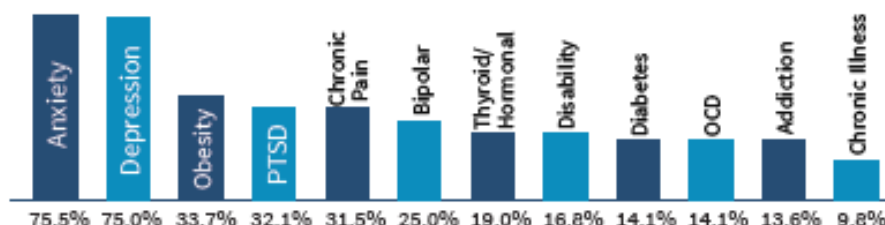


**93.4% of myStrength members** reported that they were either satisfied or extremely satisfied with their myStrength experience

## Most Used Features of myStrength



## Most Common Health Concerns for myStrength Members



## “ What myStrength members are saying ”

Knowing that myStrength is there anytime of the day or night makes me feel less alone and hopeless.

*I have learned a lot of really helpful coping skills from using myStrength for dealing with my depression and anxiety. I am glad there is something I can turn to when I am having a bad day.*

I use myStrength waiting in line at the grocery store, waiting at the doctor's office & relaxing at home.

*myStrength is a helpful tool for outpatient therapy. Take it at your own pace, redo what you don't understand clearly, and have ability to see graphs related to your moods and progress.*

I'm still in therapy but myStrength is my therapist on the go. I keep my therapist posted on how I do on myStrength.

*When I feel completely lost, myStrength helps me out of the nightmare I've been stuck in.*

I think it is a fantastic program that gives me an unbiased look at how I am doing on a day-to-day basis. It is a great self evaluation tool and gives good feedback and useful tools.

*It is somewhere I can go and know my problems will be understood. I usually visit whenever I am depressed or anxious and don't have anyone here to talk to.*



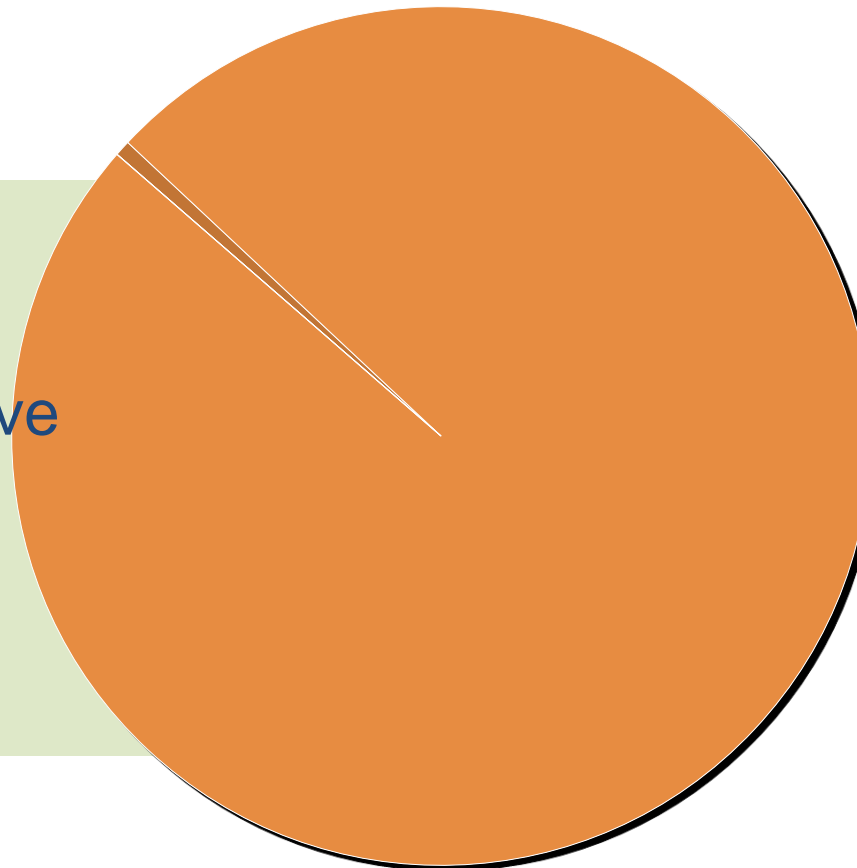
# WHY Integrate Technology in your Client-Care Model?

## The problem...

Limited direct care hours compared to the time clients have on their own - to work on skills to promote and foster their recovery.

### *1:168 (or 5:168) Rule*

A clinician sees a client one or five hours out of the 168 hours in a week.



# Mental Health Shortages/Increase Demand



Based on IN  
population,  
should be 650  
psychiatrists,  
2013 = 356\*

**57%** of the state's **92**  
counties designated mental  
health shortage areas

**43 counties** report no  
practicing psychiatrists/**27**  
no practicing psychologist

9.8% of  
Hoosier  
adolescents  
ages 12 to 17  
reported had at  
least one MDE  
in past 12 mos.

# Adoption of Technology

100+ Community  
Health and  
Addiction  
Payers/Providers

**Anthem.**

 **Hill**  
Physicians  
Your health. It's our mission.

  
Carolinas  
HealthCare System



**Behavioral Health  
*Treatment  
Extender***



**Wellness/Wellbeing  
*Self-Help Resource***



**Primary/Chronic  
Care *Integrated  
Application***



# Empowerment and Engagement

## Intake

- Community
- Waitlist Management
- Reach Rural Families
- Workplace Wellness

## Intervention

- Bridge Between Visits
- Family Sessions
  - X-tend to members
- Care Giver/Parental Support

## Post Therapy

- Step Down
- Relapse Management
- Crisis Plan
- Continuing Care

# Community Engagement



## myStrength.com

The health club for your mind.™

- Daily resources for your mind, body & spirit.
- Tools to improve mental health:
  - ✓ Action Plans
  - ✓ Online Learning
  - ✓ Mood Tracker
  - ✓ Resources
  - ✓ Assessments
  - ✓ Tools
- Tailored for you, so it's personal and relevant.

**SIGN UP >**



myStrength and Aspire are now partners in helping our clients receive access to helpful coping strategies

24/7.... [fb.me/1eJgjHVbp](https://fb.me/1eJgjHVbp)

7/20/16, 9:00 AM

1 RETWEET 1 LIKE



myStrength, can be accessed through an app on a person's mobile phone or with their login to a computer as a...

[fb.me/7BS6zLgVb](https://fb.me/7BS6zLgVb)

7/24/16, 10:46 AM

# Kids/Adolescents/Aging Out

Caregivers own accounts regardless of age of the child

Focusing on their stress/education/support of the child

For the kids, caregivers consider the maturity of the child and then have them have their own account as well, with the plan of them and the caregiver engaging together on the site

Age 16-18, transition to the youth using the site on their own as they move forward



# Community Crisis Response Services

## School-Based Programs

myStrength was made available to the students, parents and staff at local high schools where traumatic events took place as a resource for coping with trauma symptoms

### Compassion Reaction

Trillium Health Resources is committed to increasing mental health awareness within our schools and communities by applying Medicaid Reinvestment Dollars to give back. The Compassion Reaction initiative encompasses the following programs as well as education and training for schools, administrators, teachers, and the community. Compassion Reaction will inspire, equip and empower a permanent positive cultural change in your schools and communities.



### What is myStrength?

myStrength is an **online tool** that helps people improve their own **mental health**.

It is perfect for **school based therapists** who want to supplement their treatment with support **available 24/7**.



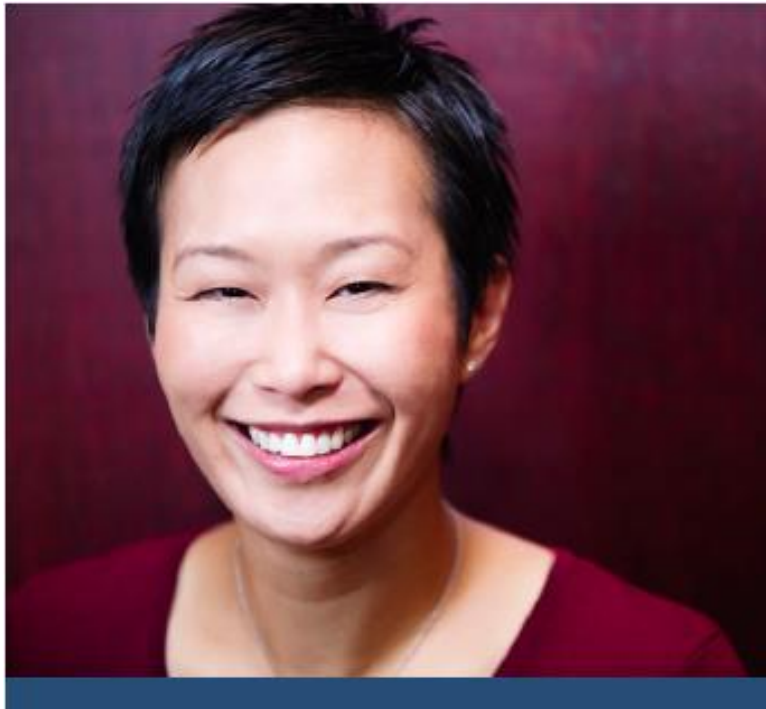
**Beth Tamborski**, Clinical Manager of Integrated Care and Turning Points, Arapahoe Douglas Mental Health Network





## myStrength and Trauma Informed Care

myStrength's innovative applications support Trauma Informed Care (TIC) to help your clients (and staff) on their journeys to wellness.

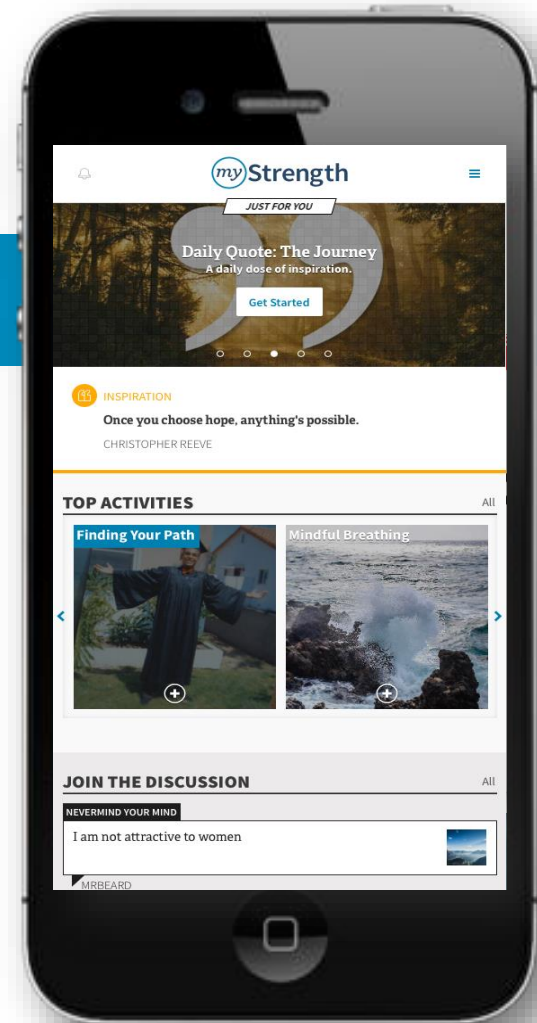
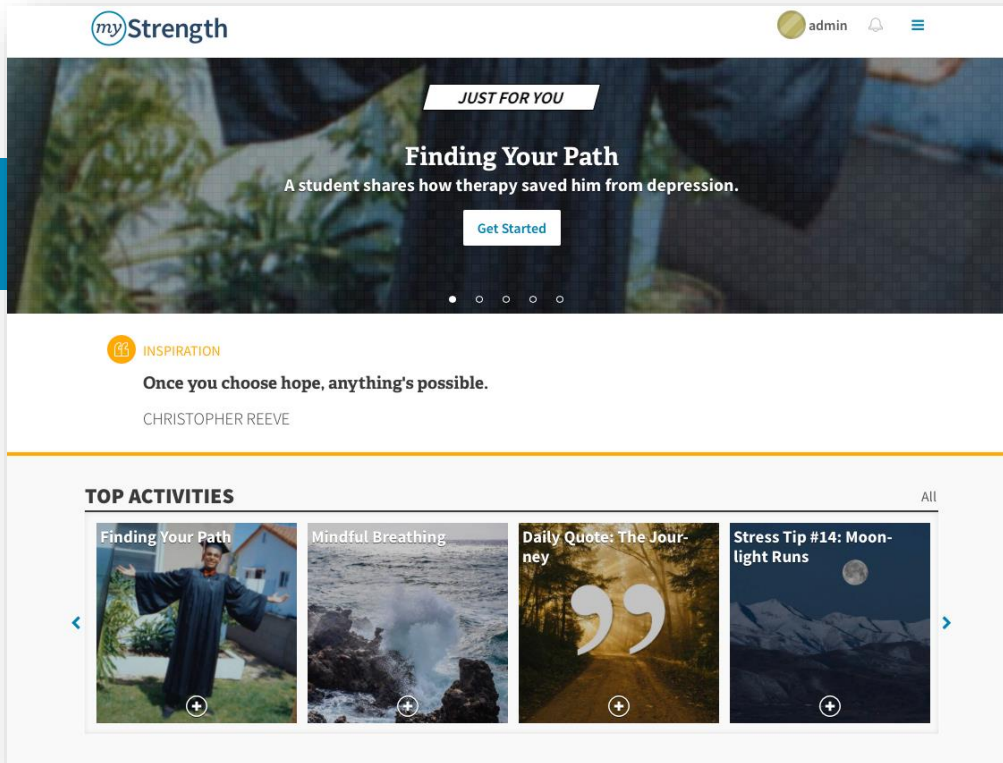


Does your organization practice Trauma Informed Care (TIC)? If so, myStrength is an excellent tool for helping your clients (and staff) along their journeys to wellness.

myStrength includes numerous resources to help users:

- Understand the basic symptoms of PTSD
- Develop an ability to ground and relax
- Consider ways to build meaning and purpose
- Find supportive relationships
- Experience inspiration and/or spiritual connection

# myStrength Youth



# The myStrength Clinical Philosophy and Goals

To help build resiliency and develop healthy coping skills

Theoretical framework: *Positive psychology and Mindfulness*

To help identify their mental health needs and connect them to resources when they need them most

Theoretical framework: *Psycho-education, Acceptance and Commitment Therapy (ACT), Mental health first aid, and Cognitive Behavioral Therapy (CBT)*

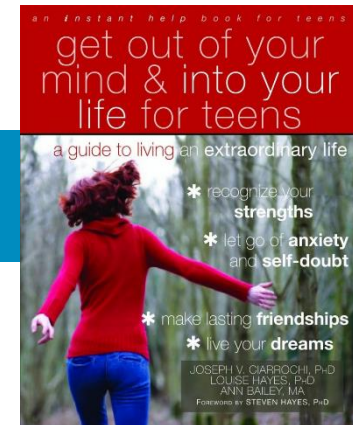
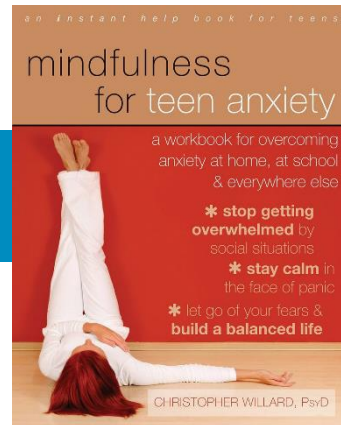
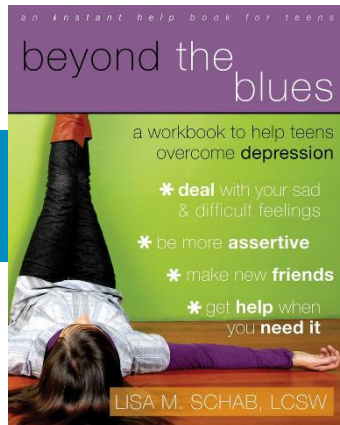
To provide an engaging, interactive, supportive, and content-rich experience

Design Inspiration: *Netflix, Instagram, and Spotify*

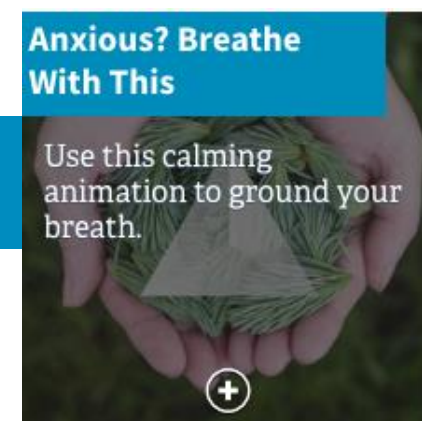
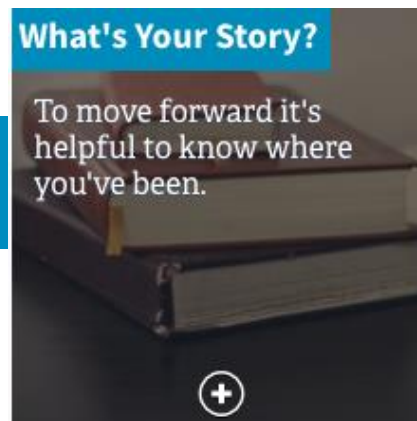


# Content Creation Overview

**Evidence-Based Content** – myStrength has an exclusive relationship with New Harbinger Publishing - the largest publisher of proven, evidence-based self-help workbooks



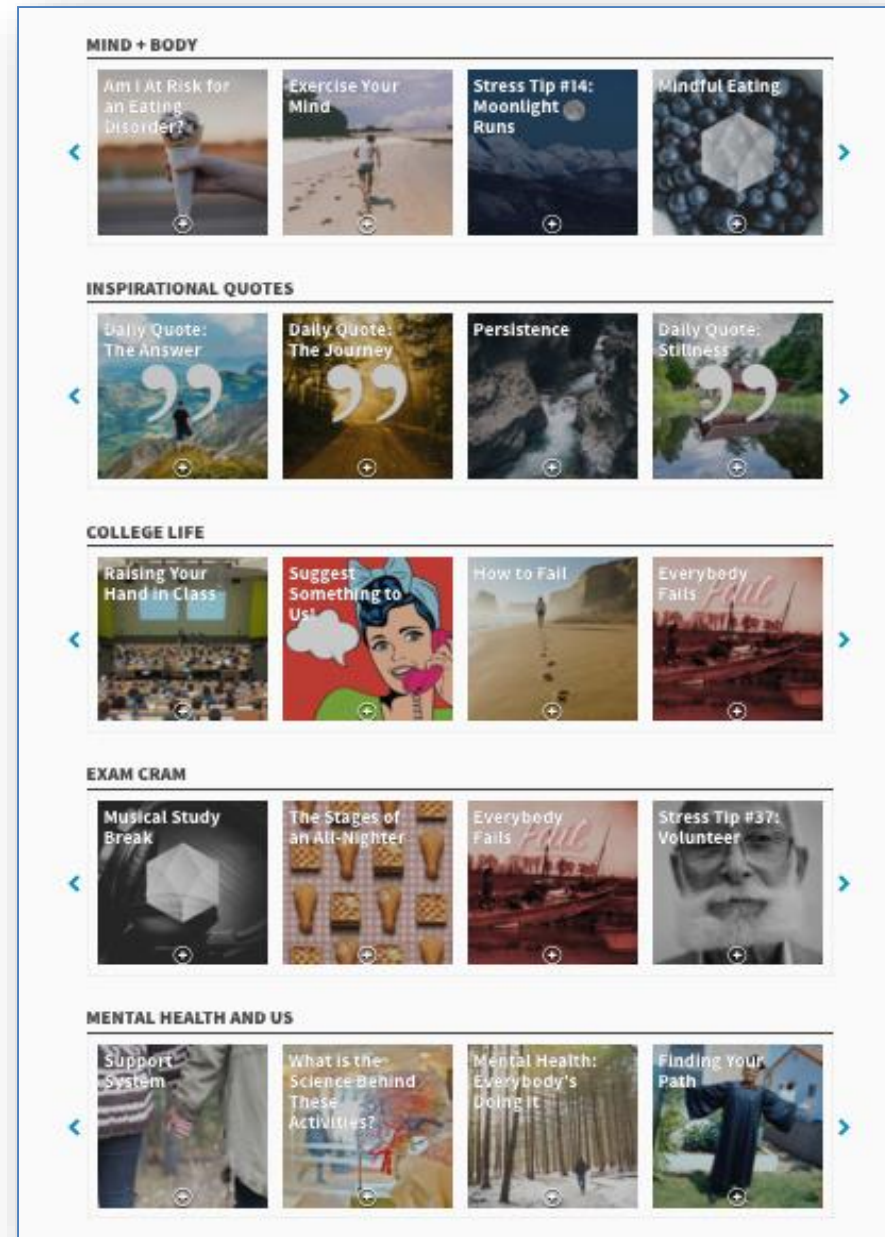
**Student Panel Feedback** – Activities created with the input of a panel of 60 students from colleges across the country





# Find What Works Best for YOU!

- Over 100 activities for students to work on
  - Short and long activities
  - Videos, articles, inspirational quotes, mindfulness exercises
- Topics designed by students
  - “I’m Freaking Out”
  - Happiness
  - College Life
  - And many more...
- Personalized Experience



myStrength Users



**“It is very helpful at times when anxiety begins to rise and I am unable to control it. There is always something to do to take my mind into a place of serenity.”**



**“It is an awesome tool for anyone who needs a positive outlet. No judgment, and it is personalized just for you.”**

# Mindfulness – Tracks include...

## Mindfulness Activities



- Daily repetition & periodic experimentation
- Meditation & “eyes open” experiences
- Sitting & moving in the world
- Sensory (external) & visualization (internal)
- In-the-moment & dedicated time
- 1-minute & 10-minute experience
- Audio, visual and tactile



# Chronic Pain & Opioid Management

Sample Feature #1

## Functional Assessments

How much physical activity do you have?

How well are you in touch with friends?

How well have you been able to keep up with your job?

Next



## Clinical Framework:

- Psycho-education
- Acceptance and commitment
- Positive psychology
- Cognitive behavioral therapy

## Capabilities:

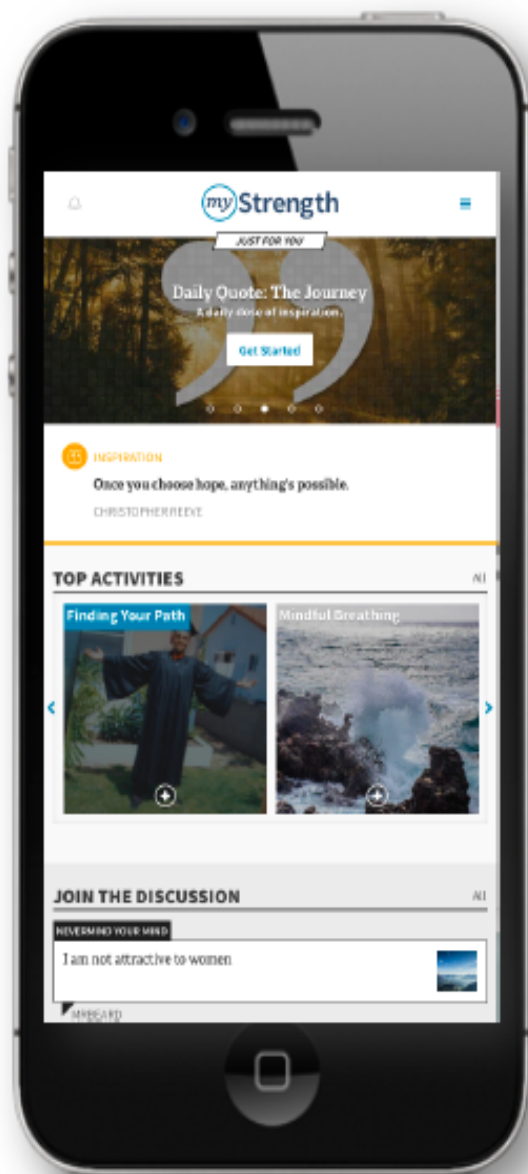
- Daily Planning tools
- Clinician visit support tools
- Functional assessments

## Additional Considerations:

- Opioid management
- Opioid-specific recovery



# Chronic Pain & Opioid Management



## Capabilities:

- Daily planning tools
- Clinician visit support tools
- Functional assessments
- Opioid risk assessments
- Daily logging/journaling
- Peer support
- Substance Use Disorder support tools

## Additional Content Areas:

- Grief processing
- Stories of hope and inspiration
- Medication risk education
- Relaxation of mind and body
- Exercise as routine
- Nutrition and sleep
- Comorbidity with anxiety and depression

## Additional Considerations:

- Opioid management
- Opioid-specific recovery

# Integrative Clinical Approach with Evidence Based Models

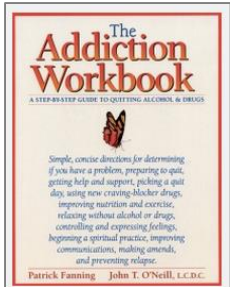
## Depression

- CBT
- Behavioral Activation
- Acceptance and Commitment (ACT)



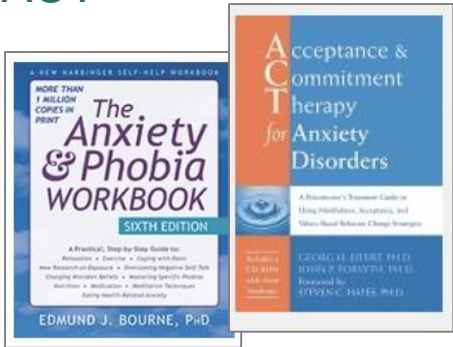
## SUD

- Motivational Interviewing and Stages of Change
- Relapse Prevention (CBT)



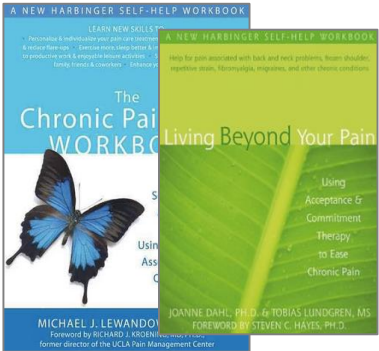
## Anxiety

- CBT
- Mindfulness
- ACT



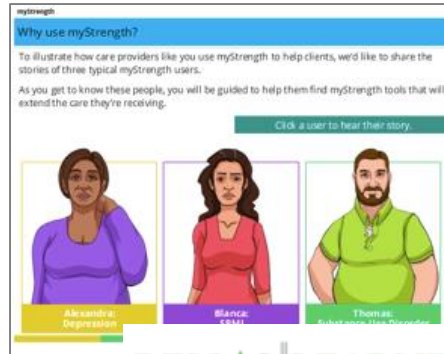
## Chronic Pain

- CBT
- Positive Psychology
- Mindfulness
- ACT



# Clinical Process Mapping and Integration Plan

## Online Client Referral Page



myStrength.com

The Adults club for your mind.<sup>SM</sup>

REFERRAL FORM - MHNET COMMERCIAL

Thank you for sharing myStrength with M-HeT member!  
Please use this form when you are on the phone with a member who has a commercial policy.

**\*\* REMEMBER: myStrength is ONLY available to members with EAP or Commercial policies. \*\***

After you fill in the information and hit Submit, myStrength will:

- 1) Immediately e-mail your member to help them finish the registration process, and
- 2) Continue to send them reminders to complete their registration and help them get going with myStrength.

(All fields are required)

Member's First Name

Member's Email

Referring MHNet Staff NAME (Your first and last name)

Referring MHNet Staff EMAIL (Your email address)

Contact Us | Privacy | About myStrength  
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## Case Management Resources Online Provider Resources

# Skills for Managing Depression

## myStrength.com and Today's Session

In today's session we explored ways to:

Three screenshots from the myStrength.com website. The first shows a 'Sign-up' button and a 'Get started today' button. The second shows a 'Track your mood' graph. The third shows a 'Track your anxiety' graph.

☐ Move your body.  
www.mystrength.com/move

☐ Track your mood.  
www.my

☐ Label your thoughts.  
www.my

## Skills for Managing Anxiety

## myStrength.com and Today's Session

Two screenshots from the myStrength.com website. The first shows a 'Climb out from the muck' button. The second shows a 'Notice your thoughts' button.

☐ Climb out from the muck.  
www.mystrength.com/muck

☐ Notice your thoughts.  
www.my

If you have access to a printer, please bring a paper

An icon of a printer.

### Get started today

myStrength is a personal, proven and practical online tool to help you feel better and stay better. And it's FREE for you to use.

1. Go to [www.mystrength.com](http://www.mystrength.com) and click on the "Sign-up" button.
2. Enter your Access Code:
3. Begin by completing a Wellness Assessment, then, to us, in any time, to access resources, track your mood, and get inspired.

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Two screenshots from the myStrength.com website. The first shows a 'Climb out from the muck' button. The second shows a 'Notice your thoughts' button.

☐ Climb out from the muck.  
www.mystrength.com/muck

☐ Notice your thoughts.  
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# Innovation Roadmap

## Current

## Emerging/Future

				2017		2018	
Consumer Features	Depression	Anxiety	Substance Abuse	Chronic Pain +Opioid	Insomnia	Trauma	ADHD
		Adult	Youth: College	Youth: Adolescent	Caregiver	Parenting	Youth: Early Childhood
		5 <sup>th</sup> grade Featured	Spanish 1.0	5 <sup>th</sup> Grade Full	Spanish 2.0	Passive Sensing	Wearables
Payer & Provider Services	Customized Assessments		Public API	Care Team Integration/Notification	SMS/Text Messaging	Continuously Evolved ROI Modeling	
	Single Sign On Integration			EHR/EMR Customization	Billable Assessments	Continuously Evolved Predicative Analytics	

# Coming in 2016



## Customized Onboarding (Now)

- Optimized for quick signup
- Customizable assessments

## myStrength Redesign (Fall)

- Simplified user experience
- Mobile-friendly design

## Expanded Content

- Mindfulness activities (June)
- Chronic Pain (Fall)
- Insomnia (Winter)

## Partner Enhancements (Ongoing)

- API's— supporting data exchange
- Quality measures support



# Demonstrated Integration Expertise



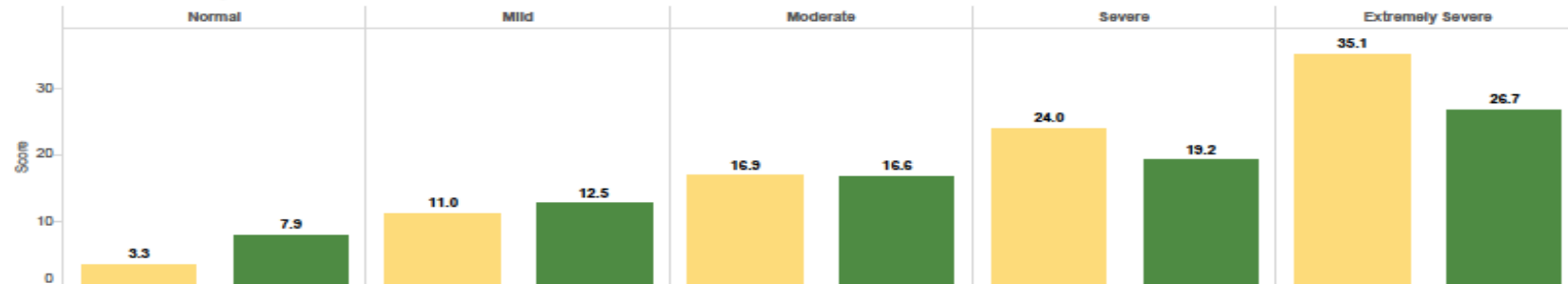
**Suzanne Falaschetti,**  
**VP of Account**

- **Kjirsten Wallace, Director of Implementation**
- **Julie Dorsey, LPC, Director, Account Services**
- **Yvette Maldonado LPC, Director, Account Services**
- **Jeff Ashmore, Director, Account Services**
- **Jennifer Cullingford, Director of Account Services, MA, RD**
- **Lisa Martin, Director of Account Services, MA**

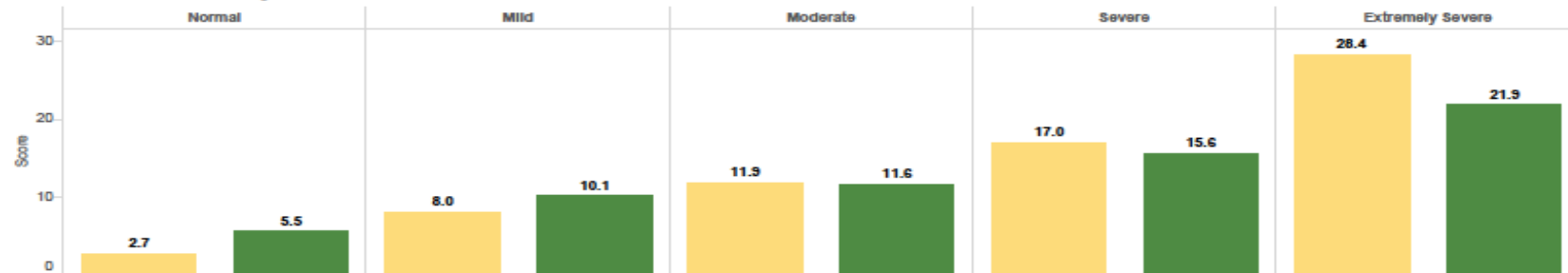


**All myStrength Public Partners**

**Baseline vs Last Depression Score**



**Baseline vs Last Anxiety Score**

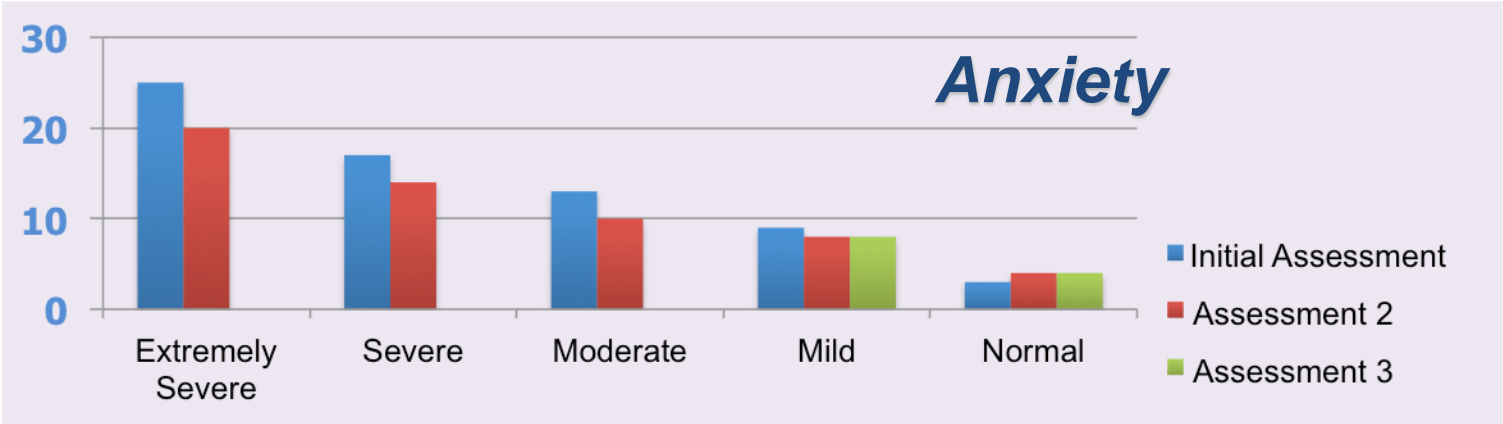
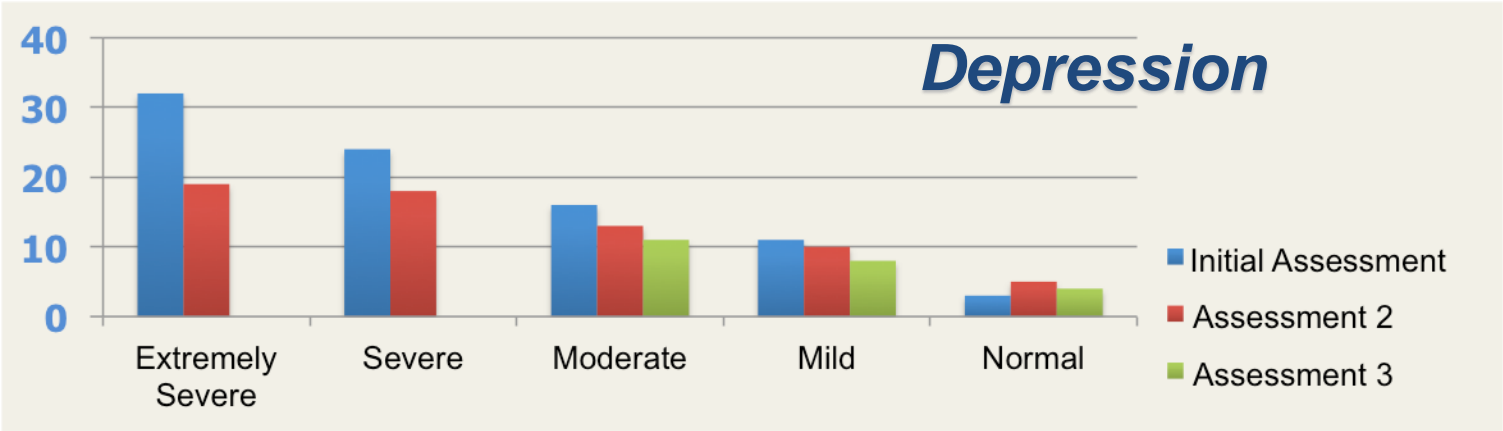


**Details: All myStrength Public Partners**

Users with baseline assessment	13,161
Users with follow-up	2,545
Median last days since registration	72
% users with depression improvement (Clinical)	46%
Avg % depression symptom improvement	23%
% users with anxiety improvement (Clinical)	34%
Avg % anxiety symptom improvement	18%

Reliable Improvement is defined as movement greater than the standard error of difference for a DASS norming sample multiplied by 1.96.  
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# Outcomes 2015 – Employee Wellness Scores



602 Respondents participated in Initial Assessment, 204 in Assessment 2, and 60 in Assessment 3.  
ment scores are displayed only w

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# Testimonials

## Community-Based Providers

Our treatment programs are designed to give the highest [quality] treatments possible. However, our available direct care hours pale in comparison to the time our patients spend on their own trying to foster their recovery.

myStrength technology helps **bridge the gap between our direct care sessions and the daily lives of our patients** by providing **effective, easy to use tools they can access at any point.**"

– Billy West, CEO, DAYMARK



## myStrength Users

"I think myStrength is the next best thing to being in a therapy session."



"myStrength motivates me to check my mood and keeps me from getting to a dark place."



"I like the availability of so much good information on an easily accessible site."



"It keeps me positive and motivated so I have fewer setbacks"



“...myStrength puts people in the driver's seat. It fosters hope through fostering a sense of self-efficacy.”

Mandy Fauble Ph.D., Safe Harbor, PA



“This is something that you can do for yourself, on your own, when you're not here, to move along your recovery at the pace that you want to move it along at.”

Cheryl Ward, Cornerstone PA

“...this gentleman dealing with schizophrenia said to me, "I got to tell you, this is the best thing that you guys have ever done for me." He pulled out his smartphone and he said, "It's like I have my therapist in my pocket.”

Michelle Kelly-Thompson, Human Services Center, PA



“Because she has something to do at home in between sessions, we've seen a huge leap in her recovery, .....she's not a high utilizer of our services anymore.”

Corey Cantrell, The Center for MH, CO



# myStrength Mobile (IOS and Android)



- Exclusive use of the **Photographic Affect Meter (PAM)** to drive personalized 'in the moment' tools to manage and improve mental health
- Short form CBT and Mindfulness Acceptance applications combined with personalized inspirational resources