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
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.
Building a Personalized Program
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.

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

Most Used Features of myStrength

- Personalized Articles 82.5%
- Interactive Modules 66.1%
- Inspirational Images 80.4%
- Today's Workout 59.1%
- Goal Setting 62.8%
- Mood Tracker 78.7%
- Daily Quote 76.7%
- Emails 87.5%
- Videos 72.5%

Most Common Health Concerns for myStrength Members

- Anxiety 75.5%
- Depression 75.0%
- Obesity 33.7%
- PTSD 32.1%
- Chronic Pain 31.5%
- Bipolar 25.0%
- Thyroid/Hypothyroidism 19.0%
- Disability 16.8%
- Diabetes 14.1%
- OCD 14.1%
- Addiction 13.6%
- Chronic Illness 9.6%

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.

myStrength
The health club for your mind™
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

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

43 counties report no practicing psychiatrists/27 no practicing psychologist

*Bryan Mills, president and CEO of Community Health Network
Adoption of Technology

100+ Community Health and Addiction Payers/Providers

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

Aspire Indiana
@AspireIndiana

myStrength and Aspire are now partners in helping our clients receive access to helpful coping strategies 24/7.... fb.me/1eJgjHVbp
7/20/16, 9:00 AM
1 RETWEET 1 LIKE

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 >

Aspire Indiana
@AspireIndiana

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
7/24/16, 10:46 AM

© 2016 myStrength, Inc. All rights reserved.
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.
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.

Community Crisis Response Services

School-Based Programs

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

© 2016 myStrength, Inc. All rights reserved.
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

Finding Your Path
A student shares how therapy saved him from depression.
Get Started

Inspiration
Once you choose hope, anything's possible.
CHRISTOPHER REEVE

Top Activities
Finding Your Path
Mindful Breathing
Daily Quote: The Journey
Stress Tip #14: Moonlight Runs

Join the Discussion
NEVERMIND YOUR DREAD
I am not attractive to women.

© 2016 myStrength, Inc. All rights reserved.
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
“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...

- 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

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

<table>
<thead>
<tr>
<th>Depression</th>
<th>SUD</th>
</tr>
</thead>
<tbody>
<tr>
<td>• CBT</td>
<td>• Motivational Interviewing and Stages of Change</td>
</tr>
<tr>
<td>• Behavioral Activation</td>
<td>• Relapse Prevention (CBT)</td>
</tr>
<tr>
<td>• Acceptance and Commitment (ACT)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Chronic Pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>• CBT</td>
<td>• CBT</td>
</tr>
<tr>
<td>• Mindfulness</td>
<td>• Positive Psychology</td>
</tr>
<tr>
<td>• ACT</td>
<td>• Mindfulness</td>
</tr>
<tr>
<td></td>
<td>• ACT</td>
</tr>
</tbody>
</table>

© 2016 myStrength, Inc. All rights reserved.
Clinical Process Mapping and Integration Plan

Training and Promotion

Case Management Resources

Online Provider Resources

Online Client Referral Page

© 2016 myStrength, Inc. All rights reserved.
## Innovation Roadmap

<table>
<thead>
<tr>
<th>Consumer Features</th>
<th>Current</th>
<th>Emerging/Future</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Anxiety</td>
<td>Substance Abuse</td>
</tr>
<tr>
<td>Adult</td>
<td>Youth: College</td>
<td>5th grade Featured</td>
</tr>
<tr>
<td>5th grade Featured</td>
<td>Spanish 1.0</td>
<td>5th Grade Full</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Payer &amp; Provider Services</th>
<th>Current</th>
<th>Emerging/Future</th>
</tr>
</thead>
<tbody>
<tr>
<td>Customized Assessments</td>
<td>Public API</td>
<td>Care Team Integration/Notification</td>
</tr>
<tr>
<td>Single Sign On Integration</td>
<td></td>
<td>SMS/Text Messaging</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Pain +Opioid</td>
<td>Insomnia</td>
<td>Trauma</td>
</tr>
<tr>
<td>Youth: Adolescent</td>
<td>Caregiver</td>
<td>Parenting</td>
</tr>
<tr>
<td>5th Grade Full</td>
<td>Spanish 2.0</td>
<td>Passive Sensing</td>
</tr>
<tr>
<td>Wearables</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 Services
- 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
Depression and Anxiety Outcomes

All myStrength Public Partners

Baseline vs Last Depression Score

Baseline vs Last Anxiety Score

Details: All myStrength Public Partners

Uses with baseline assessment: 13,161
Uses with follow-up: 2,545
Median last days since registration: 72
% users with depression symptom improvement: 46%
Avg % depression symptom improvement: 23%
% users with anxiety improvement: 34%
Avg % anxiety symptom improvement: 10%

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

602 Respondents participated in Initial Assessment, 204 in Assessment 2, and 60 in Assessment 3.

Follow-up assessment scores are displayed only when N's are sufficient.
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”
Testimonials

“…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

Direct-Care Staff

“…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