INDIANA COUNCIL
of Community Mental Health Centers, Inc.

July, 2016

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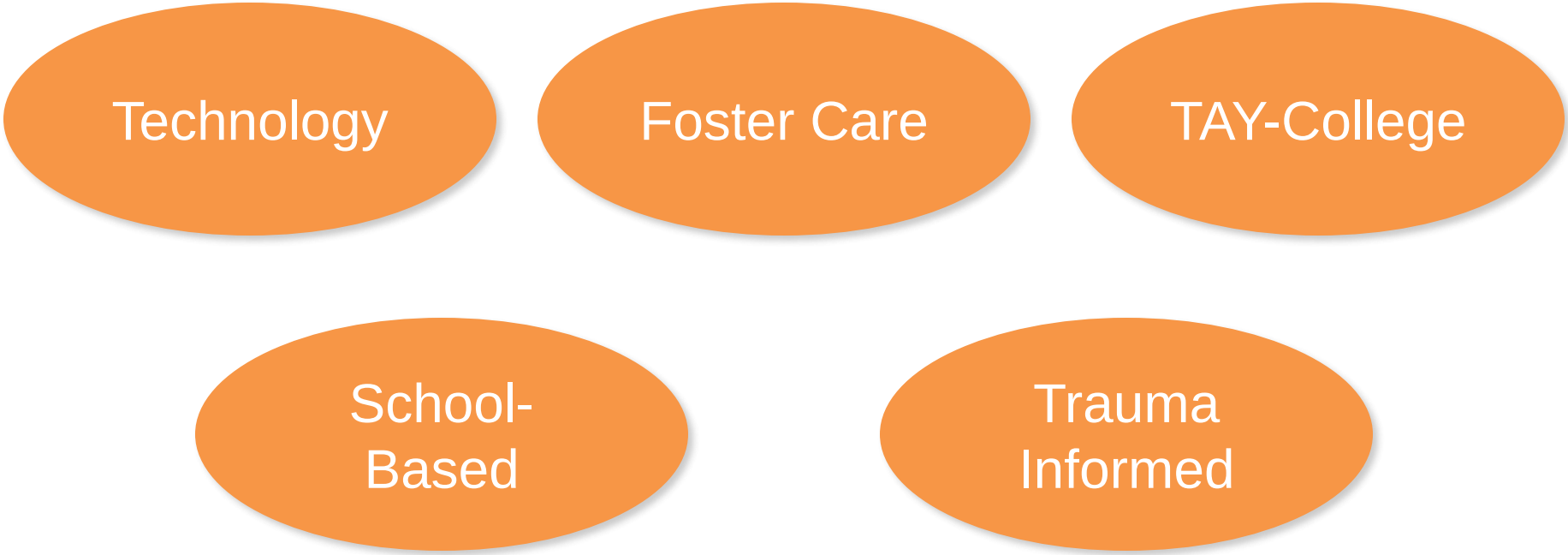
Session Description:

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.



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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

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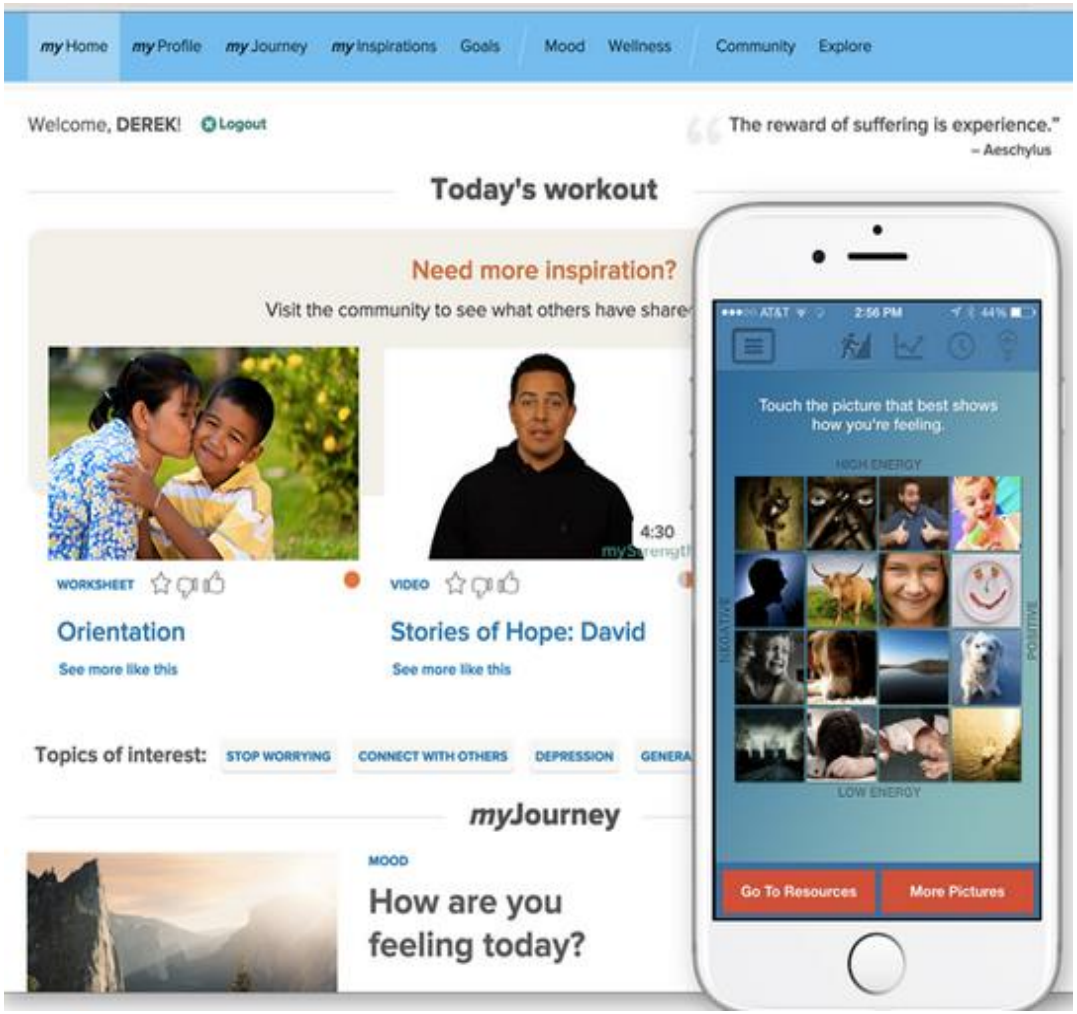

mySTrength: evidence-based, self-help resources offering providers the ability to **meet consumer demand**, **extend access**, **improve outcomes** and **lower cost of care**.

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Mind
Clinically Proven
Psychotherapy
Models
Body
Wellness
Applications
Spirit
Spiritual and
Inspirational
Resources
CBT
Motivational
Interviewing
Behavioral Activation
CBT-Relapse
Mindfulness
ACT
AT&T
4:20 PM
51%
myStrength
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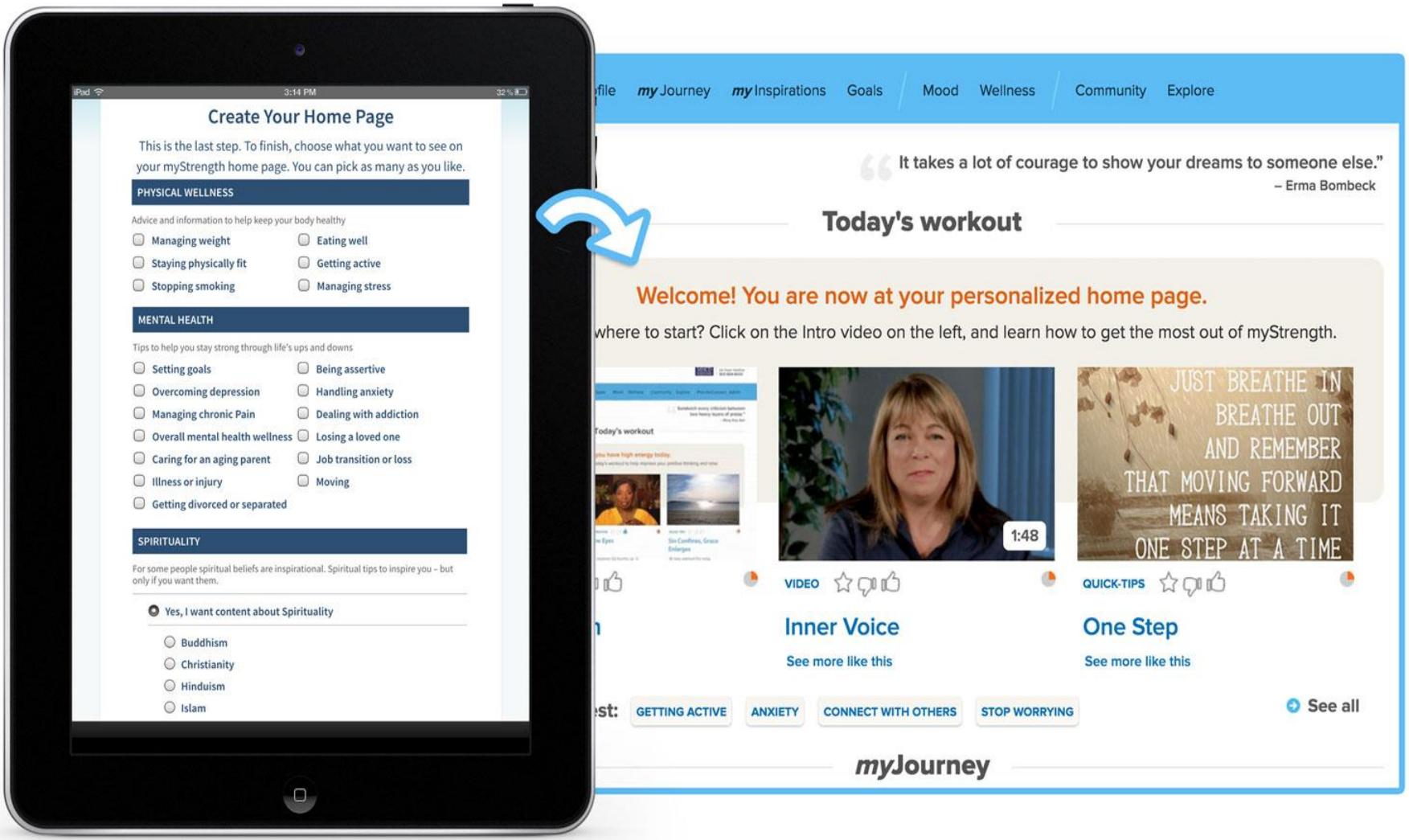
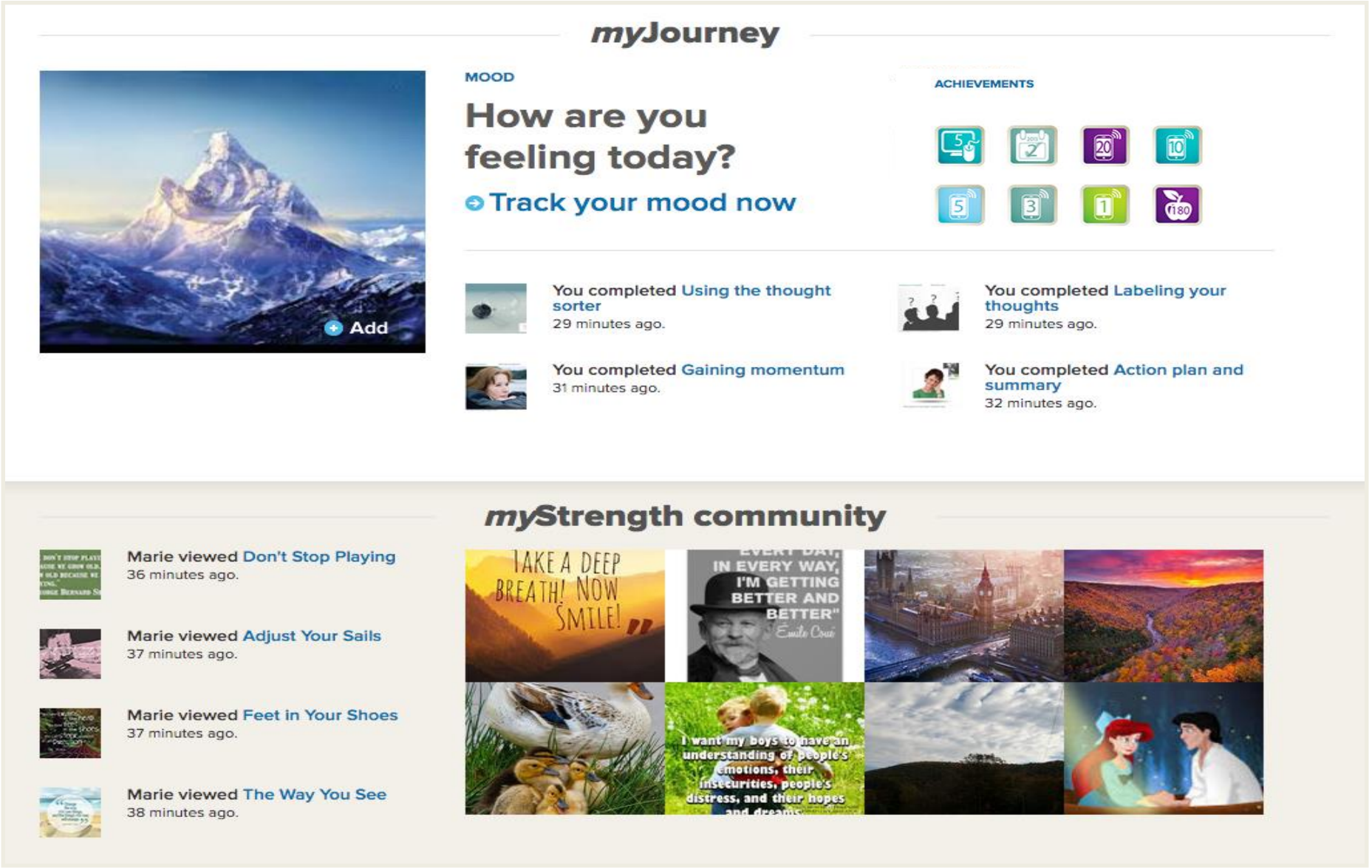
My energy level today is
On Empty
Rarin' to Go!
How motivated are you feeling today? myStrength is here for you on good days and tough ones.
I'm feeling overwhelmed
Next

Building a Personalized Program



Inspirations, Progress and Community Support



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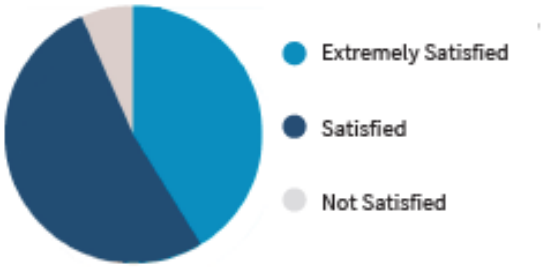
2016 myStrength Survey Results & Feedback

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.

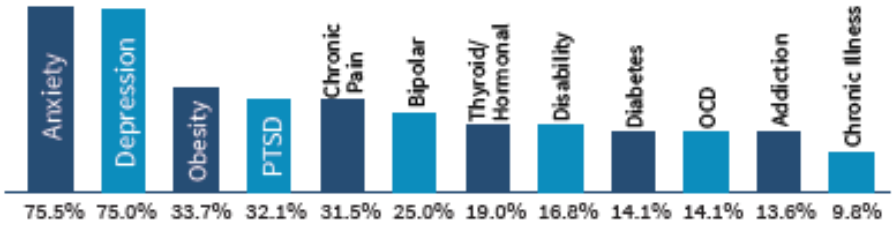
Overall Experience with myStrength



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.

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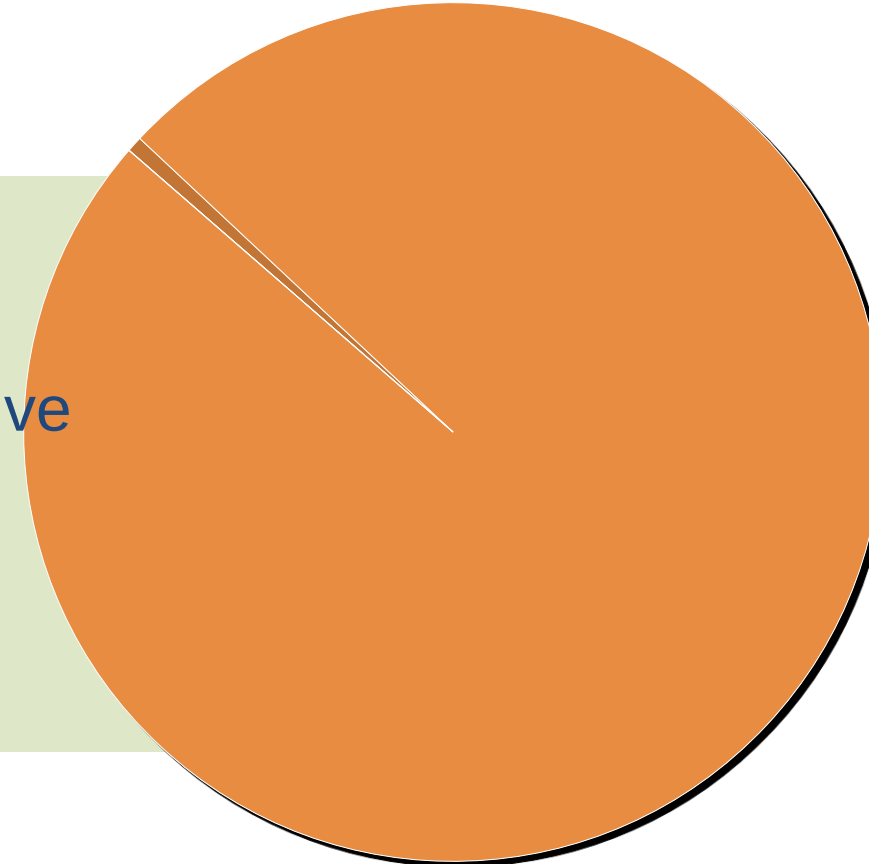
WHY Integrate Technology in your Client-Care Model?

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.

*Bryan Mills, president and CEO of Community Health Network

https://secure.in.gov/children/files/cisc-2014-1119-2012-Indiana-Mental-Health-Workforce-Report.pdf

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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***

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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

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Community Engagement

PORTER STARKE SERVICES
Health • Balance • Hope

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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 >

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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

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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.

Compassion Reaction

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

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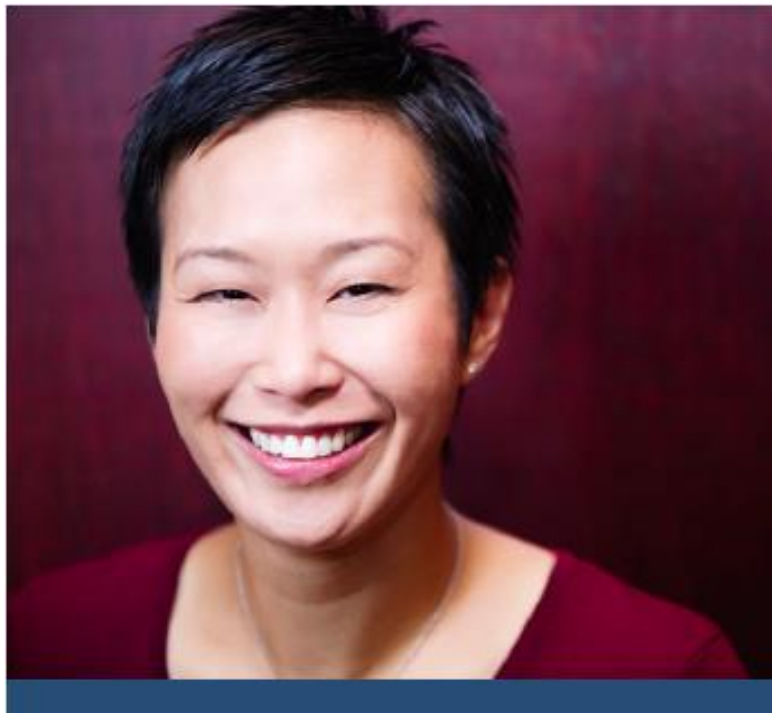
myStrength and Trauma Informed Care

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

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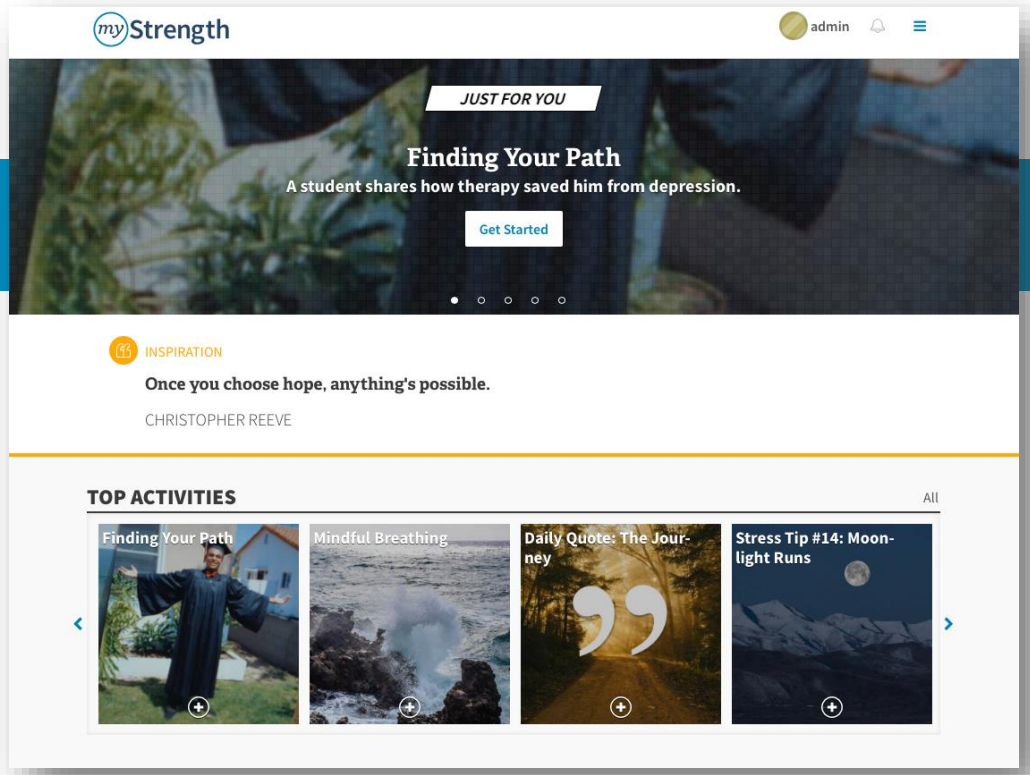
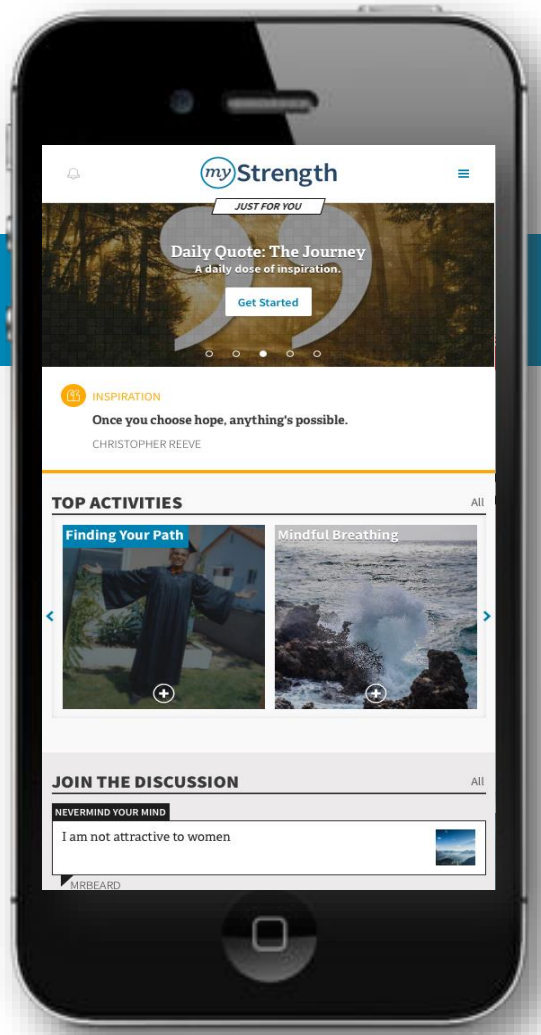
myStrength Youth





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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*

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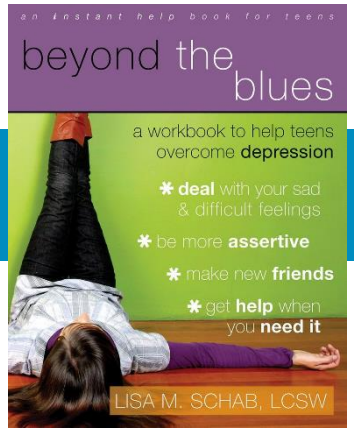
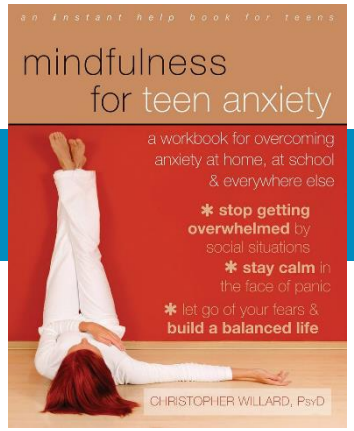
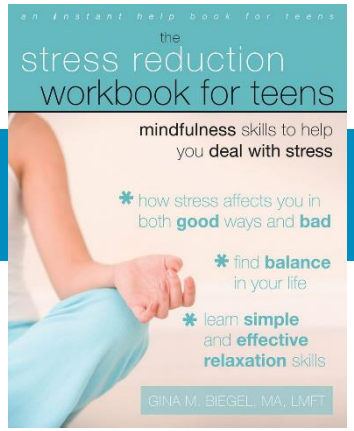
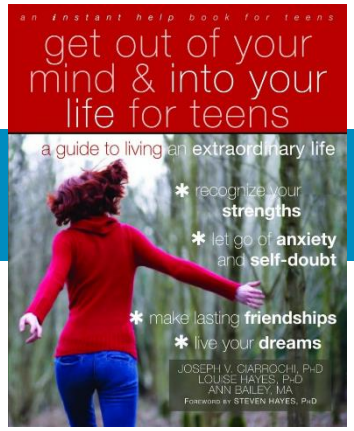
Content Creation Overview

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

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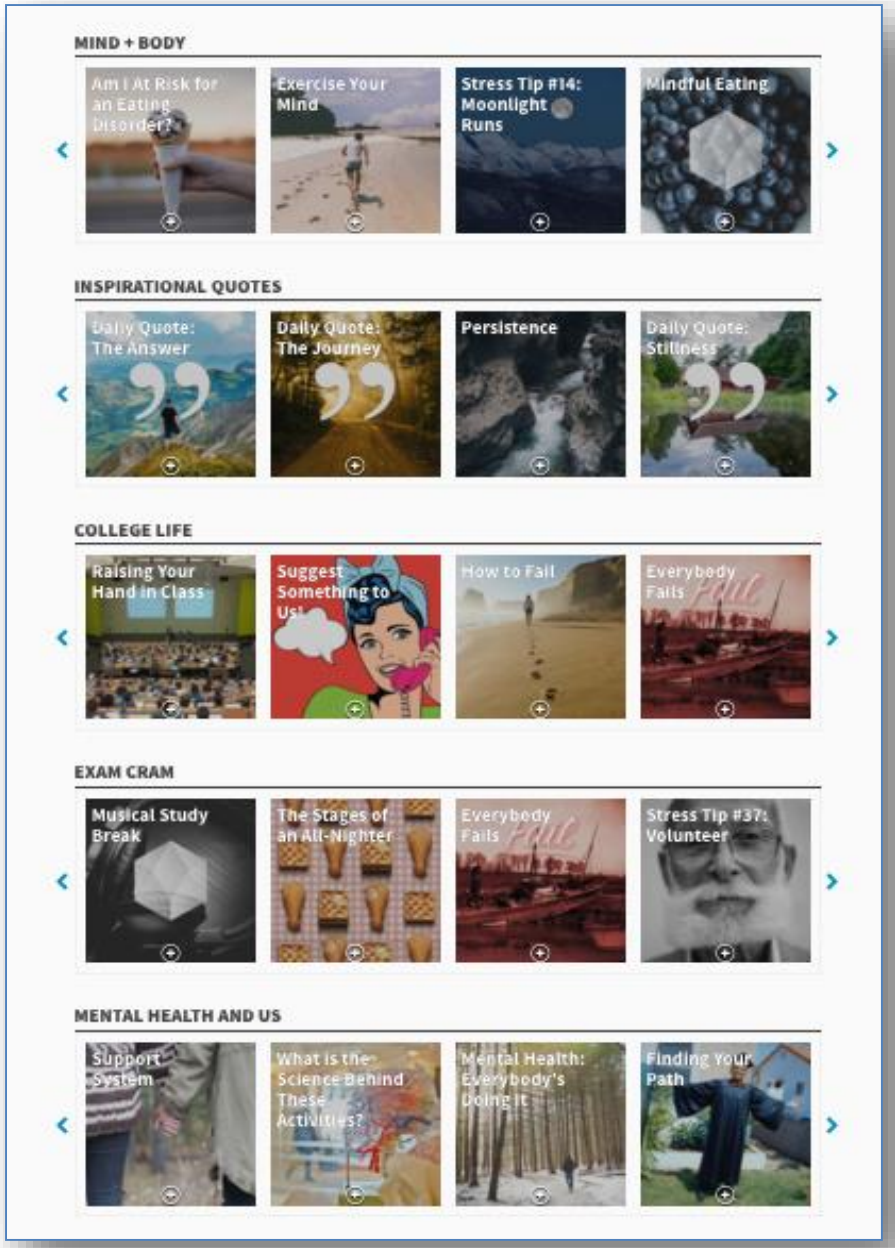
Find What Works Best for YOU!

- 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



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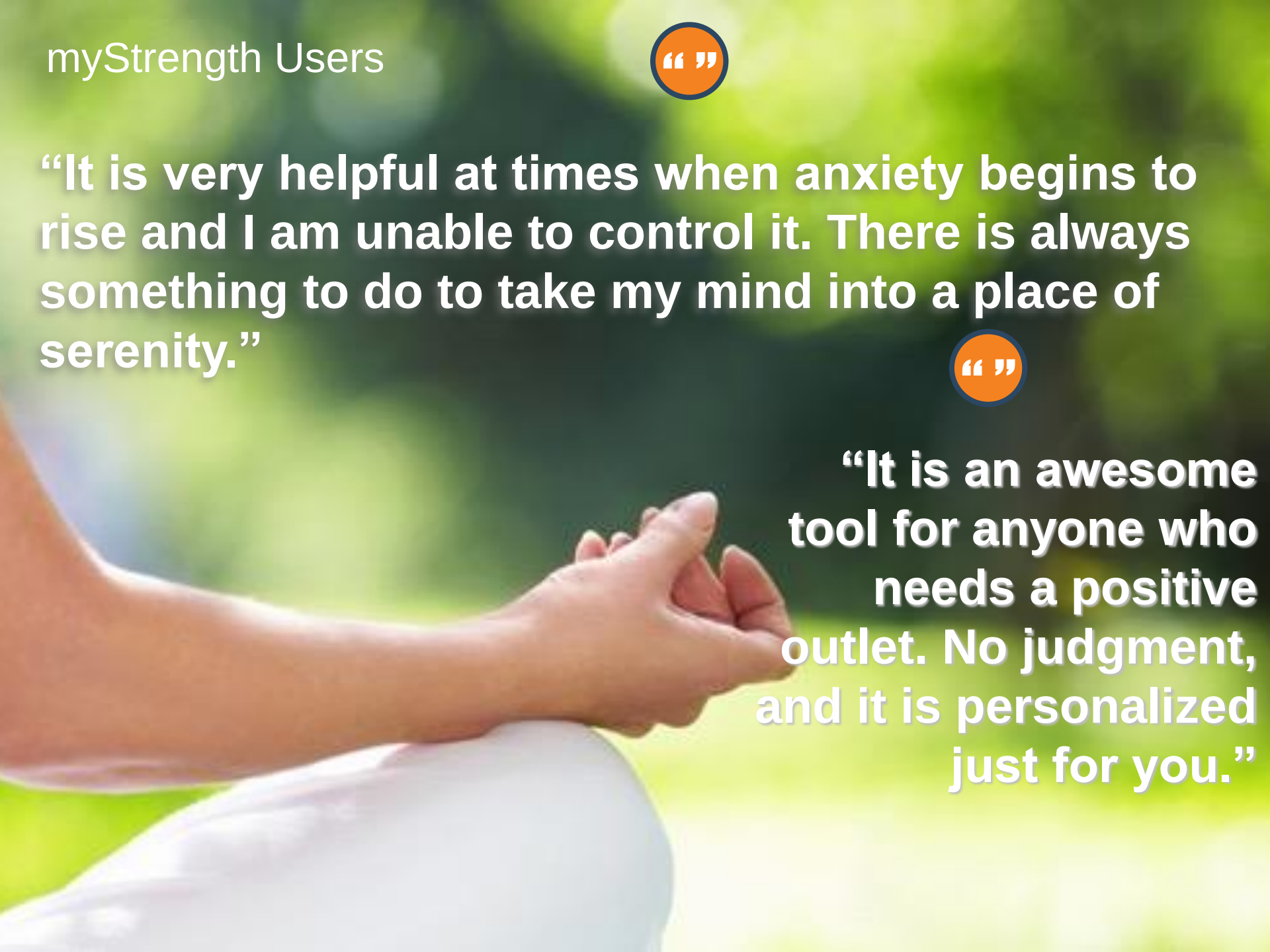
myStrength Users
“It is very helpful at times when anxiety begins to rise and I am unable to control it. There is always something to do to take my mind into a place of serenity.”
“It is an awesome tool for anyone who needs a positive outlet. No judgment, and it is personalized just for you.”

Mindfulness – Tracks include…

- 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

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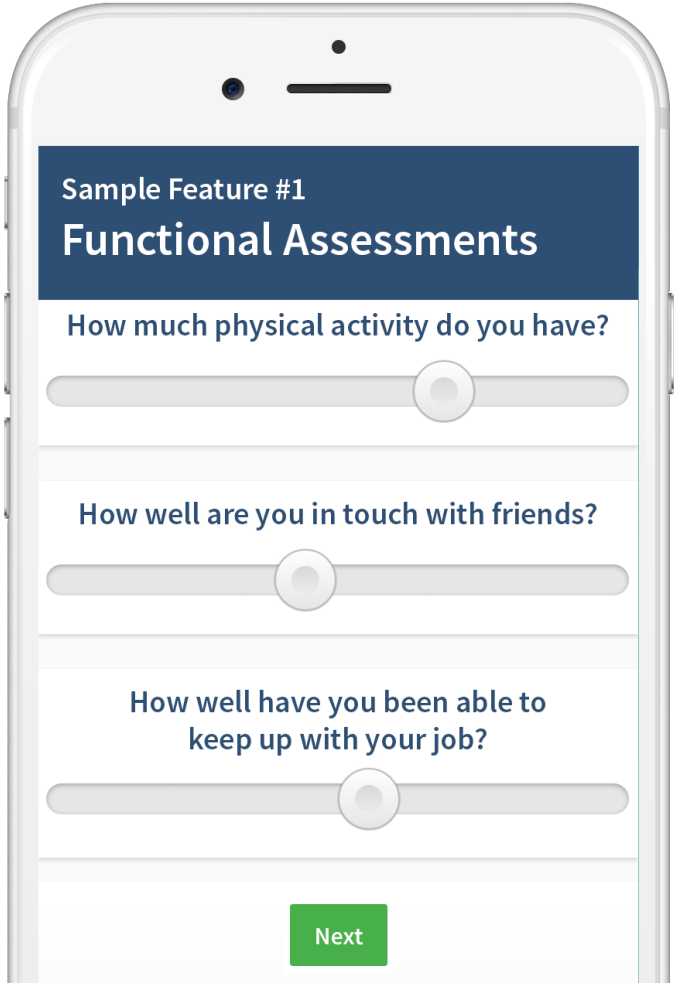
Chronic Pain & Opioid Management



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

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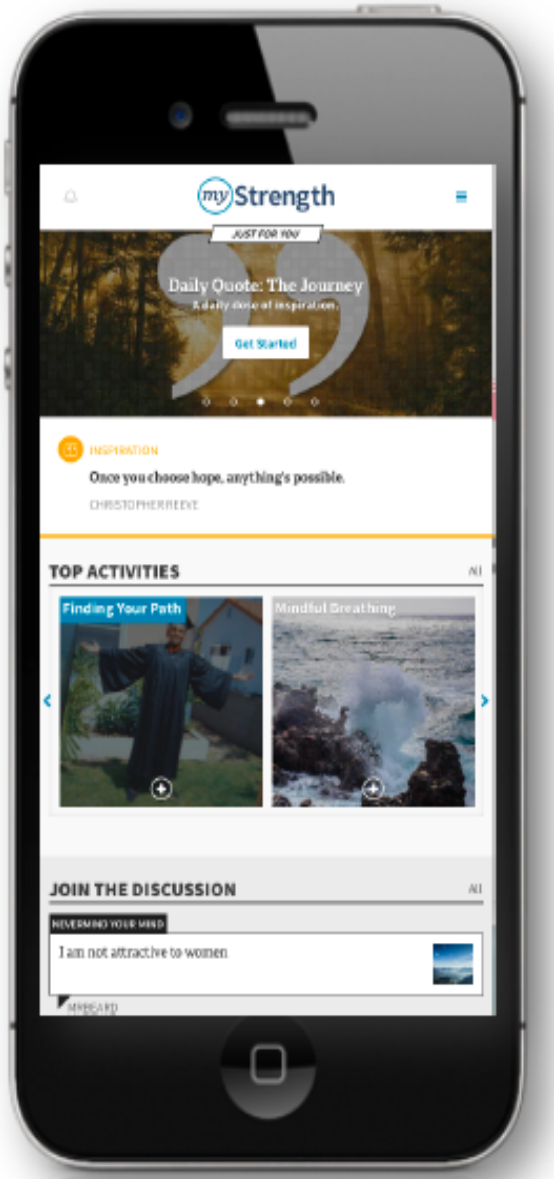
Chronic Pain & Opioid Management



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

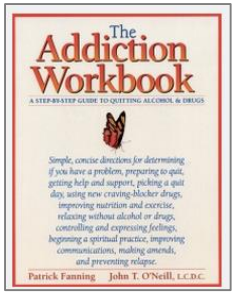
Integrative Clinical Approach with Evidence Based Models

Depression

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

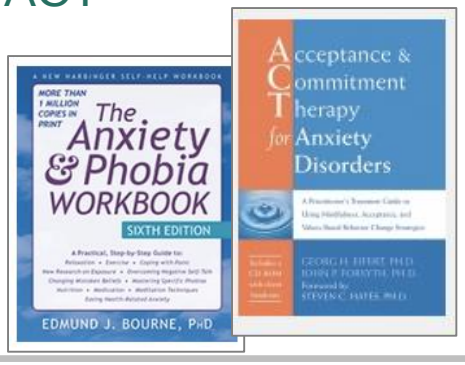
SUD

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



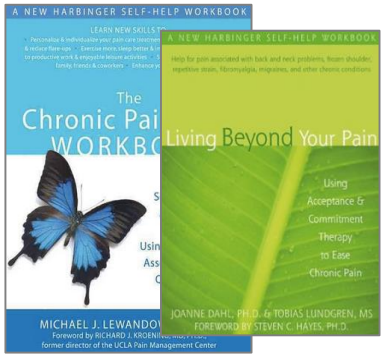
Anxiety

- CBT
- Mindfulness
- ACT



Chronic Pain

- CBT
- Positive Psychology
- Mindfulness
- ACT



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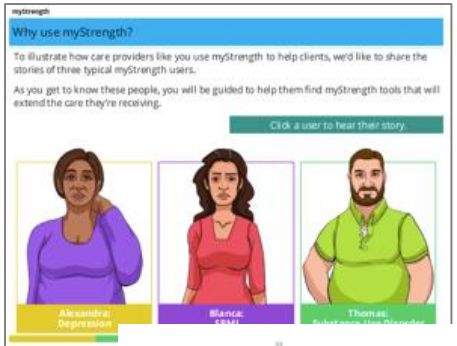
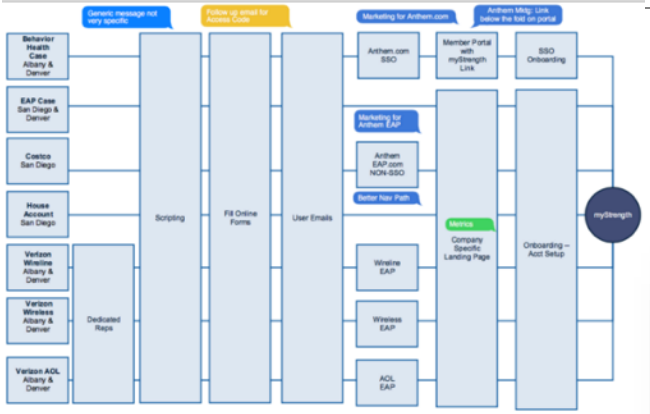
Integration

Training and Promotion



Online Client Referral Page

Clinical Process Mapping and Integration Plan



RELIAS | LEARNING

Case Management Resources

Online Provider Resources

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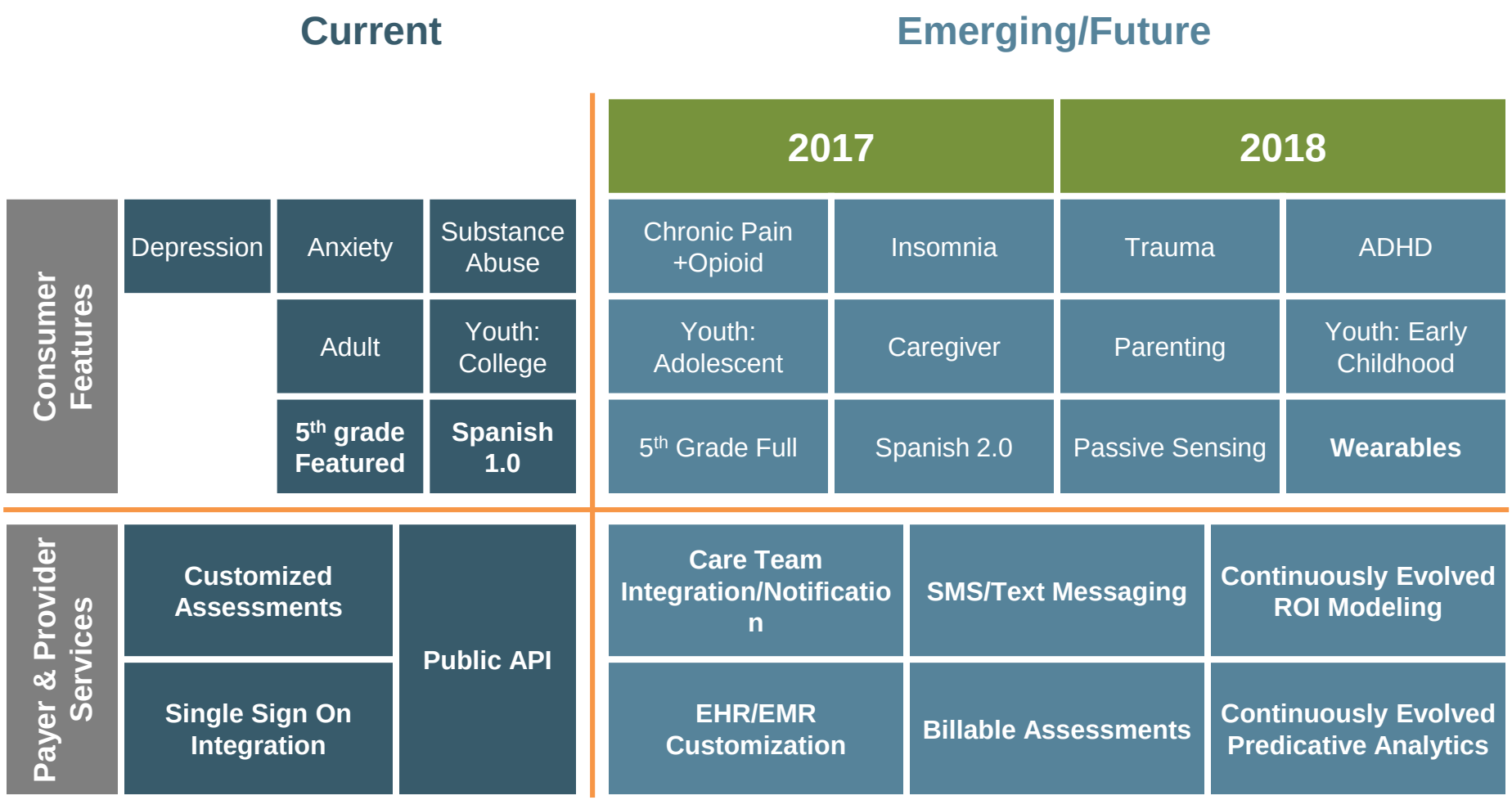
Innovation Roadmap



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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

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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**

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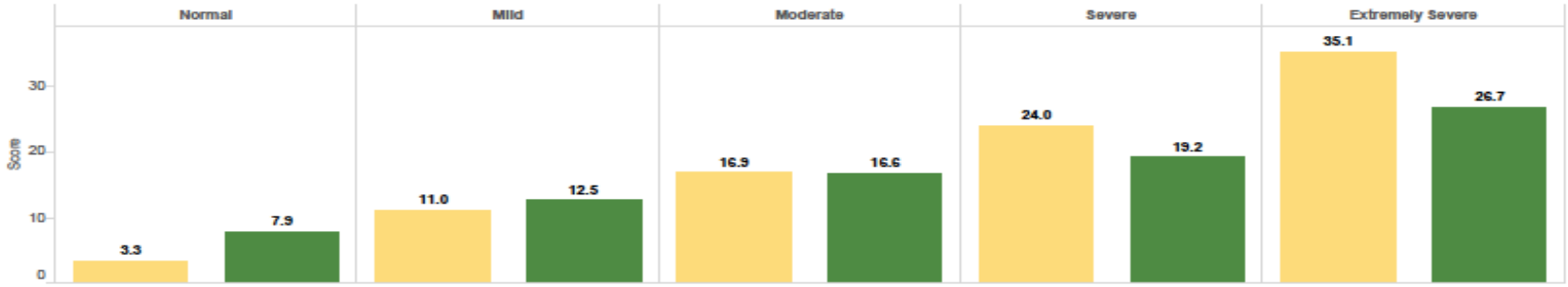
Last Assessment Date
5/1/2011 to 3/31/2016
and Null values

Baseline Assessment Date
5/1/2011 to 3/31/2016
and Null values

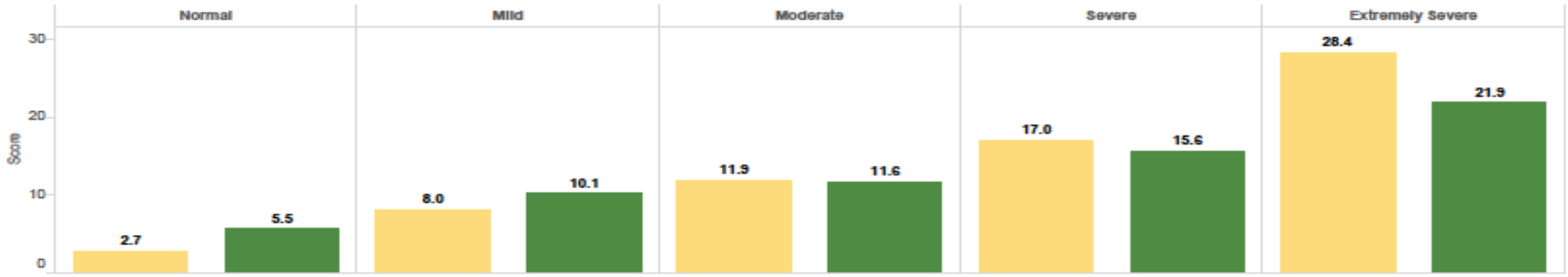
Depression and Anxiety Outcomes

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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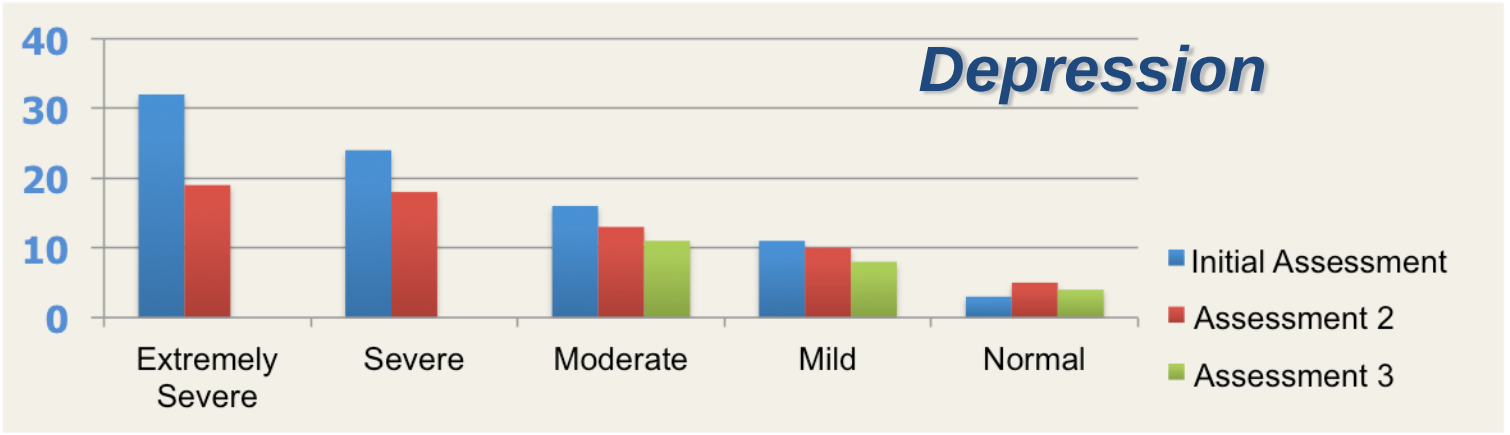
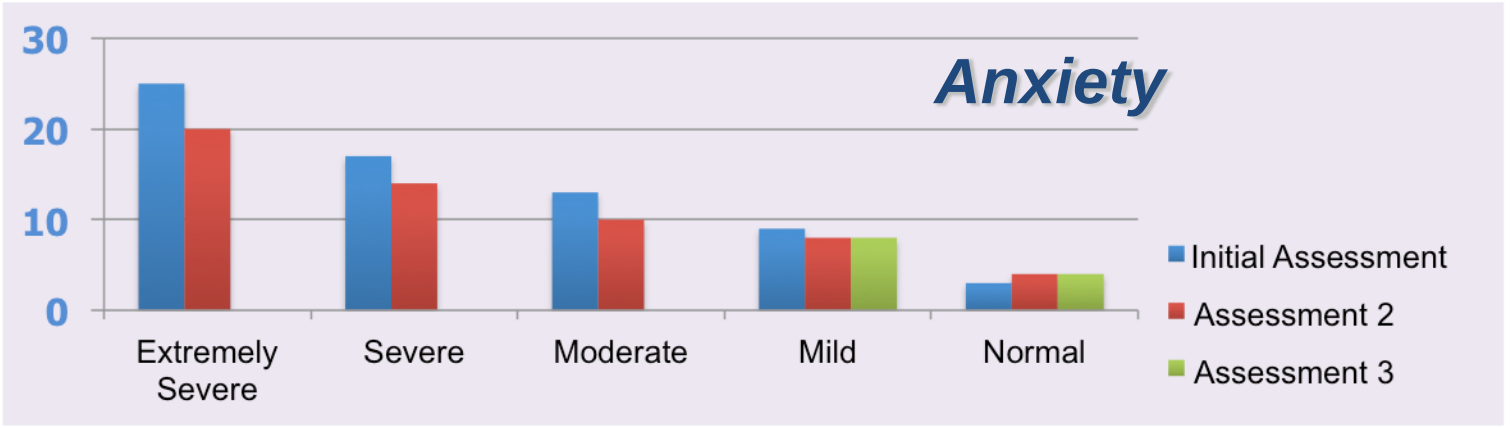
Outcomes 2015 – Employee Wellness Scores





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

DAYMARK Recovery Services

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"

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Testimonials

Direct-Care Staff

"…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

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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

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