



85%

of adults 18-29
own smartphones

79% of adults 30-49
own a smartphone

Source: Pew Research Center

Evidence-based Psychotherapy Models

- Cognitive Behavioral Therapy
- Mindfulness
- Positive Psychology
- Motivational Interviewing
- Behavioral Activation

Wellness, Spiritual and Inspirational Resources



Accessible and Easy-to-Use Applications



- Web and Mobile
- Current design trends
- 508 compliance

“...it’s really based on the concept that we believe in, **a person-centered approach where they’re managers of their own recovery**, and I think myStrength really supports that whole concept.”



— **Griff McClure**

Job Coach and Trainer

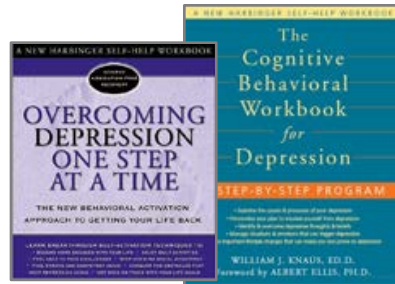
Mental Health Center of Denver, CO



Integrative Clinical Approach with Evidence-based Models

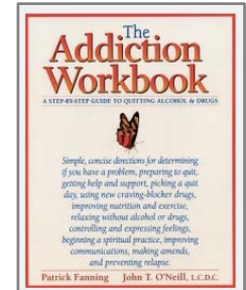
Depression

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



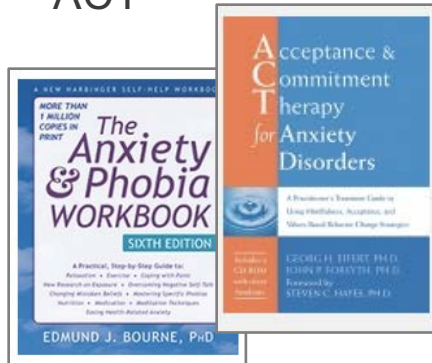
SUD

- Motivational Interviewing and Stages of Change
- CBT



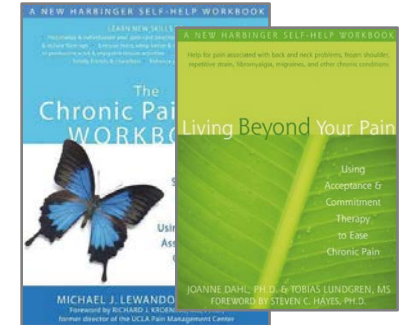
Anxiety

- Mindfulness Acceptance
- Behavioral Activation
- ACT



Chronic Pain

- CBT
- Positive Psychology
- Mindfulness
- ACT



“I was hoping for **a return on investment**, which I can say we experienced in our psychiatric rehabilitation program.”



—**Angelo Stamoolis**
Chief Executive Officer
Community
Counseling Center, PA

“...the implementation was probably the best part. And I feel like it never has quite ended because you all still continue to give us that service as if we’re a brand new client.”



— **Katherine Norton**
*Manager of Marketing
and Communications
Cenpatico, TX*



48%

of those joining myStrength
with severe *depression*
improve enough to be
classified as recovered

myStrength

“The women at
WRC love myStrength.
**They say its
like Facebook
for recovery.”**



— **Rachel Harper**
Program Coordinator
DCCCA, Inc., KS

“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*



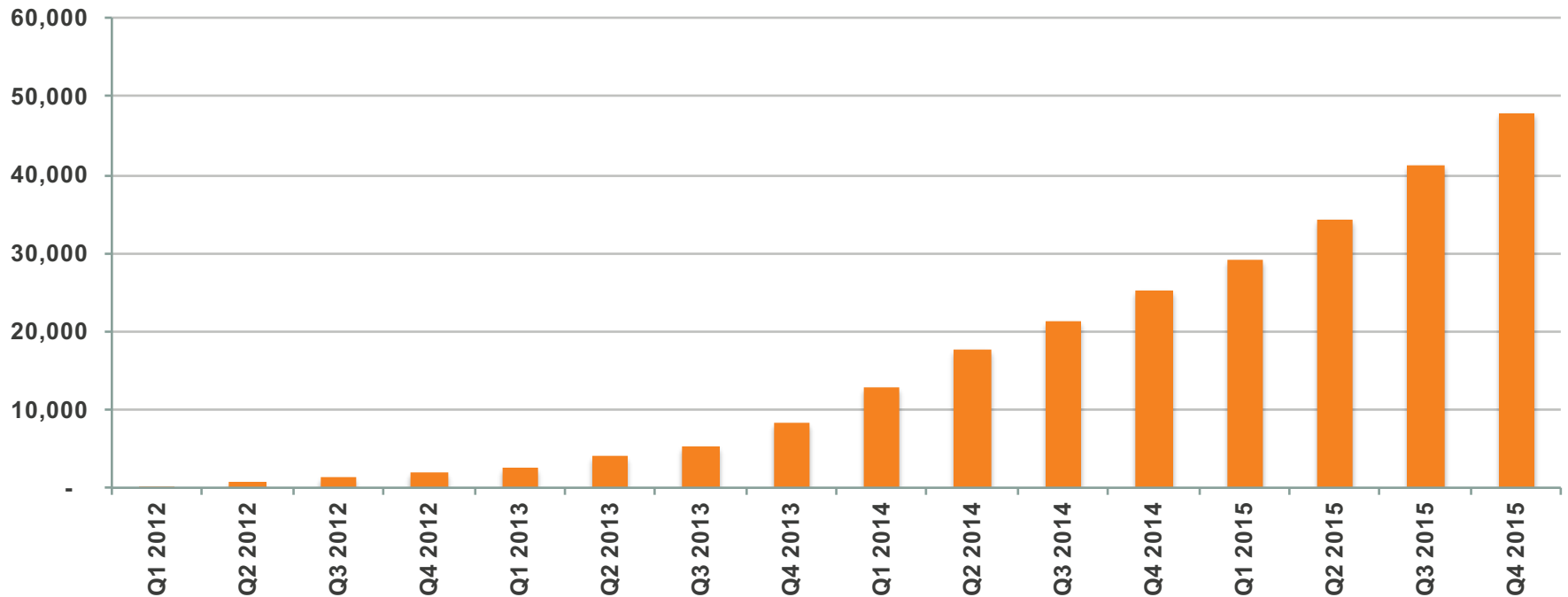
“...some of the most excited clinicians we’ve had are the parents of youth services recipients. I think that they recognize that parents are often the overlooked piece.”



— Linda Goodman
Clinic Director
Peak Wellness Center, WY

myStrength Uptake and Usage Patterns

Growth in User Base



myStrength.com Visitors by Usage Patterns



Average logins in the first 30 days



Minutes spent/login



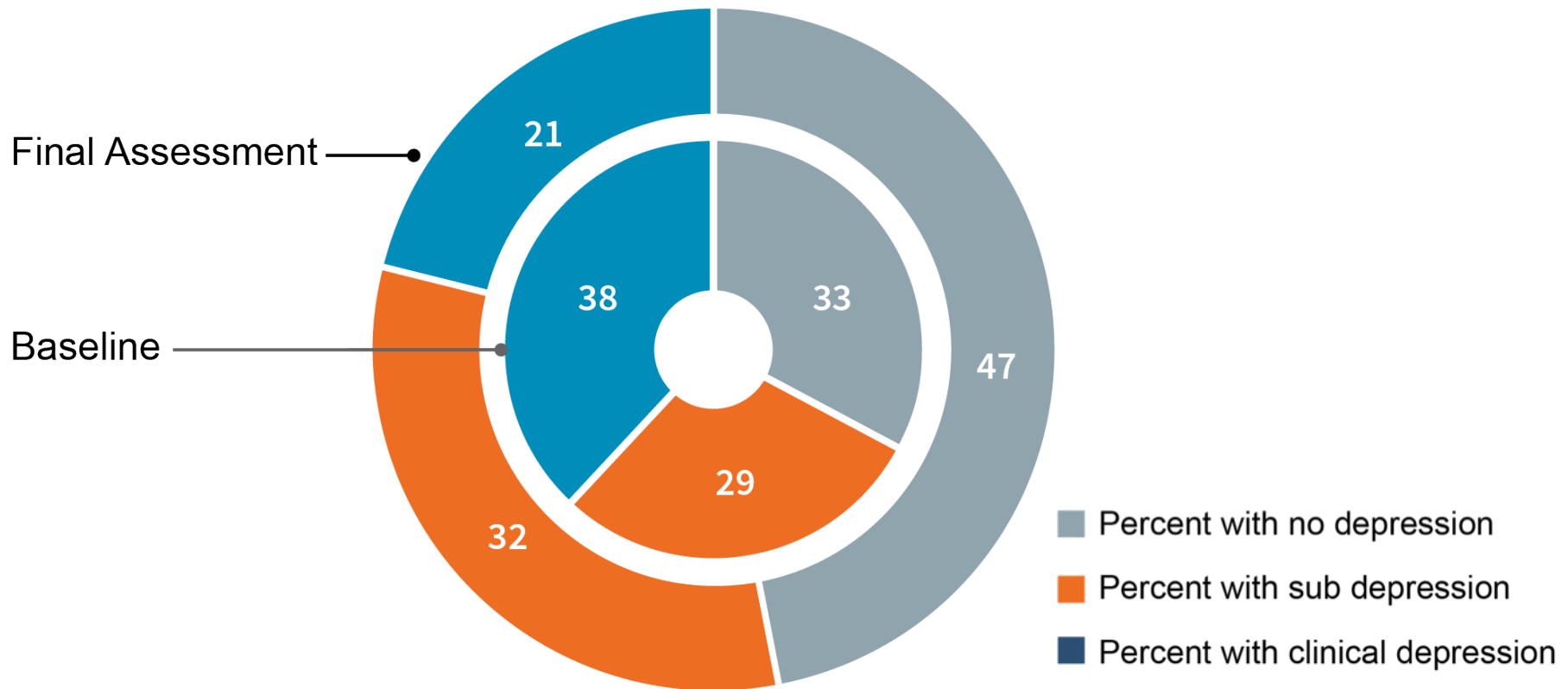
Mobile log-ins per week



— **Jon Gordon**
Chief Executive Officer
The Center for Mental Health, CO

“myStrength allows us to work with our communities directly. We work with companies, cities, and school districts to say here’s something you can use right now.”

Change in depression status



Clinical levels of depression **drops 17 percentage points—a 45% reduction from baseline**

An elderly couple is shown from the chest up, smiling warmly. The man, on the right, has white hair and is wearing a light blue and white striped shirt. The woman, on the left, has blonde hair and is wearing a light purple sweater. They are both looking at a black smartphone held by the man. The background is a bright, sunny beach with waves and a clear blue sky.

86%

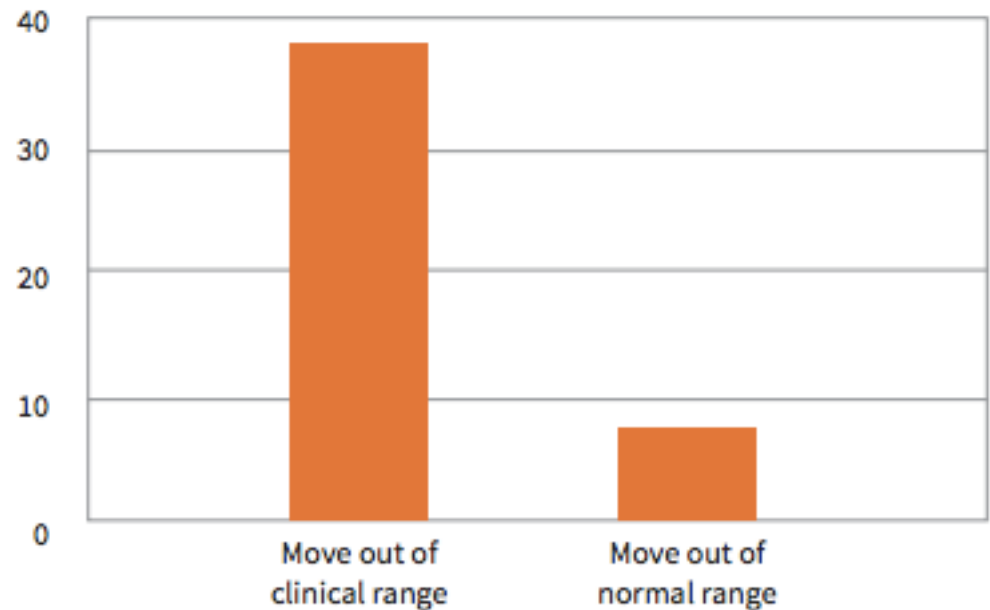
of consumers rate their
myStrength experience as
*positive or
extremely positive*

The logo for myStrength, featuring the word "my" in a blue circle followed by the word "Strength" in a bold, blue, sans-serif font.

39%

of myStrength Medicaid users who enter the program *with clinical levels of depressive symptoms* move out of the clinical range by their final assessment.

Percent of Population Changing from Baseline to Final Assessment



Demonstrated Integrated Expertise



Suzanne Falaschetti,
VP of Account Services

- Kijrsten 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

myStrength Learn Start

Learn how to manage depressive thoughts and anxious feelings with myStrength, the health club for your mind.

Personalized emotional wellness resources, safe and secure, just for you.

[Sign Up](#)

BROUGHT TO YOU BY:

Anthem

Skills for Managing Bipolar and Psychosis

myStrength.com and Today's Session

In today's session we explored ways to:

- Track your thoughts and mood. www.mystrength.com/track
- Calm yourself. www.mystrength.com/relax
- Build your own inspirations. www.mystrength.com/inspire

If you have access to a printer, please bring a printed copy of any worksheets you complete to your next session.

Get started today.

- Go to www.mystrength.com and click on the "Sign-up" button.
- Enter your Prayer Code: _____
- Begin by completing a Wellness Assessment. Then log in any time to access resources, track your mood, and get inspired!



Rx Hill Physicians
The Health Club for Your Mind

myStrength.com

When will I use myStrength?

REDUCE STRESS

MANAGE MY DEPRESSIVE THOUGHTS

MANAGE MY ANXIOUS THOUGHTS

IMPROVE MY SPIRIT AND ENERGY

CONTINUE FEELING GOOD

One in four Americans will suffer with depression or anxiety sometime in their lifetime. You are not alone, and now you can get the help you need from the comfort and privacy of your own home. Following this prescription is free and easy!

- Just go online to www.mystrength.com
- Click on sign-up for myStrength via an mobile app
- Come back daily to your personalized account and enjoy!

Signature: _____

myStrength.com
"The health club for your mind!"

myStrength

Why use myStrength?

To illustrate how our providers like you use myStrength to help clients, we'd like to share the stories of these typical myStrength users.

As you get to know these people, you will be guided to help them find myStrength tools that will extend the care they're receiving.

[Click a name to hear their story.](#)

Relias Learning

myStrength.com

ProviderConnect™



A woman with long brown hair, wearing a dark grey hoodie, is looking upwards with a concerned or stressed expression. Her arms are crossed. The background is a cloudy, overcast sky.

34%

of myStrength users
indicating *significant stress*
or *anxiety* show reliable
improvement from their
baseline to their last
assessment taken

myStrength

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.”



“I take 4-10 minutes a couple of times a week to let the myStrength tools help me manage stress.”



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