



*my*Strength





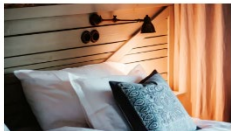




Provider Network Training

5/4/21



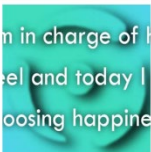



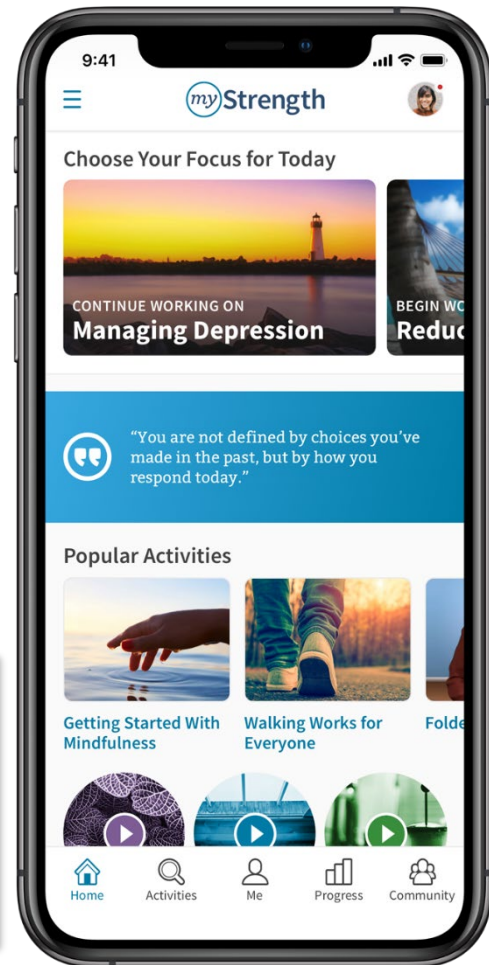
# Evidence-based self-help resources for emotional health and overall well-being

**Focus Areas**

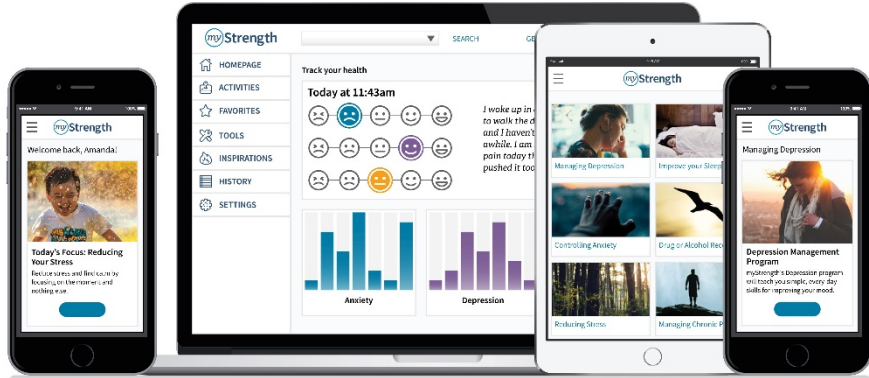
-  Managing Depression
-  Controlling Anxiety
-  Reducing Stress
-  Mindfulness and Meditation
-  Improving Sleep
-  Balancing Intense Emotions
-  Managing Chronic Pain
-  Drug or Alcohol Recovery
-  Opioid Recovery

**Community Inspirations** Upload

- Popular** **New** **My Inspirations** **Manage**
-  Sometimes, you just have to bow your head, say a prayer, and weather the storm. BrokenOne
-  THIS LIFE ISN'T EASY BECAUSE YOU'RE STRONG ENOUGH TO LIVE IT. Tortuga
-  You are in charge of how you feel and today is your chance at choosing happiness. Hopeful
-  "To get through the hardest journey, we need take only one step at a time, but we must keep on stepping." Hopeful



# Personalized Emotional Health Resources



## Interactive Applications

- Stress
- Depression
- Anxiety
- SUDs
- Opioid Recovery
- Chronic Pain
- PTSD/Trauma
- Mindfulness and Meditation
- Balancing Intense Emotions (DBT)
- Pregnancy & Early Parenting
- Nicotine Recovery
- Insomnia



## Mind + Body + Spirit

- Wellness
- Spiritual
- Social and Community



**Cognitive Behavioral Therapy**

**Behavioral Activation**

**Mindfulness**

**Motivational Interviewing**

**Positive Psychology**

**Dialectical Behavior Therapy**

# Personalized Experience

The screenshot displays a user interface for a stress management program. At the top, it says "CALM YOUR BODY AND MIND" and "Reduce Stress With Mindfulness". Below this, there is a "Begin Activity" button and a "Skip Activity" button. A progress indicator shows "Activity 1 of 5". The main content area features three activity cards: "Finding Calm By Focusing On the Present", "Reduce Stress With Mindfulness", and "Relax With Guided Imagery". A feedback pop-up window is overlaid on the bottom right, showing a thumbs-up icon and the text "Great job, Britni!". The feedback window asks "Was this activity helpful?" with a slider ranging from "Not helpful" to "Very helpful". A "Next Activity" button is visible, and the progress shows "1 down, 4 to go".

## Individualized Series of Activities

- Based on user preferences
- Adapted as feedback is provided

## Diverse Activity Formats

- Sequential learning-based
- Video-guided
- Audio-guided meditation
- Inspirational
- Faith-based/non-denominational

## Learning Engine Customization

- Designed by data science team
- Various models accounting for relevance, popularity, similarity, serendipity, etc.

# How does myStrength help?



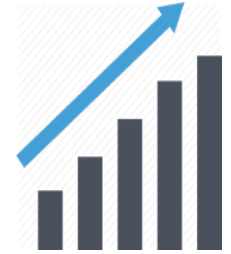
Evidence-based

MINDBODY.

Multi-condition  
and holistic



Web-responsive  
& mobile tool  
for your toolbox



Demonstrated  
results



Personal  
and relevant



Interactive,  
available  
24/7/365



Safe & Secure



Hopeful  
and helpful


# COMMUNITY Registration Experience



**myStrength** 12+  
Improve your mental health  
myStrength, Inc.  
★★★★☆ 4.6, 10 Ratings  
Free

Access code for your  
**FAMILY/COMMUNITY**  
member myStrength  
account:

**NCCMHcomm**




Tools for Emotional Health and  
Well-being, myStrength Supports Your  
Journey to Live Your Best Life

[CREATE AN ACCOUNT](#)

[LOG IN](#)

## CREATE AN ACCOUNT




### Helping You Be Your Best

Welcome to myStrength. We offer support for your mind, body, and spirit. We help you become the best you can be.

What's your Access Code? ?

I am currently located outside of the United States

[Start Your Journey](#)

 Your information is safe and secure.

---

Already have an account? [Log In Now](#)

- HOMEPAGE
- ACTIVITIES
- FAVORITES
- TOOLS
- INSPIRATIONS
- HISTORY
- SETTINGS
- PROVIDER CONNECT
- REFERRAL FORM

## What would you like to do, Deb?

Guide Me

### Controlling Anxiety

[Get Started](#)

OR

Discover

### Something New

[Search](#)

*"Let us not look back in anger, nor forward in fear, but around in awareness."*

JAMES THURBER

**Tools & Settings**




## TRACKER

Track your health



## GOALS

Create goals and habits



## SLEEP

Improve your sleep

- [HOME PAGE](#)
- [ACTIVITIES](#)
- [FAVORITES](#)
- [TOOLS](#)
- [INSPIRATIONS](#)
- [HISTORY](#)
- [SETTINGS](#)
- [PROVIDER CONNECT](#)
- [REFERRAL FORM](#)



Track your health



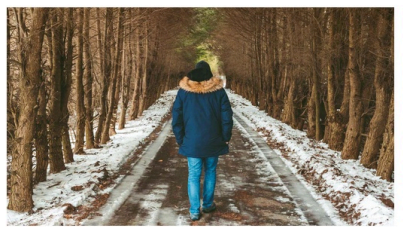
Create goals and habits



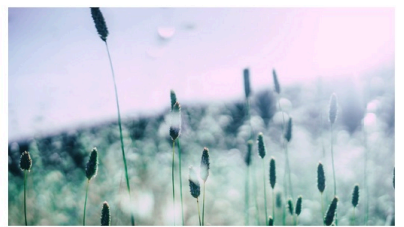
Improve your sleep

### Popular Activities

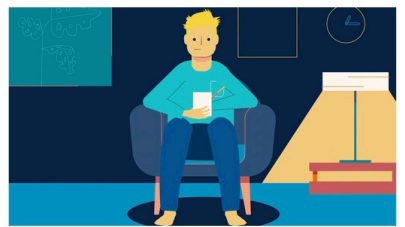
[View All Activities](#)



A New View of Anger



60 Seconds of Kindness



Get Up!

### New from the Community

[View All](#)



Johnny D



65stang







# May is Mental Health Month

- This month we are launching the myStrength app to the community.
- It is available for EVERYONE.
- How you can help us:
  - Please sign up for a myStrength account yourself.
  - Please share the app and/or flyer with your friends and family.
  - Please share the app and/or flyer with people you serve.
  - If you forget the free access code (NCCMHcomm), visit the North Country website and you will find a “back door” to sign up without the code. Watch the video there and you can sign up at the end, without the code.



Experience our solution for yourself