Use of Technology in Engagement of Those at Risk

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GOALS:

• Promote linkage to needed mental health or community services

• Promote long term engagement in services

• Decrease self stigma of mental illness, increase motivation for change

• Reduce suicidal behaviors (ideation and attempt)

• Identify most effective modes of intervention in achieving above goals

• Identify the role/effectiveness of technology in achieving above goals
Components

- Deployment of iPhone and Fitbit
- 90 days
- 30 day intensive EFU
- All enrolled in Package B
- iPhone: Mobile Iron, Lifetiles
Composed of 5 main “tiles”

Direct access to schedule
Get Help Now:

✅ Real time access to crisis resources- direct links, dial, etc.

✅ Access to updated Crisis Management Plan
Check-In:
✓ Surveys automated (based on time and day) with additional functionality to initiate if not completed
✓ Sleep, Med Compliance, Mood, Ideation, Motivation, Self-Stigma (local evaluation)
Reminders:

- Access to scheduled events; managed by provider/read only
- Sleep, Med Compliance, Mood, Ideation, Motivation, Self-Stigma (local evaluation)
Resources:
- Access to Safety Checklist - check box format
- Online psychoeducation
- Self-care resources
- Crisis support twitter feeds - access for direct login
- Suggested readings
- Direct access to TDMHSAS Crisis resources
About this Project:

- Overview of partners
- Purpose and goal of app
- Direct link to partner websites and resources

This project was initiated by Centerstone of Tennessee, and funded through a grant by Substance Abuse and Mental Health Administration. Centerstone of Tennessee, through partnership with the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS), Tennessee Suicide Prevention Network (TSPN) and Centerstone Research Institute (CRI), seeks to provide training, support and services that promote a reduction in suicidal ideation and attempts in Tennessee. Through this collaboration, it is the goal to drive suicides to zero.

We are excited to offer you this application, an innovative smartphone program to provide you ongoing support and resources, help us stay connected and provide you with support when it matters most.

This program regularly checks in with you to see how you're feeling, tracks sleep and other daily activities so that we know how best to assist you.

CENTERSTONE

Centerstone is one of the nation's largest not-for-profit providers of community-based behavioral healthcare, offering a full range of mental health services, substance abuse treatment and intellectual and developmental disabilities services in Illinois, Indiana, Kentucky and Tennessee. Last year, we served 84,000 individuals and
- Provider managed
- Content customizable
- Management of care team
- Management of crisis management plan
- Can filter by provider
Reporting:
- Filter by dates/client
- Self Surveys
- Connectedness
- Care Team Alerts
Reporting:

- Filter by dates/client
- Graphs or answer specific
- Individual or aggregate
Integration:

- Connectedness
  - Use of MobileIron
  - Usage data from iCloud
    - Incoming/Outgoing calls/texts- #/avg duration
    - Social Media Use-total time and average
- FitBit Integration- agreement with Fitbit to allow all data to be exported into portal
- EHR Integration- all data into client record
Questions?

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