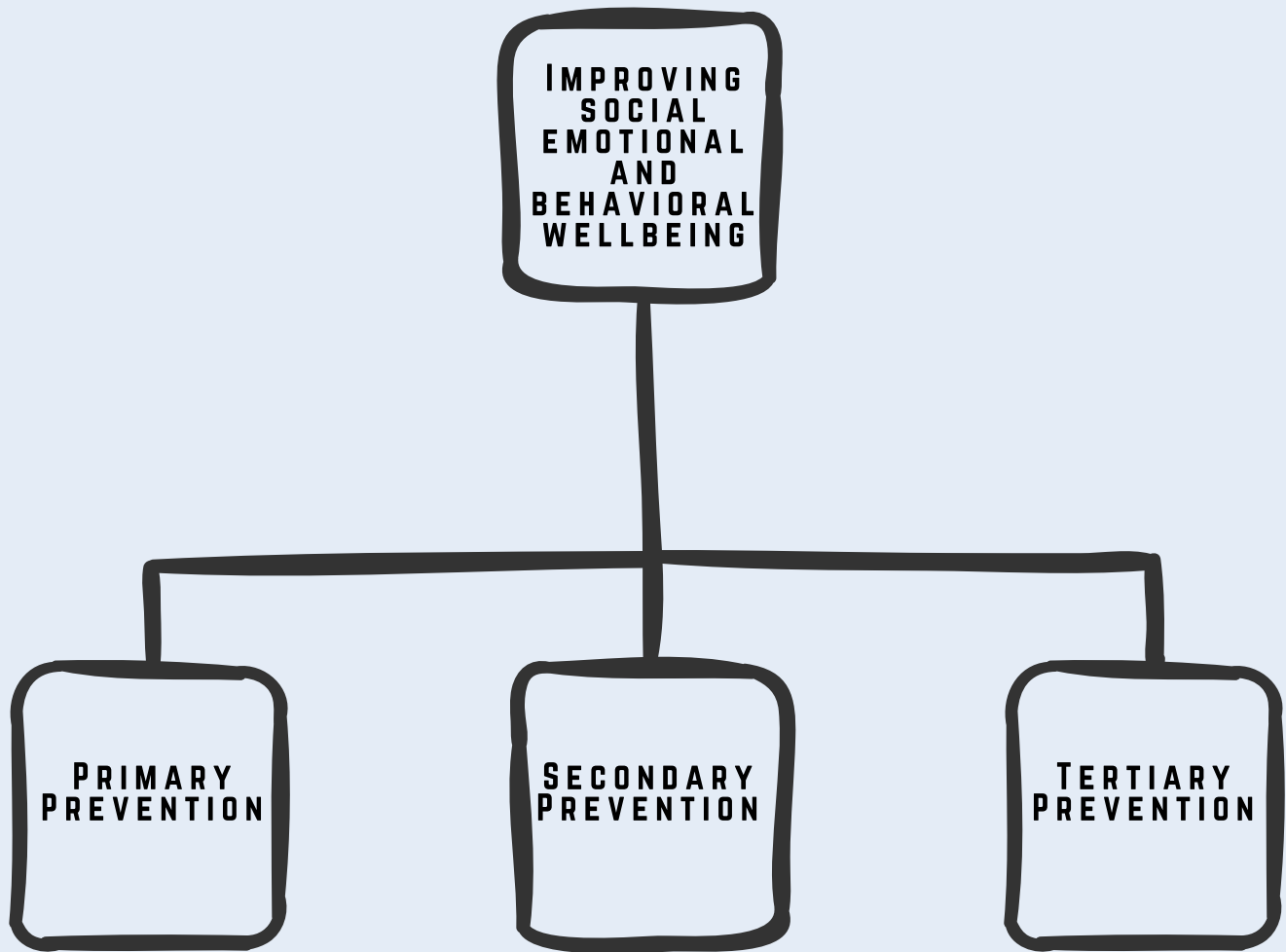




BUILDING RESILIENCY THROUGH PUBLIC HEALTH PREVENTION MODELS



- Improving health literacy
- Decreasing stigma
- Social campaigns
- Peer stories of strength
- Psychoeducational modules
- Connection to Resources
- Building resiliency through evidence-based interventions (mindfulness / MBSR / trauma-informed programs / CBT-focused interventions)

- Screening & Assessments
- Early identification of those who are struggling
- Suicide and other prevention campaigns that engage in the conversation with those who are struggling
- Building social-emotional and resiliency skills.

- Connection to Treatment
- Appointment with a therapist
- Crisis intervention support
- 24-7 after-hours counseling
- Counseling or medical visits
- Symptom tracking
- Building resiliency through evidence-based interventions (mindfulness / MBSR / trauma-informed programs / CBT-focused interventions)



OUR LOGIC MODEL

BUILDING PROTECTIVE FACTORS FOR EACH CIRCLE OF INFLUENCE USING COMMUNITY- BASED, PUBLIC HEALTH APPROACHES

We adhere to the social-ecological model to better understand mental health and substance use disorders and the effect of potential prevention strategies. This model considers the complex interplay between individual, relationship, community, and societal factors. It allows us to understand the range of factors that put people at risk or protect them from suicide, trauma, mental health and substance use disorders.

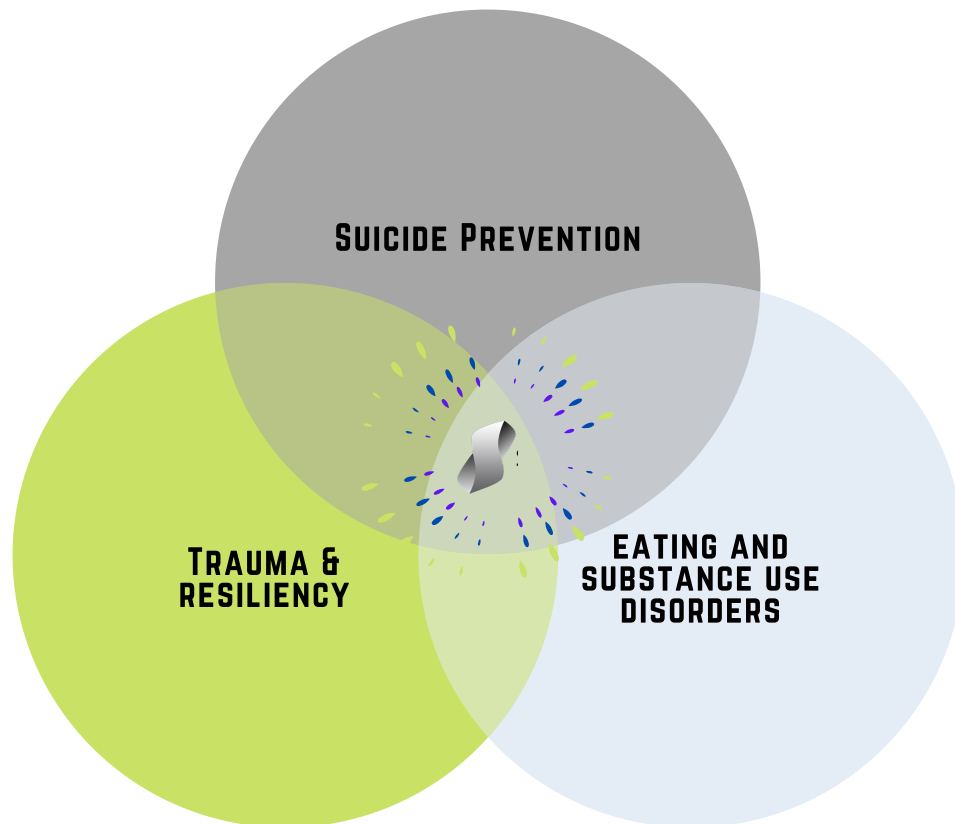




PROTECTIVE FACTOR FRAMEWORK

In 1999 the U.S. Surgeon General declared mental health a public health epidemic. In order to effectively address it, we must follow public health guidelines through primary, secondary and tertiary prevention.

Sharpen ties together the following evidence-based models into our comprehensive, user-friendly framework.



TRAUMA, ACES & RESILIENCY

- ACEs focus
- Developed after working in Resilient Schools initiatives for 5+ years in collaboration with over 40 agency partners in child welfare, adverse childhood and mindfulness
- Published research in mindfulness
- Peer-resiliency models developed in K12 school settings over 8 years.
- Follows MBSR framework
- Build social-emotional skills

SUICIDE PREVENTION & POSTVENTION

- Developed after working with state and county-level suicide prevention teams
- ZERO Suicide framework increasing caring contacts and connectedness
- Rooted in evidence-based content stemming from Living Works and American Foundation for Suicide Prevention leadership
- Postvention focus includes improving safe messaging and media / community language
- Strength focused, peer resiliency like "Sources of Strength"

EATING & SUBSTANCE USE DISORDERS

- Published in Eating Disorders: Journal of Treatment and Prevention
- Developed after delivering live trainings in over 14 states
- Coordinated with SUDs treatment centers
- Collaborations with over 200 researchers, practitioners and individuals with lived experiences
- Led by over 80,000 audience member surveys providing qualitative and quantitative feedback
- Focus on weight stigma reduction



CHANNEL PARTNERS

Each channel has separate collaborators,
research partners, content libraries and G2M strategies

RESILIENCY TECHNOLOGIES, INC. CHANNELS

EDUCATION

SHARPEN UP
SCHOOLS

SHARPEN UP
COLLEGES

COMMUNITY

SHARPEN
WARRIOR

SHARPEN
FAMILY

PROVIDER

SHARPEN
HEALTH

MINDFUL
MATTERS

MINDFUL
MEDS

EMPLOYER

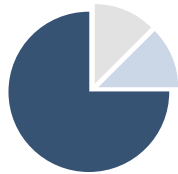
SHARPEN
FOUNDER

EMPLOYER
GROUPS

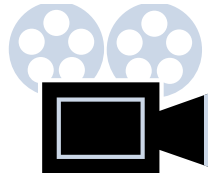
PRODUCTS



MODULAR
CONTENT



RESILIENCY
SCALE

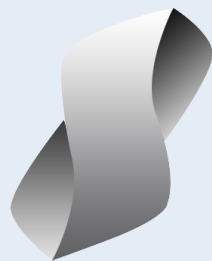


STUDIO



LOCALIZED
SERVICE

RESILIENCY TECHNOLOGIES, INC.



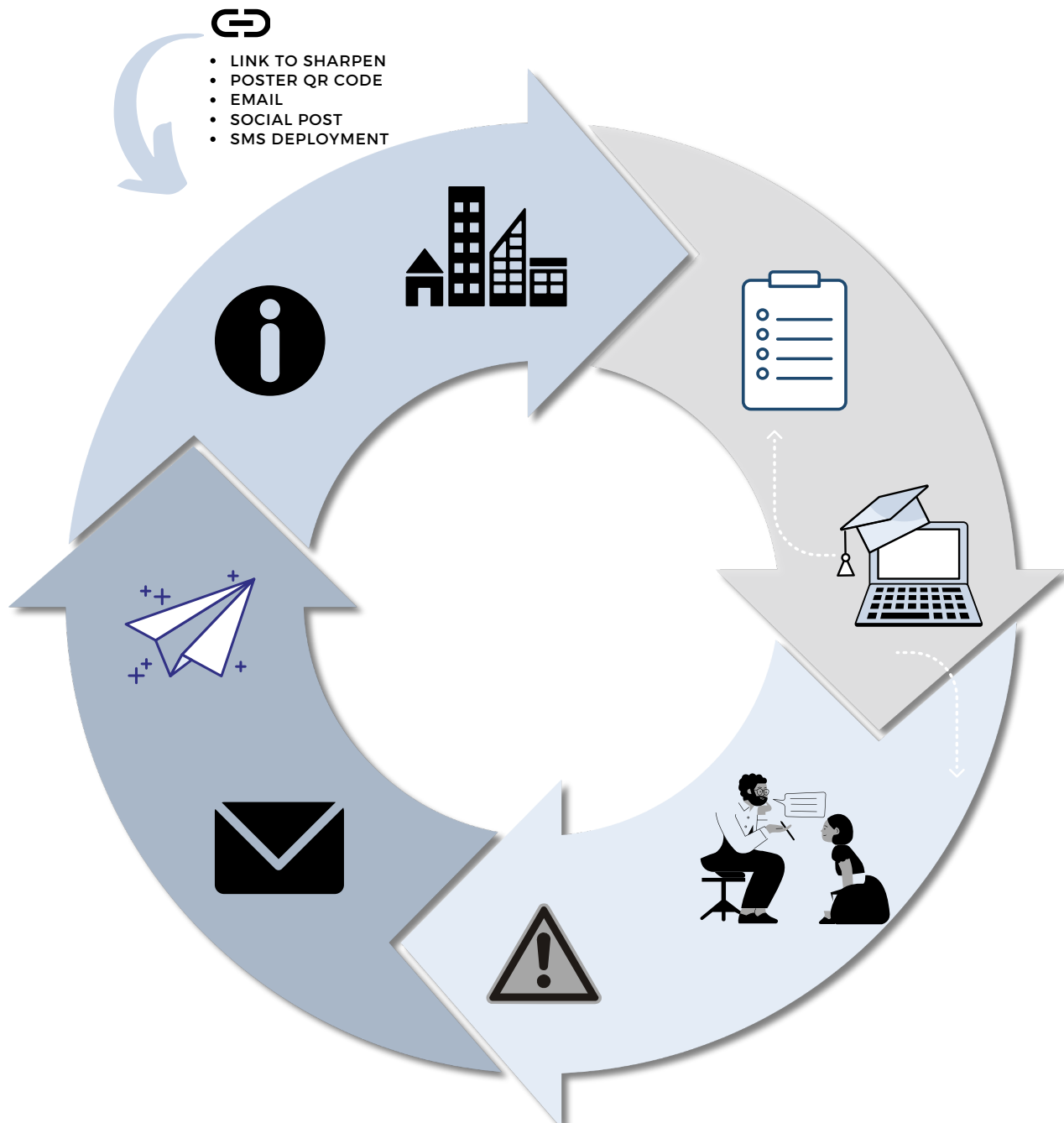
THE SHARPEN[®] SYSTEM

**PRIMARY, SECONDARY &
TERTIARY PREVENTION**

to improve behavioral well-being

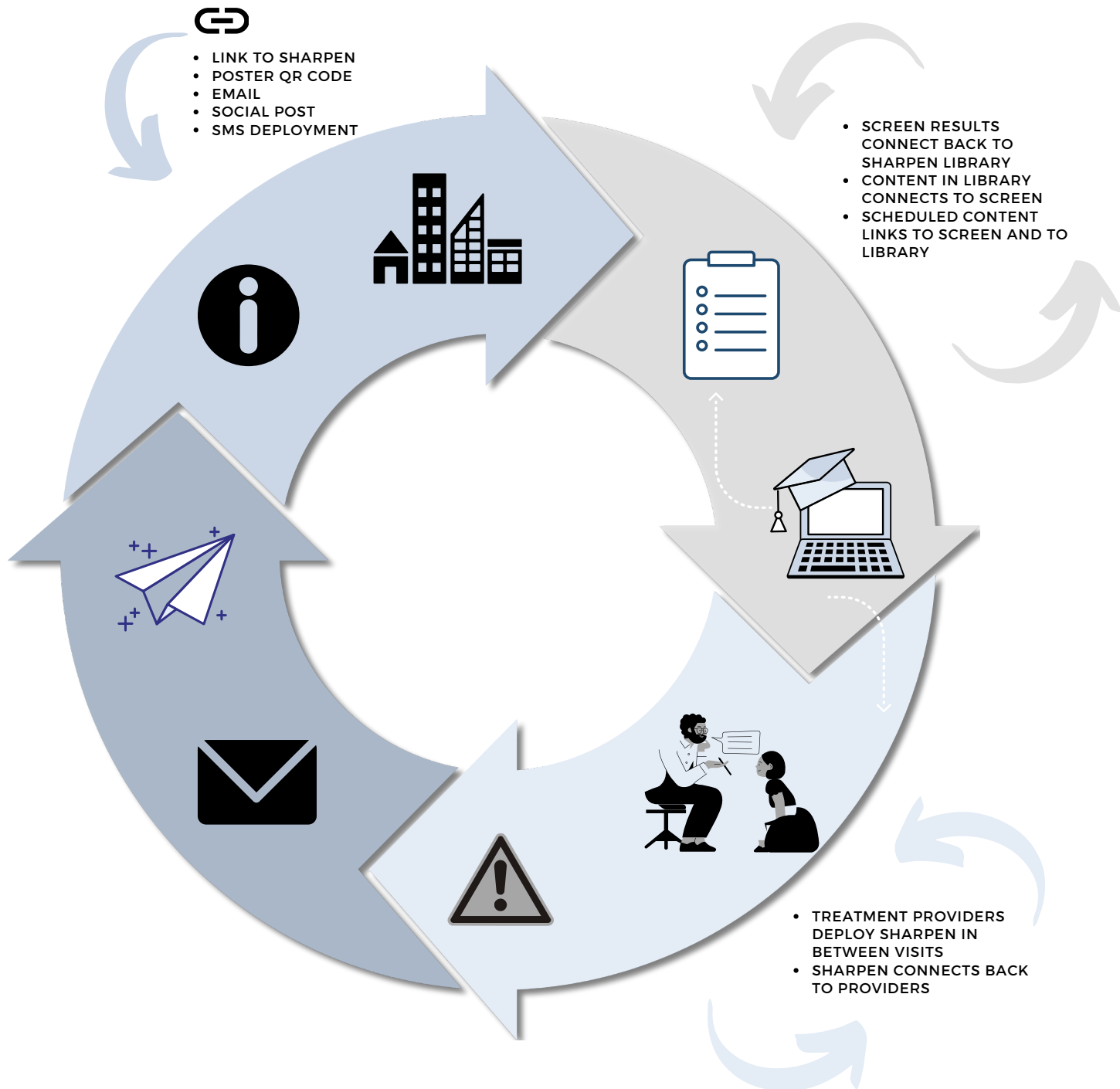
THE SHARPEN SYSTEM

Sharpen users enter a HIPAA compliant system through a link that is deployed via scheduled content, social posts, QR codes on posters and through SMS deployment by first responders, family members or health workers. Individuals arrive on the feed of Sharpen and engage into the entire system via desktop or mobile.



THE SHARPEN SYSTEM

Through our partners, we integrate directly and seamlessly to therapists, crisis response teams, and screeners.



THE SHARPEN SYSTEM



ENGAGE WITH SHARPEN SYSTEM

Individual receives a link to the Sharpen system via email or SMS. They download the application via desktop or mobile.



ENGAGE WITH INFORMATION HUB

Daily / weekly content appears on the user feed, a closed communications network generated by community agencies, peers and like-minded individuals, private groups and supportive exercises delivered by Sharpen and it's partners.



ENGAGE WITH COMMUNITY

Individuals click on the "connect" button and explore 20 different types of community-focused content; including crisis-response numbers, organizations in the area, support groups, and how to get help immediately.



ENGAGE WITH SELF ASSESSMENT

Through our Resiliency Scale and in connection with screening partners, users can take self-assessments, get results in real time and engage in helpful content related to their condition while watching their resiliency score grow.



THE SHARPEN SYSTEM

CONT'D

SELF-DISCOVERY AND LEARNING

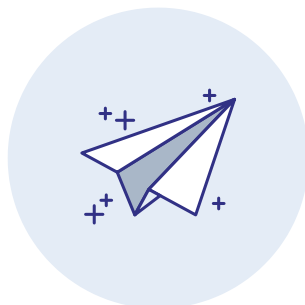


Through the discover button individuals engage in self-discovery with over 450 psycho-educational modules. Topics cover 8 primary protective factors for resilience and include topics like trauma, toxic stress and suicide prevention. CEUs and certification is available. Each module connects an individual to treatment and to screeners.



CONNECT TO TREATMENT

Through six or more touch points in the Sharpen system, the individual is connected with treatment providers, community support systems, crisis support and local resources.



SHARE APP WITH FAMILY

Through Sharpen's deployment mechanism, patients can share the service with a loved one to connect them to more information and resources in the area. Through private groups and third party plug-ins, individuals can invite others into a care team to coordinate treatment with family members.



DAILY ENGAGEMENT CAMPAIGN

After patients create a user id, Sharpen enters them into the system to receive daily mindfulness and stress management programs.



DATA & ANALYTICS

Information, intelligence and insight results in empowering the individual and community

40+

data points calculated
into a proprietary
Resiliency Scale

85%

increased help-
seeking and discreet
connection to
treatment.*

*ANDERSON ET AL, 2017.

Clients receive a dashboard that outlines the usage activity including:



Number of registrants



Content consumed,
screening / survey results



Resiliency Scale points



Crisis response



Connections to support



Heat map & times utilized