



Virtual Mental Health Tools - Togetherall, BounceBack And Beacon Demonstrations

Thursday, September 24, 2020

12 PM to 1 PM

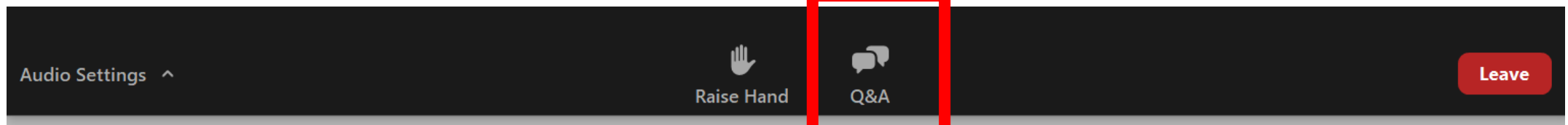
Housekeeping

How to Participate: Zoom Webinars

1. Pose questions in the Q&A Panel

We will address these questions in the Q&A panel, or verbally at the end of the webinar

2. Participate in the poll at the end of this webinar





Get Support. Take Control. Feel Better.

Victoria Senyard | Partnerships Manager, North America
Victoria.Senyard@togetherall.com



What is Togetherall?



Togetherall is a clinically moderated, online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7.

Endorsed by the Government of Ontario and Ministry of Health,
Togetherall is FREE to ALL Ontarians aged 16+!

Register through www.togetherall.com using a valid **Ontario postal code**.

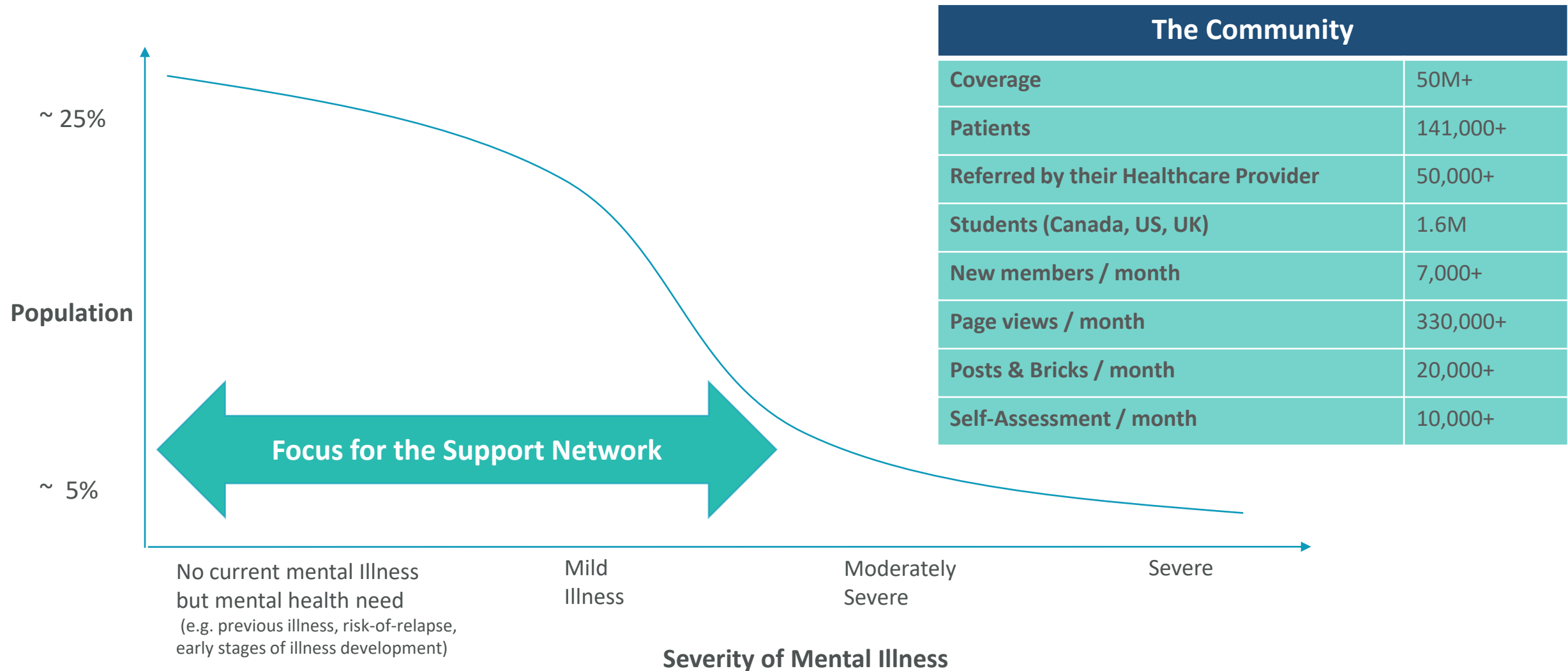
Who is Togetherall?



- Founded in 2007 in the UK with operations now in New Zealand and North America.
- We are a Social Impact business centered around improving mental well-being.
- Currently supporting 250+ organizations, available to 50 million+ individuals world-wide.
- Experience across Public Health, Higher Education, Armed Forces & Employer sectors.



We take a population approach to mental health



Insights from our Ontario member base



Widely used by Ontarians and Ontario organizations

- **45,000+** Ontarians supported
- Referral by **147+ healthcare and community agencies**; 30% of members referred by a healthcare professional
- **40 of 42 public universities and colleges** actively promote to students

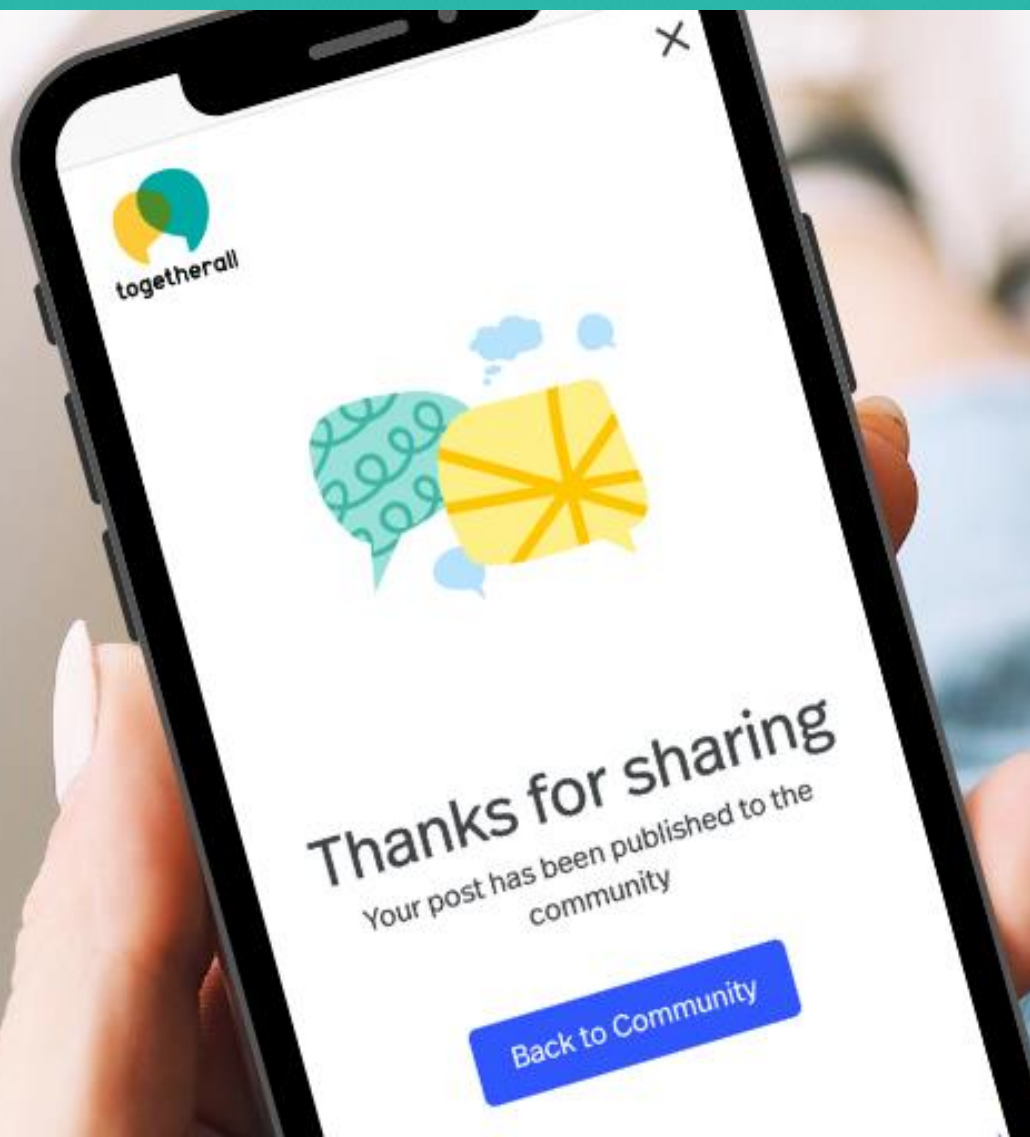
Members represent Ontario's most vulnerable

- **57%** of Ontario members are **16-35 years old**; 20% identify as students
- **19%** are **unemployed or too sick to work**
- **40%** do not regularly **seek support** for mental health from a healthcare professional

Critical support during peak of COVID-19

- **234% spike** in new registered users between March-April 2020 (as compared to the previous month)
- **82%** of Ontario respondents shared that Togetherall was **helpful during COVID-19**

What our members are saying...



The members on here are amazing. I've realized I'm not alone and actually helping others in my position makes me feel like I have something to give.

On good days I can support others. On bad days, when I need supporting, I can find information to understand how to deal with it.

Key features of the Togetherall community



An anonymous and stigma-free environment, monitored 24/7 by registered mental health practitioners.
A safe place for Members to uncover their own path towards mental wellbeing.

How can we help?



Community

Share anonymously and get support from others like you.
Accessible 24/7, our site is run by registered mental health practitioners.*



Courses

Find courses specific to your concerns. Learn how to manage your mental health and feel better.



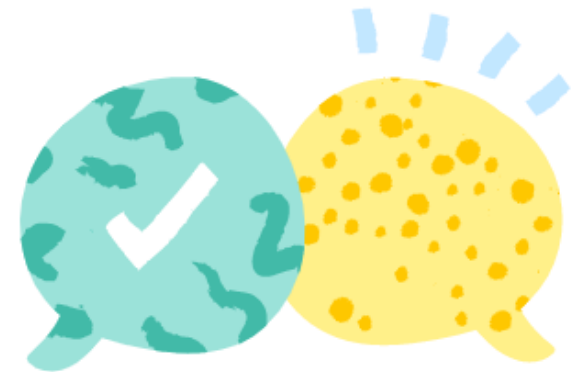
Resources

Access a variety of free articles, tests, and techniques to take control of your wellbeing.

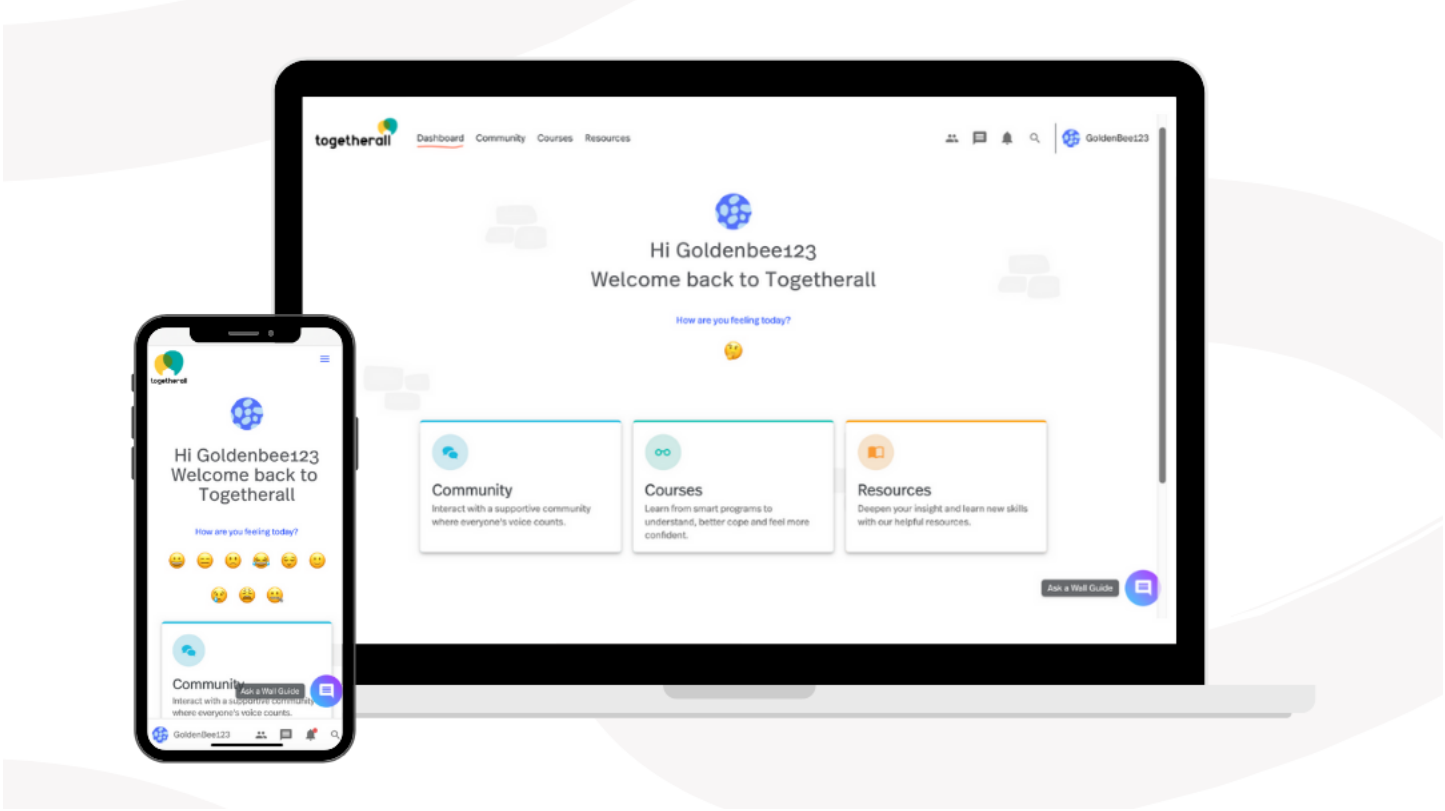
Wall Guides ensure members are safe and feel supported

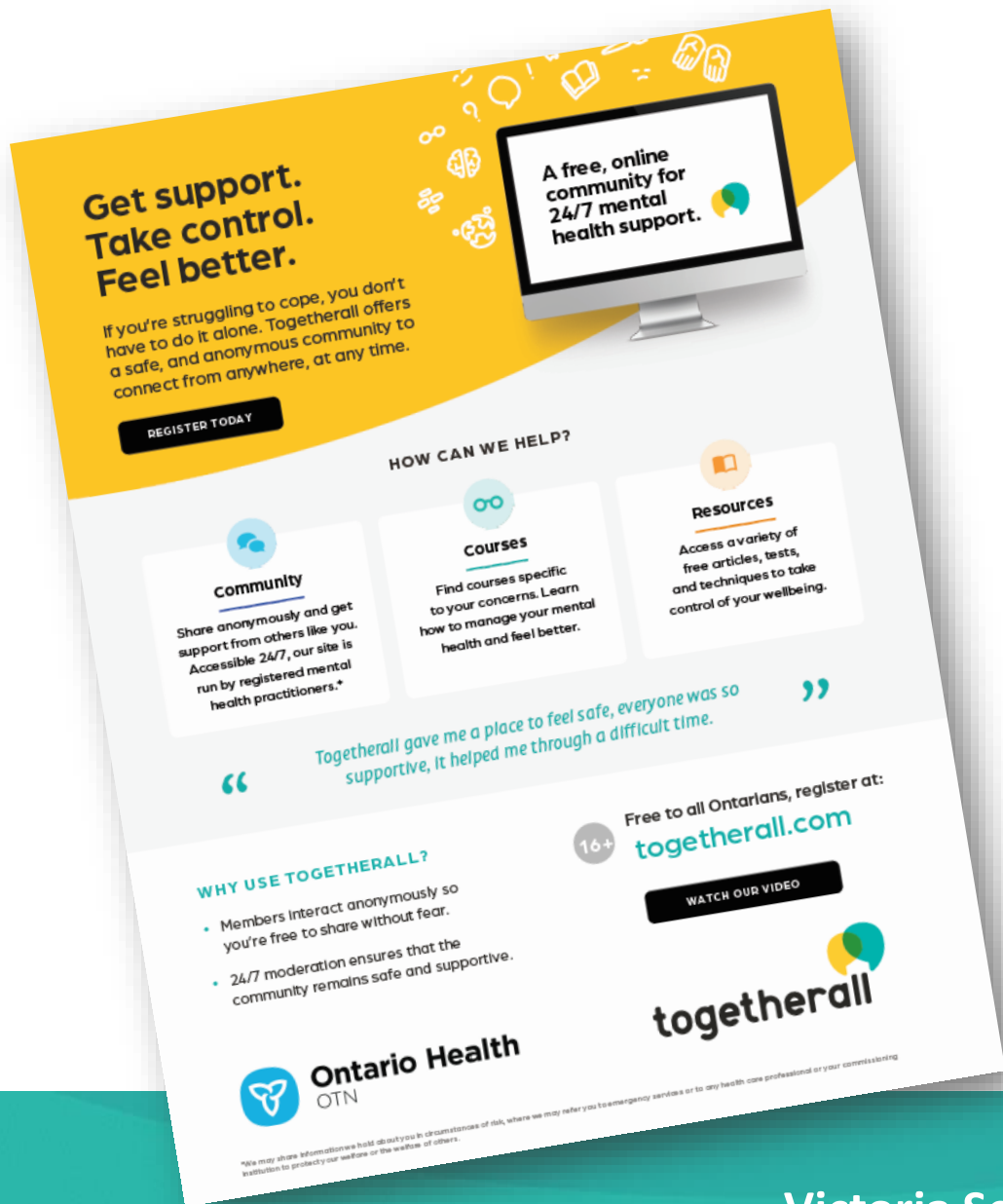


- 24/7 service **moderation** and **facilitation**
- **Registered mental health practitioners**
- **No 1:1 counselling or therapy.** Togetherall is **not a crisis service.**
- **Encourage engagement** and **promote self-care** within the community
- Keep the community safe – using our House Rules
- Guide members to **in-platform** and **external supports**
- Extra support for vulnerable or at-risk members – **monitoring and escalation**



Platform Demo






Next steps:

1. Share the Togetherall interactive flyer with your colleagues, family, friends and broader contact base.
2. Replace any Big White Wall (BWW) references that appear on your website, or any other communications, with Togetherall logo & messaging.
3. Add Togetherall to your list of publicly funded mental health resources available amid COVID-19. See how OTN is positioning Togetherall more broadly on their own webpage: <https://otn.ca/patients/togetherall/>
4. Book a live Togetherall demo for your own team!

Victoria Senyard | Partnerships Manager, North America
Victoria.Senyard@togetherall.com





You're
Not
Alone

Thank
You!

For more information, visit: www.togetherall.com



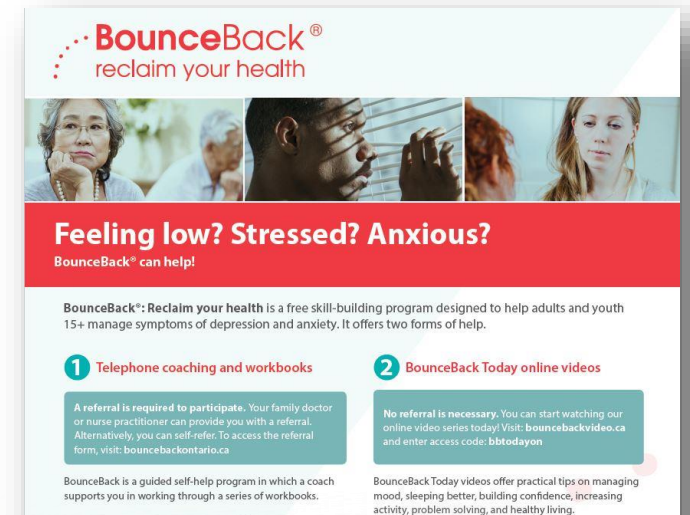
**BounceBack: A free CBT skill-building program
for adults and youth (15+) experiencing mild to
moderate anxiety or depression**

Anna Piszczkiewicz
Canadian Mental Health Association, Ontario
September 2020



BounceBack: Background

- Developed by **Dr. Chris Williams**, a medical doctor and psychiatrist, as well as a Professor at the University of Glasgow in Scotland
- **First adopted by CMHA British Columbia in 2008.** Since then, more than 52,000 clients have been referred
- **In 2015, CMHA York and South Simcoe piloted the program in Ontario**, with funding from the Central LHIN
- In October 2017, as part of the Government of Ontario's investment in psychotherapy services, BounceBack was launched across Ontario. **Since then, over 8,800 primary care providers have referred over 44,000 clients to BounceBack.**



BounceBack®
reclaim your health

Feeling low? Stressed? Anxious?
BounceBack® can help!

BounceBack®: Reclaim your health is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. It offers two forms of help.

- 1 Telephone coaching and workbooks**
A referral is required to participate. Your family doctor or nurse practitioner can provide you with a referral. Alternatively, you can self-refer. To access the referral form, visit: bouncebackontario.ca
- 2 BounceBack Today online videos**
No referral is necessary. You can start watching our online video series today! Visit: bouncebackvideo.ca and enter access code: bbitodayon

BounceBack is a guided self-help program in which a coach supports you in working through a series of workbooks. BounceBack Today videos offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living.



BounceBack®
reclaim your health

Welcome to BounceBack®!

BounceBack®: Reclaim your health is a free skill-building program designed to help youth 15+ and adults manage symptoms of depression and anxiety. Clients learn skills to better deal with stress, low mood, and worry.

To participate in BounceBack, we encourage you to talk to your primary care provider (family doctor or nurse practitioner). They can submit a **referral** on your behalf. This referral is important to make sure that the healthcare professionals who know you best can match your needs with the right support. You can also submit a referral online from bouncebackontario.ca.

Let's get started.

If you're interested in BounceBack, talk to your family doctor or nurse practitioner today!

For more information:
Visit: bouncebackontario.ca
Call toll-free: 1-866-345-0224

Feeling low? Stressed? Anxious?
BounceBack® can help!

Canadian Mental Health Association (CMHA) Ontario
Incorporated in 1952, CMHA Ontario provides community-based programs and services across the province to meet the needs of individuals seeking support with their mental health and addiction. Our 30 local CMHA branches are part of a community-based mental health sector which services approximately 500,000 Ontarians annually.

Ontario

BounceBack: Offers two types of help

1

**BounceBack telephone coaching and workbooks
(referral required)**

2

**BounceBack Today online videos (no referral
required)**

BounceBack: Telephone coaching & workbooks

Telephone coaching using skill-building workbooks:

- Access to the program is by referral primarily through a family doctor, nurse practitioner, psychiatrist, or client self-referral
- Coaches are extensively trained in the BounceBack program and are overseen by clinical psychologists
- Together, the coaches and clients select from 20 workbook topics that are most relevant to the clients' current needs
- During 3-6 telephone sessions, the coaches motivate and support clients in working through the self-help workbooks at their own pace
- Telephone coaching and workbooks are available in multiple languages



BounceBack: Online videos

BounceBack Today online video series:

- Offers practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, healthy living
- Engaging narratives by real people with lived experience
- Can be used as a stand-alone resource, or while waiting to be contacted by our staff after a coaching referral
- Available in English, French, Arabic, Cantonese, Farsi, Mandarin and Punjabi



DR. JOTI SAMRA
REGISTERED PSYCHOLOGIST



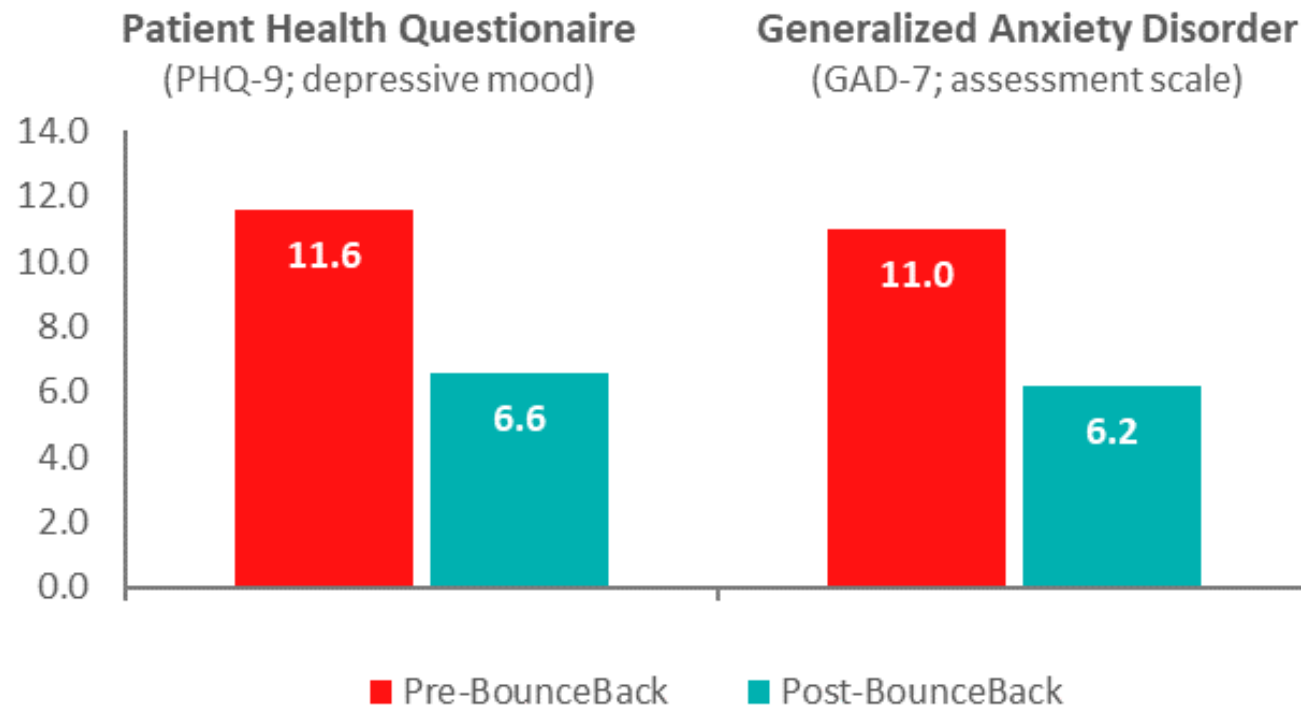
Chapter 8 - Being Assertive

▶ Watch Video

Watch videos at:
bouncebackvideo.ca
(access code: bbtodayon)

BounceBack: Evidence-based benefits

Since the program's rollout in Ontario from August 2017 to June 2020, participants who completed the program showed a decrease by nearly half in their anxious (GAD-7) and depressive (PHQ-9) symptoms:



**Depression
decreased by
43.1% and
anxiety
decreased by
43.6%**

Participant story

Meet Kyle

- 54 years old, lives in the GTA
- Marketing consultant for 30 years. Currently on employment insurance due to a leave of absence
- A serious car accident left him with limited mobility and chronic pain
- Feeling low, depressed, overwhelmed
- Unable to keep up with financial responsibilities
- Experiencing unhelpful thoughts about his situation and accomplishments



Participant story



BounceBack helps Kyle learn how to:

- Break down practical problems, mainly money concerns by finding different solutions (e.g., reaching out to the bank and speaking with his family for help)
- Slowly incorporate helpful, pleasure-based behaviours to his routine, starting with short-term goals (e.g., watching soccer on TV and driving to see a live soccer match)
- Target extreme and unhelpful thoughts that were preventing him from recognizing his successes and progress in his recovery



**New client resources:
bouncebackontario.ca/care-providers**

BounceBack: New Resources

BounceBack and chronic pain handout – aims to help individuals who have experienced negative impacts to their mental health due to chronic pain take control of their health-related anxieties, thoughts and worries, and feel better one day at a time.

BounceBack for caregivers handout – developed in collaboration with the Ontario Caregiver Organization. This handout is designed to help caregivers experiencing anxiety and stress take care of their own mental health so that they can continue to provide care and support to loved ones.

BounceBack®
reclaim your health

Canadian Mental Health Association
Ontario

BounceBack and Chronic Pain

Is chronic pain causing you to feel low, depressed, anxious or overwhelmed?

The BounceBack program can help you learn practical skills to manage your symptoms and regain your mental health and well-being.

BounceBack has helped countless individuals, like Kyle, who have experienced negative impacts to their mental health due to chronic pain, take control of their health-related anxieties, thoughts and worries and feel better one day at a time. (For Kyle's story, see reverse page).

With the BounceBack program – adults and youth 15+ – benefit from the skill-building techniques offered by workbooks and a trained BounceBack coach. Working together with a coach, one-on-one, they'll help design a program that's tailored to your unique needs and experiences. The BounceBack coach is there to help you work through a series of workbooks at your own pace, and help you develop new skills, keep you motivated, answer any questions, and monitor how you're doing.



There are two ways to access the program:

- 1 BounceBack Today online videos:**
The videos offer practical tips on managing more. They can be watched online at any time. Videos are available in English, French, and Arabic.
- 2 BounceBack telephone coaching and workbooks:**
Participation in the program is by referral from a physician or psychiatrist. You can also self-refer, but we need more information, so that we can contact them. Once a referral is submitted, you will be contacted for an assessment. If eligible for the program, you occur every two to three weeks. During the program, a series of workbooks or shorter condensed workbooks, *Practical problem solving*, *Reclaim your life*, can help individuals with impaired mobility. Whether they are fatigued, individuals learn how to feel better.

Telephone coaching and workbooks are available.

BounceBack®
reclaim your health

THE ONTARIO
caregiver
ORGANIZATION

Ontario Caregivers and BounceBack

It is important that caregivers support their own mental and physical health to ensure they can provide meaningful care to others.

We have the support you need.

- 1. Single point of contact for services and supports:**
The Ontario Caregiver Organization exists to support the 3.3 million caregivers in Ontario who provide physical and/or emotional support to a family member, partner, friend or neighbour. We're here as a single point of contact for services and supports you need to be successful in your role. You can go online (ontariocaregiver.ca) or call the Ontario Caregiver Helpline at: 1-833-416-2273 (CARE) for support. Our community resource specialists are available 24/7 to help connect you to the right caregiver information, resources and support in your local area.
- 2. Mental health support through the BounceBack program:**
The Ontario Caregiver Organization is pleased to partner with the Canadian Mental Health Association to provide caregivers with a free mental health support program called BounceBack. Funded by the Ontario Government, BounceBack is a skill-building program for adults and youth 15+ that can help individuals better manage low mood, mild to moderate depression and anxiety, stress, worry, irritability or anger. Through one-on-one telephone coaching, skill-building workbooks and online videos, individuals learn new skills to regain and maintain positive mental health and well-being. Coaches work with participants to tailor skills and learning to their unique needs, experiences and circumstances. The coach is also there to help motivate and support individuals as they learn practical skills they can use now and into the future. Further, the coaches help participants learn to set and achieve goals so that long after they've finished the program, they can become their own coach.

Ontario Caregivers play an invaluable role in the lives of those they care for and Ontario's healthcare system, enabling family members and partners to remain in their homes and their communities.

Many caregivers experience a sense of fulfillment from being a caregiver, but it can also be overwhelming – both physically and emotionally. Many caregivers admit that they are under a great deal of stress and not coping well with their situation. The recent Spotlight Survey indicates that 54% of Ontario's 3.3 million caregivers feel anxious or worried, 53% are overwhelmed and 49% experience disturbed sleep.

There are also other factors that may contribute to the stress and anxiety felt by caregivers. This includes frustration with not being able to control their situation or see their loved one get better; not feeling like they are receiving enough empathy and respect from healthcare providers; and not being recognized by society for the significant work they do. In the same survey, caregivers said caregiving had a negative impact on their physical health (44%) and mental health (53%) and availability of leisure time (57%).

"Some of our stress comes from the fact that we don't see our loved one getting better. We know that they're not getting what they need. It always goes back to this. If they could be better, we can be better."
- Caregiver



BounceBack: New Resources

[BounceBack COVID-19 tip sheet](#) “10 things you can do right now to reduce anxiety, stress, worry related to Covid-19” - a mental health tip sheet to support those who may be experiencing heightened mental health challenges as a result of the COVID-19 pandemic.

10 things you can do right now to reduce anxiety, stress, worry related to COVID-19

- 1** Only read, watch or listen to news when you want to. That means turn off push notifications on your phone and set aside only an hour per day to stay informed from credible, balanced sources, such as the Canadian Public Health Association. 
- 2** Considering the level of attention and seriousness being paid to the pandemic, it's normal to feel anxious. Try not to avoid, ignore or suppress anxious thoughts. Instead, be aware of your anxiety and accept that you're feeling anxious in this situation. Try to keep things in perspective; notice and challenge your thoughts that may be extreme or unhelpful. 
- 3** While you can't be together physically, stay socially connected with friends and family by phone, text and video applications such as FaceTime, Skype or Zoom. 
- 4** Do something good or helpful. Research shows that doing things for others strengthens our own mental health. Check on your neighbours, elderly parents and friends to see how they're doing and if they need help picking up groceries, medications and other important household items. 
- 5** Stay connected with the outdoors. If you're not required to self-isolate for 14 days, consider going outdoors for a walk, run or bike ride to enjoy the scenery and fresh air. Be sure to stay two metres away from others and consider going out at off-peak hours (early morning, late evening) to avoid proximity. 
- 6** Routines can help reduce mental fatigue, so getting up at your usual time, showering and getting dressed as you normally would for work can be helpful. Eating healthy, drinking water and getting plenty of sleep are also important factors. 

BounceBack: How to refer

Suitable for individuals:

- 15 years or older
- With a mild-to-moderate depression (PHQ-9) score between 0-21 (with or without anxiety)
- Not actively suicidal
- Not at high risk to harm self or others
- Not significantly misusing alcohol or drugs
- Not diagnosed with a personality disorder
- Not experiencing acute mania or psychosis
- Capable of engaging with and concentrating on skill-building materials
- Referral cannot be sent directly from a hospital emergency department or in-patient psychiatric unit

**Canadian Mental Health Association - BounceBack Program
Referral Form**

I am:

I am a Primary Care Provider (family physician/nurse practitioner/psychiatrist) referring a patient.

I am an individual who is interested in applying for the BounceBack Program.

Client Information

First Name:

Last Name:

DOB:

Health Card Number (OHIP):

Health Card Version Code:

Address:

Address Line 2:

City:






Province:

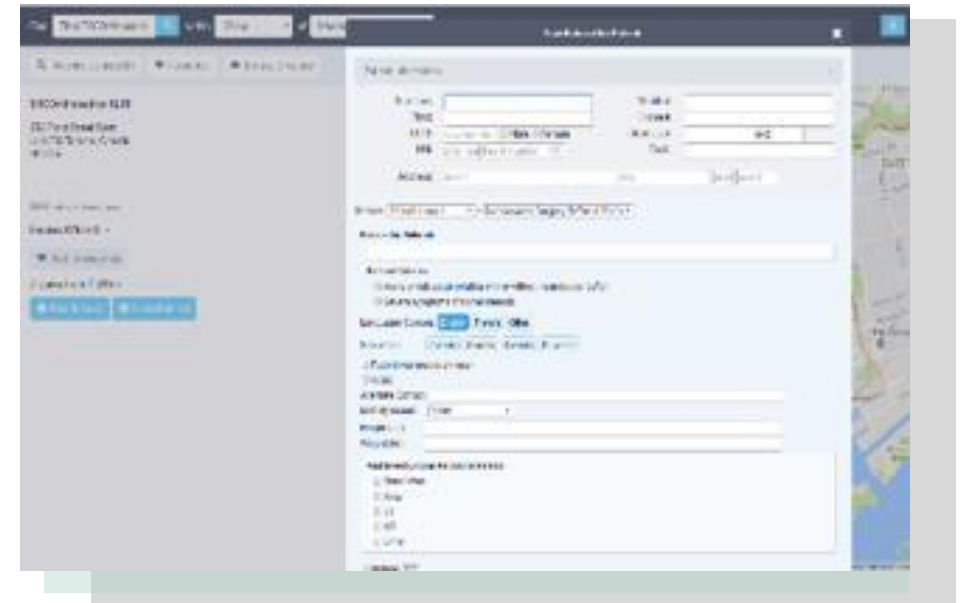
Postal Code:

Referral form can be submitted online at: bouncebackontario.ca or directly from your EMR through the **Ocean eReferral Network**

Ocean eReferrals to BounceBack

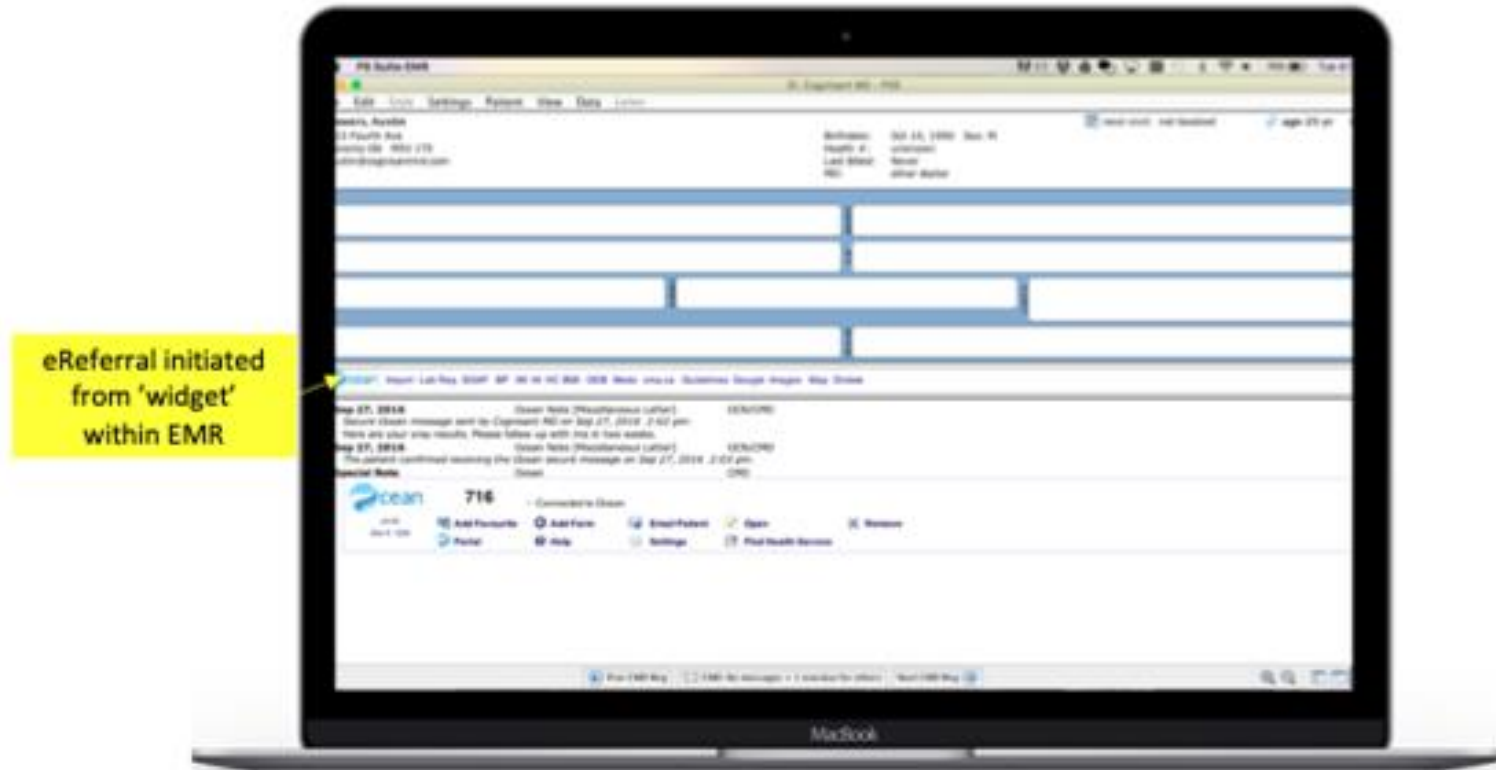
The eReferrals solution improves access, increases communication and streamlines referrals for both patients and providers.

-  Secure, encrypted, cloud-based platform for sending and receiving patient referrals.
-  Integrates with your existing EMRs (Telus PS Suite, Accuro, OSCAR).
-  Live referral status updates for patients via e-mail and in EMR for physician.
-  Find health professionals easily with a searchable, map-based directory.
-  Clinical appropriateness and embedded clinical decision support.



Ocean eReferrals and Primary Care EMRs

Streamlining the referral process



OCEAN IS THE ONLY SOLUTION THAT INTEGRATES WITH:



Contact us at:



bounceback@ontario.cmha.ca

apiszczkiewicz@ontario.cmha.ca



ereferrals@thinkresearch.com

shilpa.magesh@thinkresearch.com

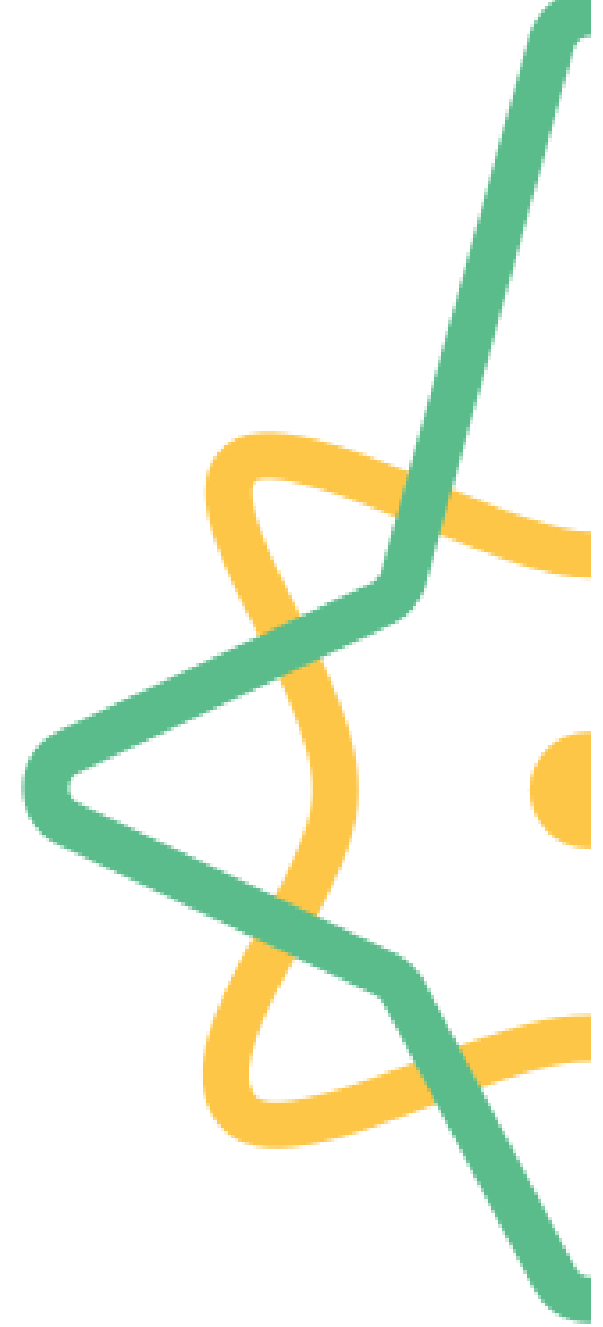
BEACON & AFHTO

September 24, 2020



AGENDA

1. Welcome, BEACON Overview
3. Protocols and Eligibility
4. Patient Journey
5. The Ontario COVID MH program

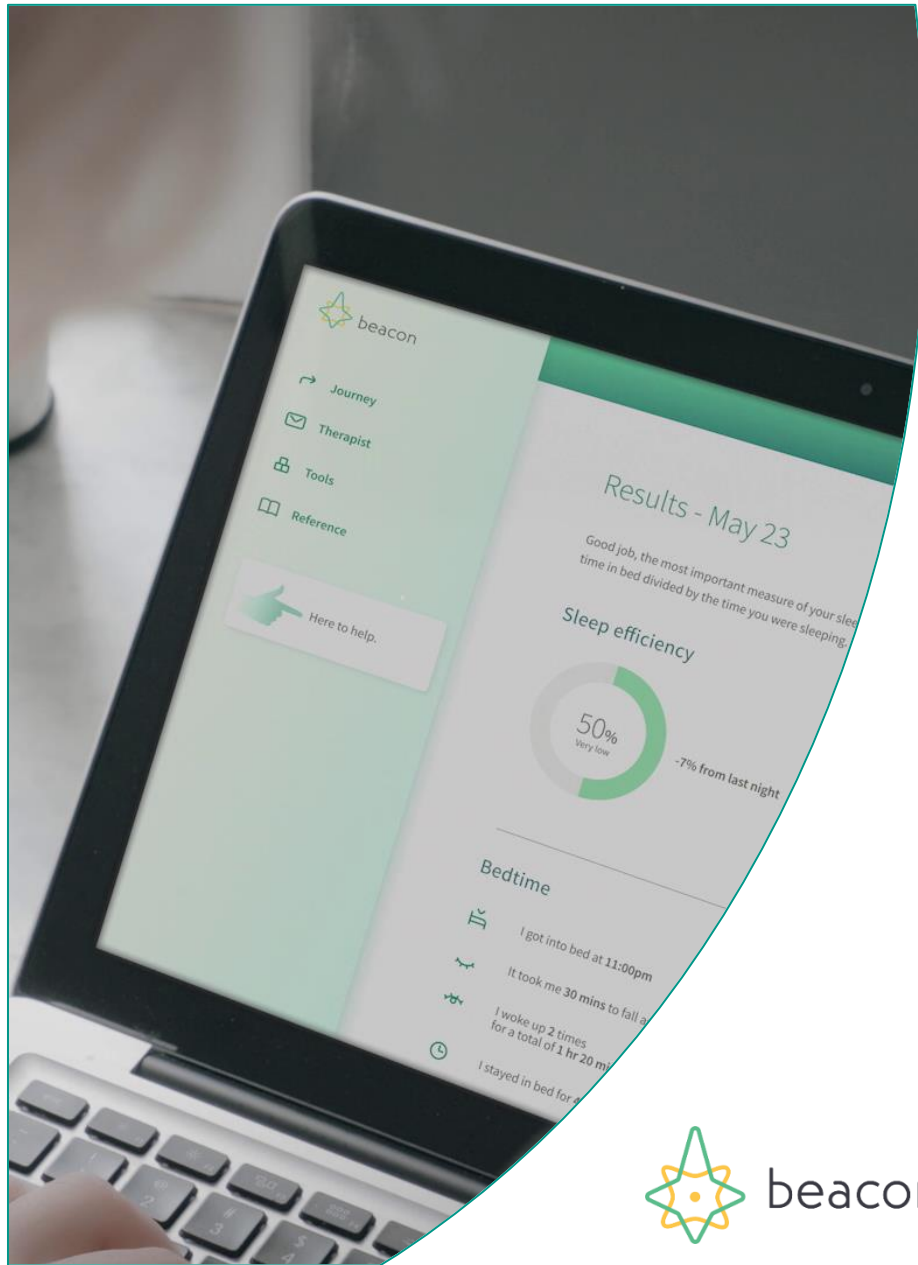


A person is shown from the chest up, holding a smartphone with both hands. They are wearing a patterned sweater. The background is a blurred indoor space with a blue chair and a red cup. The text "BEACON Overview" is centered over the phone. There are two white L-shaped corner brackets, one on the left and one on the right, framing the text.

BEACON Overview



beacon
modern mind health



MindBeacon is...

A recognized leader in digital Mental Health

- Only Canadian provider with a **transparent and successful track record** of results in TAI-CBT
- Expert providers of **personalized guided iCBT**, optimizing care – from assessment to therapy content to therapist interaction to measurement
- Most **affordable and scalable** psychological services in Canada, with a growing list of prevalent mental and behavioural health protocols, regardless of severity, age, gender



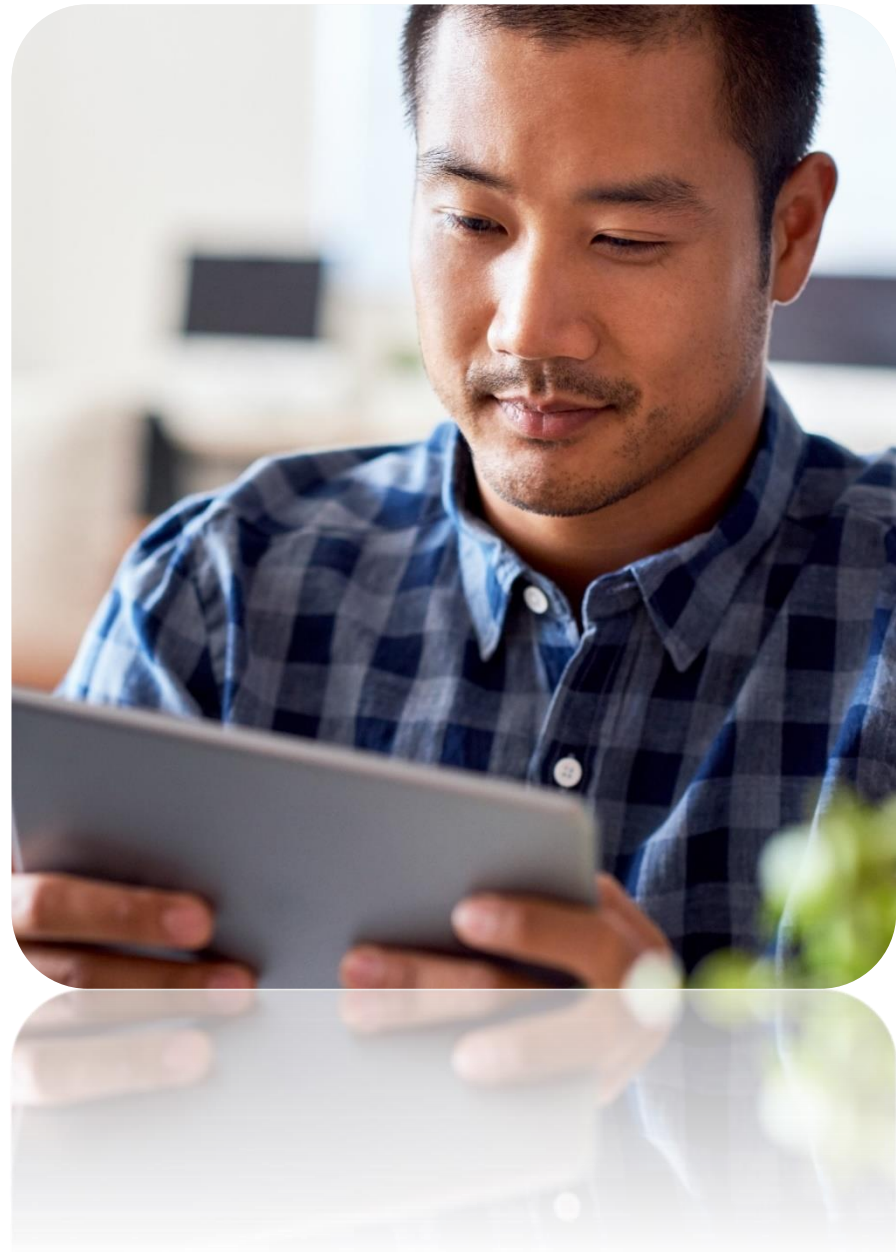
Our public sector partners

Programs	Overview
Ontario COVID-19 Response	<ul style="list-style-type: none">• Ontario government provides BEACON free to all Ontarians
Hospitals/ Healthcare	<ul style="list-style-type: none">• Mindability & Frontline Workers- Royal Ottawa• Waitlist project at <u>Trillium Health Partners (THP)</u><ul style="list-style-type: none">• Expansion of program to direct clinician referral• Hospital Employee programs at hospitals including <u>CAMH, Ontario Shores and William Osler</u> to provide support for employee base<ul style="list-style-type: none">• In-person and BEACON offered (Stepped Care)• Clinician referral/visibility at <u>CAMH</u> through secure Portal referral• Simple GP Referral through <u>SCOPE (UHN)</u> via tear pad mechanism
Students (PSE)	<ul style="list-style-type: none">• <u>OTN</u> project started with 6 campuses in Nov• Targeting students accessing wellness centre (<u>Ontario Shores hub</u>)
First Responders	<ul style="list-style-type: none">• Early intervention for paramedics and <u>Correctional employees</u>
Stronger Minds	<ul style="list-style-type: none">• Free program of expert-led support during COVID-19 for those seeking emotional/worries guidance without having to engage in a full course of therapy

BEACON is...

BEACON is personalized digital therapy, guided by a registered health professional.

- Immediate online assessment
- 12 weeks of active therapy
- 40 weeks of passive therapy
- BEACON is customized digital CBT, guided by a dedicated therapist.
- Clients can send a message to their dedicated therapist any time.
- There are no phone calls to make or appointments to keep with BEACON.



How BEACON Works

1 Online Assessment

Users complete a thorough 20 to 30-minute online assessment to provide BEACON therapists with rich insight and to confirm BEACON suitability.

1

2 Tailored Therapy

Assessment results are closely reviewed by a BEACON therapist and used to determine the appropriate care path.

2

3 Evidence-based Care

The user completes readings and activities selected by the therapist to develop skills specific to their condition.

3

4 Dedicated Therapist

Our iCBT therapy program is augmented with asynchronous messaging with the BEACON therapist whose role includes supporting and guiding users through therapy.

4



7 Relapse Prevention

Following therapy, clients have access to the BEACON platform to revisit readings, and skill building exercises for up to 12 months.

7

6 Therapy Completion

By the end of up to 12 consecutive weeks of therapy, users benefit from having developed coping skills to effectively adapt to stressful or difficult situations, gained the ability to alter their thinking, and effectively address negative emotions.

6

5 Progress Driven-Therapy

Clinically-validated outcome measures, activity completion and messaging communications are closely monitored by the therapist as inputs to adjust therapy activities.

5

BEACON protocols and content

Current Presentations

- ✓ Depression
- ✓ Generalized anxiety disorder (GAD)
- ✓ Social anxiety disorder (SAD)
- ✓ Panic
- ✓ PTSD (trauma & adjustment related)
- ✓ Insomnia
- ✓ Health anxiety disorder

Specialized Content

RTW content - for DM/AM clients focusing on function including motivation, self-efficacy, setting goals for return to work and developing an RTW plan

Front-line Worker & First Responders - Stress & resiliency uniquely relevant to specialized groups including concepts on control, vicarious trauma, self care/compassion, grief & loss with specific coping exercises

2020 New Protocol Launch

- Stress Management
- Chronic Pain

BEACON Inclusion Criteria

Clients who will benefit from BEACON's Assessment and Treatment **must present the following criteria:**

- ✓ **Experiencing a primary presenting problem of one of the following:**
 - Social Anxiety
 - Depression
 - Generalized anxiety
 - Panic
 - PTSD
 - Insomnia
 - Health Anxiety

- ✓ **Comfortable with reading and writing in English/French**
- ✓ **Comfortable with using technology**
- ✓ **Comfortable with the security of the platform**

BEACON Exclusion Criteria

Clients presenting the following are **NOT appropriate** for BEACON's Assessment and Treatment:

Psychological Factors:

- Experiencing a primary presenting problem that BEACON does not currently support (i.e. grief, eating disorder)
- Currently in crisis
- Active features of Psychosis
- Has not been stabilized on medications of Bipolar Disorder
- High intake of alcohol or drugs
- Presently engages in significant self-harm
- Active suicidal ideation with planning and/or intent for self-harm
- Has been hospitalized for a mental health concern within 3-6 months based on POR recommendation

Technical Factors:

- Unwillingness or inability to engage in treatment via BEACON
- Potential perceived risk to come from participation on a digital platform
- Limited or inconsistent access to a computer

Cognitive/Comprehension Factors:

- Cognitive issues impeding participation (i.e., severity of concussive symptoms; visual deficits)
- Literacy or Comprehension difficulties

BEACON Reports

With over 3 years of real-world evidence, Beacon is proven to be as effective as face-to-face therapy for mood and anxiety disorders. Below are links to recent outcomes reports published by BEACON:

- BEACON real-world evidence in treating PTSD/PTSI - September 2020 ([Summary Article](#) | [Detailed Report](#))
- BEACON real-world evidence in treating Severe Anxiety - August 2020 ([Summary Article](#) | [Detailed Report](#))
- BEACON real-world evidence in treating Severe Depression - July 2020 ([Summary Article](#) | [Detailed Report](#))

August 6, 2020

Beyond Mild to Moderate Symptoms: Therapist-Assisted iCBT by BEACON® is Effective for More Severe Symptoms of Generalized Anxiety

By Peter Farvolden, PhD, CPsych, Andrew Gentile, PhD, Vicki Kam, MSc



September 3, 2020

More Real-World Evidence for the Effectiveness of Trauma-Focused Therapist-Assisted iCBT for Posttraumatic Stress Disorder and Acute Stress Disorder

By Peter Farvolden, PhD, CPsych, Meredith S.H. Landy, PhD, CPsych, Andrew Gentile, PhD, Psych (Supervised Practice), Vicki Kam, MSc



Ontario Self Referral Program Infosheets



Providing customized mental health support to Health Care Workers during COVID-19

BEACON offers truly customized support for frontline health care workers through 24/7 self-help, live chat and video. You better deal with the daily stress and anxiety you're facing.

Always completely personalized, therapy is guided by a registered mental health professional. With us, you control how and when you're supported for self to reduce symptoms related to depression, anxiety, insomnia, and post-traumatic stress. Our therapists are trained to address your specific concerns with empathy and clarity.

Therapy enhancements include:
- Supplemental readings and exercises
- Focus on symptoms, addressing fear, self-compassion, relaxation, and control
- All within the context of stressors that are specific to your working conditions and how they impact your overall life.

The new Positive Worker Therapy customizations are appropriate for front responders across such as police and EMS. Frontline health professionals such as therapists, long-term care, community health and homecare, corrections, personal support workers, social workers and help others.

BEACON is used by Canadians coast-to-coast. It provides guided Cognitive Behavioral Therapy from a registered mental health professional. There are no fees for the therapy. Support is always available 24/7, and everything is on your terms in a way that protects your data and privacy.

Is BEACON right for me?
If you can't shake feeling down, stressed, or overwhelmed, BEACON can support you to become more resilient.

BEACON has been designed to help individuals 18+ years or older experiencing mild to severe symptoms related to depression, anxiety, insomnia, and post-traumatic stress. If you think you may be having any of these things, you qualify for a BEACON assessment.

The personal assessment, which will take around 20 minutes, will help to ensure the BEACON therapy is compatible with your needs, and to help you measure customized a new path for you. Following this, you'll receive an invitation to begin therapy.

Want to see how it works?
Click on [video](#) or [contact us](#).

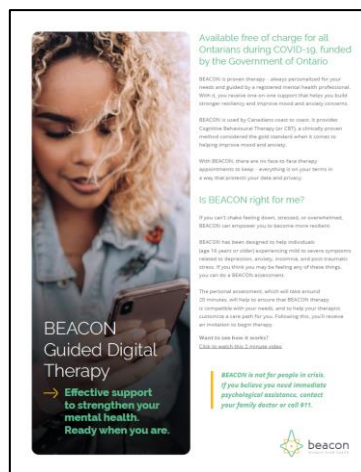
BEACON is not for people in crisis. If you believe you need immediate psychological assistance, contact your family doctor or call 911.

BEACON Guided Digital Therapy
→ Effective support to strengthen your mental health. Ready when you are.



Health Care Worker Infosheet

[English](#) / [French](#)



Available free of charge for all Ontarians during COVID-19, funded by the Government of Ontario

BEACON is proven therapy - always personalized for your needs and guided by a registered mental health professional. With us, you receive care on your terms that helps you build stronger resiliency and improve mood and anxiety concerns.

BEACON is used by Canadians coast-to-coast. It provides Cognitive Behavioral Therapy from CBT, a clinically-proven method considered the gold standard when it comes to helping improve mood and anxiety.

With BEACON, there are no fees for the therapy. Support is always available 24/7, and everything is on your terms in a way that protects your data and privacy.

Is BEACON right for me?
If you can't shake feeling down, stressed, or overwhelmed, BEACON can support you to become more resilient.


BEACON has been designed to help individuals 18+ years or older experiencing mild to severe symptoms related to depression, anxiety, insomnia, and post-traumatic stress. If you think you may be having any of these things, you qualify for a BEACON assessment.

The personal assessment, which will take around 20 minutes, will help to ensure the BEACON therapy is compatible with your needs, and to help you measure customized a new path for you. Following this, you'll receive an invitation to begin therapy.

Want to see how it works?
Click on [video](#) or [contact us](#).

BEACON is not for people in crisis. If you believe you need immediate psychological assistance, contact your family doctor or call 911.

BEACON Guided Digital Therapy
→ Effective support to strengthen your mental health. Ready when you are.



Patient Infosheet

[English](#) / [French](#)



Guided Digital Therapy
Information for Referring Clinicians

During the COVID-19 crisis, guided digital therapy with BEACON is available free of charge to all Ontarians for stress and mental wellness concerns, funded by the Government of Ontario.

BEACON digital therapy is the mental health solution for patients in need of easy-to-access and private support. BEACON provides a 12-week personalized course of digital Cognitive Behavioral Therapy (CBT) - always guided by a registered mental health professional who provides support through secure digital messaging.

BEACON Benefits:

- Provided through the patient's web-enabled smartphone or computer
- Accessible 24/7 (no appointments are necessary)
- Focuses on resiliency skill building with long-term benefits
- Private and secure
- Demystified through clinically-validated outcome measures to be effective alone or in conjunction with medication
- Access to the platform for 1 full year (beyond 12 weeks therapist guided)

BEACON guided digital therapy is appropriate for your patient if they are:
- Experiencing mild to severe symptoms related to Depression, Generalized Anxiety, Social Anxiety, Panic, Post-Traumatic Stress, and/or Insomnia
- 18 years of age or older
- Comfortable reading and writing in English or French
- Able to access a smartphone, tablet, or computer

BEACON is not appropriate for your patient if they are:
- Experiencing psychosis
- Unable to read or understand
- Experiencing mania or hypomania
- Experiencing primary chronic pain
- Experiencing primary substance abuse

BEACON is one of the mental health supports, funded by Government of Ontario. To start free of charge, ask patients to visit [ontario.ca/page/online-24-support-peoplewith](#) and click "MindPower".



Referring Clinician Infosheet

[English](#) / [French](#)



Available free of charge for students in Ontario during COVID-19, funded by the Government of Ontario

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BEACON Guided Digital Therapy for Students
→ Effective support to strengthen your mental health. Ready when you are.



Student Infosheet

[English](#) / [French](#)

Click on [English](#) or [French](#) above to access the PDF version

BEACON benefits



Accessible: Eliminates stigma, geographical (especially rural and northern) and time-based barriers. Available in English and French, on any web enabled device.



Effective: Qualified mental health professionals provide personalized digital care. Treatment is outcomes-based and effective in treating all severities and age groups 16+.



Available for free: No waitlists, and no out of pocket expense. Assessment available immediately and treatment within days.



Secure and Confidential: all data housed in Canada; extensively security and privacy third-party tested.

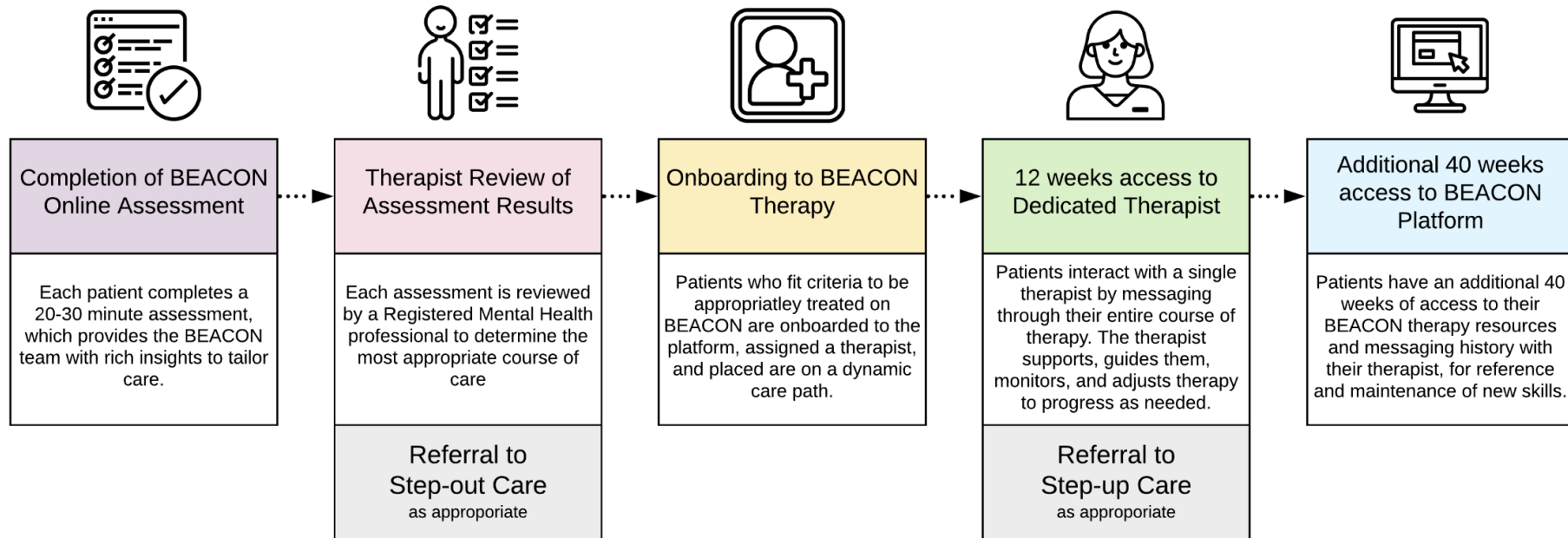


The Patient Journey



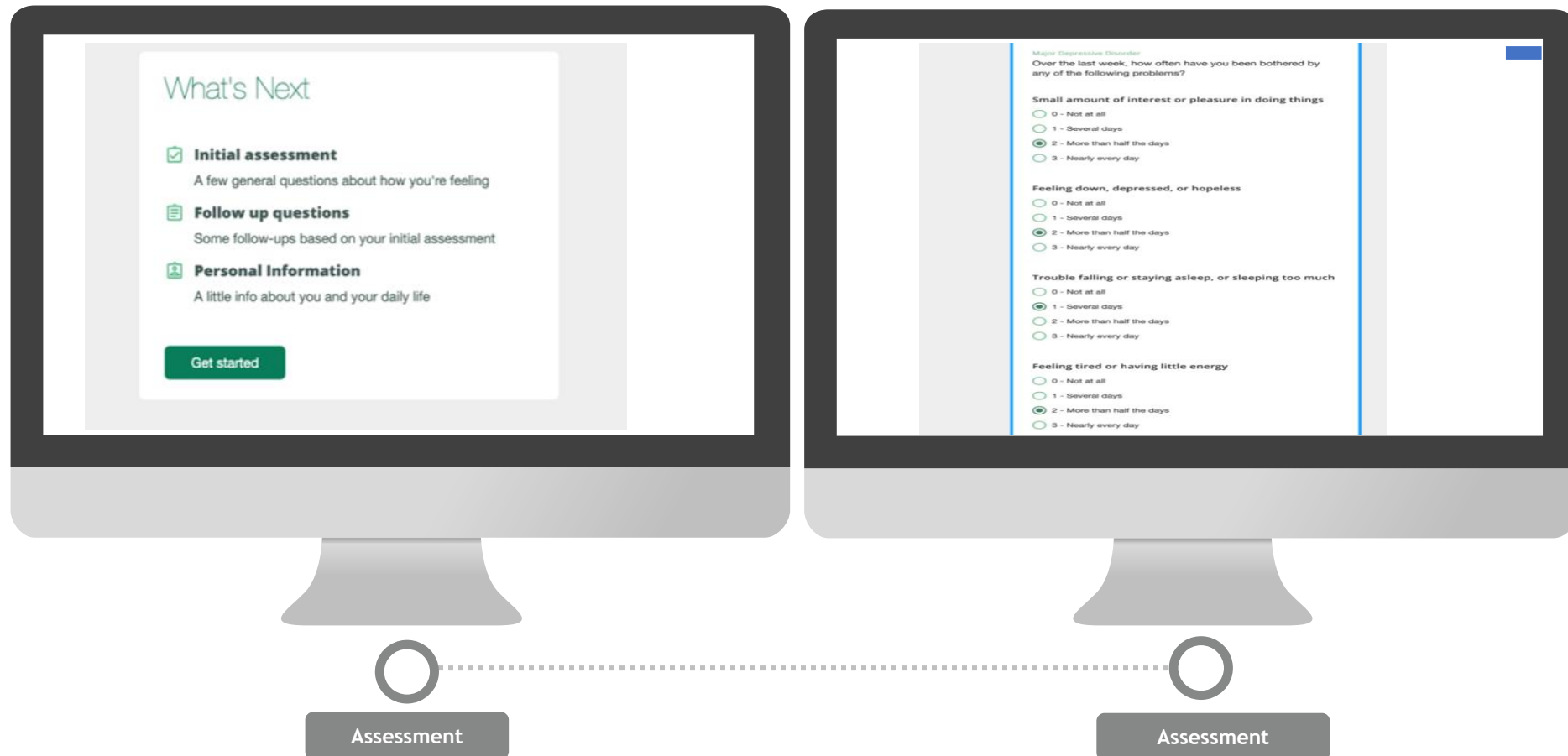
beacon
modern mind health

Ontario COVID program patient journey



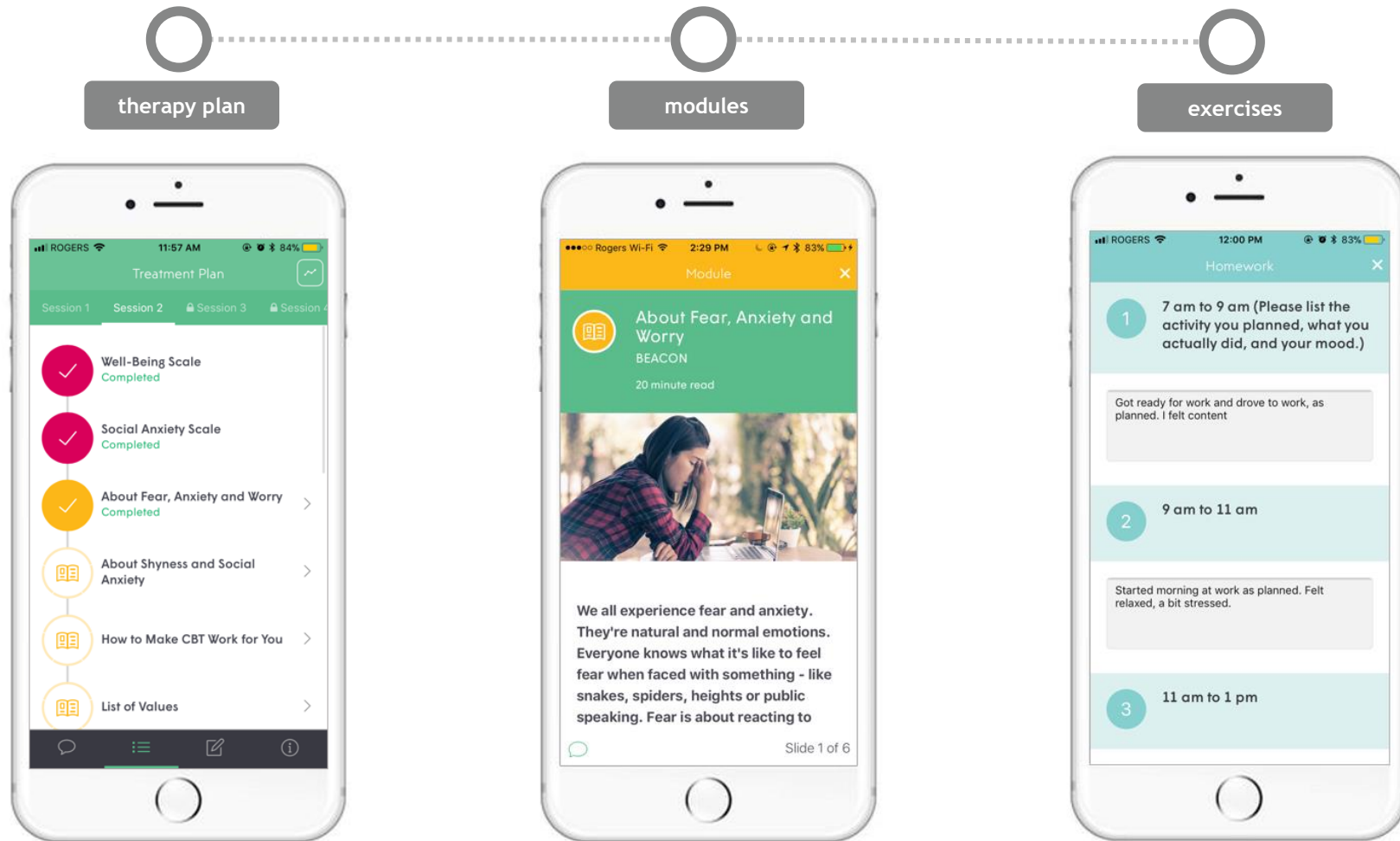
BEACON at-a-glance

The Assessment



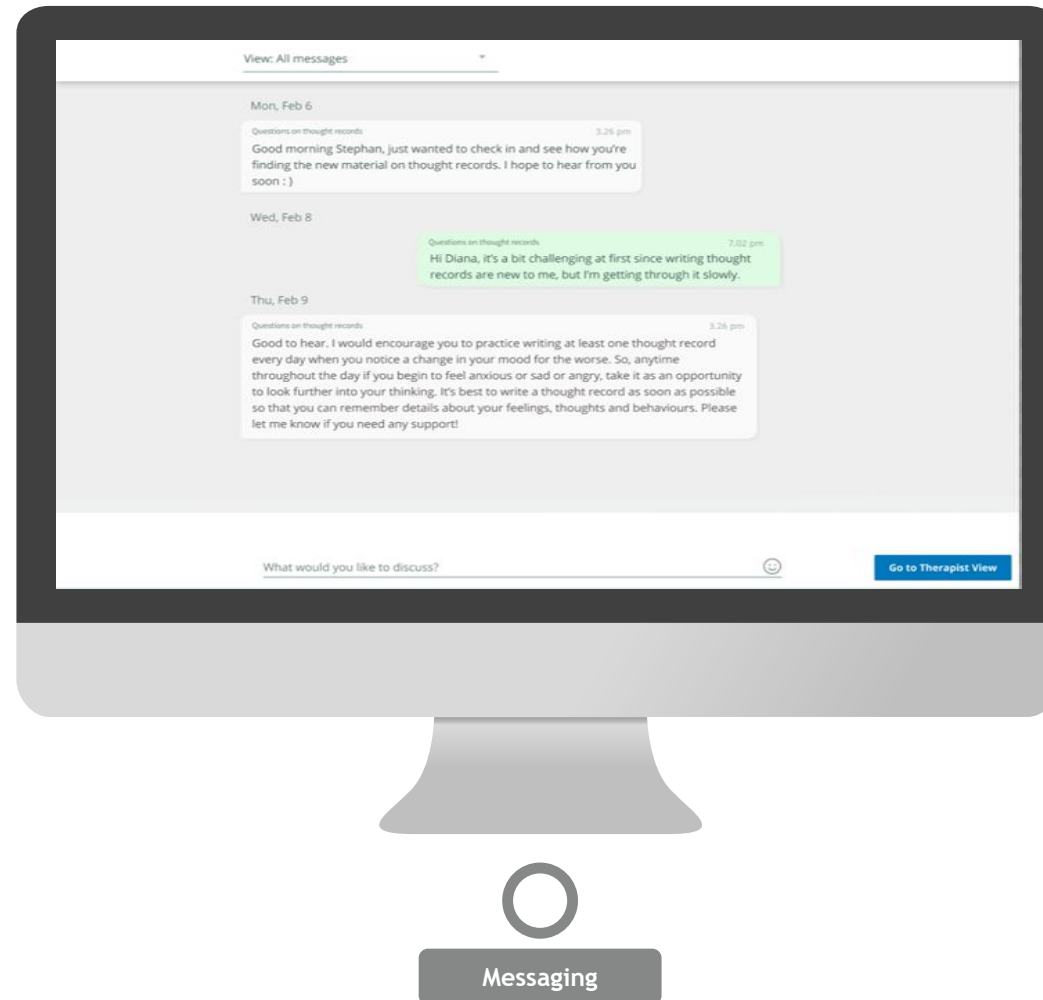
BEACON at-a-glance

Patient Journey During Therapy



BEACON at-a-glance

Client Journey: Communication



A young woman with dark hair and glasses is smiling while working on a laptop in an office. The background is slightly blurred, showing office equipment and a desk. A semi-transparent yellow box with a white border is overlaid on the image, containing the text 'OTN COVID Program'.

OTN COVID Program



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modern mind health

Key Takeaways

MindBeacon's guided online therapy (TAiCBT) has been proven to be effective, accessible and cost effective with highly satisfied users at scale as demonstrated by the Ontario COVID program

COVID program Results:

- Equivalent symptom reduction versus first line treatment– across ages, severities, protocols
- Even stronger results for Health Care workers (71% experiencing clinically significant)
- Anxiety during COVID more prevalent than depression; patients presenting more severe
- Noticeable uptick in activity with return to school/workplace

COVID program Demographics:

- Slightly younger, more female demographic than pre-COVID (e.g. health care workers)
- More unemployed/precariously employed (now able to access free services)

Opportunities:

- Value for money – more cost-effective way to use federal/provincial MH funding
- Earmark larger portion for digital services (more scalable)
- Specific MH content & Outreach (Teachers, BIPOC, Perinatal, First Responders, rural/remote)
- Mental Illness Awareness Week (MIAW) – October

How BEACON fits in Ontario's Health Care Eco-System

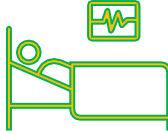
Referrers



Government



Academia



Acute Care



Primary Care



Ontario Virtual Care Clinic
See a Doctor by Video



ConnexOntario

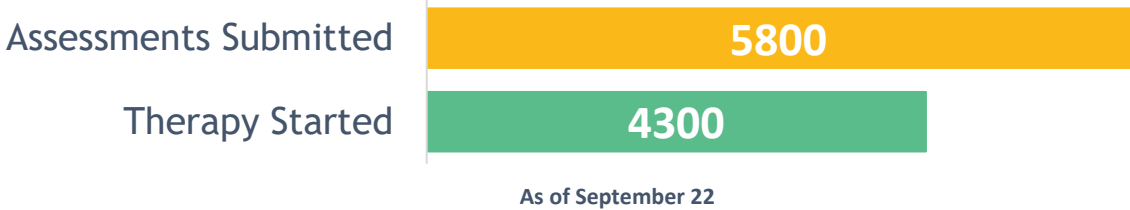
Ontario Shores
Centre for Mental Health Sciences



**OHTs &
Community
partners**

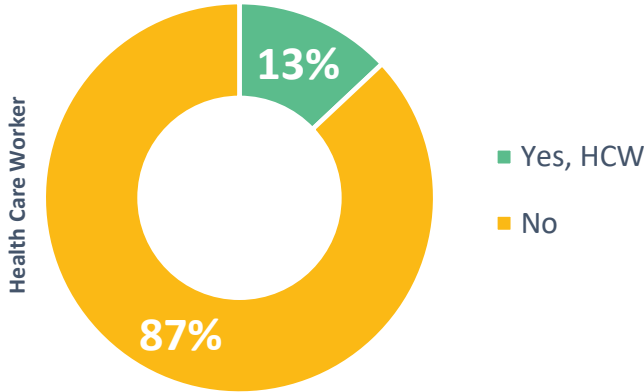
Over 5,800 assessments and 4,300 onboarded

Activity Overview

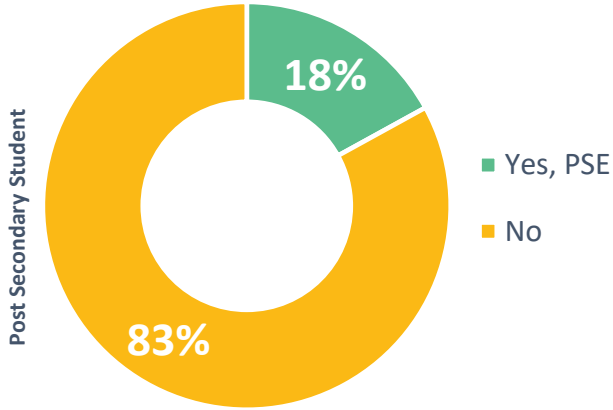


Health Care Workers & Students Onboarded to BEACON

13% identified as health care worker



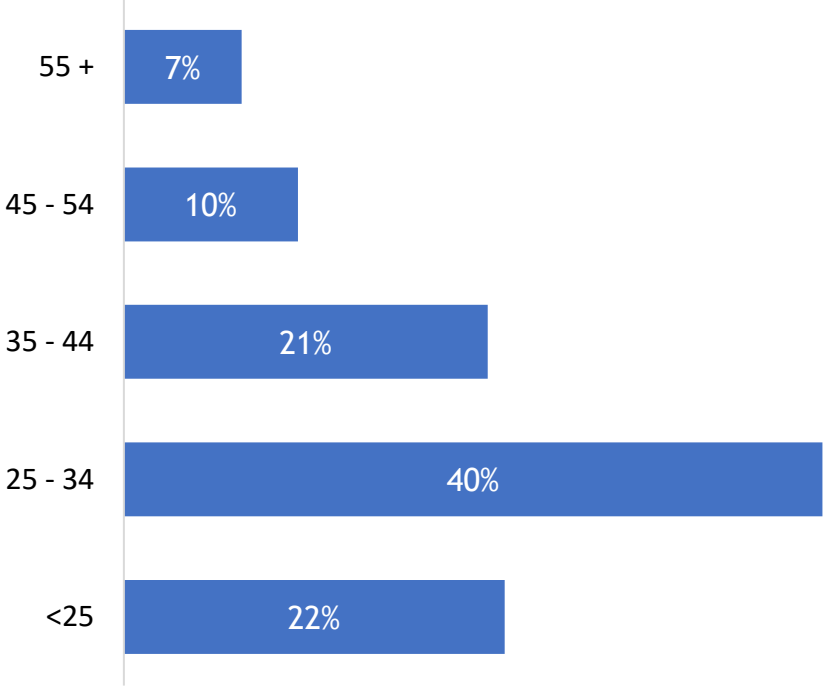
18% identified as post secondary student



As of September 22

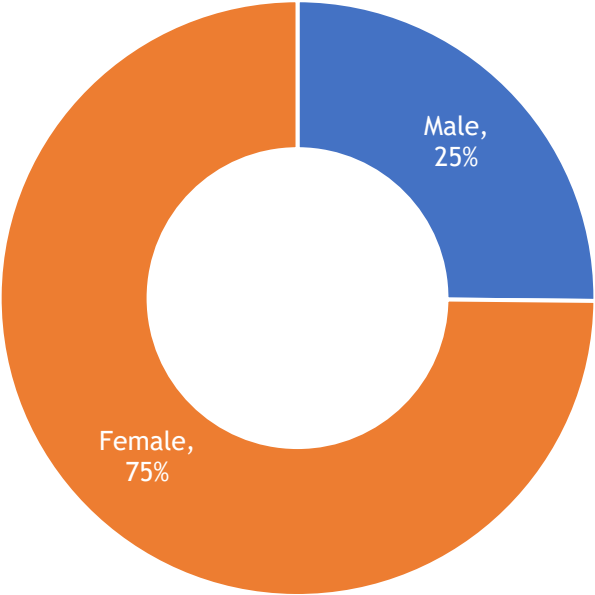
COVID demographic is slightly younger and more highly female

Age Breakdown



NOTE: Pre-COVID, <25 was 12%

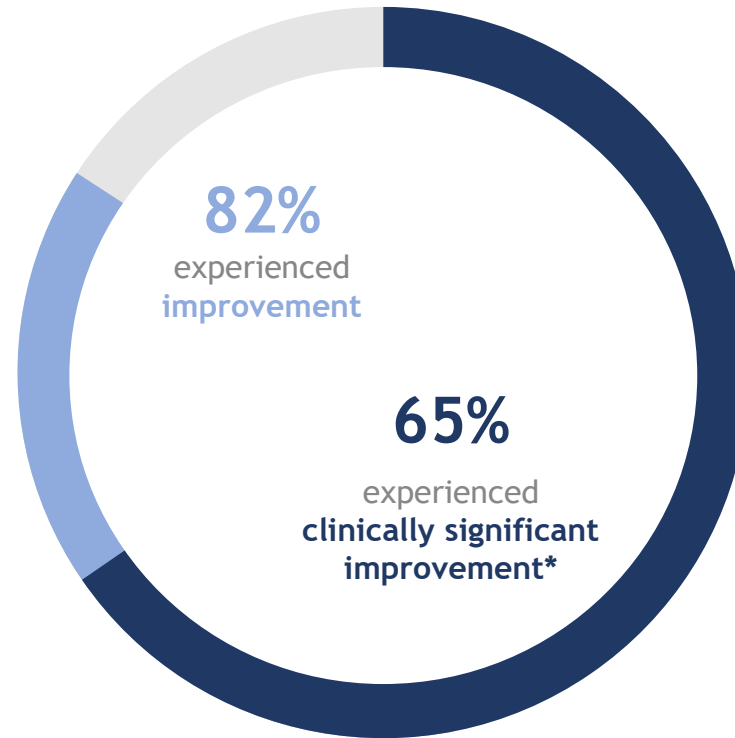
Gender Breakdown





NOTE: Pre-COVID, 2/3 of BEACON users were female

Equivalent symptom reduction to first line treatment

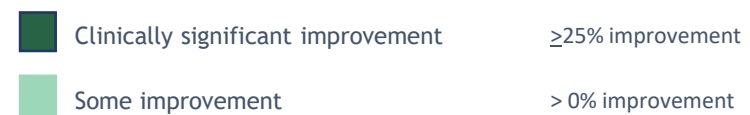
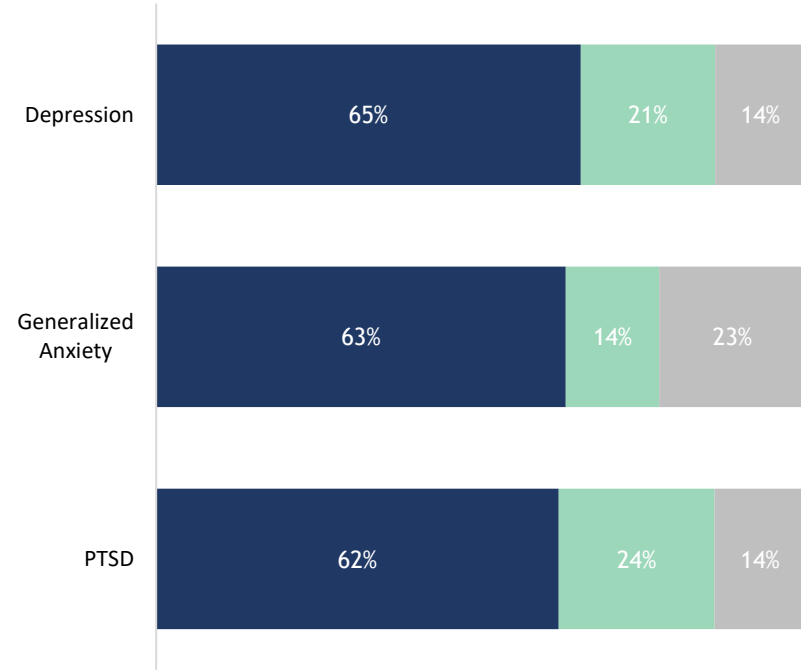
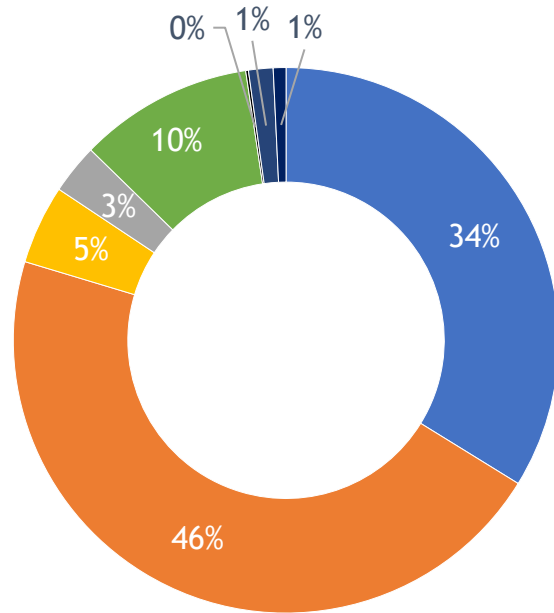
OTN Self Referral



 Clinically significant improvement $\geq 25\%$ improvement
 Some improvement $> 0\%$ improvement

Clear symptom reduction: Top 3 protocols

OTN Self Referral
Primary Mental Health Condition



High satisfaction for OTN program

Satisfaction Survey: Series of questions are asked at week 8 of therapy.

Overall Average Satisfaction

82%

**How likely are you to recommend
BEACON to someone you care about?**

85%

What is your level of satisfaction with:

The support you received from your therapist

91% very satisfied or satisfied

The helpfulness of the readings and activities selected for you

84% very satisfied or satisfied

The ease of use of the BEACON application

79% very satisfied or satisfied

The skills you learned through BEACON

78% very satisfied or satisfied

The changes in your mental well-being

67% very satisfied or satisfied

Your overall experience

79% very satisfied or satisfied

Lessons learned



- COVID has shown significant demand and acceptance of digital mental health service
 - 91% therapist satisfaction
 - 85% clients recommend Beacon



- Self-referral is a popular option and gives patients choice. Ease of access important (many entry points, few steps)



- 24/7 and remote/rural access appreciated - no wait for assessment



- GPs seeking easy to access supports for patients



- Value of rigorous online Assessment: gateway, triage, faster onboarding, Stepped care
 - Personalized care pathways to supplement evidence based protocols



- Awareness drives uptake
 - BEACON promotion
 - Other than launch, limited government promotion



- Capacity/Integrated care
 - Proven ability to scale
 - Canada-wide or interprovincial licensing would help provinces address surges
 - Integration into existing primary care & acute care systems



- Culturally relevant material sought
 - First Responders/ Frontline/Health Care Worker/Corrections
 - Francophone, Indigenous, LGBTQ, culturally sensitive content requests



- Targeted supports work: 13% of those enrolled are health care workers and 17% are students

CONTACT

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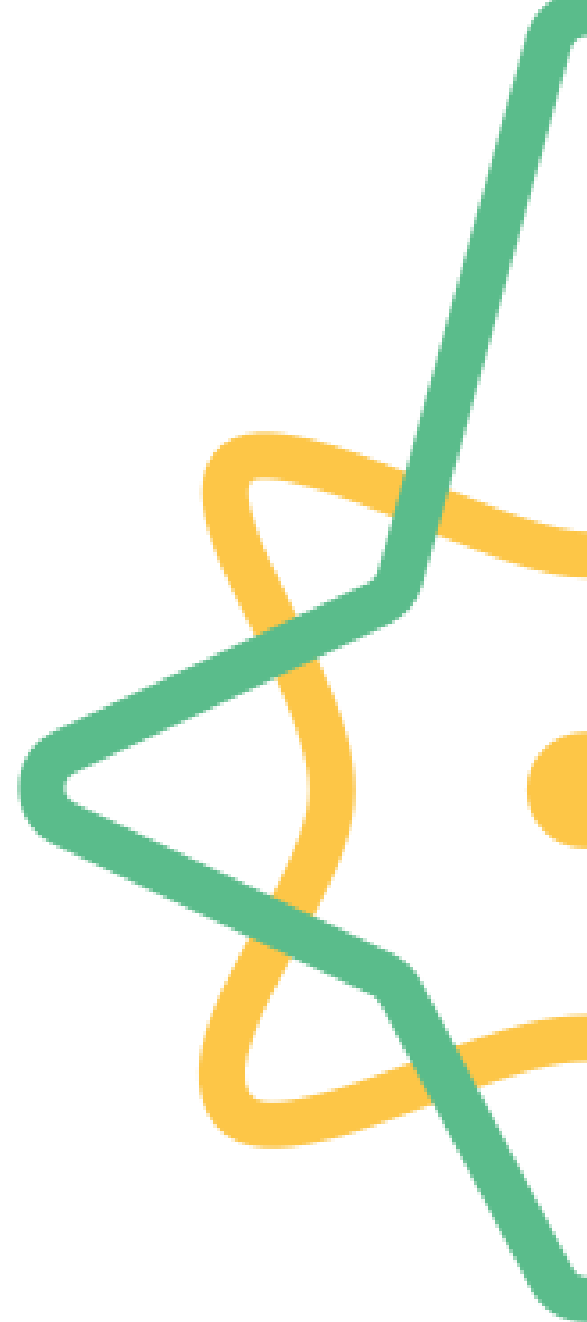
Phone: 647-823-2717



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Q&A