



Extend care, improve outcomes and reduce costs

myStrength: Digital self-care tool

The digital self-care tool, myStrength, supports emotional and physical health, overall well-being, and is integrated with the Netsmart EHR.

myStrength empowers consumers to take control of their health and well-being with personalized, on-demand mobile and web applications that build resiliency, manage stress and address conditions, such as depression, anxiety, chronic pain, opioid risk, substance use disorders, insomnia and more.

Key benefits

- Provides 24/7 access to self-care tools and resources
- Integrates with Netsmart EHR, consumer engagement portal and population health management solution to increase organizational and individual utilization
- Extends care to those with limited access to services
- Cultivates self-management and offers cognitive behavioral therapy (CBT)-based relapse prevention

Key features

- Evidence-based, integrated platform empowers consumers to better manage their conditions
- Online coaching offers ongoing support and encouragement in a convenient format that meets consumers' needs
- Highly-sophisticated recommendation engine delivers a personalized user experience with the most relevant content
- Customized experience delivers clinical models, including CBT, mindfulness, acceptance and commitment therapy, behavioral activation, positive psychology and motivational interviewing

Creating a health and wellness digital solution

Netsmart partnered with myStrength, a leading provider of digital health solutions, to help organizations meet the demand for services and help their clients overcome the challenges to getting care, which include cost, inaccessibility and stigma.

By providing digital resources that compliment other forms of care, such as medication and therapy, people gain the support they need to improve their health and their lives.

myStrength impact

- **96%** of users are satisfied or very satisfied with tools
- **86%** of users have increased positive outlook because of tools
- **83%** say it's as effective as face-to-face therapy benchmarks
- **55%** of users experienced a reduction in depression scores

Learn more about our comprehensive suite of solutions at www.ntst.com/solutions-we-offer