One Mind PsyberGuide
2020 Review
&
2021 Goals
Highlights from 2020
We created multiple app toolkits, resources, and blog pieces to rapidly respond to COVID-19 and instances of racial injustice and help people manage their mental health as they process these events.
PsyberGuide was rebranded to One Mind PsyberGuide. We launched our newly designed website at with improved user experience. We also saw the highest ever monthly traffic this year (over 24,000 visitors in April).
Creating the first ever Employer’s Guide to Digital Mental Health Tools

We produced a comprehensive employer’s guide in collaboration with the North East Business Group on Health.
Improving the quality of our reviews

We revised Credibility Rating Scale to make it more meaningful and predictive of app quality. We re-reviewed 160 apps on the app guide on the new rating scale. This means that every single review on our site was updated in August 2020.
We formed a new partnership with the American Psychological Association to create and disseminate information on mental health apps to psychologists.

Partnering for Psychologists

Speaking of Psychology: How to choose effective, science-based mental health apps with Stephen Schueller, PhD

Episode 116 — How to choose effective, science-based mental health apps

Among the thousands of apps that aim to help people with everything from stress to anxiety to PTSD to sleep problems, how many are based on solid scientific research? How many live up to what they promise? And how can you choose from among all the options?
Facilitating network in the Digital Mental Health space

- We launched our program of Digital Drop-Ins, to bring together a diverse group of people interested in engaging in discussion around digital tools – including developers, researchers, mental health professionals, and consumers.
- These informal sessions consist of a short presentation, Q&A, and networking.
Disseminating information to the mental health community

- We presented 8+ virtual webinars and workshops on mental health apps to a range of audiences (e.g. social workers, employers, educators, clinical psychologists).
- The One Mind PsyberGuide team published 10 papers on digital mental health.
- We received press mentions in the Washington Post, the New York Times, Forbes, and more.
Dynamic Payment Formulary (DPF)

- In 2020, we began our work to develop the Digital Mental Health Dynamic Payment Formulary (DPF)
- The DPF will help to solve two problems which prevent widespread adoption of mental health apps:
  - To facilitate app reimbursement
  - To capture the real-world evidence needed to determine which apps are successful in engaging people and improving outcomes
The journey so far

1. To explore stakeholder needs and identify potential solutions, we interviewed 38 people in a variety of roles, including app development, clinical care, human resources, and health plan management.

2. We then convened a meeting attended by six commercial app developers and six payers to discuss this solution and form a steering committee.

3. We developed a standard to define the structure of the DPF and outline its implementation.

4. We shared the standard with stakeholders for signing.
The journey so far

- Information gathering interviews
- Introductory meeting
- Formation of the steering committee
- Development of the standard
- Implementation of the standard
What’s next?
Goals for 2021
We want to better serve diverse communities and increase access to mental health care for those who have historically been under- or inappropriately served.

**Community Goals**

**Content**
- Creating content to speak to the use of digital mental health tools by diverse communities
- Creating and sharing resources to help expand and improve access to mental health resources to those who lack access to traditional support
- Amplifying communities to be the authority on digital mental health
- Supporting the creation of content by and for diverse communities

**Engagement**
- Engaging and interacting with the community to learn what they want to see from OMPG and from digital mental health
- Creating an engaging community around digital mental health
- Disseminating information on digital mental health tools and how they can help
Community Goals

Content Creation
- Create Spanish language mental health resources
- Create content & resources for Digital Literacy

Engagement
- Engage with students (e.g. UCI community)
- Increase number of attendees to Digital Drop-Ins

Additional Actions
- Form Community Advisory Board
- Increase BIPOC representation in content contributors
- Add Consumer Reviews to the App Guide