

One Mind PsyberGuide

2020 Review
&
2021 Goals



Highlights from 2020

Responding to current events



Black Mental Health Matters: A Resource Guide

Black Americans have faced discrimination and racism daily since this country's inception. This generational racial trauma has a profound effect...



A list of resources that may be helpful during the COVID-19 epidemic

Here are some of the companies and initiatives we have come across which have released free or discounted content in...



App Toolkits

These graphics highlight apps in a range of content areas that can be downloaded and shared to help people identify apps that may be helpful for them.



Coping with COVID-19: Free Mental Health Apps

The pandemic has stirred a lot of emotions for many of us. Let us start by noting that your feelings...

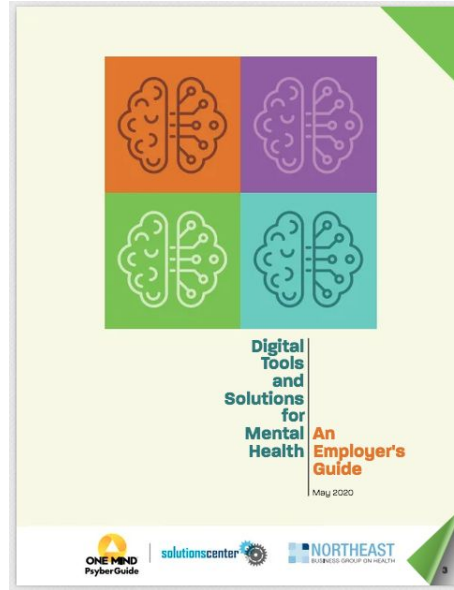
We created multiple app toolkits, resources, and blog pieces to rapidly respond to COVID-19 and instances of racial injustice and help people manage their mental health as they process these events.

Rebranding and refreshing PsyberGuide



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

The screenshot shows the ONE MIND PsyberGuide website. At the top left is the logo. The main heading is "Help me find an App". Below it, instructions state: "Click the buttons to search for apps related to the specified condition, or treatment type. The results will appear below." and "You can click multiple search terms to narrow down the app results by the conditions and/or treatment types that you've clicked." It also mentions filtering by platform, audience, or cost, and sorting by score or app name.

A grid of search buttons is displayed, including: Cognitive Behavioral Principles, Psychoeducation/Information, Symptom Tracking/Self-Monitoring, Mindfulness, Assessments/Screening, Cognitive Training, Gratitude, Dialectical Behavior Therapy, Chatbot/AI, Productivity, Connect to a Peer, Connect to a Provider, Assessment/Screening, Schizophrenia, Stress and Anxiety, PTSD, Mood Disorders, Obsessive Compulsive Disorder, Phobias, Eating Disorders, Borderline Personality Disorder, Chronic Pain, Sleep, and Substance Use.

Below the buttons, it says "Showing 193 Apps". On the left, there are filters: "Sort By" (Credibility), "Filter By Platform:" (All), "Filter By Audience:" (All), and "Filter By Cost:" (All). On the right, there are tabs for "View As" (Cards, Table) and an "Order" button.

The first app result is "Beating the Blues". It shows the app logo, the text "Available For:", a credibility rating of "5.00 out of 5.00" with a circular icon, and a "User Experience" section.

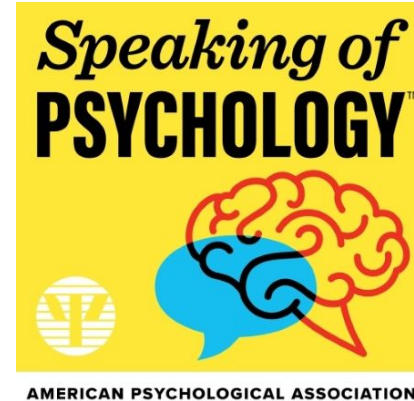
We revised Credibility Rating Scale to make it more meaningful and predictive of app quality.. We re-reviewed 160 apps on the app guide on the new rating scale. This means that every single review on our site was updated in August 2020.

Partnering for Psychologists



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

We formed a new partnership with the American Psychological Association to create disseminate information on mental health apps to 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.



Digital Mental Health Tools for Eating Disorders

JOIN US FOR A CONVERSATION ABOUT DIGITAL MENTAL HEALTH TECHNOLOGIES!

Wednesday, February 17th @ 1 pm PST (via Zoom)
RSVP @ psyber.guide/dropins

Join us every 1st & 3rd Monday & Wednesday of the month
Mondays 4PM PST | Wednesdays 1PM PST

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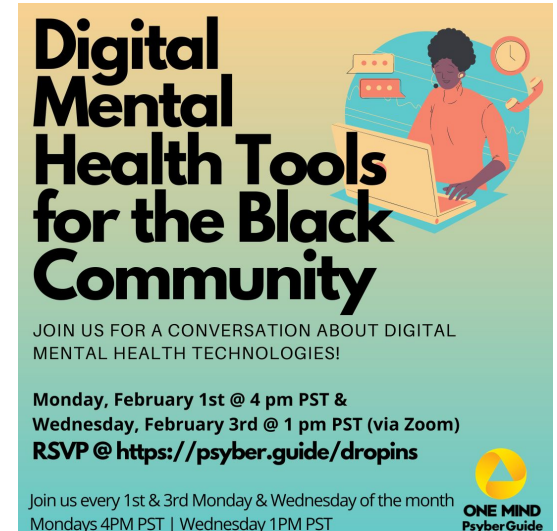
Digital Mental Health Tools for Women's Mental Health

JOIN US FOR A CONVERSATION ABOUT DIGITAL MENTAL HEALTH TECHNOLOGIES!

Monday, March 1st @ 4 pm PST & Wednesday, March 3rd @ 1 pm PST (via Zoom)
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Digital Mental Health Tools for the Black Community

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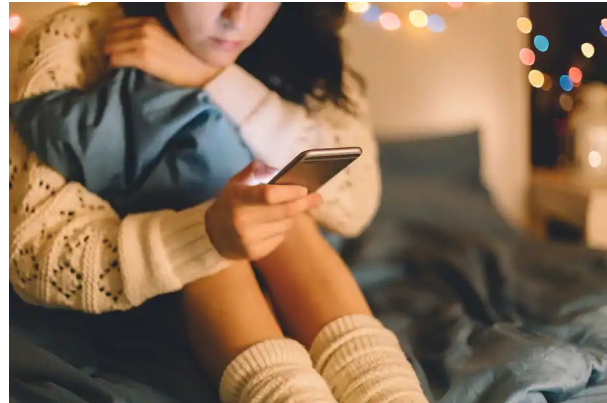
Disseminating information to the mental health community

- 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.

The Washington Post
Democracy Dies in Darkness

Wellness

How to navigate the ‘chaotic’ world of mental health apps



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:

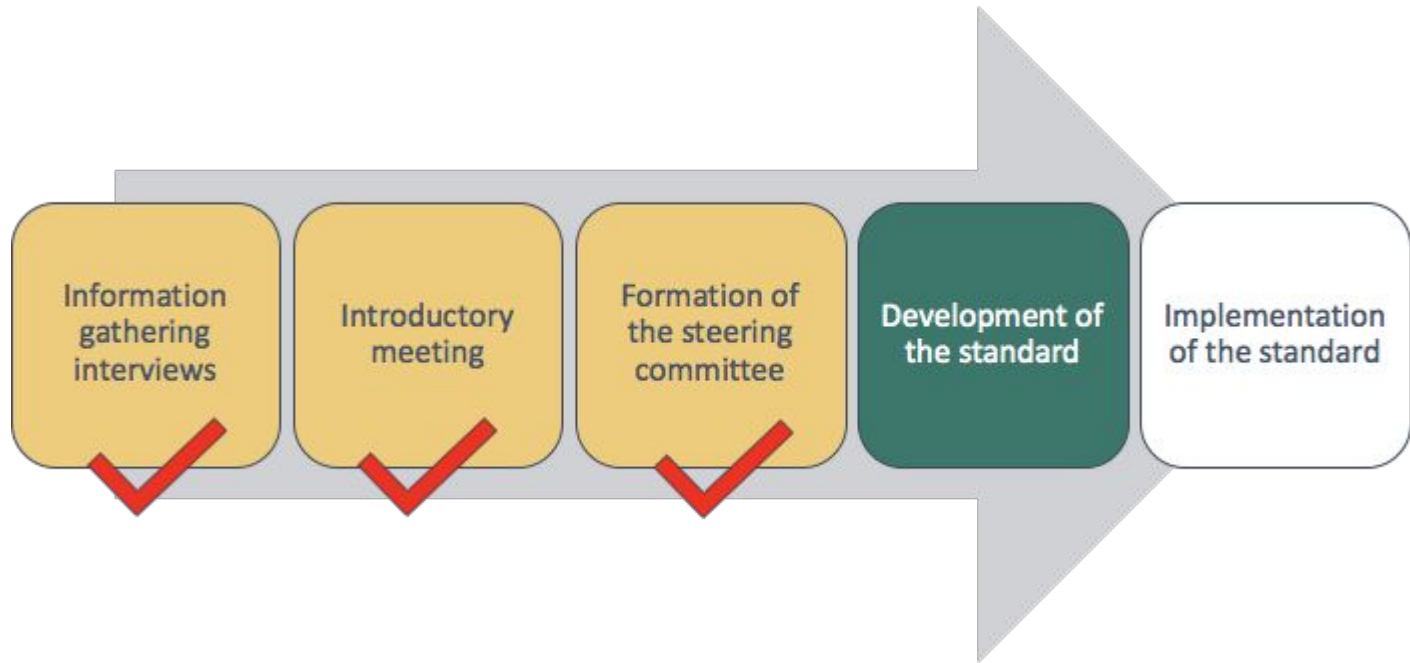
To facilitate app reimbursement

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





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.



- 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

- 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

