



CareSource *Behavioral
Health Initiatives*


CareSource[®]

myStrength

PERSONALIZED

myStrength is a personalized online member program offering a range of resources to improve mental health and overall well-being.

Each myStrength homepage is unique, based on the individual user's wellness assessment and personal profile.

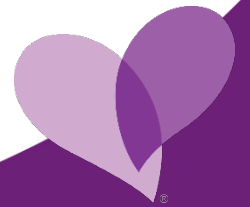
PROVEN

myStrength uses proven, evidence-based materials grounded in cognitive behavioral therapy, mindfulness, positive psychology and other empirically validated therapeutic approaches.

EASY TO ACCESS

Free online member program for members 13 years of age and older

Members can be referred to this program through our care management program.



myStrength – Offerings

TOPICS

Depression, anxiety, chronic pain and substance use disorder (SUD) recovery

SELF HELP TOOLS

Mood trackers, thoughts and feelings log, goal and habit setting tools

WELLNESS RESOURCES

Mindfulness and relaxation exercises, physical fitness, stress management and eating well

INSPIRATIONS

Quotes and articles



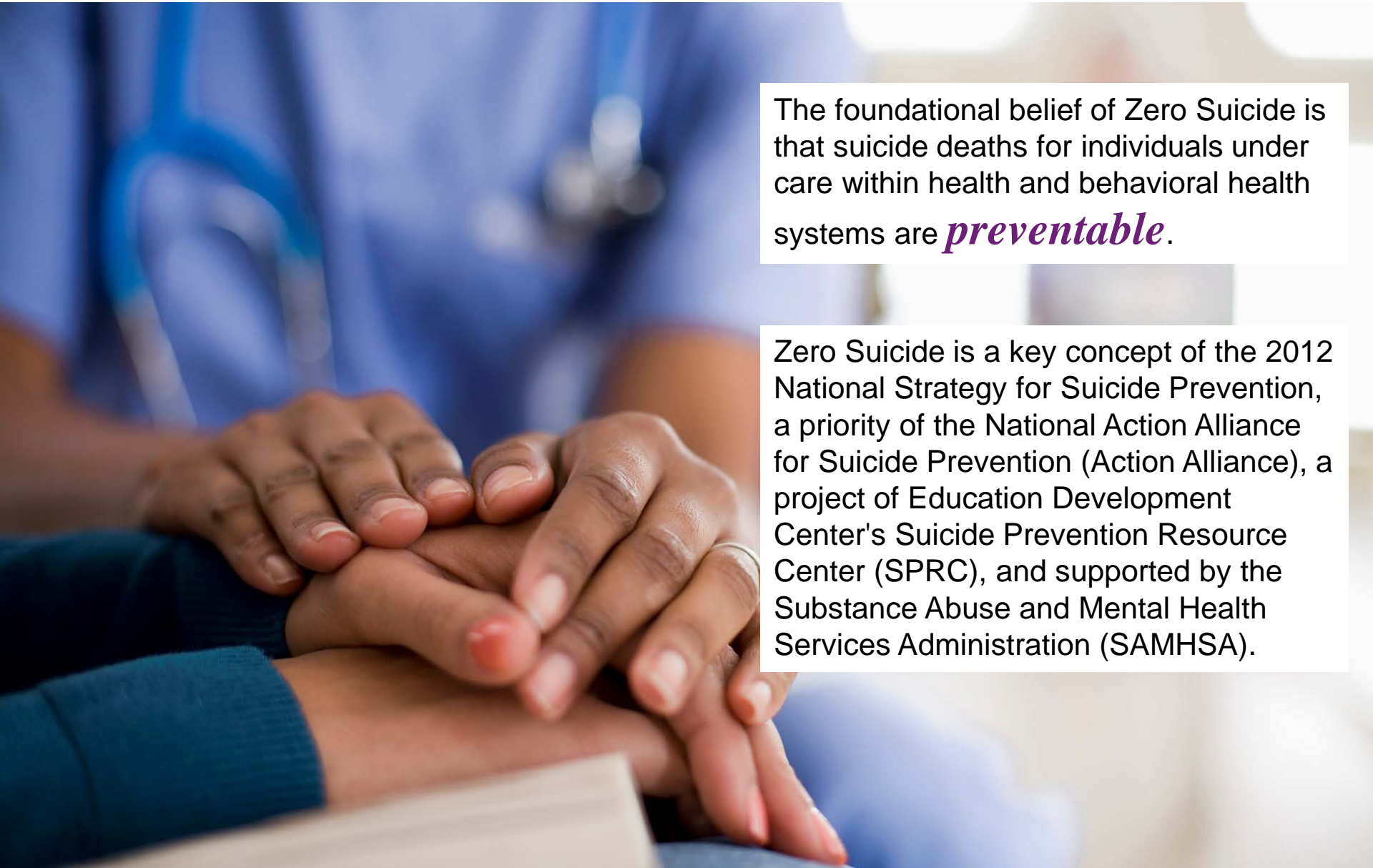
Zero Suicide

At CareSource, we
are committed to the
Zero Suicide
initiative.

- The Zero Suicide Initiative is a commitment to suicide prevention in health and behavioral health care systems.
- Zero Suicide champions pursue safer, more effective suicide care approaches in health care systems and know that reducing suicides for those at risk is achievable.



Zero Suicide



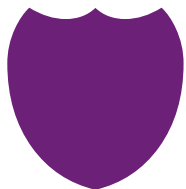
The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are *preventable*.

Zero Suicide is a key concept of the 2012 National Strategy for Suicide Prevention, a priority of the National Action Alliance for Suicide Prevention (Action Alliance), a project of Education Development Center's Suicide Prevention Resource Center (SPRC), and supported by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Zero Suicide

This approach represents a

COMMITMENT



To patient safety, the most fundamental responsibility of health care



To the safety and support of clinical staff, who do the demanding work of treating and support suicidal patients

The programmatic approach of Zero Suicide is based on the realization that suicidal individuals often fall through the cracks in a sometimes fragmented and distracted health care system. A systematic approach to quality improvement in these settings is both available and necessary.



The approach incorporates both best and promising practices in quality improvement and evidence-based care and has demonstrated stunning results. These elements include:

LEAD

Create a leadership-driven, safety-oriented culture committed to dramatically reducing suicide among people under care. Include suicide attempt and loss survivors in leadership and planning roles.

TRAIN

Develop a competent, confident and caring workforce

IDENTIFY

Systematically identify and assess suicide risk among people receiving care

ENGAGE

Ensure every person has a suicide care management plan, or pathway to care, that is both timely and adequate to meet his or her needs. Include collaborative safety planning and restriction of lethal means.

TREAT

Use effective, evidence-based treatments that directly target suicidality.

TRANSITION

Provide continuous contact and support, especially after acute care.

IMPROVE

Apply a data-driven quality improvement approach to inform system changes that



A photograph of two women embracing and laughing joyfully. The woman on the left has her hair in a high bun and is wearing a black top. The woman on the right has blonde hair and is wearing a white top. They are both smiling broadly, showing their teeth. The background is a soft, out-of-focus outdoor setting with warm, golden light.

Thank you!

The CareSource logo features a stylized purple heart icon composed of two overlapping shapes.

CareSource[™]