

Allegan County Community Mental Health Services

Program Committee MOTION REQUEST	Subject:	MyStrength
	Meeting Date:	June 15, 2021
	Requested By:	Geniene Gersh
<u>RECOMMENDED MOTION:</u> <u>The Program Committee recommends that the Board authorize the agency to purchase an annual subscription from MyStrength, Inc. at the cost of \$25,000.</u>		
<u>SUMMARY OF REQUEST/INFORMATION:</u> <ul style="list-style-type: none">• MyStrength (https://mystrength.com) is an interactive internet-based service that offers round-the-clock access to important emotional/behavioral supports.• When a user first sets up a myStrength account, an onboarding experience based in motivational interviewing helps the user think through what he or she would like to gain from myStrength. This first experience responds to the user's preferences, placing him/her in the driver's seat while also providing encouragement for future change.• Following this process, users identify areas of personal concern and are linked to content that is relevant to their goals. Cognitive-behavioral interventions guide users toward activation. These supports help individuals to manage conditions like depression, anxiety, substance use disorders and many other behavioral health conditions ... with a positive focus on developing skills.• ACCMHS clinicians can (and intend to) support and guide the content of MyStrength to help clients benefit from the self-efficacy potential of MyStrength. Clients can also give their ACCMHS clinicians a window into their progress through MyStrength.• Individuals in Allegan County who are not connected to ACCMHS but would like to enjoy the benefits of the wellness or self-guided portions of MyStrength can do so using an Allegan-specific code that we will promote and make available on our website.• MyStrength is endorsed by the National Council for Mental Wellbeing (formerly, the National Council for Behavioral Health) of which Michigan's Community Mental Health Association is a member.• We will attempt to play an 11-minute video overviewing the numerous features of MyStrength at the Program Committee meeting.• As it is ACCMHS' policy that purchases/expenditures not included in the original agency budget approval and which exceed \$20,000 are brought to the board for approval, we seek your approval.• Details of quote available upon request.		
BY: Dr. Geniene Gersh		DATE: June 15, 2021