



## **Behavioral & Mental Health Support**

There is a mental health crisis in our schools and universities. It impacts students, teachers, and administrators. Over 55% of teachers are exploring options to leave the profession.

15.7% of students have a suicide plan. 8.9% attempted suicide. 2.5% made a suicide attempt that required medical treatment.

Smarter Self™ provides the tools they require to become mentally and emotionally stronger and more resilient.

# SMARTER SELF

360 created Smarter Self™ to address the behavioral and mental health crisis documented by these shocking CDC statistics for students in grades 4 through Graduate School.

- 36.7% had persistent feelings of sadness or hopelessness.
- 18.8% seriously considered attempting suicide.**
- 15.7% made a suicide plan.**
- 15.1% had a major depressive episode.
- 8.9% ATTEMPTED SUICIDE**
- 4.1% had a substance use disorder.
- 3.2% had an illicit drug use disorder.
- 2.5% made a suicide attempt requiring medical treatment.**
- 1.6% had an alcohol use disorder.

Growing up in the age of social media, 24/7 news, overheated partisan politics, and Covid-19 uncertainty is more difficult than when we were younger.

Bullying has always been an issue, but it ended when we walked into our homes. Online bullying is everywhere. There is no escape. We were able to escape to our bedrooms. The current generation has no escape. They live in a very different society than we did.

There is a causal link between social media and the explosive expansion of anxiety, depression, substance abuse, and suicide among students. There are not enough professionals to meet the need for care.

Addressing the immediate and urgent need for crisis intervention for suicidal ideation and attempted suicides consumes educators and administrators. Crisis intervention is not crisis prevention.

What we have done in the past and continue to do is not working. Our youth lack the strength and resilience to deal with the complexities of life in an online society.

Smarter Self™ uses AI-technology to expose users to a wide range of clinically validated modalities. Navy SEALs learn Box Breathing, a mindfulness and meditation technique, to clear their mind in a crisis. Box Breathing is one of many clinically validated modalities available 24/7 for our users. Smarter Self™ support is in the hands of our users when they need it.

## Behavioral and Mental Health Support

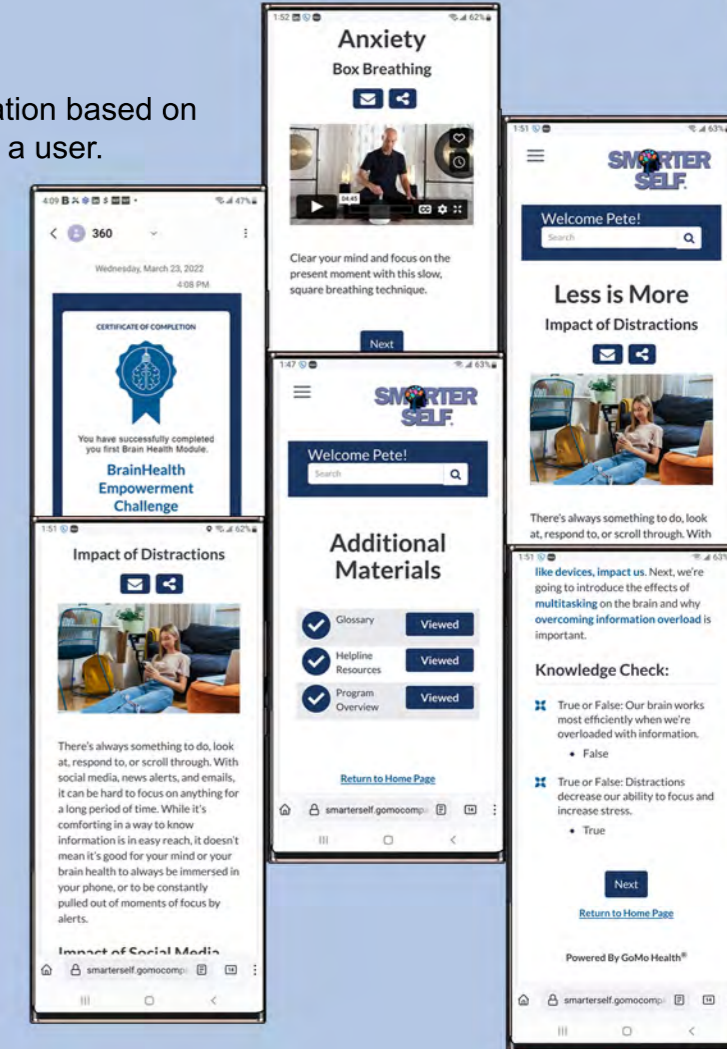
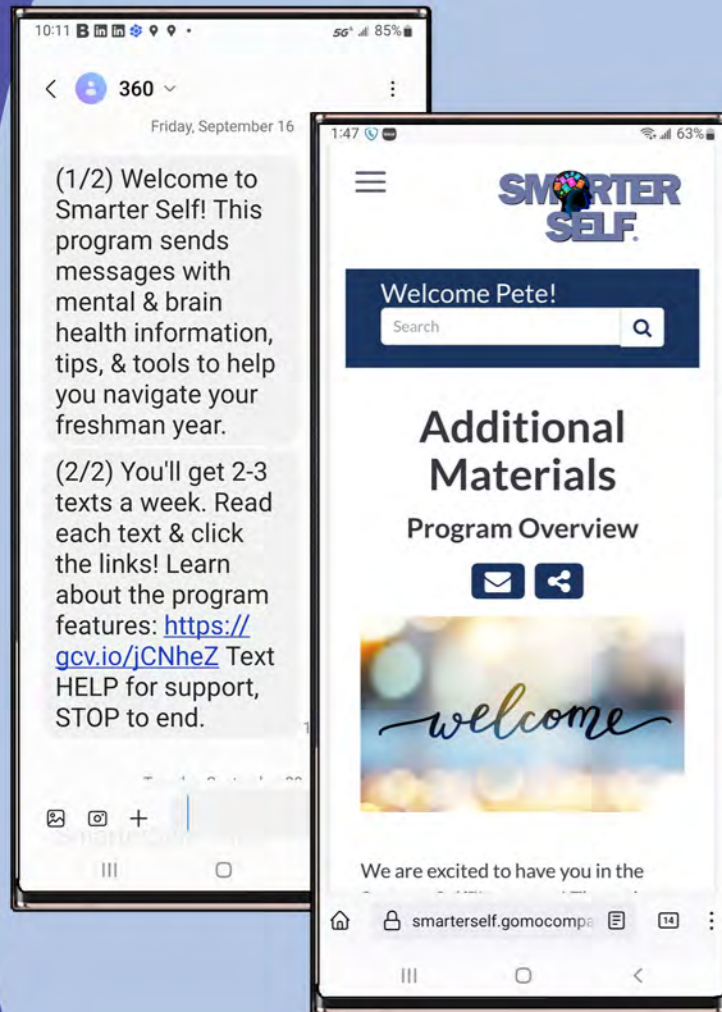
360 PLUS™ provides personalized support for our users delivering relevant information based on their personal preferences. AI and Machine Learning allow 360 to connect uniquely to a user.



- Anxiety
- Behavioral Health
- Brain Health
- Coping Skills
- Goal Setting and Support
- Life Skills
- Mind Gym
- Mindfulness
- Peer-to-Peer Moderated Chat
- Smoking & Vaping Cessation
- Sleep
- Stress Management

## Clinically Validated Technology

- **Influence Technology:** Activation through shared decision making.
- **Anchoring Technology:** Connecting a desired action to an everyday activity.
- **Wonder & Wander Technology:** Activation by increasing memory persistence and recall via mental and physical activities that stimulate necessary neuroreceptors.
- **Reduction Technology:** Activation through simplifying.
- **Tailoring Technology:** Activation through customization.
- **Nurturing Technology:** Guided persuasion.
- **Environment of Need Technology:** Intervening at the right time.
- **Conditioning Technology:** Reinforcing target behavior.



# SMARTER SELF<sup>®</sup>



## Learn More

For more information email us at [information@360SmarterCare.com](mailto:information@360SmarterCare.com), call (917) 983-0525, or visit [www.360SmarterCare.com](http://www.360SmarterCare.com)