Resiliency Technologies, Inc.

SHARPEN
POWERING HEALTHY MINDS

10 YEARS OF RESEARCH, COLLABORATION AND IMPLEMENTATION OF DIGITAL MENTAL HEALTH IN SCHOOLS

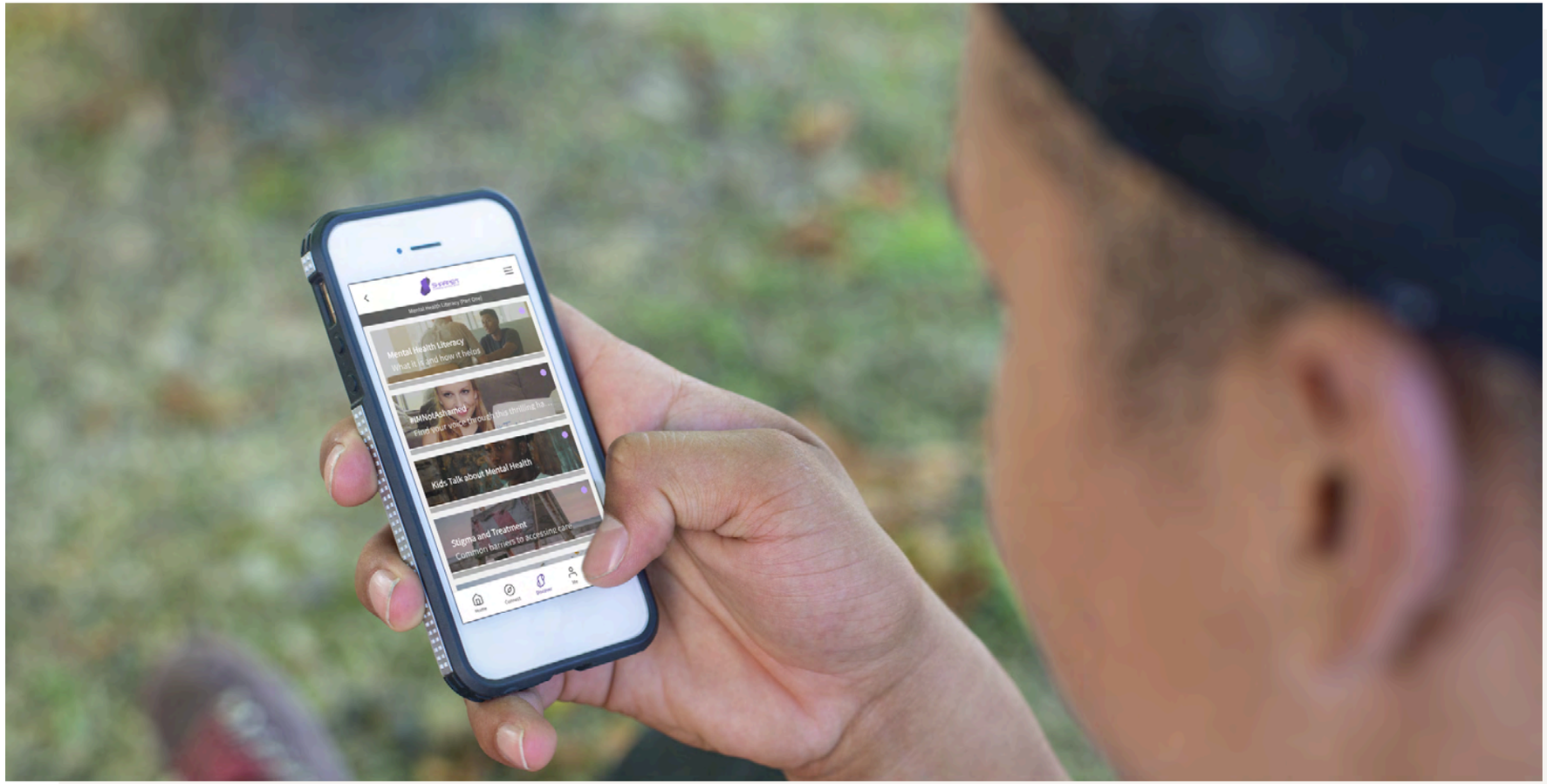


A presentation by:
Robyn Hussa Farrell and Tim Farrell

School Behavioral Health Conference
April 16, 2025, Myrtle Beach, SC

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

Goals



1. Expand knowledge of digital technology landscape in school mental health.
2. Identify the evidence-based strategies that have been implemented in NY, GA, SC.
3. Identify key tenants of peer-focused digital innovation, and how it bolsters school behavioral health.

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

THE SHARPEN® SYSTEM (2006-2007)

digitizing the social ecological model



(Reupert, 2017; Bhushan et al, 2020; Bronfenbrenner, 1994)

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.







EARLY IMPLEMENTATION

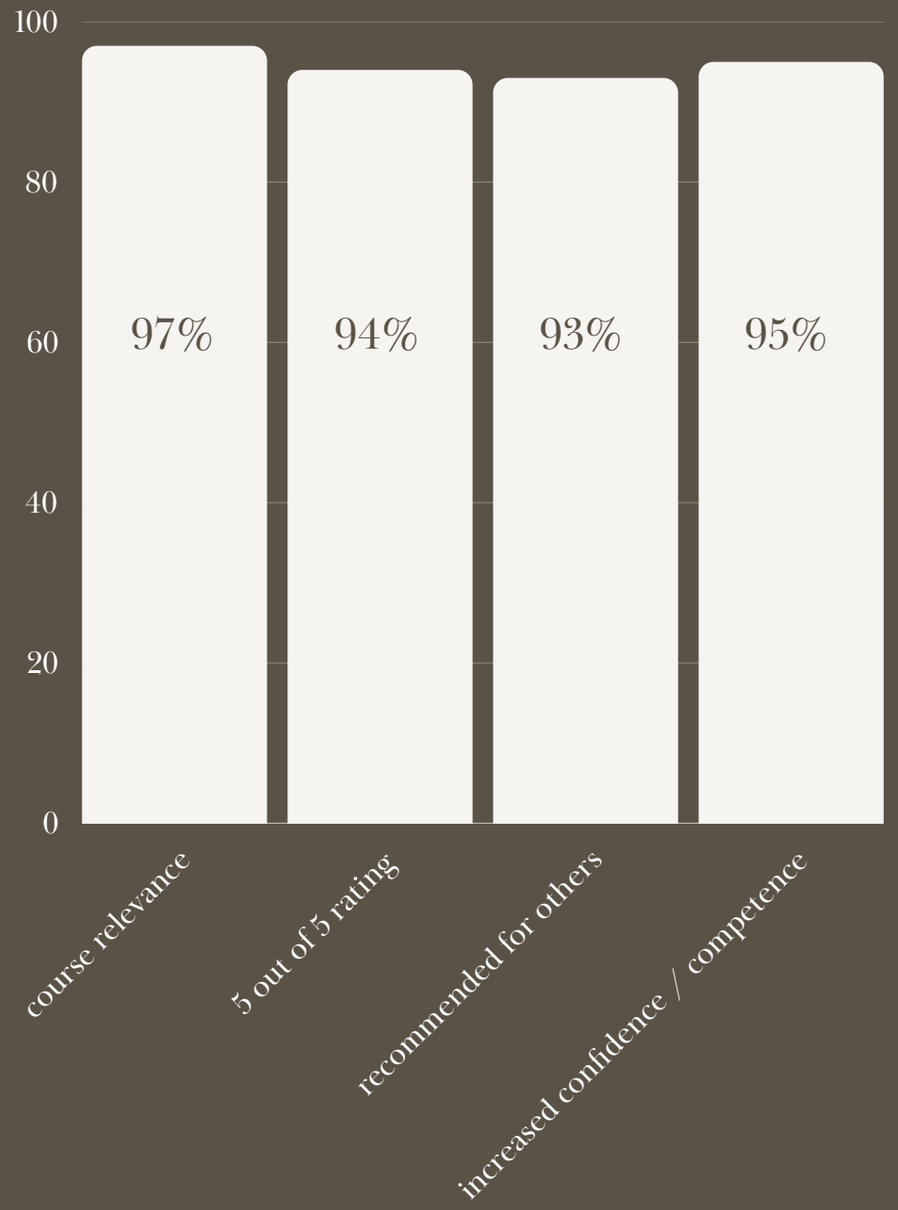
- Began as live powerpoint trainings, rock musicals, kid resiliency workshops, events and booklets
- Professional development trainings for school educators, staff and professionals across 14 states
- Learned through feedback surveys and developed films based on commonly asked questions to reduce stigma (Hinshaw, 2024; Martinez & Hinshaw, 2016)

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

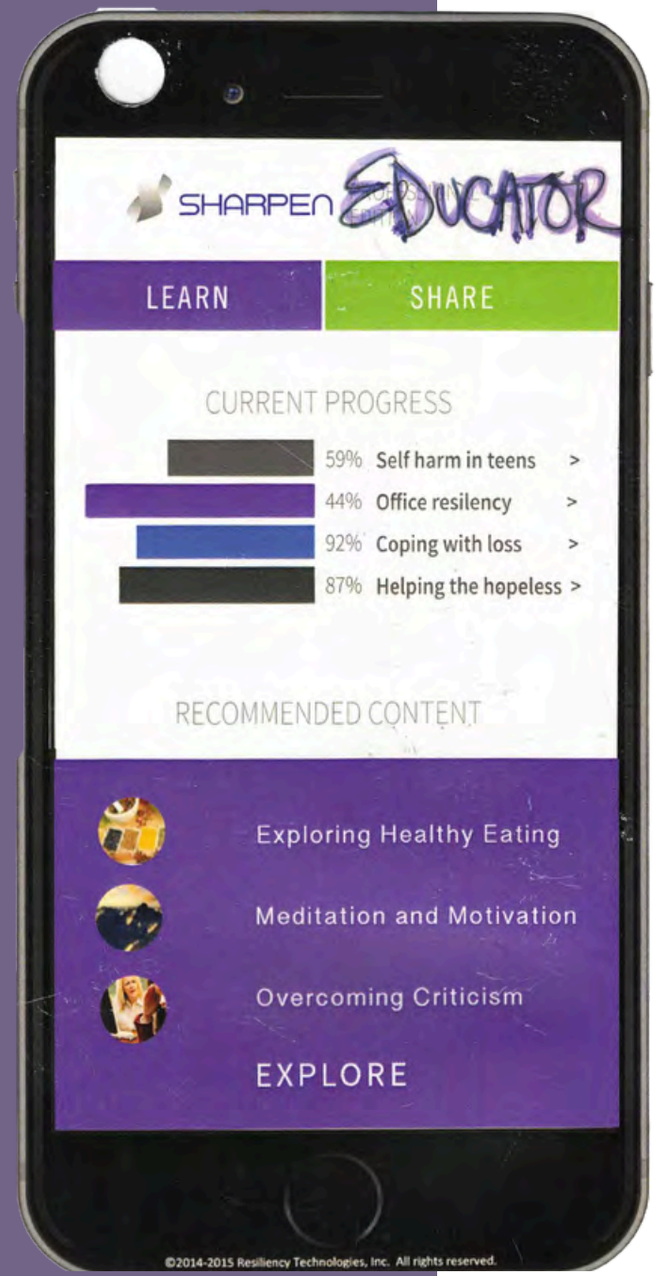
Preliminary Data (14 states)

- Between 2006-2012 over 5,000 educators, parents, kids and professionals were trained with Sharpen training programs in live settings.
- After each training, post-program surveys are distributed.
- Significant decrease in stigma and increased confidence and competence in managing serious mental illness in schools.

(Anderson et al, 2017)



PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.



2014 card stock prototype of Sharpen

2014-2019 The Sharpen® Prevention System evolves

- Taking all of our data, research and findings, we knew:
  - Not scalable to reach everyone in the social ecological model by doing live training
  - LMS = costly
  - To reach a systems level, we needed to digitize in order to scale
  - Created prototype for implementation via focus groups with young adults and parents
  - Went live 2014-2019
- Eventually built a platform to create affordable prevention “apps” to deploy age-appropriate modular training programs
  - Built apps for veterans, parents, youth, educators and professionals

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

Digitizing Ecological Model
Significant Investment in Peer Focused Mental Health Documentary Films

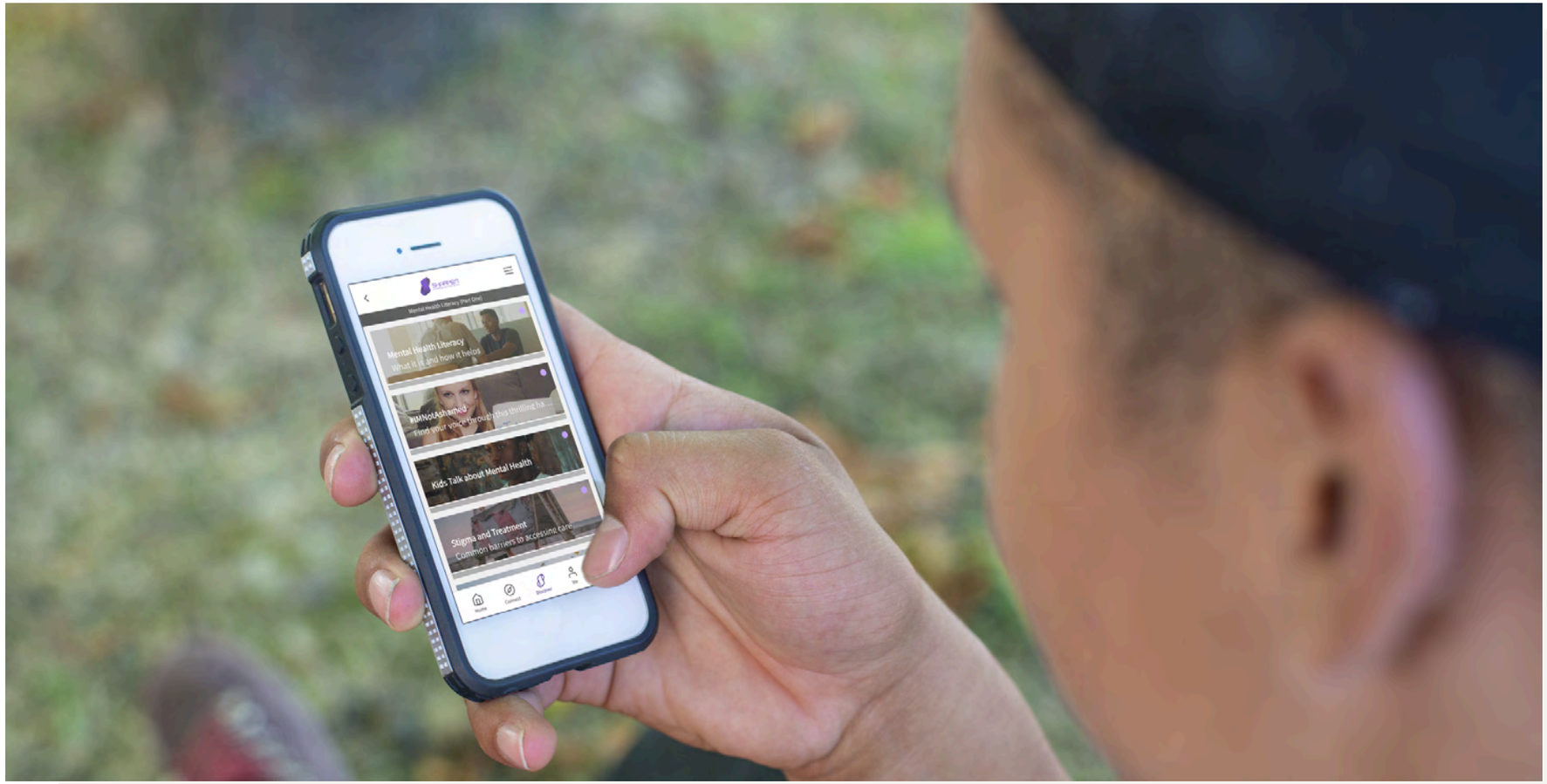
- Samples of Sharpen modular content topics that improve the shared protective factors for resilience including: trauma, suicide prevention, social emotional skills development and DSM mental health library

Parenting	Trauma	Founders	Financial Stability	Diet & Food	Shame & Stigma	SEL	Sexual Assault	Domestic Violence
• Foster Parent • Failure • High growth entrepreneurship • Founder stress	• TBI • PTSD • Transitioning • Moral Injury • ACEs	• Founder health & resilience • Work-life balance	• Budgeting 101 • Credit • Savings & Retirement • Financial stress	• How to eat • Healthy eating • Mindful eating • Obesity prevention	• Decreasing shame • Improving body image • Ending stigma • Mental health literacy	• Understanding feelings • Relationship health • Conflict resolution	• Understanding sexual assault • Title IX reporting • Stalking • Consent	• The facts about IPV • How to get help • Warning signs
Medical Student	**Substance Use**	**Anxiety Disorders**	**Eating & SUDs**	**Racial Equity**	**Mindfulness**	**Suicide Prevention**	**Depression / Mood Disorders**	**Dissociative Identity**
• Impostor syndrome • Med student stress and anxiety • Mindfulness and coping • Helping your patients thrive	• Understanding SUDs • Treatment options • Prevention • Building healthy coping skills	• What are anxiety disorders • Test anxiety • Mindfulness based Treatments	• What is anorexia • Bulimia • Risks for binge eating • Protective factors	• Evidence-based models • Purpose built • Police and Residents • Empowerment • Diversity & Inclusiveness	• Mindfulness 101 • Quick mindfulness activities • How to teach mindfulness to kids	• Understanding risk and protective factors • Prevention programs and trainings • Resilience • How to help	• Understanding depression • Risk factors / protective factors	• Early childhood trauma • Child sexual assault • Prevention

- Today we have a library of over 4,000 films and 700 modules

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

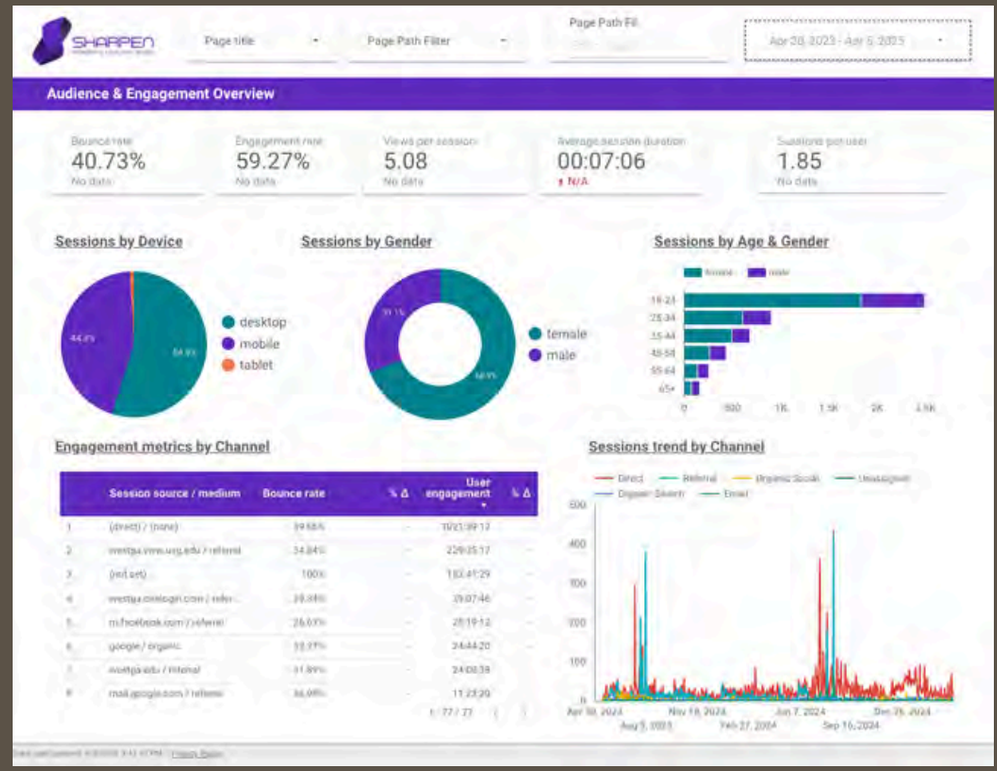
2019-present
The Sharpen® Prevention System



click here

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

2019-present
The Sharpen® Prevention System Data



- Deployed 40+ apps over the last 6 years
- Covered every audience in the ecological model, ages 10 and up
- Data showed what modules resonated most
- Deploying the entire “NY public library” of mental health was protective, but also overwhelming
- Took the most popular modules and further refined our implementation strategy:
  - created very specific courses
  - partnered to conduct research and to disseminate with fidelity

De-identified data provided on Sharpen dashboards containing seven pages of user engagement metrics.

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

THE SHARPEN® PREVENTION SYSTEM ENABLED:

- Increased collaboration (40+ agencies, research institutions and community partners)
- MTSS training, support and collaboration (SBHA partnership with Sharpen platform and AI assistant)
- Enhanced student learning and resiliency outcomes
- Programs disseminated to educators, parents, clinicians and eventually to children with fidelity to thousands of participants in South Carolina, Georgia and New York.

(Minkel et al, 2024; Fadel et al, 2024; Rios et al, 2025; Parker et al, 2020)

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

PARTNERSHIPS MAKE PREVENTION POSSIBLE:

San Diego State University Institute for Public Health

SBHA SC School Behavioral Health Academy

Prisma Health

MUSC Medical University of South Carolina

Stanford

TREC

VCOM Edward Via College of Osteopathic Medicine Virginia • Carolinas Auburn

VNS Health

New York State Office of Mental Health

healthMpowers Empowering students to make healthy choices.

SAMHSA Substance Abuse and Mental Health Services Administration

50th Anniversary Since 1972 aDaPP Archdiocese of New York Drug Abuse Prevention Program

United Way United Way of the Piedmont

Spartanburg School District Seven

Emory Rollins School of Public Health

UCSF

DSS South Carolina Department of Social Services dss.sc.gov

Mental Health Instruction

Spartanburg Regional Healthcare System

Georgia SNAP-Ed

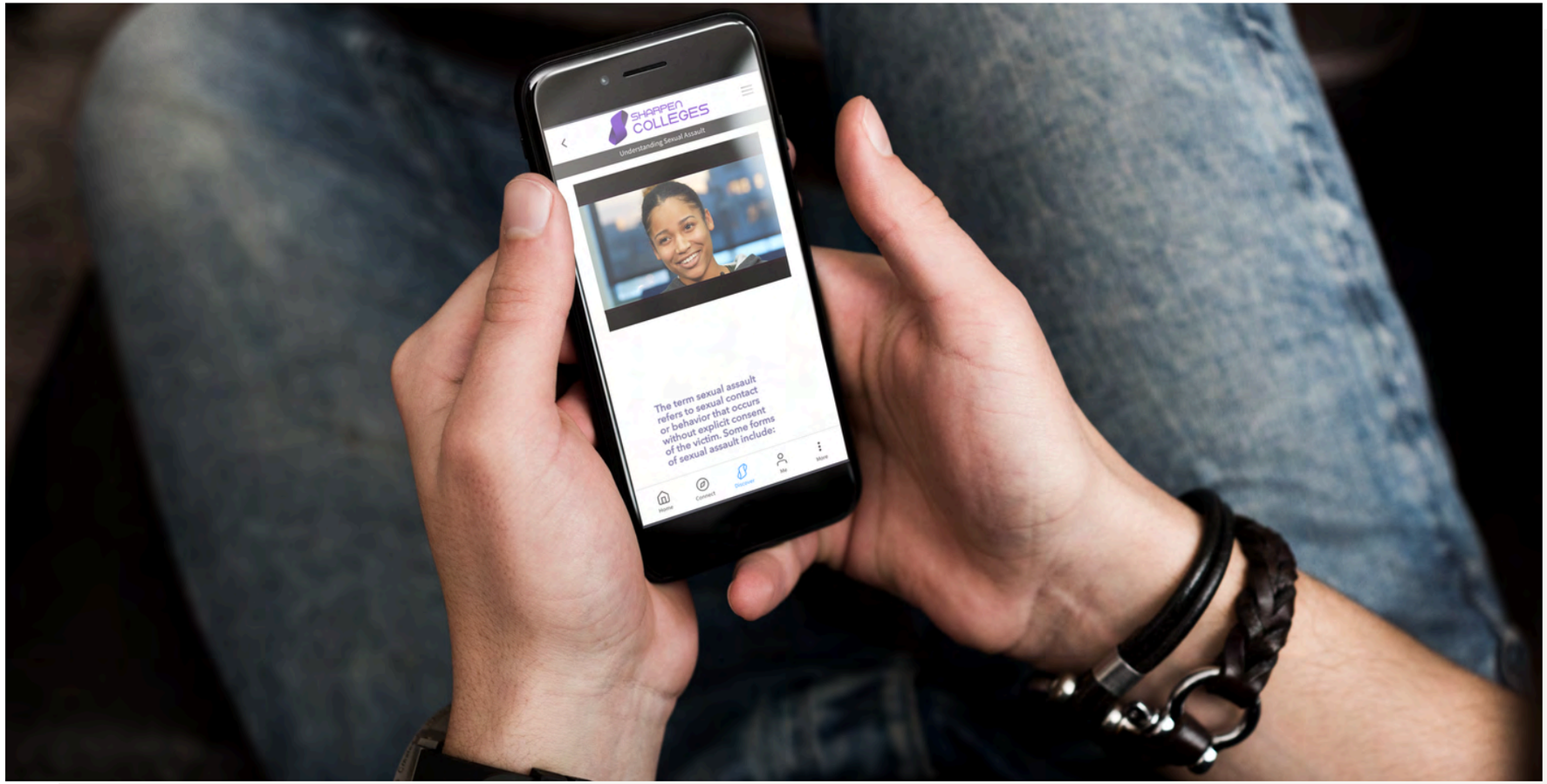
James Madison University 1908

ATT

Approved Continuing Education Provider NBCC

Forging Youth Resilience FYR

Sharpen® Commitment to Evidence-Based Tools that Engage Audiences



- There are over 20,000 mental health apps on the market. Only 3-5% are evidence-based (Wasil et al, 2020).
- Engagement with mental health apps are extremely low (Schueller, 2021)
- Sharpen has successfully disseminated utilizing community-based participatory research, constant modification based on feedback and intense collaboration.

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

Sharpen Mental Health Literacy (SMHL)



- Rigorous validation through multiple studies encompassing:
  - medical students (Berreta et al, 2023)
  - foster parents (Biber, 2023)
  - college students (Levy, 2025; Biber & Rothman, 2024)
  - athletes (Biber et al, 2023)
  - children and adolescents (Hussa-Farrell & Cosgrove, 2025; Minkel et al, 2024).
- Associated with accreditation & regulatory bodies:
  - University of Washington's SMART Center validation for high school, Tier 1
  - Integration with SBHA / MTSS
  - SC Department of Social Services certification for parent education
  - Integration into medical education curricula;
  - Peer resiliency and mentoring training for adolescents at youth serving organizations including VNS Health, HealthMPowers, FYR, etc.

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

SMHL College
Implementation Case Study

- Focus group discussions with students resulted in array of topics that included stigma reduction, injury, loneliness and financial literacy.
- Six months conducting video sessions to update modules created and led by youth, athletes, counselors and admin.
- Deployed on app and through LMS
- 17 week college course evaluated over 3 semesters found:
  - **Students recommend SMHL / believe all college students should attend**
  - **Facilitates students to help themselves and others**
  - **Students were more likely to seek professional help due to the Sharpen program (Levy et al, 2025)**



PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

Sharpen Parent Resilience Implementation Case Study

- Adapted SMHL to incorporate parent self-care and resiliency training.
- 5 hour course features parents and clinicians discussing self-care with strategies for improving youth mental health.
- Deployed through SC Department of Social Services as part of foster parent continuing education.
- 98% of parent participants shared in post program evaluations that they highly recommend the course for others
- Reported increased engagement with treatment along with improved understanding and passion for supporting someone who is struggling.

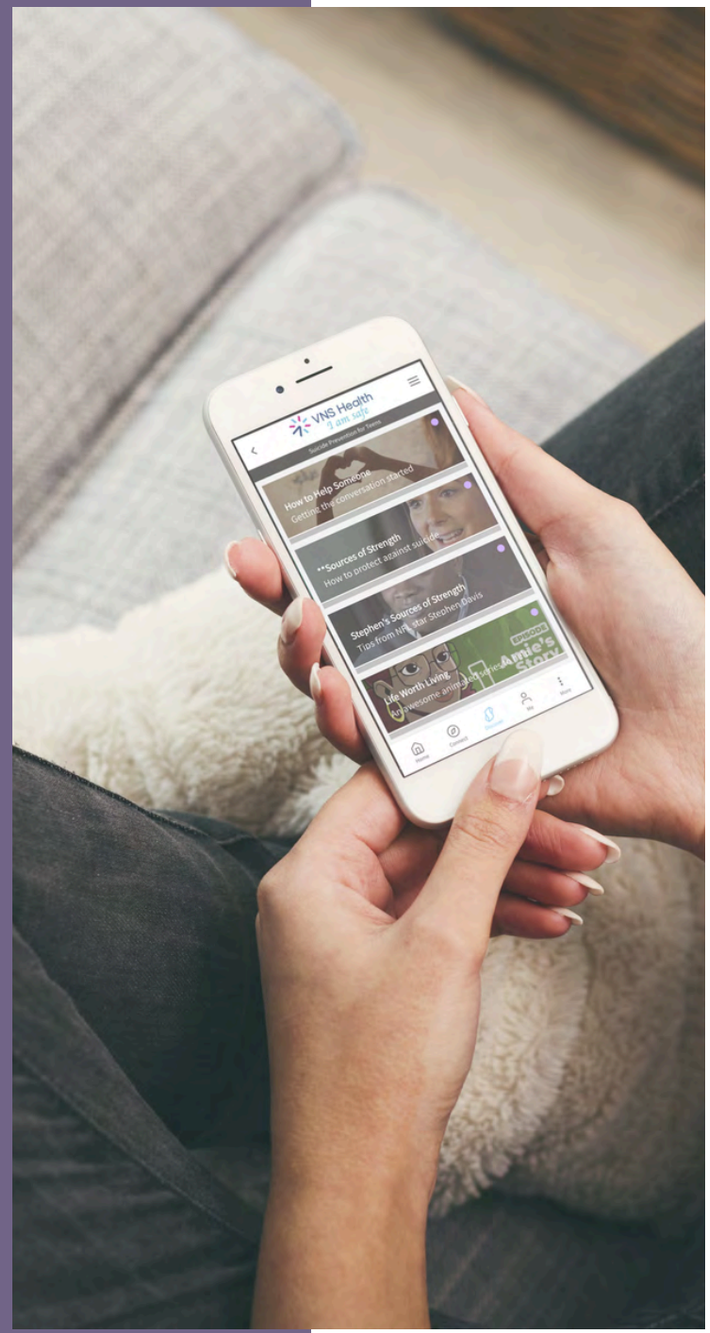
(Biber, 2023)



PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

IMPLEMENTATION:

- Incentives included
- Host live workshops for CEs
- Created task force
- Spanish language workshops held with native speakers
- Downloadable pdf tools, activity sheets and apps
- Implement toolkits through QR code and digital links
- Digital safety plan



SHARPEN® SUICIDE PREVENTION

- Funded through NY Office of Mental Health, the Sharpen system is being implemented as part of a 5 year suicide prevention program in NYC that includes:
  - Professional training app for health workers with 7 courses on suicide prevention / postvention
  - Parent mental health literacy toolkit
  - Age-appropriate resiliency program for youths 12 and up
  - Digital suicide safety plan
- Sharpen suicide prevention courses show effective in enhancing knowledge and attitudes related to helping patients experiencing suicidal risk factors.

(Rios et al, 2025)

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

IMPLEMENTATION:

- Peer focused films
- National research partnerships
- Incentives included continuing ed or course credit
- Provided ongoing access to toolkits for emotional resilience
- Downloadable screening and pdf tools



SHARPEN®
PHYSICIAN TRAINING

- Sharpen established a collaboration with Edward Via College of Osteopathic Medicine (VCOM) and Dr. Gainey at Spartanburg Regional Healthcare System (SRHS) to collaborate on evaluating Sharpen's eating disorder (ED) program for medical students and residents.
  - Significant increase in confidence working with ED patients
  - Significant decrease in stigma/prejudice towards patients in higher weight categories (AFA scale)
  - Qualitative results from feedback surveys showed major takeaway was information on how to identify and treat ED
- Following asynchronous trainings, medical students and residents served as community health trainers, leading evidence-based prevention workshops for community members.

(Fadel, Gainey et al, 2025)

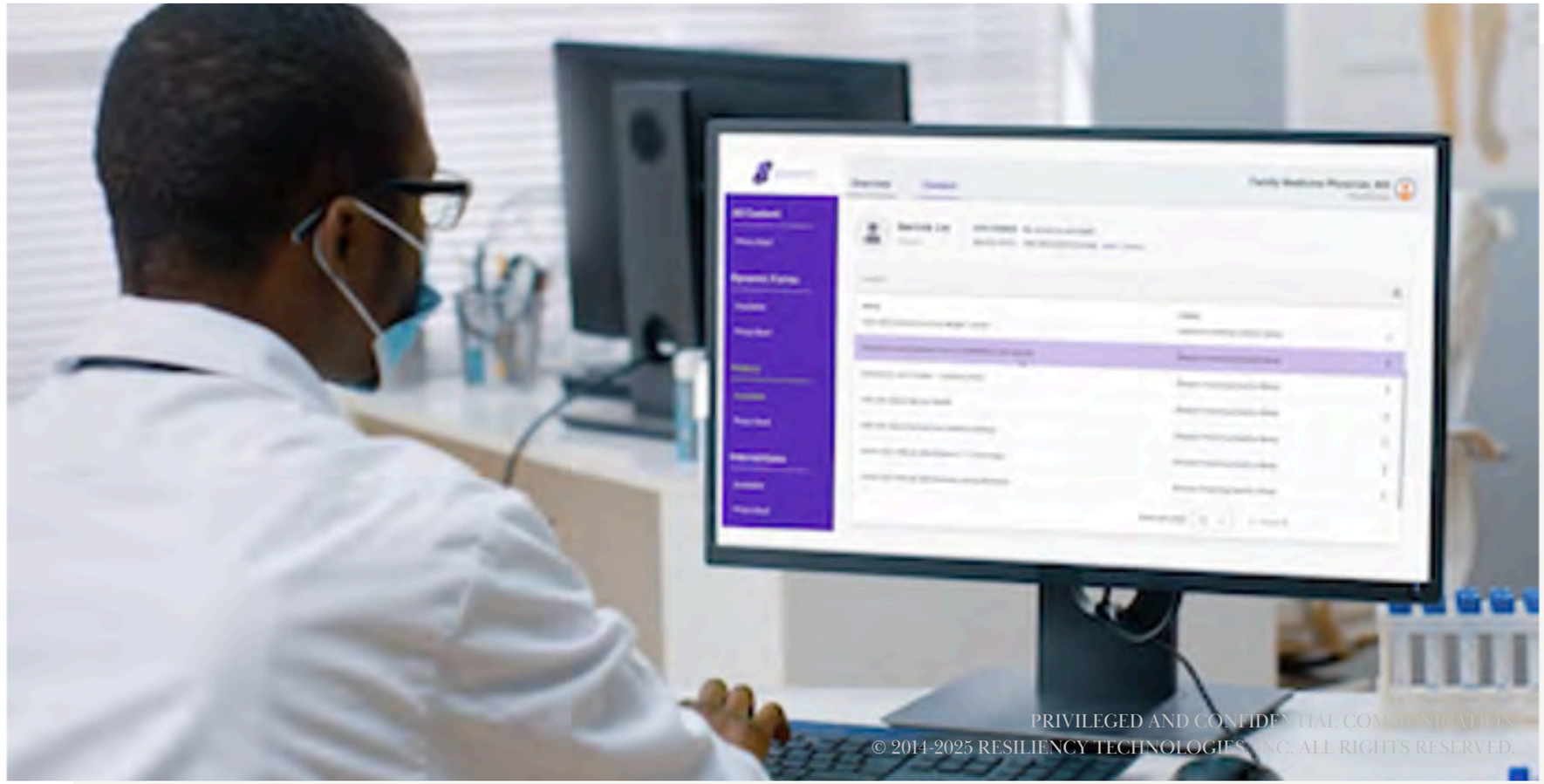
PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

A Need For Digitized, Integrated Care



- Over the years, we have designed and implemented thousands of programs, interventions and courses with youth in pre-K and up
- We revisited the priority of digitizing solutions following the social ecological model and ultimately honed in on the provider – to meet them where they are in supporting children
  - Pediatricians have less than 8 minutes per patient and limited training in mental health
  - Adolescents are on a **6-12-month wait list** for psychiatric care (Washington Post)

Sharpen® DTX



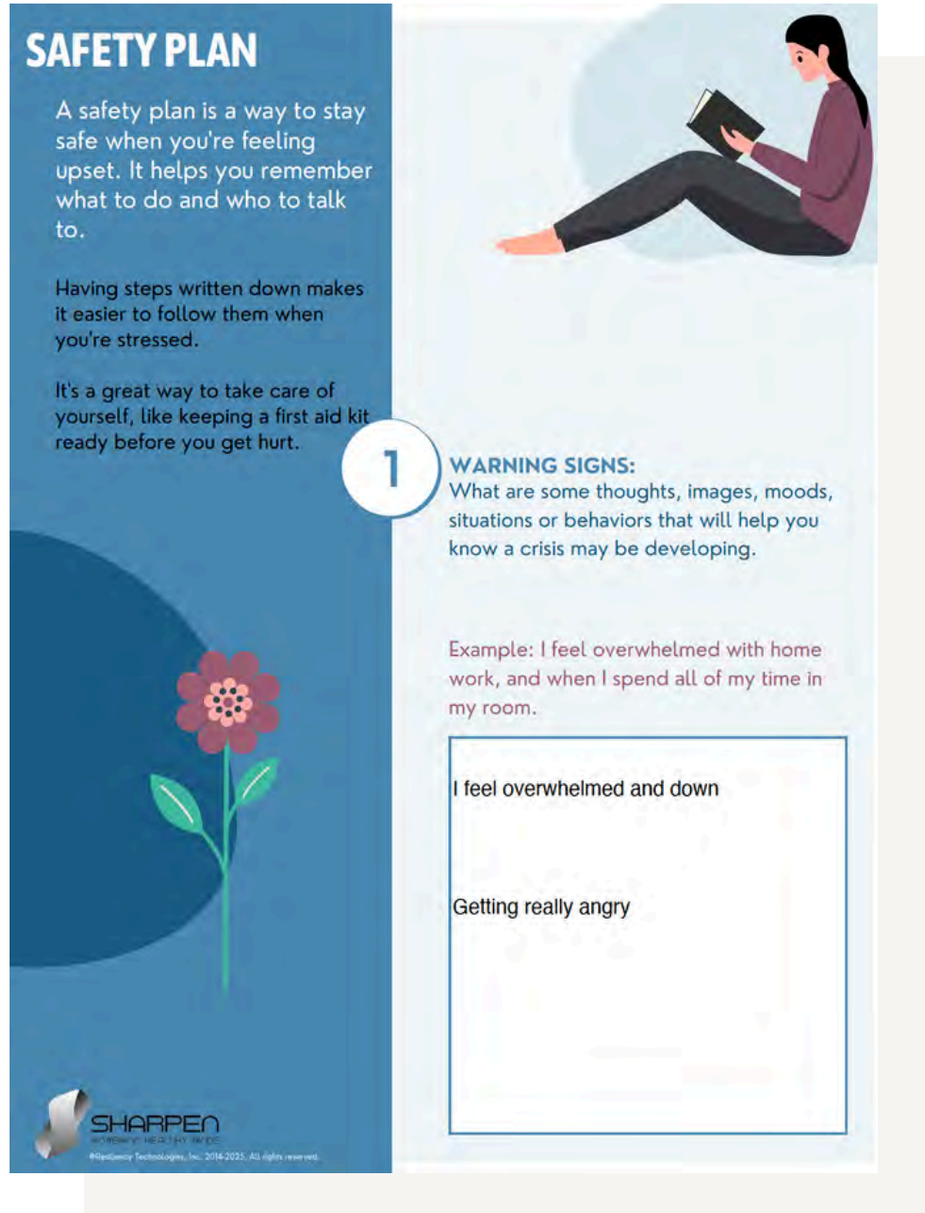
- Designed for clinicians
- Integrated through electronic health records or through clinician portal
- Includes age-appropriate interventions for youths ages 10 and up.
- Suicide safety plan included
- Screening optional

click here

Sharpen® Digital Safety Plan

- Available in two versions:
  - Clinician led
  - Client self-report
- Immediately after submitting, a series of strength-based, distress tolerance interventions are deployed for three consecutive days directly to client email or phone / SMS
  - Includes age-appropriate interventions for youths ages 10 and up.
  - Downloadable pdf of completed suicide safety plan included

Click here



PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

MENTION SBHA AND RECEIVE ONE FREE CONSULTATION HOUR TO STRATEGIZE YOUR DISTRICT'S NEEDS.



Contact:
Robyn Hussa Farrell
President & CEO
Resiliency Technologies

rfarrell@sharpenminds.com

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

References

Anderson, C. N., Holody, K. J., Flynn, M. A., & Hussa-Farrell, R. (2017). An exploratory evaluation of the feasibility, acceptability, and efficacy of the mental fitness disordered eating program in schools. Eating Disorders, 25(3), 230-245.

Berreta, K., Nguyen, C., Stoner, A. M., Ridgeway, L., Wilson, A., Fadel, N., & Biber, D. (2023). A RE-AIM Analysis of a Mental Health App for Undergraduate and Medical Students during the COVID-19 Pandemic: A Retrospective Cross-Sectional Study. International Journal of Environmental Research and Public Health, 20(13), 6266. https://doi.org/10.3390/ijerph20136266

Bhushan D, Kotz K, McCall J, Wirtz S, Gilgoff R, Dube SR, Powers C, Olson-Morgan J, Galeste M, Patterson K, Harris L, Mills A, Bethell C, Burke Harris N, Office of the California Surgeon General. Roadmap for Resilience: The California Surgeon General's Report on Adverse Childhood Experiences, Toxic Stress, and Health. Office of the California Surgeon General, 2020. DOI: 10.48019/PEAM8812.

Biber, D. The Impact of an mHealth Mental Health Literacy Training for Foster Parents Prepared for Trends in Psychology. Trends in Psychol. (2023). https://doi.org/10.1007/s43076-023-00348-x

Biber, D. and Rothman, R. (2024), "Mental health literacy training for college female peer mentors: a pilot study", Higher Education, Skills and Work-Based Learning, Vol. 14 No. 1, pp. 181-191. https://doi.org/10.1108/HESWBL-06-2023-0148

Biber, D. D., Davis, A., & Stewart, B. (2023). Heads Up! Using a Mobile Platform for Division II Student-Athlete Mental Health Screening. Journal of Sport Psychology in Action, 15(4), 263–273. Samples of Sharpen modular content topics that improve the shared protective factors for resilience including: trauma, suicide prevention, social emotional skills development and DSM mental health library

Bronfenbrenner, U. (1994). Ecological models of human development. In International Encyclopedia of Education, Vol. 3, 2nd. Ed. Oxford: Elsevier. Reprinted in: Gauvain, M. & Cole, M. (Eds.), Readings on the development of children, 2nd Ed. (1993, pp. 37-43). NY: Freeman.

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

PRIVILEGED AND CONFIDENTIAL COMMUNICATION
© 2014-2025 RESILIENCY TECHNOLOGIES, INC. ALL RIGHTS RESERVED.

References

Fadel, N., Gainey, M., et al. (2025). Evaluation of an eating disorder training program for medical students and residents aimed at increasing competency and decreasing weight stigma. Submitted to BMC Medical Education (March, 2025). Currently under review.

Hinshaw, S., Porter, P., & Ahmad, S. (2024). Developmental psychopathology turns 50: Applying core principles to longitudinal investigation of ADHD in girls and efforts to reduce stigma and discrimination. Development and psychopathology, 1–15. Advance online publication. https://doi.org/10.1017/S0954579424000981

Hussa Farrell, R., Cosgrove, V. et al. (2025). Sharpen DTX to Improve Resilience and Mental Health in Adolescents. Submitted to NIH and to various agencies for research funding. Anticipated award, fall 2025.

Levy, J. (2025). A Program Evaluation of the Sharpen® Mental Health Literacy (SMHL) College Course at a Southeastern University in the United States. Cap stone project for MPH candidate, Jennifer Levy. School of Public Health, San Diego State University.

Martinez, A. G., & Hinshaw, S. P. (2016). Mental health stigma: Theory, developmental issues, and research priorities. In D. Cicchetti (Ed.), Developmental psychopathology: Risk, resilience, and intervention (3rd ed., pp. 997–1039). John Wiley & Sons, Inc.

Minkel, J., Farrell, R. H., & Pish, M. Sharpen® Platform Engagement & Activation. SharpenMinds.com https://www.sharpenminds.com/post/sharpen-platform-engagement-activation (2024).

Parker, J., Olson, S. & Bunde, J. The Impact of Trauma-Based Training on Educators. Journ Child Adol Trauma 13, 217–227 (2020). Parker, J., Olson, S. & Bunde, J. The Impact of Trauma-Based Training on Educators. Journ Child Adol Trauma 13, 217–227 (2020). Sharpen Founder, Robyn Hussa Farrell, led the 5 Minute Mindfulness program as a Tier 1 intervention used for Day 3 of the Compassionate Schools / Resilient Schools trainings conducted in this study.

Reupert A. A socio-ecological framework for mental health and well-being. Adv Ment Health. 2017;15(2):105–7.

Rios, I., Biber, D., Hussa-Farrell, R. (2025). An evaluation of the VNS Health Safe Pathways suicide prevention program is currently underway. The program begin in 2022 and will continue through 2027. Evaluation will include qualitative and quantitative methods.

Schueller, S. (2021). What content is found in the mental health apps that people are actually using? Accessed 4.7.25 via: https://www.nationalelfservice.net/treatment/digital-health/mental-health-apps-user-adjusted-analyses/

Wasil, A. R., Gillepsie, S., Patel, R., Petre, A., Venturo-Conerly, K. E., Shingleton, R. M., Weisz, J. R., & DeRubeis, R. K. (2020). Reassessing evidence-based content in popular smartphone apps for depression and anxiety: Developing and applying user-adjusted analyses. Journal of Consulting and Clinical Psychology.