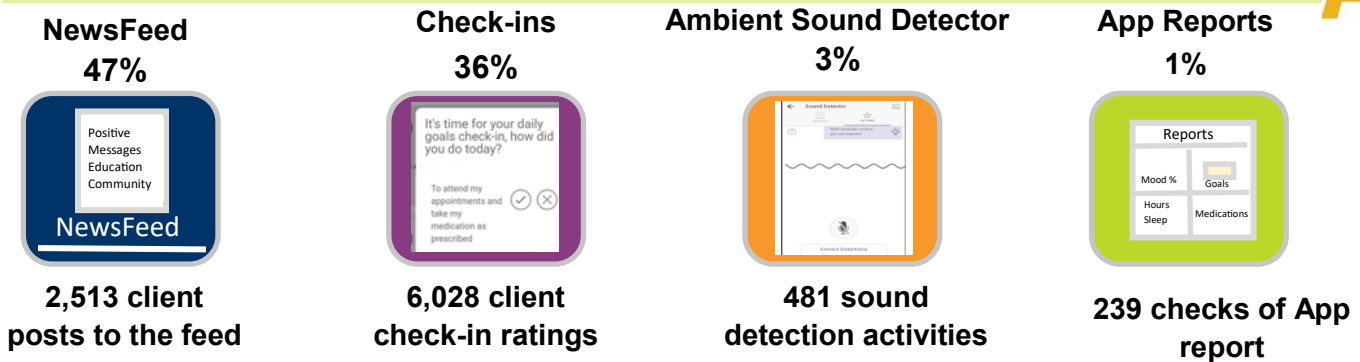


Riverside County Riverside University Health Systems-Behavioral Health (RUHS-BH)

RUHS-BH is piloting the App for Independence (A4i) a digital technology for individuals with schizophrenia spectrum diagnoses. The A4i App features include: client notes to their mental health provider, a Newsfeed that supports connection to a community of people with similar challenges, Check-Ins to track mood, sleep, and goals. Medication reminders, and an Ambient Sound Detector to assist those experiencing auditory hallucinations with differentiating environmental sounds from hallucinations. A4i features also include a clinical dashboard for providers to view client Notes sent, and client responses to A4i mood, sleep, goals and medication Check-Ins. RUHS-BH recruited 32 County clinic clients as A4i pilot participants. Preliminary data for a six month period (November 2021-May 2022) was analyzed and summarized. Including passive data collected through the A4i app and interviews with clients on their use of A4i.

Most Frequently Used A4i Features Percentage of Activity on App



Preliminary Key Lessons Learned

- ✓ Mental Health Provider staff buy-in is important to reap the full benefits A4i has to offer.
- ✓ On-going implementation support is crucial to using A4i in a large County mental health clinic. *Example: both staff and clients needed tech support to answer questions on A4i functions and the use of the clinical dashboard.*
- ✓ Utilizing Peer Support staff has been vital to implementation success.
- ✓ Having a feedback loop with the A4i App developer to improve the app and make upgrades and adaptations has added value to the A4i user experience. *For example, the timing of when check-ins and medication reminders appeared in A4i was adapted by the app developers following real time feedback from participants using A4i. This exchange of information was facilitated by the Peer Support staff providing the tech support.*
- ✓ Mental Health provider engagement with the A4i app appears to impact client utilization of A4i. *For example, client interviews revealed the participants reporting high A4i use also reported the most communication and engagement with their mental health provider and had discussed the app.*

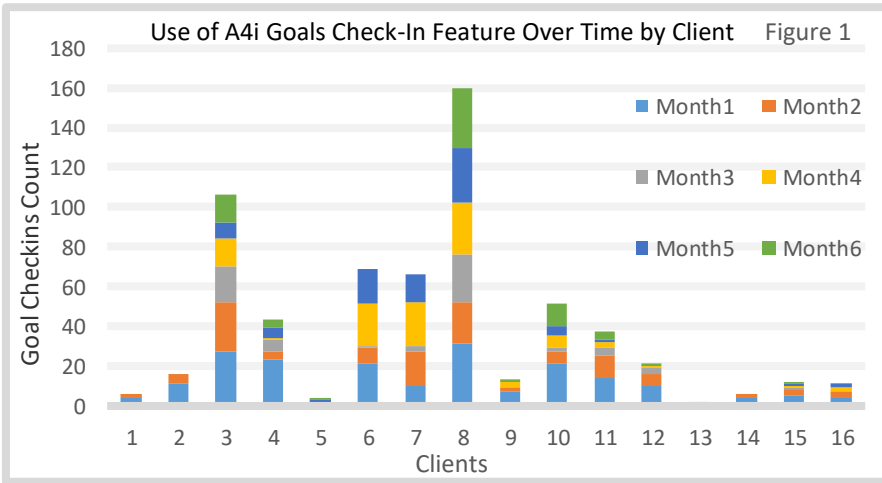
Data Highlight:

Clients utilized the A4i newsfeed regularly. All 32 pilot participants used the Newsfeed at least once. Many used the Newsfeed more frequently with 75% accessing the newsfeed more than 20 times. Participants posted to the Newsfeed 2,513 times and scrolled through the Newsfeed 3,734 times. The Newsfeed included tailored self-help information based on an intake questionnaire clients completed when enrolled onto the A4i App. A4i has specific content for people with schizophrenia spectrum diagnoses, this content was supplemented with regular posts to the Newsfeed from Peer Support staff and client posts. Interviews with clients using A4i found A4i users really liked the Newsfeed feature.

User Newsfeed Comment -
"It reminds me of a mental health Facebook, kind of. It's cool because everybody who's on this app has some mental health challenges, and we're here to see that people are doing good. It makes me feel better about myself knowing that if they can get through it, I can too."
"This particular part of the app has a lot of to build a little community, you know, of support among each other."

A4i™ App 4 Independence

Nearly all of pilot participants (n=28, 88%) used the Goals Check-In feature of A4i. Figure 1 includes data for half (n=16) the A4i pilot participants that had sufficient time in the pilot to examine use of the Goals Check-in feature over time. There was considerably variation among participants. At least 25% of the participants used the feature more frequently and more consistently across pilot months, and 56% of participants used the Goals Check-In feature in their six-month.



Total Count	Clients
Goal Check-Ins	
Less than 20	8
20-49	2
49-99	4
More than 100	2

Client Insights on A4i Goals Check-In Feature:

Clients interview comments on the Goal Check-in feature were mixed, some expressed they really liked it and used it, while others found they did not have as much time to interact with the feature because of school or work and/or struggled with the frequency of keeping up with completing the goals. Early results pointed to a need to have more interaction from care team staff on using the goals feature.

Client Comment on Goals Check-in Feature-

"I use the goals reminder more than anything, I really wish them a bit more intrusive even annoying to remind me to do things."

"So changing my goals a lot is not something I do at all."

"So at first it was it was annoying, but I grew to understand, I grew to like it because it's, it's the structure for me in this and I liked the persistency of the app, like as much as I hated it."

Recruitment of A4i pilot participants is continuing. The goal is to reach 30 participants per age group. Demographics on the 32 participants currently enrolled is summarized below.

19% of Pilot Participants reported identifying with the LGBTQ Community.

Gender	Percentage
Female	44%
Male	44%
Non-Binary	12%

Preferred Language reported was English for all 32 pilot participants

