JUNE 14, 2021

MYOUTCOMES®

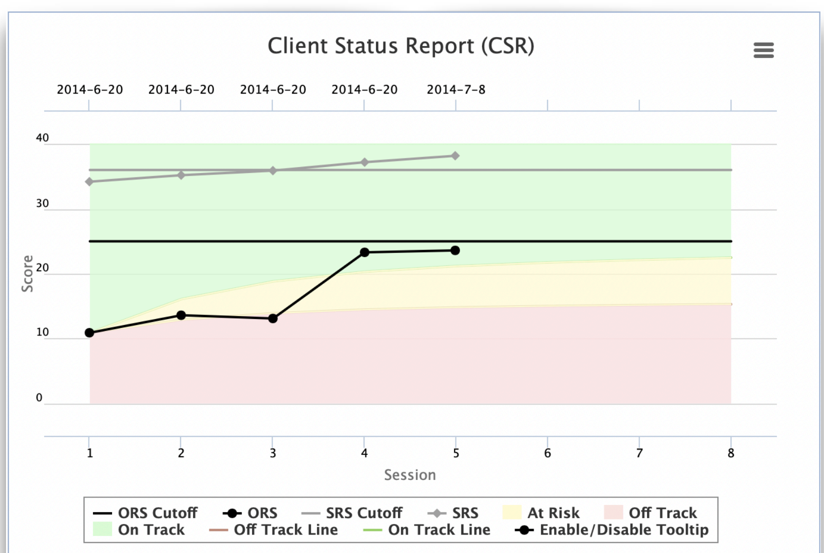
GROUP THERAPY SOLUTION

MyOutcomes®

INCREASE THE EFFECTIVENESS AND EFFICIENCY OF GROUP THERAPY

Today, worldwide mental health issues are outpacing the resources available. This trend is likely to continue in the coming decades. Those funds dedicated to mental health will need to be spread thinner than they already are. There is only one practical solution for those working in the trenches confronting the challenges that poor mental health brings. Those limited funds need to be utilized as efficiently and effectively as possible.

One way to increase the effectiveness and efficiency of mental health resources is through the integration of routine outcome monitoring into the clinical setting. Adopting a feedback-informed treatment approach enables MyOutcomes to assist the clinician and the client to mutually identify the clinical goals and see when goals have been reached.



The Outcome Rating System used by MyOutcomes also helps the clinician identify clients, who may superficially appear to be benefiting from treatment, but are, in fact, deteriorating and are at risk for dropping out. The therapist can use the feedback elicited to identify their struggling clients and adjust therapy to meet their clients' therapeutic needs.

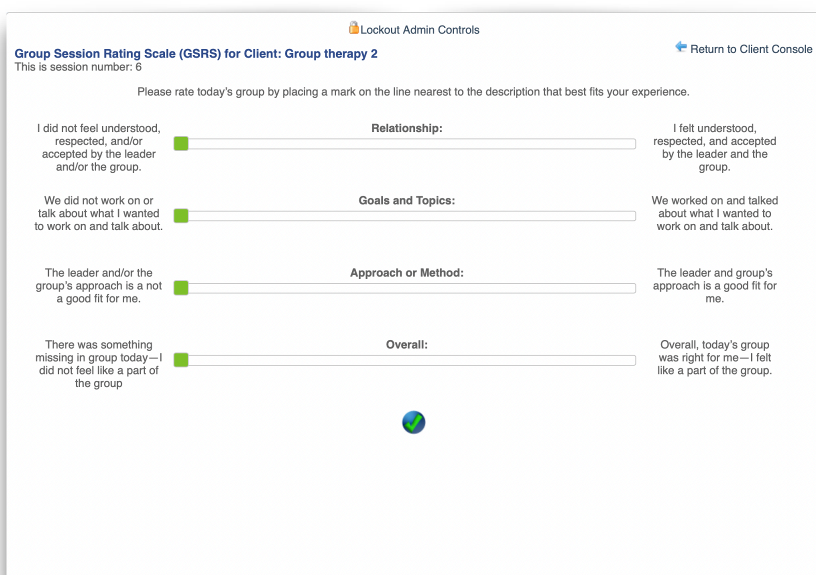
ANOTHER STRATEGY IS TO PROVIDE GROUP THERAPY

There are numerous advantages to group therapy, two of which are:

1) an enhanced use of clinic time; and

2) a reduction in cost for services.

With the right clients, group therapy can improve the effectiveness and efficiency of services provided. One of the main downsides, however, is that the client may not form a strong therapeutic relationship. We have known for several decades that a strong therapeutic alliance is predictive of successful outcomes. Without this alliance, the client may not feel engaged with the therapist or the group. At the very least, any strengths that group therapy could provide may be cancelled out. At its worst, the client may be inclined to drop out without reaching their therapeutic goals.

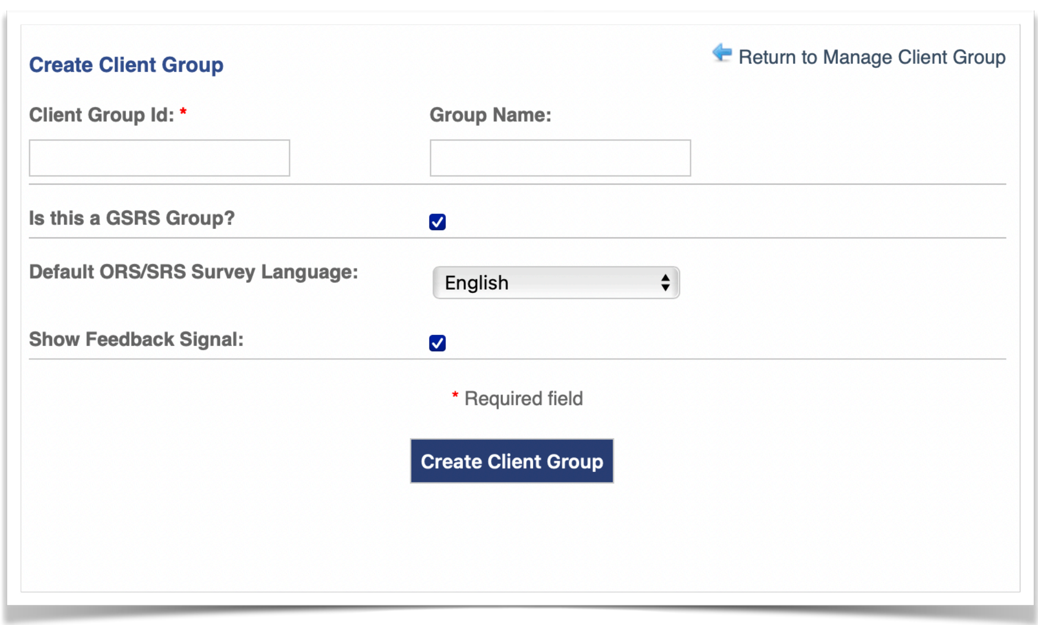


Not only does MyOutcomes' ORS integrate into group therapy as easily as it does individual therapy, but MyOutcomes also enables the provider to monitor the therapeutic alliance when using the Session Rating Scale (SRS). Using MyOutcomes in group therapy is fairly simple and straightforward once you are familiar with the functionality.

KEY ELEMENTS TO USING MYOUTCOMES IN GROUP THERAPY

1 - Create a Group Client Group: When creating a client group, check the box for "Is this a GSRS group?". There are three outcomes when making this selection:

a) All client accounts in this client group will be treated as a group.

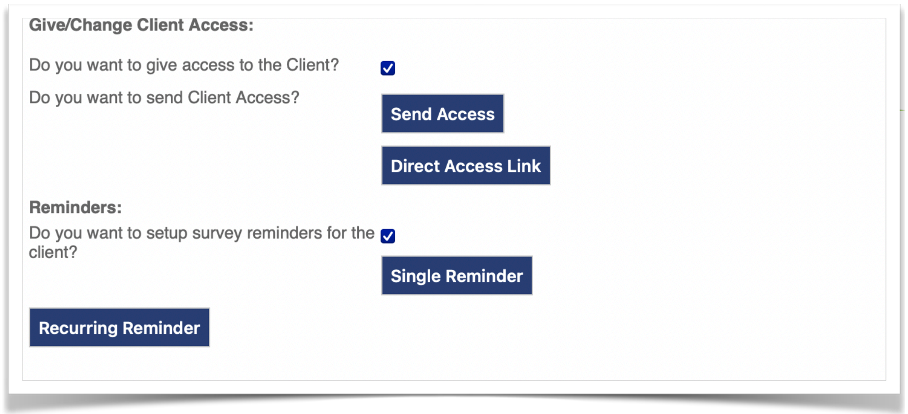


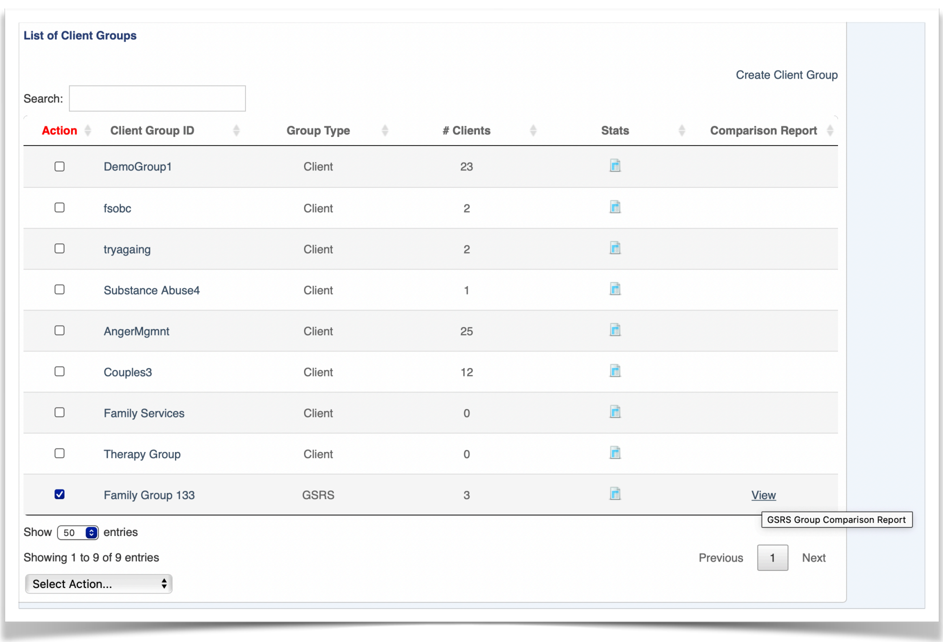
b) The clients in this group will receive the GSRS rather than the SRS. Although equally valid and reliable, the GSRS differs from the SRS in that the individual items are phrased to reflect a group experience. The ORS remains the same.

c) You have the opportunity to review all members' ORS and SRS scores plotted on single graphs on a single page. In other words, you needn't navigate to each member's console to integrate their responses into therapy.

2 -If you have more than one group, you can create multiple "Group Client Groups." You can provide unique IDs for the client groups that reflect how they differ from the other.

3 -You can use the Give Access function for each of the group members. Using their login credentials, they can log in on their own devices and complete the ORS at the start of the session and the GSRS towards the end of session.





4 -When you wish to review your clients' ORS or SRS scores, click on the Manage Groups link on your provider home. The page that opens up will have a list of all of your client groups. Client groups that are group therapy groups will have a View link in the Comparison Report column.

MyOutcomes®

GROUP OUTCOME & SESSION RATING COMPARISON REPORTS

The group members IDs will appear in the legend of the graph. Each client is assigned a unique colour or symbol so that you can track their scores in the graph.

Like all of our graphs, scrolling over the data point provides the total ORS or SRS score for that client. Likewise, the graphs are interactive, so that you can "hide" a particular client's data by clicking on their ID in the legend.

5 -When you deactivate a client in a group, their data will still appear in the group graphs. This may be beneficial when you have a client who has had more than one episode of care.

If, on the other hand, you no longer want the client's data to appear in the graphs after you have deactivated their cases, you can transfer them into another client group. If you transfer them into another group Client Group, their data will be plotted in the comparison graphs. If you transfer them into a client group that is for individual clients, their data will only appear in their CSR.

If you have any questions about this or any other MyOutcomes functionality, please don't hesitate to contact customercare@myoutcomes.com