Digital Opportunities for Outcomes in Recovery Services

Group Facilitator Manual
LEVEL 1

Liza Hoffman, Erica Camacho, Elena Rodriguez-Villa, Aditya Vaidyam, Philip Henson, Hannah Wisniewski, Ryan Hays, Matcheri Keshavan, John Torous

The Division of Digital Psychiatry
Beth Israel Deaconess Medical Center
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## Session Outlines

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Increasing access to high quality and evidence-based mental health services remains both a challenge and priority for healthcare. Whether measured in personal suffering, lost productivity, premature mortality, or increased healthcare spending, it is clear that there is a need for innovative solutions to meet the demand for mental health services. Given the rapid expansion of mobile technology, especially smartphones, it is logical that these digital tools may offer a potential solution. Data has repeatedly shown that those with mental health conditions, including serious mental illnesses such as bipolar disorder and schizophrenia, have high rates of access to smartphones and interest in digital mental health offerings [1,2]. In the simplest terms, access to smartphones offers access to novel means and portals of care. The myriad of apps available today promise to help those with mental health conditions monitor symptoms, connect with care, self-manage symptoms, and even predict relapse. The potential of on-demand mental health services only a fingertip away has fueled unprecedented interest manifested by over 10,000 related apps available today for immediate download [3]. Increased access, however, has revealed a digital divide. [4].

This digital divide is not focused on material access to digital tools such as smartphones or apps but rather the knowledge, skills, and confidence necessary to fully utilize these novel tools. While less immediately tangible than the first digital divide of access, this new digital divide of design, usability, and opportunity is clearly evident in the majority of apps today [5]. Most mental health apps that are downloaded are never opened, and of those that are, many are accessed for a single session before being abandoned [6,7].

It is possible, however, to increase the usefulness of mental health apps with hands-on training and functional education. We can offer skills that help patients meaningfully engage with technology towards recovery. The Digital Opportunities for Outcomes in Recovery Services (DOORS) program represents an evidence-based effort to deliver on the potential of digital mental health. In DOORS, mental health recovery extends beyond symptom reduction and is grounded in SAMHSA's (Substance Abuse and Mental Health Services Administration) 8 Dimensions of Wellness [8] a framework that can guide impactful and relevant use of digital health tools. Developed in diverse clinical settings including a first episode psychosis program, a mental health clubhouse program, and a busy state sponsored outpatient clinic, DOORS has evolved as a collaboration between those with lived experiences, social workers, and psychiatrists.

Today, DOORS represents a program of pragmatic and interactive lessons designed to develop functional skills for accessing and utilizing the promise of digital health. Tomorrow, we hope it represents a progressive mindset towards digital mental health. Towards a vision of accessible and personalized mental health care, we are pleased to share this manual.
REFERENCES


For more info, please visit: www.digitalpsych.org
GOALS & OBJECTIVES

Equip participants with the digital health knowledge, skills, and resources for:

• Gaining insight into their lived experiences
• Setting technology-supported health and wellness goals
• Managing mental health symptoms
• Preventing illness relapse
• Supporting healthy lifestyle change
• Making informed decisions around digital health
• Accessing new healthcare resources
• Gaining new skills useful for daily living

After completing this training participants will be able to:

• Make informed decisions when downloading apps
• Better understand their personal patterns related to exercise and mood
• Identify personal data streams most relevant and important to their well-being
• Generate technology-supported health and wellness goals
• Use mindfulness apps to improve their wellness
• Monitor progress and address barriers to achieving wellness goals
• Identify smartphone resources that may support recovery

Apps mentioned in this manual:

Apps mentioned in this manual offer useful examples but are not endorsed or recommended. Digital tools constantly evolve and therefore the content and accessibility of the referenced apps may change over time.

Content delivery:

Depending on group size and engagement levels, the session content for one week may need to extend into the next. The activities themselves can be adapted to meet the needs or interests of a particular group as long as the core objectives for the course are ultimately met. In adjusting the group content, it is important to balance introducing new digital health tools with supporting participants in developing their individual technical skills and wellness goals.

Supplemental materials:

All of the weekly handouts for the participant workbook are included in the appendix. Please visit our website at www.digitalpsych.org for a PDF version of the weekly presentation slides that are referenced throughout the manual.
OVERVIEW

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Exploring digital health technology usage and opportunities

Digital health technology can capture elements of our lived experiences (e.g. behavior, symptoms, mood), inform health-related goal-setting, encourage self-management strategies, and provide support in managing day-to-day tasks. An important component of this first session is to explore participants’ understanding of smartphone technology and to determine how group members are already using technology and wearables as part of their daily lives. While the majority of group members may own smartphones, their level of comfort and confidence in using digital technology may differ significantly. Having participants assess their current digital skills, identify areas for improvement, and indicate what knowledge they hope to acquire by the end of the six weeks will shape the group content for the following sessions. By the end of this first session, participants will learn how to connect to Wi-Fi and will practice this skill between session one and two.

OUTLINE:

- Explore group participants’ knowledge of smartphone technology and digital health
- Assess group member digital technology literacy
- Solicit feedback and suggestions from participants to guide content/structure of future group sessions
- Address group members’ initial technology-related questions and identify specific knowledge gaps
- Practice connecting to Wi-Fi
- Introduce the weekly challenge

SKILL OF THE WEEK: Connecting to Wi-Fi

RECOMMENDED READINGS:


Developing technology-supported wellness goals

In order for participants to derive full value from the DOORS curriculum, it is essential that they are able to apply their new digital skills and knowledge towards their personal wellness and recovery. The term “wellness” can mean different things to different people and can encompass more than just mental and physical health. By encouraging participants to explore what wellness means to them and supporting them in creating actionable wellness goals, participants can establish a foundation to which they can apply their new smartphone skills and knowledge. Participants will create initial goals related to the 8 Dimensions of Wellness and will begin brainstorming how smartphone technology might help them to achieve their goals. In the coming weeks, participants will lend support to one another as they work to improve their wellness and will learn how digital technology can serve as a helpful tool throughout their journey. Participants will learn how to take pictures on their smartphone and, for the following week, will take photos of people, places, and things that relate to their personal definitions of wellness.

OUTLINE:
- Review participants’ experience connecting to Wi-Fi at home and in the community
- Explore group member conception of “wellness” and introduce SAMHSA’s “8 Dimensions of Wellness”
- Assist participants in setting short-term actionable goals and begin considering how smartphone technology might support them in reaching their goal and/or monitoring their progress
- Practice using smartphone camera and discuss ways to use smartphones towards wellness
- Introduce the weekly challenge

SKILL OF THE WEEK: Using smartphone cameras

RECOMMENDED READINGS:


Using smartphones to capture physical activity

Collecting personal data is useful when it helps participants better understand their lived experiences, identify areas for improvement, and take action in setting wellness-related goals. While we often believe that we can remember how we felt, how much we exercised, or how much we slept on any given day, accurately recalling this information can be challenging without the assistance of self-monitoring technology. Learning how to access and use Google Fit or the Apple Healthkit can increase participants’ insight into their personal activity levels, sparking conversation around physical activity and exercise goals. Participants will download and practice using their smartphone’s step count feature and will consider the ways in which this tool might help them as they work towards their wellness goal. Participants will also reflect on their progress towards the personal goal they set the previous week. Staff can assist participants in identifying any barriers or concerns that may be impeding their progress and problem-solve together to overcome these challenges. For the following week, participants will carry their smartphone with them every day in order to collect data on their exercise patterns to discuss during the next week’s session.

OUTLINE:
• Discuss participants’ experience using their smartphone cameras to support wellness
• Explore group members’ prior experience tracking their physical exercise
• Assist participants in locating the “step count” feature on their smartphones
• Discuss participants’ progress toward the wellness goals set during the previous week including barriers to implementation
• Break into small groups to focus on advancing participants’ digital technology skills
• Introduce the weekly challenge

SKILL OF THE WEEK: Using smartphones to measure physical activity

RECOMMENDED READINGS:


Monitoring mood and practicing mindfulness

Smartphones can serve as a helpful tool for capturing physical wellness as well as for monitoring mental health over time. Just as participants can use their step count data to inform physical wellness goals, using mood tracking apps can enable participants to learn more about their emotional experience and to collect insights that can guide lifestyle interventions for improving their mental health. The act of slowing down to gauge one’s current state can be therapeutic in and of itself and may foster increased self-awareness. In this session, participants will learn how to use Stop, Breathe & Think, an engaging and easy-to-use mindfulness app that enables users to: a) identify how they are feeling physically and emotionally, and b) listen to a recommended mindfulness meditation that might be relevant/helpful for them in that moment. For the following week, participants will be encouraged to use the Stop, Breathe & Think app to record how they are feeling physically and emotionally and will discuss their results during session five.

OUTLINE:
- Review step count data collected over the past week and discuss participant insights
- Explore participants’ prior experience tracking their emotional health
- Practice using “Stop, Breathe, and Think” app to learn skill of slowing down to check in on personal experience and to use a digital tool for self-management
- Discuss participants’ progress toward their wellness goals including barriers to implementation
- Introduce the weekly challenge

SKILL OF THE WEEK: Downloading apps for emotional wellness

RECOMMENDED READINGS:


Using personal data to guide behavior change

Cultivating insight into one's lived experience can help illuminate connections between behaviors, mood, and symptoms and guide health-related goal setting. Building on prior sessions in which participants learned how to use their smartphones to track their physical and emotional health, participants will try a new app that captures both through symptom surveys, cognitive games, and step count data collection. Participants will require one-on-one support from staff in setting up the mindLAMP app, identifying relevant symptom surveys, navigating features, and discussing how to use mindLAMP as part of their daily lives. Group members are often more likely to use mindLAMP if they understand its purpose and understand how it may be valuable to them on a personal level. Helping participants reflect on why certain symptoms, mood, and behaviors are important for them to monitor will increase engagement with the digital tool and make the resulting data more meaningful. For the following week, participants will complete one (or more) mindLAMP surveys per day that relate to their overall mood and will review their step count and mood data during session six.

OUTLINE:
- Review participants’ experience tracking mood with “Stop, Breathe, and Think” and discuss participant insights
- Explore group members’ knowledge of the connection between behaviors, symptoms and mood
- Assist participants in downloading a tracking app (mindLAMP)
- Discuss aspects of their own lived experience that they are most interested in monitoring over the next week and identify why this is important to them
- Discuss participants’ progress toward their wellness goals including barriers to implementation
- Introduce the weekly challenge

SKILL OF THE WEEK: Using smartphones to identify connections between physical and emotional wellness

RECOMMENDED READINGS:

Making informed decisions about apps

In the final session, participants will interpret their LAMP data related to their mood and step count. In order to derive meaning from the personal data collected through the LAMP app, the graphs displaying passive data (e.g. steps) and active data (e.g. surveys) must be simple, easy to understand, and relevant to that participant. When discussing personal data with a participant, it is essential that the staff member adopt a collaborative stance, soliciting participants’ interpretations and ideas first before providing any insights. This will allow participants to discover their own personal trends, identify unique data points, and ask clarifying questions if the data visualizations are unclear. Once participants demonstrate an understanding of their data results, staff can use motivational interviewing techniques to help group members consider whether they would like to make any lifestyle changes based on the data they have collected and/or how this data might inform the wellness goal they set during session two.

The second part of the session will focus on helping patients make informed decisions when downloading mobile apps. At present, many health apps are not supported by a strong evidence-base and fall outside the scope of current FDA regulation. Given this lack of regulatory oversight, many apps fail to safeguard users’ personal health information and protect users’ data. This session’s app evaluation activity will help participants learn the importance of reviewing an app’s privacy policy, determining whether the source is trustworthy, checking when the app was last updated, and considering input from friends/family/health care professionals around the app’s general quality and usefulness.

During the final wrap-up, group participants will consolidate knowledge by reflecting on what they learned during the 6-week course, what they’re curious to learn more about, and how they might continue using digital health technology to develop self-management strategies and improve their overall well-being.

OUTLINE:
- Provide group members with personalized reports on LAMP survey data related to symptoms, behavior, and mood collected over the previous week
- Solicit group members’ interpretations of the data visualizations including what insights they may have gained from tracking these elements of their lived experience
- Explore group members’ decision-making process when reviewing app descriptions prior to downloading
- Introduce new criteria for participants to consider as part of their app evaluation process (e.g. privacy/security, app developer, recommended by trustworthy person, updated within the past 6 months)

SKILL OF THE WEEK: Evaluating apps
RECOMMENDED READINGS:


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SESSION 1

Exploring digital health technology usage and opportunities

The purpose of this session is to provide an introduction to smartphone technology in terms of its function and use within everyday life. To help make the 6-week course relevant and useful for every group member, participants will fill out a digital skills assessment to identify what they would like to learn over the coming weeks. Through group discussion, participants will have the opportunity to share about their experience using smartphone technology and their reasons for attending this group. Participants will all learn how to connect to Wi-Fi and will break into small groups at the end to focus on smartphone fundamentals or apps for health and wellbeing, based on preference. For this week’s challenge, participants will be asked to practice connecting to Wi-Fi and will report back to the group about any challenges/successes.

**TIME:** 1 HOUR

**SKILL OF THE WEEK:** Connecting to Wi-Fi

**SESSION OUTLINE:**
1. Introductions
2. What is a smartphone?
3. Review of 6-week sessions
4. Group rules
5. Connecting to Wi-Fi
6. Smartphone skills assessment
7. Small group digital skill building
8. Summary/weekly challenge

**FACILITATOR PRE-SESSION PREPARATION:**
- Confirm Wi-Fi access or bring hotspot device if Wi-Fi is limited in the building
- Confirm access to large screen (e.g. TV screen, projector, monitor)

**MATERIALS NEEDED:**
- Large screen and/or projector
- Name tags
- Participant workbooks (see Appendix for Session 1 handouts)
1 INTRODUCTIONS

“Over the next six weeks we are going to be learning about how smartphones can help you better understand your own experiences and work towards your specific wellness goals. We hope that by the end of the six weeks you will have gained more skills in using your smartphone and more tools to help you with managing your health.

Before we dive in, could we all go around the room and say who we are and why we’re interested in this group?”

Group facilitators and staff should introduce themselves and state why they are interested in digital health or why they are excited to be participating in the group. This may encourage participants to share more about why they are attending the group and what they hope to get out of the experience.

2 WHAT IS A SMARTPHONE?

“Before I go any further, though, we wanted to talk a little bit about what we mean when we use the word “smartphone” to make sure that we’re all on the same page. If you could take a guess, which phones on here would qualify as a smartphone?”

“What makes smartphones different than flip phones or landlines? What are some of the ways you like to use your phone? Have you ever used your smartphone to do any of these things?”
"It sounds like you all like to use your smartphones for different reasons. It’s amazing all of the things that smartphones can help us with in our daily lives."

It may be important to pause and name the challenge of learning something new given that participants often feel intimidated by their smartphones. By acknowledging and exploring this as a group, participants may feel more comfortable asking questions and fully engaging with the material as the weeks progress.

"Who knows what a smartphone app is? Have you ever used an app before? I have some pictures of apps here and I’m wondering if you could guess at what the app can help you with based on the image:"
What's nice about smartphones is that there are apps that can help us with daily functioning like getting where we need to go, reminding us about appointments, and checking the weather, but there are also apps that can support our health and wellness. Has anyone ever tried an app to help with things like sleep, exercise, nutrition, etc.?
3  REVIEW OF 6-WEEK SESSIONS

“I wanted to share with you the topics we’ll be covering during this 6 week group. We will mainly be doing large and small group activities related to using smartphones for wellness, but we will also provide some time to answer specific technology-related questions at different points over the course of the group.”

Smartphone-Supported Wellness Group

Week #1
What are smartphones? How can we use them?

Week #2
Setting wellness goals supported by technology

Week #3
Using smartphones to measure physical activity

Week #4
Using smartphones to track mood and practice mindfulness

Week #5
Exploring personal data to support goal-setting

Week #6
How to choose high quality apps

Depending on group engagement and functioning, you might choose not to share this outline if you think it could be overwhelming. The key messages to convey are that participants will be learning how to use their smartphones to capture their physical and emotional experiences and learn which apps might best support their own personal wellness goals.

4  GROUP RULES

Group Rules

Establish group rules in terms of communicating respectfully, being supportive, and respecting privacy.
"Does anyone have an idea of what Wi-Fi is or how to use it? What is the difference between using Wi-Fi and using your data plan? If you can, it’s generally best to use Wi-Fi because it’s free."

What is the difference between Wi-Fi and Data?

**Wi-Fi**
- Free
- Can’t access everywhere
- Available at the library, Starbucks, Dunkin’ Donuts, etc.

**Data**
- Costs money
- Can have pre-paid plans or contracts
- Usually need data to make calls

"Can anyone tell us how to connect to Wi-Fi? Who knows the password? Before we move on, let’s make sure all of you are connected to Wi-Fi."

Connecting to Wifi on Android phones
Staff members assist participants with connecting to Wi-Fi

6 SMARTPHONE SKILLS ASSESSMENT

“We would like to make this group as useful as possible for each one of you. And to do this we’d like for you to give us a better sense of what skills you’d like to develop and what type of apps would be most useful. Please fill out the following sheet and then we’ll collect them from you.”

Pass around checklist sheet and assist participants with filling in their answers

“Can people share some of the skills they’re interested in developing or some of the apps they’d like to learn about? Have any of you ever used apps to help with the things mentioned in the green box?”
7 SMALL GROUP DIGITAL SKILL BUILDING

“Now that we’re all connected to Wi-Fi and have thought about what we want to learn during this group, we’re going to break into small groups to work on specific skills. The first group will focus mainly on learning how to do some important things like check voicemail, send text messages, access internet browsing and the second group will focus on learning about apps that can help us listen to music, get more healthy, and complete tasks during your day like taking medication or riding the bus.”

Ideally, participants will be able to split into sub-groups within the two groups, but this will depend on staff numbers.

### SESSION OUTLINES

#### SESSION 1

Over the next 6 weeks, I’m interested in learning how to:

- Turn phone on/off
- Use the touchscreen
- Change the phone volume
- Make phone calls
- Check voicemail and record greeting
- Connect to Wi-Fi
- Send text messages
- Access and browse the internet
- Download apps
- Use the smartphone camera
- Download music
- Set reminders/alarms
- Use the calendar
- Check the weather
- Use the navigation (map) features
- Write reminder notes
- Other

Over the next 6 weeks, I want to learn about apps that can help me:

- Get more physically active
- Relax
- Get better sleep
- Learn mindfulness skills
- Monitor my symptoms
- Track my eating habits
- Set medication reminders
- Connect to my doctors’ office
- Develop strategies for managing my symptoms
- Connect with friends/family
- Get connected to information about health conditions and resources
- Access real-time public transportation info

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**What do you want to learn?**

### Smartphone Skills

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<th>downloading apps &amp; web browsing</th>
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### Exploring Apps

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<td><img src="bus.png" alt="Public Transportation" /></td>
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8 SUMMARY/WEEKLY CHALLENGE

“As we come back together, does anyone want to share one thing they learned today? How are you planning to use this new skill over the next week?

Next week we’re going to set some wellness goals and start thinking about how your smartphones might help you in reaching your goals.

Every week, we’re going to leave you with a weekly challenge. The challenge for this week is to practice the skill of connecting to Wi-Fi when you’re in different places throughout the week. And if you already feel comfortable with connecting with Wi-Fi, try practicing a new skill you learned during the smartphone skills session.”

**WEEKLY CHALLENGE!**

Try connecting to Wi-Fi in different places.
Developing technology-supported wellness goals

In addition to supporting participants in expanding their smartphone skills and knowledge, this session will help group members identify a wellness goal that is relevant and important to them. As group members are exposed to various health-related smartphone features/apps during future sessions, they will consider the ways in which this technology could help them to reach their goals or track their progress. This session will start with a discussion and review of what the term “wellness” means and SAMHSA’s 8 Dimensions of Wellness (physical, emotional, social, environmental, financial, spiritual, intellectual, and vocational). Group members will then have the opportunity to create a wellness goal to work towards for the remaining 4 weeks and will begin brainstorming what smartphone features and/or apps might support them in reaching their goal. Participants will also learn how to use their smartphone cameras to capture meaningful moments related to wellness and to keep track of important health information. For this week’s challenge, participants will take photos of people, places, and things that bring them joy and contribute to their sense of wellness.

**TIME:** 1 HOUR

**SKILL OF THE WEEK:** Using smartphone cameras

**SESSION OUTLINE:**
1. Wi-Fi check-in
2. What is wellness?
3. Goal-setting
4. Smartphone-supported wellness
5. Using smartphone cameras towards wellness
6. Summary/weekly challenge

**FACILITATOR PRE-SESSION PREPARATION:**
- Confirm Wi-Fi access or bring hotspot device if Wi-Fi is limited in the building
- Confirm access to large screen (e.g. TV screen, projector, monitor)
- Take wellness-related photos to share during group (optional)

**MATERIALS NEEDED:**
- Large screen and/or projector
- Name tags
- Participant workbooks (see Appendix for Session 2 handouts)
- Copy of group rules
- Staff wellness-related photos (optional)
1  **WI-FI CHECK-IN**

To get a sense of what skills or ideas participants remember from last week’s session, participants can fill out a brief survey. A survey question for Week 2 might be “Have you connected to Wi-Fi in the last week?” or “What’s one way you’ve used your smartphone in the last week?” You can begin the session by asking if participants want to share their answers and then transition to discussing last session’s Weekly Challenge.

“Welcome to our second week! Before we talk about wellness goals, does anyone have questions from last week? Did any of you practice connecting to Wi-Fi?”

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**Wi-Fi Challenge Check-in**

Where did you connect to Wi-Fi?

Did you experience any challenges?

If participants are having difficulty recalling the content from last week, it may be helpful to pull up the smartphone skills group outline from Session 1.

2  **WHAT IS WELLNESS?**

“The purpose of this group is to help you develop smartphone skills and knowledge that can also be used to improve your overall wellbeing. Technology can be fun to use and can sometimes help us work towards our wellness and recovery. Last week, we defined what smartphones are and this week we’re going to talk about what the term ‘wellness’ means to us.

What are some things you do to feel well?”
What are some things you do to feel well?

"What’s interesting about the concept of wellness is that it can actually mean a number of different things to different people. What helps me to feel well, might be different than what helps you to feel well. And wellness can fall into a number of different categories that extend beyond just physical health"
DISCUSSION PROMPTS:

All of you shared a number of different things to help you to feel well; what categories might they fall under?

Is there anything surprising on here?

Which dimension makes sense to you personally?

What are some ways we can move towards wellness in each one of these categories?

What progress have you made in some of these areas? What are you already doing?

In order for participants to fully grasp the concept that many different things can contribute to a person’s sense of wellness, it is important to help them link their own personal examples to the 8 dimensions. For instance, the activity of walking on the beach with friends would fall under the physical, social, and environmental dimensions (and potentially more). If participants are struggling to think of examples for intellectual and financial wellness, you might discuss how participation in the smartphone group falls under the intellectual category and how saving money might contribute to overall wellness by enabling participants to go on vacation or to buy something special.
3 GOAL-SETTING

“As we transition into doing some wellness-related goal setting, we’re going to have all of you think about one change you could make to improve your wellness and then we’ll come back together to brainstorm how our smartphones might help us with this process. Before we get started, though, I want to share an example of what a wellness goal could look like.”

Wellness Goal

What is your short-term goal?
Listen to guided meditations on my phone to help me sleep better

Why is this goal important to you?
Getting more sleep helps me to do a better job at work and to feel healthier overall

Put a check mark ✔ next to the wellness dimensions that are related to your goal

Physical, emotional, vocational, social

DISCUSSION PROMPTS:
What areas of wellness could this goal fall under?
Have any of you ever worked on getting more sleep?
How could our smartphones help us with this goal?
“Now we’re going to have you fill out your own wellness goal sheet and we will come back together afterwards to share some of our ideas.”

In small groups, help each participant to identify one wellness-related goal.

**Wellness Goal**

**What is your short-term goal?**

**Why is this goal important to you?**

Put a check mark ✔️ next to the wellness dimensions that are related to your goal

If participants need assistance with creating a goal, provide examples of goals that fall within the 8 dimensions of wellness. For some, a goal might be as simple as continuing to attend group which would fall under the “intellectual” wellness dimension or potentially the “emotional” or “social” categories. Some participants may be open to making their goal even more specific, and if so, staff can utilize elements of the SMART goal format (Specific, Measurable, Attainable, Realistic, Timebound). For most, however, the purpose of this goal-setting exercise is meant to help participants think more deeply about what areas of wellness are most important for their own personal recovery and to generate some initial goals.
Examples of short-term wellness goals:

- Listen to music on my phone to help me relax
- Get more sleep
- Set reminders to take my medications
- Go for a walk with my friends
- Make reminder lists to help me remember things
- Go to the gym
- Use an exercise app
- Watch workout videos on Youtube
- Track my daily steps using my phone
- Practice guided relaxation exercises
- See my therapist or doctor regularly
- Eat more vegetables and fruit
- Drink more water and less soda
- Create a budget to keep track of my expenses
- Put money into my savings account
- Volunteer in my community
- Join a new group
- Call/text a friend or family member
- Take a yoga, dance or tai chi class
- Go for a walk in the park
- Sit quietly by a river or ocean
- Meditate
- Go to your place of worship
- Apply for a part time job
- Attend a class to learn new skills
- Check my voicemail every day

4 SMARTPHONE SUPPORTED WELLNESS

“Let’s come back together as a group now and share some of our goals.”

DISCUSSION PROMPTS:

What is your short-term goal?

How will making progress in this area help you?

What are some challenges that might get in the way?

Any ideas about how our smartphones might help us to reach our goals? Or at least track our progress?

How can we support one another over the next 4 weeks?

If participants are interested in setting more than one goal, they should feel free to do so. However, setting too many goals may prove to be overwhelming and hinder progress. If possible, explain the rationale behind setting small, actionable, short-term goals.

If the digital health knowledge of the group is limited, it might be challenging for participants to identify existing smartphone resources that could be useful. Provide some initial examples (e.g. using the step count feature to track exercise, sending text messages/emails to connect with friends and family, using calendar feature for medical appointments).
“Over the next 4 weeks, we’re going to keep track of how we’re doing in making progress towards our goals and help support each other along the way. Also, if at any point you’d like to change your goal or work to a different area of wellness that is fine too.”

5 USING SMARTPHONE CAMERAS TOWARDS WELLNESS

“Every week we will be discussing a number of different smartphone features and apps that can support your health and wellness and today we’re going to talk about how our smartphone camera can actually be a tool for wellness. Our cameras can allow us to capture things in the world that are meaningful to us and that bring us joy.”

**Camera Activity**

**DISCUSSION PROMPTS:**
Who in the room has used their smartphone camera?
What are some things you like to take pictures of?

“On this slide, we added pictures that represent all of the 8 Dimensions of Wellness. Taking pictures of things around us, can help remind us of the things that keep us healthy and well. When you look at these photos what elements of wellness do you think they capture?”
For this exercise, participants should look at the 8 Dimensions of Wellness image to help them link each dimension to the pictures on the slide. Many of the photos represent more than one category of wellness and it can helpful for participants to see this visually. Viewing one photo at a time can lead to rich discussions around the many ways we can enhance our wellness. If staff feel comfortable sharing a few personal photos, this may strengthen group rapport and demonstrate the collaborative spirit of DOORS.

“We can also use our smartphone as a practical tool to support our wellness. On this slide, we have photos of a medication bottle and an appointment card. How might it be helpful to take pictures of these things? What about this farmer’s market sign?”

“It’s easy to lose appointment cards and sometimes hard to remember our medication name and dosage when we go in to see our doctor. And if we’re walking around town and see a flyer for an event we want to go to we might forget the details later on. Taking photos can allow us to look back later to jog our memories.”
6 SUMMARY/WEEKLY CHALLENGE

“For next week’s challenge, we want you to take pictures of things around you that contribute to your wellness, that bring you joy, or that are meaningful to you. When we come back together next week, we can talk about what we discovered through this process and see whether there are similarities among us in terms of the things that help us to feel well.”

WEEKLY CHALLENGE!

Work towards your wellness goal. Take photos of anything that helps you feel well.
Using smartphones to capture physical activity

To start off this session, participants will share their experience taking photos of people, places, and things that are connected to their personal wellness and will also check in on their progress towards their wellness goals. Through small group and large group discussions, participants will explore the challenges and successes they encountered during the week as well as how they used their smartphones to support them in making progress towards their goals. Participants will then reflect on prior experiences tracking their physical activity and will learn how to use the step count feature on their phone to capture their daily steps. At the end of the session, participants will have the opportunity to continue developing their digital skills in small groups. For the weekly challenge, participants will be encouraged to carry their smartphone with them every day in order to track their steps and will share their learnings during the following week.

**TIME:** 1 HOUR

**SKILL OF THE WEEK:** Using smartphones to measure physical activity

**SESSION OUTLINE:**
1. Photo activity check-in
2. Tracking step count
3. Wellness goal check-in
4. Small group digital skills learning
5. Summary/weekly challenge

**FACILITATOR PRE-SESSION PREPARATION:**
- Confirm Wi-Fi access or bring hotspot device if Wi-Fi is limited in the building
- Confirm access to large screen (e.g. TV screen, projector, monitor)

**MATERIALS NEEDED:**
- Large screen and/or projector
- Name tags
- Participant workbooks (see Appendix for Session 3 handouts)
1 PHOTO ACTIVITY CHECK-IN

“Last week we talked about the ways in which our smartphone cameras can support our wellness. We’re going to check in about how that went, check in about the goals we set, and then learn how to use our phones to measure our physical activity.”

DISCUSSION PROMPTS:

Who can remember the 8 Dimensions of Wellness we discussed?
Did you use your camera to capture things that bring you joy or are meaningful in some way?
When you look back on these photos do you notice a change in how you feel?
Did you use your camera in practical ways as well?

Photo Challenge Check-in

What did you take pictures of?
What dimension of wellness do they relate to?

Participants can feel free to share their pictures with the group, but this should not be a requirement to participate in the conversation. Discussing the experience of taking the photos and what participants learned about their own personal wellness should be the focus of the conversation.
2 TRACKING STEP COUNT

"During today’s group, we’re going to think about how we can use our phones to keep track of our physical activity. Who has already used their smartphone, a computer, or paper to keep track of their exercise?"

DISCUSSION PROMPTS:

Why did you decide to do this?
How did you track your exercise?
What did you learn?
In what ways was it helpful to keep track of your exercise?

“One neat way that our smartphones can help us to learn about our activity level is through the “step count” feature. Have any of you tried it before?

Some of you may already have this feature on your phone, but many of you might not. We’re going to take a moment to help everyone get access to this feature. If you have an iPhone you should look for Apple’s HealthKit icon which has a heart and for Android you should look for the Google Fit icon. We’ll come around and help you find the right one.”

Refer participants to workbook instructions and assist group members with locating step count feature.
“Now that we all have access to our step count feature, let’s take some guesses at how many steps an average person takes in a day:”

**DISCUSSION PROMPTS:**

Does anyone have a guess?

How many steps would you want to take in a day?

How could keeping track of your steps be helpful?

For participants who have never used the step count feature, it could be helpful to provide them with examples of approximately how many steps it takes to walk across the room or to walk to a local store that the group is already familiar with.

### 3 WELLNESS GOAL CHECK-IN

“Last week, we discussed what wellness can mean to each one of us and also set some goals related to the 8 Dimensions of Wellness. We’re going to take a moment now to check-in about our progress towards reaching our wellness goals.”
DISCUSSION PROMPTS:
Does anyone want to share any progress you’ve made in working towards your goal?
What went well this week and what do you want to change for next week?
Did you use your phone to help you? Were there any challenges?
How can the group support you in reaching your goals?

Wellness check-in

Did you make any progress towards your wellness goal?

What action did you take?

How could you use your smartphone to help you?

In some instances, having a large or small group discussion might be more productive than filling out the individual work sheets.

“Sometimes it can be helpful to make our goals as specific and measurable as possible. Using the broad goals you set last week, let’s do some action planning that will help you make improvements within the dimensions of wellness that are most important to you. Here’s an example of what a more concrete goal might look like:”

My short-term wellness goal:
What: Walking
Where: Along the Charles River
When: Saturday and Sunday morning
How often: Two times per week
How could you use your smartphone to help?
Check my step count feature to see if I’m walking 5,000 steps
4 SMALL GROUP DIGITAL SKILL LEARNING

During week 2, participants generated some initial goals related to wellness. Through this activity, staff can help participants make these goals even more concrete and measurable. Staff can also provide guidance around strategies for using smartphones to assist participants in reaching their goals and/or measuring their progress.

“For the last segment of our group session, we’re going to have you break into small groups again to focus on developing the digital skills that are important to you. The first group will focus mainly on learning how to do some important things like check voicemail, send text messages, access internet browsing and the second group will focus on learning about apps that can help us listen to music, get more healthy, and complete tasks during our day like taking medication or riding the bus.”

5 SUMMARY/WEEKLY CHALLENGE

Smartphone Skills
- smartphone basics
- voicemail/texting
- downloading apps & web browsing

Exploring Apps
- music
- mental & physical health
- daily living

Some participants may choose to stay in the same group as week 1 while others may choose to work on a different skill or learn about a different type of app. Depending on staffing, the groups may need to be combined.
“As we wrap up, what are some new things you learned today? For those of you with goals related to physical wellness, how could you use the step count feature to help you work towards your goals?

The weekly challenge for this week is to bring your smartphone with you every day so that you can keep track of how many steps you’re taking. Next week, we’ll come back together and look at our results.”
SESSION 4

Monitoring mood and practicing mindfulness

During this session, participants will review their step count data and consider potential behavioral changes to reach their physical activity goals. Next, participants will learn about active data collection by trying out the “How Are You” feature of a popular mindfulness app called “Stop, Breathe and Think”. Through this exercise, participants will learn how to use their smartphones to gauge their emotional and physical states. The group will try one of the app’s guided mindfulness meditations and discuss how using this tool could improve one or more dimensions of wellness. To wrap up this session, participants will check in about their personal wellness goal and will leave with the weekly challenge of using the “Stop, Breathe & Think” app to track their daily emotional/physical states.

TIME: 1 HOUR

SKILL OF THE WEEK: Downloading apps for emotional wellness

SESSION OUTLINE:
1. Step count check-in
2. Tracking emotional experience
3. Stop, Breathe & Think app demo and mindfulness exercise
4. Wellness goal check-in
5. Summary/weekly challenge

FACILITATOR PRE-SESSION PREPARATION:
- Confirm Wi-Fi access or bring hotspot device if Wi-Fi is limited in the building
- Practice using “Stop, Breathe and Think” to learn about the various features and functionalities
- Select one guided mindfulness exercise to try with the group

MATERIALS NEEDED:
- Large screen and/or projector
- Name tags
- Participant workbooks (see Appendix for Session 4 handouts)
“Last week, we learned about using the step count feature on our phones to track how many steps we take in a day. The weekly challenge was to have you carry your smartphone with you every day so that you could get an accurate picture of how many steps you actually take in a day.

Before pulling out our phones, how many steps do you think you took yesterday? How many of you think you walked 1,000 steps or more? How many think they took 2,000 steps or more? 3,000, 4,000, 5,000...?”

Now we’re going to use our phones to show us how many steps we took yesterday and over the course of the week.”

**DISCUSSION PROMPTS:**
- Who guessed the exact number of steps?
- Who guessed more or less?
- Were you surprised by the difference?
- How many steps would you want to take in a day?
- How could you reach your step count goal?
- For those of you who had a high step count yesterday, how did you get that many steps?
- Do you feel different on days when you walk more? What do you notice?
- Based on this information, would you want to walk more, less, the same?
2 TRACKING EMOTIONAL EXPERIENCE

“Just like keeping track of our steps can help us measure our physical wellness, keeping track of our mood can help us know how we’re doing emotionally. Can anyone tell us what emotional wellness means? How do you know you’re feeling well emotionally? Has anyone ever tried to keep track of their mood?”

3 STOP, BREATHE & THINK APP DEMO AND MINDFULNESS EXERCISE

“Today we’re going to practice using “Stop, Breathe, and Think” which is a mindfulness app that helps you check in about your emotional and physical experience. Based on this information, it also gives you recommendations for short, guided meditations that match how you’re feeling. Just like the step count feature, the app allows you to track your emotions over time and to notice whether you feel different before and after you’ve done a mindfulness exercise.

I’m going to do a brief demonstration of the app and then we’ll have you download the Stop, Breathe & Think app onto your phones to try it out.”
“Here are the steps for downloading this app that we’ll walk you through in a minute.”

If group facilitators have access to a screen, the “How Are You?” demonstration can be done through a staff member’s phone. Otherwise, the above screenshots can be used to display the different screens.

“We’re going to walk around the room and help you download the app onto your phone. Once you’ve opened the app,

**Step #1:**
Go to the app store
Look for these pictures on your phone

**Step #2:**
Type “Stop, Breathe & Think” in the search bar

**Step #3:**
Hit the “get” button
try out the “How are you?” exercise and then we’ll come back together to discuss our experience.”

Help group members download Stop, Breathe, and Think and navigate through the “How are you?” feature

**POST-ACTIVITY DISCUSSION PROMPTS:**

- What did you notice when you were recording your physical and emotional states?
- What did you learn or like about doing the “How Are You” exercise?
- What exercises did the app recommend?
- What can you measure over time?

**ENGAGING YOUR SENSES**

“Now, we’d like to come back together and try one of the exercises from the app. We’re going to listen to the “Engaging Your Senses” guided mindfulness exercise. Can everyone find it on their smartphone? Once we’ve all found it, I’ll press play and then we can listen together. If at any point you are feeling uncomfortable or need to take a break that’s completely fine.”

**Play the “Engaging Your Senses” exercise**

If pressed for time, the “One Minute to Mindfulness” exercise is another option that can be used instead of “Engaging Your Senses.”
POST-ACTIVITY DISCUSSION PROMPTS:

What was it like for you doing this exercise?
What did you notice about how you felt before and how you felt afterwards?
When and where could you use Stop, Breathe & Think?
How might using it help you to improve one of the 8 dimensions of wellness?
What might get in the way?

If group members are reluctant to download the app, staff members may consider exploring with group members their reasons why (e.g. not enough data on phone, unsure how app could be useful, concerns about privacy/security) and help participants address any barriers.

4 WELLNESS GOAL CHECK-IN

"Does anyone want to share any progress you’ve made in working towards your goal? Did you use your phone to help you? Any challenges?"

Wellness check-in

Did you make any progress towards your wellness goal?

What action did you take?

How could you use your smartphone to help you?

> Staff assist participants with filling out wellness check-in sheet within their workbook
My short-term wellness goal:
Listen to guided meditations before bed

What: Stop, Breathe & Think
Where: Living room
When: 30 minutes before bedtime
How often: 3 times a week

How could you use your smartphone to help?
Try different meditations in the Stop, Breathe & Think app

If a participant wishes to change their goal or area of wellness, staff members or the group should help them create a new short-term goal and discuss barriers that might arise. Staff can also provide an example of a technology-supported wellness goal that involves Stop, Breathe & Think.

5 SUMMARY/WEEKLY CHALLENGE

“As we wrap up for today, what is one interesting thing you learned today? How can you imagine using Stop, Breathe, and Think to improve your own wellness? Which dimensions might this tool help to improve?

For this week’s challenge, we’d like you to try using the “How are you?” feature every day. If you’d like to also try out some of the other mindfulness exercises in the app, that’s great as well. Sometimes it can be touch to remember to slow down and check-in, so we’ll help you to set a daily reminder in the app so you don’t forget.”
Help participants set a reminder within the Stop, Breathe & Think app.

When setting the daily reminder, make sure to discuss with participants the best time of day for them to do their check-in.

**WEEKLY CHALLENGE!**

Use the "How are you?" feature every day this week.
Using Personal Data to Guide Behavior Change

In this session, group members will explore the ways in which smartphone technology can be used to illuminate connections between behaviors, symptoms, and mood that influence the 8 dimensions of wellness. Participants will first reflect on their experience using “Stop, Breathe & Think” to monitor their physical/emotional experience and to practice mindfulness. Next the group will discuss the ways in which the 8 Dimensions of Wellness are interconnected and how changes in one area (e.g. physical or social wellness) can affect other areas (e.g. emotional wellness). Staff members will help group members download the mindLAMP app and demonstrate how to use the survey function to track their daily mood. During the session wrap-up, participants will discuss what they hope to learn from using this digital tool.

TIME: 1 HOUR

SKILL OF THE WEEK: Using smartphones to identify connections between physical and emotional wellness

SESSION OUTLINE:
1. Stop, Breathe & Think check-in
2. Discuss connection between emotional/physical experience
3. Introduce mindLAMP app
4. Wellness goal check-in
5. Summary/weekly challenge

FACILITATOR PRE-SESSION PREPARATION:
- Confirm Wi-Fi access or bring hotspot device if Wi-Fi is limited in the building
- Confirm access to large screen (e.g. TV screen, projector, monitor)
- Confirm ability to connect staff smartphone to monitor for LAMP demo
- Contact BIDMC Division of Digital Psychiatry (www.digitalpsych.org) for help in setting up mindLAMP
- Practice using mindLAMP prior to group session to increase comfort in assisting participants in navigating through the app
- Create mindLAMP study ID’s for group participants

MATERIALS NEEDED:
- Large screen and/or projector
- Name tags
- Participant workbooks (see Appendix for Session 5 handouts)
**1 STOP, BREATHE & THINK CHECK-IN**

### Stop, Breathe & Think Challenge Check-in

What did you notice?

How did you feel before and after?

"Last week we talked about using our phones to capture both our emotional and physical experience. Can anyone describe the "How Are You?" activity we tried as a group?"

#### DISCUSSION PROMPTS:

- Who used the "How Are You?" feature during the week?
- What did you notice when you were doing the check-in?
  
  How did you feel afterwards?

- Did anyone try one of the mindfulness exercises?

  "The app also shows you a graph of how you did over the week and I wanted to show you an example of what that can look like. After that we can look at your own graph and talk about what you’ve discovered."

#### DISCUSSION PROMPTS:

- What do the colors mean? Good, bad, ok?
- What do you notice about this person’s emotional and physical states over the course of the week?

Help participants locate their weekly data graph within the “Stop, Breathe, and Think” app
DISCUSSION PROMPTS:
When you look at your graph for the past week does anything stand out to you?
When were you feeling your best emotionally? Physically?
Any sense of what might have contributed to you feeling well or not well?

Participants may also want to check in about their step count data. If so, group facilitators can ask participants whether they were able to reach their step count goals, what they noticed about their mood, and whether they would like to further increase their daily step count goal.

2 DISCUSS CONNECTION BETWEEN PHYSICAL/EMOTIONAL EXPERIENCE
“I think what we’re starting to notice as we use our phones to learn more about our patterns and moods is that how we’re doing with one area of our wellness can affect whether or not we’re doing well in another area. For example, if we’re feeling pretty low emotionally it can sometimes be hard to get out and see friends. When we’re in a good mood, though, it can be easier to reach out.”

DISCUSSION PROMPTS:
How do you know when you’re feeling emotionally well?
When you’re in a good mood, do you notice improvements in other areas?
What about when you’re not doing well emotionally? What does that look like?

Have you ever noticed your mood going down when you’re not getting as much exercise or not seeing friends?
What are your personal warning signs that you’re starting to slip?

Given that group participants’ level of insight into the connections between their behaviors, mood, symptoms, etc. will vary, it may be important to give a number of examples of how changes within each dimension of wellness (both positive and negative) can affect other areas. This will help establish the rationale for using an app like mindLAMP which enables participants to cultivate greater insight through passive and active data collection.

3 INTRODUCE MINDLAMP APP
“Today, we wanted to introduce you to a mobile app called mindLAMP that makes it easier for you to monitor your symptoms, step count, sleep, medication, and mood and then helps you to see how they’re connected. With this app, you can take surveys to record how you’re doing every day and then at the end of the week look at a graph that shows...”
how you’ve been doing for the whole week. We’ve discovered that many of you already have a pretty good sense of some of these connections, but sometimes we can learn some surprising new things when we look at our personal data over time just like we did when we reviewed our step count data and our emotional/physical experience data from “Stop, Breathe and Think.” Now we’ll split into small groups and help each one of you to download the app.”

mindLAMP

- Provide each patient with a study ID and assist them with the download process
- Record participant name and study ID

“There are many different ways you can use this app, but we’d like you to start with taking a daily mood survey that asks about your general mood. You can take this one time a day or more than once if you want to compare how you’re doing at different times throughout the day.”

DISCUSSION PROMPTS:
What do you want to learn about yourself?
How might this info be helpful for you?
Does anyone have predictions for how they might feel on any given day?

“Next week, we’re going to bring in graphs that will show you how you’ve been doing each day of the week.”
4  WELLNESS GOAL CHECK-IN

“In the remaining moments, let’s check in as a group about how we’re doing with our wellness goals.”

DISCUSSION PROMPTS:

Any one feeling stuck?

Any one making progress?

The mindLAMP app download process can be time-consuming and may not leave a lot of time for the wellness goal check-in. It may be best to plan for a large group check-in, but if time allows, participants should fill out another wellness check-in worksheet.

5  SUMMARY/WEEKLY CHALLENGES

“In the coming week, please carry around your phone and complete the daily mindLAMP survey. The app will automatically send you reminders to take the survey, but feel free to do more if you’d like. Next week, we will bring in a graph of your results that looks like the one we showed you earlier.”

WEEKLY CHALLENGE!

Complete mindLAMP surveys every day
Making Informed Decisions About Apps

To start off this session, group participants will review and interpret their mindLAMP app survey results related to daily mood and step count. Based on the insights they derive from their personal data, participants will consider how capturing their lived experience can help them understand their own patterns and inform wellness-related goal-setting. The second part of the group will focus on teaching participants practical skills to help them make informed decisions when downloading apps. Participants will review app descriptions in the app store and will consider an app’s privacy/security, trustworthiness of the app developer, recommendation from friends, family, and medical professional, as well as when the app was last updated. At the end of the session, participants will reflect on what they learned during the six-week group and will consider how they will continue using smartphone technology to make progress towards their wellness goals.

TIME: 1 HOUR

SKILL OF THE WEEK: Evaluating apps

SESSION OUTLINE:
1. mindLAMP data review (group and individual)
2. Evaluating apps
3. New considerations for app evaluation
4. Reflections and committing to action

FACILITATOR PRE-SESSION PREPARATION:
- Confirm Wi-Fi access or bring hotspot device if Wi-Fi is limited in the building
- Confirm access to large screen (e.g. TV screen, projector, monitor)
- Print mindLAMP survey results

MATERIALS NEEDED:
- Large screen and/or projector
- Name tags
- mindLAMP survey results
- Participant workbooks (see Appendix for Session 6 handouts)
MINDLAMP DATA REVIEW (GROUP AND INDIVIDUAL)

mindLAMP Challenge Check-In

How many of you were able to try out mindLAMP?

What was it like for you to take the surveys?

“Today we’re going to review our mindLAMP data both our individual results and our overall group results as well.”

DISCUSSION PROMPTS:

How many of you were able to try out mindLAMP?

What was it like for you to take the surveys?

Did you encounter any glitches or challenges?

“Before we share your individual data with each one of you, we wanted to show the group’s average mood and step count for the past week.”

➤ Project graphs onto large screen

DISCUSSION PROMPTS:

Overall, what was the group’s mood on Wednesday compared to Saturday?

Do you notice any connections between step count and mood?

In your own life, do you notice that your mood can be tied to some other things going on in your life like how much sleep you’re getting, how many voices you’re hearing, how much exercise you’re getting, etc.?

The discussion questions should be adapted depending on the group’s data. For some groups, it may make sense to target just the results from the mood survey, while for others it might be helpful to also display step count.
“We’d like to share your personal results with you so you can see how you did over this past week. We’ll show you the results from your surveys as well as your daily step count and sleep.”

Share results with each group member

**DISCUSSION PROMPTS:**

Is this surprising to you or does it line up with your experience from the past week?

What do you notice? What do you make of that?

Is it helpful to know this information?

### 2 EVALUATING APPS

“I know some of you have mentioned wanting to find more wellness-related apps and we wanted to shift gears now to talk about how to pick apps from the thousands that are in the apps store. We’re going to have you look up two app descriptions in the app store and then we’ll vote about whether you would want to download them or not. If you look on the big screen, you’ll see the two apps that we’d like you to find in the apps store.”

**Skill of the week: evaluating apps**

1. Look for “Relax Now: Hypnosis Meditation” in the app store
2. Read description
3. Would you download this app?


**Skill of the week: evaluating apps**

1. Look for “Headspace: Meditation & Sleep” in the app store
2. Read description
3. Would you download this app?

[https://www.headspace.com/headspace-meditation-app](https://www.headspace.com/headspace-meditation-app)

Break participants into small groups

Assist group members in locating app descriptions in the app store

Given that the digital landscape is constantly evolving, it may be necessary to select different apps for this exercise if the apps listed above no longer exist. One app should meet the following criteria: strong privacy policy, trustworthy source, recommendation from a known health professional, and updated within the past 6 months. The other app should not meet the criteria listed but should be comparable to the other app in terms of quality of icon design, star rating, and user reviews. For further details, visit the American Psychiatric Association’s app evaluation website.
“We’re going to come back together as a group and vote on whether or not you would download these two apps. Who here would download Headspace and who would download Relax Now? What made you decide yes or no?”

3 NEW CONSIDERATIONS FOR APP EVALUATION

The criteria identified by the group will not always be the same, but generally user reviews, star ratings, and cost play a major role in decision-making when it comes to downloading apps.

“Based on this discussion, it sounds like many of you use the user reviews, star ratings and icon images to help you decide whether you want to download an app. We wanted to introduce you to some other things you might think about when reading the app store description. In pairs, we’d like you to re-read the app store description and answer the questions in the handout.”

mindLAMP Challenge Check-In

How many of you were able to try out mindLAMP?

What was it like for you to take the surveys?

➤ Break participants into small groups/pairs

➤ Pass out handout and help participants to answer the questions

Depending on participants’ experience downloading and using apps, this exercise may need to be simplified dramatically. If so, the most important skills participants should learn are how to locate a privacy policy, review the app’s website, and check in with others if they have questions about the app’s safety/privacy.
“Now, we’re going to come back together and vote again on whether or not we would download the apps. Who would download Headspace and who would download Relax Now?”

Ideally, participants will take the new evaluation criteria (privacy/security, app developer, recommended by trustworthy person, updated within the past 6 months) into consideration during the second round of voting. This exercise will spark a conversation around the importance of taking a closer look at an app before downloading it.

POST-SURVEY DISCUSSION PROMPTS:
Did your reasons for voting “yes” or “no” for “Headspace” and “Relax Now” change?
What did you learn from looking more closely at the app descriptions?
Was there anything concerning about either app?

4 REFLECTION AND COMMITTING TO ACTION
“As you all know, this is our last week together and I wanted to take some time to talk about what you may have learned along the way. We’ve talked about a lot of different things related to how you can use smartphones to get a better understanding of yourself and to set goals related to your wellness. Before we wrap up, I wanted to go around the room and hear from people about their experience”

Reflection

Over the past 6 weeks, which areas of wellness did you make progress in?

How did you use your smartphone to support you?

How will you continue to improve your wellness once this group is over?

What type of smartphone apps/features do you want to learn more about? Who could help teach you this?

“It’s been such a pleasure getting to know all of you over the past six weeks. Thank you!”
## APPENDIX

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Smartphone-Supported Wellness Group

Week #1
What are smartphones? How can we use them?

Week #2
Setting wellness goals supported by technology

Week #3
Using smartphones to measure physical activity

Week #4
Using smartphones to track mood and practice mindfulness

Week #5
Exploring personal data to support goal-setting

Week #6
How to choose high quality apps
8 Dimensions of Wellness
Connecting to Wi-Fi

Skill of the Week:

Usage and Opportunities

Digital Health Technology

SESSION #1
What can a smartphone do?
What are apps?

- Weather
- Voicemail
- Photos
- Camera
Apps for wellness

- Daily Living
- Wellness
- Nutrition
- Sleep
- Exercise
- Mindfulness
- Substance Use
- Psychosis
- Depression
- Anxiety
What is the difference between Wi-Fi and Data?

Wi-Fi
- Free
- Can’t access everywhere
- Available at the library, Starbucks, Dunkin’ Donuts, etc.

Data
- Costs money
- Can have pre-paid plans or contracts
- Usually need data to make calls
Connecting to WiFi on Android phones
Connecting to Wifi on iPhones

Settings

Airplane Mode
Wi-Fi
Bluetooth
Cellular
Personal Hotspot
VPN
Notifications
Sounds & Haptics

Verizon LTE
11:08 AM
99%

Wi-Fi

Wi-Fi

CHOOSE A NETWORK...

bidmc-staff
bidmcguest
bidmcvoice
Digital Psychiatry
DIRECT-B7-HP OfficeJet 5200
Other...

Password

You can also access this Wi-Fi network by bringing your iPhone near any iPhone, iPad, or Mac which has connected to this network and has you in their contacts.

Known networks will be joined automatically. If no known networks are available, you will be asked before joining a new network.

Passwords

q w e r t y u i o p
a s d f g h j k l
Z x c v b n m

.123
space
Join
What do you want to learn?

### Over the next 6 weeks, I'm interested in learning how to

- Turn phone on/off
- Use the touchscreen
- Change the phone volume
- Make phone calls
- Check voicemail and record greeting
- Connect to Wifi
- Send text messages
- Access and browse the internet
- Download apps
- Use the smartphone camera
- Download music
- Use the calendar
- Set reminders/alarm clock
- Use the navigation (map) features
- Write reminder notes
- Get more physically active
- Learn mindfulness skills
- Get better sleep
- Relax

### Over the next 6 weeks, I want to learn about apps that can help me...

- Get connected to information about health conditions and resources
- Get connected to information about my symptoms
- Connect with friends/family
- Connect to my doctor’s office
- Develop strategies for managing my symptoms
- Use the navigation (map) features
- Use the calendar
- Set reminders/alarm clock
- Use the weather
- Use the calendar
- Use the navigation (map) features
- Write reminder notes
- Use the weather
- Use the calendar
- Set reminders/alarm clock
- Use the navigation (map) features
- Write reminder notes

### APPENDIX

**SESSION 1**
Smartphone Skills

smartphone basics

voicemail/texting

downloading apps & web browsing

Exploring Apps

music

mental & physical health

daily living
WHEN IN DOUBT, PRESS THE HOME BUTTON

1. Press and hold the - button until you reach the desired volume
   TO MAKE YOUR PHONE SOFTER
2. Press and hold the + button until you reach the desired volume
   TO MAKE YOUR PHONE LOUDER

1. Press the lock button
   TO LOCK YOUR PHONE:
2. Slide your finger from the left side of the screen to the right side
   TO UNLOCK YOUR PHONE:

1. Plug the cable into the CHARGING PORT
   TO CHARGE YOUR PHONE:
Weekly Challenge!

Try connecting to Wi-Fi in different places
SESSION #2

Skill of the Week: Using Smartphone Cameras

Supported Wellness Goals: Developing Technology-
8 Dimensions of Wellness

INTELLECTUAL

FINANCIAL

SOCIAL

EMOTIONAL

SPIRITUAL

PHYSICAL

ENVIRONMENTAL

VOCATIONAL
Check my voicemail every day
Attend a class to learn new skills
Apply for a part time job
Go to your place of worship
Meditate
Sit quietly by a river or ocean
Go for a walk in the park
Take a yoga, dance or tai chi class
Call/text a friend or family member
Join a new group
Volunteer in my community
Put money into my savings account
Create a budget to keep track of my expenses
Drink more water and less soda
Eat more vegetables and fruit
See my therapist or doctor regularly
Practice guided relaxation exercises
Phone
Track my daily steps using my
Watch workout videos on YouTube
Use an exercise app
go the gym
Remember things
Make reminder lists to help me
Go for a walk with my friends
Medications
Set reminders to take my
Get more sleep
Help me relax
Listen to music on my phone to

Examples of short-term wellness goals:

- Listen to music on my phone to help me relax.
- Get more sleep.
- Help me relax.
- Eat more vegetables and fruit.
- See my therapist or doctor regularly.
- Practice guided relaxation exercises.
- Phone.
- Track my daily steps using my
- Watch workout videos on YouTube.
- Use an exercise app
go the gym.
- Remember things.
- Make reminder lists to help me.
- Go for a walk with my friends.
- Medications.
- Set reminders to take my.
- Get more sleep.
- Help me relax.
Wellness Goal

What is your short-term goal?
Listen to guided meditations on my phone to help me sleep better

Why is this goal important to you?
Getting more sleep helps me to do a better job at work and to feel healthier overall

Put a check mark ✓ next to the wellness dimensions that are related to your goal
Physical, emotional, vocational, social

SAMHSA - Substance Abuse and Mental Health Services Administration
What is your short-term goal?

Why is this goal important to you?

Wellness Goal

Put a check mark next to the wellness dimensions that are related to your goal.

Why is this goal important to you?

What is your short-term goal?
Weekly Challenge!

Work towards your wellness goal

Take photos of anything that helps you feel well
Capturing physical activity
Skill of the week: Using smartphones to measure physical activity
How To View Step Count on Android:

1. Open the Google Play Health and Activity Tracking app.
2. Tap on the app icon.
3. Tap on the app to start tracking.
4. View your step count.
How To View Step Count on iPhone:

1. Open the Health app on your iPhone.
2. Tap on the Activities tab.
3. Scroll down to find the walk score.
4. Tap on the walk score to view the detailed steps count.
Wellness check-in

Did you make any progress towards your wellness goal?

What action did you take?

How could you use your smartphone to help you?
My short-term wellness goal:
What: Walk 5,000 steps per day
Where: Along the Charles River
When: Saturday and Sunday morning
How often: Two times per week
How could you use your smartphone to help? Check my step count feature to see if I'm walking 5,000 steps.
My short-term wellness goal:

What:

Where:

When:

How often:

How could you use your smartphone to help?
**Exploring Apps**

**Smartphone Skills**

- Daily Living
- Mental & Physical Health
- Music
- Web Browsing
- Downloading Apps
- Voicemail/Texting
- Smartphone Basics
Weekly Challenge!

Walk around with your phone to track your steps
SESSION #4

Capturing Emotional Experience

Skill of the week:

Downloading apps
Stop, Breathe & Think
Look for these pictures on your phone.

Step #1: Go to the app store.
Step #2: Type "Stop, Breathe & Think" in the search bar

Step #3: Hit the "get" button
Step #4: Press open when the circle has filled in.
Step #5:
Click “just browsing” and “let’s do this”
"Engaging Your Senses"
Setting Reminders
Wellness check-in

Did you make any progress towards your wellness goal?

What action did you take?

How could you use your smartphone to help you?
Weekly Challenge!

Use the “How are you?” feature every day this week.
emotional wellness
between physical and
Identifying connections
behavior change
Using personal data for
SESSION #5

SESSION #5

SESSION #5
Download
Wellness check-in

Did you make any progress towards your wellness goal?

What action did you take?

How could you use your smartphone to help you?
Weekly Challenge!

Complete mindLAMP surveys every day.
SESSION #6
Making informed decisions about apps

Skill of the week: Evaluating apps
Skill of the week: Evaluating apps

1) Look for “Relax Now: Hypnosis Meditation” in the app store
2) Read description
3) Would you download this app?
Skill of the week: evaluating apps

1) Look for “Headspace: Meditation & Sleep” in the app store

2) Read description

3) Would you download this app?

https://www.headspace.com/headspace-meditation-app
Division of Digital Psychiatry at BIDMC

APPENDIX
SESSION 6

Can you easily find a privacy statement?

Do you trust the person who made it?

Was the app updated within the past 6 months?

Is the app recommended by someone you trust (doctor, family, friend)?

Yes  No

Yes  No

Yes  No

Yes  No

Can you easily find a privacy statement?

Do you trust the person who made it?

Was the app updated within the past 6 months?

Is the app recommended by someone you trust (doctor, family, friend)?
Reflection

Over the past 6 weeks, which areas of wellness did you make progress in?

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What type of smartphone apps/features do you want to learn more about? Who could help teach you this?
Digital Opportunities for Outcomes in Recovery Services

MANUAL DESIGN BY LEEANN SUEN