

Transformational Health Care Delivery Projects – Innovative Technology

Type of Technology	Name of technology	Target age group	Website or email/phone contact for more information	Topic	Description
App	AIM HIGH! App	Ages 13+	AIM HIGH!	Adolescent health/ education	101 tips for teens on a variety of topics including health, not smoking, morals, attitude, goals, driving, etc.
App	Allergycast by Zyrtec	Adults, teens, older children	http://www.zyrtec.com/allergy-tools/allergycast-app	Allergies	Pollen levels and weather forecasts, log and track allergy symptoms. Alerts to high pollen levels. Shows Zyrtec products near you.
App	BMI Calculator	All ages	BMI Calculator	BMI	Patient enters height, weight, etc. to obtain BMI
App	Deep Relax App	Children/ teens all ages	Deep Relax	Stress & relaxation	Instruction on deep breathing/relaxation techniques utilizing a variety of soothing platforms
App	Diabetes Aid App	Ages 12+	Diabetes Aid	Diabetes	Patient enters name, DOB, gender, height, weight & the tool tracks the patient's blood glucose levels & emails doctor when levels are concerning
App	Fooducate	Adults, teens, older children	http://www.fooducate.com/	Nutrition	Scan product barcode to identify nutrition information, ingredients, quality and quantity of intake, personalize for demographics and some allergens, track food intake & exercise with another app (HEALTH in Apple)

App	iTriage App	All ages	iTriage	Health information/resources	A symptom to provider pathway; medical resource information, stores/tracks vital health information on each patient
App	Journal of Pediatric Orthopaedics App	Health professionals, patients & parents	The Official Journal of Pediatrics	Research/adolescent health	Articles & research for health professionals, patients & parents covering a wide variety of health related topics
App	LiveStrong Calorie Tracker App	Children/teens	LiveStrong	Nutrition/obesity	Calorie tracking tool based on Patient's gender, height, age, activity level, etc. & provides tools for making better nutrition choices to monitor/lose weight
App	MindShift	Teens / young adults	http://www.anxietybc.com/mobile-app British Columbia Mental Health & Substance Use Services Contact: 604-875-2345 or 1-800-300-3088	Anxiety	MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: Test Anxiety , Perfectionism , Social Anxiety , Performance Anxiety , Worry , Panic , Conflict
App	MY3	Adults / teens	http://www.my3app.org/ Link2HealthSolutions, Inc. www.suicidepreventionlifeline.org	Suicide prevention	MY3 features a support system, safety plan and resources with the goal of giving clients a tool to use in a time of need. a) 3 Contacts - Simply add the contact information for three people who know and care about your clients and can help them when they are experiencing thoughts of suicide. These contacts can include friends, family, professional caregivers, or a local crisis hotline. Also important to note: In any situation, the National Suicide Prevention Lifeline (1.800.273.TALK [8255]) and 911 are there to help them. b) Safety Plan - You can help your clients customize their safety plan by identifying their warning signs, coping strategies, distractions and personal networks so they can help themselves stay safe.

App	My Last Cigarette App	Teens/ adults	MLC	Smoking	A smoking cessation tool
App	Nutrition Quiz App	All ages	Nutrition Quiz	Nutrition	Tests patient on making healthy choices in eating
App	Team Orange	Children / teens	http://www.teamorangestrong.com/dev/index.html and https://itunes.apple.com/us/app/team-orange/id717982916?mt=8	Bullying	Anti-bullying and coping with bullying app
App	PingMD	Patients	Meghan Porter meghan@pingmd.com www.pingmd.com	Health education	PingMD is a mobile device application used to provide HIPPA compliant, secure communication between providers and patients. Beginning near mid-February, PingMD is rolling out a new application that allows providers to ping patients with information, including appointment reminders and health education information.
App	Smiling Mind	Age: 7 years to adult	http://smilingmind.com.au/	Mindfulness Meditation	Smiling Mind is a unique web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs
App	Stop Breathe & Think	All ages	http://stopbreathethink.org/	Mindfulness Meditation	A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.
App	Stress Popper App	All ages	Stress Popper	Stress/ Anxiety	Stress relief, children can “pop” packing bubbles for anxiety/stress relief
App	The Virtual Hope Box	Designed for veterans / those in	Nigel Bush, Ph.D. nigel.bush@us.army.mil http://t2health.dcoe.mil/apps/virtual-hope-box	Self-soothing, reduce suicidal ideation	When using the virtual hope box, the Veteran sets up the app with photos of friends and family, sound bites and videos of loved ones and special moments, music, relaxation exercises, games, and helpline phone numbers.

		stressful transition			
App	My Life My Voice from Your Life Your Voice	Teens	Boys Town National Hotline http://www.yourlifeyourvoice.org/SitePages/Home.aspx also http://us.reachout.com/	Mental Health Journaling	Journal to track mood, thoughts, feelings.
Computer-based assessment tool	Anger Regulation & Expression Scale (ARES)	Ages 10-17 years	www.parinc.com	Anger/Emotion	The <i>ARES</i> is a computer-scored comprehensive self-report assessment of the expression and regulation of anger in children and adolescents aged 10 to 17 years. When used in combination with other information, results from the <i>ARES</i> can help identify a wide range of potentially problematic anger patterns. The <i>ARES</i> can be used in screening, planning, and monitoring intervention effectiveness for these youths. (DiGiuseppe, Tafrate 2012)
Computer-based assessment tool	Tasks of Executive Control (TEC)	Ages 5-18 years	www.parinc.com	Cognitive functioning	The TEC was developed as a companion to the BRIEF (Behavior Rating Inventory of Executive Function) and is a 15 to 30-minute computerized laptop-based assessment instrument that provides objective measurement of selective attention, working memory and impulse control for ages 5 to 18 years. The TEC can be used as a one-time measure or can be used by primary care providers in a serial fashion to follow a student's executive function over time and also may be useful in establishing an evidence base for novel treatments that impact the executive system. (Isquith, Roth, Giola, 2011)
Computer-based program	ACTIVATE Cognitive Cross Training Program	Ages 10-19 years	www.c8sciences.com	Cognitive functioning/ exercise	School-based program that combines group & individual exercise/movement program with cutting-edge web-based computerized cognitive training designed to improve 8 core cognitive competencies involving executive function including: 1) Sustained Attention; 2) Response Inhibition (impulse control); 3) Speed of Information Processing; 4) Cognitive Flexibility /Control; 5) Multiple Simultaneous

					Attention; 6) Working Memory; 7) Category Formation; and 8) Pattern Recognition & Inductive Thinking.
Computer-based program	myStrength.com	Adults, health care providers	https://www.mystrength.com/how-it-works/ info@mystrength.com	Mental health	Range of resources to improve mental health and overall well-being: personalized eLearning programs to help overcome depression and anxiety supported by simple tools, weekly exercises, and daily inspiration in a safe and confidential environment.
PC-based Spirometer	SpiroPerfect	Providers & patients	Sean Ortiz 248-860-6984 sortiz9@sbcglobal.net Welsch-Allyn http://www.welchallyn.com/apps/products/product.jsp?id=11-ac-100-0000000001168	Pulmonary issues	Provides immediate access to accurate patient data to clearly evaluate pulmonary obstruction or restriction, show progress, and help pediatric patients comply with test procedures. Provides a quick snapshot of patient results. Allows providers to select from 6 parameters to show real-time testing and summary. Displays real-time curves as flow/volume, volume/time, flow/time, or Pre, Post. All efforts or best efforts can be displayed on the same graph for easy comparison.
Website	dwd Dealing with Depression	Teens & concerned adults	http://dwdonline.ca/ online resource is based on and complementary to <i>Dealing with Depression: Anti-depressant Skills for Teens</i> (Bilsker, Gilbert, Worling & Garland, 2005)	Depression	Provide teens with accurate information about depression. This resource teaches a set of skills teens can apply to their own lives to overcome depression.
Website	Kid's Health	Kids/teens	www.kidshealth.org/teen	Adolescent health	Information about health, food, fitness, diseases, chronic conditions, infections, etc.
Website	National Asthma Education &	Patients, parents, healthcare	www.nhlbi.nih.gov/about/naepp	Asthma	<i>National Asthma Education & Prevention program</i>

	Prevention Program	profession als			
Website	National Institute of Mental Health	Parents, patients, general public & healthcare profession als	www.nimh.nih.gov	Mental health	National Institute of Mental Health, includes fact sheets on mental health issues/disorders including ADHD, ODD, Anxiety, Depression, etc.
Website	http://us.reachout.com/	Teens and young adults	info@inspire.org http://us.reachout.com/	Mental health	<p>Website with information and support services using evidence based principles and technology to help teens and young adults struggling with mental health and other issues. All content is written by teens and young adults, for teens and young adults, recognizes their own strengths and use those to overcome difficulties and/or seek help if necessary.</p> <p>Reachout.com has 5 key sections:</p> <ul style="list-style-type: none"> • The Facts provides information on a range of mental health issues • Real Stories • Forums provide a safe space to connect with peers • ReachOut TXT offers peer support and information via text message from trained teen and young adult volunteers. • Get Help – how and where to find help
Website	Student Advocacy Center	Parents of children age 5-18/general population	www.studentadvocacycenter.org	Special education	Special education policy information/advocacy information for parents of children age 5-18 with special education needs/DD population
Web series (10 parts)	Support for Students Exposed to Trauma	Education profession als,	http://www.rand.org/pubs/technical_reports/TR675.html	Trauma	The Support for Students Exposed to Trauma (SSET) program is a series of ten lessons whose structured approach aims to reduce distress resulting from exposure to trauma.

	(The SSET Program)	paraprofessionals			
Web toolkit (5 parts)	American Academy of Pediatrics (AAP) Fetal Alcohol Spectrum Disorder (FASD) Toolkit	Primary Care pediatric providers	http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/fetal-alcohol-spectrum-disorders-toolkit/Pages/default.aspx	Fetal Alcohol Spectrum Disorders	The AAP Fetal Alcohol Spectrum Disorders (FASD) Toolkit was developed to raise awareness, promote surveillance and screening, and ensure that all affected children receive appropriate and timely interventions. Components include: 1) About FASDs; 2) Identification, Diagnosis, & Referral; 3) Patient Management; 4) Sample Forms; In-Depth Provider Training; 5) Resources
Web toolkit (6 parts)	American Academy of Pediatrics (AAP) Trauma Toolbox for Primary Care	PC providers	http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Trauma-Guide.aspx#trauma	Trauma	This newly available and comprehensive 6-part web-based series was designed with the primary care practice in mind – those who may or may not be familiar with adverse childhood experiences (ACEs) and the process of asking families about exposure to ACEs or other traumatic events. The series includes: 1) Adverse Childhood Experiences & the Lifelong Consequences of Trauma; 2) Addressing Adverse Childhood Experiences & Other Types of Trauma in the Primary Care Setting; 3) The Medical Home Approach to Identifying & Responding to Exposure to Trauma; 4) Bring Out the Best in Your Children; 5) When Things Aren't Perfect: Caring for Yourself and Your Children; 6) Protecting Physician Wellness: Working With Children Affected by Traumatic Events