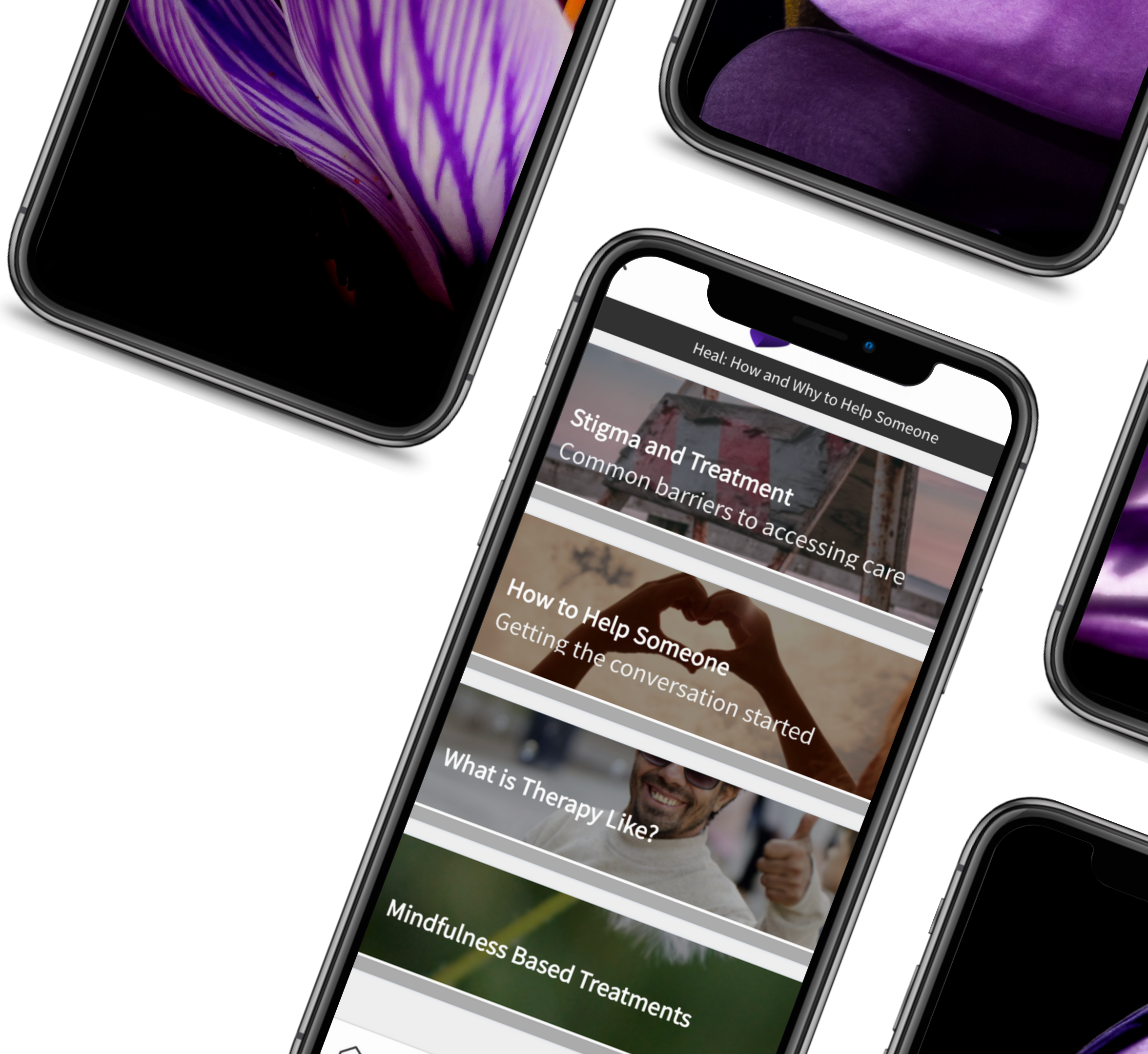


# SHARPEN<sup>®</sup>

powering healthy minds







Sharpen® has served over 900,000 individuals, delivered over 14,000 online mental health trainings, made over 48,000 connections to mental health care providers and engaged individuals for an average session duration of 5 minutes.

A recent user study indicated that personal awareness, understanding, and ability to take action to support another person increased by 93% after being trained on the Sharpen system.





## PROVIDER CASE STUDY

In response to the need to improve mental health literacy among medical professionals, our team collaborated with leadership from a children's hospital to train pediatricians using Sharpen.

Topics included: disordered eating prevention, weight stigma, suicide, obesity, female athlete triad syndrome and exercise addiction.

- 96% of participants strongly agree that our trainings assist in increasing empathizing with patients.
- 91% of participants agree that our trainings assist in diagnosing eating disorders -- the highest priority for our participants.
- 96% of participants agree our trainings assisted them with:
  - Understanding co-Morbidities
  - Communicating with Patients
  - Communicating with Parents





# SHARPEN<sup>®</sup> PROVIDER BENEFITS

- Increased patient / client satisfaction
- Increased ease in assessing patients
- Greater patient engagement
- Increased referrals to other providers
- Reduced need to prescribe meds
- Reduced cost of care
- Reduced provider burnout
- Personalized goals and outcomes for patients and clients (and families)
- Access to reimbursement

A survey of 57 school clinicians and educators who used the Sharpen program found that:

- 82% say they use the program themselves
- 94% said the modules were helpful and informative
- 80% would recommend the program to others.



# SHARPEN<sup>®</sup> IMPACT



"Sharpen is a game-changer for any parent interested in improving their own mental health or mental health and wellbeing of their children."

Paige Stephenson, President & CEO  
United Way of the Piedmont



# SHARPEN<sup>®</sup>

## USER BENEFITS

Decades of our research\* has shown:

- Increased mental health literacy
- Reduced mental health symptoms
- Increased wellbeing
- Improved best practices for suicide prevention
- Increased connectedness and help seeking
- Improved behavioral training in coping skills
- Reduced stigma around mental health
- Understanding usage for mindfulness techniques
- Increased ability to support others

## PARENT CASE STUDY

Studies of Sharpen<sup>®</sup> Mental Health Literacy include:

- 142 foster parents completed a baseline and post-intervention survey and found a statistically significant correlation between self-compassion and resilience as well as a significant negative relationship between perceived stress and resilience.

## STUDENT CASE STUDY

College students participating in the study revealed training effectiveness feedback including:

- increased help-seeking
- improved stress management
- connection to resources and support
- improved understanding of mental disorders and warning signs
- decreased stigma
- improved body image awareness
- improved understanding of helping a friend

[\\*View all studies here.](#)



# MEDICAL STUDENT CASE STUDY

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- 270 medical students utilized Sharpen
  - After one year, expanded to all 4 campuses across the US
- Shown to improve:
- emotional wellness
  - mindfulness
  - body image
  - access to care
  - help-seeking
  - resiliency

Qualitative feedback through focus groups found that medical students sought to deploy Sharpen as a resource to patients and parents. This led to a follow-on research study funded through Spartanburg Regional Healthcare System Foundation.

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[Click to watch a brief video featuring the research team at Edward Via College of Osteopathic Medicine \(VCOM\).](#)



# UNIVERSITY CASE STUDY

"As the Chief Wellness Officer of a public university and board member of the National Wellness Institute, I appreciate scientific models that improve emotional and mental wellness. For coaches and educators, Sharpen provides a curated library of evidence-based interventions that can be shared with clients or students in real time. For the end-user, Sharpen provides a safe, peer-focused experience that improves engagement and compliance with care."

~Bridgette A. Stewart, M.Ed., NBC-HWC, CWP, CWWS  
Chief Wellness Officer, Office of the President  
University of West Georgia

When Sharpen was deployed at a public university in Georgia, there were dozens of students on a waiting list to be seen by licensed counselors.

*Today the waiting list is 0.*



[click to view a 1.5 minute testimonial](#)



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powering healthy minds

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