

# SHARPEN FAMILY ALL TIME DATA

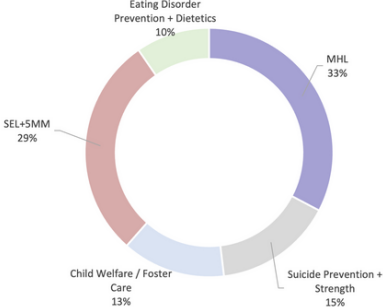
Improving behavioral health  
through a trauma-informed framework

## HOW DO PEOPLE BUILD RESILIENCE ON SHARPEN FAMILY?

June 1, 2019 - January 25, 2023

1,134 USERS  
2,214 COURSES CONSUMED  
8,778 CONNECT CLICKS

### Protective Factors



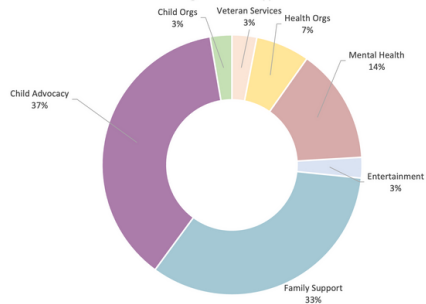
## THEY BUILD MENTAL HEALTH LITERACY

THROUGH SHARPEN'S AWARD-WINNING LIBRARY OF EVIDENCE-BASED CONTENT, INDIVIDUALS ATTEND MENTAL HEALTH COURSES. BELOW ARE THE PRIMARY PROTECTIVE FACTORS ACCESSED THROUGH THE LIBRARY.

## THEY INCREASE COMMUNITY CONNECTEDNESS

IN SHARPEN, INDIVIDUALS CLICKED ON THE CONNECT BUTTON TO ENGAGE WITH COMMUNITY ORGANIZATIONS.

### Organization Types

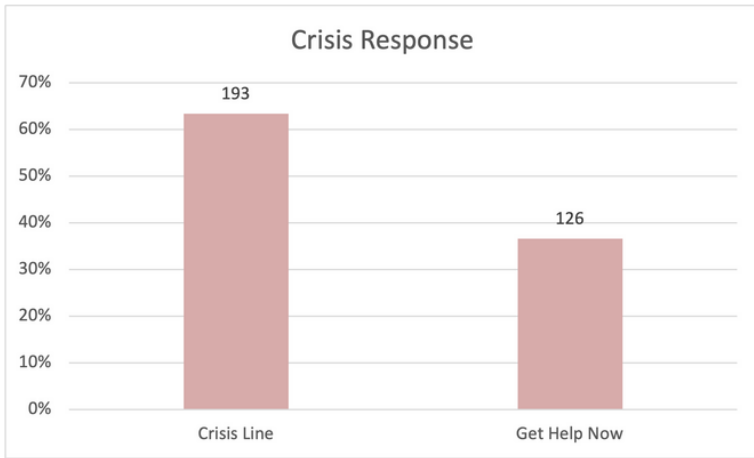


Sharpen data gathered between 6.1.2019-1.25.2023

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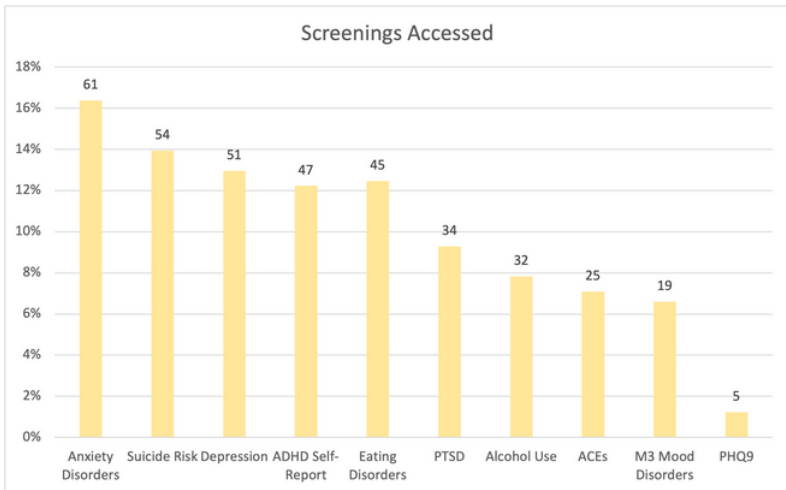
## THEY CONNECT WITH CRISIS RESPONSE

IN SHARPEN, INDIVIDUALS HAVE MULTIPLE ACCESS POINTS TO SUICIDE PREVENTION AND CRISIS RESPONSE NUMBERS.



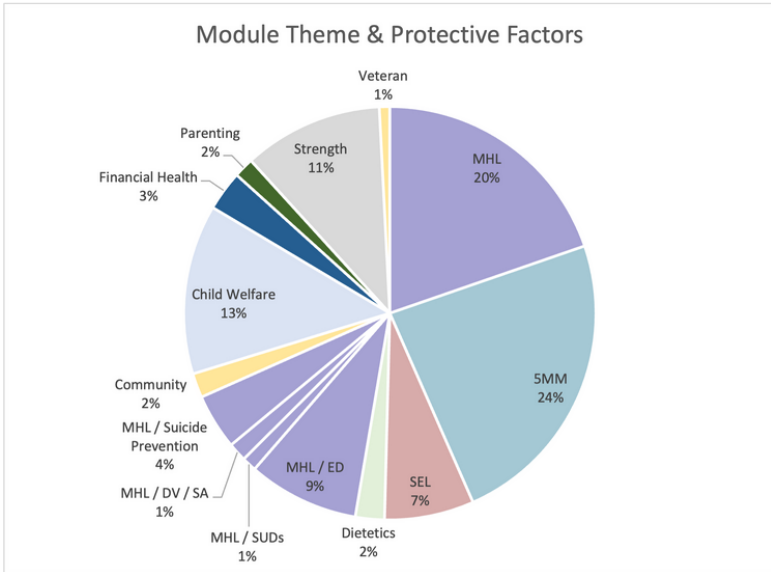
## THEY TAKE MENTAL HEALTH SCREENINGS

INDIVIDUALS HAVE DISCREET ACCESS TO MENTAL HEALTH SCREENINGS AND ASSESSMENTS AND TOOK THE FOLLOWING MENTAL HEALTH SCREENINGS ON SHARPEN:



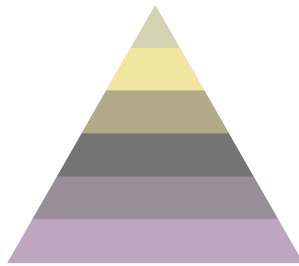
## THEY IMPROVE SHARED PROTECTIVE FACTORS

BELOW ARE THE CATEGORIES OF RESOURCES ACCESSED IN SHARPEN FAMILY.



## THEY BUILD RESILIENCE

ALL OF THE DATA WITHIN SHARPEN IS CALCULATED INTO A RESILIENCY SCALE - FACTORING 40 POINTS OF INTERACTION AND ENGAGEMENT IN BOTH CONTENT AND COMMUNITY RESOURCES.



**5,174,598**  
RESILIENCY POINTS  
SCORED



“

**It was directive and left me feeling in control. I'm a person who is used to being intentional of my wellness through connecting with others, going to the gym etc. These days without the normalcy of the world around me I could feel it slipping and didn't know where to begin. Sharpen was a place I could intentionally go to get resources, tactics, or just content to make me feel better in the moment. No matter my intention, I left either with a specific action to add into my day - or at minimum logging off, having spent time for myself discovering!**



- **It really got me through and I started to think a lot.**
- **Your app is excellent; I am already using several of the mindfulness techniques and have heard from others that they are using them too.**
- **Content is diverse, covering so many meaningful topics.**
- **Helped me review and renew my techniques for handling my recurring issues.**



**I especially like the 5 minute mindfulness section. Caring for my clients in the midst of this pandemic and social political environment has been very stressful.**