






## Innovation Tech Suite Overview

San Mateo County Behavioral Health and Recovery Services (BHRS) is piloting an MHSA Innovation project that brings together technology-based interventions designed to support mental health and wellness, using devices like smartphones. The apps vary by vendor and fall into three categories: peer chat and online support, personalized wellness avatar, and wellness apps.

### Tech Suite Components

Tech Suite Component	What is this App?	How does it work?	Why is it helpful?
 <p><b>Peer Chat and Online Support</b></p>	Connects clients/consumers and their loved ones with online support groups and/or peers	The Peer Chat & Online support app gives clients/consumers & their loved ones a variety of options for online peer support (e.g. text, chat group)	<ul style="list-style-type: none"> <li>• Expands access for those who prefer to remain anonymous.</li> <li>• Provides services in client/consumers' preferred language.</li> <li>• Promotes connection for youth and isolated adults</li> </ul>
 <p><b>Personalized Wellness Avatar</b></p>	Links clients/consumers to personalized wellness activities through an avatar	Clients/consumers can choose to receive prompts and reminders to engage in wellness based on their preferences.	<ul style="list-style-type: none"> <li>• Expands access for clients/consumers who have limited access to in-person services, avoid in-person services due to stigma, or prefer anonymity.</li> </ul>
 <p><b>Wellness Apps</b></p>	Uses cell phone data to provide a safety net of support for someone	Clients/consumers can give permission to an app to use their cell phone data to receive reminders for wellness activities or share selected data with their current provider.	<ul style="list-style-type: none"> <li>• Suggests wellness activities based on data collected.</li> <li>• Alerts mental health providers if a client/consumer needs additional support.</li> </ul>