



# Self-Management App to Enhance Outcomes for Medicaid Consumers

Kelly Ryan, PhD, ABPP-CN  
Associate Professor of Psychiatry  
University of Michigan Department of Psychiatry

Team: Isabel Carley, BA; Pratiksha Badola; Celeste Liebrecht, LMSW; Melvin McInnis, MD; Shawna Smith, PhD; Erica Vest, LMSW; Anastasia Yocum, PhD

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# Outline

1. Background and relevance
2. Life Goals Collaborative Care
3. Life Goals app
4. FY22 Integrated Apps Project
5. Future Directions

# Background and relevance



- Individuals with serious mental illness often require continuous long-term treatment/care to maintain recovery
- Mobile apps for serious mental illness have not been widely disseminated to lower-income, Medicaid-eligible populations
- Increase access to mobile health technologies for individuals with little to no access to mental health care (e.g. homebound; live in regions with little to no resources)

# Our goals

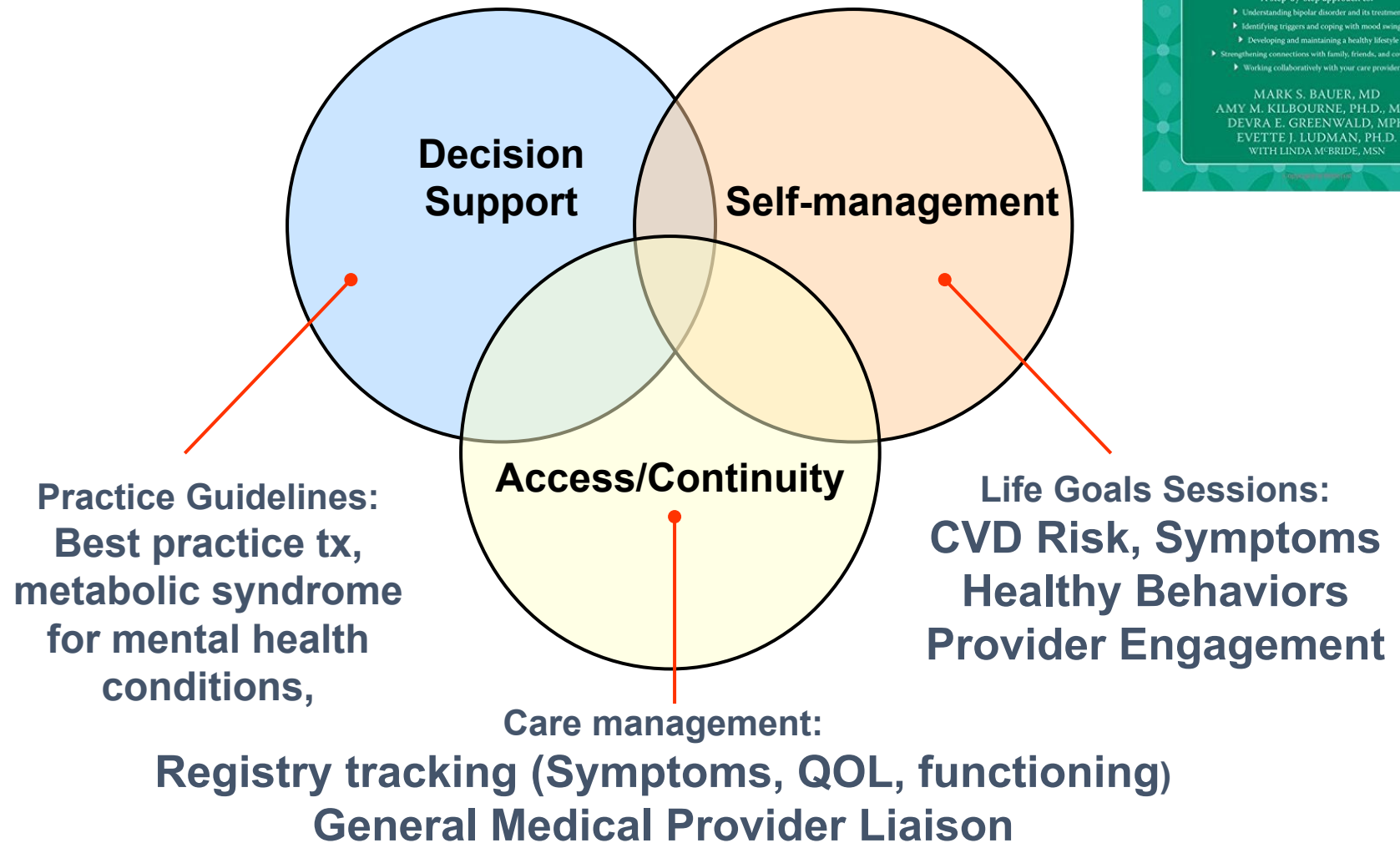
- Increase access to mobile health technologies for individuals with little to no access to mental health care (e.g. homebound; live in regions with little to no resources)
- Empower consumers by promoting self-management and person-centered care, promote recovery
- To do this:

Development of smartphone app using evidenced-based program that can:

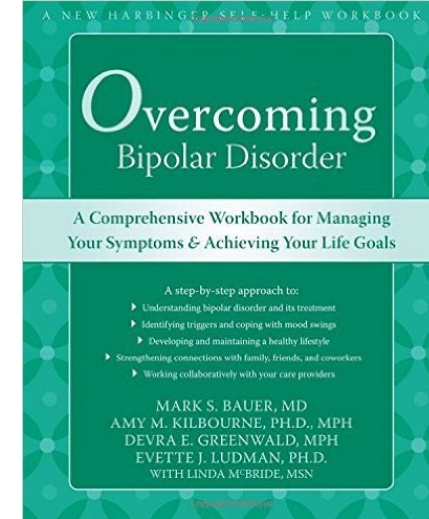
- help educate about bipolar disorder
- actively self-manage symptoms/health
- Provide apps to consumers at now cost

## The Life Goals App

# Life Goals Collaborative Care



*Addresses both mental health and medical risk factors*



# Life Goals

Stand-alone self-management therapy portion of the program

- Topic-based mental health and wellness material

Eclectic approach, including:

- Psychoeducation
- Motivational Interviewing
- Behavioral Therapy
- Cognitive Therapy

# Life Goals – Smartphone App

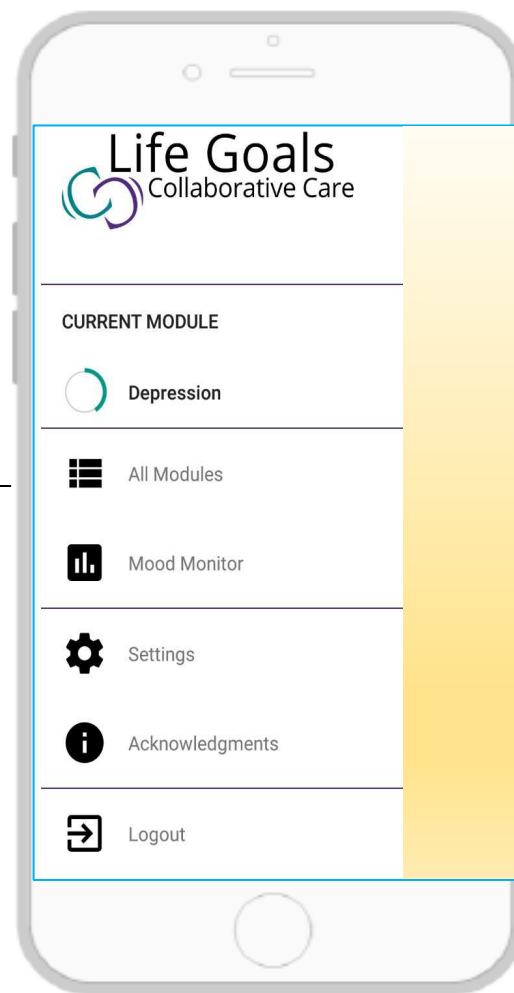
Need for mobile health (m-Health) technologies led to the development of the Life Goals app

- App is available on iOS and Android
  - Currently open for consumers engaged in research with plans to make app publicly available in near future

# Life Goals – Smartphone App

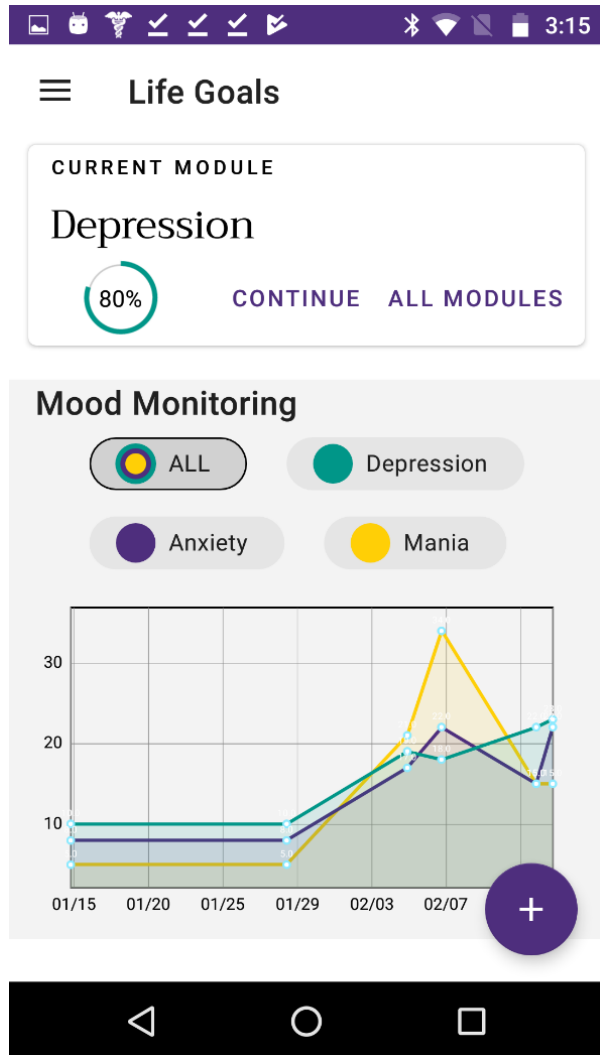
## Mental Health & Wellness Modules

<b>Introduction</b>	<b>Managing Your Care</b>
<b>Depression</b>	<b>Anxiety</b>
<b>Mania</b>	<b>Trauma</b>
<b>Suicide</b>	<b>Managing Tobacco</b>
<b>Psychosis</b>	<b>Substances</b>
<b>Anger / irritability</b>	<b>Foods and Moods</b>
<b>Move Your Body, Move Your Mood</b>	<b>Sleep and Mood</b>



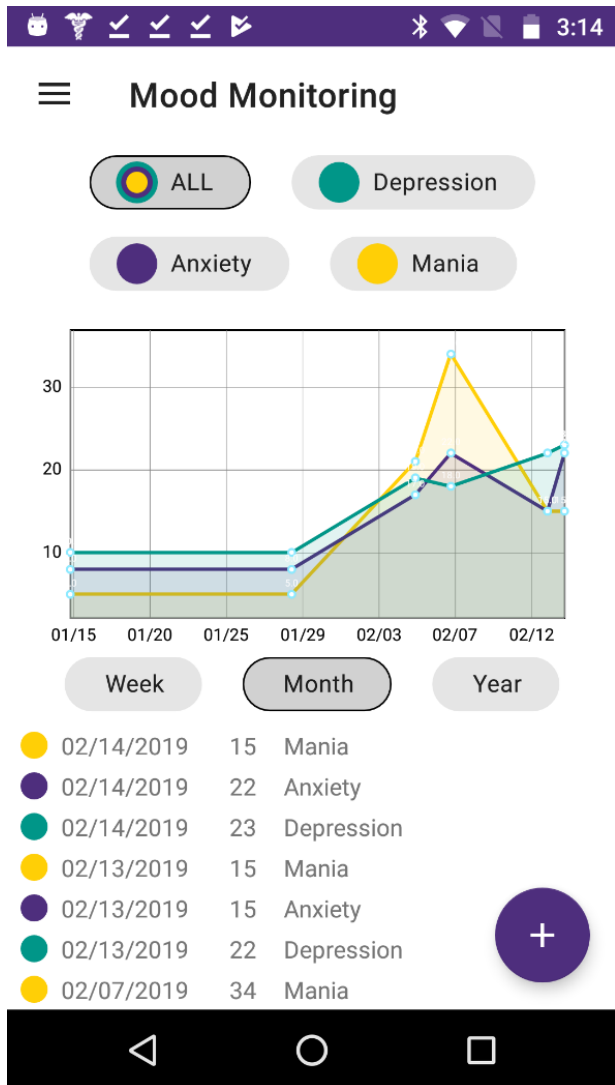


# Life Goals App – Landing page (Dashboard)



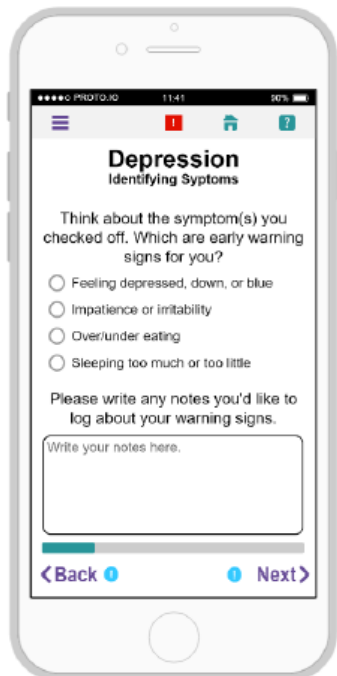
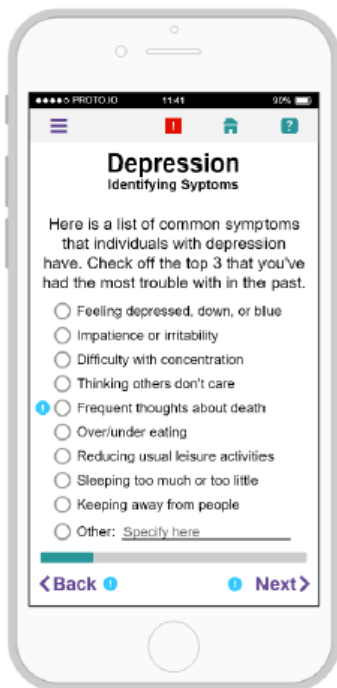
Landing page displays current module and recent mood monitoring scores

# Life Goals App – Mood Monitoring



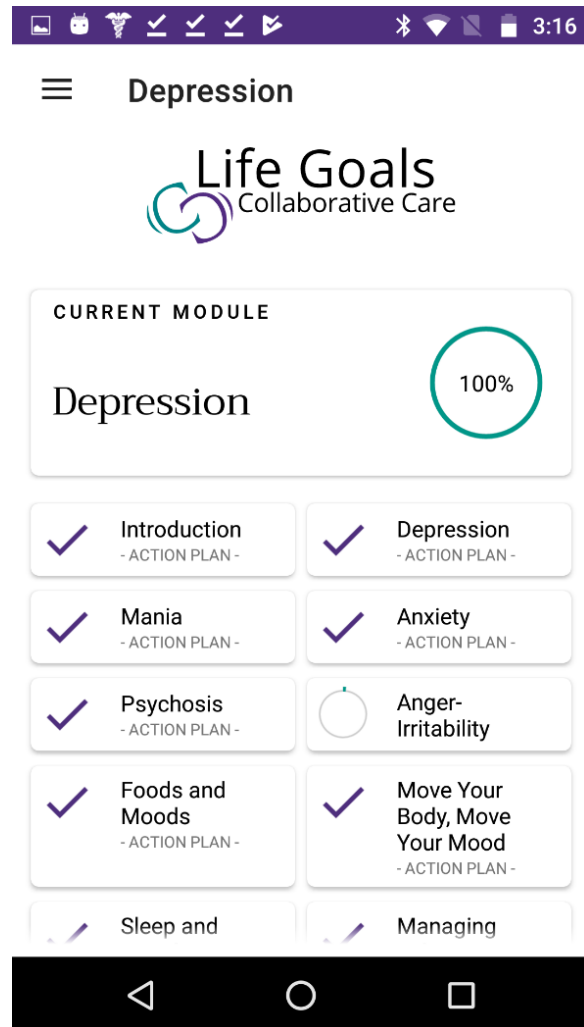
Mood monitoring for depression, anxiety, and mania

History of scores displayed in graphs



# Life Goals App – Depression module

# Life Goals App – Module Progress Screen



List of all modules with progress circle

When module is completed, circle turns to check mark

Ability to PDF action plans from completed modules

Life Goals App –

Feasibility, usability,  
acceptability study

91 individuals with  
bipolar disorder used  
the app up to 6 months

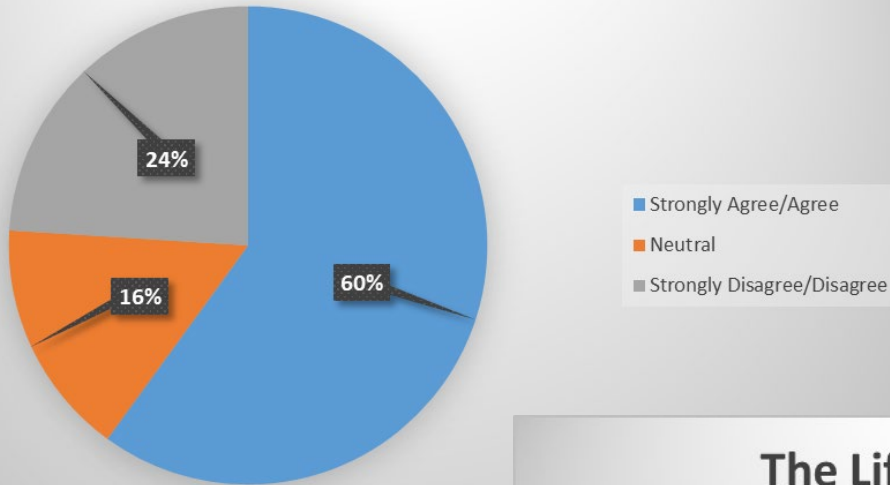
Feedback based on  
ease of use and  
platform informed  
development of app  
and different iterations

# Qualitative Feedback

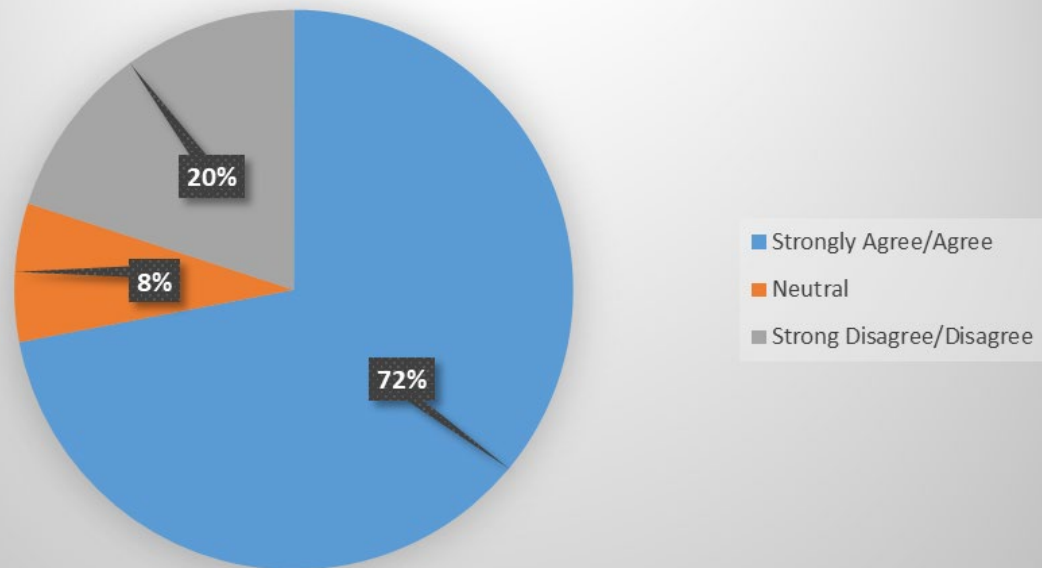
- Participants liked the accessibility and privacy the LG app provided: *“I liked that [the app] was accessible. No matter where I was, in public places or whatever, it was on my smartphone, so I could go to it at any point. People didn't need to know what I was doing.”*
- The app encouraged participants to check in with and prioritize their mental health: *“[The app provided] the chance to check in, and think about life as it's being lived, rather than after you come to a wall and you're in trouble.”*
- Several participants noted the app may have been more helpful earlier in their BD diagnosis: *“I didn't feel like it was necessarily for me, as someone who's made a lot of progress with the disease. I felt more excited for other people to be able to use it, who aren't familiar [with BD].”*

# Findings – Satisfaction with apps

**Life Goals material was useful**

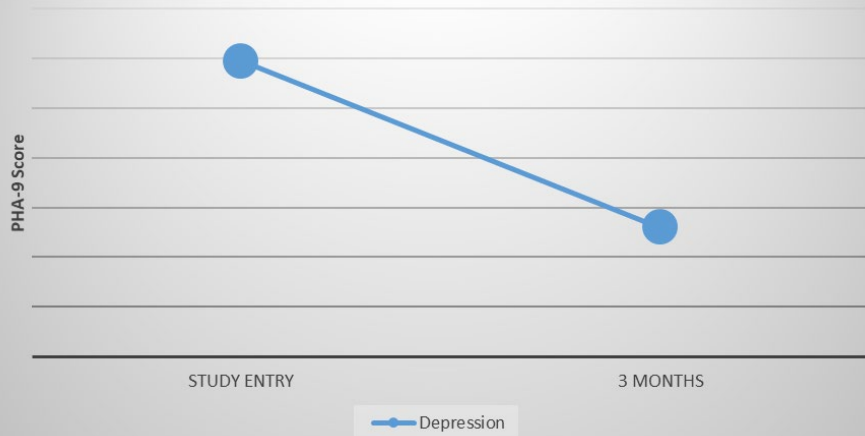


**The Life Goals app was easy to use**

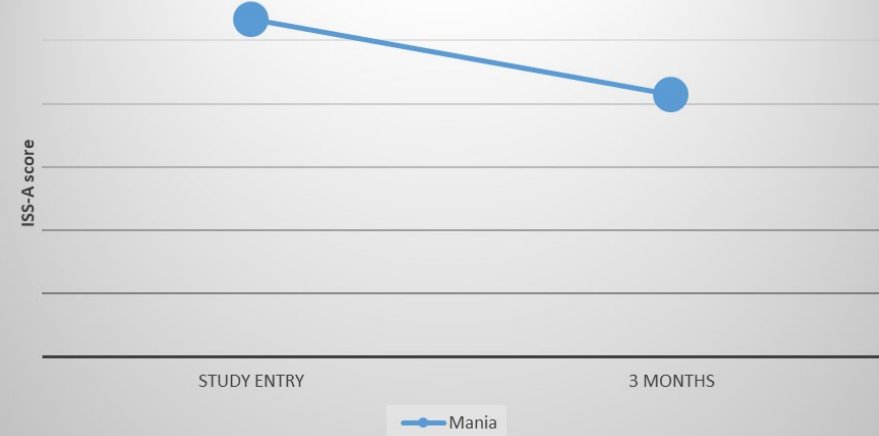


# Outcomes Data

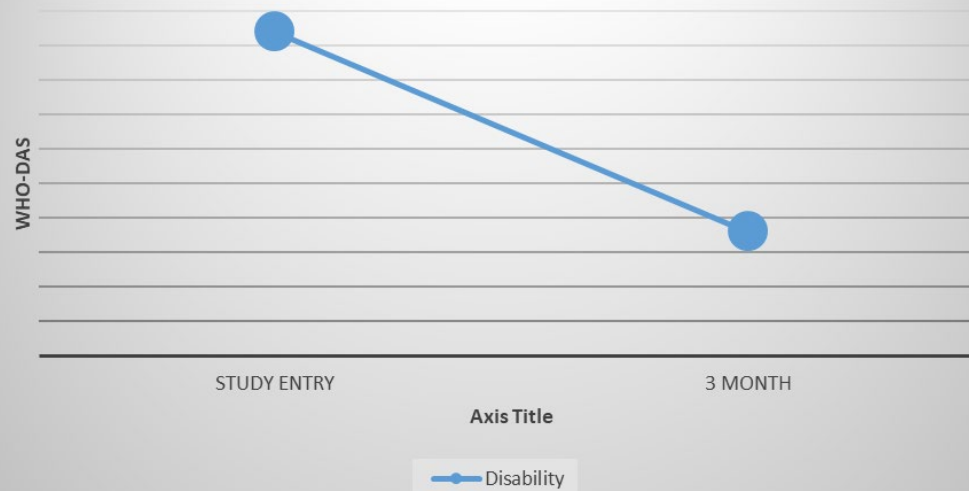
## Depression



## Mania



## Disability





# Current FY22 Activities

**Goal:** Decrease digital divide by disseminating innovative mobile technologies

- Design provider-facing dashboard to augment consumers use of the Life Goals App

## Activities

- Focus group with consumers and patients
- Surveys to evaluate metrics of interest/importance
- Develop alpha version of provider dashboard
- Evaluate use of dashboard with providers

# Life Goals – Provider Dashboard

Life Goals Provider Portal

d2e6h231yk1qzo.cloudfront.net/participant/e7f3931a-ba33-47ad-beba-1f7fc9137b0a



Home

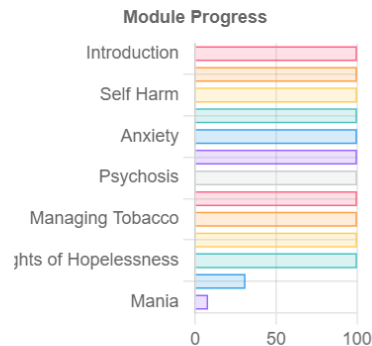


Messaging Section

## Module Progress

Last accessed:

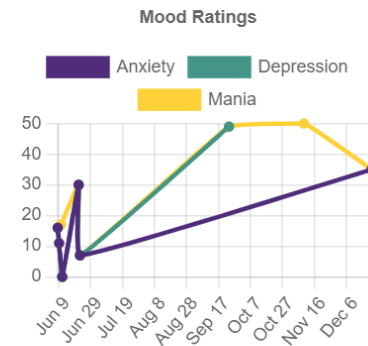
*Mania at 2/15/2022, 12:45:32 PM*



## Mood Monitoring

Latest rating:

*Mania at 12/21/2021, 6:28:59 PM*



## Action Plans

Latest plan:

*Thoughts of Hopelessness at 6/29/2021, 2:04:50 PM*

### Introduction

5/20/2021

### Depression (avg rating: 3.8)

5/25/2021

### Anxiety (avg rating: 3.0)

5/28/2021

### Mania

5/28/2021

### Mania (avg rating: 5.0)

5/31/2021

Move Your Body. Move Your

# Consumer Focus groups (N=18)

- **Finding 1:**

Overall, consumers had positive experiences with Mood Monitoring and modules, finding them helpful and/or interesting, and believed the app had positive impacts on their mental health.

- **Finding 2:**

Consumers felt components of the app were too rudimentary or generic to be beneficial or applicable to them and wanted to enhance customizability and interactivity of the app.

- **Finding 3:**

Some consumers felt a provider dashboard could have positive impacts and were comfortable with providers viewing their data continuously, while others had hesitations with the provider dashboard due to perceived efficacy and/or privacy.

# Provider focus groups/ dashboard evaluation

- 5 providers participated in focus group about the alpha version of the dashboard
  - Ambulatory psychiatry, inpatient psychiatry, community provider
- Take-Aways:
  1. Most useful feature is mood monitoring
  2. Could improve patient-provider communication
  3. How to interpret mood monitoring if patient doesn't complete it
  4. Action plans are more of a list; want to see progress with plan
- In progress: Providers have identified consumers to use Life Goals app and will use the dashboard
  - Focus group based on their experience with dashboard, satisfaction

# Future Directions

- Movement toward open access and easy download of Life Goals app
- Deploy Life Goals app and provider dashboard to CMHs
- Last year of MDHHS funding
  - Grant funding to inform an in-depth, practicable understanding of how to integrate evidence-based digital mental health interventions for serious mental illness into CMHs



# Discussion and Questions

Thank you!