



Mental Health Virtual Care Solutions

ForaHealthyMe Inc., is a virtual care solutions provider based in Markham, Ontario. We have optimized technology and re-designed the delivery of care by empowering providers with tools to make intelligent data-driven decisions in Cognitive & Behavioral Health Care.

Our validated solution delivers integrated functionality with provider workflows, mental health assessment scales, video consults, online peer-to-peer support groups, patient education & health outcomes data.

Tools and applications are delivered through web and mobile devices.

Clinic visits can be time consuming, costly, and impractical, especially for patients and caregivers. Our technology seeks to optimize limited health resources and service utilization to improve quality of life, increase access to care and improve patient health outcomes.

Healthcare and community sector providers can engage, communicate, manage and support people in a place where they prefer to be – at home.

Use Case - Mental Health Service Delivery:

Using Technology to bring together an inter-professional team to provide holistic care to youth through an e-platform

Youth with psychosis who are prescribed psychiatric medication, have been stable for four weeks receive a personal health coach, an online platform and educational modules to learn more about nutrition, physical activity, and smoking cessation in a 12-week program.

The health coach collaboratively schedules weekly virtual video sessions via the platform to discuss educational materials, goal-setting and motivation, and to provide self-management support.

Patients benefit from access to a team of professionals from wherever they are.

Use Case Two - Results of a RCT:

An Eight-Week, Web-Based Mindfulness Virtual Community Intervention for Students' Mental Health: Randomized Controlled Trial

The results of a three-year randomized controlled trial (RCT) conducted by researchers from York University's School of Health Policy and Management in partnership with ForaHealthyMe Inc. have been published in the [Journal of Medical Internet Research- Mental Health](#).

The study investigated the efficacy of a Mindfulness Virtual Community intervention in reducing symptoms of depression, anxiety, and stress among undergraduate students in Toronto, Canada. The secondary outcomes included quality of life, life satisfaction, and mindfulness.

Results

The study successfully demonstrated the effectiveness of an internet-based mindfulness- based interventions in reducing depression, anxiety, and stress symptoms in a student population.

Our Approach

In our current model, an engagement with an institution includes conducting requirement gathering to understand the workflows, stakeholder gaps, needs and challenges.

The company works with the institution to design and build the platform to address the identified gaps/challenges. Once built, the platform is deployed for the institution.

Courtney Cole – CEO

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