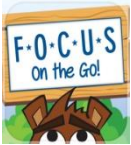







List of Mental Health Resource Apps for Youth, Caregivers, or Therapists*

Name of the App	HW features	Tracking feature?	Target Problem	Age Group	How can therapists use this app?	App info	Evaluation
FOCUS On the Go! 	<ul style="list-style-type: none"> Identifying emotions Problem-solving techniques 	Limited: The Family Check-up section has caregiver surveys (one of them is about the kids' emotion and behaviors), which can be emailed to the therapists	Anxiety disorders, Disruptive Behavior disorders	6-12, parents of 0-5, 6-12	<ul style="list-style-type: none"> Therapists can use this app to teach parents and kids CBT techniques (deep breathing, problem solving, etc.) via the videos and resources. There are parent handouts, which they can email to themselves (e.g., feelings charts, feelings thermometers, list of pleasurable events, relaxation exercises for young children) The app also has some fun, emotion identification learning games for kids. Likely best as an adjunct to therapy to teach children about emotions 	<ul style="list-style-type: none"> Developed by: UCLA Platform: Android and Apple Download at: https://itunes.apple.com/us/app/focus-on-the-go/id624713445?mt=8 	<ul style="list-style-type: none"> The app is easy to use and works consistently Completion of the emotion learning games is not tracked, but they can be used in between sessions to reinforce what was learned in therapy Kids need to be able to read to use some of the games, otherwise they can be completed with parental support For the Android version: the videos are not working
FOCUS on Foster Families 	<ul style="list-style-type: none"> Identifying and tracking emotions Problem-solving techniques (focus on family interaction) 	No. There is no survey section like the FOCUS On the Go app. However, it has more resources (i.e. parent/ kid handouts) than the FOCUS On the Go app	Anxiety disorders, Disruptive Behavior disorders	6-12, 13+, and parents of 6-12, 13+ (focus on foster youth)	<ul style="list-style-type: none"> This app is similar to Focus on the Go app with focus on foster youth and families. Therapists can use this app as a resource for foster youth 	<ul style="list-style-type: none"> Developed by: UCLA Platform: Android and Apple Download at: https://itunes.apple.com/us/app/focus-on-foster-families/id943715040?mt=8 	<ul style="list-style-type: none"> Similar to Focus on the Go app For the Android version: the videos are not working
TF-CBT Triangle of Life 	<ul style="list-style-type: none"> Cognitive restructuring Problem solving 	Limited: Tracks progress on game chapters, which will erase if the game is started over	Depression, Anxiety disorders, Trauma	6-12, parents of 0-5	<ul style="list-style-type: none"> Therapists can use this app in-session to teach kids about understanding the connection between thoughts, feelings and behaviors Could also be used in between sessions to reinforce concept of cognitive restructuring (track how many chapters clients completed) 	<ul style="list-style-type: none"> Developed by: Allegheny Health Network Platform: Android and Apple Download at: https://itunes.apple.com/us/app/tf-cbt-triangle-of-life/id978441894?mt=8 	<ul style="list-style-type: none"> Fun interactive game. Best for readers, otherwise non-readers can complete the game with their parents. Take about 45 minutes to do entire game Occasional software glitches




*This list is not an endorsement of the applications or their functionality, each user should do their own assessment of the pros and cons of each app. The creators of the list have no commercial ties to the developers of the applications.

**Updated date: 01/04/2017

Name of the App	HW features	Tracking feature?	Target Problem	Age Group	How can therapists use this app?	App info	Evaluation
 <p>MindShift</p>	<ul style="list-style-type: none"> Cognitive restructuring Problem solving Relaxation/ deep breathing 	Limited: It saves the situations & techniques that the client has worked on, but not number of practices or cognitive restructuring data	Anxiety disorders	13+	<ul style="list-style-type: none"> Therapists can use this app to teach adolescents CBT techniques to deal with different situations. The app includes detailed steps and techniques to choose. Therapist would need to guide adolescent on what sections to use based on their presenting issues. The app has 10 different topics/situations related to anxiety with six steps to tackle each one: Psychoeducation, self-assessment, identifying helpful thoughts, mindfulness & relaxation exercises, and identifying active steps you can take (e.g., "worry time") 	<ul style="list-style-type: none"> Developed by: Anxiety Disorders Association of British Columbia Platform: Android and Apple Download at: https://itunes.apple.com/us/app/mindshift/id634684825?mt=8 	<ul style="list-style-type: none"> Users are able to choose & save favorite coping strategies for specific situations. Really clear situation-based choices. Gives many options for alternative thoughts Best set up in-session first, as it requires some guidance. Can be used in conjunction with cognitive restructuring worksheets Best used as a therapist/ client resource, but not necessarily HW
 <p>Breathe, Think, Do with Sesame Street</p>	<ul style="list-style-type: none"> Problem solving Relaxation/ breathing 	No	Disruptive Behavior disorders, Anxiety disorders, or Depression	0-5	<ul style="list-style-type: none"> Therapists can use this app in session to teach young children skills such as problem solving, and deep breathing This app can also be used in between sessions to reinforce concepts learned in therapy 	<ul style="list-style-type: none"> Developed by: Sesame Street Platform: Android and Apple Download at: https://itunes.apple.com/us/app/breathe-think-do-with-sesame/id721853597?mt=8 	<ul style="list-style-type: none"> Appealing app for young children Like the Triangle of Life it isn't technically HW because of no tracking, but parents can download app so young children can practice problem-solving in between sessions. Parents could track on a separate document the number of times this app was used when the child was upset and if it helped them calm down
 <p>StoryBots - Learning Video</p>	<ul style="list-style-type: none"> Emotion Identification 	No	Depression, Anxiety disorder, Disruptive Behavior Disorders	0-5,6-12	<ul style="list-style-type: none"> This app includes 5 fun videos about emotions that therapists can show to clients in session 	<ul style="list-style-type: none"> Developed by: JibJab Media Inc. Platform: Apple Download at: https://itunes.apple.com/us/app/learnin-g-videos-by-storybots/id648513923?mt=8 	<ul style="list-style-type: none"> The free version offers limited access to videos There are many other learning videos that are not mental health related (e.g., alphabet)

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Name of the App	HW features	Tracking feature?	Target Problem	Age Group	How can therapists use this app?	App info	Evaluation
ReachOut WorryTime 	<ul style="list-style-type: none"> Managing Worry 	Limited: Tracks specific worries and the frequency with which they occur	Anxiety disorders	13+	<ul style="list-style-type: none"> Clients can decide on a time to deal with worries each day 	<ul style="list-style-type: none"> Developed by: ReachOut Australia Platform: Android and Apple Download at: https://itunes.apple.com/us/app/reachout-worrytime/id964311176?mt=8 	<ul style="list-style-type: none"> Limited in scope
Feel Electric! 	<ul style="list-style-type: none"> Information/Learning emotion 	No	Anxiety disorder, Disruptive Behavior Disorders	6-12, 13+	<ul style="list-style-type: none"> This is an interactive app for families to share with their children, to help them learn about emotions 	<ul style="list-style-type: none"> Developed by: Sesame Street Platform: Android and Apple Download at: https://itunes.apple.com/us/app/feel-electric!/id463493101?mt=8&ign-mpt=uo%3D4 	<ul style="list-style-type: none"> Great resource to learn about emotion This app can be a good resource to use in session
mADAP 	<ul style="list-style-type: none"> Psychoeducation 	No	Depression	13+	<ul style="list-style-type: none"> This app provides psychoeducation about adolescent depression, which can be assigned to read in between sessions then discussed at the next session 	<ul style="list-style-type: none"> Developed by: Hopkins Medicine Platform: Android and Apple Download at: https://itunes.apple.com/us/app/madap-depression-education/id1022442548?mt=8 	<ul style="list-style-type: none"> Informational resource for adolescents to learn about depression

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