

Talking Points: Woebot for Adolescents

Purpose: for providers and care coordinators to use with their patients, should their patients have questions about Woebot for Adolescents.

Background

When a patient meets the below Woebot for Adolescents Enrollment Criteria, the provider or MHT will need to educate the patient about Woebot and its benefits. If the patient is agreeable to using the Woebot for Adolescents application after educating them, the provider will send a secure message to the care coordinator.

Woebot Enrollment Criteria

- ACH established patients (13-17 yrs old)
- Express mood or anxiety concerns or is appropriate based on clinical judgment or provider discretion
- English speaking
- Have a smartphone and consistent access to the internet

Woebot for Adolescents may not be suitable for individuals with certain mental health symptoms or conditions, such as:

- thoughts of suicide or violence toward others
- conditions or symptoms that compromise thinking and decision-making (like developmental disorders or cognitive impairments)

Responsible Parties

At the time of the visit, the provider or MHT (depending on who the patient is having their visit with), will be responsible for introducing and educating the patient about Woebot.

Talking Points

- ACH now has a new app called Woebot for Adolescents that we can offer as a free mental health support tool
 - This app was created to support patients to live better with their symptoms of anxiety and depression
 - If you're feeling stressed, worried, down, blah, the Woebot app can help identify how you're feeling and offer techniques to try to help you feel better
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- The app is available 24 hours a day, 365 days a year - to be there in the moments that you need - at school, at home, and even sometimes in the middle of the night when you cannot sleep
- There are tools such as gratitude journaling, mood tracking, and mindfulness practices and more
- What you write to Woebot is private - your conversations with Woebot (what you write and options you select during the conversation) are not shared with others (except to provide the Services, improve the Services, or to protect us and others)
- The app will check in with you by sending notifications - you will be able to set how often and what time you would like to receive them
- Woebot is not a crisis service and should not be used in crisis situations. If you are having thoughts of suicide or self-harm, call 911 or 988 (National Suicide and Crisis Hotline).

Next Steps

- **Patient is agreeable to Woebot**
 - Ok great, you a message with a link to download the app through MyChart
 - The app is available through either app store
 - If you have any problems, your Care Coordinator will follow up with within 2 days of our visit to help you onboard
 - **Patient is not agreeable to Woebot**
 - Not a problem. If you change your mind, feel free to send me a MyChart message and I can place the referral for you
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