



Live

Developed by
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for the Neuro Nexus design competition
University of Calgary



Problem

Children and spouses living in first responder families also experience the effects of on-the-job stress, and too often programs and supports available to first responder members are either unavailable to or not tailored to specific needs of family members.

Retrospective studies to do not provide accurate information on the strengths or weaknesses of these families.

Supporting Research

Bringing Our Strengths (BOS) is a cross-sectional, longitudinal research study lead by Dr. Kelly Schwartz.

Phase 1 explores the developmental strengths, resilience factors, mental health indicators, and family functioning systems of first responders, spouses, and children/youth.

This will form the basis of a Phase 2 intervention to support mental health and wellbeing for first responders and their families.

Our Part of the Solution

The BOSLive app pairs with wearable technology to gather more reliable, real time and longitudinal data. This facilitates timely, personalized interventions via user notification.

Gamification is foundation of BOSLive to engage youth participants.

Data collection and storage is secure.

Future Considerations

Research-based interventions developed through the BOS study have the potential to support families of countless first responders by mitigating the operational stress that accompanies the life-giving work first responders provide every day.

Next steps:

- Cross-platform development for iOS in addition to the Android pilot
- Speech recognition as a data collection tool