Amber L. has been using the Faro10 app for about one year. Since college, Amber has suffered multiple brain injuries and is now documented to have a traumatic brain injury (TBI). Amber sought help from a clinician when she realized that her physical health symptoms were impacting her mental health. She has embraced the Faro10 app as a tool to help her make progress with her mental health and even her physical health.

Here is Amber's story…

The Faro10 app allows me to input information in real time no matter where I am. I don't have to carry around a notebook to write things down-I can open the app on my phone, enter the info, then continue with my usual activities. This is so much easier than trying to remember every detail when I have a chance to sit down later or when in session with my therapist.

The Faro10 app prompts a discussion with my treatment providers, as we are all able to see the information and review it for trends or patterns that might be missed otherwise. This is made even easier by the way it displays my input in graph form-a quick visual to help me and my clinician quickly monitor progress or to help target specific areas for improvement.

So many things can occur in between sessions and it can be hard to recall those things when in session. The app helped with this in several ways: 1) the journal feature where I can enter quick notes to help recall information; 2) the ability to easily enter my mood and other related symptom information which become talking points in session; 3) the ability to track medications helped us evaluate the effectiveness across time as well as observe potential side effects that were not immediately apparent.

It has also been helpful for me to be able to look back and observe changes across time. The way the information is charted helped tease out potential reasons for progress and areas of concern (examples: noted correlations between certain areas, such as an increase in pain corresponding to a decrease in mood, a decrease in sleep corresponding with an increase in anxiety, and missed medications corresponding to increased pain).

The Faro10 app and analytics has provided unbiased feedback of my input across time. I can open the graphs in session or anytime and see my areas of progress and the areas that may need additional attention. Being able to see the information in this way has helped improve communication with my clinician, and provided a more targeted treatment to those areas of need.