Please stand by for realtime captions. [Captioner is on hold, waiting for event to begin.]

Testing. Testing, testing.

The webinar will begin in just a few moments.

Audio recording for this meeting has begun. Hello welcome everyone to the Explore VR webinar part two of the assistive technology with people with mental health conditions. Part one of this webinar, is SM and eating on Wednesday. You can find the archived version on Explore VR.arc -- .org.

You can download the presentation for today and Wednesday's webinar at the downloadable box at the bottom of your screen, IM Katie Yellin, -- My name is Katie Allen , -- First we encourage participants to listen through computer speakers or headphones, if you call into the webinar today please mute your phone, to avoid broadcasting any noise through the webinar, please press star pound, if you experience all technology issues, please log back into the webinar if you continue to experience technical difficulties please email me Katie Yellin you could see my email address in the webinar information box on the screen -- Katie Allen .

At the end of the presentation a presentation will show in the box as it appears. If you would like a copy download it in the box on the screen, there is a survey that will appear on your screen please follow the link to complete the evaluation, if you are a certified counselor and you would like to get credits for attending this webinar, you must complete the evaluation to receive credits . It is archived on www.explorervr.org .

Before we begin, I will go into the drop given technical assistance Center. The goals is to improve skills of agency and staff, of VR services who were trained to provide Job-Driven supports, for customized supports. The drop --

The Job-Driven focuses on the four areas, employee supports, and labor market, and customized training, on the home page you can find toolkits for each of the four topic areas, with more resources and tools.

Also we are partnering with Jobs for the Future. University of Washington, the state for rehabilitation CSAVR, the United States business leadership network, the University Centers on Disabilities the national councils for the blind, and the assistance Center collaborative and you can find more on the job driven website. >>

We will start with some quick introductions and talk about ATI program where we come from, and then we will start the webinar. My name is Mark Harniss, I am a faculty member, I am at the University of Washington associate director, for the disability studies, my background is special education and assistive technologies I have been working on the field with adults especially on assisted technology, my name is Maria Kelley, I am with the technology Association program, and my program is to provide technology demonstrations as well, 80 specific -- 18 --

AT Specific evaluations. I will move forward with the PowerPoint, and the title is not correct. That should be saying actually, the assistive technology programs nationally. Every state for those of you who are a part of the webinar will say -- Wednesday , this is a review. >> Here in Washington state, we are managed that the University of Washington, the role of the 80 programs is providing resources to the state residents with a variety of disabilities. We do a lot of work in regards to referring individuals if we cannot provide things in-house, we are to provide experience for a T -- AT .

I encourage all of you to access AT programs, many of these have the core programs you see on slide five, they provide device demonstrations, and those programs are designed to assist the individual with the disabilities, and require further it -- Whether this device will work for them in various environments, work school or community living, some of the state programs have used programs for individuals they can use in the reuse market to see if they can acquire a reuse computer. Some have alternative financing not every state does, for example we have the access fund, and they operate a low interest loan program with disabilities, they can work to acquire these loans financial loans to acquire their team we look and work a lot with referrals, I encourage you to work with your programs.

Thank you Maria. To begin the webinar, to remind you about the objectives if you were here on Wednesday you to part in one where we talk about the cognitive mental health conditions, and how it affects outcomes, and how assistive technology might help, we will focus on assistive technologies that may be used for people with conditions, this is a very much overview presentation we will show you a number of examples, and if you decide that you want to use some of the assistive technologies or recommend the use of them, we certainly encourage you to trial them with the folks you work with, and also perhaps bring in people with mental health experience, people on your staff, as you think about the use of these tools.

We talk about how technology can help. We have four categories. Of AT that we want to talk about. We will talk about cognitive support, reminders, schedulers, time management, SS if technology for calming, soothers, comforters, it will help focus, on mindfulness, breathing. As well as distractors . We will focus on self-management. Primarily apps, that you might consider, self-management , where the individual fields in the system, we encourage you to rate your mood, MS specific time, to identify how interest you are filling, truck that -- That you are feeling. Then track it. >> There are self-management apps related to the mood and behavior, safety and monitoring, sleeping diet, and so forth. Then we will talk about tracking, number of devices that track is a logical signals, -- Physiological signals.

They tend to be indicators of stress. System tracking devices focus on sleep and helping individuals have a better night sleep.

Before we start I want to talk a little bit about the pros and cons we are using assistive technology, these pros and cons come from mental health, and the use of mental health apps. They apply broadly for assistive technology for mental health, some of the pros include convenience.

It is convenient if you have a map on your phone, you can engage in treatment any time or place. In the middle of the night on a bus. These technologies may be particularly useful for people who have trouble with in person appointments.

Another Pro, they allow you to use the technologies anonymously, to have an amenity -- To have Anonymity , without involving other people. In relationship to that, they can be an introduction to care, maybe people who have avoided care this may be palatable to them. These tend to be fairly low cost, the apps are free, and the cost less than the traditional care.

Including maybe the technologies that will allow service to people, if you are in a remote area, where you do not have access to mental health care easily, or if you are experiencing a traumatic event or a natural disaster, it may be easier to get a broader range of people to access these technologies, obviously technologies are interesting, sometimes more appealing than traditional methods, they may also be again that aspect of palatability, or interest, people may be more willing, they allowed 24 hour service, anyplace anywhere. They may also allow for more consistency. Same treatment program to all users. The final Pro, they can offer a form of support. Individuals who are accessing more traditional therapies may be able to extend there in person sessions, to get

additional support of monitoring using these apps and technologies.

What about the cons? >> The primary con, we do not know a lot about the effectiveness of these assistive technologies . Working with folks with mental health conditions, it is not a lot of research, obviously these are very new, they seem not -- Logical, they seem they may work, but for whom we don't know they are most appropriate. A lot of the apps in particular are related to anxiety and depression, there are apps for folks with bipolar conditions for example. We need to know more about their appropriateness.

There is not a lot of guidance to know which ones are better, there is no industry or standards, to really help you choose the technologies more appropriate.

There are concerns about privacy most of them use smart phones, connecting to the cloud, you are sharing highly sensitive data about your mood, your feelings, your behaviors. Those systems need to be very strong in terms of the security protocols, ensuring that there is privacy for the users, there is no regulation. We are not clear on who would regulate the mental health technologies, I expect it would be something that would be discussed moving forward.

Finally a concern of overselling, and it may promise more than it may deliver, consumers may abandon the technologies, and turn away from them. And or the main -- The main idea they may use those technologies. To recover some of these apps and technologies we will talk about this next.

Talking about cognitive support I will turn it over to Maria now.

For those of you participating in part one, we talked about this Wednesday, individuals with mental health, many of them with issues have occurring cognitive disabilities, that does affect their capacity on a daily level, the next couple of slides are addressing assistive technology supports that can help with various areas of those functional areas.

Slide 12, we are talking about AT solutions, there is a number of solutions that address memory loss, that range from high to low, we will address some of these as we go through AT slides on the PowerPoint, some are timers, recorders I will give you some of these as we go through the PowerPoint. Many of us are familiar with picture phones, I will not spend any time talking about that, this is a low-tech solution for someone who is experiencing memory loss.

Slide 13, this is a fairly new concept in management, this is a company called tilt PAC, this is an online-based service -- Pill pack -- Instead of the individual Golic to the brick-and-mortar -- Instead of the individual going to the brick-and-mortar pharmacy they kept them online, or that can order them on the phone, these containers identify the type , 7 AM they have four minutes they have to take, it is already in the prepacked container, and they just have to tear it open. So

that is a way to efficiently keep track of the medications, and not having to open four or five containers of medication. If they accept insurance for billing , the website is basically pillpack.com , you can get more information from the website.

Number 14, is linking to Bluetooth, this is HERO pill dispenser, if you can see this it looks similar to a coffee maker, you place your medication set up a timer, and when your medications are supposed to be dispensed, they have automatic reminders to them , to dispense these medications to a container that the individual than can consume.

The additional part for support, you can actually set up support from a family member, a caregiver, who can get text reminders, okay Mark took his medications at 9 AM, or Mark didn't take his medications, that support person can reach out to the individual. They can do the follow-up appropriate. >> Trackers for locators -- Those of us that lose the location of our keys, there is beacon technology, this is getting more prevalent. More prevalent as a support system. There is a picture of a pixie, on the keys, and that picture image, that is an example of Bluetooth Beacons. You associate with an associate

app using on your smartphone, if you lost your keys for example, they triangulate on the app that you are using, it picks up the signal and then helps you locate the item that you are looking for. There are a number of technologies out there on the market, one stick and find, the title can out a year ago -- Stick n Find.

You can order them at $50, there may be four or five of them in the pack.

Solutions for organizing. A lot of individuals are using a variety of apps on the mobile devices, the use of smart watches. To keep them organized and prepared with their smart phones, calendars, I will talk about Google Calendar, and a bunch of visual schedules are out in the market. The thing I would like to throw out there. We are not going to go over every single app available for the organizations, or all of the apps available, there are thousands of them that come out, that are available across platforms, that your client is using, android or iOS, you will not find a lot of these apps ports on a Windows mobile device, at this time, they are really lagging behind.

Don't underestimate, if you're client is tech savvy, using the old-school paper planner, that in itself if they can be independent with that kind of tool, using color folders, or Kohler -- Color posted notes, or color coded calendar systems, electronic-based.

If you do not want to have this assistive technology be the barrier, you want to create successful outcomes comfortable that they are using.

Google Calendar I use this a lot with my clients. I encourage them to set up a Google Calendar, many of them already have a Gmail account, if they are not aware that they can access and create their Google Calendar. So that they can set up their schedules, on them and their appointment, they are showing that they can launch and set up reminders that can be set as reminders on their smart device if they set that up correctly. It can be synced across the divine's -- Devices.

They can have it on their computer that they have or an android . IOS tablet. That is available to them, in all formats. This can provide portability. >> If they need additional support, what is nice about the Google Calendar, they can set up shared calendar rings, if they need support from a family member, or a job coach, that job coach can have access to the calendar , and helping them manage their daily appointments. >> [Indiscernible-speaker away from microphone]

Slide 19. This app I learned about attending a workshop about two years ago, 30/30 app, it is free, as I mentioned a bit ago, there are very few apps that are disability apps on the Windows platform, this is one that will go across all three operating systems. 30/30 app, it works very well if you have a client who does well with visual. It is color coded, they can set up support, that can help set up tasks, or a particular task it is required from beginning to completion, if they are for example, in a workplace, I will use the example for someone who is setting up tables, in a restaurant, that was one of the examples we had used it for, they were having to put out the utensils, the napkins, and then the next task, they needed to make sure the salt-and-pepper needed to be refilled, the other condiments, each of those tasks required X amount of minutes, they could create this hierarchy of the tasks. Once it required 30 minutes to do the napkins, the silverware, then once it was completed the next task would load and start taking optical

It is a good way for them to keep focused, and visual countdown of the tasks they are doing currently. Another app we have had success with, this can be a dedicated program on your computer, Evernote. Those of you might be familiar with one note, this is similar. It is a notetaking concept, you can take audio notes on your devices, store text, photos,

categorize it based on the meetings and the to do list of the person. To be able to go back and locate them again. If someone does well with audio notes, or if someone is more visual, they can just take and type in the notes.

Providing them the flexibility on how they best comprehend, company on this information, it does have geolocation. So they can use this concept of creating this note at the office, or at the University at this time.

This can be helpful.

Slide 21. For reminders this is called MyMed Schedule. I shared with you dedicated solutions , here is an app that can run on iOS and Android platforms,

it is free. What is nice about it they can store personal information, insurance information, allergies that they may have, healthcare provider profiles, they can be stored, and they can have easy access. It also gives them reminders of your medication, if it needs to be refilled. In one week. They can be prompted to do that kind of management independently. >> 22. This is a company able links technologies, they have a number of dedicated devices -- AbleLink Technologies . This one highlighted is the Endeavor 3, it is only available on iOS, it is a very full-featured scheduling to do list, it can be customized based on the

needs of the end user, if you are interested in something like that, your client has cognitive capacity to follow something like that, then I would encourage you to explore the lap -- App a little further. >> We found Modeling Apps and scheduling apps for those individuals who really need visual support, they can increase functional outcomes, the app that you see on the sly, these are the ones we have had success with. -- The once you see on the slide.

Pictello is my favorite, I will be sharing a little more information about that, it is fairly inexpensive. A lot of these are, another part , they are able to have a visual impact. I will talk about that more in the next slide.

This is Pictello slide 24, it was made to be a visual storybook Creator app. It is only available on iOS. What I like about it, it is really intuitive, and easy to set up. It walks you through the wizard, if you haven't used it before, you can put in multimedia, whether videos or pictures, text to speech, for those of you that may not have really good reading capacity. You can use it to -- At the person needs sequencing task assistance, you can use the photographs to set up from the beginning to the end, to provide that support. As many as you need. As many as they need in the work-based.

-- Workplace. >> This is a screenshot of the planner, you can customize it provide audio visible audio patient of -- You can customize it to provide audio businesswise station -- Audio visualize Asian.

You can -- Visualization . If any that supports her out the Workday.

Also able links -- AbleLink, this is a dedicated software you load on an iPad, it is $150, and you can customize the task, it launches the videos, and an individual, as you can see an example here, someone trying to break the steps, from the beginning of that task, to the conclusion, and provides them the visual sport. >> Work economy apps -- Work Autonomy App. It was developed in Washington state, she developed it because she felt there was a gap of apps that were not providing a notch of features for client.

This is pushing $200 in App Store. It provides three areas of support, communication, tracking tasks, and work schedules for the individual. Each section allows for the individual to capture, if they are having support, edit, video,

photos, text, or voice. So my only hesitation would be it is featured, if you have somebody who gets anxious with technology, if you are trying to use this, you provide them with ample support so that they can be successful with this tool.

Number 28. This is also developed by best communications, which is actually a vendor here in Washington state, this is called ShowMeQR , I don't see anything like this in the market, it is iOS and android-based, you can purchase this for three dollars, and then a scanning app three dollars. It assist the person with issues and understanding directions. Helps them with task management, it can be for home or school, or work, what you do is create these proprietary codes, you place them on objects. If you go to the website they have really good videos that show you the app in action. If I didn't really understand how to change the battery, on my remote control, I would take a picture of that QR code, in the back of the control, and it will give me two options, do I want to see a video, or if I say yes, it will launch the video, and all the steps needed. If I watched the video and see additional support, then

if I want to call my support person, I can tap the selection, and it will reach out to the support person I have identified. Because I need further assistance. >> Again I would encourage you to go to the website, to get more information. Slide 29. The echo, I think this was Amazons version of Siri, we found it had a lot of applications, for individuals that need cognitive support. So it is a great way to keep a to do list they would ask Echo, and the trigger word Alexa , they will read it out loud. Another good way, to set alarms, I use my Amazon Echo to remind me to do certain things in the day, to wake up at a certain time.

Also for your clients that are going back to school, they are not really good at reading text, they can actually have disconnected to an audible , which is books you can buy that are read out loud to go Alexa will read those books out loud, also. It will also provide research. Very similar to theory, they can ask Echo to look up different types of information on the Internet.

Slide 30. Calming and reducing arousal. About it years ago -- We purchased this device T. Jacket by T. Ware, at a Singapore, it looks like a fleece vest, it sinks through Bluetooth, connects with Bluetooth onto a smart phone, which is then Apple phone or an android platform, it is similar to the weighted as. -- Best. -- vest.

There are aero

slots, that can puff up, maybe they are experiencing anxiety, they can launch that app, inflate the best , or -- Insulate the vest , to experience reduction in anxiety. It is running about $600.

Slide 32. This is another dedicated device to help with anxiety, it is called b-Calm . For both adults and children, it is basically audio sedation tracks. You can either purchase as a dedicated device as you see here on the sly, it comes on the tablet. Or you can actually go to the iTunes store, and download the sedation tracks onto your own MP3 player.

These acoustic tracks are designed to help white noise, to help distract the individual to reduce the anxiety by listening to the reduction relaxation tracks.

Slide 33. To modify the work environment for individuals who might feel an increase of a society -- Of anxiety. Or stress in their work environment.

Individuals who have to work in a cubicle setting, using noise reduction headsets can offer some sort of solutions, or using a headset that blocks out the noise. Similar to what we see people working in environments that have a lot of noise, you will see that in flying into the airport.

Slide 34. Other modifications, we talk a little bit about this in the past using text-to-speech. Text-to-speech software, who have a high level of distraction, cannot focus on reading, as a result of the medication due to the mental illness, or just have poor attention span text-to-speech such as Claro read --

ClaroRead, These can help in reading content.

Slide 35. Again those individuals who suffer with seasonal affective disorders, these portable UV light boxes, they are light boxes to get them over the hump, I never tell my clients, to get one, I encourage them to talk with the healthcare provider to determine whether that is appropriate, I can give them recommendations, throughout the day, how many they -- How many hours they should be using it.

Thank you Maria we will switch over to talk about some of the self-management apps that are available. Self-management really refers to a class of applications that generally involve the entry of information by actively engage in the individual, we will talk about this last slide -- Self trafficking, they require active self tracking. They can be online or on the thought of the cell phone pic of

For the individual to be able to understand these daily rhythms, noted before, one of the critical things to consider, security and encryption. They can show they are as secure as possible. They do share very private data with providers and family members, and peers. Often they are good at reminders to put information in, many of them use experienced tracking models, they are trying to capture data in the moment. Rather than at the end of the day ask you to rate how your day went, they are trying to capture data throughout the day. Which will be more accurate, as a reflection of the mood and the behaviors at the time. Some of them allow for supplemental tracking, medications, exit -- Exercise and food.

Some are targeted towards the information such as exercise and diet.

There are a number of them. Here are some apps for mood and emotion management, T2Mood Tracker developed by the Department of Defense, it was to help individuals record and review Behind the Ear -- Behavior changes.

Particularly after deployment, this is useful beyond military personnel, it will allow you to track information related to anxiety, depression, and related to head injury, which is obviously pretty relevant for military, stress and PGF2 -- Stress and PTSD as well. >> You are allowed to build custom scales. In addition you can create additional custom scales, the mind shift -- Mind shift -- >> MindShift Is focused on teens with anxiety, for addressing anxiety in particular, it is allowing you to the recordings, and allows you to strategy -- Strategize, and help practice resetting your thought processes about different stressful activities you engage in, for example, if you find public speaking difficult, it has practice activities to allow you to in your mind reset or try to prepare for and practice for, how you might react differently in the settings. >> Also Breathe2Relax , is out of the department of the defense funding, and in particular for stress breathing, guides people through structured breathing exercises , to help reducing Zaidi. It also has a cup -- To help reduce anxiety .

It can also guide a structured way of going through a body scanning, and relaxation activity, so that you can think about your neck, think about your shoulders, and relax them in your shoulders, it is a structured relaxation full body scan to be.

Another example of reducing mood management is on slide 39. Self-help for anxiety management, it is free on iOS and Android , it will allow you to tell the app how you're feeling, we have some self help features for calming. What is unique about SAM, it will contact you to a closed network of other people working with SAM. You can connect with other people who are using this anxiety tool. Again as I noted at the beginning, it is important to look at what the apps do, to consider what your can -- Client needs. And then to choose what would be most appropriate.

I will skip slide 40,

this should of been in the tracking, we will talk more about sleep management, and fix the PowerPoint to re-upload.

Another app that fits into this category, is this the BSA wellness trucker -- DBSA Wellness Tracker . It provides key points on mood, feeling of well-being help you to track mood disorders to comment on them, and allows you to track sleep and exercise, as well as mental health. This is a more focused app targeted with people with depression and bipolar depression's.

Another app which is the PTSD Coach. It is focused on posttraumatic stress disorder, it has information you can see on the learning section, it gives treatments that might work, tools for screening and tracking your symptoms, you can see the health assessment, and easy links to help you with support and it is they app for individual who is specifically dealing with the effects of PTSD.

Pacifica I bring this in, because this is another stress anxiety app. Some of you can see uniqueness about it, on their peak, the approach to a behavioral change, focusing on identifying and identifying challenging thinking patterns. Pacifica tracks moods, and has techniques built in, thought diary, includes health tracking, and sets daily goals that you want to focus on. Of course you can review your mood history.

Another example coming from

these different approaches, which has a fair amount of data supporting it.

I included apps for nutrition and fitness, obviously what you are eating and whether or not you are exercising affects your mood. And your behavior. We know related to depression, exercise is a very strong treatment. For depression and anxiety. You probably all know there are a lot of different apps for tracking nutrition and fitness, this is my fitness pal, to participate in a broader community. These could be useful for people who are injured creasing -- Who are increasing their food intake.

-- MyFitnessPal .

As I know these are symptoms and devices that allow people to collect data about their behavior, and there is logical state -- Physiological states.

The difference between self-management apps and passive symptom tracking, is active versus passive, they connect to the data without doing anything. These are all pretty new, they fit into the same category that you might be familiar with related to fitness trackers, another type of device like that, they're focused on translating data to give you information about your mental and emotional state. >> Embrace is relatively new, it has Cheka movement, attracts direction, and includes a Duro activity sensor. They track nervous systems, to monitor sleep, track stress, and to track your activity. They are also focusing on a new initiative, where they want to be able to specifically address and track epileptic seizures. That is something they are focused on as well.

All of this data gets collected on your wrist, and sent to a nap -- To an apt -- App You have on your phone.

Another device is Spire, designed for mindfulness and relaxation, it primarily measures your breathing pattern, if you are in a meeting, and you are breathing , and it increases because of stress, it tracks it. You can see visualization of your breathing. A number of strategies for prompting you on breathing, and guiding you through breathing meditation. It is a way to track the quality of your breathing and the calmness, lack of commonness, to try to reduce anxiety -- Lack of calmness to try to reduce anxiety.

In this section here, there is a lot of sleep management technologies, that will passively track how you are sleeping, sleep is really important for mental health, to be getting a good night sleep, can make a big difference in how people feel emotionally.

Many of these devices, they will

track lots of data about your sleep, this happens to be tracking sleep patterns including your heart rate , and also related to temperature it helps you to wake up a time that is best for you, as you move through your sleep cycle, it is the best wake-up time. It can help you to understand how you are sleeping, and the environment quality. Ecosystems

will be checked, and the will -- It can help you wake up , and rate your stress levels.

The smartphone data tracking the tagline , the phone knows if you are depressed. There has been research recently on this. It shows high correlation between a lot of time you use your phone, and the depression, poor people who are depressed, it was 68 minutes in the study, while people who were not depressed used it quite a bit less, 17 minutes.

If you spend most of your time at home, it is located by GPS tracking , leaving house different times each day can leave to depression -- Lead

to depression.

There are couple of different more of a couple -- More than a couple -- Moving into this space, Ginger.io , they can use this information to track patterns, and another company called Health Rhythms, to passively retain data, for behavioral activities. You can see these type of things having more research and support for them.

That wraps up what we have to present. Katie I think we can take some questions now.

Great thank you Mark and Maria. It is fascinating and a lot of information. We do have a few questions.

Andrew asks the name of the manufacturer for ShowMeQR , --

They are out of Billingham Washington. Qwest communications.

Great I just type that into the question and comment box there. The next question was about the Echo, can it hook up to calendars, for tasks ?

Not yet. I think it is coming soon. Amazon creates these updates all the time in referring to Echo , I anticipate it will eventually look and hook up to your phone so that you can access the calendar that way as well.

Great thank you. Tracy Jones mentioned the Echo can connect through calendars for a third-party resolution.

FM --

I forget it is a web application, that will help you collect.

It is used a lot for environmental control.

Great. All right there was a question from Kim, about whether the apps can be accessible for people who do not have upgrades on the phone or tablet, along with that question. Are you seeing any mental health developers, taking time to learn about the apps? Are you recommending them for your clients?

What was the first part?

Let me scroll. Let me address the second part. I don't know if -- How many are using them,

in our state, because we have been contracted with the divisional rehab, to do AP training , one of the training that we did was pertaining to similar to this webinar, that we have done today, there are levels of awareness, they are reaching out working with us pretty actively, to try and figure out what the best app supports are for the clients. I can only speak on this in our state, not at a national level, but I think there is a level of just being able to -- I know there is a need for it, but I don't know the exposure is to it in regards to the training that they are receiving. >> Can we get access to tablets, for the medical needs?

Again I will reference our state, there is a lot of reuse activity, through organizations and interconnections where they are requiring used mobile devices. We redirect our clients to that, I would encourage you to look at the reuse market in your state, to see if there is similar activity or organizations that are doing that, on average, consumers are replacing their mobile devices every couple of years , depending on their carrier, they are upgrading. Those individuals are recycling their equipment. We direct our clients to that particular organization that does that activity in the state.

Thank you. Mark and Maria, do you have anything else to add, this is all the time we have for the questions, if anyone has any other questions, they can email, the contact information is here.

For the Washington assistive technology program. >> No I don't think I have anything to add, thank you for the opportunity to speak with you all.

Thank you.

Thank you. For those of you who would like to take the evaluation, I am going to bring that up on the screen right now. If you are looking for CRC credits for today's presentation you must complete the evaluation, the link is on the screen, and the resource box to receive your credits. Thank you Mark and Maria for your presentation, thank you all for your attendance today, have a great weekend. >> [Event Concluded]