CREATE A LIFE WORTH LIVING

**Our Product**

Sage Labs is developing innovative technology that supports mental health clients in accessing the lives they want to be living, sooner. Through our partnership and experiences with patients suffering from Borderline Personality Disorder (BPD), BiPolar, Depression, Anxiety, Panic Disorder, Post Traumatic Stress Disorder (PTSD), and Substance Abuse, the app was created. MyDBT is a user-friendly technology driven app that allows patients to communicate with therapists like never before. We are driven mental healthcare professionals looking for proven research in effective treatment for reducing and preventing suicide and self-harming behaviors.

Our clinical applications are widespread because they allow users to select their goals, guide them in what coping skills will create the most streamlined mood improvement, and reinforce this positive choice in behavior modification. All of this data can be communicated confidentially to our clinicians’ dashboard, aiding mental health providers in delivering effective treatment. MyDBT reinforces effective skills and the app technology is quickly accessible through responsive design.

**Our Work**

Not only do we want to bring this tool to your attention, but to request a phone conversation to provide further details of the goals of this organization which we co-founded. Since 2006, my colleague and fellow clinician have been utilizing Dialectical Behavior Therapy in our private practice here in Bend, Oregon, and have identified the following main reasons for its success:

 Targets current behaviors and empowers people to change

 Creates an action plan to quell problem behaviors

 Focuses on present choices to make a life worth living, rather then dwelling on mistakes and resentments of the past

 Reinforces positive behavior

 Reduces patients’ vulnerability and reactivity to their emotions and environment

 Handle stressful situations without making them worse

 Helps people be more in control of their emotions so that their emotions are not in control of them

**The App**

Interactive and easily accessible, our app will transform the way patients participate in their own recovery by connecting daily with MyDBT. Giving patients an opportunity to track progress, record daily moods and provide a bridge from technology to patient success. MyDBT focuses on adults with depression and suicidal tendencies. MyDBT is successful because it provides patients with positive options and actions for mood improvement like taking a walk, calling a friend, listening to classical music, picking up their favorite magazine, etc. This app is personalized for each patient and works as a diary, an e-therapist and provides solutions for choosing positive outcomes to their current state of mind.

Tracking – Our app provides the data collection from the diary card to show clients instantly what skills get them more of what they want and what behaviors make more suffering in their lives.

Recording - MyDBT provides API, which increases the usefulness of the tool for research data on behavior.

Connecting – Finally, patients and their therapists have a platform to connect and fill in the blanks between office visits.