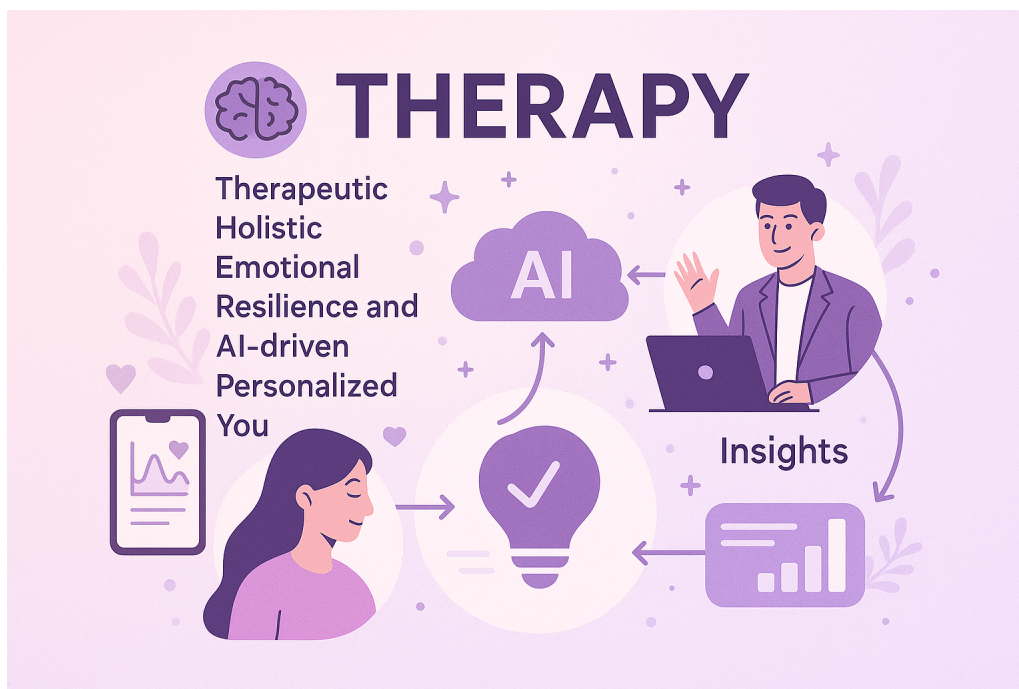


THERAPY:

A Holistic Human-AI Ecosystem for Mental Health Decision Support

Author: Alan Szmyt

Date: June 15, 2025



“Therapy is not just a space for support — it is a mechanism for self-discovery.

Through self-discovery, individuals gain the ability to reverse-engineer their own unhealthy thought patterns.

This awareness becomes the blueprint for replacing those patterns with deliberate, constructive practices and strategies.”

1. Sponsorship and Institutional Alignment

The **THERAPY** system aligns with current U.S. federal and nonprofit initiatives supporting digital mental health tools, suicide prevention, and substance abuse intervention. It is designed to meet national goals in:

- Mental health infrastructure modernization
- Suicide prevention and crisis response
- AI-driven therapeutic decision support
- Equitable access for underserved populations

Potential Sponsorship Channels

- **SAMHSA (Substance Abuse and Mental Health Services Administration)** SAMHSA, 2025: Offers grants for innovative behavioral health interventions, including AI-assisted care delivery, early risk detection, and systems-level mental health transformation.
- **NIH/NIMH (National Institute of Mental Health)** of Mental Health, 2024: Funds digital therapeutics, AI-powered diagnostic tools, and scalable mental health care delivery platforms that reduce suicide risk and increase treatment engagement.
- **NSF (National Science Foundation)** Foundation, 2025: Supports cross-disciplinary health and human-centered computing research that integrates AI, wearables, behavioral science, and ethical data analysis.
- **National Action Alliance for Suicide Prevention** for Suicide Prevention, 2025: Coordinates public-private partnerships aimed at system-wide innovation in suicide prevention, with a focus on real-time data and frontline engagement.
- **VA Mental Health Innovation Office** of Veterans Affairs, 2025: Invests in immersive and AI-based therapeutic tools to support veterans' mental health care pathways, especially in teletherapy and chronic trauma support.
- **Crisis Text Line and The Kennedy Forum** Line and Forum, 2025: Nonprofit innovation hubs focused on national-scale digital mental health delivery and ethical AI integration.

Sponsorship Objectives

Institutional support would enable:

- Development of THERAPY's user-facing app, therapist dashboard, and backend insight engine
- Validation of outcomes through partnered research and pilot deployment
- Design oversight by clinicians, ethicists, and vulnerable populations

- Open-source licensing and tooling for public sector adaptation

These opportunities offer a strategic path to scaling compassionate, evidence-based, and tech-augmented mental health support systems across the U.S.

References

- for Suicide Prevention, N. A. A. (2025). Strategic partnerships and research. <https://theactionalliance.org>
- Foundation, N. S. (2025). Funding opportunities. <https://www.nsf.gov/funding/opportunities>
- Line, C. T., & Forum, T. K. (2025). Partnerships and tech innovation. <https://www.crisistextline.org>
- of Mental Health, N. I. (2024). Nih funding opportunities. <https://www.nimh.nih.gov/funding>
- of Veterans Affairs, U. D. (2025). Va mental health innovation office. <https://www.innovation.va.gov/hil/views/immersive/immersive-programs.html>
- SAMHSA. (2025). Grant programs. <https://www.samhsa.gov/grants>