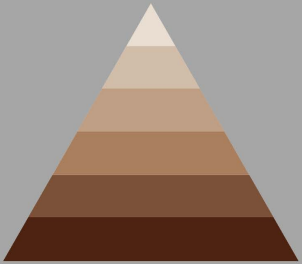




SHARPEN FAMILY

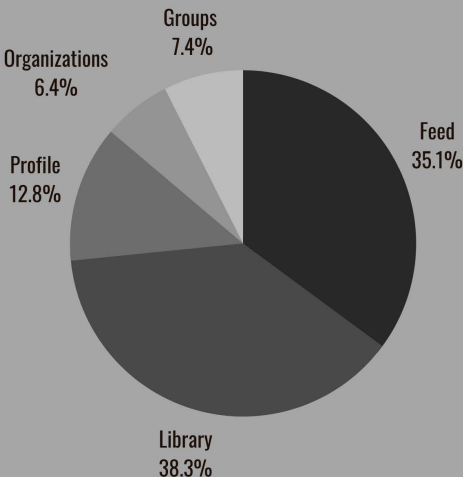
Building resilience through trauma-informed frameworks and rich community engagement.



2,176,927

RESILIENCY POINTS SCORED

Validated against Perceived Stress Scale (Fadel et al, 2021)



Top Feed Items clicked:

1. Welcome to Sharpen (71)
2. About Sharpen (51)
3. Get Help Now Button (40)
4. About Sharpen Family (34)
5. New mindfulness modules feature NFL players (30)
6. Guardian ad litem - be the voice of a child (25)

Top Resources clicked:

1. Foster parent support group (77)
2. Daily affirmations (33)
3. Upstate SC foster care network (28)
4. Sharpen Warrior (28)
5. Guardian ad litem (17)
6. Quote of the day (17)

Top Orgs clicked:

- SPIHN (59)
- Emerge Family Therapy (35)
- Middle Tyger (23)
- Hope Center (17)
- Spartanburg DMH (16)
- Safe Homes (13)

Number of "spin-off" Family apps under channel: 8

Voyagers, D7, D3, SAMHC, Eubanks Center, Children's Cancer Partners, Spartanburg Police, Foster Parent Association,

Sharpen data gathered de-identified between 7.2019-12.2020.

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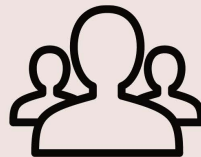
SHARPEN FAMILY

Courses attended between 2019-2020



Sharpen Family, Top Modules / Pageviews / Avg Time on Page

- What Are Anxiety Disorders / 62 / 1:04
- Early Childhood Trauma / 47 / 0:58
- Budgeting 101 / 25 / 2:15
- Recruitment of Foster Parents / 24 / 0:49
- Mindfulness Based Treatments / 20 / 2:11
- Depression / 20 / 1:51
- Facts about Anorexia / 18 / 1:29
- Stress Management 101 / 15 / 0:56
- What is Therapy Like? / 12 / 0:20
- Understanding Sexual Assault / 9 / 1:27
- Early Childhood 101 / 9 / 5:56



415 REGISTERED USERS
40+ COLLABORATORS
10 HOURS OF CERTIFICATION



SHARPEN

ATHLETE RESILIENCE

In 2018, working with researchers from Edward Via College of Osteopathic Medicine (VCOM), Sharpen trained staff and college facilitators led mindfulness programs for adolescent athletes at Upward sports. The findings were presented at the 2019 American Psychiatric Association national conference in San Francisco.



Patrizi, J., Jones, A., Bishop, B., Stoner, AM., Fadel, NM., Bendyk, H. Courtside Mindfulness —Keep Your Head in the Game: The Effects of 8-Week Mindfulness Training on Adolescent Volleyball Athletes. American Psychiatric Association Annual Meeting. Poster Presentation. May, 2019.

FINDINGS

- Athletes reported significantly more worry at baseline compared to the standard mean ($p=0.0364$).
- Somatic anxiety was significantly reduced at both the 4 week ($p=0.0089$) and 8 week ($p=0.0013$) time points compared to the standard mean.
- Athletes reported significantly higher levels of mindfulness at baseline ($p= 0.0039$) compared to the standard mean.
- Adolescent athletes reported similar confidence to the standard mean for high school athletes ($p=1.878$), but were significantly less confident compared to elite athletes ($P <0.001$).
- By the 8 week time point, athletes reported confidence levels statistically similar to elite athletes ($p=0.115$).



SHARPEN

AFTER SCHOOL RESILIENCY FOR CHILDREN 4-7

Colin Bauer, Lead District Social Worker and McKinney-Vento Liaison for Spartanburg School District 7 trained Title 1 educators to deploy the "5 Minute Mindfulness" online curriculum through Sharpen.

"THE DRAMATIC IMPROVEMENT IN SOCIAL EMOTIONAL AND LITERACY SKILLS HAS LED US TO EXPAND THE PROGRAM TO ELEMENTARY SCHOOLS IN OUR AREA."

Data gathered using pre- post-Fountas and Pinnell assessments

METHOD

After a one-hour training, educators received access to Sharpen, and logged in as "educator" user story.

The educators implemented "5 Minute Mindfulness" activities as an after school program for 30 McKinney-Vento children ages 4 - 7.

Program was run 6 hours per week for the semester.



FINDINGS

100% of the students showed growth in alphabet identification, work recognition, listening comprehension, non-fiction reading comprehension, and fluency.

100% WOULD RECOMMEND SHARPEN FOR A FRIEND

TEEN STRESS MANAGEMENT TRAINING

Ruth Schoonover, Coordinator of Parenting and Social Work for Spartanburg School District 3 and President School Social Worker Association of SC, hosted 45-minute stress management workshops for all high school students using the “5 Minute Mindfulness” curriculum.

After each training, she provided students with access to Sharpen, asking them to log in as either a teen male or female.

94% OF STUDENTS SAID:



- THIS WORKSHOP HELPED ME MANAGE STRESS
- I LEARNED HOW TO TAKE CARE OF MY BODY, MIND AND SPIRIT
- I LEARNED HOW TO BE MINDFUL

Post program survey feedback from 17 high school students who participated in one 45 minute stress management training in Ruth's district in September, 2019.



"MY FAVORITE PART WAS:

- TALKING ABOUT STRESS

- STRESS RELIEVERS"

86% INCREASED ENGAGEMENT

Dr. Terry O. Pruitt, Chief Academic Officer, Spartanburg School District Seven involved all district counselors and social workers to receive training.

92% INCREASED CONFIDENCE

Increased confidence among 700 educators in managing serious mental illnesses in schools, including ability to speak with a student who may be struggling. (Anderson et al, 2017)

"I HAVE WORKED WITH ROBYN SINCE 2012. SHE HAS CONNECTED OUR ENTIRE DISTRICT TO AN ARRAY OF EVIDENCE-BASED PROGRAMS THAT ADDRESS SERIOUS MENTAL HEALTH TOPICS AFFECTING OUR STUDENTS. THE PROFESSIONAL DEVELOPMENT PROGRAMS FOR EDUCATORS AND COUNSELORS HAVE CONNECTED US TO MANY RESOURCES TO BETTER SUPPORT STUDENTS STRUGGLING WITH DEPRESSION, ANXIETY, SUBSTANCE USE AND EATING DISORDERS. I KNOW IT IS CRUCIAL THAT WE HAVE A DYNAMIC PARTNER LIKE SHARPEN WHO WE CAN TRUST TO BRING THE MOST CUTTING-EDGE PROGRAMS INTO OUR SCHOOLS."

~DR. TERRY O. PRUITT



Sharpen – About Us

Overview

- Sharpen has shown to improve:
 - behavioral well-being, literacy and awareness of co-morbid conditions
 - ability to manage stress and positive coping skills
 - help-seeking and connection to treatment
 - resiliency through evidence-based screenings, mindfulness interventions and trauma-informed content
 - connections with local agencies and support groups
- Through our partnerships that incorporate a gold-standard mental health screening tool, CBT content and telepsychiatry providers, our platform will show a comprehensive clinical program that takes a patient from early education, through identification and treatment. Sharpen's potential clinical impact is that it would be a one-stop resource for behavioral health identification, screening and treatment, looping in all community resources and support networks to improve overall health and well-being.

Our Firm and Our Experience

- The CEO of Sharpen spent the last 15 years working in K-12 schools and universities connecting evidence-based prevention programs to more than 80,000 audience members. She worked alongside researchers in education, psychology and public health to design the models which were published in peer-reviewed medical journals. The model has safely connected over 4,000 individuals to mental health and substance use treatment and has shown to increase mental health literacy, increase safety in managing serious mental illness in schools, and increase an educator's confidence in speaking with a student who might be struggling (Anderson et al, 2017).
- Our CEO is a national presenter and has participated in published research on mindfulness after working five years in substance abuse and eating disorder treatment centers designing MBSR and yoga programs for clients.



In 1999 the U.S. Surgeon General declared mental health a public health epidemic. In order to effectively address it, we must follow public health guidelines through primary, secondary and tertiary prevention.

Sharpen ties together the following areas of prevention into a user-friendly framework.

Prevention of Mental Health and Substance Use Disorders

Primary Prevention

- Improving health literacy
- Decreasing stigma
- Social campaigns
- Peer stories of strength
- Psychoeducational modules
- Connection to Resources
- Building resiliency through evidence-based interventions (mindfulness / MBSR / trauma-informed programs / CBT-focused interventions)

Secondary Prevention

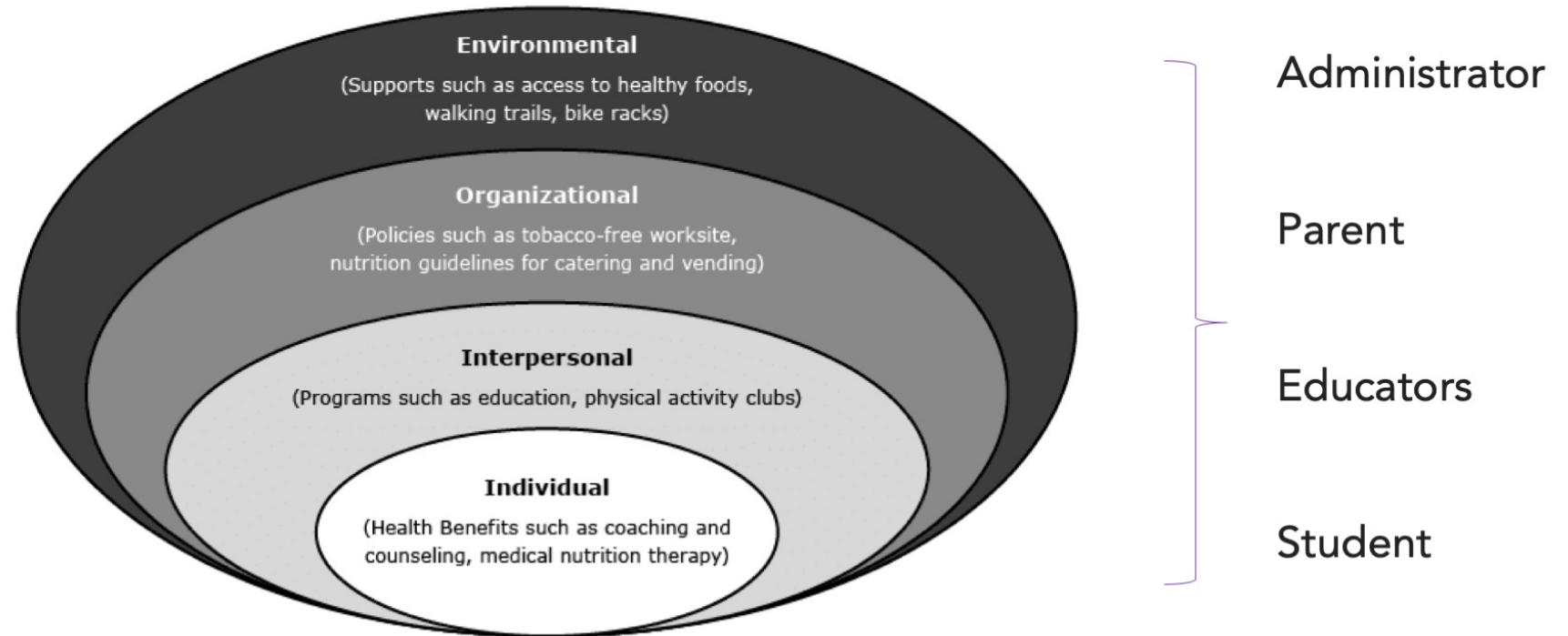
- Screening & Assessments
- Early identification of those who are struggling
- Suicide and other prevention campaigns that engage in the conversation with those who are struggling

Tertiary Prevention

- Connection to Treatment
- Appointment with a therapist
- Crisis intervention support
- 24-7 after-hours counseling
- Counseling or medical visits
- Symptom tracking
- Building resiliency through evidence-based interventions (mindfulness / MBSR / trauma-informed programs / CBT-focused interventions)



Our Logic Model: Building Protective Factors for Each Tier & Circle of Influence using a Community-Based, Public Health Approach

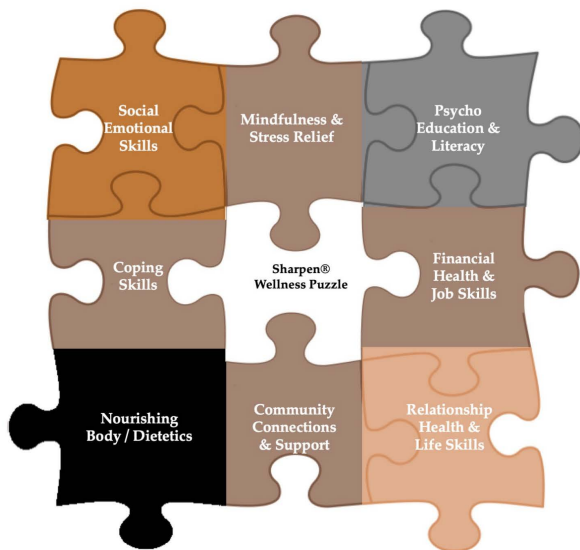


We adhere to the four-level social-ecological model to better understand mental health and substance use disorders and the effect of potential prevention strategies. This model considers the complex interplay between individual, relationship, community, and societal factors. It allows us to understand the range of factors that put people at risk or protect them from mental health and substance use disorders.



SHARPEN

8 Protective Factors



Developed using primary, secondary and tertiary prevention models, Sharpen follows best practices in suicide prevention, disordered eating prevention and is a trauma-informed framework.

*Sharpen protective factors validated through multiple research studies and available upon request.

Our library of over 450 modules is built on 8 primary protective factors* including:

- Social Emotional Skills
 - Feeling & Emotion regulation
 - Self-Control
 - Self-Discipline
- Mindfulness & Stress Management
 - MBSR activities
 - 5 Minute Mindfulness
 - Stress and the Nervous System
- Dietetics
 - Eating Disorder Prevention
 - Obesity Prevention
 - Athlete Health
 - Female Athlete Triad
 - Mindful Eating
- Psycho-Education
 - DSM library
 - Peer to peer focused documentary stories
- Connections with Community
 - Crisis Response
 - Support Organizations
- Improving Coping Skills
 - Self-Care
 - Communication Skills
 - Assertiveness Training
- Healthy Relationships
 - Conflict Resolution
- Financial Literacy
 - Job Skills
 - Presentation Techniques



“

It was directive and left me feeling in control. I'm a person who is used to being intentional of my wellness through connecting with others, going to the gym etc. These days without the normalcy of the world around me I could feel it slipping and didn't know where to begin. Sharpen was a place I could intentionally go to get resources, tactics, or just content to make me feel better in the moment. No matter my intention, I left either with a specific action to add into my day - or at minimum logging off, having spent time for myself discovering!



- **It really got me through and I started to think a lot.**
- **Your app is excellent; I am already using several of the mindfulness techniques and have heard from others that they are using them too.**
- **Content is diverse, covering so many meaningful topics.**
- **Helped me review and renew my techniques for handling my recurring issues.**



I especially like the 5 minute mindfulness section. Caring for my clients in the midst of this pandemic and social political environment has been very stressful.

Sharpen Family – building resilience through trauma-informed technology and rich community engagement -- *References Cited and Description of Community Approaches*

References Cited

- Anderson C., Holody K., Flynn M., Hussa-Farrell R. (2017). An exploratory evaluation of the feasibility, acceptability, and efficacy of the mental fitness disordered eating program in schools. *Eating Disorders: The Journal of Treatment & Prevention*. 2017 May-Jun;25(3):230-245.PMID: 28441121.
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- Brady, K. (2005-present). Spartanburg Community Indicators Project. Metropolitan Studies Institute at University of South Carolina Upstate.
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- Burnette, C., Hall, C., Hussa-Farrell, R, Farrell, T. (2017-present). The creation and deployment of Sharpen Warrior serving veterans and their families.
- Hussa-Farrell, R, Farrell, T, Witt, H. (2021). Sharpen Family: Building Resilience Through Trauma-Informed Technology and Rich Community Engagement. Southeastern School Behavioral Health Conference, Myrtle Beach, March, 2021.
- Fadel NM, Stoner AM, Patrizi J, Bendyk H. The Effects of Mindfulness Training on Adolescent Volleyball Athletes: A Pilot Trial (7/2018-present). Study completed and journal submission in progress. Program design and findings were presented at the American Psychiatric Association annual conference in May 2019 and VCOM research day.
- Karydi, A. (2016). South Carolina Suicide Prevention Plan – Strategy for Suicide Prevention. Office of Suicide Prevention, South Carolina Department of Mental Health. Retrieved via:
<https://sprc.org/sites/default/files/South%20Carolina%20Suicide%20Prevention%20Plan%202018.pdf>

Sharpen Family – building resilience through trauma-informed technology and rich community engagement -- *References Cited and Description of Community Approaches*

Pachter, L., Lieberman, L., Bloom, S., Fein, J. (2017). Developing a Community-Wide Initiative to Address Childhood Adversity and Toxic Stress: A Case Study of The Philadelphia ACE Task Force. *Academic Pediatrics*, Vol 17, Issue 7, Supplement.

DOI:<https://doi.org/10.1016/j.acap.2017.04.012>. More info about Philadelphia ACEs at: <https://www.philadelphiaaces.org/philadelphia-ace-survey>

Parker, J., Olson, S. & Bunde, J. The Impact of Trauma-Based Training on Educators. *Journ Child Adol Trauma* 13, 217–227 (2020). <https://doi.org/10.1007/s40653-019-00261-5>.

Spartanburg County Behavioral Health Task Force / SC Institute of Medicine & Public Health, 2015, 2018, 2021 reports available via <https://imph.org/taskforces/behavioral-health-task-force/>

Description and Further Reading – Community-Based Research and Approaches Referenced in this Presentation.

Northside Initiative, Northside Voyagers and Purposebuilt Community

Spartanburg’s [Northside Development Group](#) / Initiative is a [Purposebuilt community](#) project in Spartanburg, SC. All funders work deeply on this initiative which integrates with District 7 schools. The impact from the effort includes developing new community resources for food, public safety, art, and education. The new Franklin School was launched in response to the need of residents in the community.

Tim Farrell and Robyn Hussa Farrell worked with residents from Northside and the Northside Voyager leadership team to develop short documentary films; including Franklin School, History of Northside, History of Spartanburg Mill, and Northside Voyagers. Portions of the films are available in the Sharpen system under the “Compassionate Communities” section.

The project and films focus on racial equity and inclusion and provide strategy for direct engagement with residents.

Five Minute Mindfulness and MBSR Trainings

Robyn Hussa Farrell authored “5 Minute Mindfulness” evidence-based mindfulness curricula to assist educators in K-12 schools in improving resilience in youth. Our intervention is a curriculum written in script format that has digital components available on Sharpen to assist educators in deploying the content immediately and with fidelity. Deployed after Hussa Farrell and other qualified trainers led 2 hour train-the-trainer sessions to over 1,000 educators in South Carolina, including those involved with the Resilient Schools initiatives in Spartanburg and Richland Counties.

Sharpen Family – building resilience through trauma-informed technology and rich community engagement -- *References Cited and Description of Community Approaches*

As part of the work, the curriculum was used to train faculty of Whitlock Alternative School, students at Whitlock (deployed every Monday morning school-wide), counselors and students through SC Vocational Rehabilitation Services in Greenville County, and it was used to train peer (college aged) facilitators who then taught mindfulness techniques to student athletes in high school. The athlete study was evaluated by doctoral level researchers from Edward Via College of Osteopathic Medicine in 2019. Findings indicated participants improved mindfulness, anxiety confidence and sport performance in adolescent volleyball athletes. The curriculum and mindfulness techniques taught to athletes may promote mental health awareness and prevention. Poster was presented at the 2019 American Psychiatric Association annual conference in San Francisco. This content is available through Sharpen.

Patrizi, J., Jones, A., Bishop, B., Stoner, AM., Fadel, NM., Bendyk, H. Courtside Mindfulness—Keep Your Head in the Game: The Effects of 8-Week Mindfulness Training on Adolescent Volleyball Athletes. American Psychiatric Association Annual Conference, San Francisco. Poster Presentation. May 2019.

Resilient Schools / Compassionate Schools Initiative.

Between 2017-2019 Sharpen was deployed to educators who participated in 3 day training on [Adverse Childhood Experiences \(ACEs\) and primary prevention programs to build resiliency in the classroom setting, led by Dr. Jennifer Parker and the University of South Carolina Upstate team at the Child Protection Training Center](#). Husa Farrell was on the Compassionate Schools community advisory team and served as invited MBSR presenter on Day 3 of the Compassionate Schools summits between 2016-2019. The 5 Minute Mindfulness training for educators that is currently in Sharpen, was a 1.5 hour component of the 3rd day of the Compassionate Schools initiative. After each workshop, educators received access to Sharpen to explore more topics on childhood trauma and resilience, along with tools to increase their own self-care, mental health literacy and best practices for prevention mental health and substance use disorders in the school setting.

Parker, J., Olson, S. & Bunde, J. The Impact of Trauma-Based Training on Educators. *Journ Child Adol Trauma* 13, 217–227 (2020).
<https://doi.org/10.1007/s40653-019-00261-5>.

After School Mindfulness – Mary H Wright Elementary School / Colin Bauer

Utilization of 5 Minute Mindfulness as after-school mindfulness and resiliency program. 30 kindergarten through second grade students actively participated in the Literacy Enrichment Achievement Program (LEAP). The students identified were those living in transition, students at risk of homelessness, and those who are at risk of not graduating due to living in chronic poverty. The teacher to

Sharpen Family – building resilience through trauma-informed technology and rich community engagement -- *References Cited and Description of Community Approaches*

student ratio was 1:6 in order to provide intensive instruction to meet the overwhelming academic needs of the students and also provide effective use of the 5 Minute Mindfulness curriculum. Of the 30 students, 100% increased their literacy achievement through reading running records and Fountas and Pinnell assessments.

Most of the students who participated in LEAP were at least two grade levels behind and most kindergarteners were not fluent with the alphabet nor the phonics of letters prior to starting elementary school. Additionally, the entire staff of Mary H. Wright, approximately 50, were taught Five Minute Mindfulness, an evidence-and researched based curriculum written by Robyn Husa Farrell, through professional development training led by Husa Farrell and Lee Shirley, with ongoing consultation to be used in the classroom. The five LEAP teachers were provided additional training and consultation through the Sharpen online platform, and taught mindfulness techniques per session, three times weekly, resulting in students increasing social/emotional learning by at least one rating scale point for each measure. A social emotional learning scale was used called SSIS SEL Edition Screening/Progress Monitoring Scale. Measurements tracked are: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision Making, Motivation to Learn, Reading and Mathematics skills as evident in pre and post screenings. Results from the LEAP not only resulted in 100% of the students showing growth in alphabet identification, work recognition, listening comprehension, non-fiction reading comprehension, and fluency, but also gains were made in school attendance, lower disciplinary referrals, and were generalized to areas of academic achievement. It is further noted, 100% of students further gained at least one rating scale point on each of the performance levels measured. This dramatic improvement in social emotional and literacy skills has led us to expand the program to other elementary schools in the Spartanburg area.

Bauer, C., Carson, G., Shirley, L., Husa-Farrell, R. (2020). Utilization of 5 Minute Mindfulness as after-school mindfulness and resiliency program. Findings presented at 2021 Southeastern School Behavioral Health Conference, BASC.

Primary, Secondary and Tertiary Prevention of Mental Health and Substance Use Disorders

Since 2006, Robyn Husa Farrell worked with public health researchers to design and evaluate disordered eating prevention programs for schools. Our interventions included digital documentary film tools and handout booklets distributed to each participant. A pretest/posttest quasi-experimental design assessed elementary and junior high school faculty and staff's disordered eating knowledge and attitudes. Findings indicate participants experienced increased awareness of students' susceptibility to and the severity of disordered eating, increased self-efficacy about referring students to appropriate resources, and overall perceived acceptability of the training. Improved

Sharpen Family – building resilience through trauma-informed technology and rich community engagement -- *References Cited and Description of Community Approaches*

knowledge and attitudes suggest faculty and staff are better equipped to identify at-risk individuals at an early stage, increasing the likelihood of recovery from disordered eating behaviors or disordered eating. The documentary films and training components used in this work are now all part of the Sharpen library and are the foundation for the user-story based content creation and delivery in the platform.

Anderson C, Holody K, Flynn M, **Hussa-Farrell R**. An exploratory evaluation of the feasibility, acceptability, and efficacy of the mental fitness disordered eating program in schools. *Eating Disorders: The Journal of Treatment & Prevention*. 2017 May-Jun;25(3):230-245.PMID: 28441121.

Suicide Prevention Task Force.

Working in collaboration with the SC Department of Mental Health Office of Suicide Prevention and in response to direct feedback from over 90 school professionals and educators attending a mental health symposium in 2017, Robyn Hussa Farrell worked with District 7 schools Dr. Sonia Leverette, Dr. Terry Pruitt to design the Spartanburg County Suicide Prevention Task force. At first the team invited only licensed clinicians to attend. Following the guidance in Dr. Karydi's suicide prevention plan and working with the school youth suicide coordinator, Taylor Davis, Ed.S., the team created a quarterly meeting schedule. Each meeting contained professional development using evidence-based curricula. Hussa Farrell oversaw all management and coordination. Program grew from from 25 members to over 80 and have succeeded in expanding inter-agency partnerships and suicide screening by over 80% in our county. In addition, over 500 educators and community leaders are now trained in evidence-based suicide prevention and postvention models such as [Livingworks curricula \(ASIST\)](#) and [CONNECT Postvention \(NAMI NH\)](#). An example of the result of our effort has been that schools stopped sending children to emergency departments for mental health or suicide risk. Instead, they are sent to licensed mental health professionals who can support them.

Karydi, A. (2016). South Carolina Suicide Prevention Plan – Strategy for Suicide Prevention. Office of Suicide Prevention, South Carolina Department of Mental Health. Retrieved via:
<https://sprc.org/sites/default/files/South%20Carolina%20Suicide%20Prevention%20Plan%202018.pdf>

Video Village: Documentary-Style Video for Community Engagement and Public Safety

Between 2015 and 2017 Robyn Hussa Farrell and Tim Farrell were co-Directors in a Bloomberg Philanthropies-funded 1 million dollar grant through the City of Spartanburg and Chapman Cultural Center called "[Seeing Spartanburg in a New Light](#)." The entire initiative was led by Jennifer Evins, President of the Chapman Cultural Center. Working in collaboration with Elizabeth Goddard, Executive Director of the Spartanburg Art Museum, and 40 other agency partners, Hussa

Sharpen Family – building resilience through trauma-informed technology and rich community engagement -- *References Cited and Description of Community Approaches*

and Farrell were tasked with co-Directing the documentary films and creation of the “Video Village” public art installation whereby 52 windows in an abandoned public housing project would display documentary films. The project focused on the Highland neighborhood of Spartanburg, SC. One outcome of the work was that, after deep dive interviews with their neighbors, the Highland Community Association rejected additional public housing and received funding from the City of Spartanburg to create a neighborhood planning commission. In addition, one of the documentaries created with the residents and police officers has become a required tool for new officer training in the City of Spartanburg. The equipment used to create the Video Village was repurposed for a computer lab and code school training facility in the local community center. That lab is still in operation. Finally, as an additional outcome of this project, we saw evidence that asking residents to serve as their own experts increases collaboration and engagement. Over 100 residents of Highland participated in the project. Our team was asked to present at several national conferences as a result of this project. The national Bloomberg Public Art project, including Seeing Spartanburg in a New Light, is currently being evaluated by researchers at Brookings Institution.

[Covington](#), M.W. (2018). Seeing Spartanburg in a New Light: Final Project Evaluation.

Awards: 2018 MARTIN LUTHER KING, JR HUMANITARIAN AWARD,
City of Spartanburg.