

Multimedia Program Helps EAP Clients Participate in Treatment

ValueOptions' staff model EAP offices are integrating new technology as a clinical tool, allowing patients to become more active and involved in working with their provider to guide their own treatment. The program, Beating the Blues®, uses proprietary technology from Ultrasis that enables patients to monitor and direct their own mental health progress through cognitive-behavior therapy.

Beating the Blues is an innovative multimedia software package that provides a clinically proven, practice-based, self-help treatment program for patients suffering from anxiety and depression. Designed for use by patients with even limited computer skills, Beating the Blues guides users through cognitive behavior modules that feature video case studies, animation, voice-over guides and interactive components. Beating the Blues can be used in conjunction with, or as an adjunct to, counseling or traditional psychotherapy.

“Getting patients involved and actively participating in their treatment allows them to feel like they have control over what is going on in their lives,” said Chuck Taylor, executive vice president of ValueOptions' Employer Solutions Division. “Beating the Blues helps patients identify and challenge thinking patterns and behaviors that can be harmful to their health. The patient then works on specific problems and sets achievable goals to overcome their anxiety and depression – thus training them in the skills they need to overcome these obstacles in the future.”

ValueOptions conducted a pilot of the program in its Louisville, Ky., staff EAP offices last year, before deciding to roll-out the program to additional EAP offices in 2005.

“Patients really enjoyed working with the program,” said Stephanie Peterson, clinical manager of ValueOptions' Louisville EAP office. “It gave them an easy way to focus on and learn the tools of cognitive-behavior therapy ... Beating the Blues allowed them to practice what they had learned in their face-to-face counseling sessions, and patients left our office with a printout of their progress charts as well as exercises to complete after their appointment as ‘homework’.”

Ultrasis programs available on Achieve Solutions

For a nominal fee, the Ultrasis Relief Series is available as a Web enhancement for our customers. These programs are modifications of the Beating the Blues program. They provide interactive and engaging tools to identify, educate, motivate and monitor people suffering from anxiety, depression and stress.

These self-care tools provide easy access for individuals, and appeal particularly to busy people and those with a special need for privacy. The interactive programs help users set personal targets and track progress. All of the programs illustrate problem examples and best-practice solutions using Flash movie animation.