

Behavioral-Health Smartphone Apps

Current State of the Field

- Hundreds of behavioral-health apps are currently available
- Most do not conform to best-practice standards
- Credentials of creators often unknown

What I Offer

- Licensed clinical psychologist
- Post-doctoral fellowship in computer applications for mental health
- Two-decade history of creating educational multimedia

Example Apps

- *Suicide Lifeguard*

Made possible via funds from a Substance Abuse and Mental Health Services Administration grant, this app provides direct access to the National Suicide Lifeline as well as instructions for first-responders who help individuals who are experiencing suicidal ideation.

- *Bridges To Sobriety*

A contract with Bridgeway Behavioral Health resulted in this innovative app that blends best-practices in adolescent substance abuse treatment with engaging interactive gameplay.

Publication

- Epstein, J., & Bequette, A. (2013). Using Smart Phones in Clinical Practice, *Journal of Mental Health Counseling*, 35(4), 283-295.

Next Steps

- Contact me to discuss how we can collaborate on the creation of your new app.