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COGNITIVE BEHAVIORAL THERAPY SOFTWARE USED BY MHA-NYC GIVEN GOVERNMENT'S HIGHEST RATING

Magellan suite of online tools praised by SAMHSA for effectiveness

NEW YORK, N.Y. (April 7, 2016) - The suite of computerized cognitive behavioral therapy (CCBT) programs used by MHA-NYC has received the highest rating from the Substance Abuse and Mental Health Administration's National Registry of Evidence-based Programs and Practices (NREPP). This proprietary software is licensed by Magellan Health and includes programs for depression (MoodCalmer), anxiety, panic, phobia (FearFighter), insomnia (Restore), substance and alcohol misuse (Shade) and obsessive compulsive disorder (OCFighter). In its review, SAMHSA noted the strong evidence for the effectiveness of these programs.

Through a unique partnership with Magellan Health, MHA-NYC, a national leader in mental health services, advocacy and education, provides telephonic, text and chat supports for individuals using Magellan's suite of online cCBT programs. The first joint project undertaken by MHA-NYC and Magellan Health, called iHelp: Sandy Stress Relief, was launched in 2014 and provided CCBT services to over 4,000 New York State residents who continued to suffer emotional distress as a result of Superstorm Sandy.

"We are proud that SAMHSA has recognized the effectiveness of the online cognitive behavioral therapies that MHA-NYC is using to deliver care to individuals who might not otherwise have access to services," said Kathryn Salisbury, Executive Vice President of MHA-NYC. "Technology is not only helping us deliver effective care how and when it is needed, but it is helping people overcome the stigma of seeking behavioral health services."

For more information about on line evidence-based cognitive behavioral health programs please contact Kathryn Salisbury, MHA-NYC Executive Vice President of Strategic Planning and New Business Development: KSalisbury@mhaofnyc.org.

MHA-NYC is a non-profit organization that addresses mental health needs in New York City and across the nation. It is a local organization with national impact and has a three-part mission of services, advocacy and education. For over 40 years, MHA-NYC has identified unmet needs and worked to develop culturally sensitive services and programs to improve lives while promoting the importance of mental wellness. www.mhaofnyc.org