

# Painted Brain and Digital Literacy: *Our Tech Suite*

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Presentation by  
Rayshell Chambers, MPA



# Your Presenter:

## *Rayshell Chambers*



MPA, Founder and CEO of Painted  
Brain

Rayshell Chambers is a black community leader from Oakland, CA that has dedicated her personal and professional pursuits to designing and advocating for comprehensive health and human service programs that enhance the human condition of the most vulnerable populations.

Rayshell holds a bachelor degree in Sociology and Masters of Public Policy & Administration and utilizes both her cultural experiences and lived mental health challenges, as a peer, to design culturally-responsive programs.

Rayshell is the co-founder of Painted Brain, a mental health tech nonprofit based in Los Angeles, that provides peer-based services and practice training in technology and clinical mental health.

Rayshell is also an independent consultant that provides capacity building support and grant writing for small nonprofits that serve communities of color.

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# Course Description

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This presentation will speak on the importance of digital literacy to mental health constituents.

This course will elaborate on Painted Brain's experience working as a consultant with both Los Angeles County and Santa Barbara County in their efforts to find digital mental health apps that help individuals with their mental health and overall wellness. We will also cover the importance of peers being at the forefront of the mental health movement and how essential consumer feedback was when working on this project.



# Learning Objectives

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Our presentation intends to demonstrate:

1. How digital therapeutic apps can be useful to overall wellness.
2. How our data proves certain population's willingness to use these apps as well as what apps the public is interested in.
3. How digital literacy can effectively improve therapeutic alliances.

# Course Outline

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1. Introduction
2. A history of Peer Tech: Painted Brain's Role
  - a. How We Started the Peer Tech Movement
  - b. Reviewing Survey Data
3. Addressing the Digital Divide
  - a. Explaining Our Curriculum



*A History of Peer  
Tech:  
Painted Brain's  
Role*



# Painted Brain's Mission

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Painted Brain (PB) is an innovative mental health, art, and tech organization that utilizes a peer-run model focus for recovery.

PB aims to harness technology for social good as a catalyst to assist individuals in improving their mental wellness and to provide marketable skills for workforce development.



# Beginnings of Peer Technology

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- Movement started in 2009
- Train mental health peers for careers in tech
  - ◆ Bridge the digital divide
- Smartphones and mental health
  - ◆ App Usage Survey
  - ◆ Survey Dissemination
  - ◆ Data Analysis
  - ◆ Digital Health Literacy Curriculum
  - ◆ Facilitation of Digital Health Literacy Curriculum/Events





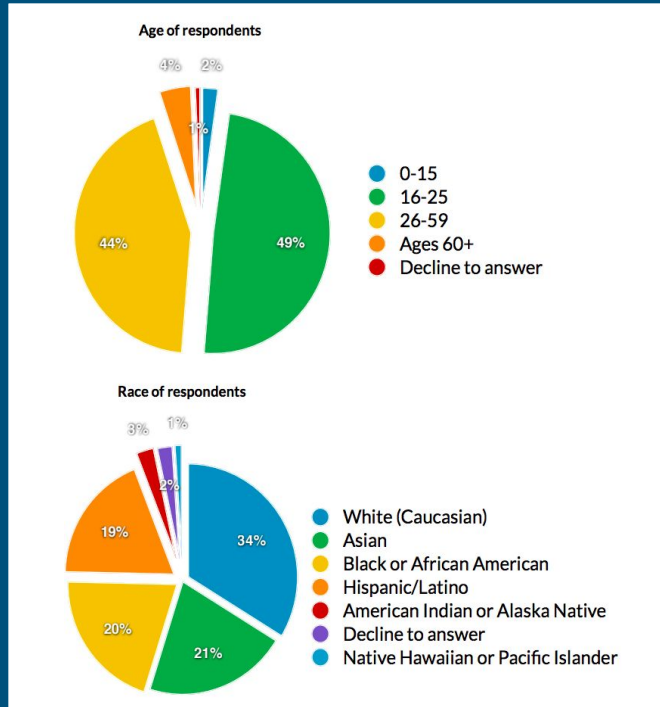
# Mental Wellness and Technology

In 2018:

- PB selected as lead agency in digital health literacy(LACDMH & CalMHSA)
- PB expanded their trainings state-wide
  - ◆ Los Angeles County
  - ◆ Santa Barbara County
  - ◆ San Mateo County
  - ◆ Fresno County
- PB coordinated county forums in:
  - ◆ Los Angeles
  - ◆ San Joaquin
  - ◆ San Luis Obispo
  - ◆ Modoc



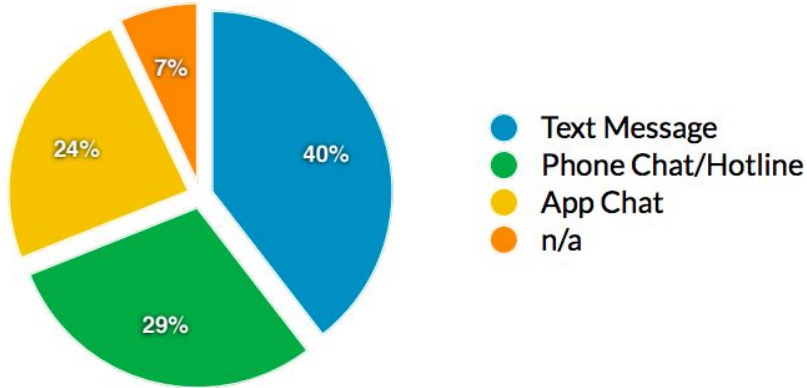
# Outreach & Engagement Approach (Los Angeles)



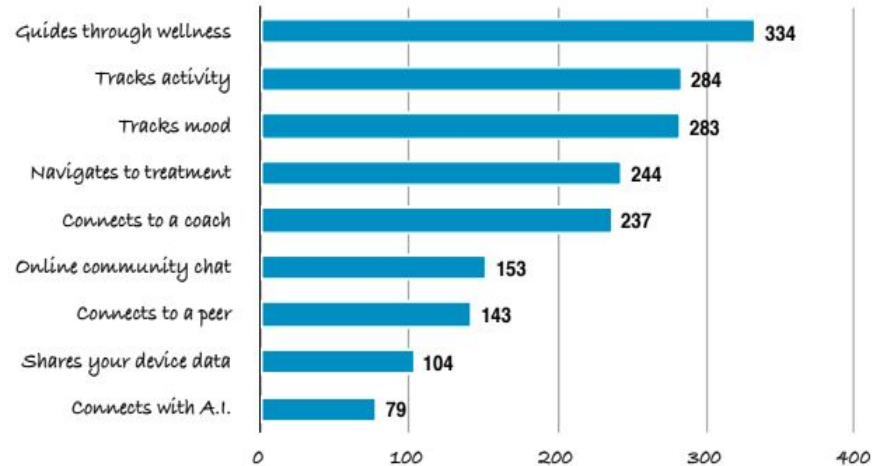
- **550 individuals surveyed**
- Between the ages 16 - 60:**
  - ◆ Transitioning-Age-Youth (TAY)
  - ◆ Mental Health Consumers
  - ◆ Professionals
  - ◆ College Students
- **Locations include:**
  - ◆ Mental Health Facilities
  - ◆ Colleges in LA County (SPA 1-8)
  - ◆ Drew League basketball games
  - ◆ Community/Comedy Festivals
  - ◆ Painted Brain Community events

# App Usage Survey Findings

Talking about Mental Health



Types of Apps



# Digital Wellness Survey (Report)

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## → App Survey Report

- ◆ Which Apps would best serve the public?
- ◆ Which Apps are easy to use and access?
- ◆ What is the county looking for, and how can we provide?

## → Digital Health Literacy Report

- ◆ What kind of demographics need addressing?
- ◆ How does the digital divide affect them?
- ◆ How can we get them this technology?
- ◆ How may this technology help them?



# App Guides: LA and Santa Barbara County

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## App Brochure 12 Point Matrix Evaluations

PB developed a 12 Point App Matrix evaluation to evaluate apps to be considered for the LACDMH Guide to Wellness App Brochure. PB considered a Peer perspective when creating the criteria for the App evaluation.

## Focus Group/ Learning Collaborative –

PB collaborated with LACDMH staff to host a focus group/learning collaborative to garner feedback from community stakeholders on the LACDMH Guide to Wellness App Brochure. PB participated in the motivational outreach to recruit Focus Group/ Learning Collaborative participants.

## Los Angeles County Department of Mental Health Guide to Wellness App Brochure

PB collaborated with LACDMH to provide feedback on the Apps to be included in the LACDMH Guide to Wellness App Brochure. PB provided feedback on brochure layout and design.



# App Guides: LA and Santa Barbara County

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## 12-Point Evaluation for Apps:

1. What is the name of the App?
2. Is the App in English and Spanish?
3. Is the App iPhone or Android compatible?
4. Is there a privacy statement?
5. Is the App user-friendly?
6. Is the App free to download?
7. Does the App feature In-App Purchases?
8. Does the App have strong reviews?
9. What is the Apple Store Rating?
10. What is the Google Play Store Rating?
11. Which of the 8 Dimensions of Wellness?
12. Further comments to evaluate the App?

# App Evaluation Metrics: *8 Dimensions of Wellness*

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1. Emotional
2. Environmental
3. Social
4. Physical
5. Spiritual
6. Intellectual
7. Occupational
8. Financial

# App Guides: Los Angeles

This brochure will be reviewed and updated on a biannual basis. Last review was March 2020.

Please send any suggestions for apps to be considered to [helpathand@dmh.lacounty.gov](mailto:helpathand@dmh.lacounty.gov)

If you're having thoughts of suicide or are in crisis, contact the

**NATIONAL SUICIDE PREVENTION LINE**

(800) 273-8255  
or Dial 911

**Disclaimers:** This pamphlet is designed for informational use only and the referenced apps should not be used as a substitute for professional advice and information from therapists, physicians, and/or financial advisors. The pamphlet is a resource to assist with locating apps that you may find to be helpful in your daily life. Some apps in this guide may have associated charges and in-app purchasing available. We do not endorse any in-app purchases. USE OF THESE APPLICATIONS IS AT THE USER'S SOLE DISCRETION AND HIS/HER SOLE RESPONSIBILITY.

Use of the Help@Hand logo and the LACDMH logo does not imply any affiliation with, or endorsement of, products, other organizations, or initiatives.

Learn more about  
Mental Health Services  
in LA County

FOR 24/7 HELP,  
PLEASE CALL OUR ACCESS  
LINE AT (800) 854-7771  
OR  
TEXT "LA" TO 741741



For additional information visit  
<https://dmh.lacounty.gov/>



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
*hope. recovery. wellbeing.*

## Your Wellbeing On Your Terms

Guide to Wellbeing Apps



## INTRODUCTION

The apps listed here, for your consideration, are a quick guide of resources available to promote wellbeing in simple daily activities.

You may find these apps to be useful for exercise, nutrition, education, emotional health, relaxation and practicing mindfulness. We've made things simple so you don't have to sort through 100s of available apps to improve your wellbeing. These are an initial set of apps based on input received from the community. Others may be forthcoming.

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ML = Multiple Languages

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\*All apps listed here have a free version. To avoid charges do not enter credit card information

## APPS FOR CONSIDERATION\*

### Physical Wellbeing



**7-Minute Workout ML**  
Access guided workouts for any activity level



**Fooducate**  
Create your healthy diet toolbox



**Headspace ML**  
Access guided meditations and mindfulness activities

### Emotional Wellbeing



**Happy ML**  
Play games to reduce stress, overcome negative thoughts, and build resilience



**MindShift ML**  
Access resources to help manage anxiety



**Happy Color™ - Color by Number**  
Engage in coloring activities as a positive coping strategy

### Physical Wellbeing



**Hoopla ML**  
Access e-books, music, audiobooks, and movies



**Khan Academy ML**  
Learn online with interactive exercises and videos



**Luminosity ML**  
Improve memory and increase focus with brain training games

### Financial Wellbeing



**DPSS Mobile ML**  
Fill out forms and skip a trip to the office



**Keeper ML**  
Store and manage passwords securely



**Mint ML**  
Develop and manage a personal budget

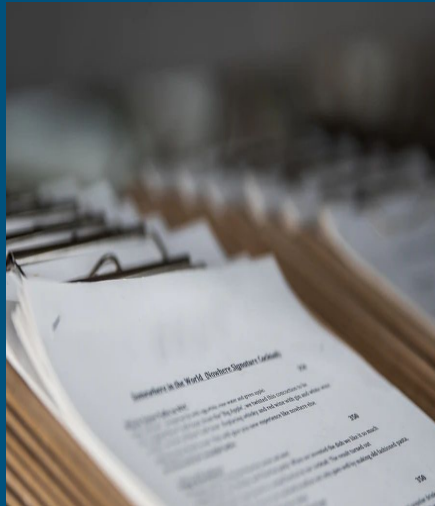
help@hand

CONNECTING PEOPLE WITH CARE



# App Guides: Santa Barbara County

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Painted Brain's 12-point App Evaluation Survey was utilized by various Learning Collaboratives in the engagement of critical research and evaluation of more than 20 digital wellness apps to meet the identified threshold for Apps that would be appropriate for adoption into the brochure. **The evaluated Apps for SB included the following:**

Sober Tool, Rain Sounds, Headspace, TED Virtual Hope Box, Lumosity, All Trails, Happify, Hoopla, AA 12 Step Tool, Mindshift, Fooducate, 7 Minute Workout, CALWIN, Insight Timer, Picture This, Mango Health, LinkedIn Learning, Keeper Password Manager, Meeting Guide, Daylion, Khan Academy, and NA Meeting Search

# App Guides: Santa Barbara



**Painted Brain** apoyó en el desarrollo de este folleto. Se revisará semestral. Para sugerencias de aplicaciones: [helpathand@sbcwell.org](mailto:helpathand@sbcwell.org).

Si tiene pensamientos suicidas o está en crisis, comuníquese con

**LIFELINE**  
(888) 628-9454  
o marcar 911

Descargos de responsabilidad: Este folleto está diseñado solo para uso informativo y las aplicaciones a las que se hace referencia no deben utilizarse como un sustituto del asesoramiento profesional y la información de terapia, médica y/o asesora financiera. El folleto es un recurso para ayudar a ubicar aplicaciones que pueden ser útiles en su vida diaria. Algunas aplicaciones en esta guía pueden tener cargos asociados y compras en la aplicación disponibles. No respaldamos ninguna compra en la aplicación. EL USO DE ESTAS APLICACIONES ES A DISCRECIÓN ÚNICA DEL USUARIO Y SU RESPONSABILIDAD ÚNICA.

El uso de los logotipos de las aplicaciones no implica ninguna afiliación o respaldo de productos, otras organizaciones o iniciativas.



**SANTA BARBARA COUNTY**  
**DEPARTMENT OF**  
**Behavioral Wellness**  
A System of Care and Recovery

**GUÍA DE**  
**APLICACIONES**  
**DE BIENESTAR**

**Línea de Acceso**  
**Gratuita Las 24 Horas**  
**(888) 868-1649**  
**Para asistencia para**  
**localizar un proveedor de**  
**servicios**

Use la cámara de su teléfono para escanear el código QR a continuación





Obtenga más información acerca de la salud mental, consumo de alcohol y sustancias, referencias y apoyo en caso de crisis del condado de Santa Bárbara visitando nuestro sitio web en: <https://co.santa-barbara.ca.us/apps>



**8 Dimensiones de Bienestar**

Las 8 dimensiones del bienestar tienen en cuenta no solo la salud física de un individuo, sino todos los factores que contribuyen al bienestar general de una persona.

Para obtener más información sobre las ocho dimensiones del bienestar, visite: [www.santaba.gov](http://www.santaba.gov)

- AMBIENTAL**  
Buena salud al ocupar ambientes agradables y estimulantes que favorecen el bienestar.
- EMOCIONAL**  
Lidiando efectivamente con la vida y creando relaciones satisfactorias.
- SOCIAL**  
Desarrollar un sentido de conexión, pertenencia y un sistema de apoyo.
- FÍSICO**  
Reconociendo la necesidad de actividad física, dieta, sueño y nutrición.
- ESPIRITUAL**  
Expandiendo su sentido de propósito y significado en la vida.
- INTELLECTUAL**  
Reconocer las habilidades creativas y encontrar formas de expandir el conocimiento y las habilidades.
- OCUPACIONAL**  
Satisfacción personal y empoderamiento derivado del trabajo de uno.
- FINANCIERO**  
Apoyo en la presupuestación y contabilidad de todos los gastos.









**HeadSpace**  
Apoya el bienestar emocional, espiritual y ambiental a través de la meditación para dormir, el estrés, la ansiedad, la depresión y sobre todo el bienestar.

**Lumosity**  
Si le gustan los juegos, esta aplicación le ayudará a mejorar su enfoque y memoria de forma interactiva, basada en la ciencia para apoyar su bienestar intelectual.

**Khan Academy**  
Desarrolle una comprensión más profunda en matemáticas, gramática, ciencias, idiomas, SAT®, AP®, préstamos escolares, presentación de impuestos, creación de currículum y más para respaldar su bienestar intelectual y ocupacional.

**Hoopla**  
Pida préstamos instantáneamente películas digitales, música, libros electrónicos y más, 24/7 para todos los dispositivos con su tarjeta de biblioteca pública para apoyar su bienestar intelectual, emocional y ambiental.

**Picture This**  
Identifique instantáneamente las plantas, sus descripciones y consejos para el cuidado de las plantas. Diviértase de bolas mágicas de plantas en todo el mundo para apoyar su bienestar ambiental y social.

**Fooducate**  
Disfruta de miles de recetas para mejorar su salud y aprenda más sobre una alimentación saludable para apoyar su bienestar físico y emocional.

Estas aplicaciones han sido evaluadas y utilizadas por guías locales de salud mental del condado de Santa Bárbara.









**CALWIN**  
Esta aplicación ayuda a los residentes de California con seguro médico, alimentos, ayuda financiera y asistencia en habilidades laborales para apoyar su bienestar financiero ocupacional y general.

**MindShift**  
Esta aplicación ayuda a desarrollar formas más efectivas de pensar y a utilizar paños activos para hacerme cargo de su ansiedad y apoyar su bienestar emocional.

**7-Minute Workout**  
Entrena en cualquier lugar y en cualquier momento de una manera rápida y sencilla para apoyar su bienestar físico.

**Mango Health**  
Esta aplicación lo ayuda a crear un programa de hábitos saludables, que incluye tomar los medicamentos a tiempo, controlar la presión arterial / nivel de glucosa y más para apoyar su bienestar físico.

**Meeting Guide**  
Manténgase informado y conectado con su comunidad local y mundial de Alcohólicos Anónimos para continuar obteniendo el apoyo que necesita para su bienestar general.

**NA Meeting Search**  
Manténgase informado y conectado con su comunidad local y mundial de Narcóticos Anónimos para continuar obteniendo el apoyo que necesita para su bienestar general.

Estas aplicaciones son suplementos digitales para su bienestar conductual.

# Work in the Community

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- Funding with a Social Purpose Grant
  - ◆ 50k to help in Panorama City, 20k in South LA
  - ◆ Provide digital literacy workshops and 30 laptops in Panorama city, 25 in South LA
- Diverse array of topics
- Workshops We Offer
  - ◆ Adult (age 19 and older) Digital Health Literacy Cohort Training (3 Total)
  - ◆ Youth (age 12-18) Digital Health Literacy Cohort Training (2 Total)
  - ◆ Children (age 6-11) Digital Health Literacy Cohort Training (2 Total)
  - ◆ Community Tech Café (10 Total)

# *Addressing the Digital Divide*



# What is the Digital Divide?

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- Lack of access to technology
  - ◆ Computers, smartphones, tablets, etc.
- Lack of access to the internet
- Specific to socioeconomic class
- Acts as a disadvantage to:
  - ◆ School
  - ◆ Jobs
  - ◆ Communication
  - ◆ Health



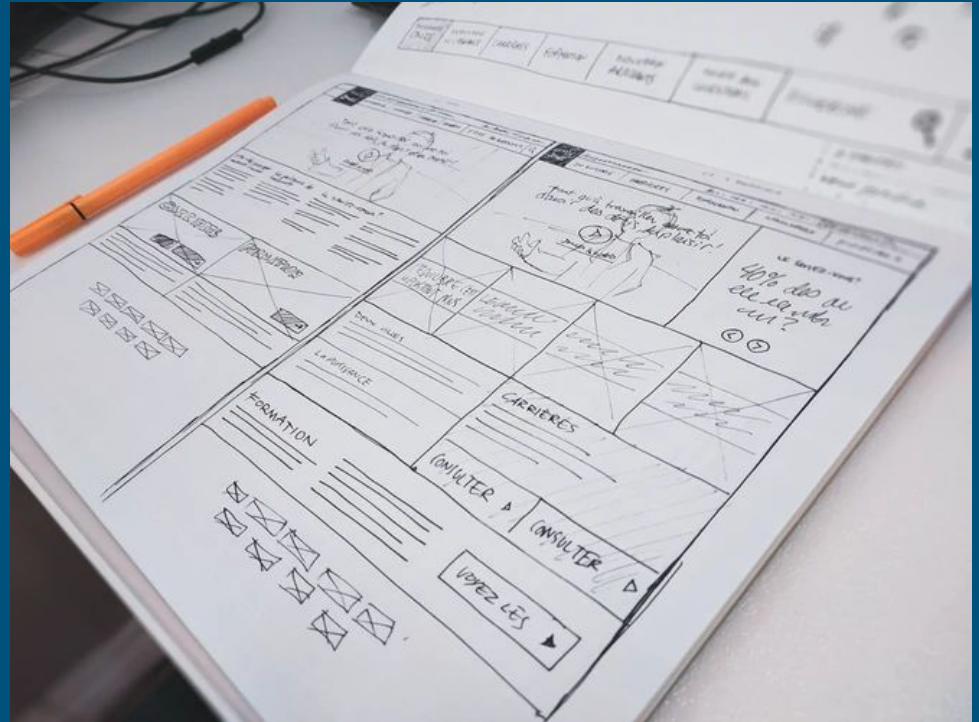
# Digital Health Literacy Trainings

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- Module 1: Introduction to Digital Health Literacy
- Module 2: Email Set-Up and Maintenance: Computer and Mobile Device
- Module 3: Access to Free Digital Devices and Resources
- Module 4: How to Utilize Search Engines
- Module 5: How to Download and Use Apps (Applications)
- Module 6: Online Storage (Cloud)
- Module 7: Online Security and Privacy
- Module 8: Just4me Patient Portal
- Module 9: Telehealth & Vsee

# Digital Health Literacy (DHL) Curriculum

- Peer-led course
- Created for mental health consumers and young adults
- People with lived experience utilizing technology to assist with supporting their wellness



# New Curriculum (Santa Barbara County)

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Listening Sessions with Transitional Age Youth (TAY) include:

1. Recovery and Resilience
2. Online Safety Practices
3. Basic Computer Skills



# Mental Wellness and Technology

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- PB collaborated with USC on Patient Advance Directives
  - ◆ We will also provide consulting and concept design support assistance in developing a technology platform to store electronic health records relative to Psychiatric Advance Directives

# Why It Matters (Summary)

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- Based on our community-level work, we learned:
  - ◆ Communities are willing to use apps for mental wellness
  - ◆ Different values between communities and wellness practices
  - ◆ PB was able to help teach digital literacy





# THANK YOU

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Please visit our website  
[www.paintedbrain.org](http://www.paintedbrain.org) for more  
information and ways to get in touch.

