About Us!
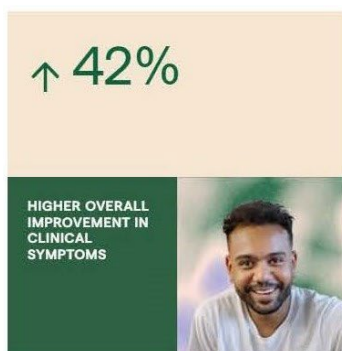
Aspire Integrated Healthcare Solutions is a healthcare management and services company. We are passionate about advancing healthcare delivery systems through innovative programs and tools. We use cutting-edge technological collaborations and expert healthcare resources to create scalable and flexible solutions that have a direct impact on improving clinical outcomes for patients, healthcare providers, employers, organizations, and communities. Our tools and programs improve clinical outcomes 42%+, 3.5 x higher likelihood of reliable change, 40% reduction in patient no-show, 81% average Therapeutic Alliance score, and reduced total healthcare spend for payers and employers. Aspire is a registered supplier and government contractor with most of the US and International governmental agencies, NGO's and other organizations that fund and support global health and mental health programs, such as USAID, WHO, UNICEF and more.

ASPIRE PROGRAMS and Toolkits

The Aspire strategy is to partner with local and global expert healthcare organizations that provide research, expert information, resources and innovative healthcare technology solutions and services that have proven success to achieve our mission and goals to improve the healthcare delivery systems globally. Here are a few of our programs and toolkits that we offer.

1. Aspire Health Portal, Mobile App and Toolkits - The Aspire Health Toolkit is a personal health, wellness & mental health toolkit that empowers individuals to take charge of their health and well-being with a variety of interactive and supportive health and wellness tools and resources in one simple to navigate toolkit.
2. Emotional Pulse App by ShareTree improves character and helps make authentic connections with regular check-in on each connected person is feeling that alerts the team of their status so they can intervene if needed.
3. Measurement Based Care and Provider-Patient Relationship Alliance tool involves tracking patient, client or individuals' emotional progress throughout treatment, using consistent Evidence-Base Patient-Reported Outcome Measures.
4. Character Assessment for Individuals, Organizations and Character Development Coaching programs.
5. Mental Health First Responder "MHFR" Training Program by ShareTree is a globally recognized certified program that has been developed using psychology and mental health principles, that trains individuals about Promotion, Prevention, and Early Intervention Support.
6. Support Group platform by Mental Happy – connects individuals into groups in therapy and other health, wellness and wellbeing connections. We are launching the MHFR and Character Coaching groups on this platform.

↑ 42%
HIGHER OVERALL IMPROVEMENT IN CLINICAL SYMPTOMS

↑ 3.5x
HIGHER LIKELIHOOD THAT A CLIENT EXPERIENCES RELIABLE CHANGE

↓ 40%
REDUCTION IN NO-SHOW & CANCELLATION RATES

PROGRAM OVERVIEW

Aspire has partnered with ShareTree to offer the Mental Health & Wellbeing Program, which is designed to empower organisations and individuals with the skills and resources they need to create effective, measured and sustainable change in health and wellbeing. Research shows that cultures that establish authentic trust and skilled support not only reduce mental health losses, but also increase overall culture engagement and performance outcomes.

The program follows best practice continuous improvement change management approach that includes a proven blend of education, authentic people engagement and empowers sustainable habits and routines for connection, support and transparency. ShareTree Empower your teams with all the resources you need to create and sustain change.

1 Clarity & Direction

Culture & Wellbeing Surveys (Individuals & Teams)

Risk Assessment

Draft a strategy for Improvement

> Explore Culture
> Engagement Surveys

2 Education & Skills Development

Train MHFR's (LIFT, ACT & Tech. Setup for Groups)

Train Executives, Leaders & Influencers (Culture & Reporting Setup)

Train Entire Team (LIFT, Trusted Pairs & Tech.)

> Explore Skills &
> Education Programs

3 Holistic Support Frameworks

Nominate & Announce MHFRs for Each Team

Leader/MHFRs Team Weekly Live Pulse Check-Ins

One on One Direct Check-Ins

Connect EAP and Other Professional Services & Resources to Tech.

4 Technology, Metrics & Reporting

> Watch Video About
> Emotional Pulse

Understanding Reporting

Influencing Culture Shifts

Repeat Culture & Wellbeing Surveys to Validate Shifts

EDUCATION & SKILLS
Mental Health First Responders (MHFR)

FUNDAMENTALS

Workforce suicide is the leading cause of death for people up to the age of 44 – aihw.gov.au The overall cost of mental health is the third greatest cost to healthcare following cancer and cardiovascular disease. Mental Health claims are the most common and most costly claims from all Workcover claims related to illness and diseases.
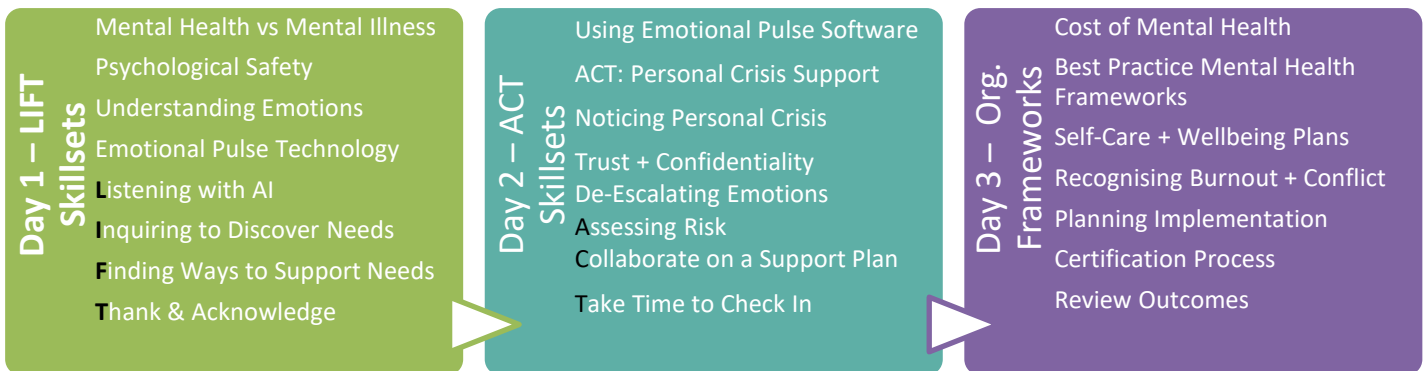
Mental health disorders are experienced by 2 in 5 people (43.7%) and 2 in 3 senior leaders (64%), yet Employee Assistance Programs average usage globally is approximately only 6% (SafeWork Australia, ABS, Bupa, ResearchGate)

This 37%+ gap between support needs and support provided emerges due to the following issues:

- People don't feel psychologically safe to express their mental health challenge to employers
- Workplace cultures lacked trust and don't often welcome people to express their emotions
- Workplaces don't often have a routine means to allow people to check-in with their emotional state confidentially
- Leaders don't often actively check-in with teams in a structured way to support mental health and wellbeing
- When support is needed people can't easily find who can support them in a confidential , trusted and skilled way
- Friends are most trusted though don't have certified skills to support
- There was a general stigma that expressing mental health challenges was a shameful act

ABOUT THE PROGRAM

The Mental Health First Responders (MHFR) program is a globally recognised certified program that has been developed using psychology and mental health principles and is endorsed by the Mental Health Foundation Australia. Promotion, Prevention, Early Intervention Support reduce the impact on a person in mental health distress and minimise the time and cost to recover back to a state of stability. Mental Health Distress left undetected and unsupported can lead to chronic mental health issues and increase the chance of risk and time for recovery.

Day 1 – LIFT Skillsets	Day 2 – ACT Skillsets	Day 3 – Org. Frameworks
Mental Health vs Mental Illness	Using Emotional Pulse Software	Cost of Mental Health
Psychological Safety	ACT: Personal Crisis Support	Best Practice Mental Health Frameworks
Understanding Emotions	Noticing Personal Crisis	Self-Care + Wellbeing Plans
Emotional Pulse Technology	Trust + Confidentiality	Recognising Burnout + Conflict
Listening with AI	De-Escalating Emotions	Planning Implementation
Inquiring to Discover Needs	Assessing Risk	Certification Process
Finding Ways to Support Needs	Collaborate on a Support Plan	Review Outcomes
Thank & Acknowledge	Take Time to Check In	

WHO CAN USE THIS

Leaders, Mental Health Supports, Human Resource Leaders, Chaplains, Psychologists, Emergency Responders, Parents, Teachers, Care Workers, Social Workers, First Aiders.

FUNDAMENTALS

Mental health issues arise due to acute or long-term physical, emotional or psychological strains. Employers have a duty of care to both provide a workplace where wellbeing can be achieved as well as ensure psychological safety, meaning that employees feel safe enough to be vulnerable in front of each other. There are also proven benefits to productivity, innovation and reduced Workcover claims in these environments.

By routinely understanding the energetic and emotional state of staff, individuals and organizational leaders are better equipment to make timely decisions to foster optimum environments and assist those most in need.

Today I'm Feeling

Today the Team's Feeling
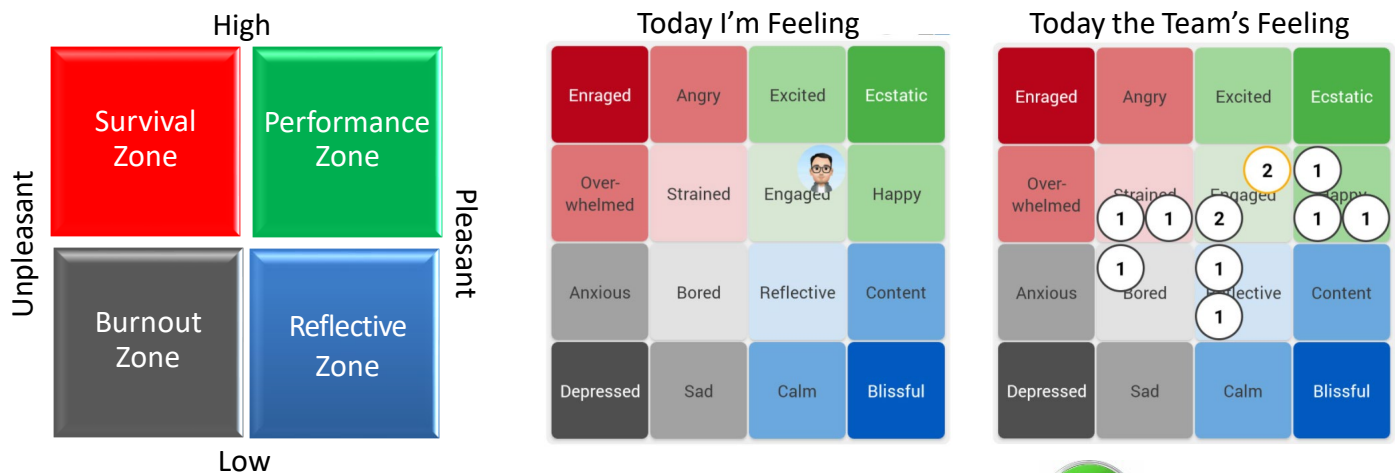
Watch Video About Emotional Pulse

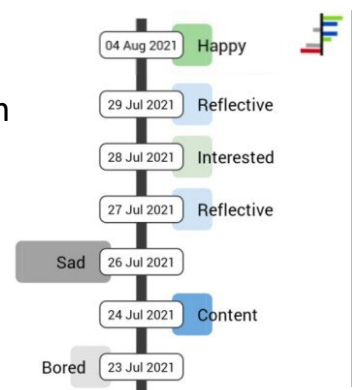## HOW DOES EMOTIONAL PULSE WORK

1. People log their emotional state at a frequency set to a workplan (Daily/Weekly)
2. Software provides confidential insights to individuals and teams about current pulse and emotional patterns
3. Individuals with trends moving toward risk zones are privately made aware and encouraged to invite support
4. People at risk can self-correct and frequency of checks-ins increases until they are safe
5. Privacy of individuals is maintained always until they choose to invite trusted support or may be at risk
6. Anonymous team trends of emotional pulse are provided to leaders for awareness and culture improvements
7. Alerts and connections are made real time with real people who've been trained and certified to respond
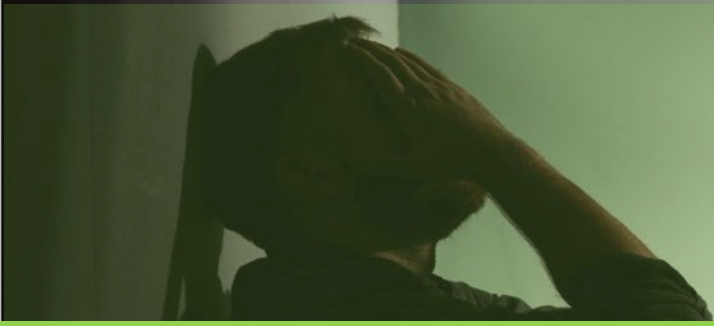8. Escalation to professional support is linked within the technology

Personal/Team Emotional Patterns & Trends
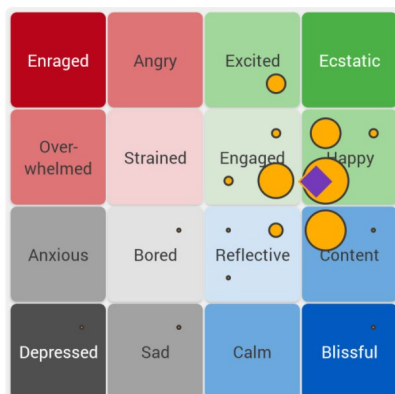
◆ Avg – All Time

Personal/Team Journey & Reports

ShareTree
educate engage empower

ShareTree – 03 9803 1315
Registered Charity ABN: 99 857 937 053

MENTAL HEALTH
Foundation Australia

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TECHNOLOGY ASSISTED HUMAN RESPONSE
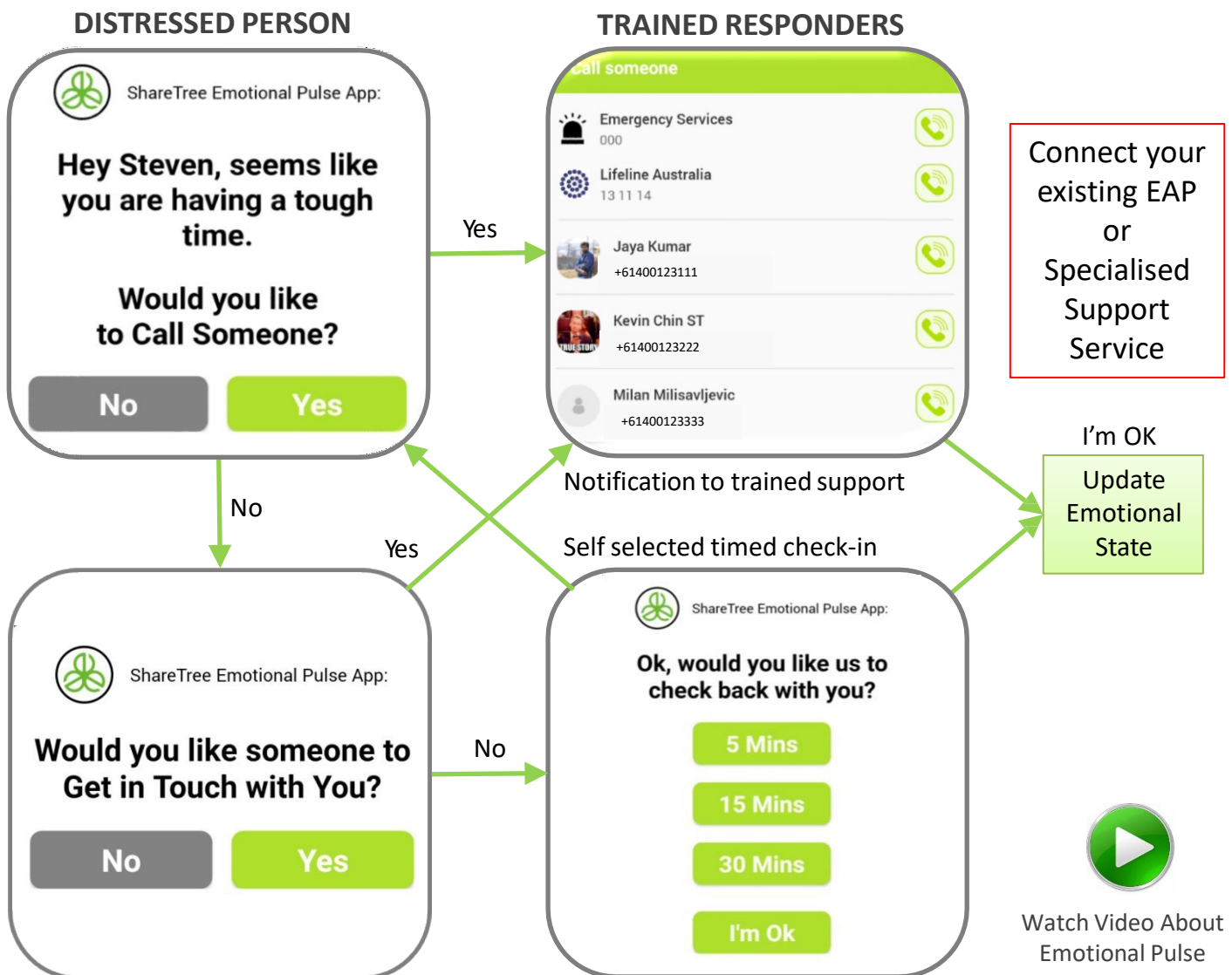## Emotional Pulse – Time Critical Response

In the Australian workforce suicide is the leading cause of death for people up to the age of 44 – aihw.gov.au
The overall cost of mental health is the third greatest cost following cancer and cardiovascular disease.
Promotion, prevention and early intervention reduce the impact on a person in emotional distress and minimise the cost and time to recover back to a state of stability.

SUPPORT AT A CRITICAL TIME IN NEED

When people check-in that may be in a state of emotional distress, Emotional Pulse supports the person in a psychologically designed and approve approach to confidentially and respectfully support the person.
Emotional Pulse invites connection to trusted support, trained responders and professional services.

DISTRESSED PERSON   **TRAINED RESPONDERS**

Connect your existing EAP or Specialised Support Service

Notification to trained support

Self selected timed check-in

I'm OK

Update Emotional State

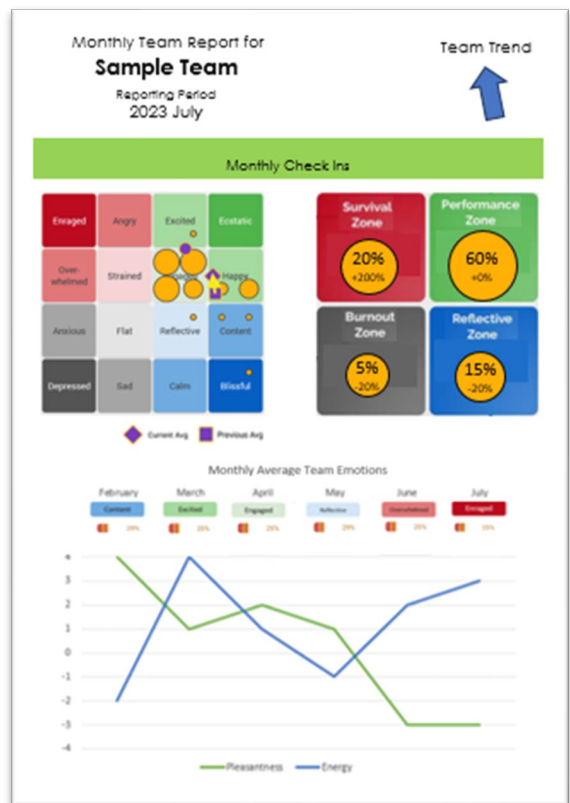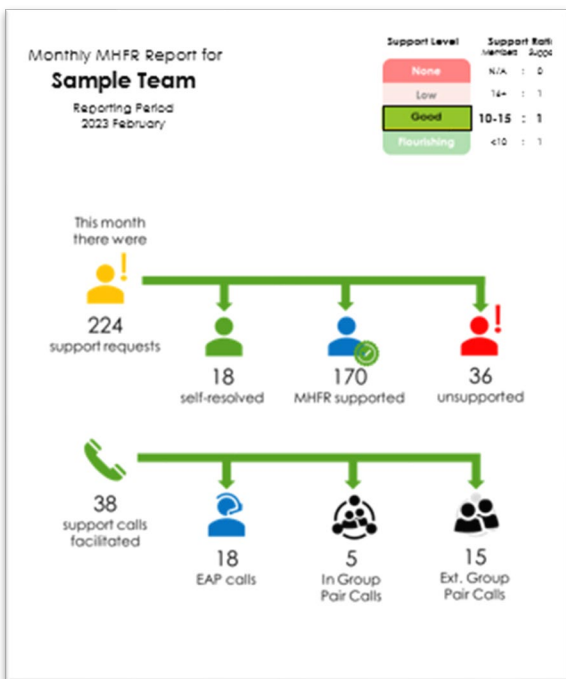Watch Video About Emotional Pulse

MEASURE & IMPROVE - PERFORMANCE

Emotional Pulse Monthly Reporting – This provides month to month insights to Mental Health First Responders (MHFRs) & leaders about the team's authentic wellbeing based on genuine feelings, connections and support calls between the team, MHFRs, EAP and other services . This is provided per team and collectively.

MHFR Monthly Reporting – Provides:

- Guidance to establish effective support framework
- Early intervention guidance to improve support and trusted connection
- Direct connection suggestion list
- Clarity of wellbeing culture trends and activity
- Understanding of support strategy effectiveness

Team Monthly Reporting – Provides:

- General understand of wellbeing trends
- Deep understanding of emotional patterns
- Transparency of collective emotional shifts
- Understanding of support strategy effectiveness
- Builds awareness for individuals in relationship to the team in a confidential way
- Provides team check-in frequency insights
- Informs wellbeing strategy

Effective Wellbeing Strategy – Throughout the program wellbeing and support framework specialists will help you interpret reporting results and guide effective strategy to help improve culture, trust, connection, support and emotional resilience of individuals and teams.

> *"If you can't measure it, you can't improve it."*
> Peter Drucker

CHARACTER COACHING

At the core of all human performance professionally, intellectually, physically and emotionally, is only the strengths of character and virtue that crafts talent and competencies. Character forms the basis of how we perceive the world and how we respond to it. It plays the critical part of our mindset, thoughts, words, actions and relationships.

Leadership have a 3-5 times impact on a team culture because they create the ripples of a culture. So how do we support leaders and executives to refine their character when it is so important?

The challenge is that psychologists focus on mindset and behaviours and they lack the executive experience to coach real world leaders through character and organisational challenges, while executive coaches lack the understanding of psychology and character to effectively guide leaders through needed character evolution to help them reach their greater potential. *ref -* *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5826310/*

SOLUTIONS

ShareTree Character Coaches provide a minimum of 10 years executive leadership experience plus are certified character coaches that are support by inhouse organisational/developmental psychologists and mediators.

The ShareTree Leadership Character Coaching programs provide one on one discreet coaching programs built on trust and wisdom. The program is built around character evolution and uncovering the subconscious patterns developed over time that give rise to our unique character today.

The program is bespoke built and delivered for each individual leader and utilises science based research and technologies to enhance strengths and develop blind spots of ones character to evolve into the thriving state.

Framework
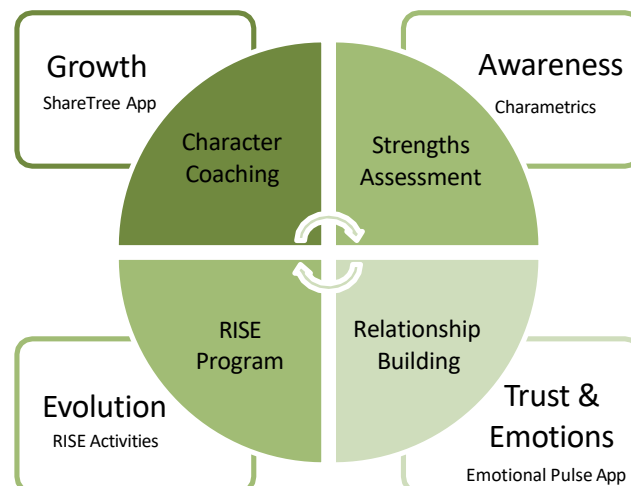
WHO CAN USE THIS

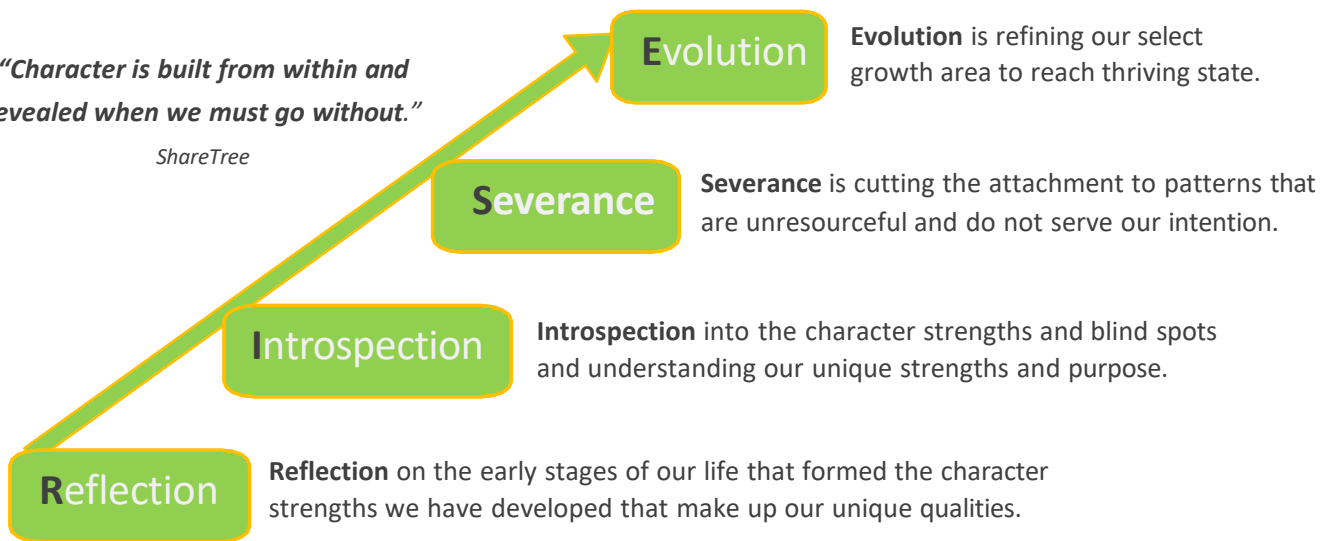Any Executive, Leader, Teacher, Parent, Coach, Entrepreneur

RISE PROGRAM

THE RISE PROGRAM

The RISE program is designed with qualified psychologists, mediators and character coaches to give people the awareness, skills and strategies to identify psychological limitations and strengths to support personal and professional growth by awakening character strengths and dissolving unresourceful habits.

"Character is built from within and revealed when we must go without."

ShareTree

Evolution

Evolution is refining our select growth area to reach thriving state.

Severance

Severance is cutting the attachment to patterns that are unresourceful and do not serve our intention.

Introspection

Introspection into the character strengths and blind spots and understanding our unique strengths and purpose.

Reflection

Reflection on the early stages of our life that formed the character strengths we have developed that make up our unique qualities.

RISE ACTIVITIES CONTENT

REFLECTION
- 7 Layers of Human Evolution
- 12 Character Strength Groups
- Emotional Awareness
- Perceptual Perspectives & Competency

INTROSPECTION
- Relationships and Boundaries
- Being Valued and Valuing Others
- Managing Emotions & Expectations
- Effective Communication

SEVERANCE
- Understanding Attachment & Triggers
- Severing of Limiting Patterns & Beliefs
- Forming Masters Mindset
- Detachment and Empowerment

EVOLUTION
- Personal Purpose & Values Setting
- Personal Goals and Wellbeing Commitment
- Character Growth Exercises
- Evolving to Thriving State

BESPOKE COACHING

Every participant is coached and supported based on their specific character in context to their experiences.

ShareTree
educate engage empower