



Continicare begins by removing the guesswork.

Through the self-service Behavioral Health Assessment (BHA), we collect and organize more than 2,215 structured datapoints on each client, spanning:

- Conditions
- Schemas
- Coping styles
- Strengths
- Motivations
- Personality traits
- Social context
- Lived experience

The BHA produces a hyper-personalized profile that far surpasses what is possible in a standard intake or clinical interview.

How It Works

Clients complete three self-service questionnaires:

- Strengths Analysis & Social Support
- Mental Health Assessments
- Personality Traits

From these inputs, the BHA builds a Cognitive Map that defines each client's unique set of core beliefs, assumptions, distortions, strengths, and vulnerabilities. This map generates:

- Clinician-facing Integrated Report
- Motivational/Cognitive Profile
- Client Summary Handout

It also powers personalized Digital Therapeutics (DTx): daily, adaptive support that reframes distortions, teaches coping skills, and reinforces motivation — always anchored in the client's unique profile.

With daily support tracking (mood, energy, coping engagement, adherence), the operational datapoint count per client surpasses 2,500.



Daily Digital Therapeutics (DTx) + Dashboard

Once reports are generated, Continicare delivers Daily Support through the Companion app. Every interaction is summarized in the Progress Dashboard for clients and clinicians.

Teaching – Daily Psychoeducation & Skill-Building

- Conditions: validates the client's experience & explains their signs & symptoms
- Unhelpful Thought Patterns: teaches distortions (e.g., all-or-nothing, catastrophizing) and helps clients catch them in real time.
- Coping Strategies & Exercises: introduces evidence-based tools (mindfulness, relaxation, journaling, visualization) and guides clients step by step.

Coaching – Daily Reinforcement & Reminders

- Exercise Coaching: prompts to practice coping skills.
- Thought Pattern Coaching: reminders to notice and reframe unhelpful thoughts.
- Motivation Coaching: encouragement to engage in meaningful activities (PEMI).
- Mood & Energy Check-ins: quick, structured self-reports (mood 1–5, energy 1–5, activity yes/no, thoughts yes/no + note).

Daily support becomes both teacher and coach — delivering micro-lessons and reinforcing them until healthier habits take root.

Progress Dashboard

The Dashboard integrates both teaching and coaching data with real-time tracking of:

- Mood Trends
- Energy Levels
- Activity Engagement
- Unhelpful Thoughts captured
- Coping Engagement
- Adherence
- Therapeutic Continuity

It also embeds the psychoeducation library so clients and clinicians can revisit conditions, thought patterns, and coping strategies anytime.

For clinicians, this transforms therapy sessions by providing weeks of structured data, enabling higher-value problem solving.