# CONTINICARE PARTNERS

## From Intake to Daily Support

## A New Standard in Mental Health Care

### The Clinician's Challenge

Traditional intakes and session notes provide only a partial snapshot of the client. Clinicians are left relying on recall, client self-report, and unstructured observation. As a result, there may be:

- Gaps in understanding the client's beliefs and schemas.
- Missed patterns between sessions.
- Less time for deeper therapeutic work during appointments.

### Our Breakthrough

Continicare begins by removing the guesswork.

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

- Conditions and Symptoms
- Core Beliefs and Schemas
- Coping Styles
- Strengths and Motivations
- Personality Traits
- Social Context and Lived Experience

This BHA assessment creates a hyper-personalized cognitive-emotional profile that far surpasses what is possible in a standard intake or interview.

### How It Works

Clients complete three self-service questionnaires:

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

From these, the BHA builds a Cognitive-Motivational Map that defines the client's unique set of beliefs, assumptions, distortions, strengths, and vulnerabilities.

This map generates three clinician-ready reports:

- Integrated Clinical Report — structured, clinician-facing, with conditions, goals, and interventions.
- Cognitive/Motivational Profile — highlights how strengths and beliefs interact with readiness for change.
- Client Summary Handout — plain-language summary for psychoeducation.

## Daily Digital Therapeutics (DTx) + Dashboard

Beyond assessment, Continicare powers personalized Digital Therapeutics (DTx): daily, adaptive support that teaches and reinforces coping, cognitive restructuring, and motivation.

### Teaching – Daily Psychoeducation & Skill-Building

- Conditions: validates client experience, increases insight.
- Unhelpful Thought Patterns: educates clients on unhelpful thinking habits and distortions (e.g., catastrophizing, all-or-nothing).
- Coping Strategies: step-by-step guidance on behavioral activation, mindfulness, journaling, relaxation, assertiveness, boundaries, and more.

### Coaching – Daily Reinforcement & Reminders

- Prompts to practice coping skills.
- Reminders to notice and reframe unhelpful thoughts.
- Encouragement to engage in meaningful activities.
- Quick daily mood and energy check-ins.

☞ Daily support functions as teacher and coach, embedding therapeutic principles into the client's everyday life.

## Progress Dashboard

For clinicians, the dashboard provides structured data between sessions:

- Mood and energy trends
- Coping engagement
- Type and Frequency of unhelpful thoughts
- Adherence to therapeutic activities
- Continuity of support

The dashboard also embeds the psychoeducation library so both client and clinician can revisit flagged conditions, thought patterns, and coping strategies.

## Why This Matters for Clinicians

In addition to starting with *"How have you been since we last met?"*, you begin sessions with weeks of structured data, enabling deeper, higher-value therapeutic work.

- Precision Intake: thousands of datapoints organized into a usable profile.
- Continuity of Care: daily support extends your influence beyond the session.
- Data-Driven Sessions: see progress trends and adherence at a glance.
- Operationalizes CBT/ACT/DBT: core principles delivered in micro-lessons and reinforced daily.
- Better Outcomes, Less Guesswork: increases session time for higher-value interventions.

Continicare *helps clinicians move from fragmented snapshots to a continuous, data-driven view of each client — enabling therapy that is deeper, more efficient, and more effective.*