

Your Arche XR Intervention Suite



Impact VR

Focus: Social emotional development
Goal: Enhance social information processing, empathy, & prosocial behavior.
Duration: 20-minutes; 4 sessions



Rise VR

Focus: Depression
Goal: Promote emotional strength, healthy living choices, coping skills, & positive thinking.
Duration: 20 minutes



Elevate VR

Focus: Violence & gun safety
Goal: Emotional resilience, cyber safety, conflict resolution, & positive youth development.
Duration: 20 minutes



Thrive VR

Focus: Suicide & self harm
Goal: Promote hope, self-worth, coping, crisis resources, & identify warning signs.
Duration: 25 minutes



Guardian VR

Focus: Substance & alcohol use
Goal: Refusal skills, delay initiation, reinforce protective norms, & education on health outcomes.
Duration: 20 minutes



Lumen VR

Focus: Mindfulness
Goal: Promote relaxation, build present-moment awareness, & reduce stress.
Duration: 5 minutes



Resilience VR

Focus: Anxiety
Goal: Emotion identification, emotion regulation, resilience training, & stress coping.
Duration: 25 minutes



Haven VR

Focus: Psychological first aid
Goal: Trauma understanding & recovery, coping skills, mental strength, hope, & resilience.
Duration: 20 minutes