

# NERA ECOSYSTEM

MONITOR • ENGAGE • RECOMMEND • ADVOCATE

## Prevention & Crisis Plan

We develop custom intervention and prevention plans for our Loved Ones and Caretaker Team members. We provide resources, assign roles and responsibilities, while identifying annual triggers that effect the Loved One. We connect you with our network of Mental Health Professionals as a part of your prevention plan.

## Caretaker Team

The CTT (Caretaker Team) consists of 3 pre-approved family members who are trained on our NERA Ecosystem. We identify a primary team leader that acts as an advocate with the Loved One's written consent.



## NERA Response Team

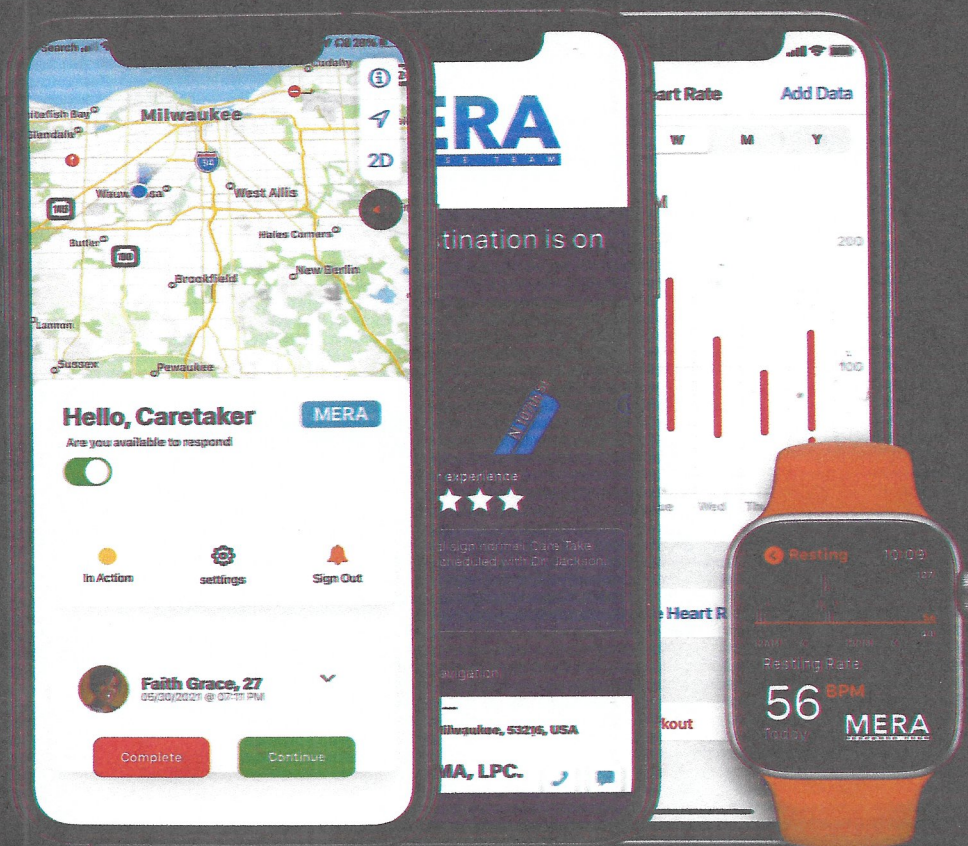
The MRT (NERA Response Team), is composed of Mental Health Professionals, Licensed Therapists, and Unarmed Community Based Responders, trained in Crisis intervention. Our NERA Response Team provides real time updates to the Caretaker Team utilizing the NERA APP.

## NERA APP

We use assistive technology to monitor your Loved One's heart rate and share this with a Licensed Therapist. We keep your Caretaker Team informed with important crisis updates. We determine stress indicators and engage your Loved One with a custom questionnaire. We then utilize wellness check-ins from our mental health professionals, to make recommendations-using music as a form of mindfulness with our *Attitude Adjustment Playlist*. These steps are backed by evidence-based research and science.



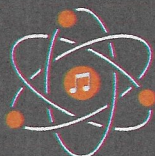
EVIDENCE BASED RESEARCH BACKED BY SCIENCE



DID YOU KNOW...  
YOU CAN LOWER  
**DEPRESSION AND**  
**ANXIETY**  
BY THE MUSIC  
YOU LISTEN TO?

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**MERA**  
RESPONSE TEAM



ATTITUDE  
ADJUSTMENT  
PLAYLIST





# NERA AI

ALTERNATIVES TO INCARCERATION



YOUTH  
FAMILY  
COMMUNITY



HUMAN  
SERVICE  
WORKER



COURT  
APPOINTED  
ATTORNEY



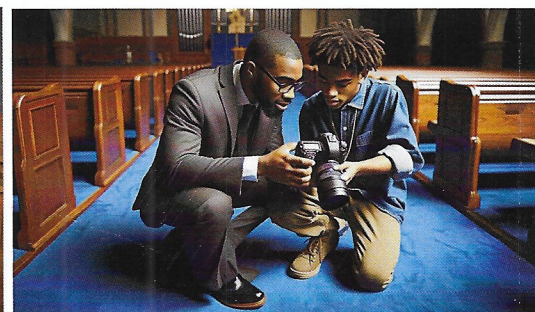
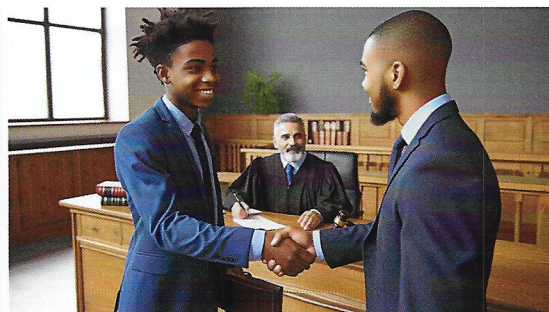
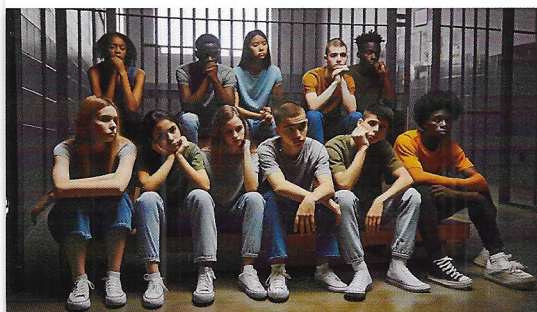
MENTAL  
HEALTH  
MENTOR

When youth return to community, we partner with human service workers to create a trauma informed, culturally relevant success plan. We extend the opportunity to parents and guardians to invite community partners, educational allies, and court appointed attorneys, to contribute to a custom success plan. We also provide progress report for each youth we serve.

We believe "If you want to travel fast, travel alone. If you want to travel far, travel together."

- African Proverb

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# NERA AI

ALTERNATIVES  
TO INCARCERATION





**STOP:**

Take a deep breath and focus on the present moment.  
Acknowledge your emotions without judgment; it's okay to feel this way.

**THINK:**

Identify your thoughts and emotions without judging them.  
Ask yourself: "What triggered this reaction?" or "What am I feeling right now?"  
Reflect on the potential consequences of your actions if you were to react impulsively.

**OBSERVE:**

Notice physical sensations in your body (e.g., tension, rapid heartbeat) and your surroundings (e.g., sights, sounds).  
Be aware of any patterns or habits in your reactions and how they impact yourself and others.

**PROCEED:**

Once you feel calmer and more grounded, choose a constructive course of action.  
Communicate your feelings and needs assertively and respectfully.  
Brainstorm coping strategies or solutions to address the situation positively.  
Take small steps towards your goals or resolving conflicts peacefully.

W W W . M E R A C A R E S . C O M



**MERA**AI

**ALTERNATIVES  
TO INCARCERATION**