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Horizon Adds myStrength's Digital Self-Care Resources to its Behavioral Health Treatments

LYNCHBURG, VA and DENVER– [Horizon Behavioral Health](#), the premier provider of mental health, substance use and intellectual disability services in Central Virginia and [myStrength, Inc.](#), an innovative leader in digital behavioral healthcare, have partnered to offer web and mobile behavioral healthcare solutions as part of Horizon's continuum of care. Patients and employees of Horizon now have access to digital self-care solutions that will complement treatment to help manage stress, depression, anxiety, substance use disorders, chronic pain and sleep disorders.

The partnership between Horizon Behavioral Health and myStrength is the first of its kind in Virginia, bringing therapy and support to mobile devices and laptops, opening a new world of access to mental health care. myStrength's digital resources complement the continuum of care offered by Horizon Behavioral Health, empowering the people they serve with self-help resources to support recovery efforts, as well as tools to monitor and maintain overall wellness and quality of life.

"Horizon Behavioral Health has been transitioning to a value-based and technology-driven space. Our future is about providing personalized and continuous services to consumers anytime, anywhere. In addition, the myStrength platform enhances our efforts to provide mindfulness and wellness tools to our talented Horizon team because we also want them to remain healthy and well", said Damien Cabezas, Horizon's CEO.

myStrength's evidence-based resources use interactive technology-driven tools for treating behavioral health disorders. The myStrength platform helps bridge the gap between therapy visits, allowing consumers to navigate through issues and address problems. The online tools and activities are available 24/7 to those served through Horizon Behavioral Health and offers low-risk, effective solutions to managing behavioral health issues for members age 13+. On average, users of myStrength experienced 18 times greater reduction in depression within only two weeks.

"We are excited to assist in Horizon's efforts and know our work together will have a measurable impact in the way technology can transform mental health services to those in need", said Scott Cousino, myStrength's Chief Executive Officer. "This partnership allows us to put self-care tools into the hands of thousands of Virginians, giving them an immediate

extension of care, meaningfully complementing the range of services currently provided by Horizon.”

Horizon Behavioral Health has been the primary public behavioral healthcare provider in Central Virginia for more than 49 years. In the last year, Horizon provided services to approximately 16,000 adults and children, addressing problems with mental health, substance use and intellectual disabilities. Horizon is accredited by CARF International. For more information, please visit horizonbh.org

About myStrength

myStrength, Inc. is a recognized leader in digital behavioral health. myStrength greatly enhances traditional care models, while addressing issues of cost, lack of access, and stigma, to deliver mental health and well-being resources at scale. Our platform targets the most prevalent and costly behavioral health conditions — empowering consumers with innovative self-care resources to manage and overcome challenges with depression, anxiety, stress, substance use disorder, chronic pain and sleep. myStrength’s evidence-based resources offer digital interactive exercises, self-care modules and daily wellness inspiration, which is personalized to each user. myStrength collaborates with more than 150 health plans, integrated health systems, EAPs, disease management providers, managed and community behavioral health providers, strategic alliances, ACOs and FQHCs. For more information, please visit www.myStrength.com