



What does the #SameHere Scale solve for in schools, and why is it effective?

In all forms of health other than mental health, we measure how we are doing - in a range: our weight (on a scale), blood pressure (through a cuff), blood sugar/enzyme levels/hormone levels/inflammation levels, etc. (by blood tests). These measurements and ranges give us a common language to discuss our health with our family, friends, and our care providers. Based on where our measurements are at in those ranges, we then make adjustments - to our lifestyle, diet, exercise, etc.

Where is that range for mental health? It exists in how our nervous system goes from a place of regulation (sympathetic/parasympathetic balance and flexibility) to dysregulation (sympathetic dominance and inflexibility, and even shutdown) at different points in our lives. The science that explains this nervous system fluctuation is called "Polyvagal" and it has been studied going back the mid-1990s by a Dr. Stephen Porges, and countless other researchers, since.

This SameHere Scale app simplifies that science, and allows schools to answer two of the most important questions we have every single day, that are often the hardest ones to get answered: 1) How are our Students feeling? 2) How can we help our Students feel their best, so that they can perform their best?

When we ask those questions, receiving the answers of "Fine, Meh, Eh, or Okay...and "We're not sure"...do not help us keep a finger on the pulse of how our Students - ALL Students - are doing, nor how their wellness is impacting their performance and even behaviors. The ability for some Students to see a mental health professional is a tremendous asset, but we also need a way to encourage Students - ALL Students - to have easy access to simple but effective tools and exercises to be proactive about tracking and managing their own mental health, whether on their own, or (based on the age of the students) with the help of leaders in their school. This is what the SameHere Scale App solves for:



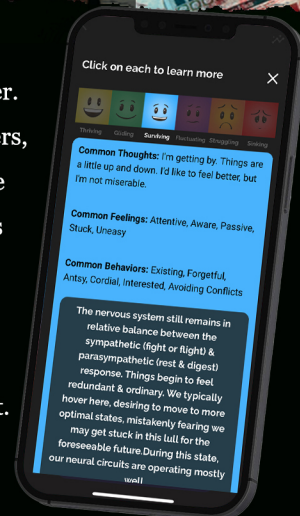
*Check out the last page of this document for a more detailed version of the SameHere Scale, with thoughts, feelings, and behaviors as qualifiers under each of the six spots

- 1) Normalization: Of Students checking-in with their own Nervous System States (NSS's) proactively, and having Teachers (and/or School Professionals) ask for those NSS's. When we ask all Students how they are doing (without singling out the "misbehaved" Students or the Students with diagnoses) we normalize this type of check-in as a self-care tool. When we show NSS's on a Scale (mental health's version of a range) - we normalize how everyone's NSS's change over time, and how we are not locked-in to any one position on that Scale. This ensures that mental wellness is not looked at as a binary topic of - the diagnosed Students vs the "healthy Students," but instead one where we all must work to manage our mental health, to feel and perform our best, and even avoid crisis.

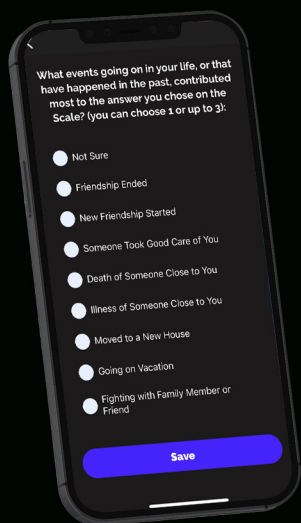


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- 2) Common Language: NSS's can get complicated, especially when there are so many feelings to consider. This type of non-diagnostic Scale is more like an Nervous System meter that allows Students, Teachers, School Professionals/Behavioral Health Staff, and Parents, to see the same emojis, the same language and same qualifiers (thoughts/feelings/behaviors), across classes, across grade levels and even across schools in the same district. General (and anonymous) aggregate summaries of other Students' daily answers can be seen in chart format, and unlike other manual capture tools - everyone can view their own responses and trends in real-time charts. (Imagine a Student looking at their chart, as they are meeting with a School Professional, and both are looking at that Student's trending on the same chart. Imagine a Parent being able to see that same chart at Parent-Teacher conferences.



- 3) Linear Movements: The Scale goes left to right, with movements to the left representing healthier and more flexible NSS's, and to the right representing less healthy/flexible NSS's. This Scale does not assign numerics as many other scales do, to a Student's feelings and emotions, but it still gives them the chance to track the movement of their mental health - directionally. The placements on the Scale were designed to mirror the neurobiological changes that happen as both the celebratory/joyous/comforting and the stressful/difficult/traumatic life events inevitably make their way into our lives. There is also no "middle" answer that would mirror "fine;" as a middle answer would give us little to no direction as to how our Students are actually doing.

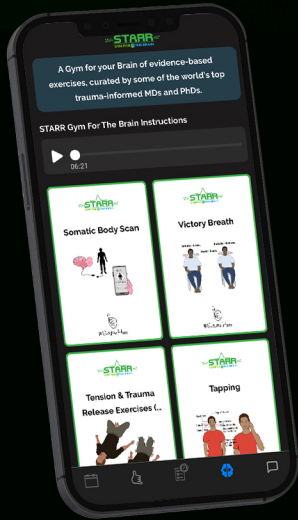


- 4) Life Events: The questions prompted by the app, after each Student selects their placement on the Scale, encourages them to tie their Scale selections to various life events and factors (in and/or out of school) that may be contributing to their custom emoji choice. This teaches Students not to think of their mental health as "fixed conditions," but more as something that can fluctuate over time, and they have the ability to impact, as they learn skills to work on themselves.

- 5) Resiliency: The movements on the Scale open Students and Teachers up to the question: How can I/we move more to the left/or stay on the left? What exercises can I/we partake In? Think of it as the "why" behind the self-care (specifically mind-body) exercises, something that's called STARR (Stress & Trauma Active Release & Rewiring) or a "Gym for the Brain."

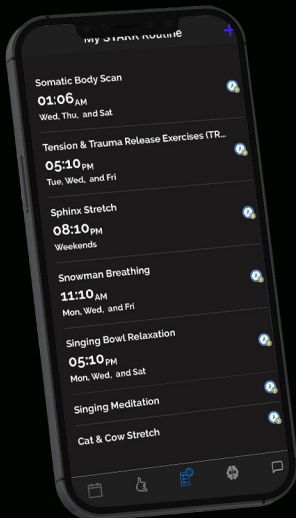


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- 6) Evidence Based Practices: That STARR Gym is in the SameHere Scale App with audio & videos tutorials as to how to do each exercise, and to learn what affected areas of the brain/body each exercise works on. Each of the explanations for the exercises was created by MDs or PhD's who were either the inventors of those modalities or are the exercise's lead researchers.

- 7) Accountability: Exercises can either be self-assigned, or assigned by "Group Leaders" (and the schools choose who those Group Leaders are). Those assignments are then tied to the native calendars of user devices, so that users get automated reminders when an exercise is assigned. This allows for individual Gym for the Brain work, or work that can be done together in a class/team/club setting. Multiple Group Leaders can manage each group, and Students can be members of multiple groups at once.



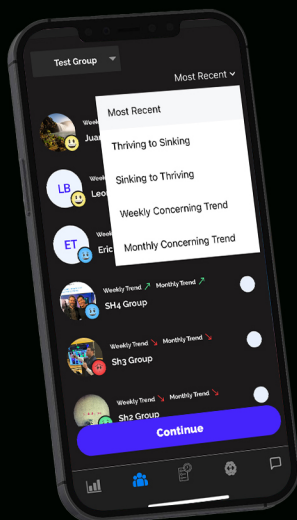
- 8) Privacy: One of the biggest reasons we so often get the answers of "fine" when we ask Students how they are feeling, is that they don't want to share personally as vulnerably in front of their peers. This then requires individual meetings with Students to attempt to get them to open up - in order to record how someone is feeling, or why they are behaving a certain way - which takes a lot of time away from classwork (see below). This app allows Students to see daily aggregate trends of other Students' responses (without the specifics of who selected what), while sharing their own Scale responses. The app is private and secure so that no other Students can see each other's answers. Only assigned Group Leaders will have access to see Student responses.

- 9) Time Savings: Tracking individual Student's NSS's in each class (in a private enough of a way, to get them to open up, manually) takes a lot of time to ask, receive the response, and record. The SameHere Scale app automates the requests for responses with one click of a button and makes the response process simple and consistent for Students. Schools can decide who other than the main Group Leaders (typically Teachers) can view responses and even assign exercises: eg, Social Workers, Therapists, Principals, etc., or they may choose to make the Behavioral Health Team - the main Group Leaders.



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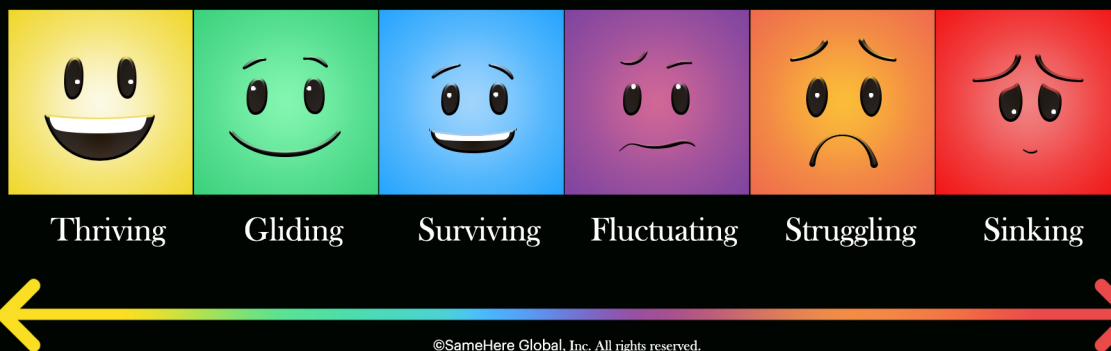
- 10) **Get In Front Of Behaviors:** As you track the trends of Students' NSS's, you are also given the option to track Students' behaviors and examine trends. This way, as you learn each Students' baseline you are able to get in front of any challenging classroom or schoolyard behaviors, before they happen again.
- 11) **Flexibility In Usage:** For all app users, credentials can be given to use the app on personal devices, Chromebooks, and iPads. There is no personal information for each Teacher and/or Student that is entered other than First and Last Name, Class Name, Email, and Gender.
- 12) **Crisis Intervention Tool:** Built-in the SameHere Scale App is the "L I. F. E. Saver" plan and video. This is a "Stop, Drop, and Roll" of first-person suicide prevention. It contains a positive plan of action if one is to feel in crisis, a video that guides them through the plan, and the "L" in the L. I. F. E. Saver is clickable and takes users directly to call or text the local 988 crisis line. This way, Students (and even school staff who have the app) always have a place to turn, outside of school/team/club hours.
- 13) **Connectivity:** Parents can create their own SameHere Scale accounts and communicate with their children through the same app ecosystem. Their interactions will be separate from school interactions, but this allows Parents to do check-ins using the same common Scale language that the Students are being taught in school.



- 14) **Front and Back End Reporting:** In addition to tracking trends on the app itself via a simple sort feature by individual Student and by class, you will soon also be able to download reports to look at those trends with your own web portal we provide for your self-assigned App Administrators. Open API allows you to track Scale info along with other school metrics to see how changes in mental health impact other outcomes you may be measuring at your school, as well as behaviors and grades.

#Same Here
THE GLOBAL MENTAL HEALTH MOVEMENT





Thoughts:					
Things are going great! I have no complaints. I would love to always be like this.	I'm very much enjoying myself. I've experienced small bumps in the road. Overall, though, I'm really good.	I'm getting by. Things are a little up and down. I'd like to be better, but I'm not miserable.	I've experienced a lot of challenges recently. I'm out of sync. I really want to improve.	I'm not doing well at all. I'm overwhelmed. I'm frustrated, on edge, and emotional.	I was so stressed out for a while, that now I'm burnt out. I have zero energy. Every task feels impossible and pointless.

Feelings:					
Enthusiastic, Highly-Energetic, Participatory, Engaged, Present	Curious, Attuned, Prepared, Ready, Cautious	Attentive, Aware, Passive, Stuck, Uneasy	Disinterested, Fidgety, Confused, Unsure, Withdrawn	Angry, Defensive, Irritated, Restless, Oppositional	Indifferent, Exhausted, Melancholic, Numb, Disoriented

Behaviors:					
<ul style="list-style-type: none"> • Excited • Focused • Fully-Involved • Empathetic • Determined • Lock-In 	<ul style="list-style-type: none"> • Calm • Immersed • Going with the Flow • Friendly • Inquisitive • Agreeable 	<ul style="list-style-type: none"> • Existing • Forgetful • Antsy • Cordial • Interested • Avoiding Conflict 	<ul style="list-style-type: none"> • Difficulty Paying Attention • Tense • Unable to Fully-Focus • Procrastinating & Ignoring • Distracting Yourself • Not Fully-Engaging 	<ul style="list-style-type: none"> • Screaming & Crying • Using Nasty Words • Hitting, Kicking, Biting, Punching, Spitting, Throwing • Blaming Others • Demanding & Controlling • Defiant & non-compliant 	<ul style="list-style-type: none"> • Sullen, Lost, & Aimless • Looking to Isolate • Delayed Reactions • Can't Complete Any Tasks • Zoned-Out • Frozen, Hopeless & Desperate