



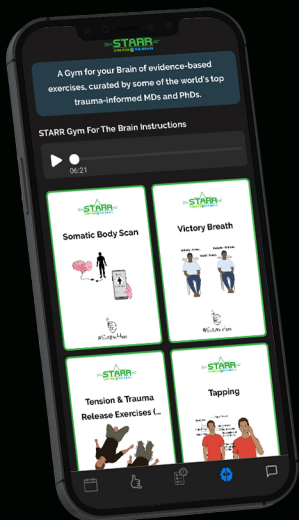
THE GLOBAL MENTAL HEALTH MOVEMENT



Comprehensive Mental Wellness Program

5in5, Inc., a part of the #SameHere Global Mental Health Movement, offers your company a comprehensive 360 degree mental wellness program for all of your employees. Our solutions look at the whole human and the common challenges we all face, instead of having a focus on labels or disorders. These programs can be packaged with one, some, or all of the following benefits included:

- 1) SameHere Scale App: A formal science-backed, non-diagnostic check-in tool that establishes a common mental wellness language across all members of your organization, and charts out trends on employee, department, and overall group levels. The set-up of organizational structure is flexible and fully customizable, putting you in the driver seat of deciding whether this tool acts as a personal check-in for employees, or one where department heads can check-in systematically with their team members.



- 2) STARR (Stress & Trauma Active Release & Rewiring) "Gym For The Brain" in the SameHere Scale: Access to this portion of the app allows your employees to learn about a multitude of mind/body exercises, provided by some of the world's experts in stress and trauma, and mind/body skills. Audio and video explanations, as well as visuals are provided for each exercise modality, and may be put into a formal/personal "Routine" section, as well as tracked along with check-in charts to see which exercise modalities are working best for each employee, helping them to feel their best, and most productive.



- 3) Customized STARR Videos: Medical Experts along with advocates from the #SameHere Global Mental Health Movement make customized videos speaking directly to your employees, explaining each of the STARR Exercises with instructions and demonstrations, as well science explanations as to what areas of the mind and body these exercise are working on. These videos can live anywhere on your company web and/or intranet platforms, to be accessed by all employees, family members, etc.





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- 4) STARR Telehealth Coaching: We give your employees access to highly trained health coaches who have expertise in working with clients on the STARR “Gym For The Brain” model. Consider this a low-cost, highly effective mind/body complement to an EAP, but one that encourages your employees to work proactively on their mental wellness before burnout or crisis arises. Employees can work individually with our personally vetted and trained coaches in partnership with our clinical wing, Regional Psychiatry.



- 5) College-Accredited and Self-Paced STARR Course, certified by the American Institute of Stress for your Company Leaders: This is a 16 module self-paced course, taught by the leaders in the trauma-informed space. You get a deep dive into the science of how stress and trauma impact our mind and bodies, and then sessions on implementation of various STARR modalities, taught by either the inventors or lead researchers of each modality.

- 6) Hands-On “Train the Trainer” STARR Training Sessions for Company Leaders: For those companies who would like to have STARR Experts on premise, to work with employees on STARR Exercise Modalities - individually or in groups, we offer formal STARR Coach Training. This option empowers leaders, whether they be in Human Resources, or other areas in the organization, to facilitate STARR Exercise programs and routines with individual employees, or groups and departments.



- 7) #SameHere Psychoeducation (in-person and virtual options available): Culture change and development around mental wellness and improved performance takes an approach where employees are being educated with the same core concepts. Our proprietary “5 Pillar” program for mental wellness lays the foundation for a culture of inclusivity, understanding, proactivity, and skill building. Each Pillar has a - Presentation, Workshop, and Implementation session, to ensure core concepts are understood and executed on, in your offices.



The remainder of this packet goes into detail on each of these programs. For more information, or to get started, contact us at: programs@5in5inc.com.