

About ResilientU Program

ResilientU provides immediate access to mental health services through a series of dynamic, online, psychoeducational modules. These modules focus on the foundational aspects of psychological intervention, delivered with structured support specifically designed to improve engagement.

How it works:

- 🌀 **ResilientU** is a ten-module, interactive, psychoeducational learning experience, that clients access securely through their own personal device (i.e., computer, laptop, tablet, phone)
- 🌀 Clients are assigned to a dedicated Program Facilitator, who provides one-to-one orientation to the platform, individual goal setting, and ongoing support through weekly meetings, platform communications, and email/phone support
- 🌀 **ResilientU** can be started immediately upon receiving the mental health treatment referral, or after mental health treatment has started
- 🌀 Mental health clinicians integrate **ResilientU** content into treatment sessions; ongoing participation is encouraged concurrently with individual psychological treatment

Benefits:

- 🌀 Provides immediate access to mental health services
- 🌀 Increases client engagement and facilitates active client participation
- 🌀 Provides psychoeducational content in multiple formats catering to a wide variety of learning styles
- 🌀 Reinforces key principles through repetition and active learning (i.e., reflections and knowledge checks)
- 🌀 On-line content is accessible to clients for 6 months, facilitating durable outcomes

Referrals:

- 🌀 Clients appropriate for RTW-focused intervention are appropriate for **ResilientU**
- 🌀 A formal mental health treatment referral is required to be eligible for **ResilientU**; please include “**ResilientU**” on referral, or contact our admin team directly

Cost:

Please contact us for current rates and billing details.

For more information:

Email: Referrals@backinmotion.com

Phone: (604) 424-9515