

Innovative Health & Wellness Training to Help your Organization *Prevail*

Provide your employees with intuitive Web-based training to build a healthier and more productive workplace.

Cost Effective, Easily Accessible, Available 24/7

Prevail's award-winning Web-based solutions are rigorously researched, engineered and tested to provide our clients with the cutting edge in behavioral and mental health support.

Company Overview:

Prevail got its start building online mental health programs for the most demanding market in the world—the US Military. From there we have expanded to help all federal agencies with the unique challenges their employees face. Left unaddressed, these challenges can cause issues that interfere with productivity. To prevent employee issues from becoming agency issues, Prevail offers a diverse portfolio of mental / behavioral health and wellness solutions. To keep your work environment healthy and productive, our company:

- Provides practical answers and intuitive resources for a full range of personal and workplace issues.
- Creates and delivers solutions customized to the specific needs of your organization.
- Leverages the latest developments in evidence-based care, and draws on over 40 years of clinical research in the field of Cognitive Behavioral Therapy (CBT).
- Provides easily-accessible, personalized assistance around the clock.



Symptom Overview

Prevail designs customized solutions rooted in Cognitive Behavioral Therapy, the premier psychotherapy for a wide variety of issues and symptoms that might affect your organization:

- Depressive Mood
- Anxiety
- Negative Stress Reactions
- Substance Abuse
- Poor Anger Management
- Insomnia
- Marital Discord
- Workplace Problems & Procrastination



Platform Details

Prevail developed its platform with the backing of the National Science Foundation, and in collaboration with several of the top mental health research institutes in the country. Available wherever there's an Internet connection, it provides:

- **Resource Library:** Interactive self-help resources based on best practices recommended by top researchers in the field.
- **Dynamic Interactive Training:** Tailored e-learning training sessions shown to effectively reduce negative mental / behavioral issues and promote ongoing healthy practices.
- **Social Networking:** Peer-to-peer services encourage users to connect with one another online, confidentially, and provide group support.
- **Activity Planning Tools** that sync with mobile devices and help users stay proactive about their health.
- **Live Instant Messenger Chats:** 24/7 support by trained professionals to increase motivation and illuminate program content.
- **Assessments & Screenings:** Comprehensive and fully confidential screenings to help determine a user's needs and provide personalized solutions.
- **Therapy Referrals:** Customized recommendations for in-person counseling or therapy as appropriate.

Product Offerings

Prevail offers CBT-based e-learning programs for the military and civilian markets alike. Online CBT already enjoys broad acceptance in many public health systems, and in 2009, the Veterans Administration and Department of Defense approved computerized CBT as evidence-based treatment. The programs are engaging, highly customizable, and have been proven effective.

- **Vets Prevail** – Addresses the unique needs of military veterans. Developed in collaboration with mental health researchers in the Veterans Administration.
- **Vets Prevail Family** – Adapted to address the specific needs of veterans' families.
- **Troops Prevail** – Designed around the issues most pertinent to active duty service members returning from deployment.
- **Troops Prevail Family** – Adapted for the families of service members to help deal with issues through all phases of the deployment cycle.
- **Customized Wellness Training** – programs that offer evidence-based care for the specific needs of an organization. Can be offered with or without live support.

Recipient of a **National Science Foundation Award** for innovative research in behavioral health

Given Prevail's experience working with the federal government, you can be confident your project will conform to all technical and reporting requirements. Also, due to our status as a Service-Disabled Veteran Owned Small Business, procurement with Prevail is hassle-free and offers an opportunity to meet your agency's small and disadvantaged business utilization goals.

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