

# NERA ECOSYSTEM

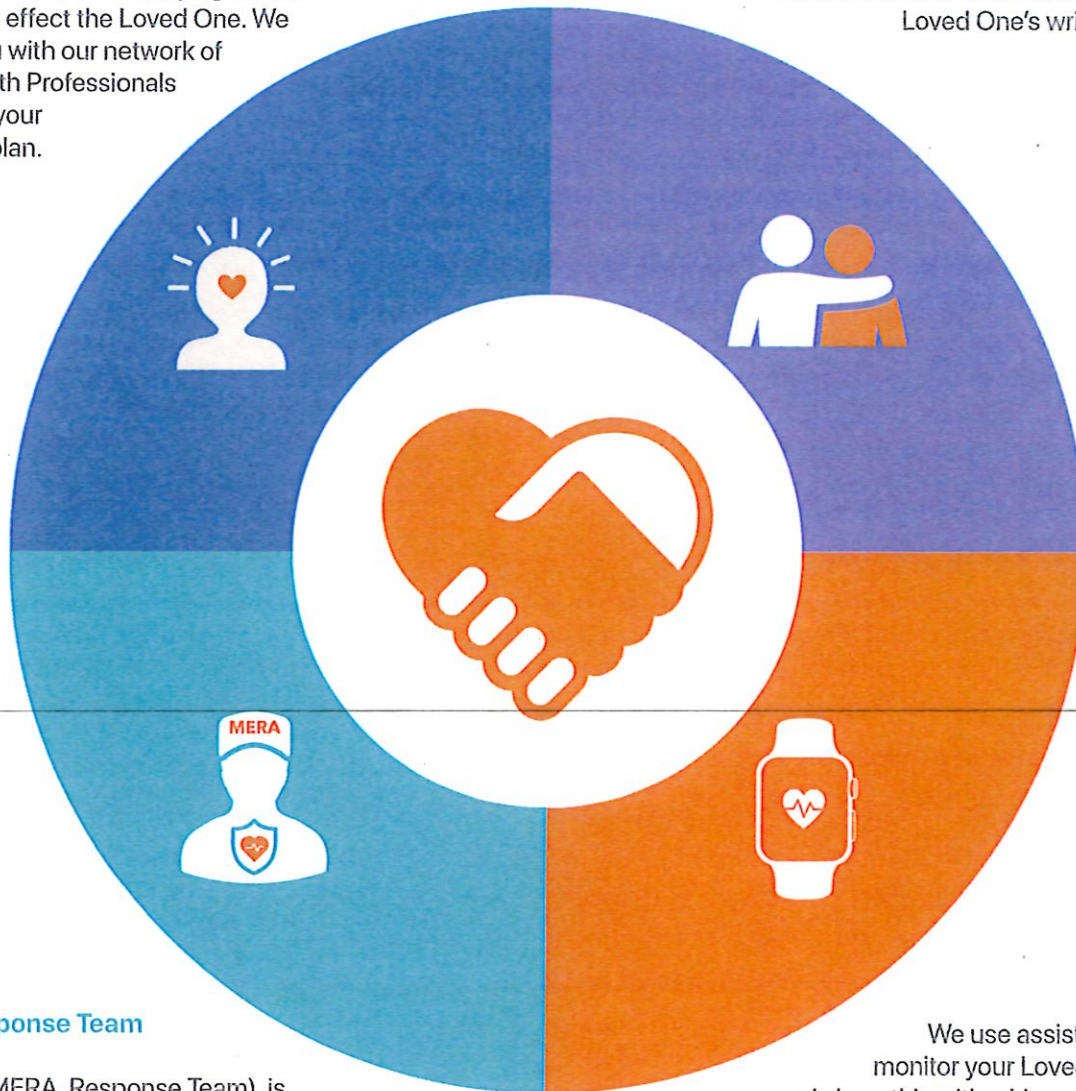
MONITOR • ENGAGE • RECOMMEND • ADVOCATE

## Prevention & Crisis Plan

We develop custom intervention and prevention plans for our Loved Ones and Caretaker Team members. We provide resources, assign roles and responsibilities, while identifying annual triggers that effect the Loved One. We connect you with our network of Mental Health Professionals as a part of your prevention plan.

## Caretaker Team

The CTT (Caretaker Team) consists of 3 pre-approved family members who are trained on our NERA Ecosystem. We identify a primary team leader that acts as an advocate with the Loved One's written consent.



## NERA Response Team

The MRT (NERA Response Team), is composed of Mental Health Professionals, Licensed Therapists, and Unarmed Community Based Responders, trained in Crisis intervention. Our NERA Response Team provides real time updates to the Caretaker Team utilizing the NERA APP.

## NERA APP

We use assistive technology to monitor your Loved One's heart rate and share this with a Licensed Therapist. We keep your Caretaker Team informed with important crisis updates. We determine stress indicators and engage your Loved One with a custom questionnaire. We then utilize wellness check-ins from our mental health professionals, to make recommendations-using music as a form of mindfulness with our *Attitude Adjustment Playlist*. These steps are backed by evidence-based research and science.