

Use Case: Advancing Prevention in Rural Communities

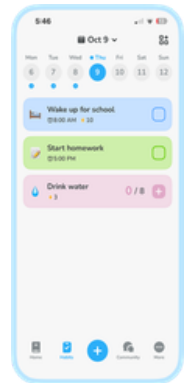
Technology offers powerful opportunities to bridge health gaps in rural communities, where residents face higher rates of mental and physical health challenges and limited access to care. With nearly one in five rural adults reporting unmet mental health needs, digital tools can deliver self-care support, remote monitoring, and early intervention resources, ultimately helping prevent crises before they occur.

Population Engaged:

Prosper was selected by the State of Maryland's Community Health Resources Commission to provide MTSS Tier 1 (prevention) mental health support for teens and their families in the rural community of Calvert County, Maryland. The Prosper platform was introduced to high school teenagers in Calvert County Public Schools (CCPS).

Role of Prosper:

- ✔ **Prevention Support:**
Consumer-centric tools help teens & parents develop coping and resiliency skills
- ✔ **Community Connections:**
Promotes crisis and local care resources based on user's needs



Putting it into practice:

The success of Prosper's deployment into the community relied on the engagement with the schools and strong collaboration with community partnerships.

Continued engagement was fostered by personalized engagement rewards and recognition of self-care activities.



Results:

- In just five months, 686 teens (14% of all high schoolers) used Prosper
- 7,749 daily check-ins, with 65% of active users working on their self-care 5 or more times
- 87% maintained or improved their mental health



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