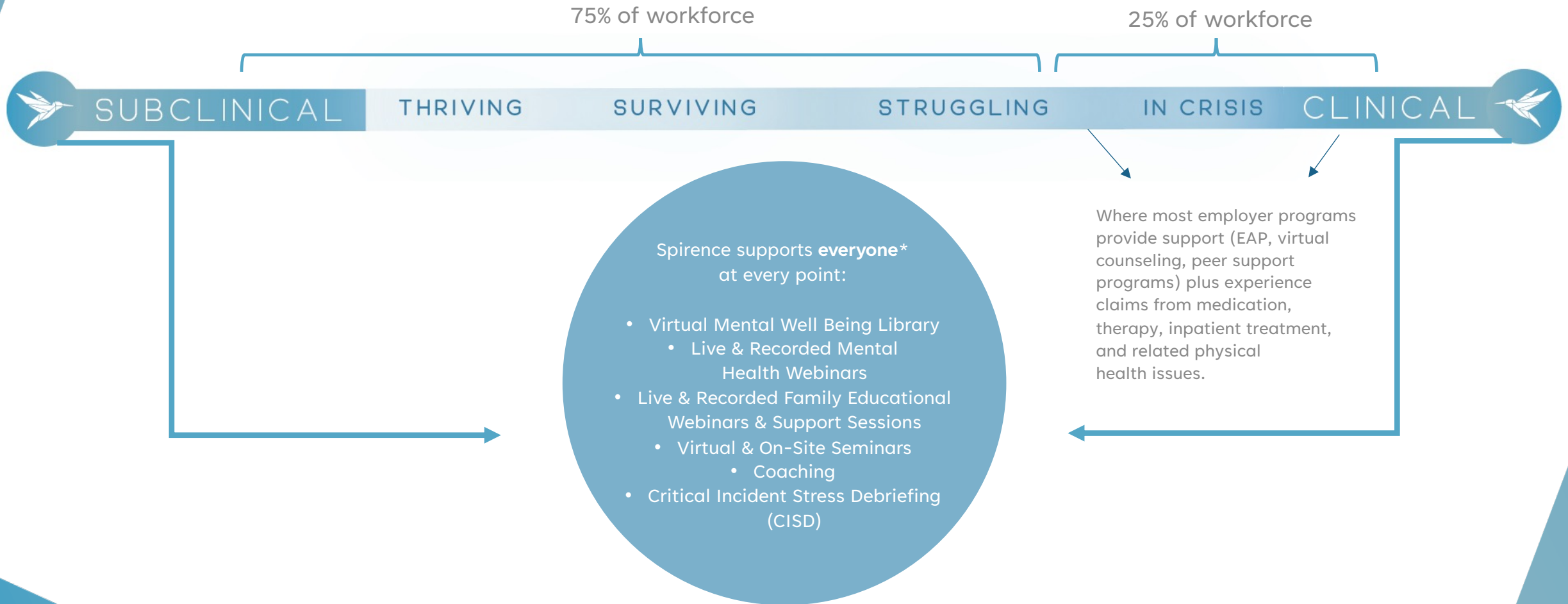




SPIRENC[®]

*THE FOUNDATION OF MENTAL
HEALTH, FOR EVERYONE*

EVERYONE NEEDS MENTAL HEALTH EDUCATION



THE FOUNDATION OF GOOD MENTAL HEALTH: MENTAL HEALTH LITERACY

MENTAL HEALTH LITERACY IS HAVING THE LANGUAGE AND THE KNOWLEDGE ABOUT MENTAL HEALTH DISORDERS TO AID IN ONE'S ABILITY TO RECOGNIZE, MANAGE, OR PREVENT THEM

Prevents:

- Delays in seeking help and reaching crisis points
- Communication difficulties with health professionals
- Low adherence to proper treatment
- Inadequate use of resources



WHY WE CREATED SPIRENCE

Born out of years of owning and operating Futures Recovery Healthcare¹ and seeing the need for:

- Employers to reduce the stigma around addiction and mental health in the workplace
- Companies to invest in their employee base and their families for proper treatment of mental health conditions
- **EVERYONE** to have easy and affordable access to proactive and preventative education of mental health conditions



**MICHAEL
HOLLOWAY**

President & Founder, Spirence

Chief Executive Officer,
Futures Recovery Healthcare



1) Futures Recovery Healthcare is a state-licensed, Joint Commission and AHCA accredited behavioral healthcare provider located in Tequesta, Florida of Palm Beach County. Futures treats addiction, co-occurring mental health, and primary mental health conditions using an evidence-based, holistic approach that integrates somatic medicine, psychotherapies, physical therapy, and wellness services.

OUR OFFERINGS

WITH SPIRENCE, YOUR EMPLOYEES – AND THEIR LOVED ONES – GET UNLIMITED ACCESS TO AN AFFORDABLE, HIGH-QUALITY MENTAL HEALTH LITERACY PLATFORM WITH THREE FOUNDATIONAL OFFERINGS:

Mental Well-Being Library

Spirence offers educational videos led by behavioral healthcare professionals on a variety of mental health and wellness topics. Each lesson contains bite-sized, self-paced content up to 5 lessons per topic. These courses make mental health easily accessible and confidential.

Live & Recorded Mental Health Webinars

Spirence offers weekly live webinars delivered by subject matter experts on a wide variety of mental health and wellness topics. This weekly event will provide members with quality education and insight around mental health-related challenges. Can't join live? Access all previous recordings through the Foundational Offerings portal.

Live & Recorded Family Educational Webinars & Support Sessions

Work with a team of experienced and credentialed family support specialists to receive guidance, education, and resources through confidential live Family Educational Webinars and Virtual Support Sessions offered weekly. Led by clinicians and family recovery support specialists. Can't join live? Access all previous recordings through the Foundational Offerings portal.

MENTAL WELLBEING LIBRARY

Robust, growing library of on-demand videos across topics including:

Trauma and PTSD, Family Therapy, Couples' Therapy, Resiliency, Gambling, Addiction, Eating Disorders, Wellness, Stress, and more

- Unlimited viewing, shareable with family, self-paced, confidential
- Culturally diverse, expert presenters



“IT WASN’T UNTIL I WATCHED THE MINDFULNESS VIDEOS IN THE SPIRENCE WELL-BEING LIBRARY THAT I UNDERSTOOD THE PROCESS. NOW, I CAN ACTUALLY BENEFIT FROM PRACTICING MINDFULNESS”

SPIRENCE WELLBEING LIBRARY USER

Preview other samples at spirencewellness.com/offerings

LIVE & RECORDED MENTAL HEALTH WEBINARS

Weekly live and recorded interactive webinars delivered by subject matter experts on a wide variety of mental health and wellness topics

- Q&A with presenters & audience polling

“SPIRENCE'S WEEKLY WEBINARS ARE MY GO-TO FOR EXPERT INSIGHTS ON MENTAL HEALTH. THE LIVE SESSIONS AND RECORDED CONTENT PROVIDE QUALITY EDUCATION, MAKING A SIGNIFICANT IMPACT ON MY WELL-BEING JOURNEY”

SPIRENCE WEBINAR USER

See more at spirencewellness.com/offerings/webinars



LIVE & RECORDED FAMILY EDUCATIONAL WEBINARS & VIRTUAL SUPPORT SESSIONS

Spirence provides access to confidential Family Educational Webinars and Virtual Support Sessions offered weekly.

- Live Q&A with clinical experts
- Led by clinicians who specialize in family wellness who have helped thousands of families
- Receive education, guidance, and resources
- Share family or relationship-centered challenges
- Find out how to best support your loved ones from caring and attentive experts
- Become more present in the day-to-day



“I ATTENDED THE FAMILY SUPPORT SESSION FOR MY DAUGHTER'S CONCERN. THE CLINICIAN PROVIDED SPECIFIC SIGNS OF TRAUMA AND ADVISED ON HOW TO TALK TO HER. THE ANONYMOUS ASPECT WAS KEY FOR OPEN DISCUSSION”

SPIRENCE FAMILY SUPPORT SESSION ATTENDEE

ANCILLARY OFFERINGS

SPIRENCE ANCILLARY OFFERINGS UNLOCKED THROUGH AN ANNUAL SPIRENCE FOUNDATIONAL OFFERINGS SUBSCRIPTION

Coaching

From anywhere, access a life coach, sober coach, or mental well-being coach.

Receive one-on-one, virtual sessions with highly experienced and credentialed coaches focusing on a variety of topics including relationships, career, physical health, and mental health.

Virtual & On-Site Seminars

Virtual or on-site seminars led by engaging and experienced presenters on a wide range of substance use disorder, mental health, and wellness topics.

Critical Incident Stress Debriefing

In the instance of a traumatic or high-stress event within the workplace, Spirence can deploy a team to provide Critical Incident Stress Debriefing (CISD). Virtual CISD consults are also available.

WHEN DIRECT CARE IS NEEDED

1. Video library

→ connect@spirencewellness.com

2. Live & Recorded webinars

→ connect@spirencewellness.com

3. Family educational webinars & support sessions

→ family@spirencewellness.com

4. Coaching

→ connect@spirencewellness.com

5. Assessment form

→ www.spirencewellness.com

ASSESSMENT FORM

- EAP, internal offerings, and health plans
- Access to over 13,000 vetted resources through the Spirence comprehensive national behavioral healthcare network
- Pre-negotiated private coaching rates
- Outpatient providers, intensive outpatient programs, medical detoxification, specialized residential programs and more
- Individualized assistance for higher levels of care
- Reliable free resources

WHAT MAKES US DIFFERENT

- Easy, Unlimited, On-Demand Access

1



- Support For **Everyone:** Employees **AND** their Families

2



- **Affordable:** Starts at \$1/user/month, with volume pricing
- No utilization cap

3



MEASURING RESULTS

WITH SPIRENCE, YOU CAN BANK ON POSITIVE ROI:



Reduced
Medical Spending
(less claims)



Improved Employee
Morale (Higher
Productivity)



Increased
Presentism



Increased Employee
Retention

UTILIZATION & ENGAGEMENT: WHAT WE RECOMMEND



WE'RE SEEING **INCREASES OF UP TO 330%**
IN MEMBER UTILIZATION COMPARED TO TRADITIONAL
EAP PLATFORMS

LET'S BUILD THE FOUNDATION OF
MENTAL HEALTH, FOR EVERYONE



Laura Kunz

Vice President

lkunz@spirencewellness.com

513-290-7982

SPIRENCEWELLNESS.COM