



**Depression and Bipolar
Support Alliance**

DBSA Partners with InfoMC to Offer Peer Coaching Tool

MyRecoveryPlan Provides Online and Social Media Personal Education and Monitoring Resources

DBSA Media Contact: Allen Doederlein
(312) 642-0049
ADoederlein@DBSAAlliance.org

InfoMC Contact: Angela Madara
(484) 567-0603
angelam@infomc.com

##FOR IMMEDIATE RELEASE##

August 28, 2012 – Chicago IL – The Depression and Bipolar Support Alliance (DBSA) entered into an agreement with InfoMC, a leading provider of process improvement technology for healthcare organizations, to make the peer support tool MyRecoveryPlan, available to InfoMC clients.

The innovative program is based on the premise that mental health recovery means finding hope that life can change for the better by setting and accomplishing goals, overcoming stigma, learning to minimize the negative effects of illness, and being a full partner in medical or mental health treatment. MyRecoveryPlan was developed collaboratively by DBSA and researchers at the Group Health Research Institute in Seattle and supported by a research grant from the National Institute of Mental Health (NIMH).

MyRecoveryPlan will provide InfoMC clients the ability to offer online peer support services to their members. The software includes interactive educational information (text, slide shows, videos) about the concept of recovery; tools to create, store, and update a personal recovery plan; tools to support self-monitoring of progress and warning signs; and chat rooms and groups to facilitate community discussions. An easy-to-use online environment enables recovery plan creation and monitoring, social networking, and personal online coaching from a certified peer specialist.

DBSA President Allen Doederlein says, “We are delighted to join forces with InfoMC to make this tool available to a broad user base. InfoMC is an organization with a real commitment to the health and well-being of their clients and the individuals they serve. With InfoMC as a partner, DBSA looks forward to expanding the reach of critical services and resources to the millions of people seeking mental health and overall wellness.”

Kathy McAleer, Vice President of Product Strategy for InfoMC, is excited about the new product and the extended capabilities it will bring to their clients. “We believe that online peer coaching and support has the potential to increase both the effectiveness and efficiency of the peer coaching process. There is evidence to support increased engagement when peer coaching is complimented with a standardized online tool set. MyRecoveryPlan will be deployed through the InfoMC platform and can be customized to fit a full range of coaching models and organizations,” she says.

InfoMC will partner with DBSA to develop peer support training and certification for coaches from organizations utilizing MyRecoveryPlan. InfoMC and DBSA look forward to helping managed care plans, integrated delivery systems, inpatient hospital facilities, employee assistance programs, and consumer-

run organizations make this important and valuable recovery tool available to their respective constituencies.

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About DBSA:

The Depression and Bipolar Support Alliance (DBSA) was founded in 1985 and is the leading patient-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder, which affect more than 21 million Americans, account for 90% of the nation's suicides every year, and cost \$23 billion in lost workdays and other workplace losses. DBSA's peer-based, wellness-oriented, and empowering services and resources are available when people need them, where they need them, and how they need to receive them—online 24/7, through its more than 700 support groups nationwide, in audio and video casts, and in printed materials distributed by DBSA, our chapters, and mental health care facilities across America. DBSA's prestigious [Scientific Advisory Board](#) (SAB) is comprised of the leading researchers and clinicians in the field of mood disorders. (www.DBSAAlliance.org)

About InfoMC:

InfoMC has been developing and perfecting collaborative healthcare process management technology for commercial and public sector markets for nearly 20 years. Some of the largest, most-respected names in managed care, behavioral health, and employee assistance programs, as well as state and local governments, use InfoMC technology to run their businesses. InfoMC's comprehensive software includes robust transaction processing, proactive care management, consumer engagement, and advanced analytics and business intelligence. Products for managing and coordinating care include Incedo™, Incedo ProviderConnect, InfoMC *INTERACTIVE* and InfoMC Data Adapter. These products work independently or combined to form exceptional healthcare management and wellness solutions and are powered by InfoMC's cutting-edge G70™ Platform, a new healthcare software accelerator. (www.infomc.com)