From 2005 – Empowerment

"Conference participants heard a great deal about the notion of empowering service users and their families and friends.
Complex issues are involved,
but making rhetoric into reality remains the challenge."

Mental health: facing the challenges,
building solutions
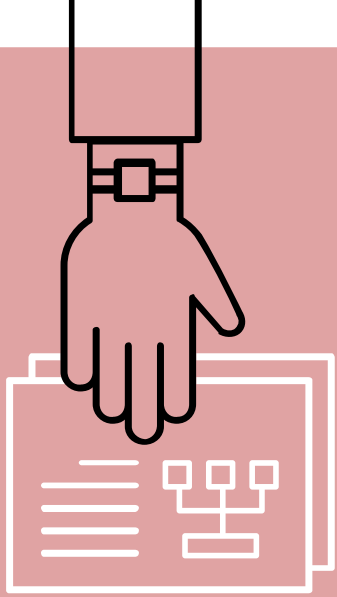Report from the WHO European
Ministerial Conference, 2005

http://www.euro.who.int/__data/assets/pdf_file/0008/96452/E87301.pdf

From 2018 – What's the biggest challenge people with mental illness face?

"My biggest challenge is acting or reacting in a way considered socially acceptable, such as not getting annoyed, impatient or angry.

Overcoming fear and anxiety when dealing with new people is also a challenge, and not shutting down and going into protective fight-mode. Likewise, I struggle to connect with people who I have little in common with and sometimes I fail to see the value in that."

https://www.sane.org/the-sane-blog/managing-symptoms/the-biggest-challenge-faced-by-people-living-with-mental-illness

The Mental Health Wavelength app
for Guided Self-Healing Mental Wellbeing

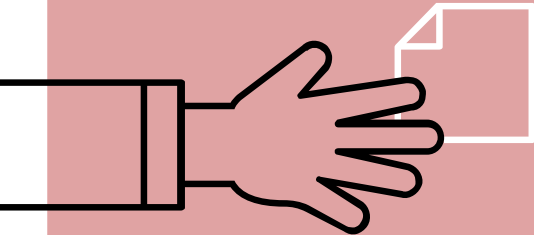**Better Biz Me**
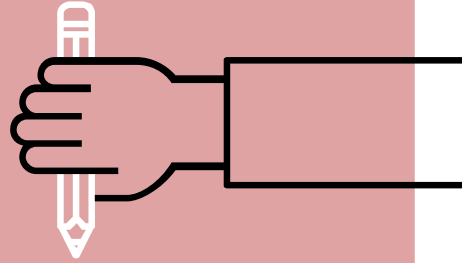
Capture. Learn. Problem solve.
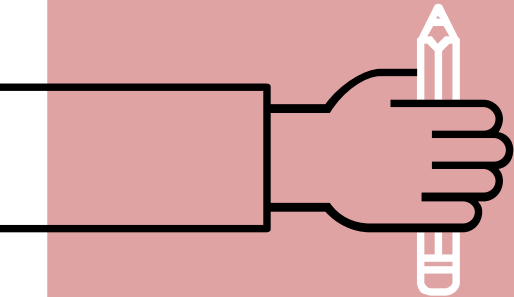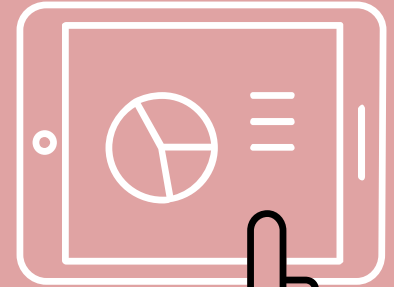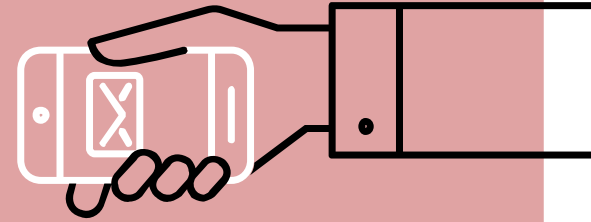
An **intuitive thought** capture-app that, in a professionally guided way, allows **self-defining dysfunctional household units to self-heal**

We start from the assumption that there is **no such thing as irrational thought**

Only thought **whose origins are not fully understood**

How assessing
mental distress
currently works

- ➔ A diagnostic tool is used to evaluate a person who has already begun to be defined as a patient of sorts

- ➔ Their empowerment is already reduced, they are already at a disadvantage hierarchically speaking

- ➔ This sense of reduced personal effectiveness will not help their condition, whatever it might actually be

- ➔ The diagnostic process is rarely a true collaboration, but an investigation

- ➔ The person being investigated is rarely seen as an expert in their subject matter

- ➔ Nevertheless, they could be

- ➜ An assumption underlying the whole process is that if someone has already arrived at the mental health or criminal justice systems, the reasons must surely lie in the individual: a case of mental ill-health

- ➜ It is more difficult to believe the environment may be the root cause: a case of mental distress

- ➜ One or other may be true, of course – or a combination of the two

- ➜ However, the validity of the assumptions needs to be questioned consistently and continually, because if it is not, we are driving one solution or another without properly understanding why
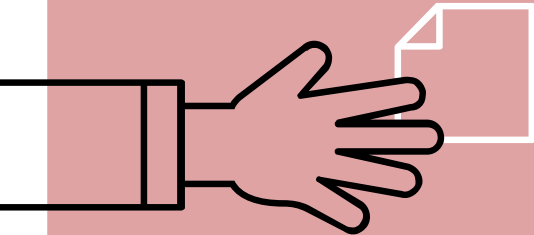
# From 2008 – Mental distress in English-speaking countries

"An average 23% of Americans, Britons, Australians, New Zealanders and Canadians suffered [mental distress] in the last 12 months, but only 11.5% of Germans, Italians, French, Belgians, Spaniards and Dutch."

https://www.theguardian.com/commentisfree/2008/jan/03/comment.mentalhealth

What the
**Mental Wellbeing
Wavelength app**
does instead
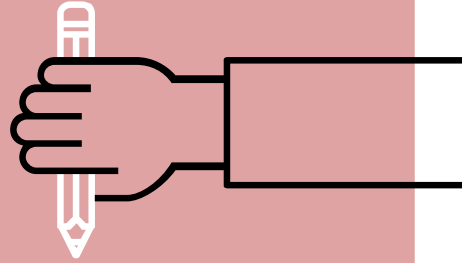
Professional consultants **relocate their expertise in collaboration** with **people who self-define as dysfunctional** in some way – at least **in terms of their society's expectations**.
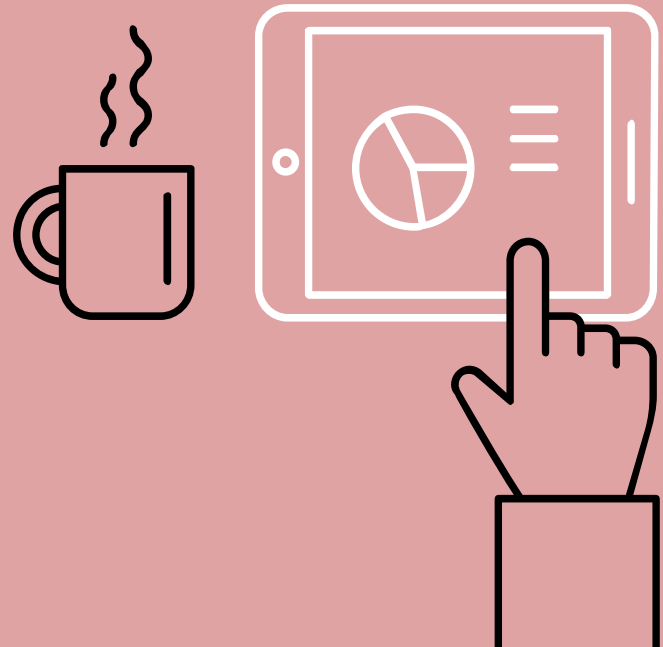
Over a period of one month, the **family or household group which has recognised its communication challenges**, via previous sessions with existing professionals, will **use the app on their own smartphones or tablets**.

They will interact with each other, as they begin to **visualise their innermost feelings and emotions for each other**.
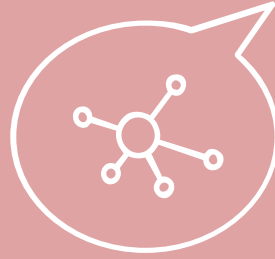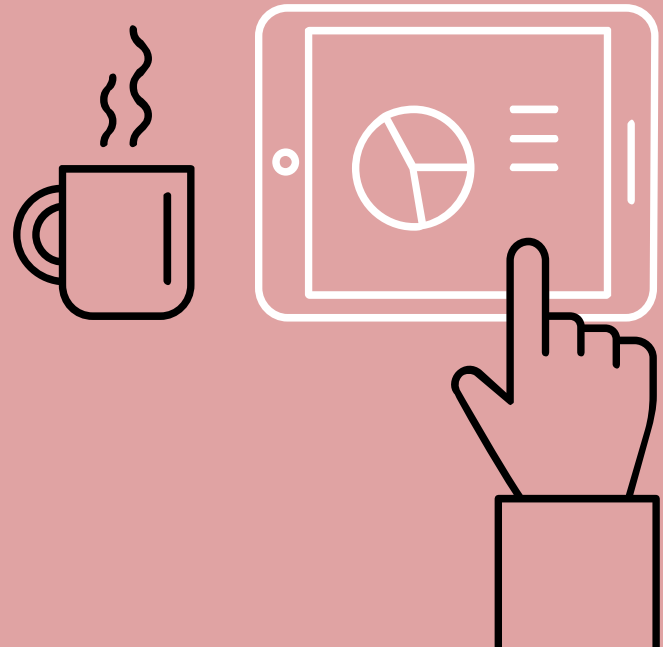
The devices will be specially prepared to **ensure no data collected can be uploaded to the web by any participant**.

A **contract of participation** will also be signed to ensure **clear understanding of the ground rules**.
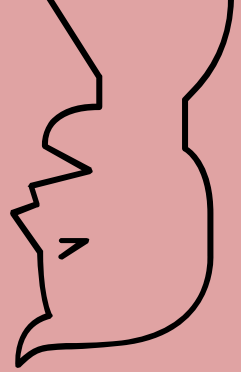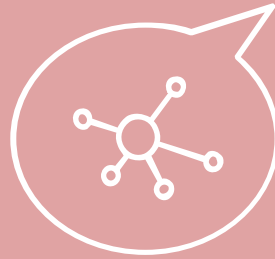
Once the month is over, a **more traditional session** with the **professional responsible for guiding the process** will bring all **participants together**.

The professional will have the opportunity to **communicate conclusions from the report she or he makes**, on the basis of the data obtained.

In particular, she or he will be able to **share insights** in relation to the **communication patterns obtained from AI post-processing of the visualised emotions and feelings** the participants have shown for each other over the month.
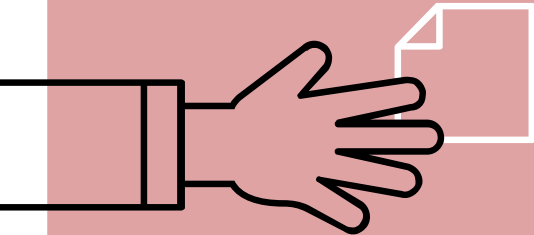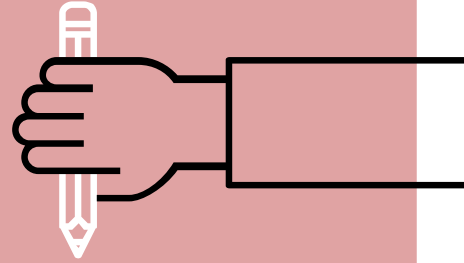
Why is it important to capture and visualise emotions and feelings we have for each other?
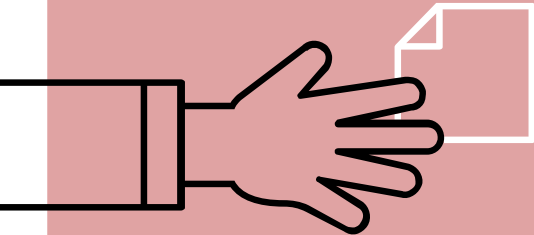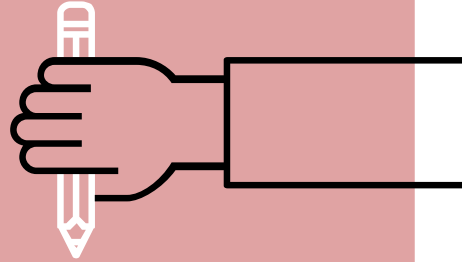
Machines can only do so much; but humans – given the right environment – can do so much more

How the
Better Biz Me
Mental Wellbeing
Wavelength app
works in practice

**STEP 1:**
App download

The app is compatible with smartphones and tablet devices, enabling your mental health users to carry out sessions on the move and in any environment.

STEP 2:
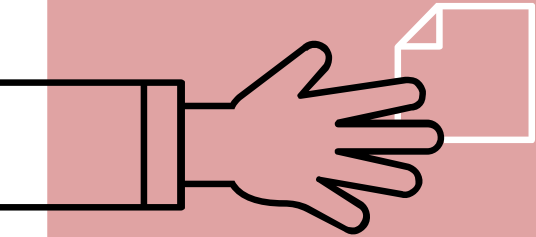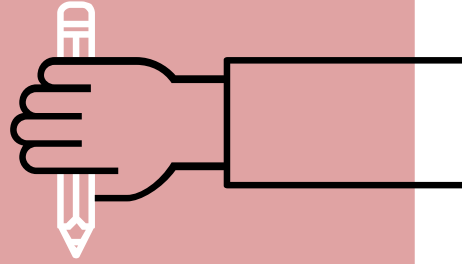**AR emotions and feelings' month**

An augmented reality emotions and feelings' month of sessions is recorded by the app and people in the space where the activities are to safely take place. Data can be recorded in any way people prefer: text, video, photos, etc.

STEP 3:
Shared report for all participants

The professional guiding the process views the month's data – once processed using automated AI systems working in tandem with the expertise of the professional her- or himself – and shares the outcomes in both informal and structured ways.
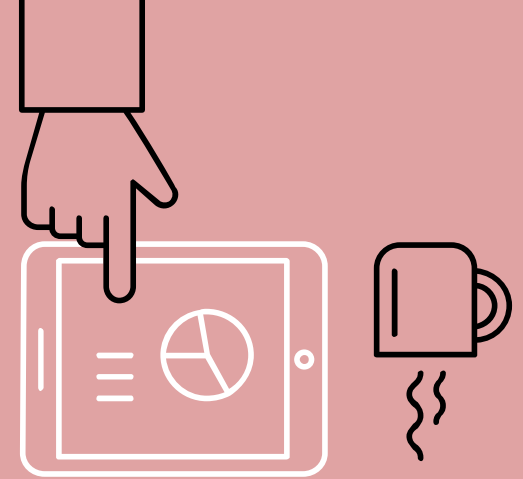
Key takeaways

CAPTURE

➔ Intelligently empower individuals who self-recognise as having communication challenges

➔ Give them tools to capture and visualise their own emotions and feelings about other people who they would like to get on with more effectively

LEARN

➔ By harnessing human thinking, augmented reality tech, and machine-learning together, we can learn not only to capture what we already think about each other, but also learn to identify what we think is most useful for our environments

PROBLEM SOLVE

➔ With such learning to hand, focus on seeing mental ill-health and mental distress as puzzles and challenges capable of being solved with tools that turn patients into subject-matter experts
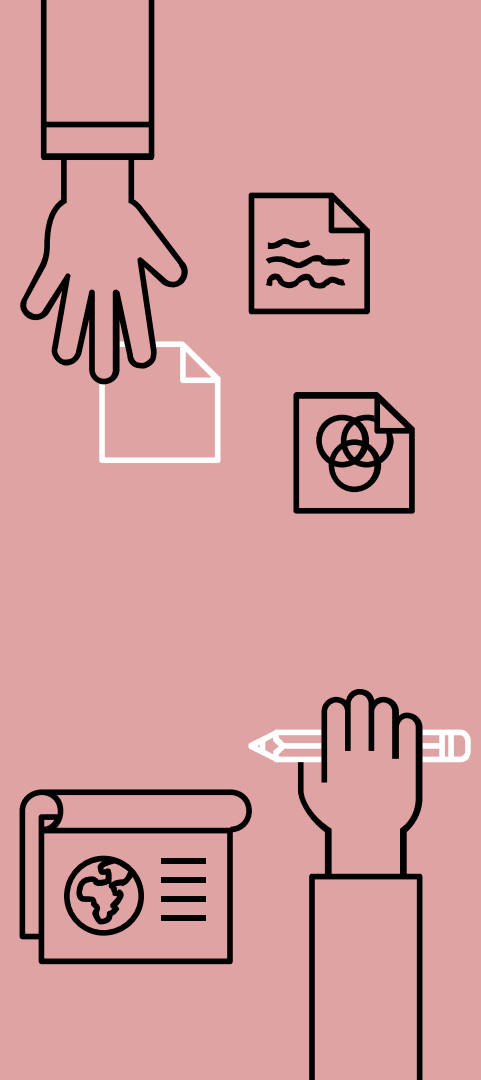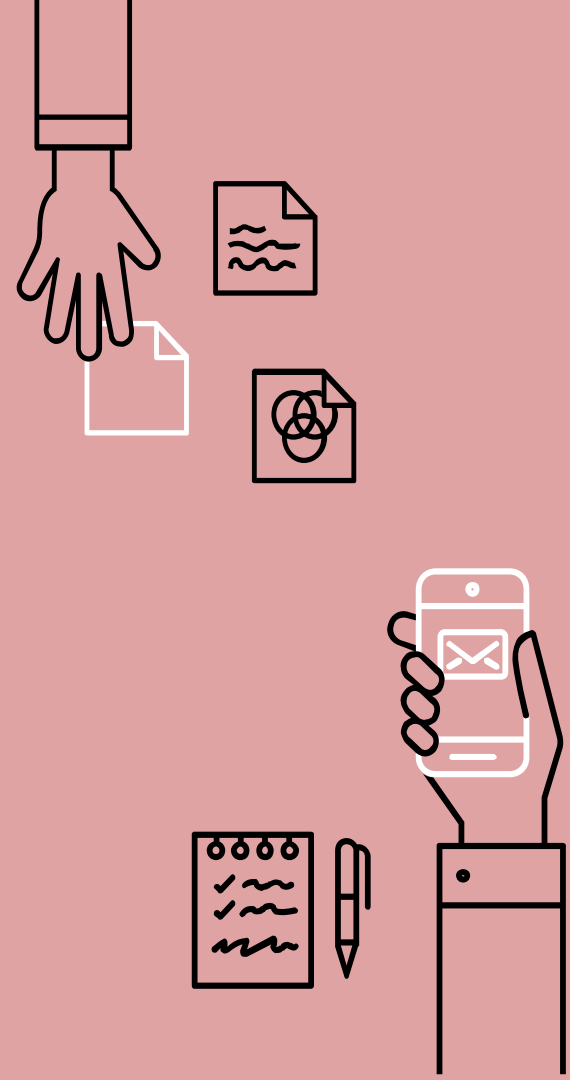
Any questions?

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Mil Williams

➜   Founder of Better Biz Me Ltd

➜   Est. in 2018

➜   20+ years enabling & facilitating in multiple-culture environments

➜   6 years working for large corporate organisations

➜   7 years developing high-level C-suite documentation to help policy- and decision-makers better understand new and innovative subjects
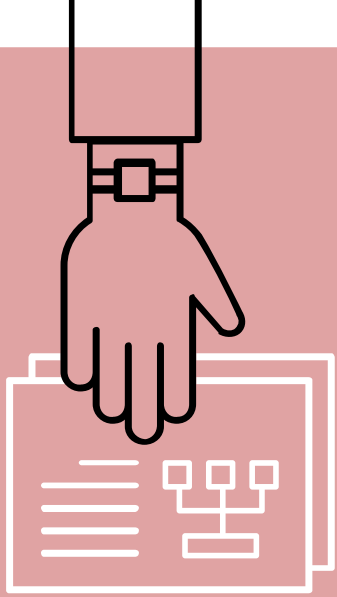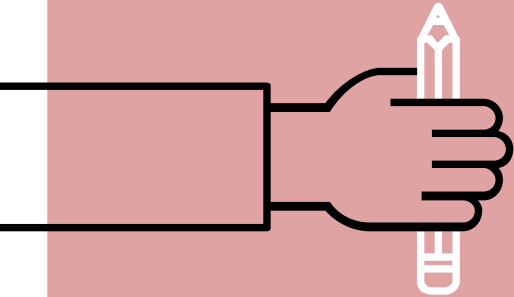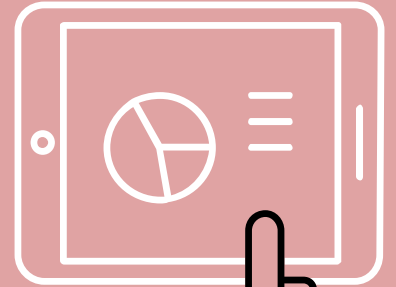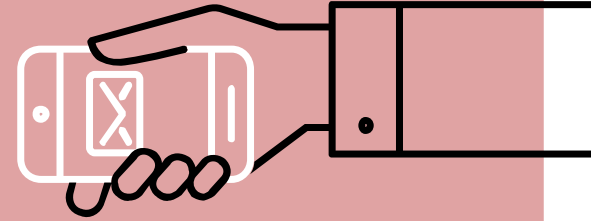
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