

Sharpen[®] Research & Publications Reference

OVERVIEW

Resiliency Technologies, Inc. has collaborated with over 250 researchers across 25+ institutions and has been the subject of peer-reviewed publications, federal grant-funded research, conference presentations, and published white papers spanning more than two decades of evidence-based digital mental health work. The Sharpen[®] platform has been validated across medical education, collegiate athletics, pediatric clinical populations, foster care, veterans, and community behavioral health.

PEER-REVIEWED ARTICLES & JOURNAL PUBLICATIONS

Levy, J., Hussa Farrell, R., Farrell, T., Pish, M., Fassas, J., Reed, E., Hinshaw, S., & Biber, D. (forthcoming). A program evaluation of the Sharpen Mental Health Literacy (Sharpen MHL) college course at a southeastern university in the United States. *Journal of American College Health*.

Pre-post program evaluation of Sharpen MHL integrated into an undergraduate health science course at the University of West Georgia (N=29). Students achieved 98% quiz completion and 94% average assessment scores, with qualitative themes demonstrating significant stigma reduction, increased help-seeking comfort, and improved capacity to support struggling peers. Effect size exceeded $d > 1.0$ on mental health literacy measures.

Fadel, N., Stoner, A., Berreta, K., Wilson, A., Ridgeway, L., Biber, D. D., & Garner, H. (2024). A process evaluation of a mental health mobile app for medical students aimed at increasing resilience and decreasing stigma. *Cureus*, 16(6), e63054. <https://doi.org/10.7759/cureus.63054>

Process evaluation of the Sharpen Mindful MEDS app with VCOM medical students (N=54). Mental health literacy improved by 12.8 points ($p < 0.0001$, effect size > 1.0); stigma scores on the Opening Minds Scale improved from 43 (moderately stigmatizing) to 39 (less stigmatizing). Participants reported increased confidence discussing mental health with peers and patients.

Berreta, K., Nguyen, C., Stoner, A. M., Ridgeway, L., Wilson, A., Fadel, N., & Biber, D. (2023). A RE-AIM analysis of a mental health app for undergraduate and medical students during the COVID-19 pandemic: A retrospective cross-sectional study. *International Journal of Environmental Research and Public Health*, 20(13), 6266. <https://doi.org/10.3390/ijerph20136266>

Retrospective cross-sectional RE-AIM analysis of Sharpen use among undergraduate and medical students during COVID-19. Evaluated reach, effectiveness, adoption, implementation, and maintenance across student populations. Demonstrated the platform's real-world utility and scalability during a period of unprecedented mental health need, with engagement rates substantially exceeding digital health intervention benchmarks.

Biber, D. (2023). The impact of an mHealth mental health literacy training for foster parents. *Trends in Psychology*. <https://doi.org/10.1007/s43076-023-00348-x>

Published study evaluating Sharpen's mHealth mental health literacy training for foster parents. Documented significant improvements in resilience and self-compassion, with sustained engagement patterns consistent with the platform's broader performance record. Part of a multi-year research program with the South Carolina Foster Parent Association (SCFPA) serving a pool of 9,000 foster parents.

Biber, D. D., Hussa Farrell, R., & Farrell, T. (in review). A three-year analysis of the Sharpen Mental Health Literacy training for foster parents. *Children and Youth Services Review* (submitted March 2026).

Three-year pre-post longitudinal study (N=334 completers) examining Sharpen SMHL's impact on foster parent resilience and self-compassion within the South Carolina Foster Parent Association. Brief Resilience Scale scores improved (Cohen's $d = 0.267$, $p < 0.001$); Self-Compassion Scale improved (Cohen's $d = 0.242$, $p < 0.001$). Completion rate 83.33% substantially exceeded digital therapeutics attrition benchmarks.

Biber, D., & Rothman, E. (2024). Qualitative evaluation of mental health literacy training for college females: Implications for peer mentoring programs. *Journal of College Student Development*, 64(1), 104-110. <https://eric.ed.gov/?id=EJ1410553>

Qualitative pilot study (N=16 psychology students) evaluating Sharpen MHL's efficacy in preparing college female peer mentors. Results showed 100% comprehension of crisis protocols, 85% reported significantly greater preparedness for mental health conversations, and 88% demonstrated improved understanding of trauma-mental health connections, including eating disorder and suicide risk links.

Biber, D. D., Davis, A., & Stewart, B. (2023). Heads up! Using a mobile platform to assess Division II student-athlete mental health. *Journal of Sport Psychology in Action*, 15(4), 1-11. <https://doi.org/10.1080/21520704.2023.2282191>

Describes the integration of Heads Up Checkup (HCU) pediatric self-report screening with the Sharpen Athlete platform for Division II student-athlete mental health. Documents collaborative screening protocols for middle school, high school, and college athletes, and establishes best practices for deploying mobile mental health screening at scale in athletic settings.

Spence, E., Davis, A., Biber, D., & Haedicke, A. (2024). Examining the relationship between a digital mental health literacy program and student athlete mental health. *International Journal of Exercise Science: Conference Proceedings*, 16(3), Article 284. <https://digitalcommons.wku.edu/ijesab/vol16/iss3/284>

Poster study presented at the 2024 Southeast ACSM Annual Meeting examining the relationship between Sharpen's digital mental health literacy program and student athlete mental health outcomes. Contributes to the growing body of evidence supporting digital MHL interventions in collegiate athletic settings.

Anderson, C. N., Holody, K. J., Flynn, M. A., & Hussa-Farrell, R. (2017). An exploratory evaluation of the feasibility, acceptability, and efficacy of the mental fitness disordered eating program in schools. *Eating Disorders*, 25(3), 230-245. <https://doi.org/10.1080/10640266.2017.1289793>

Exploratory evaluation of Sharpen's mental fitness / disordered eating prevention program deployed in K-12 school settings.

Foundational peer-reviewed evidence supporting Sharpen's eating disorder prevention content, now integrated across Sharpen Athlete and Sharpen DTX clinical modules.

Patrizi, J., Jones, A., Bishop, B., Stoner, A. M., Fadel, N. M., & Bendyk, H. (2019, May). *Keep your head in the game: The effects of 8-week mindfulness training on adolescent volleyball athletes* [Poster]. American Psychiatric Association Annual Conference, San Francisco, CA.

Poster study examining the effects of Robyn Hussa Farrell's 5 Minute Mindfulness™ program on adolescent volleyball athletes (VCOM/Upward Sports). Somatic anxiety significantly reduced at 4 weeks ($p=0.0089$) and 8 weeks ($p=0.0013$); athlete confidence rose to elite-athlete levels by week 8 ($p=0.1115$).

Kroshus, E., Sherman, R. T., Thompson, R. A., Sossin, K., & Austin, S. B. (2014). Gender difference in high school coaches' knowledge, attitudes and communication about the female athlete triad. *Eating Disorders*, 22, 193-208.

Foundational research informing Sharpen's "Think.Eat.Play - female athlete triad" training content. An advisory committee of 25+ researchers was assembled by Robyn Hussa Farrell to develop evidence-based triad intervention tools for school coaches; this study ($n=227$ high school coaches) documented significant gender differences in coach knowledge and communication, informing Sharpen's coach-facing modules.

Parker, J., Olson, S., & Bunde, J. (2020). The impact of trauma-based training on educators. *Journal of Child and Adolescent Trauma*, 13, 217-227. <https://doi.org/10.1007/s40653-019-00261-5>

Published outcome study from the Compassionate/Resilient Schools initiative (2016-2019), in which Robyn Hussa Farrell served as the invited mindfulness and resiliency presenter on Day 3 of each summit. The 5 Minute Mindfulness™ component she developed was a 1.5-hour segment of a 3-day trauma training for educators; participants were given Sharpen access post-workshop to continue their professional development.

Fadel, N., Estep, C., Stoner, A., Gainey, M., Brewerton, T. D., Biber, D. D., Redden, D., & Hussa Farrell, R. (in review). Educational intervention on eating disorders for medical students and residents. *Medical Education* (submitted January 2025).

Manuscript reporting outcomes of the Sharpen Eating Disorder Awareness & Prevention (SEDAP) program piloted with medical students and residents at VCOM and Spartanburg Regional Healthcare System. Documents significant improvements in confidence and attitudes toward patients with eating disorders.

Smith, H., Fadel, N., Stoner, A., Gainey, M., Brewerton, T., Biber, D. D., Redden, D., Farrell, T., & Hussa Farrell, R. (in review). Sharpening community health worker skills to combat eating disorders. *International Journal of Medical Students* (submitted February 2026).

Manuscript examining the effectiveness of Sharpen eating disorder training for community health workers. Extends the SEDAP research program beyond medical students to broader community health workforce development.

Biber, D. D., Hussa Farrell, R., & Farrell, T. (in review). University student-athlete perceptions of mental health and coping. *Journal for the Study of Sports and Athletes in Education* (submitted January 2026).

Qualitative investigation of university student-athlete perceptions of mental health and coping strategies through the Sharpen Athlete research program at UWG. Complements the quantitative Biber, Davis & Stewart 2023 screening study.

CONFERENCE PRESENTATIONS & SYMPOSIA

Hussa Farrell, R., & Farrell, T., Cosgrove, V., & Biber, D. D. (2026, August). *Measuring and designing for engagement in digital therapeutics: A multi-faceted approach*. A use case panel presentation submitted to the Association of Computing Machinery CHI 2026 Conference, Barcelona, Spain.

Use case panel drawing on 10+ years of server-side engagement data across Sharpen deployments. Documents 56.84% average engagement rates versus the 4-11% digital therapeutics industry standard.

Fadel, N., Chawla, J., Ralston, G., Stoner, A., Magalhaes, E., Ridgeway, L., Redden, D., Biber, D. D., Hussa Farrell, R., & Farrell, T. (2026, April). Mental health knowledge and attitudes in medical students: Effects of a self-guided course [Conference presentation]. American Association of Colleges of Osteopathic Medicine Annual Conference, Las Vegas, NV.

Conference presentation reporting pre-post outcomes of the Sharpen MHL self-guided course with VCOM medical students (2024-2025 cohort). Documented statistically significant improvements in mental health knowledge and reduced stigmatizing attitudes.

Hussa Farrell, R. (2025, April). *Proven Tier 1, 2 and 3 mental health solutions every school needs now*. Southeastern School Behavioral Health Conference, Myrtle Beach, SC.

Addressed multi-tier (universal, targeted, intensive) mental health solutions for school behavioral health systems, drawing on Sharpen's validated SMHL and multi-year outcomes data from K-12 implementations.

Biber, D. D., Hussa Farrell, R., Farrell, T., Davis, A., Stewart, B., Wulczyn, H., Minkel, J., Cosgrove, V., Tani, L., & Han, J. (in review). *Sharpen Athlete: An integrated clinical triage platform for athlete mental health and suicide prevention* [Conference presentation]. Submitted to the Association for Applied Sport Psychology Annual Meeting, Minneapolis, MN.

Submitted conference presentation to AASP reporting three-year Division I Sharpen Athlete implementation.

Spence, E., Davis, A., Biber, D. D., & Haedicke, A. (February, 2024). *Examining the relationship between a digital mental health literacy program and student athlete mental health*. Accepted for presentation at the 2024 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC.

Poster presentation on Sharpen's digital MHL program and student athlete mental health outcomes. Presented by Elena Spence alongside research collaborators Davis, Biber, and Haedicke.

Biber, D. D., Davis, A., & Stewart, B. (2023, April). *Behavioral health screening for university student athletes: Heads Up Checkup and Sharpen Athlete outcomes* [Paper presentation]. Society for Behavioral Medicine Annual Conference, Phoenix, AZ.

Presentation of Heads Up Checkup (HCU) and Sharpen Athlete screening protocol outcomes for university athletes. Reported results and best practices for combining adaptive mental health screening with evidence-based resiliency programming in collegiate athletic settings.

Biber, D. D. (2022, October). *Division II student-athlete perceptions of mental health: A qualitative investigation*. Presentation at the 2022 International Organization for Health, Sports, & Kinesiology 5th International Conference, Las Vegas, NV.

Qualitative investigation of Division II student-athletes through film interviews outlining perceptions of mental health.

Hussa Farrell, R., & Farrell, T., Witt, H. (2022). *Trauma-informed tech to improve community behavioral health*. Southeastern School Behavioral Health Conference, SC Department of Education.

Presentation addressing how trauma-informed digital mental health technology can be deployed within community systems. Demonstrated Sharpen Family implementation in SC Department of Social Services to enhance the trauma-informed best practices of SC foster parents.

Hussa Farrell, R. (2022). *Community and college suicide implementation best practices with Sharpen®*. Zero Suicide Summit, Oklahoma Department of Mental Health and Substance Abuse Services.

Invited state-level presentation demonstrating how Sharpen operationalizes the Zero Suicide framework for both community and college settings. Addressed implementation pathways for state behavioral health systems and community organizations.

Hussa Farrell, R. (2022). *Trauma-informed technology best practices in schools*. Invited presentation, New Mexico Department of Public Health & Public Education Department.

State-level invited presentation to New Mexico public health and education leadership on deploying Sharpen's digital mental health literacy and screening tools in school and community settings to improve trauma-informed best practices.

Hussa Farrell, R., & Karydi, A. (2022). *Suicide postvention best practices*. Expert panel discussion / webinar series.

Expert panel webinar covering postvention best practices for school, clinical, and community settings. Topics: prevention vs. postvention distinctions, contagion risk, supporting bereaved communities, and safe messaging guidelines.

Hussa Farrell, R., & Farrell, T. (2021, 2022). *Sharpen® for attachment and trauma network: Foster family resilience*. Attachment and Trauma Network Annual Conference.

Annual conference presentations to the ATN community demonstrating Sharpen's trauma-informed mental health literacy and MBSR content for foster and adoptive families. Highlighted outcomes from the multi-year Sharpen Family partnership with SC DSS as a parent mental health literacy and resiliency education platform.

Hussa Farrell, R. (2021). *Teaching mindfulness in schools: Strategies for deploying 5 Minute Mindfulness™ in the school setting*. Conference presentation. Southeastern School Behavioral Health Conference.

Practical workshop presentation on deploying the 5 Minute Mindfulness™ curriculum within K-12 school settings. Covered 15 different implementation strategies, educator training, and integration with existing school wellness and social-emotional learning frameworks.

Patrizi, J., Jones, A., Bishop, B., Stoner, A. M., Fadel, N. M., & Bendyk, H. (2019). *Mindfulness training for adolescents: Effects of 5 Minute Mindfulness™ on adolescent volleyball athletes* [Conference presentation]. American Psychiatric Association Annual Conference, San Francisco, CA.

National APA poster presentation reporting statistically significant somatic anxiety reduction and confidence gains in adolescent volleyball athletes following 8 weeks of Robyn Hussa Farrell's 5 Minute Mindfulness™ program. One of the earliest peer-reviewed validations of the SMM curriculum in an athletic population.

PUBLISHED WHITE PAPERS

Hussa Farrell, R., & Farrell, T. (2026). *The Sharpen system: Seamless multi-level prevention: Evidence-based logic model validated through server-side engagement data from 9 prevention toolkit implementations (2019-2026)* [White paper]. Resiliency Technologies, Inc.
<https://sharpenminds.com/post/the-sharpen-system-seamless-multi-level-prevention>

Flagship 2026 white paper presenting the Sharpen logic model validated through 47,000+ real-world users, 4,500+ hours of user investment, and 7,500+ documented transitions from education to help-seeking/crisis resources. Across 60 toolkit implementations: 57% average engagement vs. 4-11% industry standard, 96% positive recommendations, 85% increased help-seeking. Published April 19, 2026.

Davis, A., Biber, D., Stewart, B., Cosgrove, V., Minkel, J., Wulczyn, H., Farrell, T., & Hussa Farrell, R. (2026). *Integrated clinical triage platform for athlete mental health and suicide prevention: Real-time decision support enabling 100% same-day intervention across 1,275 student-athletes* [White paper]. Resiliency Technologies, Inc.

Three-year longitudinal study (2023-2025) at a Division I university combining universal CAT-MH® screening with Sharpen Athlete DTX. Of 1,275 student-athletes screened, 9.9% were flagged for elevated suicide risk and 100% received same-day clinical triage. By 2025, the platform achieved a 98% return rate among 491 engaged athletes, averaging 7.2 visits and 104 actions per user. Clinician Net Promoter Score: 10/10.

Cosgrove, V., Hussa Farrell, R., & Farrell, T. (2025, August 20). *Sharpen digital therapeutic interventions for adolescent mental health* [White paper]. Resiliency Technologies, Inc. <https://www.sharpenminds.com/post/sharpen-digital-therapeutic-interventions-for-adolescent-mental-health>

Clinical outcomes white paper from the Prisma Health Children's Hospital pilot (N=37 pediatric eating disorder patients on the clinical waitlist). Voluntary engagement rate of 59.4% dramatically exceeded the 4-11% digital MH industry benchmark. Adolescents ages 14-17 accounted for 87% of usage; most accessed content was body image/self-acceptance. Director of Adolescent Medicine subsequently expanded Sharpen DTX across all levels of care.

Hussa Farrell, R., & Abel, C. (2025). *Efficacy of mental health literacy training for college peer mentors: Sharpen MHL impact on Vescent mentors* [White paper]. Resiliency Technologies, Inc. <https://www.sharpenminds.com/post/efficacy-of-mental-health-literacy-training-for-college-peer-mentors>

White paper reporting on Sharpen MHL's preparation of Vescent college peer mentors. Documents outcomes including 100% crisis protocol comprehension, 85% greater readiness for suicide and mental health conversations, and 88% improved understanding of trauma-eating disorder-suicide risk connections. Demonstrates Sharpen's scalability beyond licensed clinical providers.

Minkel, J., Pish, M., & Hussa Farrell, R. (2024). *Sharpen® platform engagement & activation* [White paper]. Resiliency Technologies, Inc. <https://www.sharpenminds.com/post/sharpen-platform-engagement-activation>

Platform analytics white paper documenting real-world Sharpen DTX activation and engagement metrics across implementations. Establishes engagement benchmarks 5-14x the digital therapeutics industry standard, and provides the empirical foundation for Sharpen's value-based care and payor-facing outcomes positioning.

Hussa Farrell, R., & Farrell, T. (2026). *Clinical decision support evaluation best practice guide: FDA regulatory framework for behavioral health digital tools* [White paper]. Resiliency Technologies, Inc.

FDA-informed best practice guide for evaluating clinical decision support tools in behavioral health settings. Addresses the regulatory distinction between non-device CDS and device-classified digital therapeutics, and provides a framework for health systems and procurement teams evaluating digital mental health tools against FDA CDS guidance.

Hussa Farrell, R., & Farrell, T. (2024). *Sharpen suicide prevention: Evidence-based toolkits for youth* [White paper]. Resiliency Technologies, Inc. <https://www.sharpenminds.com/post/sharpen-suicide-prevention>

White paper presenting Sharpen's four evidence-based suicide prevention toolkits released in 2024 to address the urgent youth mental health crisis. Covers universal screening, safety planning, postvention, and peer resilience components, and documents the public health imperative driving Sharpen's expansion into clinical-grade digital therapeutics.

Hussa Farrell, R., & Farrell, T. (2022). *Sharpen suicide prevention for children and adolescents* [White paper]. Resiliency Technologies, Inc. <https://www.sharpenminds.com/post/sharpen-suicide-prevention-white-paper>

Earlier white paper addressing the growing child and adolescent suicide risk landscape and Sharpen's evidence-based prevention strategies. Foundational document establishing Sharpen's positioning as a youth suicide prevention platform, predating the DTX launch and informing the platform's subsequent clinical evolution.

GRANT-FUNDED RESEARCH PROJECTS

AWARDED

Fadel, N., Gainey, F., Biber, D. D., Stoner, A., Beccia, A., Husa Farrell, R., Farrell, T., & Brewerton, T. (2023). *Eating disorder prevention and identification training for healthcare professionals*. Spartanburg Regional Healthcare System Foundation. Amount Awarded: \$32,500.

Awarded grant funding development and pilot evaluation of the Sharpen SEDAP program for medical students and residents at VCOM and Spartanburg Regional Healthcare System. Produced the Fadel et al. manuscript submitted to *Medical Education* (2025).

Barton, I., Garefino, A., & Biber, D. D. (Co-I). (2023). *Cobb Collaborative Community Transformation*. Wellstar Community Transformation Grant. Amount Awarded: \$10,000.

Awarded Wellstar Community Transformation Grant supporting community health programming through the Cobb Collaborative in Georgia. Co-investigator Biber, D. D.

Hussa Farrell, R. (PI). (2026). *Sharpen DTX playbook and commercialization plan*. South Carolina Research Authority grant. Resiliency Technologies, Inc. \$25,000

SC Research Authority-funded grant enabling Resiliency Technologies to develop a comprehensive go-to-market playbook with Ainsley Health consultants, including CPT reimbursement modeling and payor/provider positioning.

Hussa Farrell, R. (PI). (2021). *Supporting frontline health workers during COVID-19*. South Carolina Research Authority grant. Resiliency Technologies, Inc. \$25,000

SC Research Authority-funded grant supporting healthcare workers during COVID-19 through Sharpen's professional development and mental health literacy tools, addressing clinician burnout, trauma, and suicide risk.

Hussa Farrell, R. (Co-Investigator). (2023-2026). *SAMHSA Garrett Lee Smith suicide prevention grant: Sharpen Mindful MEDS for medical students* [3-year award]. Edward Via College of Osteopathic Medicine (VCOM), Spartanburg, SC.

Three-year SAMHSA federal grant funding the Sharpen Mindful MEDS suicide prevention program at VCOM. Outcomes published in *Cureus* (Fadel et al., 2024) and forthcoming in *Journal of American College Health* (Levy et al.).

Hussa Farrell, R. (Co-Investigator & Suicide Prevention Consultant). (2022-2027). *VNS Health Safe Pathways suicide prevention program for LGBTQI+ and BIPOC youth in New York City* [NY OMH-funded, 5-year program]. VNS Health / Resiliency Technologies, Inc.

Five-year NY OMH-funded program providing professional development (9 evidence-based courses), parent MHL toolkits, and peer resiliency programming for high-risk LGBTQI+ and BIPOC youth and families in NYC. Year 3 evaluation: >85% client/family satisfaction, TFA 3.04/4.0, 200+ certifications issued.

Hussa Farrell, R. (Collaborator). (n.d.). *HealthMPowers United Healthcare Community Health Education Grant: Mental health literacy and resiliency training for Girls Empowering Movement participants*. HealthMPowers / United Healthcare / Resiliency Technologies, Inc.

Commercially funded grant deploying Sharpen MHL and resiliency training through HealthMPowers to Girls Empowering Movement participants in Georgia.

PROPOSED / UNDER REVIEW.

Biber, D. D., Husa Farrell, R., & Farrell, T. (in review). *The Sharpen Digital Therapeutic Platform for enhanced youth resiliency and collaborative care*. Submitted to the Virginia Rural Transformation Grant. Amount Requested: \$2,263,151.

Proposed grant to extend Sharpen DTX for youth resiliency and collaborative care in rural Virginia communities.

Hussa Farrell, R., Cosgrove, V., Boedeker, P., Hinshaw, S., Gazmararian, J., Biber, D. D., & Minkel, J. (in review). *The Sharpen Digital Therapeutic Platform for early intervention of non-disordered drug use*. Submitted to NIDA SBIR RFA-DA-25-050. Amount Requested: \$3,331,365.

Proposed NIDA SBIR application for a clinical trial of Sharpen DTX for early intervention of non-disordered drug use in adolescents at Stanford OCAP.

Hussa Farrell, R., Stuart, B., Martinez, W., Hinshaw, S., Gazmararian, J., Biber, D. D., Minkel, J., & Boedeker, P. (in review). *The Sharpen Digital Therapeutic Platform for enhanced youth resiliency and collaborative care: A randomized controlled trial*. Submitted to NIMH SBIR PA-24-246. Amount Requested: \$3,206,500.

Proposed NIMH SBIR application for an RCT of Sharpen DTX at UCSF / Zuckerberg San Francisco General Hospital serving a high-acuity, diverse urban population.

Hossepian, K. (PI), & Husa Farrell, R. (Co-Investigator). (Proposed). *Sharpen® Athlete: Computerized adaptive testing and digital therapeutics for injured adolescent athletes in orthopedic medicine*. Stanford Maternal and Child Health Research Institute (MCHRI) Pilot Grants / Resiliency Technologies, Inc.

Proposed pilot grant targeting injured adolescent athletes in orthopedic medicine: a population with elevated mental health risk that is systematically underserved. PI Hossepian, K., Psy.D., Stanford.

Cosgrove, V. (PI), & Husa Farrell, R. (Co-PI). (Proposed). *Sharpen® DTX feasibility trial for adolescent mood disorder waitlist population at Stanford OCAP*. Stanford Maternal and Child Health Research Institute (MCHRI) Pilot Grants / Resiliency Technologies, Inc.

Proposed pilot grant for a clinical trial of Sharpen DTX as a waitlist bridge intervention for adolescents with mood disorders at Stanford OCAP.

INSTITUTIONAL RESEARCH PARTNERSHIPS & COLLABORATIONS

Cosgrove, V. (PI), & Hussa Farrell, R. (2024-present). *Sharpen® DTX at Stanford OCAP: Adolescent behavioral health screening and care coordination*. Stanford University / Resiliency Technologies, Inc.

Active clinical research partnership at Stanford's Outpatient Child and Adolescent Psychiatry program. Pediatric eating disorder waitlist pilot (N=37, 2025) achieved 59.4% voluntary engagement, exceeding the 4-11% digital MH benchmark by 5-14x.

Prisma Health Children's Hospital / Resiliency Technologies, Inc. (2022-present). *Sharpen® DTX clinical deployment and collaborative research framework: GAD-7, PHQ-2, and EAT-26 outcomes across inpatient, partial hospitalization, outpatient, and intensive outpatient levels of care*.

Multi-level clinical deployment across Prisma Health Children's Hospital in South Carolina. Following the successful waitlist pilot, the Director of Adolescent Medicine expanded Sharpen DTX across all four levels of care.

University of West Georgia Athletics / Resiliency Technologies, Inc. (2020-present). *Five-year Sharpen® athlete mental health literacy partnership*.

Five-year partnership delivering Sharpen Athlete to UWG student-athletes. UWG athletes and coaches appear in Sharpen's peer video content. Platform achieved 98% athlete recommendation rate.

Edward Via College of Osteopathic Medicine (VCOM) / Resiliency Technologies, Inc. (2019-present). *Sharpen Mindful MEDS: SAMHSA-funded medical student mental health literacy and suicide prevention curriculum*.

Flagship academic medical partnership. The 5-hour Sharpen SMHL course (4 modules, 130+ peer documentary videos) has been embedded in VCOM's curriculum and evaluated across multiple cohorts.

South Carolina Foster Parent Association (SCFPA) / Resiliency Technologies, Inc. (2022-present). *Three-year foster parent mental health literacy study (N=334 completers; 9,000 SCFPA member pool)*.

IRB-approved longitudinal study delivering Sharpen SMHL through the SCFPA LMS to foster parents statewide (SC).

Hussa Farrell, R. (Collaborator). (n.d.). *mBridge DBT intervention to support adolescent youth*. Resiliency Technologies, Inc., Stanford Medical School, and NYU Langone Medical Center.

Tri-institutional collaboration integrating Sharpen's digital mental health literacy content with DBT-informed interventions for at-risk adolescent youth.

VNS Health / New York Office of Mental Health. (2023-2027). *Safe Pathways 5-year suicide prevention program, New York City: Year 3 evaluation*.

Year 3 NY OMH evaluation: comprehensive multi-level approach, TFA 3.04/4.0, >85% client/family satisfaction, 200+ professional certifications issued to licensed clinicians and health workers.

South Carolina Department of Social Services / Resiliency Technologies, Inc. *Sharpen Family: parent education platform for foster and at-risk families*.

State agency certification of Sharpen MHL course and Sharpen Family toolkit as approved parent education platform for foster care and at-risk family populations in South Carolina.

TREC (Trauma-Resilient Educational Communities) / Resiliency Technologies, Inc.

Partnership combining Sharpen's digital MHL platform with TREC's trauma-resilient educational communities. Exploring collaborations for both clinical and prevention tools for the children and adolescents served at Learn4Life schools.

PLATFORM CERTIFICATIONS & EXTERNAL VALIDATIONS

University of Washington SMART Center. *Sharpen Mental Health Literacy evidence-based mental health program for high school adolescents*. <https://www.mentalhealthinstruction.org/programs/sharpen-minds/>

Independent evidence-based program validation by the UW SMART Center.

South Carolina Department of Social Services. (n.d.). *Sharpen Family: Certified parent education program*.

State-level certification for Sharpen Family as a parent education platform and SMHL as a course.

National Board for Certified Counselors (NBCC). (2025). *Resiliency Technologies, Inc.: NBCC Approved Continuing Education Provider (ACEP)*.

NBCC ACEP status enables Resiliency Technologies to award continuing education credits to licensed counselors completing qualifying Sharpen professional development content.

San Diego County. (2026). *Resiliency Technologies / Sharpen DTX: Live Well San Diego Partner (designation in process, anticipated September, 2026)*.

Recognition from San Diego County positioning Sharpen DTX within San Diego County's public health procurement and community wellness infrastructure.

Amazon Web Services. *Resiliency Technologies, Inc.: Established AI partner for AWS*.

Resiliency Technologies is an established AI partner for Amazon Web Services Premier Tier Partner, COMMIT.

Resiliency Technologies, Inc. (2024-2025). *Five formal FDA pre-submission meetings: FDA Center for Devices and Radiological Health (CDRH) and Digital Health Center of Excellence.*

Completed five formal FDA meetings covering platform overview, full product demonstration, clinical trial design, and AI algorithm discussion.

DOCUMENTARY FILMS & EDUCATIONAL MEDIA

Hussa Farrell, R. (Co-Director/Producer), & Farrell, T. (Co-Director/Producer). (In production). *Sylvia: The Wood Nymph* [Documentary film].

Feature-length documentary exploring Dissociative Identity Disorder and childhood sexual abuse through the story of Sylvia. Learn more at SylviaDoc.com.

Hussa Farrell, R. (Director/Producer), & Farrell, T. (Director/Producer). (In production). *Youth mental health documentary* [Documentary film featuring Stephen Hinshaw, UC Berkeley / UCSF and 40 other experts.]

Feature documentary series on youth mental health co-directed by Robyn Hussa Farrell and Tim Farrell, featuring Stephen Hinshaw, Ph.D., Sharpen's scientific advisor and a leading researcher in stigma, ADHD, and developmental psychopathology at UC Berkeley.

Hussa Farrell, R. (Co-Director/Producer), Farrell, T. (Co-Director/Producer). (2005-present). *Sharpen documentary film library: 4,000+ short-form mental health literacy films.* Resiliency Technologies, Inc.

Two-decade community-based participatory filmmaking program generating 4,000+ short-form peer documentary videos from 100+ listening sessions, 50,000+ post-program surveys, and 400+ research surveys. Primary content engine for all Sharpen modules and the Sharpen DTX clinical platform.

Bloomberg Philanthropies / Seeing Spartanburg in a New Light. (n.d.). *Video Village documentary project* [Bloomberg Philanthropies grant]. White Elephant Enterprises.

Award-winning public art and public safety installation co-directed by Robyn Hussa Farrell and Tim Farrell. The project through which Robyn Hussa Farrell, Tim Farrell, and Brian Painter first collaborated, forming the founding team of Resiliency Technologies, Inc.

PROPRIETARY CURRICULA & EDUCATIONAL PROGRAMS

Hussa Farrell, R. (2009-present). *5 Minute Mindfulness™ curriculum.* Resiliency Technologies, Inc.

Proprietary mindfulness curriculum developed in 2009. The 6-hour professional development course has been embedded in South Carolina Resilient Schools initiatives since 2013; over 5,000 educators trained across 14 states. Validated in Patrizi et al. 2019 with adolescent volleyball athletes and in all Sharpen platform and MHL research between 2019-present.

Hussa Farrell, R. (2014-present). *Sharpen Mental Health Literacy (SMHL): Evidence-based curriculum for high school students, college students, parents/caregivers, and medical students.* Resiliency Technologies, Inc.

A 5-hour, 4-part asynchronous course (135+ peer-to-peer documentary videos) grounded in the four pillars of MHL along with suicide prevention. Deployed across high school students, college students, medical students, foster parents, and health workers.

Hussa Farrell, R. (2014-present). *Sharpen Peer Resiliency (SPR) program for teens.* Resiliency Technologies, Inc.

A 4-week near-peer mentorship curriculum covering: (1) Understanding Mental Wellness, (2) Understanding Mindfulness, (3) Improving Body Image/Social Media Literacy, and (4) Healthy Coping. Implemented through youth-serving organizations in GA, CA, CO, NY and SC.

Hussa Farrell, R. (2014-present). *Sharpen Athlete: Digital triage & therapeutics platform for student athlete mental health.* Resiliency Technologies, Inc.

Evidence-based DTX platform combining universal CAT-MH® adaptive screening with peer-focused mental health literacy. Three-year Division I implementation (2023-2025): 1,275 athletes screened, 9.9% flagged for elevated suicide risk, 100% same-day clinical triage, 98% return rate (Davis et al., 2026).

Hussa Farrell, R. (2006-present). *Sharpen Eating Disorder Awareness & Prevention (SEDAP) for physicians and medical students.* Resiliency Technologies, Inc.

A 6-hour course (33 films, 3.5+ hours of video) developed over 17 years. The 2023-2025 SEDAP pilot (Fadel et al., 2025, submitted) found significant improvement in ED confidence ($p=0.002$) and anti-fat attitudes ($p=0.005$). Prior versions used for 5,000+ educators in 14 states with 85%+ confidence improvement (Anderson et al., 2017).

Hussa Farrell, R. (2019-present). *Sharpen Mental Health Literacy curriculum for medical students.* Resiliency Technologies, Inc. / Edward Via College of Osteopathic Medicine.

SAMHSA 3-year federally funded curriculum (130+ peer documentary videos, ~5 hours). Most recent evaluation (N=54, VCOM 2024-2025): Cohen's $d > 1.0$ on MHL improvement, stigma (OMS-HC) improved 43→39, findings across all class years, genders, and races.

Hussa Farrell, R. (2014-present). *Sharpen Suicide Prevention and Postvention: Best practices on the district, school, and classroom level*. Resiliency Technologies, Inc.

A 4-hour evidence-based professional development course covering risk and protective factors, safe screening, and comprehensive rollout. Currently the professional training component of the VNS Health Safe Pathways 5-year NY OMH program (9 courses; 200+ certifications; Rios et al., 2025).

Hussa Farrell, R., Farrell, T., & Brewerton, T. D. (2021-present). *The Integration of Sylvia: An introduction to dissociative identity disorder, its history, and treatment*. Resiliency Technologies, Inc.

A 5-hour professional development course co-developed with Dr. Timothy Brewerton (Distinguished Life Fellow, APA; Founding Fellow, Academy of Eating Disorders). Offers 5 CME/CNE/CEUs through Galen Mental Health. Presented at the 2024 and 2026 APA annual meeting and 2024 ISSTD Annual Conference.

Hussa Farrell, R. (2014-present). *Overcoming Adversity: Trauma and the developing brain*. Resiliency Technologies, Inc.

A 3.5-hour NBCC-approved continuing education course covering impacts of trauma and ACEs and evidence-based resilience strategies. 98% of educators recommended it for others; 96% connected to practical classroom techniques; 92% increased awareness of suicide, mental health, and substance use risk factors.

Hussa Farrell, R. (2014-present). *Sharpen® prevention toolkit series*. Resiliency Technologies, Inc.

Eleven-year suite of 60+ validated toolkit implementations incorporating: Sharpen Colleges, Sharpen Athlete, Sharpen Family, Sharpen Warrior, Sharpen VCOM Mindful MEDS. Combined: 47,569+ users, 2,850,546+ module views, 56.84% average engagement rate, 96% positive recommendations, 85% increased help-seeking, 7,551+ transitions to crisis resource activation.