

 **soluna**



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Supporting youth mental health together

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# Kooth



Born at a kitchen table  
in the UK in 2001 to  
**transform youth mental  
health**, Kooth is now the  
**#1 digital mental health  
provider for UK Youth**

Explore our research →

20+

Years digital mental  
health expertise

50+

Peer-reviewed pubs  
and white papers with  
10+ partners

# Kooth provides early and responsive support at population-wide scale, with a focus on prevention rather than cure

Reach youth where they are

Education

Healthcare

Social Media

Early and responsive self-help, peer support, and professional support

Self-Guided Resources

Peer Support

*Thriving*

Coping Tools

Professional Support

A digital front door into other healthcare services

Community Resources

Crisis Services

## Our approach is:

### **Youth-Led**

Center lived experience, promote peer support, build community

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### **Evidence-Based**

ACT model + Self-Determination Theory drives a person-centered and strengths-based approach

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### **Driven by Rigorous Clinical Governance**

Quarterly audits of practitioners using our proprietary clinical model **iRESPOND** ensures consistent and high quality service at scale

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### **Goal-Focused & Single-Session**

Service model is goal-focused to achieve outcomes that matter to people in a single session

## **iRESPOND**

integrative

Responsive

Evidence-based

Safe

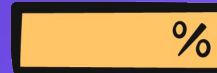
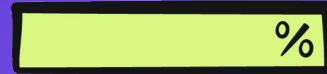
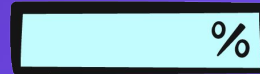
Person-focused

Outcomes-driven

Nonjudgmental

Data-driven

# Research & Findings

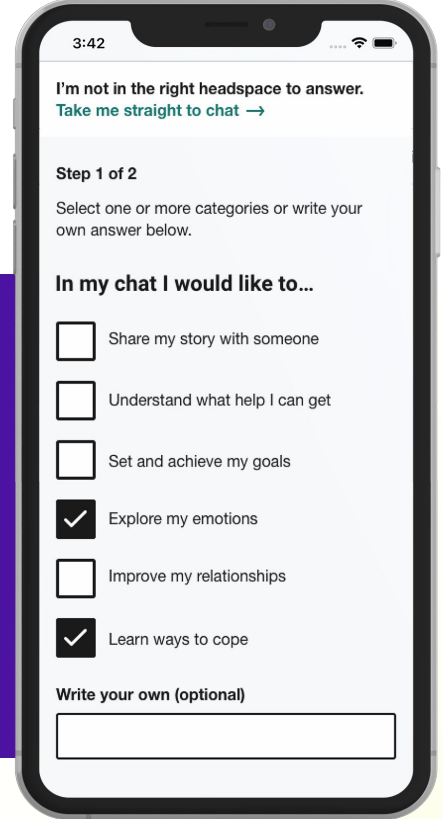


# Kooth developed the first validated outcome measure for single session therapy

## SWAN-OM: Session Wants and Needs Outcome Measure

- Person-centered measure focused on asset/strengths-based approach
- 3-year research and engineering project
- Independently validated by Child Outcomes Research Consortium

**72% of users achieve their 'Session Wants and Needs'**





Kooth helps people build the lives they want to live:

1m+

Service users

74%

Achieve positive change in life goals

1m+

Hours of support

72%

Meet at least 1 need in single session



# Kooth saves healthcare systems money

Improvement in 70% of cases | >3x short-term health economics saving



## Pediatrician-related savings

Physician visits averted  
Antidepressant prescriptions avoided



## Hospitalization/ER

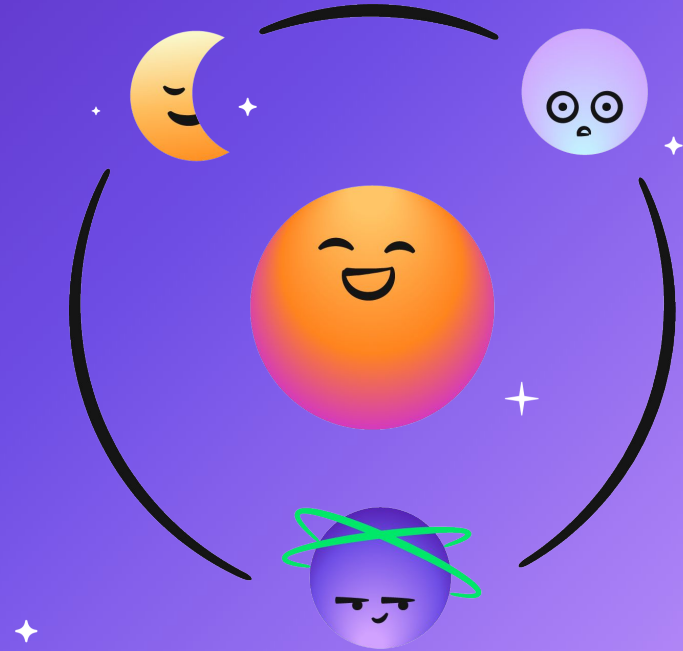
Suicidal ideation admissions averted  
Self-harm admissions averted



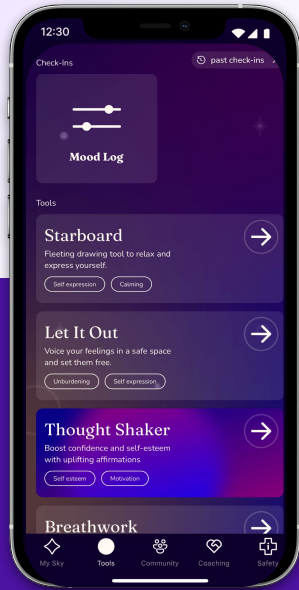
## Self-harm behaviors

Substance-abuse averted  
Smoking averted

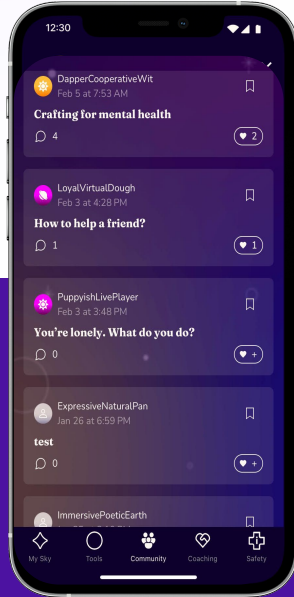
# Soluna



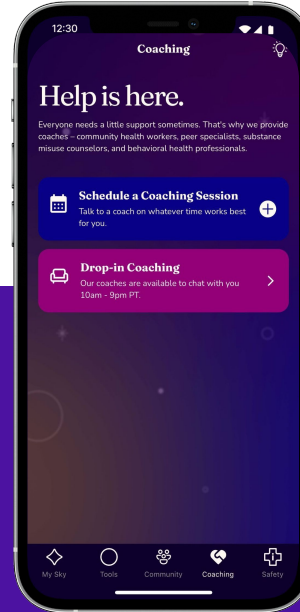
# Soluna: Free mental health support for all Californians aged 13-25, funded through CYBHI



Self-Guided Tools



Peer Support



Coaching



Care Navigation

## Soluna offers users three pathways to care and is available in English and Spanish



**Self-guided**  
resources & coping  
tools



Pre-moderated  
community forum  
for **peer support**

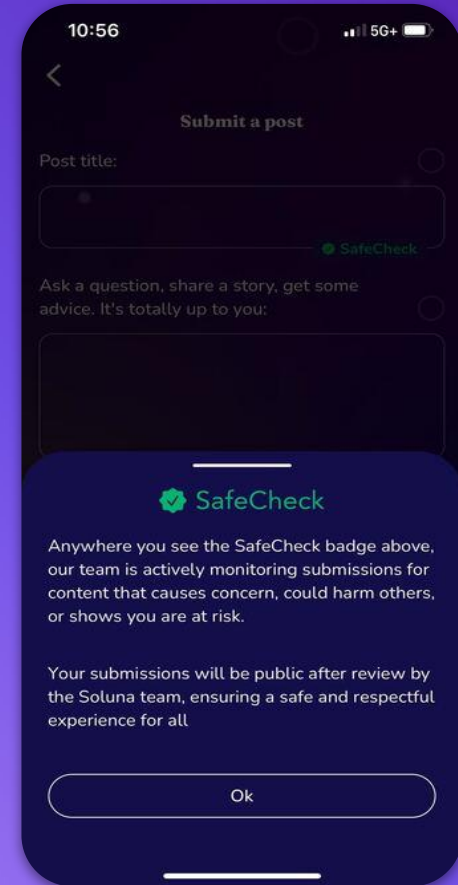


**1:1 behavioral health  
coaching** 10am-9pm  
[chat, video, phone]

Available in English and Spanish + phone coaching available in 17 Medi-Cal Threshold Languages

## Safety first!

- All user-generated content is **pre-moderated before going live** on the platform
- Soluna's **anonymous model** protects service-user identity
- Robust safeguarding policies for risk management (suicide ideation, etc.)
- Service users **cannot directly message each other**; no possibility for inappropriate content or interactions



## Soluna can be seamlessly integrated into standard care in three ways to support youth and prevent gaps



Pre-appointment support



In-between-session support



Discharge planning and booster support



1

**Soluna is being used statewide and reaching underserved communities\***

- Users in all **58 Counties**
- **53%** users underserved
- **170+** school districts
- **~45k** registered users <sup>‡</sup>

2

**Soluna is accessed outside of traditional hours when users need it\***

- **50%** sessions outside of 9-5
- **Less than 90s** wait for a coach

3

**Users love coaching and are feeling a positive impact\***

- **97%** felt heard, understood, and respected
- **97%** give positive feedback on coaching
- **85%** had at least one need met in single session

\*Usage data January through May 2024

‡Number of Registered users as of 01/06/2025



“ I finally feel like I am able to talk to someone, and it takes a huge weight off my shoulders. Being able to talk to someone trained to help me for no charge is wonderful...”

– Soluna user, age 15

“ Soluna has given me tools and resources, but beyond that built trust in myself to use these resources when I need it.”

– Soluna user, age 25

“ Soluna has helped me feel heard about my problems, learn how to change what I can and cope with what I can't.”

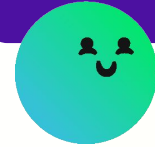
– Soluna user, age 20

“ It's nice to know that there's a place I can anonymously ask for and receive help without having to worry much about judgement from others.”

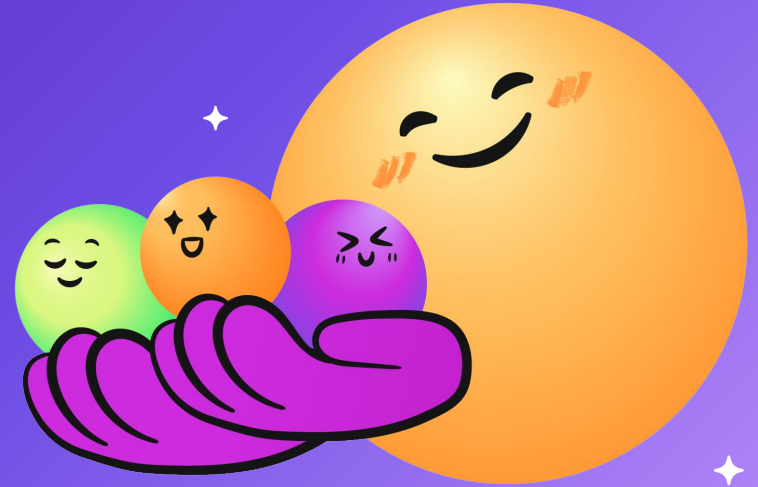
– Soluna user, age 17

97%

of users would recommend Soluna to a friend\*



# Off-Platform



## Care Navigation: A concierge service for community supports

Identify needs

Remove barriers

Coordinate referrals

Facilitate handoffs

**Soluna connects young people to meaningful care and addresses SDOH:**

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- Traditional healthcare
- Additional behavioral healthcare
- Housing supports
- Food supports
- Transportation
- Financial resources
- ...and more.

# Connecting Communities to Resources with Care

**We have a comprehensive database of local resources and a carefully curated Affiliate Network designed to build trusted and engaged partnerships with local organizations.**

Our care navigation team ensures Service Users receive the care and support they need from vetted Affiliate Network partners.

- Extensive Database of carefully curated local resources
- Direct relationships with vetted partners to ensure high quality support

## Affiliate Network and Bilingual Care Coordinators:

- English and Spanish-speaking coordinators provide accessible and personalized assistance
- Coordinators assess each Service User's (SU) circumstances to connect them with low or no-cost services when needed.
- Recommendations are feedback-driven, incorporating the SU's voice into every decision.
- Coordinators are trained to reflect the language, culture, and lived experiences of the communities they serve.

# Why we have Care Navigation and Affiliate Network Partners

Navigating healthcare is complex. Through Care Navigation, we aim to take the confusion and complication off of the shoulders of the SUs.

The purpose of the Affiliate Network is to **develop trusted and engaged partnerships with local organizations that will support Soluna members in receiving care and support** beyond what our resources provide.

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## Our Off Platform Team is seeking Partners that:

- Serve families with children and youth **ages 13-25**
- **Provide youth mental/behavioral services, physical health, and/or community resources**
- Have capacity to take on new clients

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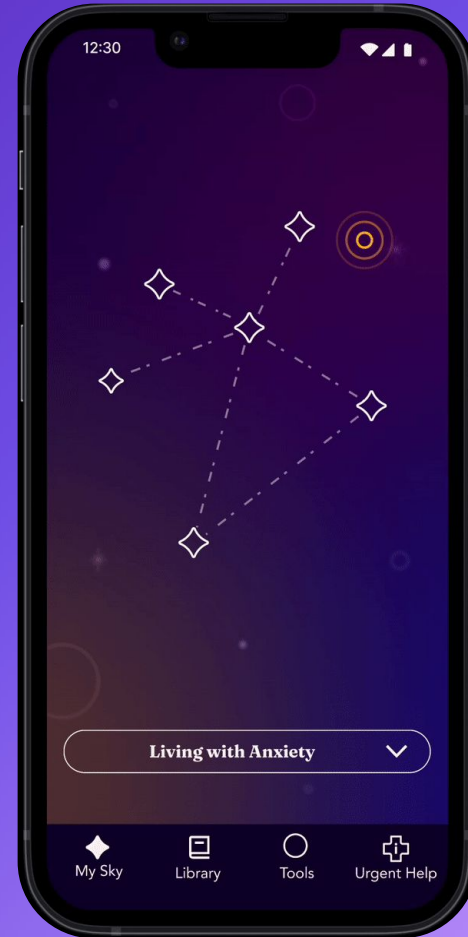
## Additional Considerations:

- Bilingual/multilingual services
- Provide culturally sensitive services including support for BIPOC and LGTB+ populations

See What Soluna Can Do



Demo time



# Download the demo version of Soluna

## 1 Android Users

Scan here



## 2 Complete registration to access the app

When prompted for your birth date, use:  
**December 16, 2003**

## 1 Apple Users



Download the TestFlight App

## 2 Swipe up to completely close out of the TestFlight App

## 3 Scan here



## 4 Complete registration to access the app

When prompted for your birth date, use:  
**December 16, 2003**



Thank you!

Together, we can  
change lives.

