



Years Heart

Connections That Count

Our Mission

Utilizing a peer support framework to create connections that count which provide a steppingstone to recovery from depression.

Utilizing mobile technology to provide a peer support network connecting individuals that have overcome depression with individuals currently struggling with depression in a safe environment enabling positive support and affirmation as means to improving mental health and reducing suicidal thoughts.

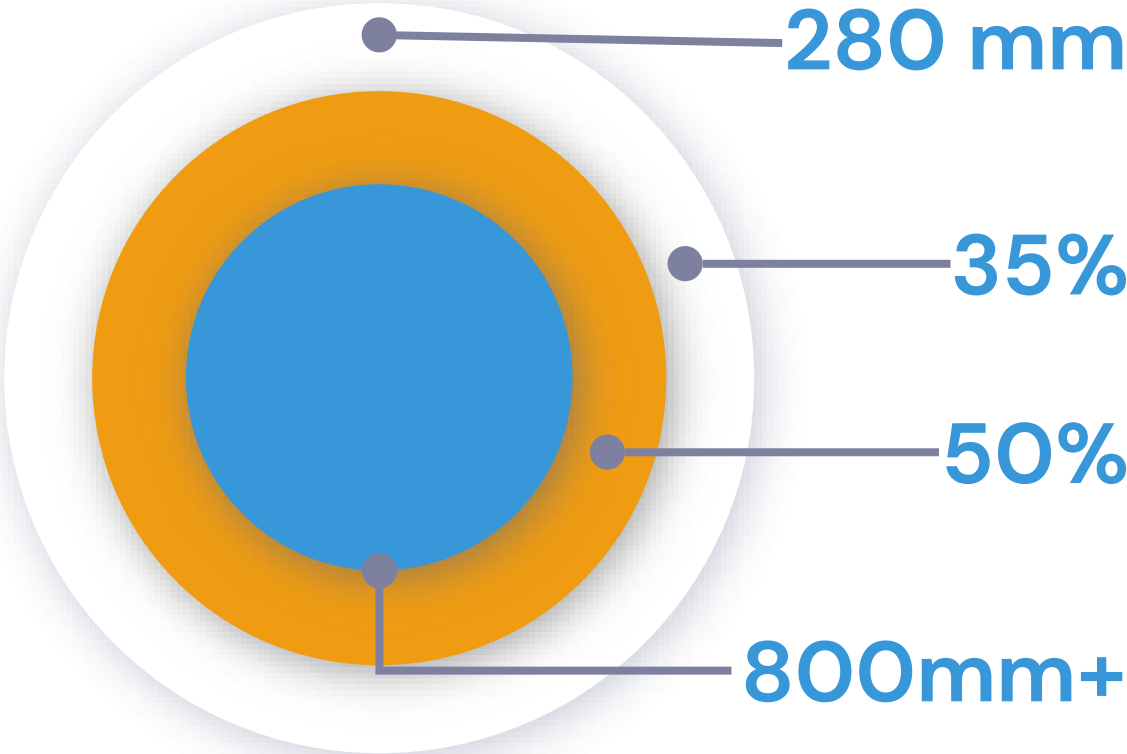
Our Vision

“Improving mental health and reducing suicidal thoughts through human connection and shared experiences.”

To **improve mental health utilizing a peer support framework** that provides a safe space, free of charge, for those battling with depression 24 hours a day, seven days a week.



Our Target



Initially our core focus is on Depression and the **280 Million**, and growing, current victims

Chronic pain effecting up to **35% of adults**

Our projected target is half the world population

Mental illness equating to more than 10% of the population worldwide, **800 Million +**



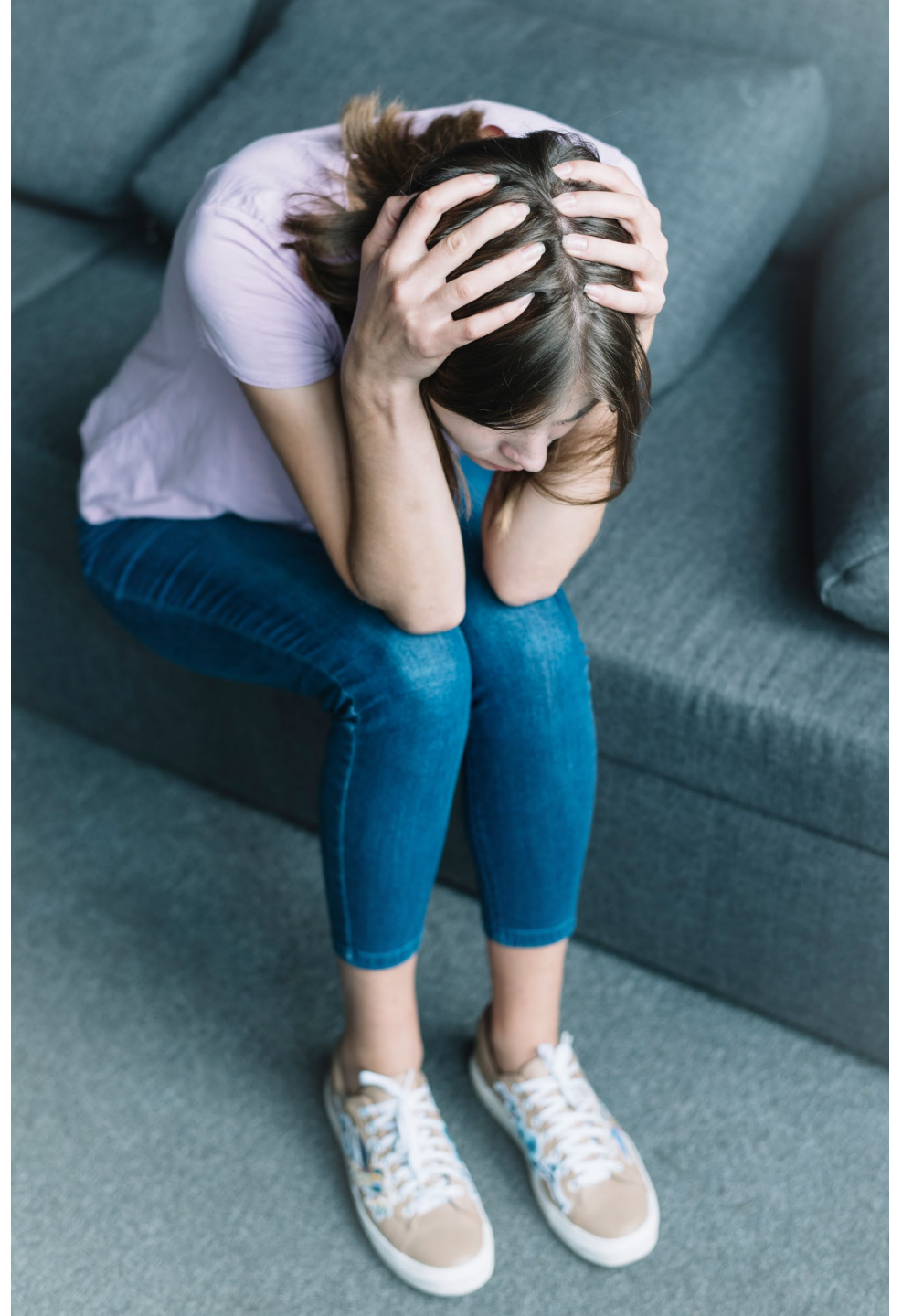
**Lets look at
some Stats.**



Depression is a growing global crisis

In 2020, suicide was the **second leading cause of death** for people ages 10–34. And it was **among the top 9 leading causes of death** for people ages 10–64.

- **300 million**
people worldwide experience depression (WHO, 2017)
- **200+ million**
Seriously thought about suicide
- **50 million**
Made a plan for suicide
- **10 million**
Attempted suicide
- **~ 800,000**
people died by suicide in 2020
- **1 death**
every **40 seconds**



Risk of the mental illnesses and depression

impacts American society since early youth

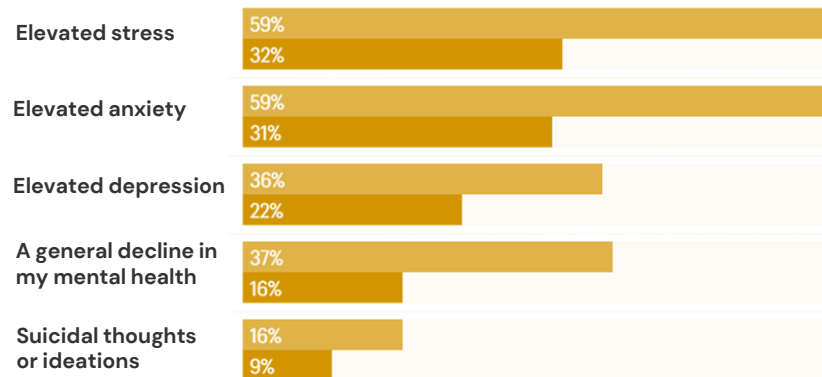
College Students

U.S. Adults

Data based on Fortune surveys conducted by the Harris Poll of 1,000 U.S. college students and 2,064 U.S.

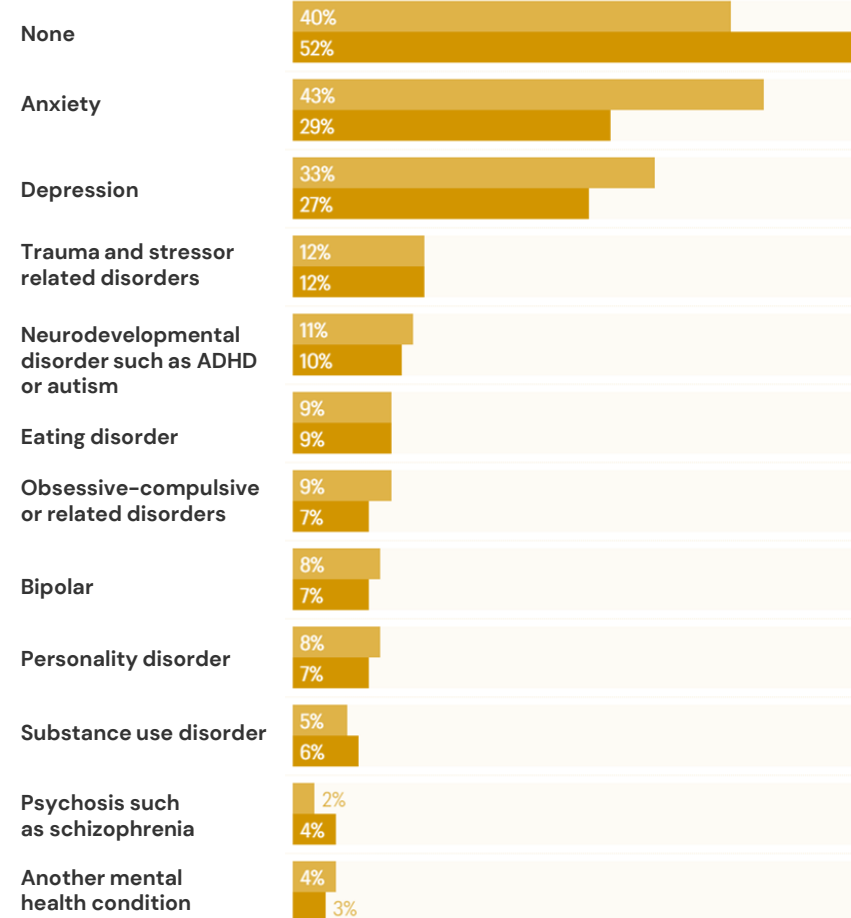
Elevated stress, anxiety common among college students

Fortune asked college students: Have they experienced or felt any of the following mental health issues in the last six months.



College students experience much higher rates of mental illness

Fortune asked college students: Have you ever been diagnosed with a mental health condition? If so, select all that apply.



What if **not** to delay the treatment?

Within the limits of recalling events, it appears that delays in initial treatment contact are an important component of the larger problem of unmet need for mental health care. **Interventions are needed to decrease these delays.**

HSR HEALTH SERVICES RESEARCH
*Impacting Health Practice and Policy Through
State-of-the-Art Research and Thinking*

● Early diagnosis and proper medical treatment can **increase the recovery rates** of mental illnesses **up to 80%**

● Preventing self-medication, such as substance abuse, will prevent also worsening the symptoms over time

● Accurate public education about mental illnesses and recovery is urgently needed to prevent mental illnesses and their consequences

Resources:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361014/>
- <https://www.floridabar.org/the-florida-bar-news/consequences-of-delayed-treatment-of-depression-and-other-mental-illnesses/>



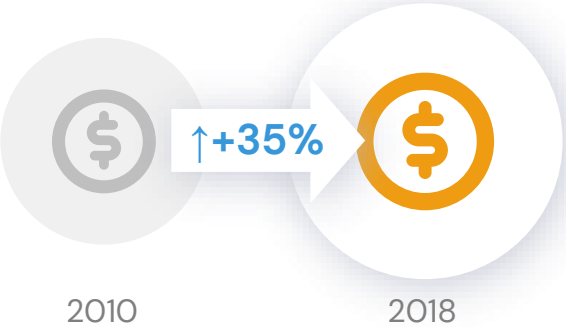
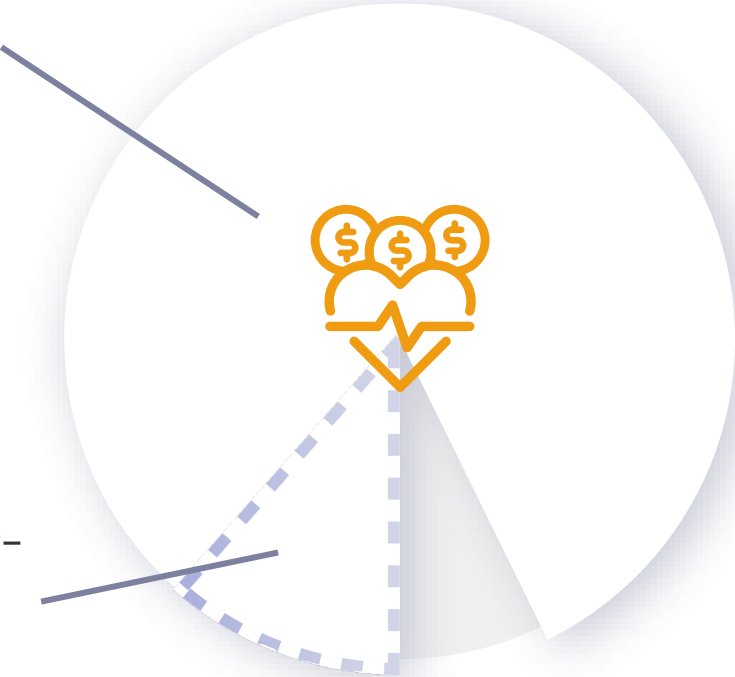
The High Cost of Depression

90% of the nation's \$4.1 trillion

in annual health care expenditures are for people with **chronic and mental health conditions**

\$490 billion

Cost of suicide and nonfatal self-harm cost nation in 2019. It was spent on medical costs, value of statistical life, and quality of life costs



The economic burden of major **depressive disorder** among U.S. adults was an estimated **\$236 billion in 2018**, an increase of more than **35% since 2010** (year 2020 values), according to research published in early May in the journal *Pharmacoeconomics*.

The economic burden is Heavy?

Cost



Direct cost:

11.2%

of the overall economic burden



Indirect cost:

\$2.30

was spent on depression-related indirect costs

Impact Value

Only 56%

of adults with major depressive disorder received treatment in 2018 as well as in 2010.

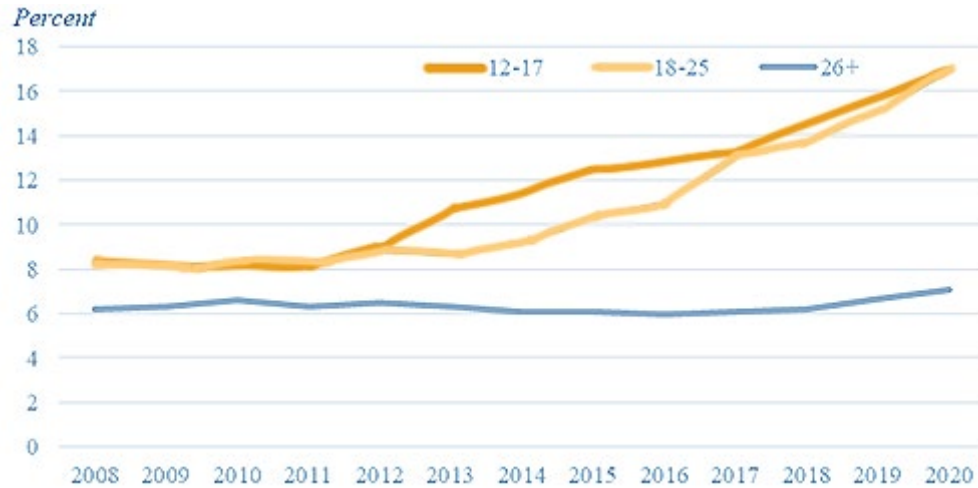
During the 8 years, the rates of treatment among people who were **employed 2.5% each among those employed full-time and part-timed increased** (about). While the rate of treatment among those **unemployed decreased (about 3.5%)**.



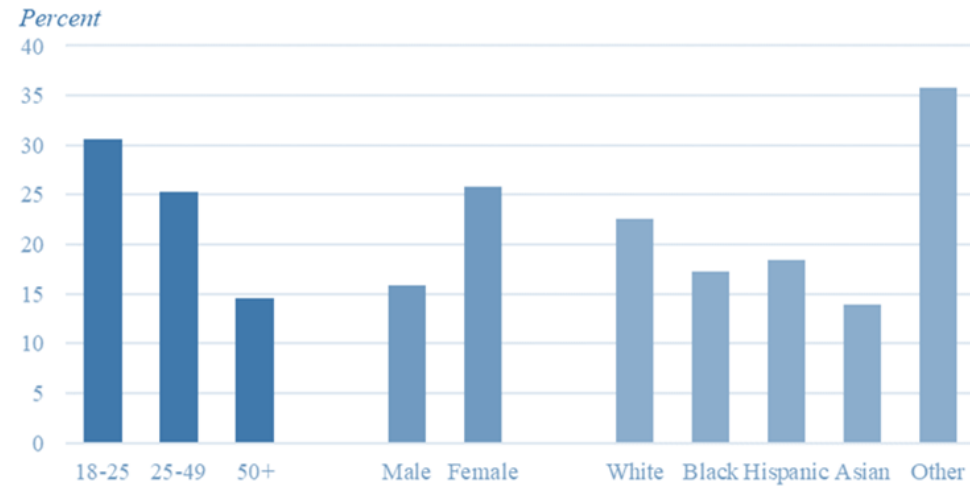
Current solutions not working

According to a report released in the first half of 2023 by the National Center for Health Statistics (NCHS), the rate of antidepressant use in this country among teens and adults (people ages 12 and older) **increased by almost 400%** between 1988-1994 and 2005-2008.

Percent of the **population with a major depressive episode** in the past year by age, 2008-2020



Percent of the **adult population with any mental illness** on 2020, by demographic group



Source: Substance Abuse and Mental Health Services Administration

Peer Support Works

**Peer Support Can Save Lives and contribute
to a better outcome for People with
Depression and other mental health issues**



7 Controlled Studies



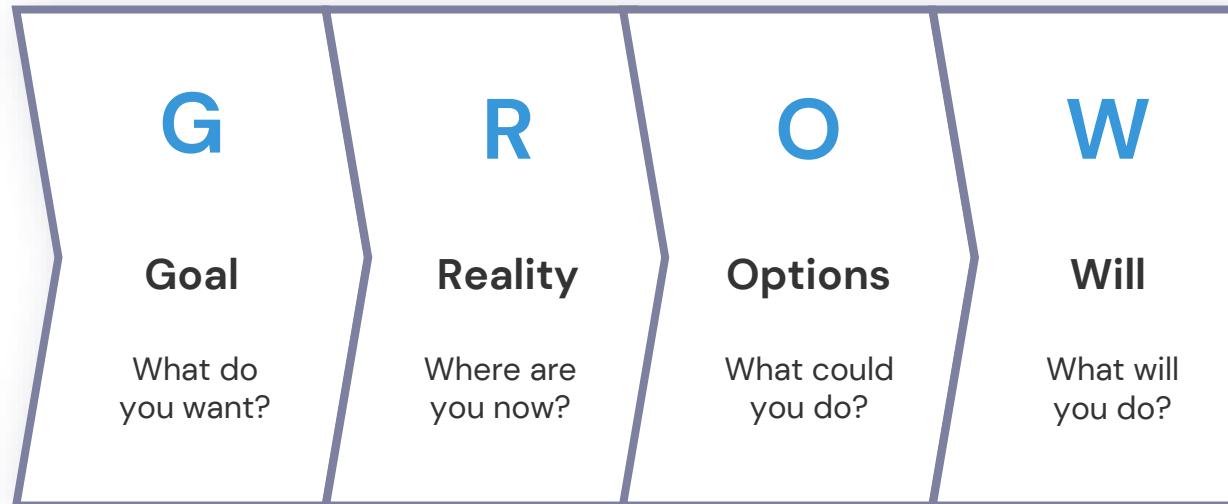
Based on the pooled results from published RCTs, **peer support interventions for depression result in greater improvement in depression symptoms than usual care** and may have similar efficacy to group cognitive behavioral therapy.



Given the high level of functional burden imposed by depression world-wide, **peer support for depression** should also be studied as a **potentially low-cost intervention in primary care** or other settings where more established but costly depression services are unavailable.

GROW organization

GROW is an **international organization** which supports a network of mental health support groups using the **GROW model**.



GROW model

- GROW model has been shown to have a significant positive impact on the quality of life and related factors of members with serious mental illness. This was demonstrated in a study by Corrigan et al. in 2002.
- Compared to similar people in an Illinois psychiatric facility, GROW members had significantly fewer days hospitalized (**49 vs. 123 in controls**).
- GROW has been associated with improvements in self-esteem, self-efficacy, social support, spiritual well-being, and psychiatric symptoms.



Peer Support Success

85%

felt an improved sense of personal value;

77%

experienced an improved sense of belonging and connection with the community;



81%

reported an improved network of friends and personal supports;

67%

said that GROW had directly contributed to their recovery from mental illness.

These results suggest that **Peer support makes a significant difference** in the lives of those with Depression, improving their overall well-being and reducing the need for hospitalization.



Basing on a survey conducted in 2013 by the Australian GROW organization (GROW, 2017)

Possible risks of the current Support Group Model

Support groups may have drawbacks, and effective groups generally depend on the facilitator to help steer away from these problems.

These problems may include:

- Disruptive group members
- Conversation dominated by griping
- Lack of confidentiality
- Emotional entanglement, group tension or interpersonal conflicts
- Inappropriate or unsound medical advice
- Competitive comparisons of whose condition or experience is worse



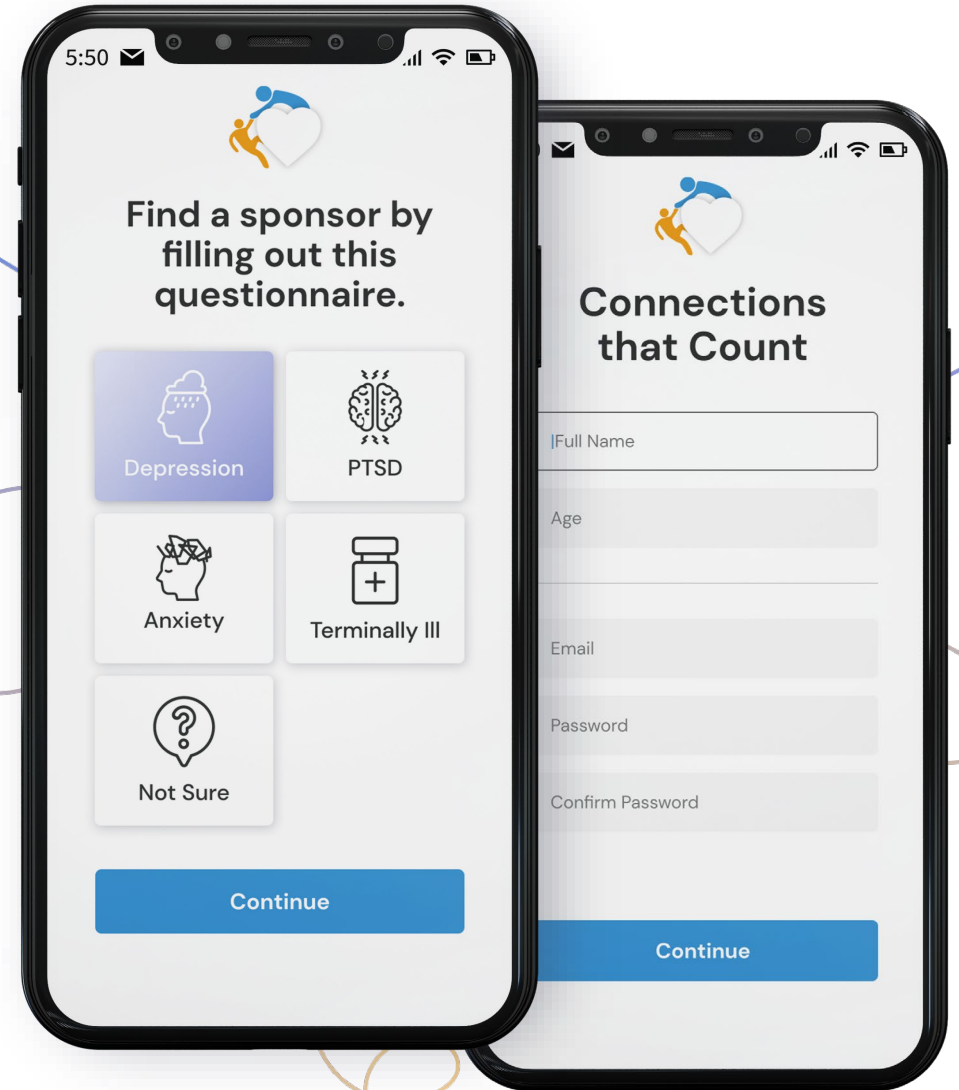
Peer Support Evolved

**Using Mobile Technology and combining it
with proven Peer Support techniques
Year's Heart is a breath of fresh air to those
suffering.**

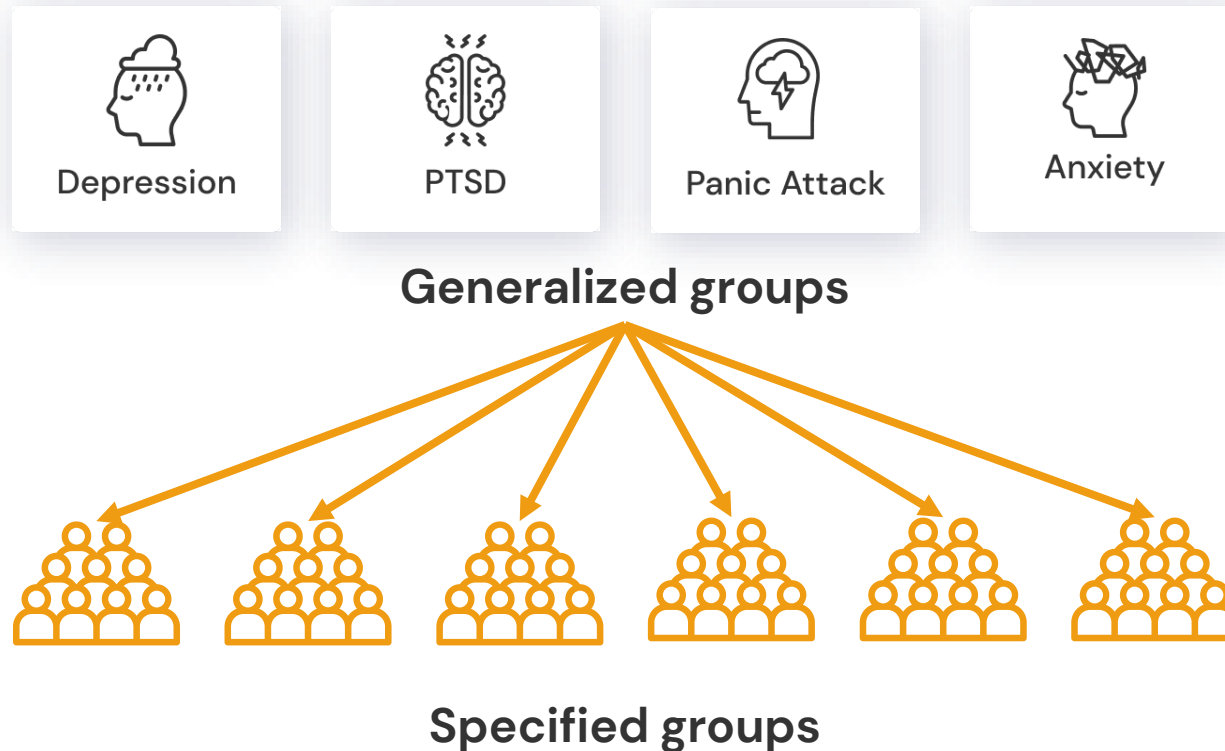


Welcome to Year's Heart, founded by veterans of mental health disorders that have found the healing power of sponsored connection.

Whether our users are unable to get out of bed due to depression, have a traumatic event that is haunting them, and all the problems in between, they need to be heard, and believe me there is **Hope right around the corner**, there are **people like them** overcoming these life shattering situations and conditions everyday, and we believe they are the next in line, using our collaborative, proven and novel mobile technology to match them with their peers, coping with same issues.



From General to Localized



To speed up the initial user involvement, we lower the entry threshold and ease the process of their joining. Giving just a few groups options, they can get on board in just a few clicks – and on later stages of Years Heart’s growth get more personalized care and communication.



Years Heart Deploy Strategy

1

Common group chats

Users will be organized into groups based on the most common psychological issues such as Depression, Anxiety, PTSD, and more. These groups will have professional moderators who will screen messages to ensure they comply with community guidelines and avoid any inappropriate content.

2

Group Leaders

We will identify and recruit the most active members within each group, appointing them as group leaders. These leaders will be responsible for supporting and engaging with their less active peers, thereby maintaining the community's overall activity level.

They will be educated, and awarded for activeness – more activity, more money.

3

Sponsors

Sponsors, educated and certificated professionals, are qualified for giving the professional psychological work, will increase the livelihood of our users, and will even save lives.

It will allow not only peer to peer communication, but also getting a professional help.



What is a Sponsor?



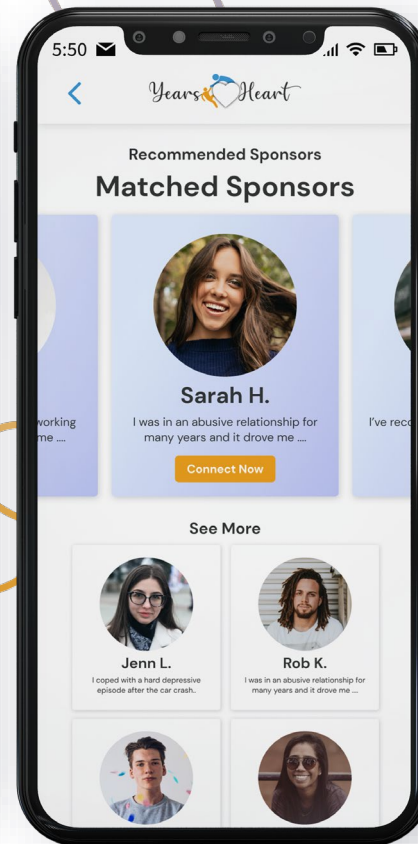
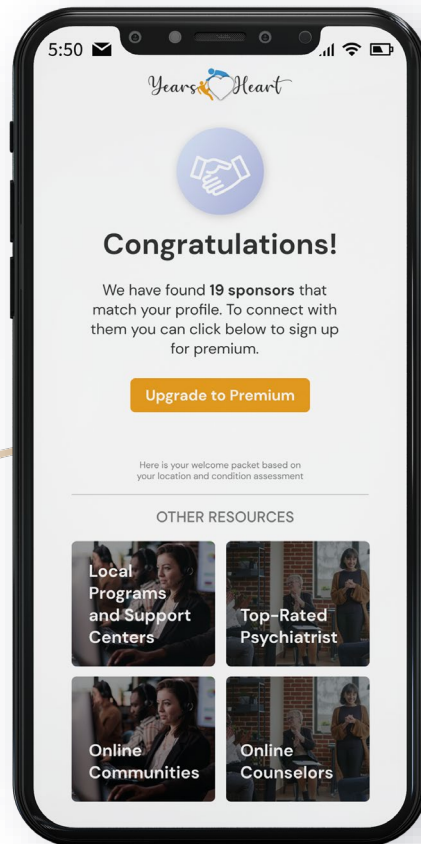
Sarah H.

Backed by clinical research for decades, **"a sponsor aka peer support individual is someone that has overcome a similar life situation**, whether that is losing a family member, PTSD from war, loss of a pet, divorce, bullying, and too much more"

These people "get it" and that makes all the difference. Having a certified and moderated, **Sponsor will increase the livelihood of our users, and will even save lives.**



We also connect them to resources **specifically tailored to their needs** while **finding sponsor to work with** when they need to be heard. With pillar of health models and fun games to encourage positive organic growth, Years Heart is a recipe for success, increasing their chances up to 50% toward a positive outcome.



**We are here for you!
And will never let you go!**



Peer Support

What do Peer Support Workers do?



share their own experiences and the real-world strategies that worked for them – to get an inspiration and overcome depression too



provide emotional encouragement through a nonjudgmental and understanding relationship.



connect you with useful resources for setting goals, coach you to practice skills to fight your depression.

Their Features



They work in all kinds of settings, including hospitals, primary care doctor's offices, and mental health practices.



There are peer supporters that **specialize in substance abuse and various mental health issues**, including depression.

Proven Effectivity



Resultativity

Research shows that people who get peer support see **more improvement in their depression** than those who don't. Peer services could help you to take better care of yourself and to feel more satisfied, in control, and optimistic.



Optimal Cost & Value

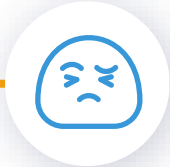
Peer support is **inexpensive, compared to other treatments**. It's not the same as therapy with a professional psychologist or psychiatrist, but it can work alongside those resources.



What prevents people from taking steps to obtain treatment and depression?

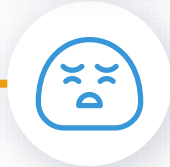
¼ Americans experience a mental illness every year, yet **only 41% seek mental health services.**

Some of the most common reasons of not making steps to treat the depression are:



Fear and shame

People recognize the negative stigma and discrimination of being associated with a mental illness. Fear of being labeled weak is part of the human condition, and it is natural to worry about impact on education, careers and life goals.



Distrust

Some find it difficult to share personal details with a counselor, and may worry that information will not be kept confidential



Unavailability

Some may not know how to find help, and in underserved areas this problem is more significant.



Practical barriers

A lack of reliable transportation or the ability to pay for services or appointments times that conflict with work or school schedules are significant.



Internet – evil or good?



Using the Internet for health purposes was associated with increased depression.

The increase may be due to increased rumination, unnecessary alarm, or over-attention to health problems. Additionally, those with unmeasured problems or those more prone to health anxiety may self-select online health resources.



In contrast, using the Internet to communicate with friends and family was associated with declines in depression.

This finding is comparable to other studies showing that social support is beneficial for well-being and lends support to the idea that the Internet is a way to strengthen and maintain social ties.



Years Heart is a new novel mobile and web application that provides Peer Support services.

What is it?

Proprietary algorithms that **match victims with sponsors and also provide targeted information**, and other outlets/tools such as podcasts, diets, local high rated professionals and support groups. Links to other proven modalities to combat depression, such as calm.



How does the Year's Heart actually help?

Benefits:

Using **technology to break down current barriers** outlined in this presentation to reach more people.

1

Using **well studied and proven modalities** to increase the quality of life

2

Provides a **stepping stone toward recovery**, with journaling and progress reporting

3

Creating **connections that count**

4

5

Removing negative feedback and misinformation overload

6

Vetting and training Sponsors and peer support coaches

7

Easy and affordable access to people that "get it"

8

Feeling SAFE and supported, anonymity, and work at your pace; Emergency alert button to get help FAST, without looking up a number.



The Science of Hope

Our approach to treating depression emphasizes the power of hope to fortify neurotransmitters, reprogram biology, and keep patients positive.

By increasing serotonin and reducing stress hormones, positivity leads to happier and more effective functioning. Our methodology is backed by a study demonstrating the effectiveness of hope, social support, and spiritual coping in preventing depression.

With this approach, we can effectively intervene before depression occurs and improve patients' overall well-being.



Our Competitors

	Years Heart	<u>Timely Care</u>	<u>Talk Life</u>
Peer-to-peer support network	✓	✓	✓
24/7 support	✓	✓	✓
Safe space for sharing, guaranteed privacy and security	✓	✓	✓
AI moderation	✓	✓	✗
Non-profit	✓	✗	✗
Actively recruiting sponsors	✓	✗	✗
Communication in Person	✓	✓	✗
Journaling and Progress Reporting	✓	✗	✗
Coached and monitored Sponsors	✓	✗	✗



Our Partners Testimonials



“Lorem ipsum dolor sit amet, cum mnesarchum omittantur adversarium ex, pro nisl utroque minimum ut. Pro malis scaevola antiopam no, te nibh inani quo. Nec ex cibo erroribus persecuti, at duo dolore viderer. Aliquip aliquando in eam, alia elaboraret ne his. Ei alienum suavitate vis, enim intellegam ne quo.”

Clarissa May,
American College of Rheumatology



“Lorem ipsum dolor sit amet, cum mnesarchum omittantur adversarium ex, pro nisl utroque minimum ut. Pro malis scaevola antiopam no, te nibh inani quo. Nec ex cibo erroribus persecuti, at duo dolore viderer. Aliquip aliquando in eam, alia elaboraret ne his. Ei alienum suavitate vis, enim intellegam ne quo.”

Clarissa May,
American College of Rheumatology





We take responsibility for our users.

We prioritize user safety by filtering and creating safe online spaces through our rigorous moderating and vetting processes. Unlike unmoderated group forums or in-person peer support, our **one-on-one connections significantly reduce the risk of stalkers and other potential dangers.**



Users Safety

is **our number one goal** as our mission is to make streamlined and conscious connections that count, **saving lives and livelihoods!**



Vetting Process:

All our sponsors undergo a thorough vetting process, including a comprehensive questionnaire and the completion of a tutorial video, to establish trust and accountability right from the start.

Terms and Conditions:

Sponsors are required to **sign our terms and conditions policies**, which ensure a responsible and respectful environment.

Ratings and Monitoring:

Sponsors receive ratings from their support counterparts, enabling us to evaluate their performance and maintain quality interactions. Also, we **monitor the Sponsors with strict guidelines**, ensuring removal of any inappropriate breaches.

Targeted User Base:

Our initial **focus is 18 to 30** y.o. demographics, especially targeting **colleges and the university crowd**. This enables a diverse and inclusive community while still maintaining a minimum age requirement.

(the app will be available for any users over 18)



Subscription Plans



Silver

What's included, benefits, terms and conditions – up to 4 strokes

25k



Gold

What's included, benefits, terms and conditions – up to 4 strokes

50k



Platinum

What's included, benefits, terms and conditions – up to 4 strokes

100k



Our Team

Kerrie Coleman

COO

Lieutenant
Commander
USN

Naomi Myrick

Psychiatric Nurse
Practitioner/Practice
Owner at Cardinal
Care Psychiatric
Services, Masters of
Science in Nursing at
Virginia
Commonwealth
University

Tushar Kulkarni

CTO

Owner of Big Kitty
Labs

Mary Crutchfield

Financial Advisor

Psychiatric Nurse
Practitioner, Board
Member of NAMI,
and owner of Leva
Psychiatry

Adam Morgan

Financial Advisor

CFP

Polina Dudnyk

Lead Designer

UI/UX & Graphic
designer with more
than 5 years
experience,
specializing in
startups design.



Founder & CEO



Travis Thompson

A tech background in GIS, working for **over 10 years in the DoD**, Travis has served, as a civilian, on **more than 20 military bases** and deployed troops through his strategic mapping skillsets, training hundred's of military members in the art of GPS surveying, terrain analysis, and much more. With a Masters in Geography from James Madison University and a minor in sociology, Travis rose quickly within

the military community, but his entrepreneurial spirit took over as he was **awarded several patents**, over Google, and has begun to propagate his ideas into mobile applications that will enhance and even save countless lives. Through a combined mission to be profitable and to give back, **his Technology Company is building cutting edge patent pending technology**, while working with Years Heart, a nonprofit founded by him to serve the world in the battle against depression, suicide, and other mental and chronic illnesses. As a suicide attempt survivor and chronic pain overcomer, Travis has gained more than a million views on YouTube and helped hundreds in the trenches of despair.



Contact Us

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We appreciate you!

Years  Heart