

**EXPRESSION OF INTEREST**  
**CLEVERTAR Digital Coach**  
**Low Intensity - Cognitive Behavioral Therapy (Li-CBT)**

<b>EOI TITLE:</b>	Clevertar Li-CBT Digital Coach
<b>BRIEF DESCRIPTION:</b>	<p>We are seeking expressions of interest from practices wanting to offer a digital option to help manage mild to moderate anxiety and/or depression. Clevertar's Li-CBT program, authored by Flinders University, is a 12-module program delivered on a time-gated schedule, which allows for goal setting and attainment in response to session content. The program begins with an assessment and triage session that allocates the patient to a program depending on their level of psychological distress.</p> <p>The Li-CBT Framework that scaffolds the Clevertar program has been informed and developed using evidence-based assessment, measurement and treatment programs that have been shown to improve patients' anxiety and depression and develop a sustained resilience by fostering and enhancing their strengths.</p> <p>Please see a demonstrative example of the tool at the following link: <a href="https://www.youtube.com/watch?v=0S3cRKsHk10">https://www.youtube.com/watch?v=0S3cRKsHk10</a></p> <p>Sydney North Primary Health Network will provide:</p> <ul style="list-style-type: none"> <li>• Onsite education for your healthcare team (optional)</li> <li>• Licenses for your patients to access the Clevertar Li-CBT Digital Coach. Information brochure with access code.</li> </ul> <p>Your practice will:</p> <ul style="list-style-type: none"> <li>• Give patients with mild to moderate anxiety or depression the Digital Coach App details and access code.</li> </ul>
<b>CLOSING DATE OF EOI:</b>	Once your EOI has been accepted, the optional training will be arranged.
<b>To Register Your Interest email:</b>	Donna Pettigrew Commissioning Operations Manager <a href="mailto:dpettigrew@snhn.org.au">dpettigrew@snhn.org.au</a>