

## CORE COMPETENCIES

### APPLIED BEHAVIORAL HEALTH:

- **TELE-MENTORING:** enhancing individual psychology and relationship skills by establishing a mentoring relationship with portal assisted technologies ([www.learntoleap.ca](http://www.learntoleap.ca))
- **WORKPLACE WELLNESS:** enhance overall wellbeing within a strong workplace culture. ([www.wellness-factors.com](http://www.wellness-factors.com))
- **DEVELOPMENT OF PSYCHOMETRICS:** measuring the therapeutic alliance between provider/therapist and client by using evidenced-based algorithms ([www.myoutcomes.com](http://www.myoutcomes.com))
- **INTERACTIVE GROUP TRAINING:** Health Masters is an interactive seven week workshop that helps people enhance their mental health or overcome a mental illness using distance education and social media technologies. ([www.strongmentalhealth.net](http://www.strongmentalhealth.net))

### DISTANCE EDUCATION:

- Interactive web tool
- Graphic design, photography
- Videography – post production editing
- Copywriting
- Print and digital publishing: books, newsletter, posters
- Telephony: Interactive voice response and group conferencing

### INFORMATION TECHNOLOGY (IT)

- **DATA BASE:** Design and security
- **SERVER:** Tier 3 level and network management
- **IDS:** (Intrusion Detection System) to meet state, provincial, and federal confidentiality acts
- **HIPAA (US), HITECH (US), PIPEDA (Canada):** Compliance to meet legislative requirements for confidentiality on personal health data. All our data resides on dedicated servers behind our own CISCO firewalls and encrypted pass code entry

### SOFTWARE DEVELOPMENT

- **BUILDING** robust web applications to automate administrative processes using web robotics
- **INTUITIVE** multi-media online training tools
- **ALGORITHM** development
- **SMART PHONE** applications using MVC Framework – which allows one code base to be used for all mobile devices
- **PROGRAMING** in PHP, Linux, and Microsoft .net
- **COACH DASHBOARDS** to enhance the efficiency and effectiveness of coaches

### SOCIAL TOOLS FOR ENGAGEMENT:

- **SOCIAL MEDIA:** creating online communities via: Blogging, Twitter, Facebook, LinkedIn, Google Plus, and Pinterest
- **SOCIAL MARKETING:** evoking individuals and groups to engage in prevention-focused health activities and campaigns

### INDUSTRY RELATIONSHIPS:

- **ESTABLISHED INTERNATIONAL** relationships with behavioral health academic researchers
- **ESTABLISHED RELATIONSHIPS** with professional practitioners in the advanced behavioral sciences
- **CLIENT BASE** of private and public institutions: John Hopkins Medical Centre, U.S. military, U.S. Navy, several U.S. state groups and large private behavioral health groups in 10 western countries

### AWARDS:

- 2015 Medipex Mental Health Innovation award
- Benjamin Franklin Encyclopedia book award
- Three Benjamin Franklin book publishing awards for the Alive Natural Health Guides
- 1994 nominated for Ernst & Young entrepreneur of the year award and the Waterloo Technology award (1992)



**compliance helper**  
Assure compliance with HIPAAssure®

