

Emotional Health for Kids

by Mightier

When children are struggling with their emotions and families are scrambling to find the right treatment for them, it affects every aspect of their lives.

Your members who have children experiencing anxiety, anger, or a diagnosis such as oppositional defiant disorder, attention deficit-hyperactivity disorder, generalized anxiety disorder or autism spectrum disorder likely have difficulty finding and accessing validated treatment programs. Magellan Healthcare has joined forces with Mightier to offer a unique, convenient solution.

Mightier, a clinically proven biofeedback game developed by clinicians at Boston Children’s Hospital and Harvard Medical School, helps children ages 6 to 14 to navigate strong emotions, build confidence and thrive. Children build emotion regulation skills through play, and caregivers get help in building emotionally healthy homes.

How does it work?

Children wear a heart rate monitor connected to a game tablet. As they play the game and their heart rate goes up, the game gets more difficult. Players must lower their heart rate to win rewards by taking deep breaths or pauses. Over time, these self-management actions become automatic, even when the child faces challenges in daily life. Caregivers can see the children’s progress on a dashboard, set goals, connect with other members of the online community and learn how to overcome challenges.

Proven results

After 12 weeks of using the program, families see reductions in three key areas:

- ✔ **62% reduction** in child outbursts.
- ✔ **40% reduction** in oppositional behaviors.
- ✔ **19% reduction** in parental stress.

Overall, 87% of families report that their child’s behavior has improved after 12 weeks.

“Brilliantly simple. You’re using what they’re already interested in and helping them learn to manage their emotions better.” – Rob, parent to 12-year-old Emmett

To learn more about how your organization can benefit from Magellan Healthcare’s Emotional Health for Kids solution, email us at mhinfo@magellanhealth.com or visit MagellanHealthcare.com.