



## Case Study

# EARLY DETECTION OF PSYCHIATRIC DETERIORATION THROUGH REMOTE THERAPEUTIC MONITORING

## BACKGROUND



Client Location: Colorado



Provider Type: Clinical Psychologist

A long-term Resonance Rx client living with Bipolar disorder, schizophrenia and Tourette's syndrome was monitored over 31 days, completing **44 music therapy sessions, 7 psychoeducation modules, 20 cognitive exercises**, and multiple mood and psychology scales.

## CHALLENGE

Daily mood scores had been stable around 75 (baseline range), but the Resonance Rx dashboard detected a **sudden drop to 0** following a recent session. Concurrent data showed a **decline in cognitive and memory game performance**, suggesting emerging distress.

## INTERVENTION

The client reported significant stress related to an apartment inspection, accompanied by **command hallucinations and urges to harm himself and others**. His **Tourette's symptoms had also become uncontrollable**.

A LUCID Care Navigator first ensured the client was provided with **appropriate safety resources**, confirmed that he was **alone at home**, and completed a **safety check**. Following this, the Care Navigator **escalated concerns to the treating provider** for immediate follow-up and coordination of care.

## OUTCOME

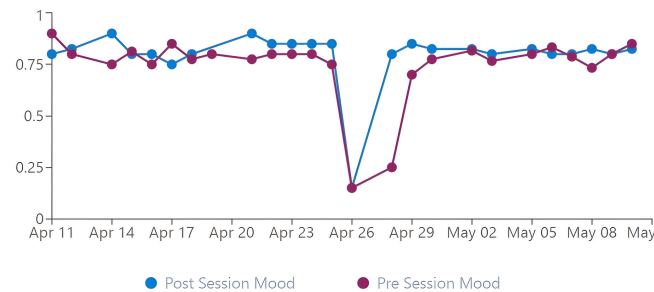
Resonance Rx enabled **early recognition of psychiatric risk** through mood analytics and cognitive performance trends. This prompted a same-day intervention and **provider coordination**, supporting medication review and patient safety.

### Therapeutic Response

APR 11, 2025 - MAY 11, 2025

#### Self Assessment Mood Pre and Post Session

Chart represents emotional positivity. Scale 0 - 1 representing low to high positivity



"With visibility into the client's day to day symptoms, I was able to spot a concern quickly, follow up right away, and give the provider the information needed to make a timely treatment change. The patient felt heard and supported."



Eileen, RN

LUCID Care Navigator



Resonance Rx's mood and cognitive monitoring gives providers an early warning system, turning subtle digital signals into actionable care decisions that improve continuity of care.