

Where do we fit in?

Daily support for the In-Betweeners

If some people are in perfect health and others are in crisis, what happens to the messy middle? We call these beautiful brains the **In-Betweeners**.

Cope Notes wasn't built to replace existing tools and providers. Instead, we team up with them to make sure no one falls through the cracks.

How? By filling the 3 major gaps in the continuum of care while automating its 5 most neglected components:

THE BIG
3

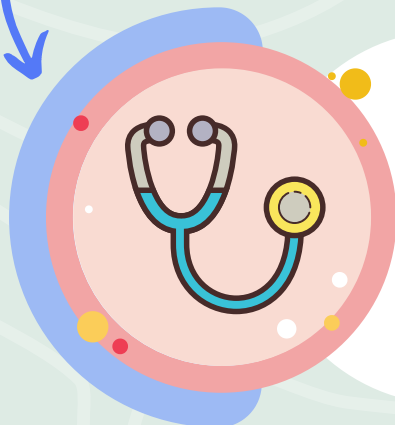
1. PRE-CARE

For people in wait lists, not struggling enough to take action, or unwilling to engage with care due to stigma, budget, privacy concerns, or scheduling issues



2. INTER-CARE

For people already participating in care who need supplemental support between sessions, or those who start strong and slowly become less engaged over time



3. AFTER-CARE

For people who have graduated out of a formal care setting, but still need ongoing guidance, support, and encouragement as they adjust to their new normal



THE BIG
5

1. PREVENTION

Which makes more sense: Proactively supporting the undiagnosed or waiting until they ask for help?

2. INTERVENTION

Why limit care to clinical settings when most of our challenges arise at work, at school, and at home?

3. ENGAGEMENT

How do you keep people engaged between visits or win back the folks who aren't responding?

4. FOLLOW-UP

What happens after the session, the call, the crisis? Who checks in with them the next day, month, year?

5. MAINTENANCE

How are people locking in and building upon the progress they've made over the long-term?