

## Thrive for Montana

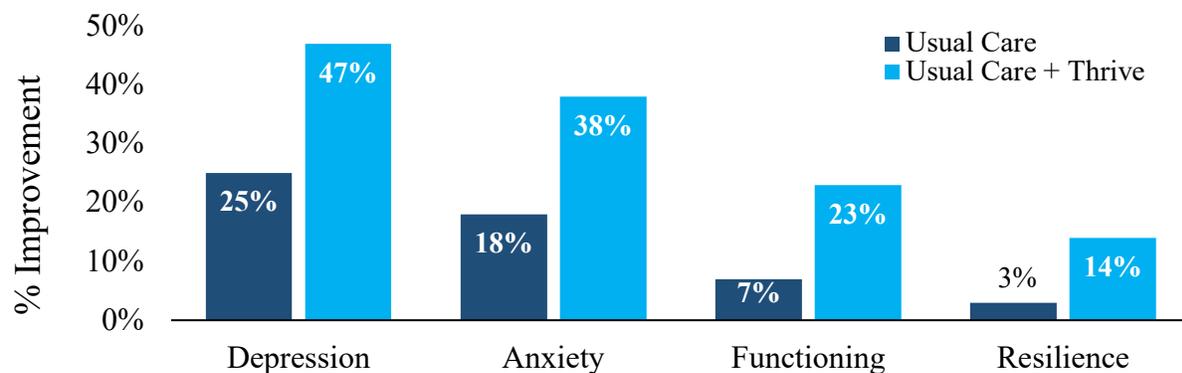
Thrive for Montana is a study of an evidence-based online program for depression. Interested individuals can learn more and apply to join at [ThriveforMontana.com/learn](https://ThriveforMontana.com/learn).

In our lifetimes 25% of us will suffer depression. In any given year 7% have depression that causes obvious distress and dysfunction for individuals, families and communities and increased risk of suicide. In 2017, Montana’s suicide rate was the highest in the nation and more than double the national rate. Mental health practitioners want effective treatment for all patients they see, yet Montana has only 23% of needed mental health practitioners.

Montana State University (MSU) is studying an evidence-based program called *Thrive*, an online Cognitive Behavior Therapy program designed to help Montanans with depression. *Thrive* uses educational videos and tailored feedback to help people think more constructively, communicate more confidently and do more activities that make them feel and function better.

The first *Thrive* for Montana randomized clinical trial was carried out across Montana by MSU with 343 Montanans. Participants who received access to *Thrive* in addition to usual care experienced significantly greater improvements in depression, anxiety, work and social functioning, and resilience compared to participants who received only usual care.

Outcomes at week 8 in RCT comparing usual care to usual care plus *Thrive*. Additionally, participants receiving access to *Thrive* were 58% less likely to experience suicidal ideation at week 8 compared to participants receiving only usual care.



The Montana Department of Human Health and Services is funding a second study offering *Thrive* to many more adult Montanans with no cost for participation or use of the program.

You can learn more and apply to join the study at [ThriveforMontana.com/learn](https://ThriveforMontana.com/learn). Those who are eligible may receive free access to the *Thrive* program. For more information, please contact Dr. Mark Schure at [mark.schure@montana.edu](mailto:mark.schure@montana.edu) or 406-994-3248.

The *Thrive* for Montana study is administered by the Center for Mental Health Research and Recovery at Montana State University.