

## Outcome Genii App Guide

### If you are a first time user:

- It is best to take your time and read along with the audio.
- It could be helpful to go slowly enough so that you can take notes, so pause before you tap Next.
- OG provides Two Transparencies the first time you use it, which describes the function of the icons.

### A. Home Page and Transparency:

- a. The Five Home Page Icons: Home, Settings, E-Mail, Previous, and Next are self-explanatory.
- b. The Two Setting Icons: Before you tap on the X of the transparency on the Home page, which would initiate the starting of OG, swipe to the right so that you can see the transparency for the Settings Icons. The Setting transparency provides the instructions for the Sound: On and Off. You can swipe right at any time while using OG to turn on or turn off the sound. This transparency also provides instructions for Resetting/Clearing the previous use of choices. *Note, that in order to clear the App you first have to return to the Home page by tapping on the Home Icon, then swipe right to follow the steps for Resetting/Clearing OG.*
- c. Once you have understood the instructions for the use of the Two Setting Icons, tap on X and this will clear this page's transparency. Next, swipe left back to the Home Page and then tap on the X of this page to clear this page's transparency. This will initiate OG on the Home Page. The transparencies will not reappear on any further use unless you reinstall OG. *If you have any need for further instructions, go to [Outfar10.com](http://Outfar10.com) to the App Category. **You can return to these icons at any time by swiping right.***

### B. Make A Choice:

When you come to the fourth page, titled "Make a Choice" three options to select from are listed:

- a. Haven't Lost It Yet: Before Reactive Behavior
- b. Already Lost It: During Reactive Behavior
- c. Lost It: After Reactive Behavior

#### a. Make a Choice, Haven't Lost It Yet, Before Reactive Behavior

##### **First Section:** Assessment

- As you go through the questions of this section, tap on all options (1 or more) that apply to your situation, for each question.
- Once you complete the Assessment, you will come to the Assessment Summary Page. At this point, you have the option to:
  1. Return to a previous page to review your choices or make a change, by clicking on the "Previous" icon located at the bottom of the screen;

2. E-Mail the Assessment Summary section immediately after you finalize reviewing it, by tapping on the e-Mail Icon located in the upper right corner of the app. You may want to e-Mail your summary to yourself, your counselor, or to any of your support people. Or,
3. You may want to skip the e-Mail at this point and continue to the Desired Outcome Section. At the end of this section, Outcome Genii App combines both summaries and this is a good place to e-Mail the compiled outcome.

**Second Section: Define the Desired Outcome**

- In this section you will scroll in order to review the benefits and consequences of any possible interaction.
- In Section C, Immediate De-escalation Interventions, if you tap on Slow and Deep Breathing or Walking Meditation you will open an audio/visual slide show each lasting about ten minutes. Should you tap on Soothing Music you will open music, stream that lasts about seven minutes. Upon completion of these interventions tap on Next to proceed through the remaining choices.
- Once you complete the Desired Outcome choices, you will be presented with the option to:
  1. Go back to any category in this section by tapping on the screen at the category you want to revisit. This is your opportunity to make any changes as to your choices.
  2. Proceed to the next screen, the Summary of “ Define the Desired Outcome.”
  3. If again, you want to make any further changes, tap on the Previous Icon to return to the Re-Define the Desired Outcome Sheet and tap on the category you want to review.
  4. Once returning to the Summary Page, in the upper right corner you will be able to e-Mail this summary by tapping on the e-Mail Icon.
- Tap on the Next Icon to proceed to The Compiled Summary Page, which combines the Assessment and Define the Desired Outcome Sections.
  1. You can e-Mail this summary by tapping on the E-Mail Icon in the upper right corner.

b. Already Losing It: During Reactive Behavior

Tapping on this Choice will bring you to:

1. Try the following immediate De-escalation interventions:
  - a. Slow and Deep Breathing: an Audio/Visual Slide Show
  - b. Soothing Music: A Music Stream
  - c. Walking Meditation: an Audio/Visual Slide Show

2. The next category: Call the Hotline for Reactive Behavior is currently unavailable except for the numbers at the front of OG, which you can access by tapping on the Home Icon.
  - a. The Suicide Hotline
  - b. The NAMI Warmline
    - i. Speak with a peer
3. Tapping on the Next Icon will take you to the summary of this section. If you feel calm enough after listening and watching the De-escalation Interventions tap on the Home Icon and see if it's helpful to proceed through the first section, Haven't Lost It Yet, Before Reactive Behavior.

c. Lost It: After Reactive Behavior

- Should you open OG after an episode you may need to just relax a bit. So open Section Already Losing It, During Reactive Behavior and open Slow and Deep Breathing, Soothing Music and Walking Mediation. This will assist you to rebalance your emotional state.
- Once you feel more together, tap on the Home Icon and try proceeding through Haven't Lost it Yet, Before Reactive Behavior and experience the cognitive portion of OG, which can assist you in managing your response to being upset the next time.

**C. Comments and Observations:**

Once you have completed either Sections 1, 2, and or 3. it can be helpful to tap through to the Comment Page.

- a. Make any observation (s) as to the circumstances and the feelings that you may want to emphasize so that it puts more context to the emotional episode you have been experiencing.
  1. E-Mail it along with you Compiled Summary to yourself and download it either to an e-Mail folder or to a folder on your computer. It will show the date and by keeping these e-Mails, you will be able to track your engagement with OG and its affect on your life experiences.

**Note:** Reviewing these episodes by date will hopefully provide insight into your life experiences that lead to emotional episodes and the effort you are making to manage your life so that you feel more in control and that you truly are exercising your Free Will and Choice.

**D. REMEMBER:**

Before you can use OG again you will have to reset OG. In order to clear the App you first have to return to the Home page by tapping on the Home Icon, then swipe right to the Setting Page, tap on Reset and then follow the steps for Resetting/Clearing OG. It is a good idea to do this now before leaving OG so that it's ready the next time you feel that it can help you through an emotionally challenging situation.