



# Positive Activity Jackpot

## Mobile App

The National Center for Telehealth & Technology designs, develops, and deploys state-of-the-art tools to aid in addressing the psychological health of service members, veterans, and their families.

T2 is dedicated to establishing best practices, promoting quality standards, and combating the stigma often associated with seeking psychological health services. The core team of psychologists, engineers, web designers, database developers, and project managers build applications for web and mobile platforms, and specialized domains such as clinical telehealth and virtual worlds. Mindful of the importance of demonstrating outcomes, T2 projects are subject to rigorous program evaluation protocols.



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# NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY

### Positive Activity Jackpot

After returning from a combat deployment that controls almost every moment of a service member's daily schedule, many have difficulty adjusting to a less structured life at home. This can lead to difficulties with relationships, depression and other problems. Using a well known behavior therapy known as pleasant events scheduling, The National Center for Telehealth & Technology developed the Positive Activity Jackpot app to help soldiers adjust to life at home.

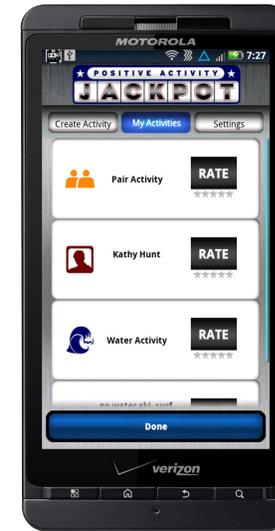
The Positive Activity Jackpot uses augmented reality technology to combine a phone's GPS and camera to find nearby enjoyable activities or pleasant diversions.

This app allows the user to select people from their contacts who they might want to invite for an activity. They may then select their favorite activities from an extensive list of pre-programmed activities. If the user cannot make up their mind which activity to choose, they may "pull the lever" and let the app's jackpot function make the choice for them.



### Overcome Depression and Increase Resiliency.

The Positive Activity Jackpot uses a professional behavioral health therapy called pleasant event scheduling, which is used to overcome depression and increase resiliency. While this app does not require clinical training to use, it should not be used as a substitute for treatment by a therapist. A clinicians guide and informational video are available at [t2health.org/apps/positiveactivityjackpot](http://t2health.org/apps/positiveactivityjackpot).



### Download Positive Activity Jackpot Now!

Designed and developed by the National Center for Telehealth & Technology, the Positive Activity Jackpot is now available on the Android platform. Download the Positive Activity Jackpot by scanning the Quick Read code below. You can also visit the Android Marketplace or our website at [t2health.org](http://t2health.org).



See all of T2's mobile apps at [www.t2health.org/apps](http://www.t2health.org/apps)