

## Reaching Kids with Complex Challenges

### Kids in Transition

The Kids in Transition (KIT) Program provides specialty residential treatment to boys age 12 to 17 with emotionally and behaviorally complex challenges. KIT uses a multidisciplinary approach including cognitive behavior therapy, behavior modification, daily group therapy, and weekly individual and family therapy.

### KIT in the Virtual Environment

As a supplement to face-to-face therapy, the KIT program uses a virtual reality platform called InWorld that allows boys to role-play using avatars—graphic representations of people—in a 3D environment.

KIT therapists use the virtual reality platform for:

- Simulation and role playing
- Anger management and conflict resolution
- Authority issues
- Processing emotionally challenging material
- Behavior modification
- Social skills training



Virtual reality throws an exciting curveball into the treatment options when traditional therapy fails. It provides a means of reaching the *hardest to reach kids* in a forum that is on their level (technology).

– Heather, therapist

### The Company

InWorld Solutions is an innovative leader in the application of virtual environments to healthcare and behavioral medicine. The InWorld virtual environment platform incorporates a wide range of avatars, content, and features specifically designed to facilitate clinical and educational applications. The company is a member of the CFG Health Network, a comprehensive medical and behavioral health care provider dedicated to transforming access to cost-effective quality behavioral health care.

### Clinicians' Responses

KIT therapists say the virtual platform has led to:

- **greater engagement**—boys with ADHD tended to be less easily distracted.
- **better communication**—the chat function is familiar to the young patients.
- **improved face-to-face sessions**—patients are better able to communicate in the non-threatening, non-confrontational virtual world.
- **new patient perspectives**—using avatars to see another's viewpoint leads to empathy.

### Children's Responses

The KIT patients say the virtual platform:

- **helps them discuss sensitive topics**—speaking through an avatar or using the chat functions makes them feel less self-conscious.
- **allows them to become self-observers**—through role-playing and additional viewing perspectives, patients are able to observe their own behavior.
- **gives them freedom of expression**—using an avatar allows them to safely experiment with new clinical life scenarios and behaviors.



InWorld gives kids a safe space in which to voice feelings toward people they need to confront. It is a powerful experience for a child who didn't feel he had a voice with which to advocate for himself.

– Grace, therapist

The virtual reality component is very interactive for the kids and the computer takes away some of the anxiety of the situation they are working on, making it easier for them to learn.

– Parent