

Emotional Health for Kids

by Mightier

When your employees have children with emotional issues it affects every aspect of their lives. They can be distracted, take unplanned time off, or leave the workforce entirely to care for their kids. Magellan Healthcare has joined forces with Mightier to offer a unique, convenient solution.

Mightier, a clinically proven biofeedback game developed by clinicians at Boston Children's Hospital and Harvard Medical School, helps children ages 6 to 14 to navigate strong emotions, build confidence and thrive. Mightier is for kids who struggle with anxiety, anger or behavioral issues, and can help children who have been diagnosed with oppositional defiant disorder, attention deficit-hyperactivity disorder, generalized anxiety disorder or autism spectrum disorder. Children build emotion regulation skills through play, and caregivers get help in building emotionally healthy homes.

How does it work?

Children wear a heart rate monitor connected to a game tablet. As they play the game and their heart rate goes up, the game gets more difficult. Players must lower their heart rate to win rewards by taking deep breaths or pauses. Over time, these self-management actions become automatic, even when the child faces challenges in daily life. Caregivers can see the children's progress on a dashboard, set goals, connect with other members of the online community and learn how to overcome challenges.



Brilliantly simple. You're using what they're already interested in and helping them learn to manage their emotions better.

– Rob, parent to 12-year-old Emmett



Proven results

After 12 weeks of using the program, families see reductions in three key areas:

- 62% reduction in child outbursts
- 40% reduction in oppositional behavior
- 19% reduction in parental stress

Overall, 87% of families report that their child's behavior has improved after 12 weeks.



Ready to talk to someone about transforming your employee experience?
Visit MagellanHealthcare.com/eMbrace or email MHCinfo@MagellanHealth.com.