

We are thrilled to announce the launch of Media Use Risk and Behavior Screening (MURBS) and invite you to join the MURBS journey with us! We are offering a **free** 3 month trial to 10 schools who are interested.

Created by Dr. Miranda Virone, OTD, OTR/L, MURBS is an innovative, interactive screening tool designed to evaluate the effects of phone and social media use on youth health and safety. After five years of research on how media impacts adolescent mental health and social participation, MURBS highlights risks and relationships between media use and well-being. Dr. Virone collaborated with Dr. Sandy Whitehouse (Tickit Health), who specializes in creating empathetic digital tools for children and youth, to develop this unique screening solution.

MURBS is available for deployment in schools, community clinics, and other settings, to provide a comprehensive evaluation of phone and social media effects on children and teens mental health and well-being.

Why MURBS matters

The Surgeon General's 2023 Advisory on Social Media and Youth Mental Health underscores the urgent need for tools that can identify and mitigate the risks associated with social media use and issued a warning regarding the [adverse effects of social media on young people's mental health](#).

Empowering Schools and Students

MURBS offers schools an effective way to address media-related challenges affecting students' well-being and safety. While banning cell phones can reduce distractions, it doesn't tackle the deeper issues of mental health and media habits. MURBS empowers parents, educators, counselors, and students to take active steps in promoting youth health and safety. By combining MURBS with updated research and policies, we can create a safer digital space and provide the personalized support teens need to thrive both online and offline.

Why MURBS stand out:

Interactive Assessments: Evaluates media use behaviors, including social media habits through Tickit's empathetic platform.

Targeted for Teens: Targets specific risks and challenges for students in grades 6-12.

Customizable and Flexible: Adapts to align with your existing safety and risk initiatives.

Empathy-Based Feedback: Provides real-time psychoeducational and empathy-driven feedback to guide students on their journey.

Grounded in Research: Developed based on the latest research to ensure effectiveness and relevance.

We are offering a free 3 month trial to 10 schools who are interested. Please sign up and strengthen our kids' power over social media. Contact ellen.louie@tickithealth.com

We look forward to collaborating with you!

Dr. Sandy Whitehouse & Dr. Miranda Virone