Digital Mental Health Innovation Cluster

21 March 2023

Digital Health & Care Innovation Centre

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Attendees please note

1. We are **recording this event** and it will be hosted on our DMHIC webpage resources so it can be watched on demand

2. If you **do not** wish to appear on the recording, you should move to the back of the room so you are not on camera

Agenda

- 1000 - **Welcome and update on National Digital Mental Health Programme** - Chris Wright National Programme Lead

- 1015 - **DMHIC Introduction/ Resources / Recap** - Joanne Boyle DMHIC Lead

- 1100 - COMFORT BREAK

- 1115 – Outcomes Map review

- 1145 - **Digital Mental Health Inclusion Update** - Dr Tara French

- 1200 - **Bipolar Scotland** - Maja Mitchell Grigorjerva Delivery and Development Manager, Nigel Lack Volunteer Manager
  & **Near Me** - Marc Beswick National Lead

- 1230 - LUNCH

- 1330 - SHIP Update - Suzanne Graham Programme Manager Innovation Collaboration

  13.45   Regional Updates   Dr Nagore Penades & Dr Fiona Duffy

- 1415 - **Review** - Joanne Boyle DMHIC Lead

- 1500 - **CLOSE**

Chris Wright
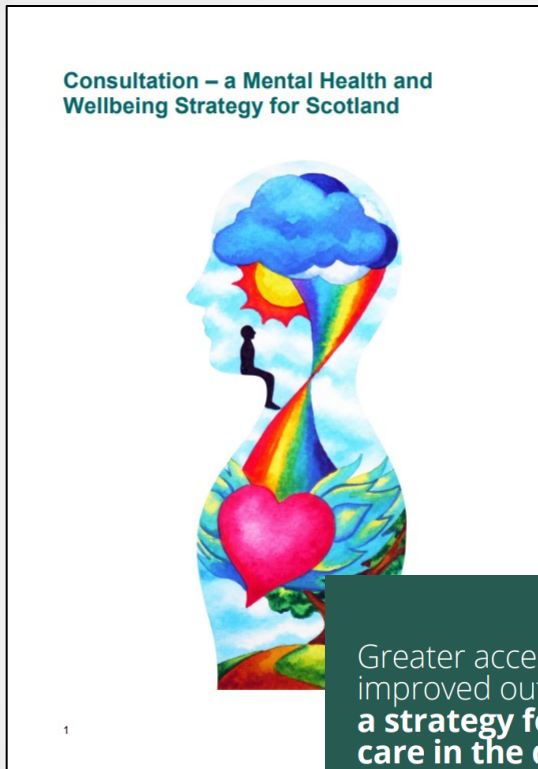
National Update

Innovation A Year On
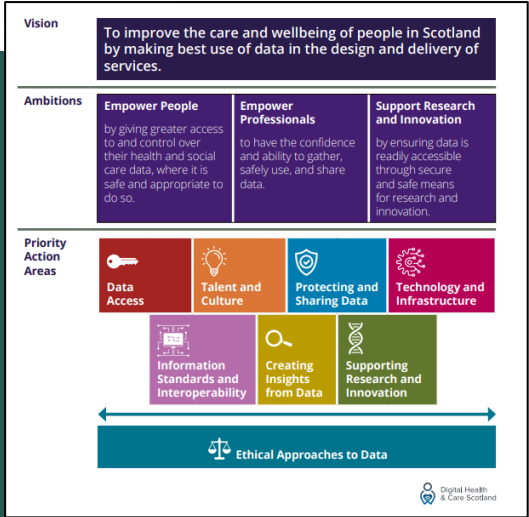
Greater focus

Wider discussion

Meaningful collaboration

More opportunity

National Strategies

Consultation – a Mental Health and Wellbeing Strategy for Scotland

1

New Mental Health Strategy
To be published later in 2023
Focus on - Promote, Prevent and Provide

Digital Health and Care Data strategy
Published March 2023

Greater access, better insight, improved outcomes:
a strategy for data-driven care in the digital age

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Scottish Government and COSLA

COSLA
Digital Health & Care Scotland

Vision	To improve the care and wellbeing of people in Scotland by making best use of data in the design and delivery of services.		
Ambitions	**Empower People** by giving greater access to and control over their health and social care data, where it is safe and appropriate to do so.	**Empower Professionals** to have the confidence and ability to gather, safely use, and share data.	**Support Research and Innovation** by ensuring data is readily accessible through secure and safe means for research and innovation.
Priority Action Areas	Data Access	Talent and Culture	Protecting and Sharing Data	Technology and Infrastructure
	Information Standards and Interoperability	Creating Insights from Data	Supporting Research and Innovation	
	Ethical Approaches to Data			

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Expanding Delivery Capability

National structures to enable the expansion of self-referral and self-management
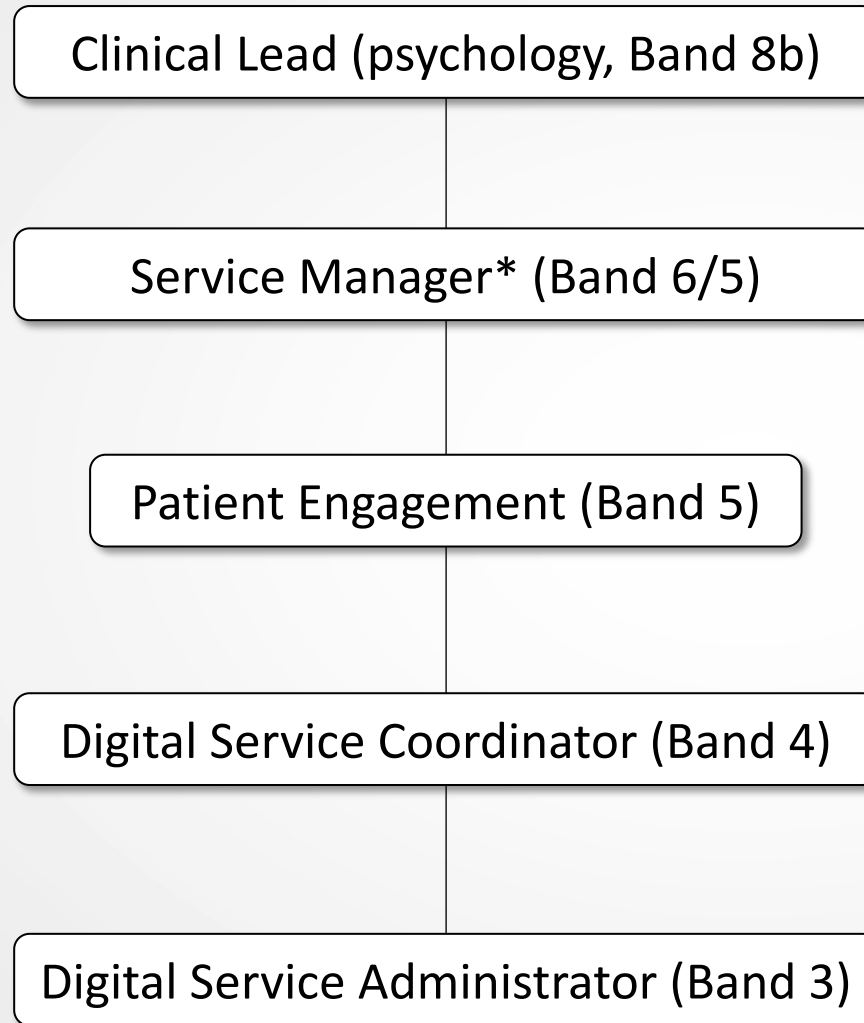

Mind to Mind

If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief - find out how you can improve your mental wellbeing by hearing what others have found helpful.

https://www.nhsinform.scot/mind-to-mind

Digital Front Door

Transactional in nature supporting decision making, self assessment and access to treatments, resources and services

Digital Therapies Team Model

Clinical Lead (psychology, Band 8b)

Service Manager* (Band 6/5)

Patient Engagement (Band 5)

Digital Service Coordinator (Band 4)

Digital Service Administrator (Band 3)

Clinical expansion approved by Minister in July 2022

Protected time for Clinical Lead posts

Addition of Patient Engagement roles

Assistant Psychologists expected to fill these roles

A team in every Board

Focus on Self-Management

Management of Self-management

Management Plans
Daily Diary
Self-care Checklist

Condition & Situation Specific
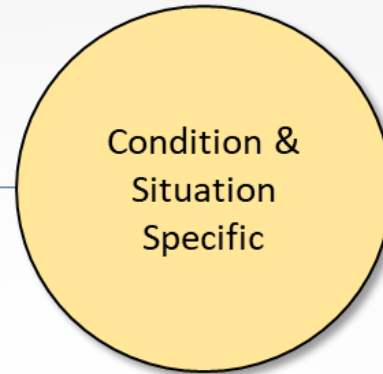
Recovery Plans
Information on Condition
Coping Strategies
Distress Management
Risk Management/Assessment
Digital Therapies
Weight Gain and Mood/Condition
Peer Support
Mood Monitoring
Side Effects, Management/Monitoring

Health & Wellbeing

Relaxation
Physical exercise
Physical health monitoring
Weight management and diet
Community Services
Social Interaction
Lifestyle
Employment

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Sustainability Framework

Leadership & Governance

Focused work on building greater sustainability across digital mental health

Finance

Information and Research

Service Delivery

Products & Technology

Workforce
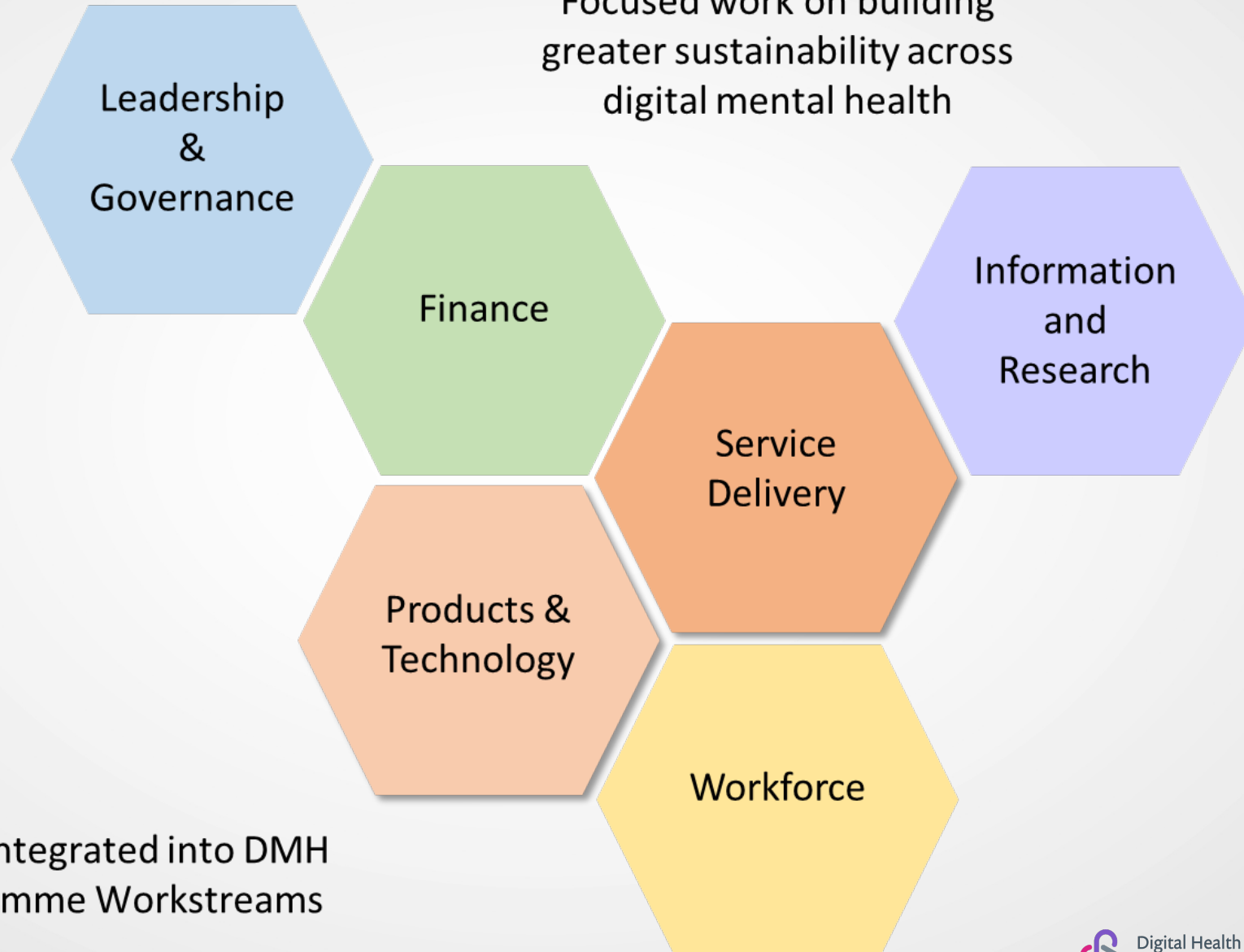
Work integrated into DMH Programme Workstreams

DMH Workstreams

Digital Services

Self-management, self-care and self-help tools, information and resource made available through digital channels

Digital Therapies accessed through referral and self-referral delivered with the use of technology

Video Enabled Therapy, face to face and group therapies

Evaluation

Evaluation of service effectiveness and outcomes

Creation of evaluation cultural and infrastructure

Collaborations to support research development

Innovation

Identifying and testing new technologies

Create environment that supports and encourages innovation

Innovation pipeline that create routes into service for new technologies

Workforce

Appropriate skills are developed

Clinical governance

Greater capacity within services to deliver improved patient engagement

Quality of service delivery

Greater awareness and understanding

Data and IT Infrastructure

Development of a "digital assessment"

National dataset of digital mental health service data

Provide greater access to digital mental health services

Governance

Service infrastructure at local and national levels

Equality and Inclusion

Improve equality of access

Reduce digital exclusion

Development is driven by the needs and feedback of people with lived experience

Accessibility of products
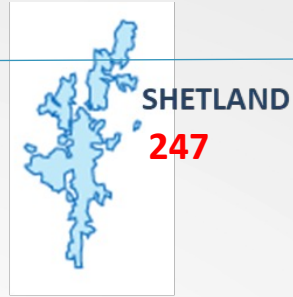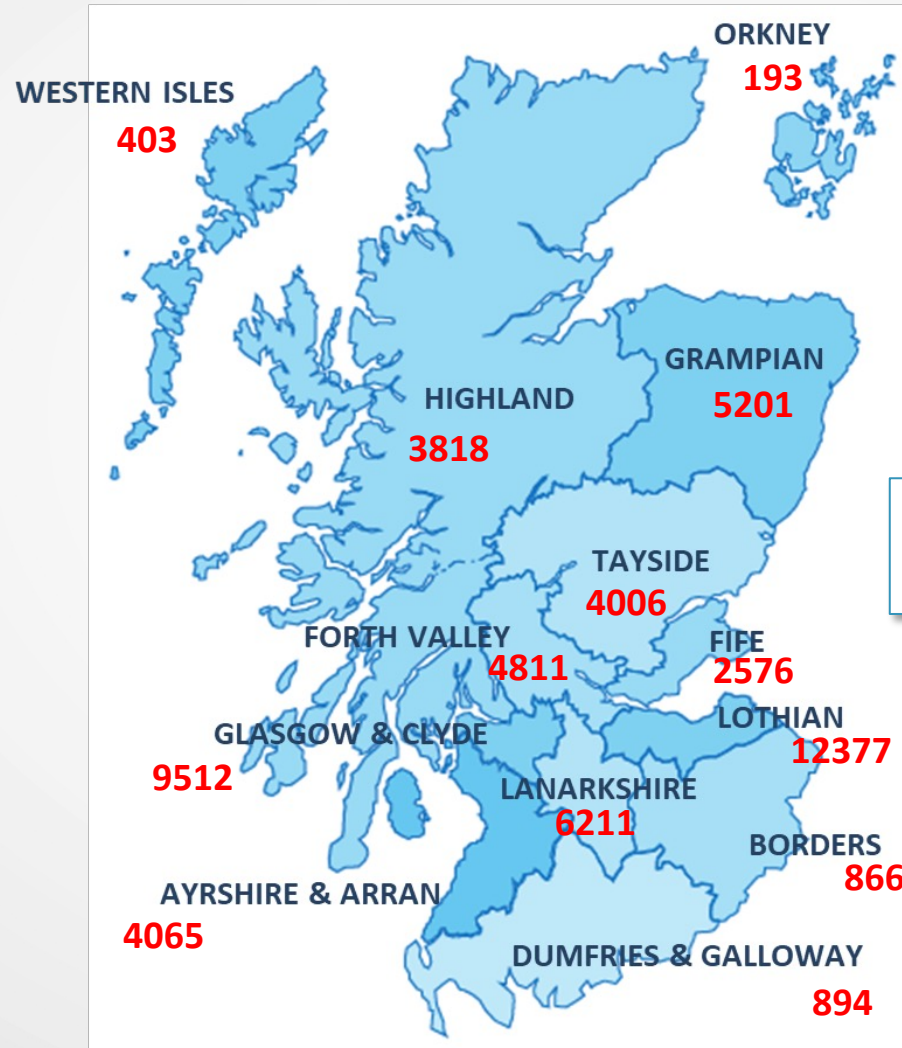
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Reach of Digital Services

SHETLAND
247

ORKNEY
193

WESTERN ISLES
403

GRAMPIAN
5201

HIGHLAND
3818

TAYSIDE
4006

FORTH VALLEY
4811

FIFE
2576

LOTHIAN
12377

GLASGOW & CLYDE
9512

LANARKSHIRE
6211

BORDERS
866

AYRSHIRE & ARRAN
4065

DUMFRIES & GALLOWAY
894

Numbers of referrals in each Board, last 12 months

Digital reaches every parts of Scotland including Barra

Emerging Work Self-Management

Self-managed Treatment, Self Monitoring, Mindfulness/ Relaxation, Reminders, Peer Support, Mood Trackers, Self & Risk Management

ADHD, Autism, Addictions, Anxiety, Bipolar, Depression, Eating Disorders, Panic, Phobias, Stress, Brain Injury

Demand led Challenges

Digital tech can help support staff in the delivery of care, enabling staff to work more effectively and efficiently

Better use of data, increase in digital therapies and implementation of remote monitoring can support this

Digital health technologies can help those living with mental health stay on top of their physical health through a number of existing technologies including wearable monitors, fitness trackers etc.

Digital Telehealth solutions can allow remote access to care, similarly remote monitoring and digital therapy can allow patients to receive care and manage their mental health

Digital health technologies can support the reduction of inequalities through virtual appointments, digital therapies and remote monitoring, it can provide access to information and education resources for patients, carers, and mental health professionals.

Digital technology can enable rapid response through automated emergency responses systems and passive monitoring of mental health patients

Public engagement and understanding of mental health and wellbeing

Supporting mental health service staff

Prevention and early intervention

Demand Led Challenges

Physical and mental health

Access to treatment and services

Identify and reduce inequalities

Rapid response

Financial, social and emotional wellbeing

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Potential areas for Innovation

Prevention and Early Intervention

- **Artificial Intelligence**
- **Digital Phenotyping**
- **Virtual Reality**

Access to treatment and services

- **Virtual Reality**
- **Artificial Intelligence**

Supporting mental health service staff:

- **Virtual Reality**
- **Artificial Intelligence**

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Innovation Clusters

We are developing a series of innovation clusters where our diverse membership of civic, commercial industry and academic partners can come together to share learning, skills, experience and collaborate on new ideas to solve health challenges

Join our network >

Healthy Ageing Innovation Cluster (HAIC) >

Digital Mental Health Innovation Cluster (DMHIC) >

Aim: To accelerate digital innovation and Adoption in health and care

Create	Share	Build	Seek & Solve	Opportunities
Create a collective of shared interests, expertise and skills	Share information and support knowledge exchange	Build Collaborations that are greater than the sum of their parts	Seek and solve demand led challenges	Identify funding/host challenge opportunities
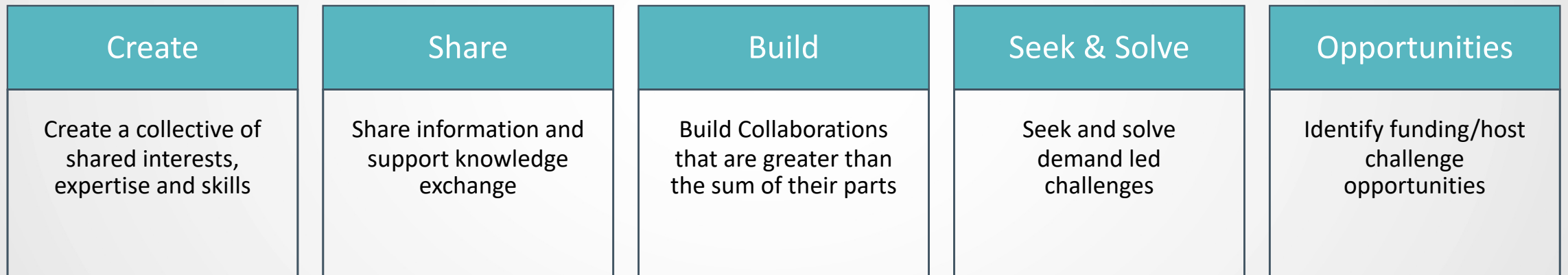
Key Functions

- **Connectivity**: they provide a dedicated space for interaction with the local ecosystem. These spaces can be virtual and physical and should attract a wide range of actors from within each innovation community (Digital Mental Health) and beyond
- **Knowledge management**: they function as consistent points for knowledge exchange (within Scotland and between and across international Innovation Hubs)
- **Activity management**: they act as a centre for mobilising and progressing specific innovation activities

Knowledge Management

DIGITAL HEALTH & CARE INSTITUTE

Review of Current Use of Digital Solutions for Mental Health

April 2020

- Market and strategic analysis
- Reviewed current usage of digital solutions used in managing mental health conditions
- Focus on digital solutions to aid prevention, diagnosis and treatment
- Mental Health Strategy - Delivery Plans
- Improved and increased accessibility using 21st Century approach

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Emerging Innovations in Digital Mental Health

- https://doi.org/10.17868/strath.00081236

Emerging Innovations in Digital Mental Health:
A Deeper Dive

Focus on 4 areas of Innovation:

1. Artificial Intelligence,

2. Virtual Reality,

3. Gamification,

4. Digital Phenotyping.
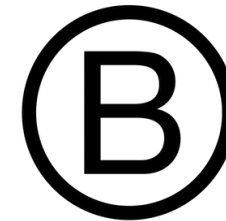
Typical process

Context mapping

What helps and hinders achievement of outcomes?

Success stories

What does success look like against the headings?

Outcome mapping

Building on the first workshops to develop a theory of change

Data audit and planning

What data exists and what will we need?

Analysis and reporting

What can we conclude from the evidence we have reviewed?

Mapping Outcomes

Reach of Digital Services

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Digital Inclusion

Mental Health and Housing

Dr Tara French
Tara.French@gov.scot

Digital Health & Care Scotland

TEC

"Digital inclusion means ensuring that everyone has the opportunity and motivation to develop their skills and confidence and can access an appropriate device and connectivity to do the things they want to do online.

It is key to social inclusion, human support and connection."

SCVO
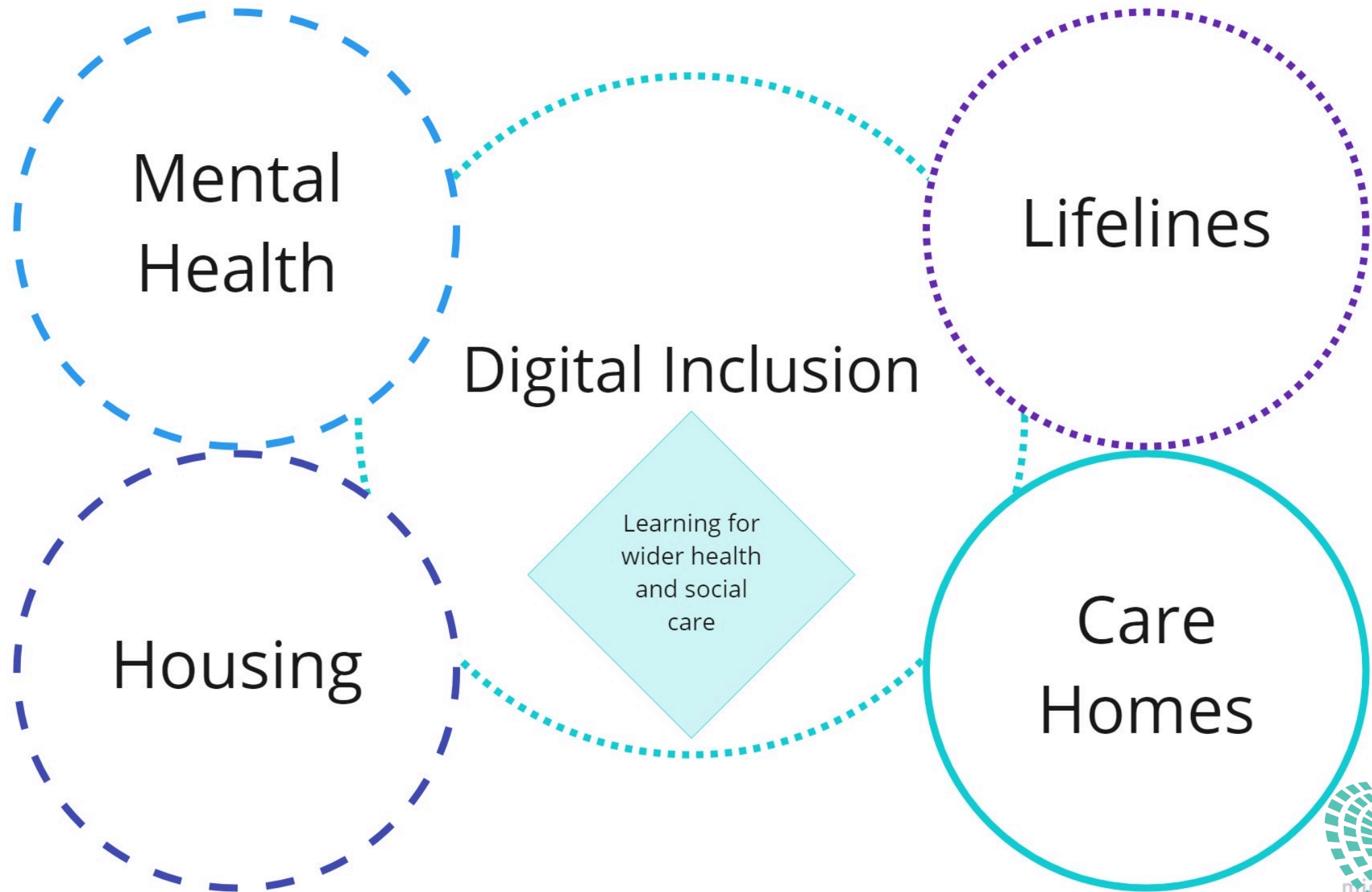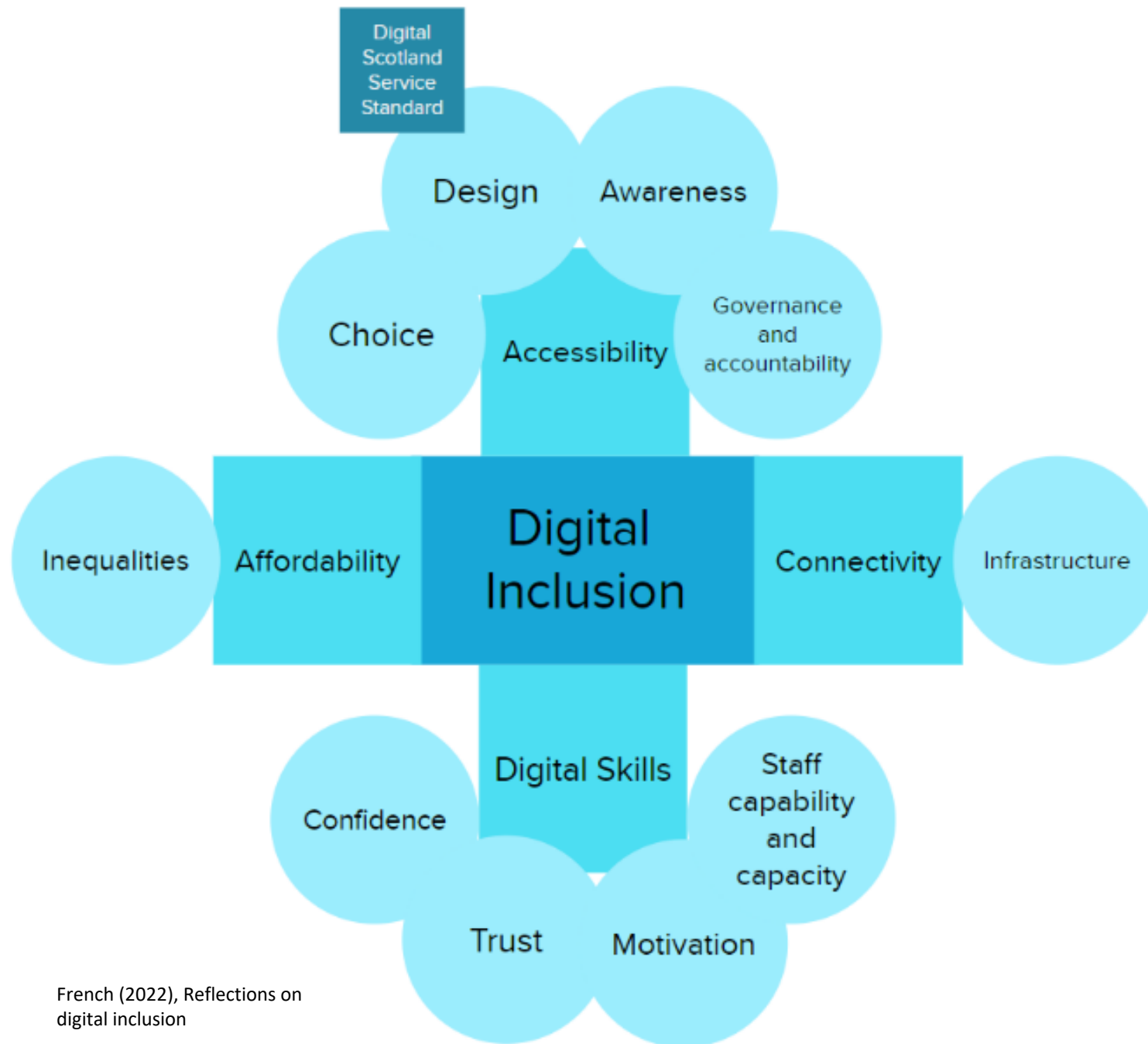
French (2022), Reflections on digital inclusion

As someone that's digitally excluded I need…

Motivation — To understand how being online is of benefit or of interest to me…

Device — On a device that is suitable for my needs and enables me to do the things I want to do…

Connectivity — With affordable and reliable connectivity…

Skills & Confidence — Having the skills and confidence to do things for myself…

Inclusive Design — On platforms and digital services that I can easily access and navigate.

SCVO TEC

Programme Aims and Context

Mental Health

Digital Inclusion

Learning for wider health and social care

Housing

Learning by doing

Learning by doing
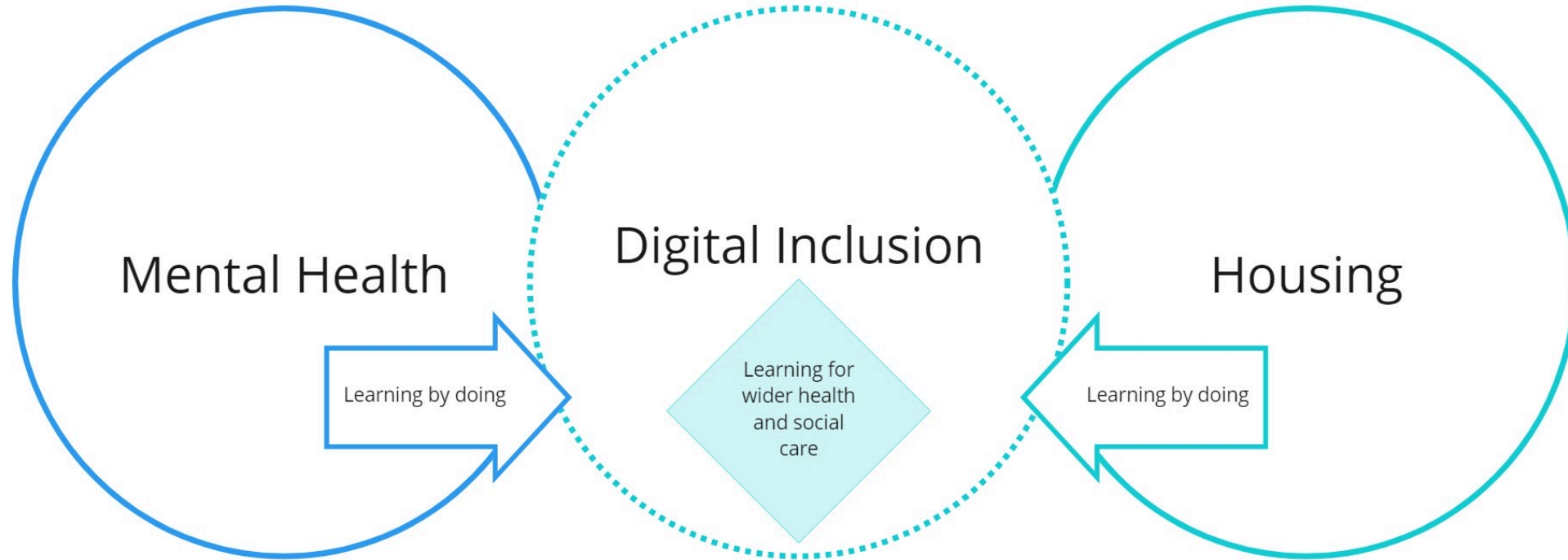
We will develop, test and implement a range of digital inclusion models that enable people to access mental health and housing supports (and wider services) and feel empowered, digitally confident and experience improved wellbeing through the wider opportunities and connections to communities that digital inclusion brings.

TEC

Outcomes and impacts

People have **greater access to digital solutions** that can support them in their health and wellbeing and have **increased awareness** of available supports.

Health, social care and housing **culture/practice** is increasingly digitally connected, strengthened in **enabling digital choice** and in developing **digitally inclusive services**.

A **shared understanding** of digital inclusion across health, social care and housing is created through learning with **appropriate, sustainable models and approaches** developed.

Sustainability: creating legacies, building capacity

Relationships

Playbook

Service Integration

Evidence
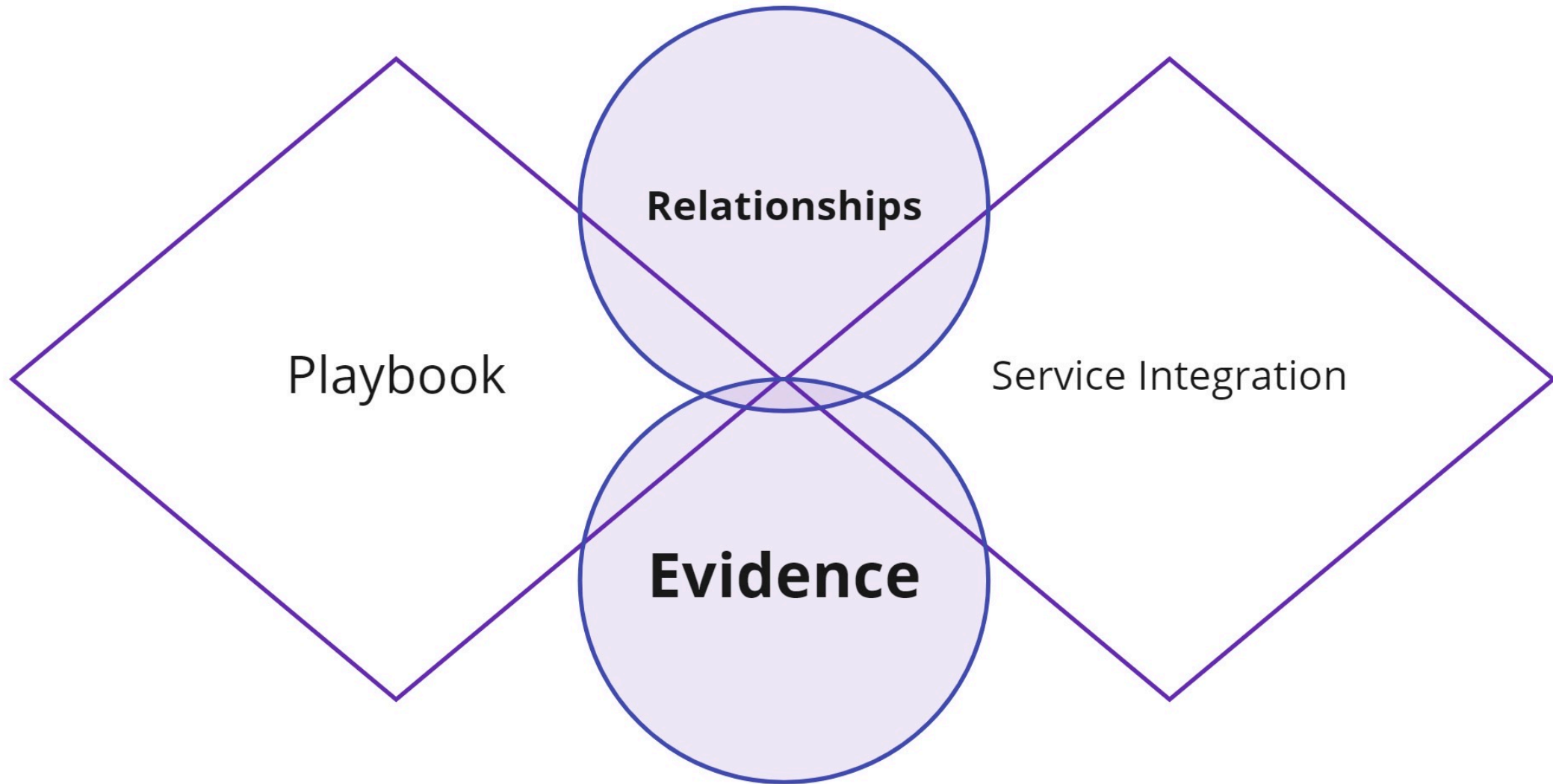
'Digital inclusion, not just widening access'
'Digital as a choice' (Human Rights Principles for DHASC)

TEC

Digital Inclusion: Digital Mental Health

Image credit: Digital Mental Health Programme
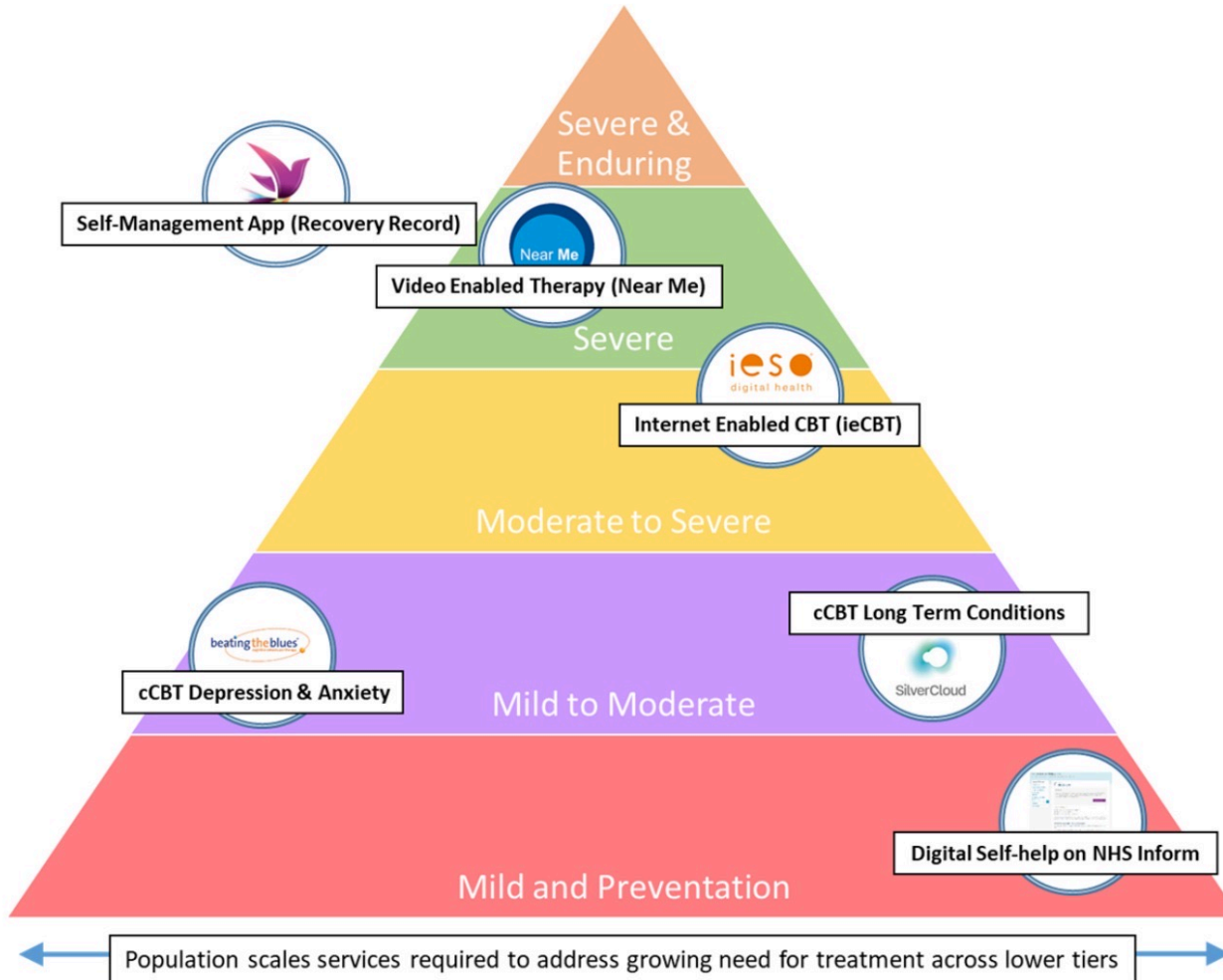
What does digital inclusion look like across the different tiers of support and how do we enable 'inclusive design'?

Thank You

For more info / keep in touch:

nss.tec@tec.scot   **tec.scot**

Remote Peer Support

How Digital Technology Supports Service Delivery

Bipolar Scotland

About Bipolar Scotland

Scotland's National Charity for People Living with Bipolar

...a good life for everyone in Scotland who lives with bipolar.

- **Member led**
- **Advocates of peer support**
- **Focused on equality**

Bipolar Scotland

About Bipolar

Mania   Equilibrium   Severe Depression

- 2% of the population

- Can affect anyone of any age and background

- Increased risk of mortality

- Management is possible with the right support and treatment

- Bipolar affects people in different ways

Bipolar Scotland

Beyond Diagnosis
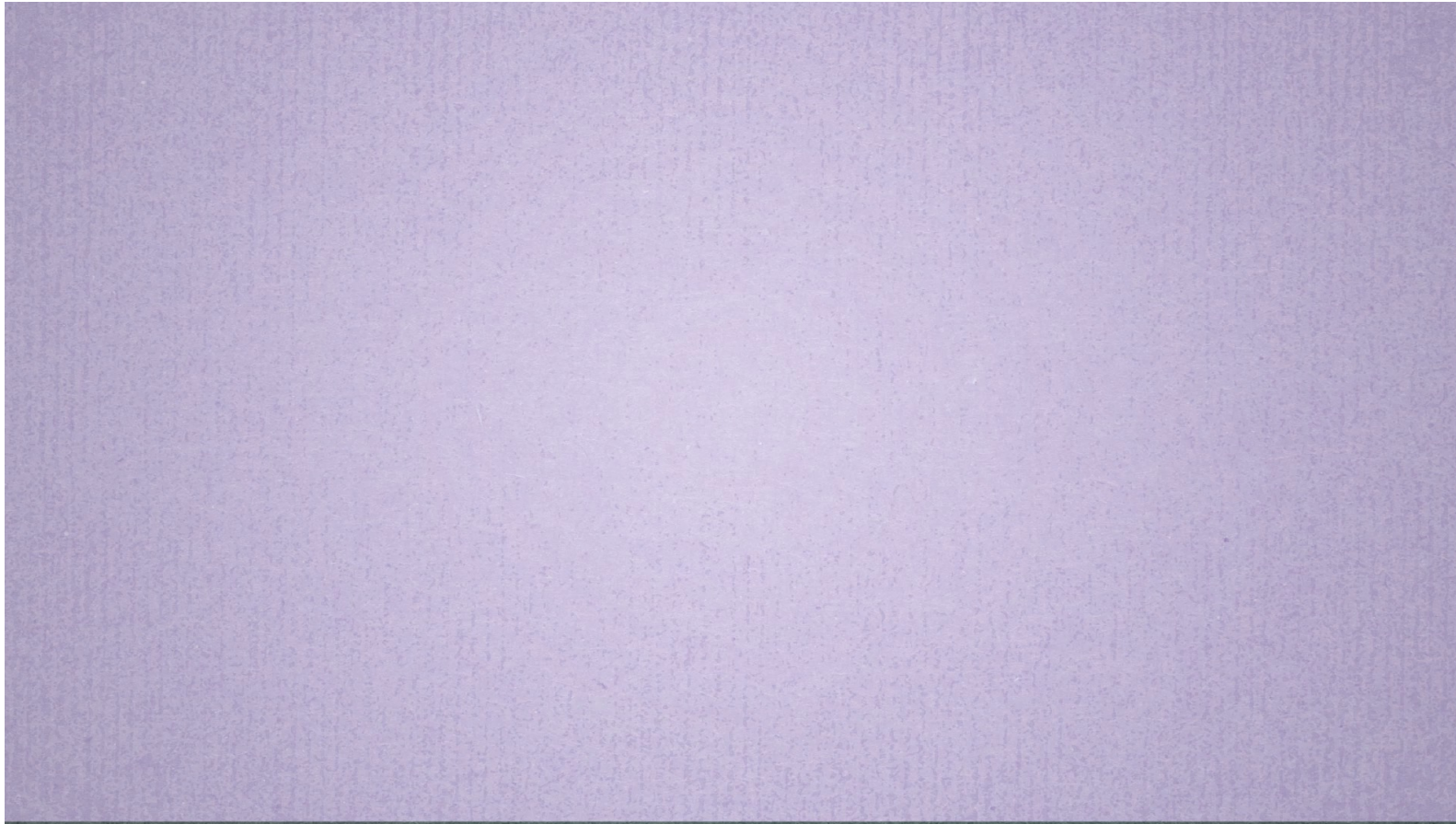
Outcomes

People newly diagnosed with bipolar…

- Feel better able to **self-manage** their condition

- Have increased **self-esteem**

- Feel **less isolated**

- Feel **more empowered** to make decisions about their care and treatment

- Feel more **optimistic** for the future

Bipolar
Scotland

Considerations

- Scale
- Capacity
- Delivery mode
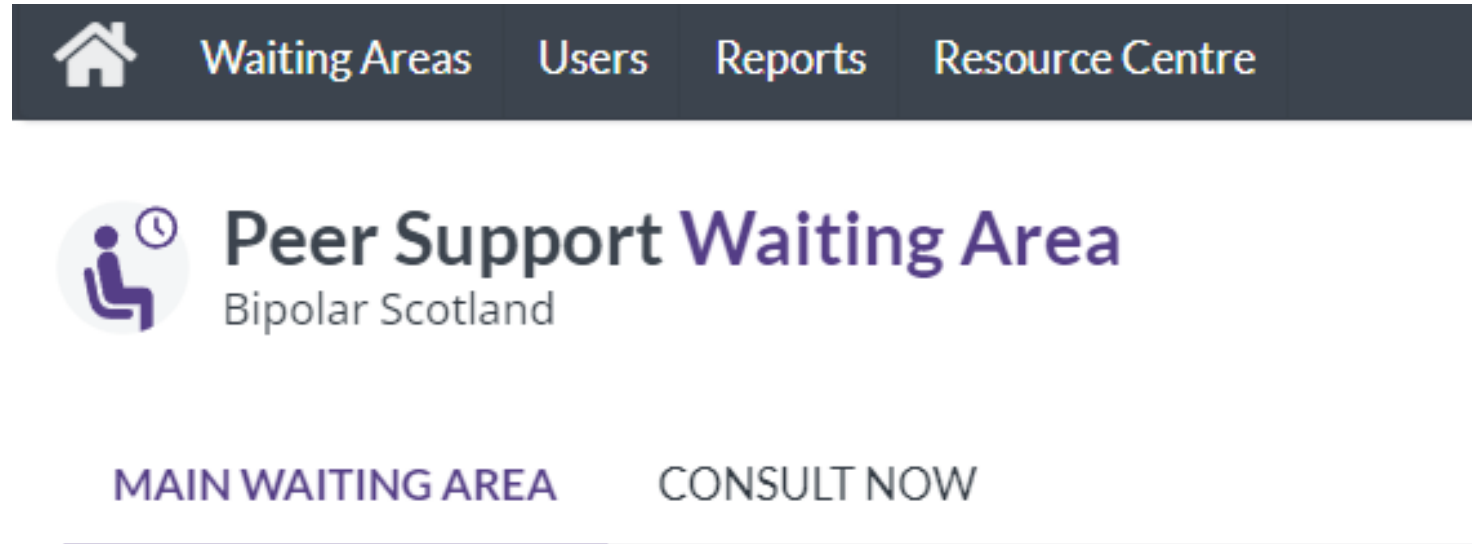
Beyond Diagnosis in Numbers

- **3** part-time Peer Workers
- A growing team of **20+** Peer Volunteers
- **57** referrals
- **19** peers have exited the service
- Referrals from **17** local authorities

Bipolar
Scotland

Impact

"If you've just been diagnosed it can be such a scary time whereas this has made me realise it doesn't have to be."

"Made me more resilient and hopeful."

"I feel less alone and connected to a community which I didn't know existed before."

"My peer worker has been a God-send and made the whole diagnosis and treatment so much easier to manage."

"It's been so helpful to talk to someone who knows how I feel and we can share experiences."

Bipolar Scotland

Our Learning So Far

- Peer support looks different for each person

- Meeting online is not a barrier to building connection and understanding

- Phone support is preferred by some

- Post-diagnosis support is vital

Bipolar Scotland

Thank You

Bipolar Scotland

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Volunteer Manager

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Near Me

Marc Beswick National Lead

The Near Me Groups Journey in Scotland

Marc Beswick
National Lead
Near Me Networks
Scottish Government

@marcbeswickahp   @NHSNearMe

Hogmanay onwards 2022....

Four Pathfinder Health Boards

Primarily Mental Health as a priority and other professional groups included

Highest Users

Near **Me**

Neuropsychology

Psychology & Clinical Psychology

Psychotherapy

Child & Adolescent Mental Health

Psychiatry

Community Mental Health

Supportive Activities

Near Me
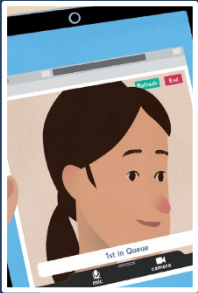
Supporting Documentation & Guidance completed, Whitelisting
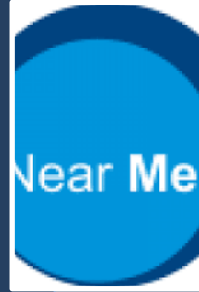
Launch Comms & Social Media
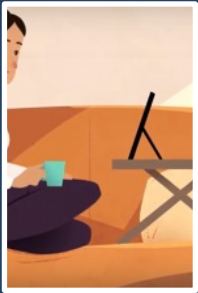
Training Videos, Screensharing and Test Call guidance
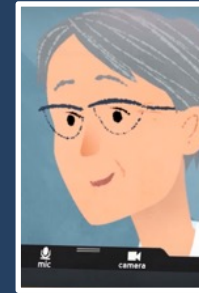
Website updates and Webinar
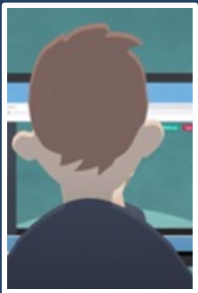
Wider scale up including Digital Mental Health Leads
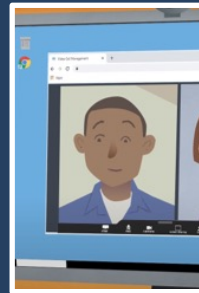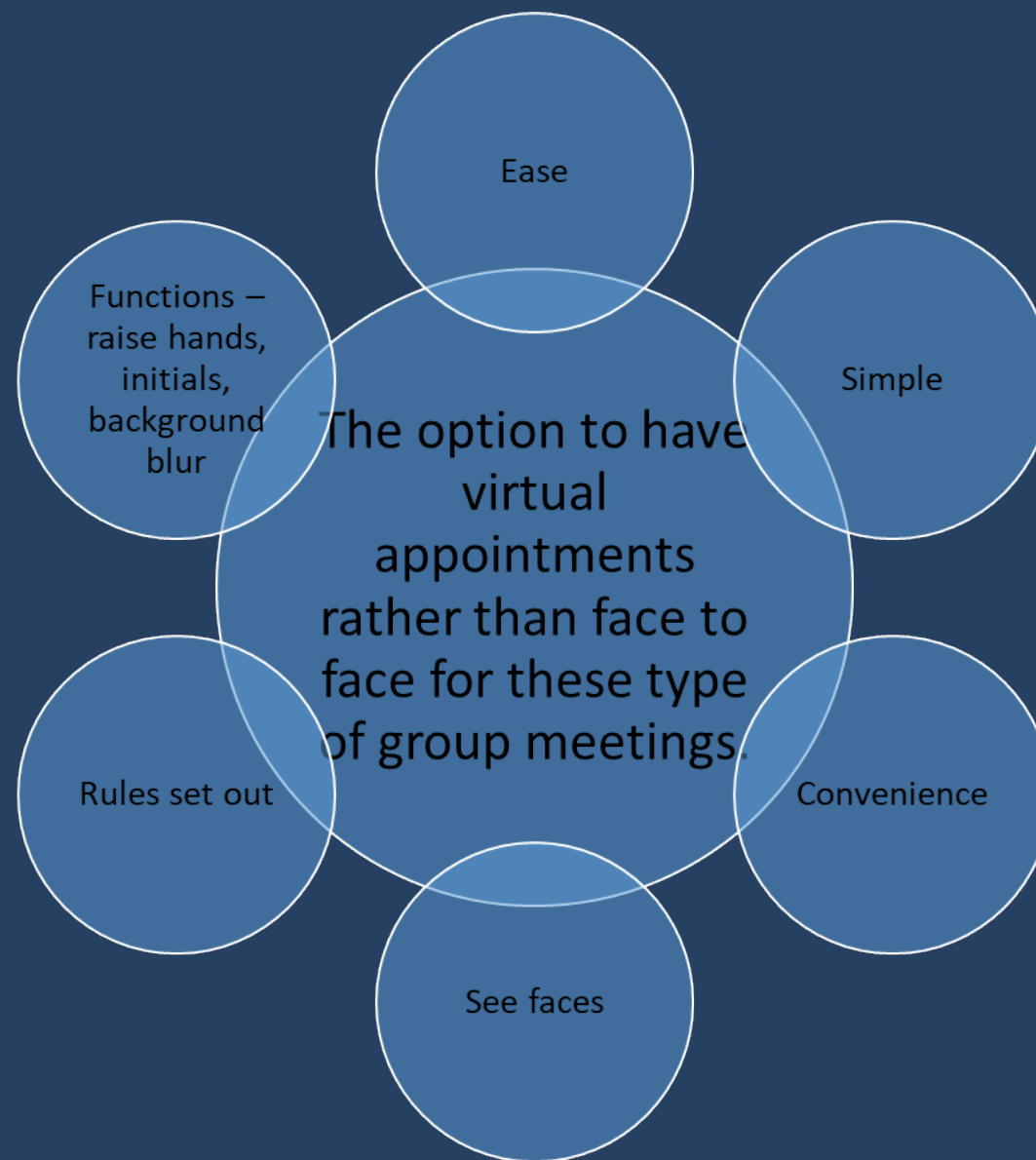
Learning from Pathfinders. Gathering impact & outcomes

Caller Feedback

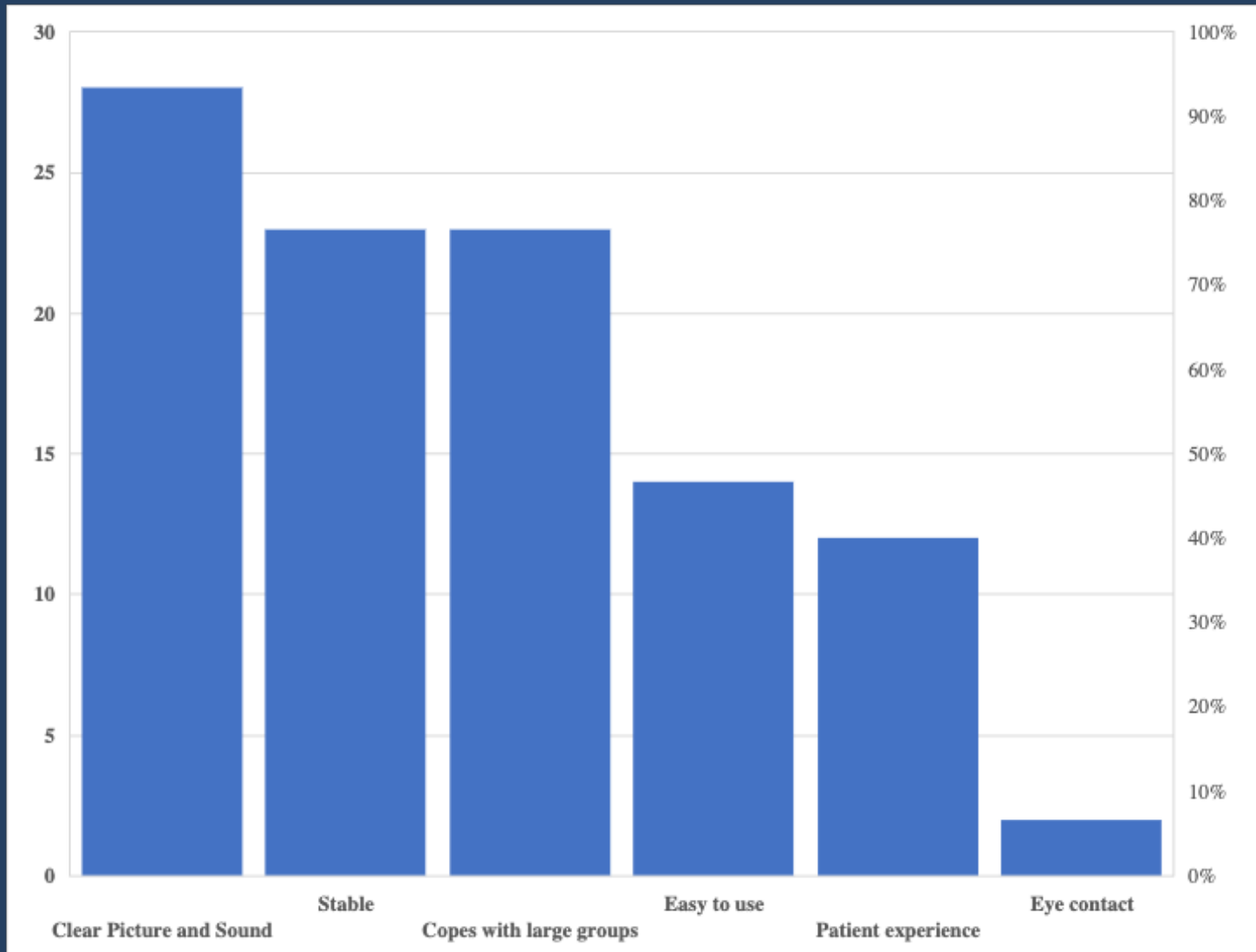What did you like best about the Near Me Group?
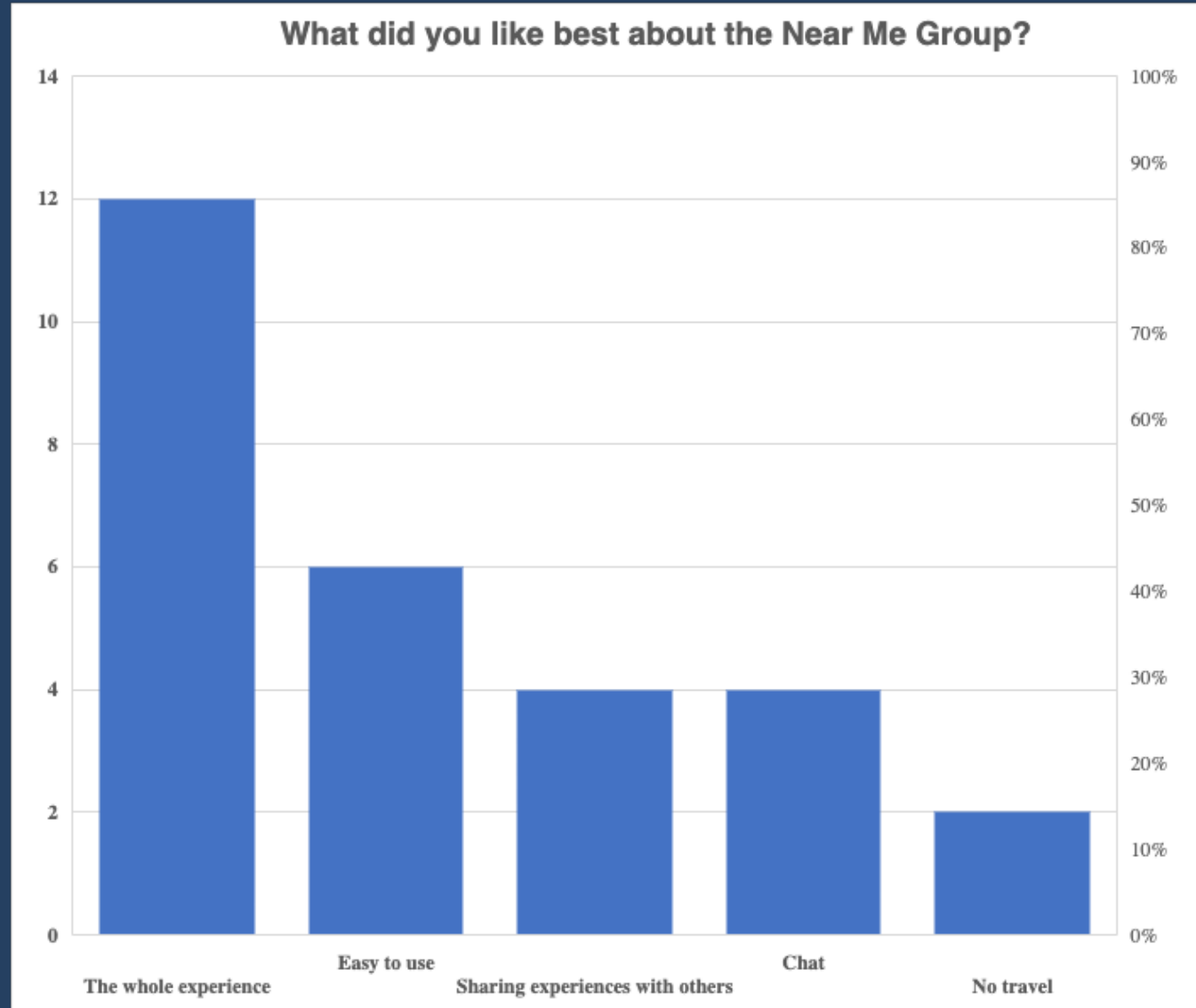
Do you have any suggestions for improvements?
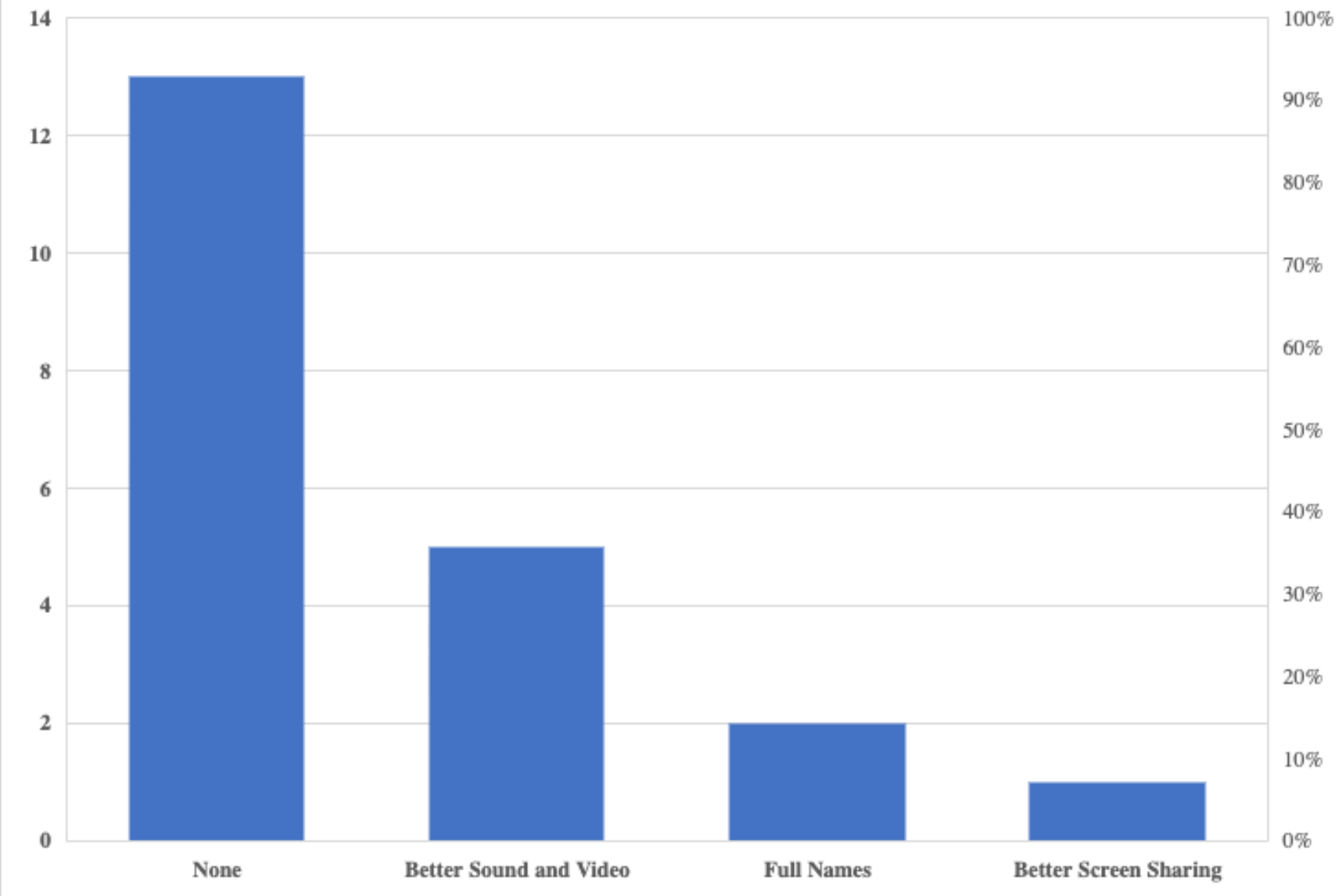
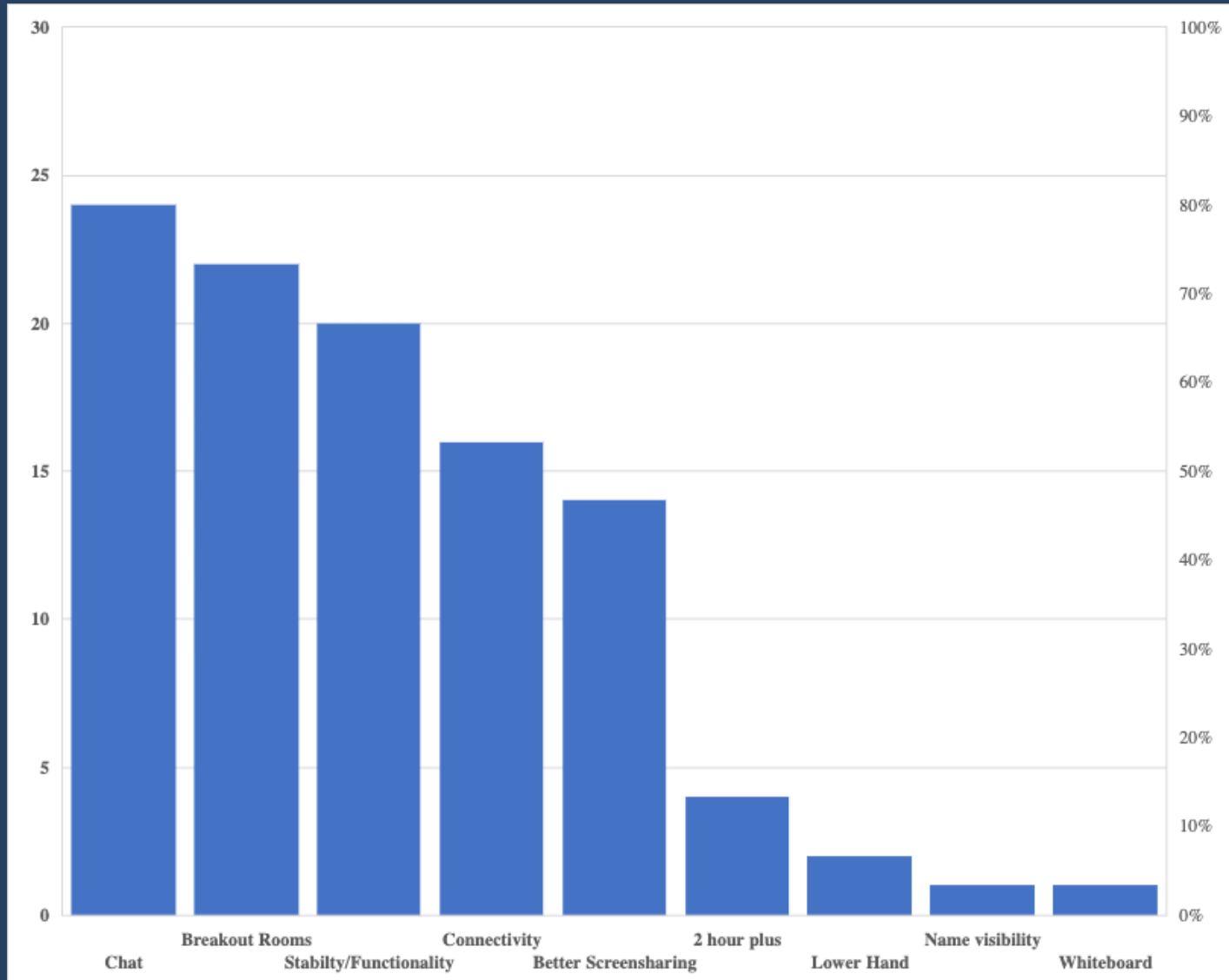# Provider Feedback

What could be better?

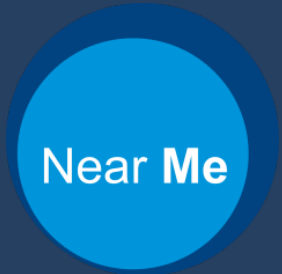# Sharing the Learning
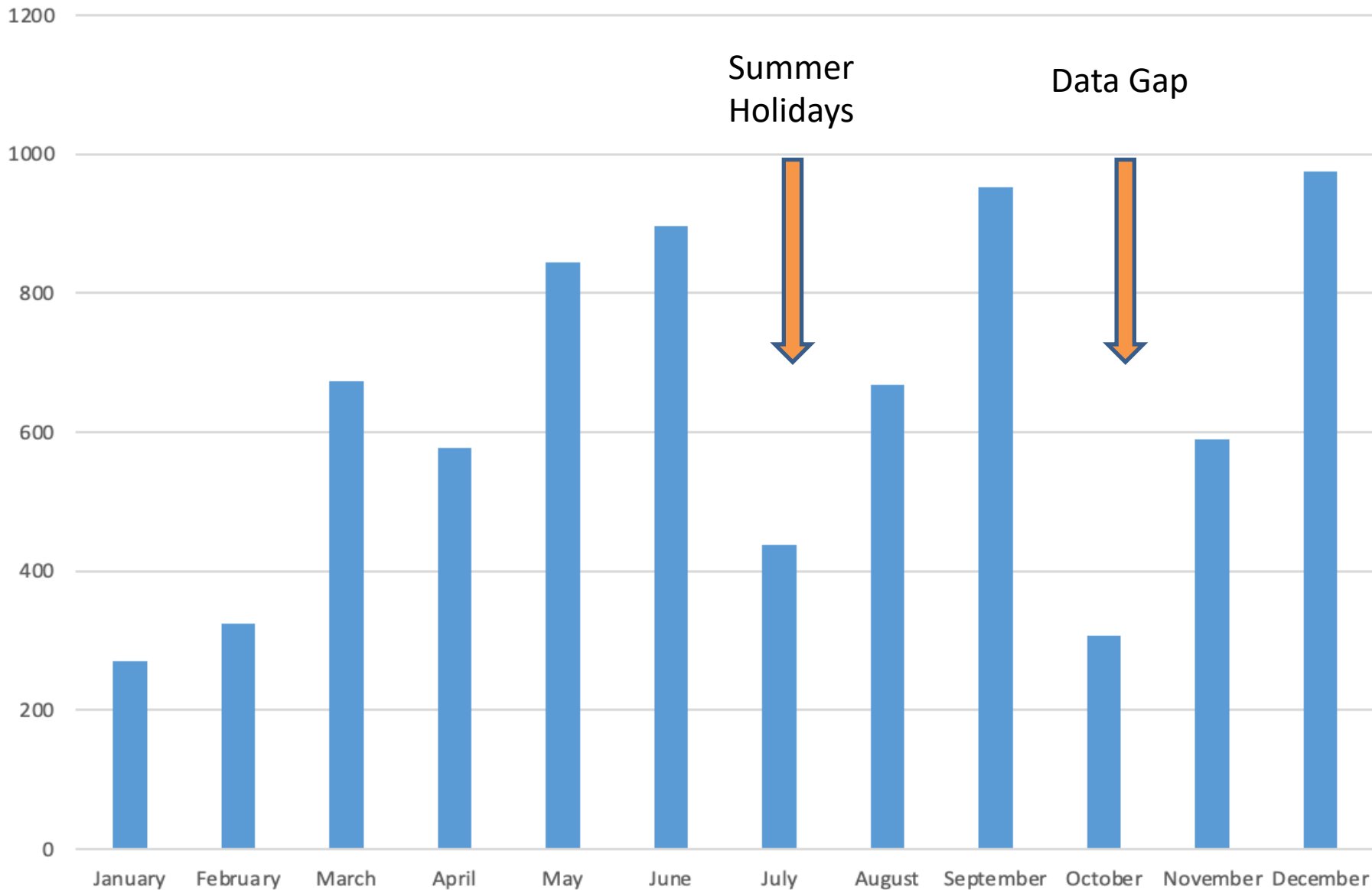

- 2 Webinars
- Knowledge increase from 2.5/5 to 3.5/5
- 92% of people likely to use Near Me Groups with their patients

The use of digital health platforms to improve patient group services in NHS Grampian Child and Adolescent Mental Health Service (CAMHS)

Jennifer Wooley and Anastasia Warner
Jennifer.Wooley@nhs.scot/ Anastasia.Warner@nhs.scot

NHS Grampian

Background

In recent years, health care has continually adapted to demands by broadening use of digital health technology, encompassing electronic or internet-based systems which enhance patient services. Since March 2020, further innovation in service delivery has been required, responding to the need to develop new ways of interacting with service users during the COVID-19 pandemic. Health services have been met with the challenge of finding new ways to deliver their services to meet the needs of patients, as well as to serve increasing demand on services during this time. In NHS Grampian Child and Adolescent Health Service (CAMHS), a series of online groups were pioneered across different areas of the service, to ensure that patients and their families were continually offered support as an alternative to face to face groups. Various groups were offered online over the last two years, including support for parents of children with Attention Deficit Hyperactivity Disorder (ADHD), Autism, Eating Disorders, and a parent-led CBT child anxiety management group.

Digital Health Platforms

- Cisco Meeting Server (CMS) has been used by NHS Grampian to support online group delivery since late 2020. CMS software allows for functionality across different web-based systems and facilitates multi-user access to the platform to suit the needs of patients and professionals. The service benefits from a web-based support system for user training and software support.
- NHS Grampian's "Near Me" system is provided by Attend Anywhere, and is already widely used for virtual individual patient and professional appointments. It has been adopted more recently than the CMS software for use with groups, with NHS Grampian CAMHS using it for some groups since 2021. Near Me facilitates functional online service provision through individual video calling and group software. The system allows for dedicated virtual group waiting areas for individual services, as well as the recent introduction of a group chat and private message functionality. NHS users also benefit from a dedicated support team for any queries or challenges that arise through use.

Parents In Control (PINC)

Parents In Control (PINC) is a parent and carer workshop for families with a child or young person who has been recently diagnosed with ADHD. The group aims to build understanding of how ADHD might present and the challenges they may experience, and to equip families with the skills to support their child with symptoms and behaviours associated with ADHD. The PINC group runs over six sessions of 90 minutes each. The PINC group was run using CMS, and later using Near Me in 2022.

PINC was run in April, July and October of 2021, and August 2022 via Near Me. Unfortunately no data was gathered for the April cohort, but data for the July and October of 2021, and August 2022 cohort is included below. Data was collected using a Microsoft Forms questionnaire with the link to complete this being sent directly to participants. Feedback areas included session content, session timing, and use of a digital platform for delivery.

- 96% of participants would recommend the group to another parent of a child with ADHD
- 74% of participants rated online delivery of the group as good or higher

- Participants enjoyed having the opportunity to speak with other parents who were experiencing similar challenges
- Participants felt the online platform gave flexibility for them to attend the group around their own schedule

Parent-led CBT for Child Anxiety

The anxiety management group is for parents/carers whose child has been referred to CAMHS because of their child's level of anxiety / worry. The aim of the group is to provide early help for children with moderate anxiety problems. Parents learn strategies and share ideas to enable them to better support their child, with topics covered including understanding anxiety, identifying anxiety traps, facing fears, flexible thinking and problem solving (Creswell et al., 2019). The group comprises seven sessions, which includes an individual review and follow-up review after the course of sessions has ended. The group was run in April 2021, June 2022 and September 2022, with the first two groups run using CMS, and the most recent using Near Me. Feedback from the three groups, gathered using a self-report questionnaire on Microsoft forms, is included below.

- 100% of participants would recommend the group to another parent of a child with anxiety
- 64% of participants found the online groups easy to access
- Participants felt the online platform gave flexibility, alleviating challenges with childcare or work commitments
- Some participants felt that the group could have benefitted from face to face delivery, to enhance opportunity for conversation
- Participants reported increased levels of knowledge about supporting their child with anxiety
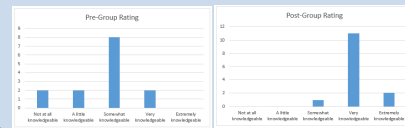
EMPOWER

EMPOWER is a group for parents and carers of young people currently under treatment of CAMHS for an Eating Disorder. The group is based on Dasha Nicholl and Irene Yi's approach (2012), equipping parents with knowledge and skills relating to meal planning, behaviour change and communication. The group runs over seven sessions of 90 minutes each, providing psycho-education relating to eating disorder and facilitating peer-led discussion and supportive conversations.

Cygnet

The Barnardo's Cygnet Autism Spectrum Condition Parenting Support Programme (Cygnet) was developed in 2003 as a response to the needs of families with children aged 5-18 with autism spectrum condition. The group aims to equip families with knowledge and skills relating to sensory challenges, communication, understanding and supporting behaviours. The Cygnet group comprises six sessions of 90 minutes. Cygnet is run using CMS software.

Cygnet was run online at various points throughout the past few years: October 2020; January, May and September 2021; January, May and September 2022. The group continues to be run using CMS software.

Feedback for the groups was initially gathered using self-report forms which were sent out electronically or via post. Latterly, feedback has been collected using a self-report questionnaire on Microsoft Forms. Feedback for the most recent group is included below.

- Participants felt that online delivery of the group allowed them to attend with other time commitments, but some also identified that face to face groups would have been their preference.
- Most participants (93%) felt that they had a better understanding of their child's behaviour after attending the group
- 80% of participants felt more confident in being able to manage their child's needs
- Other feedback included the value of shared experience in supporting parents with challenges they were facing, and that the group felt like an open and non-judgemental space to share their experiences.

Believe in children — Barnardo's
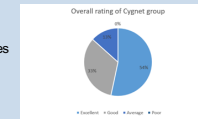
Discussion

NHS Grampian CAMHS continue to offer all of these groups as options for families who attend the service. Recognising the impact of online delivery on flexibility for families, including work and childcare commitments, online groups using CMS and Near Me allows for this support to be more accessible to families who might otherwise struggle to engage. That said, it is recognised that some of these groups would benefit from an opportunity for in-person engagement with clinicians or peers. With this in mind, continued review of the groups will support ensuring all needs are taken into consideration, offering both options in parallel. Other ideas for continued future improvement of the groups include aligning feedback processes across all groups and platforms, to ease access for participants and group administration for staff, and also to streamline understanding what works well, and what could be improved in the groups. In addition to the four groups mentioned, CAMHS now offer an "Anxiety 101" and Self-Esteem group for young people using the service, and Parent Plus for parents of young people with an intellectual disability.

References

- Creswell, C., Parkinson, M., Thirlwall, K., & Willetts, L. (2019). *Parent-led CBT for child anxiety: Helping parents help their kids*. The Guilford Press.
- Nicholls, D. E., & Yi, I. (2012). Early intervention in eating disorders: A parent group approach. *Early Intervention in Psychiatry*, 6(4), 357–367. https://doi.org/10.1111/j.1751-7893.2012.00373.x
- *Cygnet Parenting Support Programme* (n.d.)- https://barnardos-parenting.org.uk/cygnet-programme/
- *PINC Parenting Support Programme* (n.d.) - https://www.gla.ac.uk/schools/healthwellbeing/research/mentalhealth/research/projects/sparclar/aboutsparclar/

"NHS Grampian CAMHS continue to offer all of these groups as options for families who attend the service. Recognising the impact of online delivery on flexibility for families, including work and childcare commitments, online groups using CMS and Near Me allows for this support to be more accessible to families who might otherwise struggle to engage."

Next Steps

- Consistency
- Choice
- Access
- Equity

Near Me Groups Website

- https://tec.scot/programme-areas/near-me/group-consultations

Background

Challenge aims to develop disruptive innovative solutions that address:

Challenge A - Supporting people who are not currently receiving treatment and addressing the backlog of patients on waiting lists.

Challenge B - Delivering person-centred and equitable Mental Health support and services to people who are currently receiving treatment by optimising clinical and social care pathways.
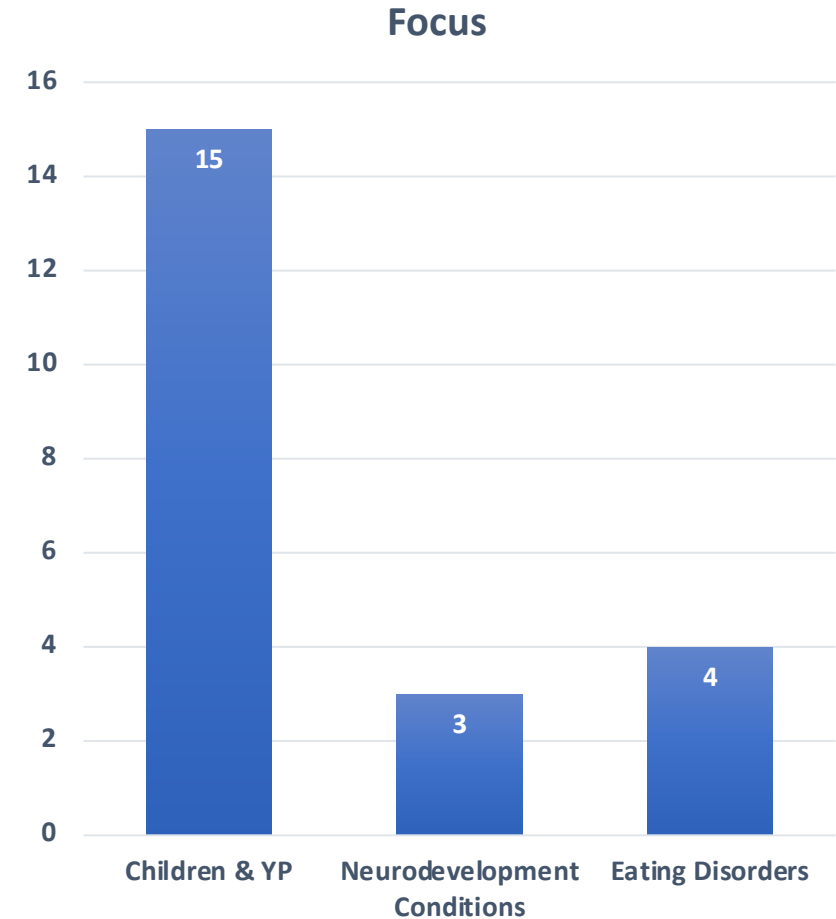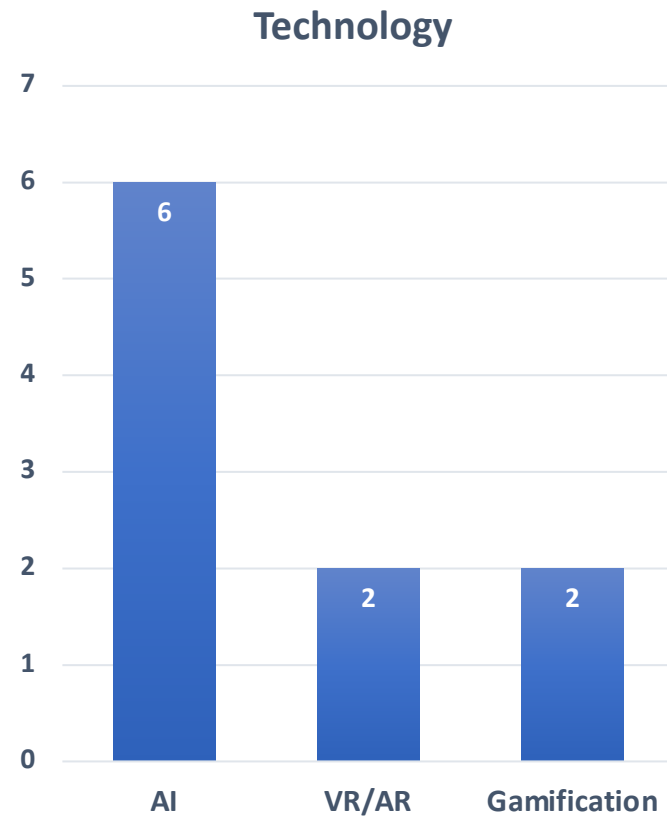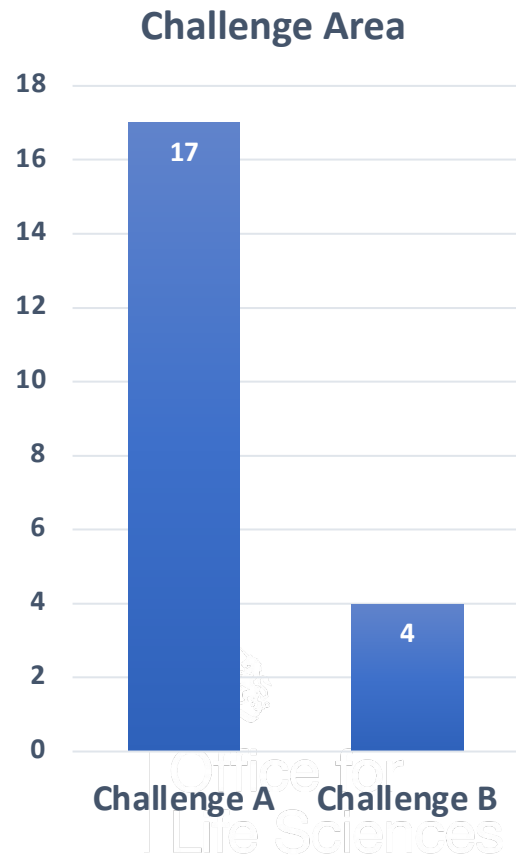
Priority Areas

a) Young persons challenge

b) Hard to reach populations (people with existing mental health conditions and/or people with a co-occurring condition e.g. sensory loss, alcohol, or substance issues)

c) Patient centred care pathways

d) Treatment resistant conditions

e) Prioritisation of backlog

Timescales

22nd June: Challenge Opened

17th August: Challenge Closed

Aug-Oct: Independent Assessment

Oct: Applicants notified of outcome

Nov/Dec: Agree milestones & contract development

Feb: Phase 1 projects start

Scottish Health and Industry Partnership | ship@gov.scot
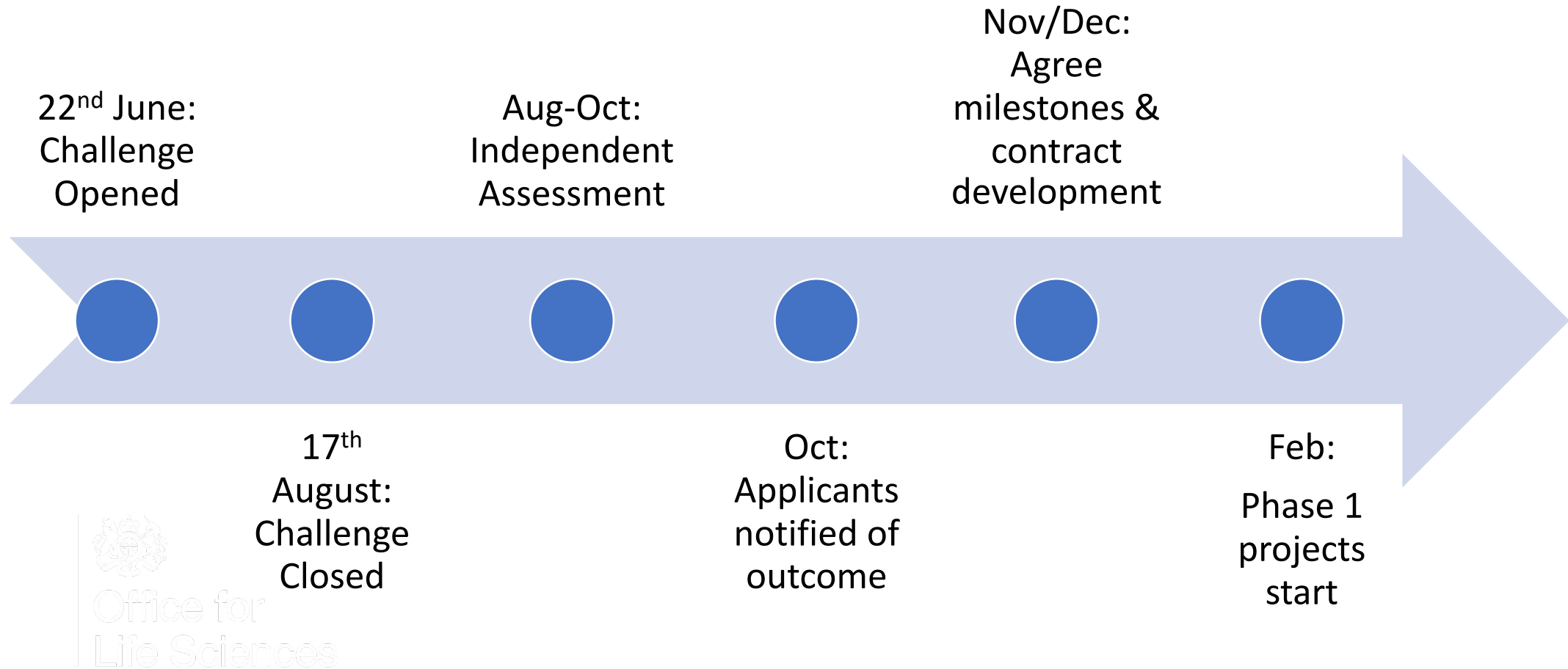
Mental Health Challenge Applications

Mental Health Challenge Results

	Company	Project Title	Challenge Area	Region	Health Board
1	Voxsio	Supporting Young People Who Can't Access Face to Face Services	A	North	NHS Grampian
2	MyHelp Ltd	Supporting psychologists with the delivery of information for patient self-care	B	North	NHS Grampian
3	Red Star AI Ltd	AI Powered Patient and Operational Dashboards for Eating Disorders	B	West	NHS GGC
4	Wysa Ltd	Wysa: Innovating access to psychological support for young people	A	HISES	NHS Lothian
5	Sentireal	Empowering young people with mental health conditions and assist them as they await their initial CAHMS appointment.	A	HISES	NHS Lothian

Regional Updates

- Fiona Duffy NHS Lothian

- Nagore Pernades

- Andy Keen

Mental Health Priorities
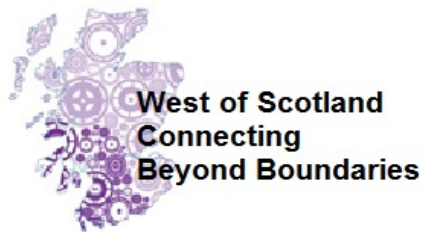
A struggle at both ends

Primary Care and Public Health level Mental Health

Every step in Between

Community Psychiatric Services

Inpatient Services

Increased Demand vs. Reduced Capacity

West of Scotland Connecting Beyond Boundaries

NHS Ayrshire & Arran

NHS Dumfries & Galloway

NHS Forth Valley

NHS Golden Jubilee

NHS Greater Glasgow and Clyde

NHS Lanarkshire

Mental Health Innovation Programme

- That Mental Health is a priority for the Population, Country and NHS is not surprise to anybody.

- The World Health Organization predicts that depression will be the leading cause of disease burden by 2030.

  True Before COVID-19 Pandemic and *True After*

- *Post Pandemic:*
  - Mental Wellbeing a priority for many
  - De-stigmatisation and increased openness to reaching for help
  - Trauma and Re-traumatisation
  - Loss and grief
  - Economic hardship
  - Relapse of Severe Enduring Mental Illness

Mental Health Innovation Programme

Healthcare innovation is **to help people**. *Whether it's through new treatments, new technology or new processes, healthcare innovations will give clinicians and healthcare organizations the tools they need to focus more on the needs of their patients and to help people improve their lives*

Mental Health Innovation Programme

Increased demand while dealing with:

- Staff shortages
- Pandemic restrictions and backlogs
- Reduction in third sector provision
- Increased virtual patient management
- Overwhelming overload of digital resources/information

Mental Health Priorities

A struggle at both ends

| Supported Self Management	In Between	Remote monitoring
	Data Visualisation	
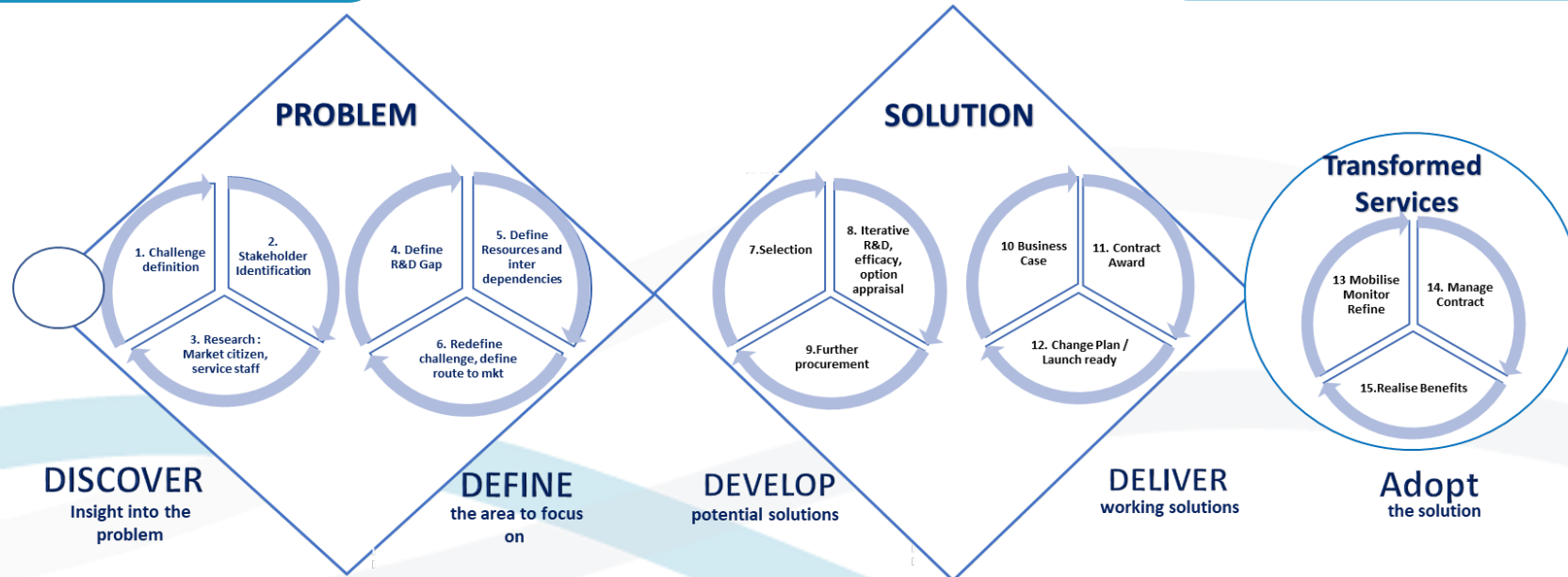
Mental Health Innovation Programme

- *Remote Monitoring: Inpatient Settings*
- *Data Visualisation: Clinical and Operational*
- *Supported Self Management: population level*

Mental Health Innovation Programme

1-Remote monitoring in Inpatient settings

- Problem exploration
- Problem formulation: Technical
                          Ethical (MWC involvement)
                          Clinical safety

- Problem Definition
- Solution Scoping Stages
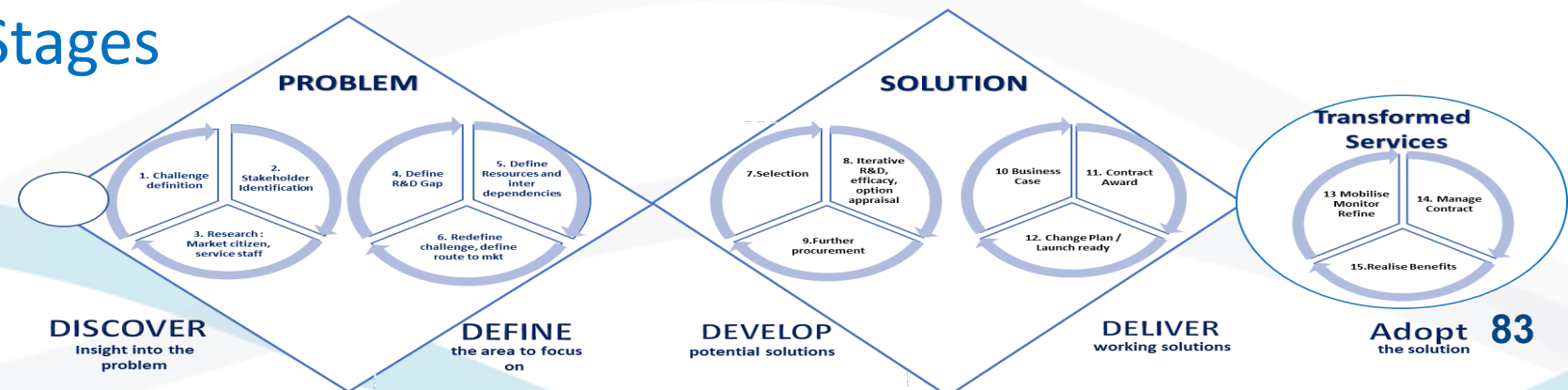
Mental Health Innovation Programme

**2-   Data Visualisation: Mental Health SBRI
        Red Star AI Powered Dashboards for Eating Disorders**

Problem:

- Data & System overload

- Increased Prevalence and referrals (>200%)

- Lack of risk stratification

Proposed Solution:
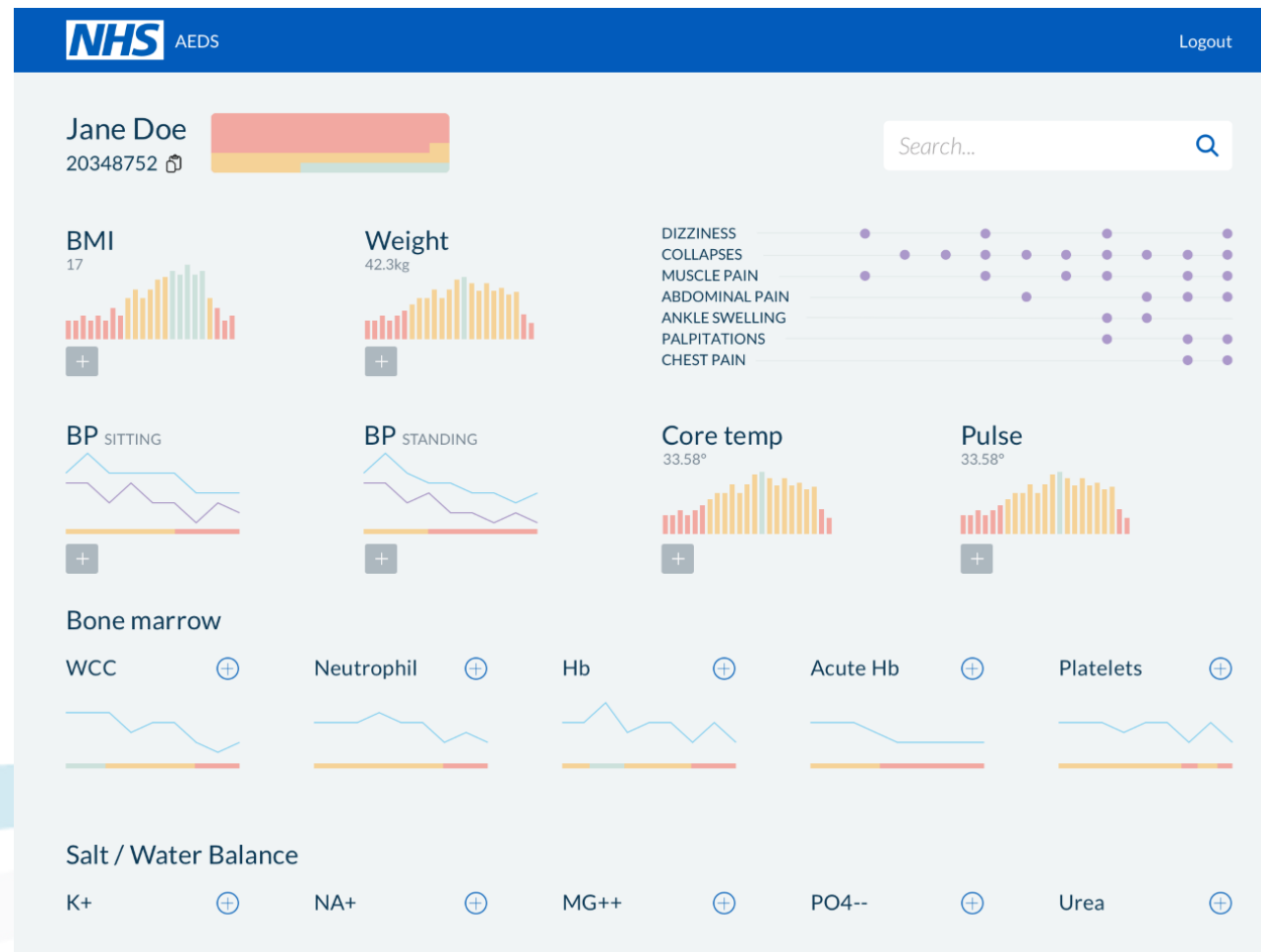
- Dashboards and Wireframe exploration

Mental Health Innovation Programme

2- Data Visualisation: Mental Health SBRI
Red Star AI Powered Dashboards for Eating Disorders

Mental Health Priorities

2-   **Data Visualisation: Mental Health SBRI**
Red Star AI Powered Dashboards for Eating Disorders

Aim and Scope:
- Patient level Dynamic Data Dashboard
- Caseload Risk Stratification
- Operation level activity data

Mental Health Innovation Programme

2-   Data Visualisation: Mental Health SBRI
Red Star AI Powered Dashboards for Eating Disorders

Mental Health Innovation Programme

2- Data Visualisation: Mental Health SBRI Red Star AI Powered Dashboards for Eating Disorders

Mental Health Innovation Programme

**2-   Data Visualisation: Mental Health SBRI
Red Star AI Powered Dashboards for Eating Disorders**

Scalability and Impact:

- Increased efficiencies
- Increased patient safety
- AI capabilities in prognosis and risk stratification
- Wireframes not pathology specific

Mental Health Innovation Programme

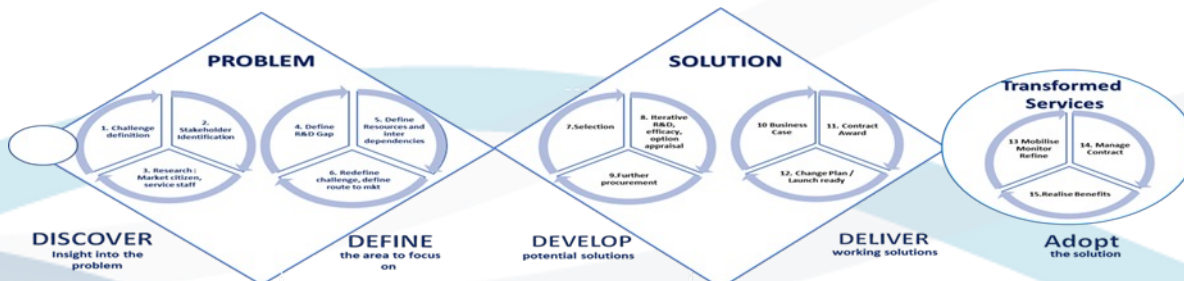## 3- Supported Self Management

My App: Me, My Mental Health and I

Problem:

- Demand vs. offer
- Population level need
- Self-Management material overload
- Often unclear provenance and validity

Mental Health Innovation Programme

3- Supported Self Management

My App: Me, My Mental Health and I

Curated free self management resources

- Children and Adults
- Symptom focused material
- Some condition specific help
- Carer support and information

Mental Health Innovation Programme

My App: Me, My Mental Health and I

Back to Mental health self-management (in devt) home
NHS Greater Glasgow & Clyde

Children and Young People

This information guide is intended for people with mild-to-moderate symptoms. If you, or someone you know, needs support with mental health problems, in the first instance you should contact your GP. If required, your GP can then refer you to Mental Health Services in your local areas. If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment. It is important to know that support is available.

If you, or someone you know, needs urgent help or is in crisis, call NHS 24 on 111. If you just need to talk with someone, there is help available. The Samaritans are there 24 hours a day, 365 days a year. You can call them on 116 123 (freephone) or email: jo@samaritans.org. Breathing Space offers a confidential phone line for anyone in Scotland feeling low, anxious or depressed. You can call free on 0800 83 85 87.

Open all

Calm	+
NHSGGC Kids Zone	+
Cove-Music for Mental Health	+
Calm Harm	+
Child Panda	+
Online Wellbeing Community	+
SafeSpot- MH Resources and Information	+

Mental Health Innovation Programme

My App: Me, My Mental Health and I

Causes of Stress   +

Self-Care for Stress   +

Self-Help Resources   −

Living with stress can be very difficult, but there are steps you can take that might help. These self-help guides, websites and apps may be helpful as you work towards managing stress. Like any new skill, it may take a bit of time and practice before you notice any changes in the way you feel.

Self-help Guides

Wellbeing Glasgow Are you Feeling Stressed? Self-help Booklet

NHS Scotland Steps to Deal with Stress Self-Help Booklet

The Mental Health Foundation How to Manage and Reduce Stress Self-Help Booklet

NHS Inform Breathing and Relaxation

Websites

Wellbeing Glasgow offer information to support you to manage how you feel, change the way that you think about some things and improve your problem-solving skills and confidence.

- Stress and Wellbeing Self-Help
- Worry and Anxiety Self-Help
- Panic and Anxiety Self-Help
- Top Tips
- Relaxation Resources
- Learn about CBT

The Mental Health Foundation provides a large number of podcasts and videos to help you live a mentally happier life – from Relaxation for Better Sleep, to Mindfulness and How to Overcome Fear and Anxiety.

NHS Every Mind Matters offers a free Wellbeing Plan. Just answer 5 questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Mental Health Innovation Programme

My App: Me, My Mental Health and I

Launch on 24th April

Download from the RDS Platform

Tag, RT& # during MH Awareness Month

Spread the word

Do feedback

Neil Warbrick
eHealth Innovation Programme Director

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R&I Innovation Lead
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Alastair Robertson
WoS Innovation Hub Programme Manager

West of Scotland Innovation Hub
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🐦 @WoSInnovation

NHSGGC eHealth
🖥 www.nhsggc.org.uk/about-us/digital-as-usual
🐦 @NHSGGCeHealth

iCAIRD
🖥 www.icaird.com
🐦 @iCAIRD_Scot

Scottish Digital Health and Care Awards 2022

Industry Collaboration Award

Dynamic AI

Scottish Digital Health and Care Awards 2022

Data Driven Innovation Award

iCAIRD Pathology Digitisation & AI

HSJ Awards 2021

Digitising Patient Services Initiative

Digital Dermatology Assessment

Scottish Digital Health and Care Awards 2021

COVID-19 Response Award

vCreate

Scottish Digital Health and Care Awards 2021

Technology Enabled Independent Living Award

Dynamic Scot

Scottish Life Sciences Awards 2021

Innovative Collaboration Award

iCAIRD

The Scottish Health Awards 2020

Innovation Award

vCreate

Thank you

Nagore.Penades@ggc.scot.nhs.uk

Digital Innovations in Mental Health South East Scotland

Dr Fiona Duffy

Clinical Innovation Lead - Mental Health

Health Innovation South East Scotland (HISES)

SBRI - Wysa

Challenge A – Supporting people who are not currently receiving treatment and addressing the backlog of patients on waiting lists - aimed at 'Young person's challenge', 'hard to reach populations' also support patient centred care pathways.

Wysa is a cutting-edge AI mobile app technology. Project's aim is to increase access to psychological self-management tools for young people across Scotland, whilst also ensuring young people who need onward support are signposted into the appropriate clinical services if their need is higher.

Wysa aim to do this by providing access to the Wysa App, with 24/7 AI guided self-care for all young people in the region, and utilise the app to provide an innovative e-triage system integrated into services. The combination of these two innovations will provide young people with supported self-management, information, advice and self-help and a pathway for diagnosis and assessment and access to digital psychological interventions.

Phase 1: co-design an approach with young people, services and schools for uptake and engagement with the app and analyse engagement data, as well as collected routine outcome measures at aggregate level to develop the archetype for the electronic triage and therapeutic delivery, which will allow a young person to complete outcome measures and a referral through the app which is then sent to services for onward support.

The completed solution, if successful in phase 2, will provide a digital, accessible and equitable solution to all of the innovation themes in challenge A, covering the priority area of young people and innovation in schools.

Sentireal

Feasibility study for creation of a solution in the form of a software platform, containing educational and guidance, a cloud-based analytics and content management and a mobile application which users can download directly to their mobile devices.

The mobile application will empower young people with mental health conditions and assist them as they await their initial CAHMS appointment. The app will provide support and concise information/education about their condition, including links to sources of support and advice. Additionally, the app will provide for the young person and relevant people in their life to capture relevant daily events. The application aims to be a single point where a young person/parent/carer or nominated stakeholder can input data that can be used to help inform and aid a practitioner when making a diagnosis and suggesting potential interventions. As the data is assembled it will be processed by an artificial intelligence engine and used to inform both the carer and practitioner with concise reporting. This level of data capture when presented in a clear manner to a qualified practitioner will speed the ultimate diagnosis and allow the NHS to direct the young person to the specific help they need creating a more personalised approach to diagnosis and care. By making the platform available immediately, at the point when the user or carer recognises there may be an issue, we maximise that moment of acceptance.

Will initially focus on the area of Eating Disorders and are aware of the correlations between eating disorders and other conditions, such as autism, and envisage that we would address these conditions in a subsequent phase.

Thank you!

- Fiona.duffy@nhslothian.scot.nhs.uk

- Acknowledgments to Rob Waller and Klaudia Bielecki

DMHIC - Get involved and learn more

Join our network

www.dhi-scotland.com/join-our-network

Visit the DMHIC webpage

www.dhi-scotland.com/innovation/innovation-clusters

DMHIC - Get involved and learn more

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