

# eMental Health

State-of-the-art  
& Opportunities  
for Ireland



| May 2018

Kevin Cullen

# eMental Health

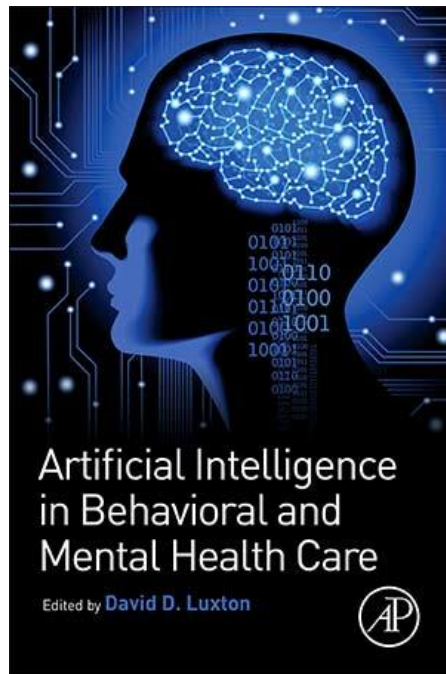
*“Technology-supported provision of mental health services and supports”*

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## Big data & AI

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## Virtual Reality

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## Ecological Momentary Intervention

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# eMental Health

## Application domains

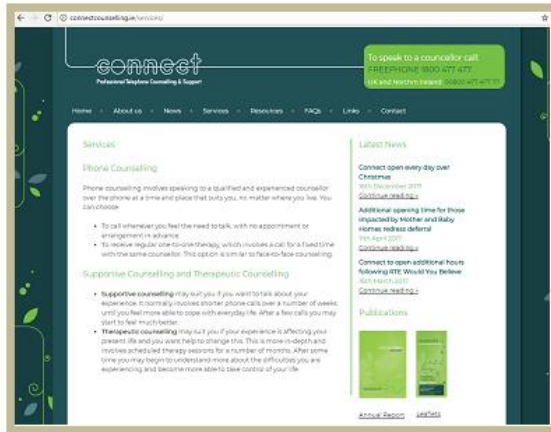
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- ☐ **Telemental health**
- ☐ **eTherapy (technology-supported therapy at scale)**
- ☐ **Ongoing support for enduring mental health difficulty**
- ☐ **Other innovative additions to the treatment toolkit**
- ☐ **Crisis support and suicide prevention**
- ☐ **Information and psycho-education (self-help)**
- ☐ **Peer support**



# Telemental health

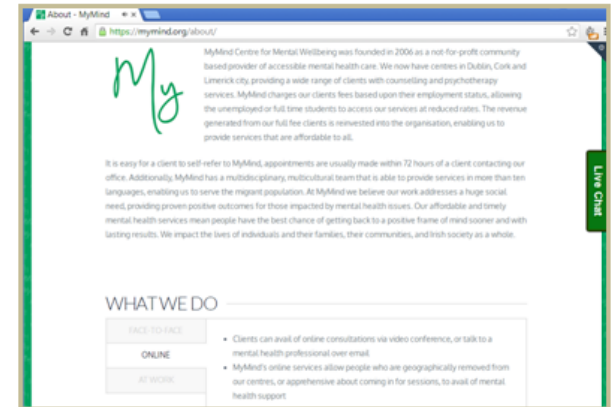
**Exhibit 2.1: Connect - professional telephone counselling & support**



Source: <http://connectcounselling.ie/>

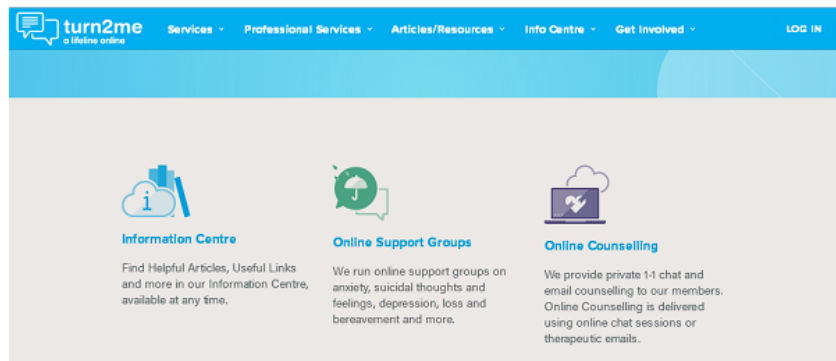
- Phone
- Video
- Text / chat

**Exhibit 2.2: MyMind online (video) counselling**

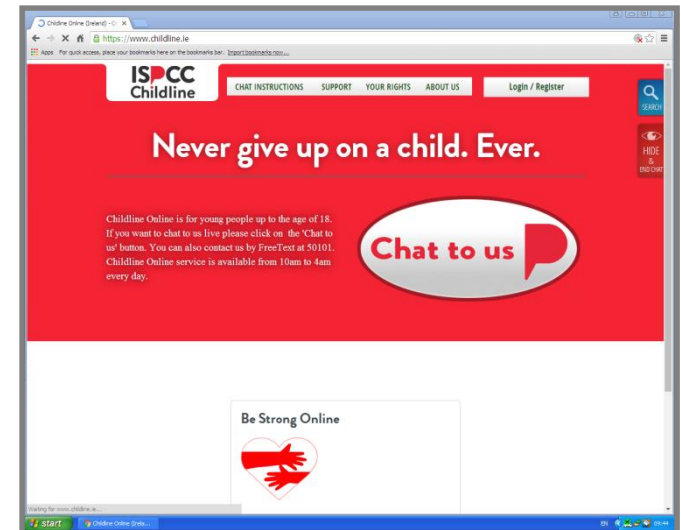


Source: <https://mymind.org/about/mymind-online/>

**Exhibit 2.3: turn2Me – online chat sessions and therapeutic emails**



Source: <https://turn2me.org/>



## Exhibit 2.4: Examples from IAPT programme (England)

### Telephone

<https://www.oxfordhealth.nhs.uk/talkingspaceplus/about-us/step-2-interventions/telephone-based-treatments/>

### Video

<http://basildonandbrentwoodccg.nhs.uk/your-health/mental-health-services/therapy-for-you>

### Instant Chat

<http://www.lets-talk-iapt.nhs.uk/who-are-we/>



# eTherapy:

## Technology-supported therapy at scale

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### Varying levels of therapist involvement...

- ☐ **Blended** (mix of therapist-provided + technology-delivered/self-administered)
- ☐ **Guided/Supported** (not necessarily by a therapist)
- ☐ **Technology-delivered / Self-administered** (unsupported)





Secure | <https://www.bodywhys.ie/recovery-support-treatment/other-resources/seemyself-programme/>

Helpline 1890 200 444 or [alex@bodywhys.ie](mailto:alex@bodywhys.ie) Home About Us Contact Us FAQs Donate

**BODYWHYS** The Eating Disorders Association of Ireland

UNDERSTANDING EATING DISORDERS RECOVERY, TREATMENT & SUPPORTING SOMEONE UPCOMING EVENTS FOR PROFESSIONALS MEDIA & RESEARCH GET INVOLVED

Recovery, Treatment & Supporting Someone Other Resources SeeMySelf Programme

## SEEMYSELF PROGRAMME



**SeeMySelf** – Is an online psycho-education programme designed for young people aged 15-24. The programme focuses on different issues such as self-esteem, body image and media, and culture.

Participants work through a series of the six modules week-by-week.

Each participant is allocated a supporter who will, via the online programme, check in with the person's progress and engagement with the modules weekly.

If you would like to explore these topics some more, if you would like to be better understand how your feelings and thoughts influence each other, then

please contact Kathy, [supportofficer@bodywhys.ie](mailto:supportofficer@bodywhys.ie)

### QUICK LINKS

- BOOKLIST
- DOWNLOADS
- HELPLINES FOR OTHER ISSUES
- PERSONAL STORIES
- REFOCUS
- SEEMYSELF PROGRAMME**
- WEBSITES

Secure | <https://www.aware.ie/services/life-skills-online-programme/>

**Aware** Your supporting light through depression

Information Services Events Volunteer Fundraise About Us

HOME SERVICES LIFE SKILLS ONLINE

# Life Skills Online

The Aware Life Skills Online is a free educational programme offered to adults aged 18 and over, which is delivered online. Participants complete the modules online, in their own time, over eight consecutive weeks. Each participant will also be partnered with a 'supporter', a trained Aware volunteer. We encourage participants to complete all modules to get the maximum benefit from the programme.

**Life Skills**

**Programmes to help you deal with life's challenges**




SilverCloud Making x <https://ie.silvercloudhealth.com/signup/tcd/>

**SilverCloud**

Trinity College Dublin  
School of Psychology, Health & Society  
The University of Dublin

## Welcome to SilverCloud, your space for thinking and feeling better



**"The exercises in this programme have really helped me"**

SilverCloud Health User

**What is SilverCloud**

Secure, quick access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs.

Our programmes have demonstrated high improvement rates for depression, anxiety and stress.

It's flexible – access it anywhere, on your computer, tablet or mobile phone.

**How it works**

Programmes consist of six to seven modules - complete these at your own pace, over approximately eight weeks.

Easy to use - interactive tools and activities make your experience interesting and motivational.

You will be assigned an online supporter who will review your progress each week. This supporter will be an SCS clinical team member of the Student Counselling Service.



# Evidence

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- ❑ Growing usage (AU, NZ, UK, IE...)
- ❑ Acceptably effective (and acceptable) for a range of purposes/clients
- ❑ Value/contribution:
  - help meet the volume of demand (one therapist can support more clients)
  - making support more accessible/flexible
  - preferred by some (e.g. young people...)
- ❑ Issues:
  - who it is most suitable for; contraindications?
  - how much and what form of human/therapist involvement
  - what elements are important for efficacy/effectiveness
  - how to ensure user choice, fit into optimal care pathways,...

# Ongoing support for enduring mental health difficulties

www.ehealthireland.ie/Lighthouse-Projects/Bipolar-Disorder-Lighthouse-Project/

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eHealth Ireland

News & Media

## Bipolar Disorder Lighthouse Project

- Bipolar Disorder Lighthouse Project
  - Supplementary Documentation
  - BIIP Innovate +
- Haemophilia Lighthouse Project
- Epilepsy Lighthouse Project
- The Knowledge & Information Plan
- Download the eHealth Ireland Strategy (PDF 3.2 MB)

### Bipolar Disorder Lighthouse Project

Bipolar disorder or medical illness is a serious mental health condition in which a person experiences depression lasting weeks or months, alternating with bouts of 'highs' or mania of variable duration. For months, even years, the person's mood is otherwise perfectly normal. Research investigations over the past few decades have shown that on average 70% of the cause of bipolar disorder is genetic and the remaining 30% is due to environmental factors.

The Lighthouse Projects were launched with a specific focus to build an understanding of the benefits of an Electronic Health Record in the Irish healthcare system, with specific improvements in service delivery in 2016. These projects are also intended to enable learning within the system.

The Bipolar Lighthouse project is unique to the other two projects as there is nothing currently in the space. It builds on the insights gained from the 4<sup>th</sup> eHealth Ireland Ecosystem meeting on March 1<sup>st</sup> 2016 which brought together stakeholders including service users, clinicians, academics and industry professionals. The specific feedback on the bipolar disorder lighthouse is available here. It is noted that a theme that emerged was that the issues relating to bipolar disorder and an EHR are those which face mental health practice in general; it is not proposed that there be a "bipolar EHR" different from other areas of mental health. However, it was also felt that for the purpose of the Lighthouse Project, bipolar disorder was appropriate as it affects a clinically well defined population and interventions such as Early Warning Signs recognition have an evidence base.

**The Goal**

A connected health approach to achieving and maintaining recovery in users of mental health services with a bipolar disorder. This will use technology to enable self-management and the detection of early warning signs of relapse, thus empowering the patient and easing contact with service providers. A patient portal will allow access to a care plan for service users and service providers, and allow the service user to monitor symptoms. This patient portal / mobile enabled solution that will be futureproofed and integrated into future Electronic Health Record with the Individual Health Identifier an integral feature of the project.



## Structure



### The Structure will include:

- Elements of the future **Electronic Health Record** by using the **Individual Health Identifier**.
- Record of the previous logins so service user can see who is accessing care plan.
- Patient portal which will allow access to care plan.
- Early Warning Sign monitoring. This will be personalised and will vary from person to person. It may include sleep diary, overall mood diary, activity scheduling, possible log of purchases (to monitor overspending).
- A means of contacting service professionals via patient portal.
- Mobile Accessible Via an App. The patient will be able to access patient portal and care plans from an app on their mobile.
- Health Care Professional Portal. The access to care plan can be accessed, with opt in consent of service user, by their healthcare professional to allow them to view the self-monitoring overview.

# Serious gaming

## The Pesky gNATs game and mobile app

*Imagine you are 9-17 years of age and experiencing clinical anxiety or low mood. You go to a mental health clinic and your therapist offers to help by playing a computer game with you week by week...*

The **Pesky gNATs** software is designed for use by mental health professionals who work with young people with anxiety or low mood.

It consists of two parts:

1. a computer game,
2. a mobile app.

Pesky gNATs is available to appropriately qualified mental health professionals. Register [here](#) to request access to Pesky gNATs.



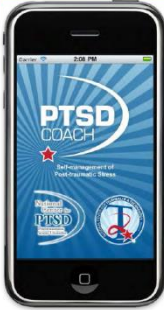
Available for Apple (iOS) and Android devices:



# Mobile apps



### PTSD Coach Overview



PTSD Coach is a mobile phone app for people with PTSD and those interested in learning about PTSD.


This app provides:

- education about PTSD
- a self-assessment tool
- portable skills for acute symptoms
- direct connection to crisis support
- information about available treatment

### Home Screen

- Learn: Psychoeducation on FAQs, based on NCPTSD Fact Sheets and VA's MyHealthVet website.
- Self Assessment: the PTSD Checklist (PCL) self-rating, with feedback and historical comparison.
- Manage Symptoms: Skills based upon Cognitive Behavioral Therapeutic interventions.
- Find Support: Information about how to find professional care and what to expect in treatment


VETERANS HEALTH ADMINISTRATION



Woebot - Your chatbot

https://woebot.io

About Me Science FAQ Team Press



## Hi, I'm Woebot!

I'm ready to listen. 24/7. No couches, no meds, no childhood stuff. Just strategies to improve your mood. And the occasional dorky joke.

SAY HELLO

### HERE'S WHAT I CAN DO!

features

**Track your mood**

Each week I'll show you how your mood changes on a graph so you can see what's up

**Give you insight**

I can find patterns that are hard for humans to see

**Teach you stuff**

I've got lots of techniques from Cognitive Behavioral Therapy that I can share with you

**Help you feel better**


It's true, some nice people at Stanford showed I could help with that

**Be there 24/7**

I don't actually sleep ever so I'm always delighted to hear from you

**Learn from you over time**

So the more we chat, the better I get to know you





## **Overall – considerable potential**

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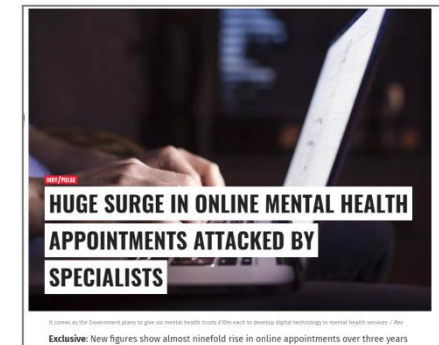
- ☐ **Wider reach of mental health services and access to these**
- ☐ **Cost-efficiencies in delivering high-volume services**
- ☐ **Treatment innovation and enhancement**
- ☐ **More user involvement and empowerment**
- ☐ **Expansion of self-help and access to peer support**

## ...but not a simple 'plug-and-play' game-changer or panacea

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- ☐ Use for appropriate purposes
- ☐ Consult with all relevant stakeholders
- ☐ Understand the research evidence
- ☐ Be circumspect about technology 'hype'
- ☐ We (still) need to talk...!
- ☐ User choice & responsive care pathways
- ☐ Reliable and secure IT systems



# Thank You!

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