Digital Innovation in Mental Health: The Art of the Possible

Thursday 14th March 2019 0900 – 1400

Axis Conference Centre, University of Southampton Science Park, 3 Venture Road, Chilworth, Southampton, SO16 7NP

Agenda

0900 – Registration opens
0930 – Introduction and welcome
0940 – Speaker: Mark Allen, Commissioning Manager, Hampshire County Council
1010 – Roundtables: Innovator Showcases (x3)
1140 – Break
1200 – Roundtables: Innovator Showcases (x2)
1300 – Lunch, next steps, and networking/innovator stands
1400 – End

Innovator Showcases

Working in groups of 8 or 9, our innovators will spend around 20 minutes demonstrating and discussing their technologies with you. There will then be around 5 minutes for the group to discuss their thoughts without the innovators present, and feedback will be recorded by a facilitator who will work with you throughout the event. There will be 5 technologies demonstrated to each table during these showcase sessions. The 9 innovations being showcased are:
**Big White Wall**® Big White Wall (BWW) is a multi-award winning digital mental health and wellbeing service, offering safe, anonymous online support available 24/7. It offers a range of therapeutic pathways, including peer and professional support and creative self-expression. There is also a range of evidence-based online courses, tips and clinical tests on topics including managing anxiety, positive thinking, smoking cessation and weight management. Counsellors are online at all times to moderate the service and provide further support. In some areas, BWW delivers face-to-face therapy online, via its own experienced therapists or with NHS clinicians. BWW was founded in 2007, in response to the lack of safe spaces to talk about mental health online. The service is now commissioned by the NHS, local authorities, employers and universities. BWW also works with the Ministry of Defence and Help for Heroes to provide free support for all UK serving personnel, veterans and their family members. To date, BWW has helped over 100,000 people to manage their wellbeing.

Bluelice is a prescribed app for young people who self-harm. The app was co-produced with young people and includes a mood monitoring diary, personalised mood lifting section and routing to emergency contacts. The mood lifting section can be personalised according to the young person’s interests and includes techniques based on cognitive behaviour therapy (CBT) and dialectical behaviour therapy (DBT). Initial results show that Bluelice is acceptable and safe and has a positive impact on self-harm and mental health.

**Healios** Founded in 2013, Healios is a leading online healthcare company working to empower service users and their families affected by mental illnesses and neurodevelopmental conditions. We assess, treat and provide post-diagnostic care all via our online portal. Similar to a video conference but with more interactive elements to aid successful care. Healios is pioneering how family interventions and behavioural change techniques are delivered, to maximise outcomes, by blending the best of technology, design, specialised clinical expertise and a personal human connection, we help service users and their families, develop a new level of understanding and sustain healthier habits over time. Our mission is to transform how mental health care is delivered to bring exceptional healthcare to anyone, anytime, anywhere without wait.
Lifelight® is an app for contactless measurement of four vital signs (heart rate, blood pressure, spo2 and respiration) in just 40 seconds using a standard iPad, with no additional hardware. Along with appropriate changes to clinical practice, Lifelight has the potential to improve the patient experience of observation taking, leading to safer, easier and more frequent monitoring. Lifelight has been developed over 5 years with grant investment. Along with product design and machine learning, this funding has enabled a 4,000-patient data collection study at Portsmouth Hospitals NHS Trust to allow Lifelight’s algorithms to be trained with data recorded from a broad population of unwell as well as healthy volunteers. Lifelight is on-track to achieve CE marking as a Class IIb medical device, with clinically validated accuracy equivalent to standard-of-care by late Spring 2019. Its first intended use will be by trained healthcare professionals for the spot monitoring of observations.

The Monsenso Solution, for mental health, is a user-centred mHealth solution that provides individuals suffering from any mental illness with a smartphone application, on which they do daily self-assessments configured for the specific illness. Simultaneously, the application collects relevant sensor data from the smartphone regarding physical- and social activity, mobility and phone usage. All this data is visualised for the individual, and shared in real-time with a clinical dashboard that healthcare professionals have access to. Furthermore, the Monsenso Solution enables caregivers to get an aggregated overview of how the individual is doing, and at the same time enabled to provide their input to both individuals, as well as healthcare professionals. For healthcare professionals it enables process improvements, as they have all needed information about the individual prior to them coming in for consultations, enabling them to focus more on the treatment. The Monsenso Solution allows care providers to reach more people, in need of treatment for mental illness, while supporting those, who already are being treated.
SilverCloud Health is the world’s leading digital mental health company, enabling healthcare organizations to deliver clinically validated digital therapeutic care, that improves outcomes, increases access & scale while reducing costs. SilverCloud’s multi-award-winning digital mental health platform is a result of over 16 years of clinical research with leading academic institutions. Today, SilverCloud is being used by over 240 organizations globally to meet the mental health needs of their end users/patients. The Platform has been deeply validated working with global experts, through full randomized control trials as well as real world data from over 250,000 SilverCloud end users. The platform continues to lead the industry with its effectiveness, engagement and range of clinical programs covering the spectrum of mental health needs.

ThinkNinja® was designed by clinical psychologists to help children and young people better manage their emotional well-being, through:

- Educational content on their emotional health and wellbeing
- The WiseNinja, a virtual guide to support CYP monitoring their mood, setting and reviewing goals, consolidate learning and promote skill practice between app usage
- CBT based techniques for symptoms of anxiety and low mood
- Continued support beyond any step-up service accessed - ThinkNinja has two step up functions built in - 1. Live text service 2. CBT via video conference, both with a clinician.

ThinkNinja® will be available to help children and young people looking to get advice and to start managing their emotional well-being.
XenZone is an innovator in digital mental health. Established in 2001, we have delivered over 150,000 hours of online counselling and support to children, young people (CYP) and adults. Our CYP service, Kooth, is commissioned in 1 in 2 CCG areas across the country. For over 18s Qwell helps meet the requirements of the Preventative Agenda. Both services complement existing face-to-face provision, with accessible support till 10pm 7 days a week, and clear pathways for referral into other services. Evaluation has proven our digital services can reduce demand for specialist services, have high user acceptance and demonstrable outcomes. Kooth and Qwell are easy to deploy, highly scalable early intervention services wholly operated by our own experienced, trained staff. Staff are constantly supervised and work within a strong culture of clinical governance and safeguarding. Our ethos for service provision is person centric. Practitioners are trained in a variety of evidence-based techniques including CBT, DBT and a range of psychotherapy approaches. They are skilled to deploy the intervention most appropriate to an individual’s needs. Commissioners receive detailed reports which can be used towards MHSDS access targets.

We are the first company that can monitor in real time whether medication has been accessed or not. Given that medication in the community costs for over £10 billion and there is little understanding of how often it is taken (adherence), its efficacy or long term benefits, our solution is the first to provide important objective data. We work with the NHS (we have been selected for a clinical trial) as well as Adult Social Services who have purchased or are about to commission our solution (such as MHCC, Cambridgeshire, Trafford, Rotherham, West Lothian amongst others). We have also been selected by the EU as one of the most important medical technology innovations for the over 60 market. Our solution is unique in that the way we have constructed technology actually brings in more human interaction, thereby creating Asset Based Communities around people who are on medication. These ABC Networks then create ‘free social capital’ in that they do the jobs that Social Services and the NHS are currently paying others to do. In recent pilots, we have demonstrated an ROI of over 6X.
Venue

The address is Axis Conference Centre, University of Southampton Science Park, 3 Venture Road, Chilworth, Southampton, SO16 7NP.

Axis Conference Centre

Map of Science Park showing location of Axis
From the A27 (Chilworth/North Baddesley), turn onto University Parkway at the Science Park entrance and follow for about 450m, turning left onto Venture Road; Axis Conference Centre is about 40m down this road, on the right.

Parking

There is free parking available at the Science Park, on a first come, first served basis.

About 20 parking spaces are available outside the Axis Conference Centre.

About 20 spaces are available in the Visitor car park, adjacent to the Conference Centre.

About 40 spaces are available in an overflow car park (on your right, shortly after you enter the Science Park) just after the Yellow Dot Nursery.

Registration

On arrival, the Wessex AHSN team will be on hand to welcome and register you. Morning refreshments will be available from 09:00.

If you have any queries or additional requirements not already disclose, then please do not hesitate to contact us: enquiries@wessexahsn.net