

# Digital Mental Health COVID and Beyond

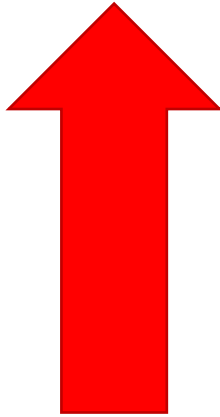
Chris Wright, National Advisor for Digital Mental Health, Scottish Government

# The New Normal, Impact of COVID

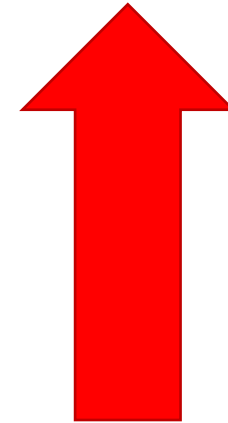
---

## Impact of COVID-19

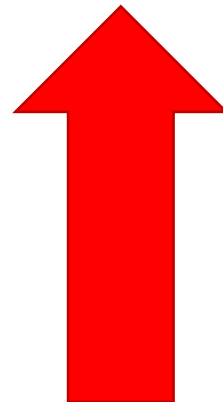
**35% of people indicating anxiety related symptoms, this increased from the 7% prevalence pre COVID**



**42% of people in isolation have diagnosable anxiety, 16% have depression and significant increases of traumatic stress**



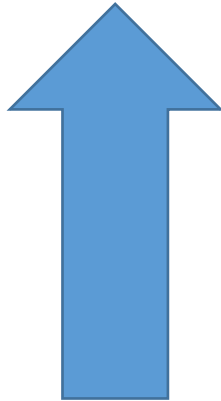
**Reduction of 40% of people entering psychology treatment in last quarter**



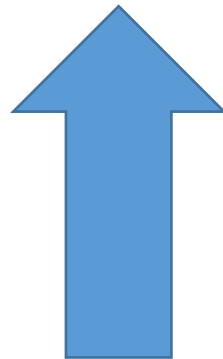
# Pre COVID, Existing Pressures

---

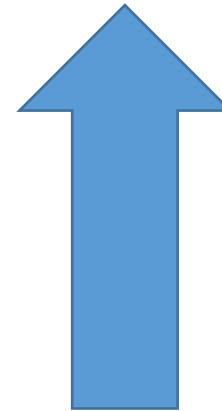
**25-30% of all GP  
consultations involve  
depression, stress or anxiety**



**Antidepressant usage in  
2018-19 = 936,269 in  
2009-10 = 633,762,  
48% increase**



**Demand on specialist  
psychology services has  
doubled in 10 years**



# Technology in Mental Health

---

**There is now a necessity for technology to be used in mental health**  
**It offers large scale, low cost, high capacity solutions**

cCBT = Computerised Cognitive Behavioural Therapy

Video Enabled Therapy

Remote Monitoring

Interactive Online Self-help

Internet Enabled Therapy

AI Chat Bots

There are key challenges in designing and implementing technology into mental health settings, early planning and evidence are essential to overcome these



# Citizen Facing Digital Mental Health In Scotland

---

# Different Digital Options

Big White Wall

Hi Zuberi  
Welcome to your Wall.  
How are you feeling today?

chillpanda

deprexis

beating the blues<sup>®</sup>  
cognitive behavioural therapy

CCBT Ltd  
Innovating Online Mental Health Care™

Select Mood

Happy Romantic Funny

Naughty Cool Surprised

Neutral Excited Hungry

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

Assess, simplify, integrate, and collaborate

attendanywhere™

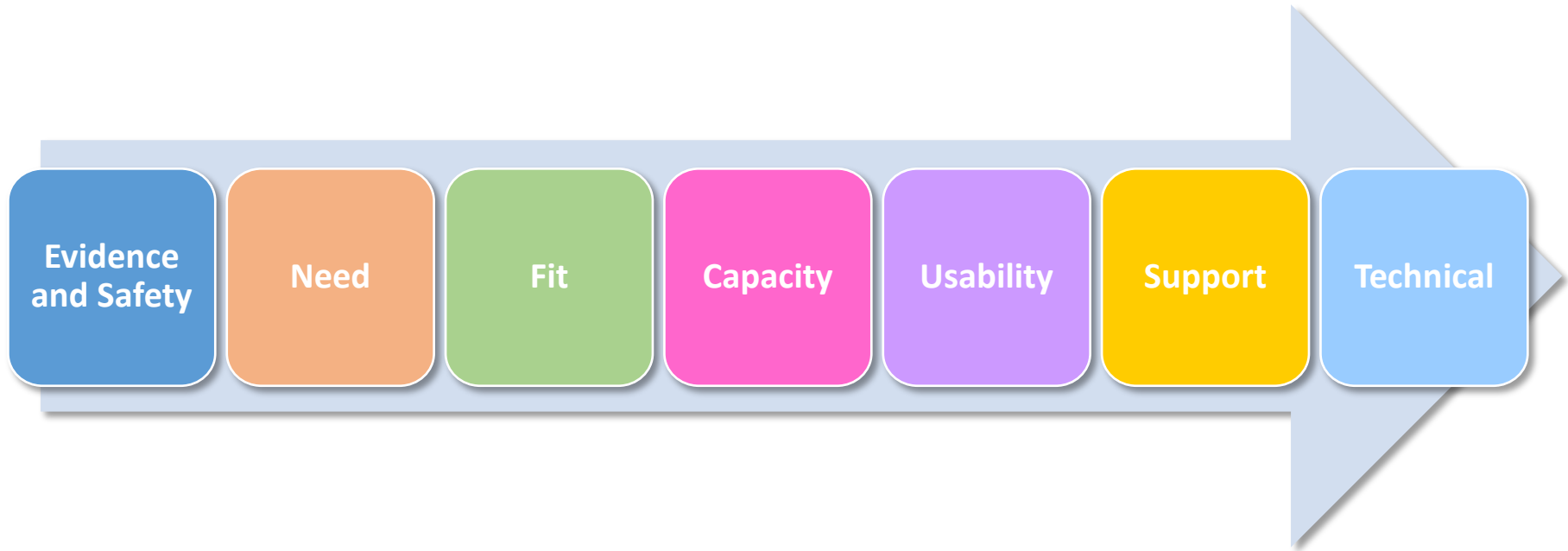
res digital health

Walking Fear of Flying

Home Discover Fred

Plan Share Goals

# Assessment of Digital Product



7 areas of assessment are carried out with, Evidence, Safety, Need and Fit being the primary focus of this process, but implementation also a consideration

Evidence and safety is contextual to technology but will look at Clinical Guidance, RCT's, underpinning theoretical approach and risk management

# National Digital Mental Health Programme

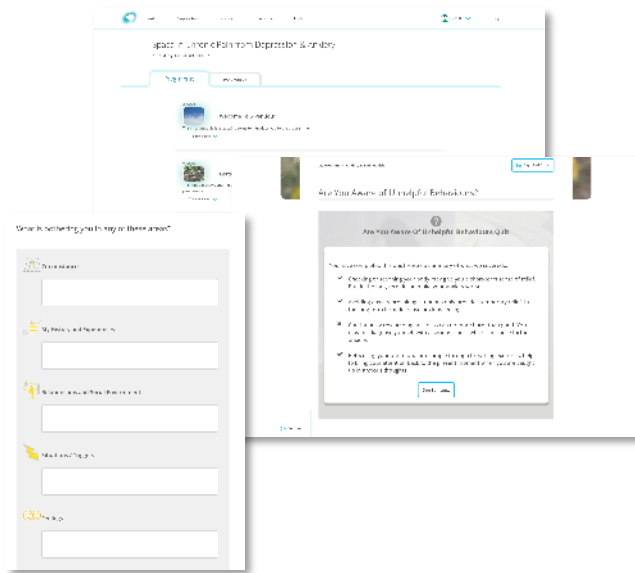
**Strategic approach across 5 areas focusing on the short and long term**

<b><i>Digital Therapy</i></b>	Face to Face, Group Therapy and CBT treatment delivered with the use of technology
<b><i>Online Self-management &amp; Self-care</i></b>	Self-management, self-care and self-help tools, information and resource made available through digital channels
<b><i>Video Conferencing</i></b>	Video Conference assisted therapy and operational support



Evaluation and Innovation (inc. assessment)

# Digital Therapies



14 cCBT treatments available across all areas of Scotland for depression, anxiety disorders, stress, health psychology, insomnia, young people, perinatal, resilience and COVID-19

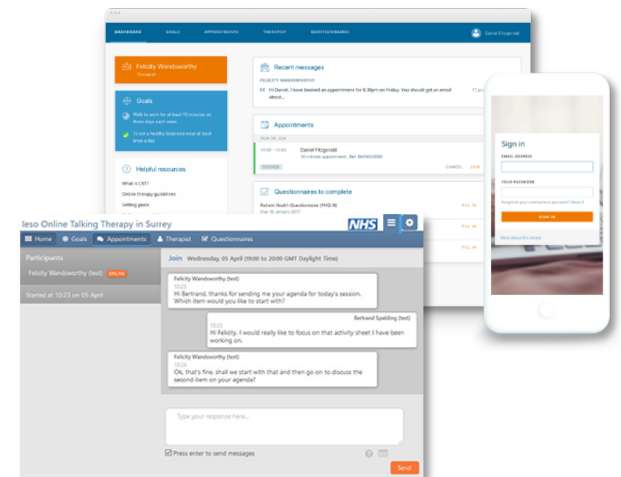
Delivered across a series of 20 minutes CBT modules via web browsers on any device

Accessed through referrals and self-referral

Internet Enabled CBT - Equivalent of face to face CBT treatment but delivered in written form through browser

Overcomes geographical barriers to treatment as well as staff shortages

Currently being rolled out nationally

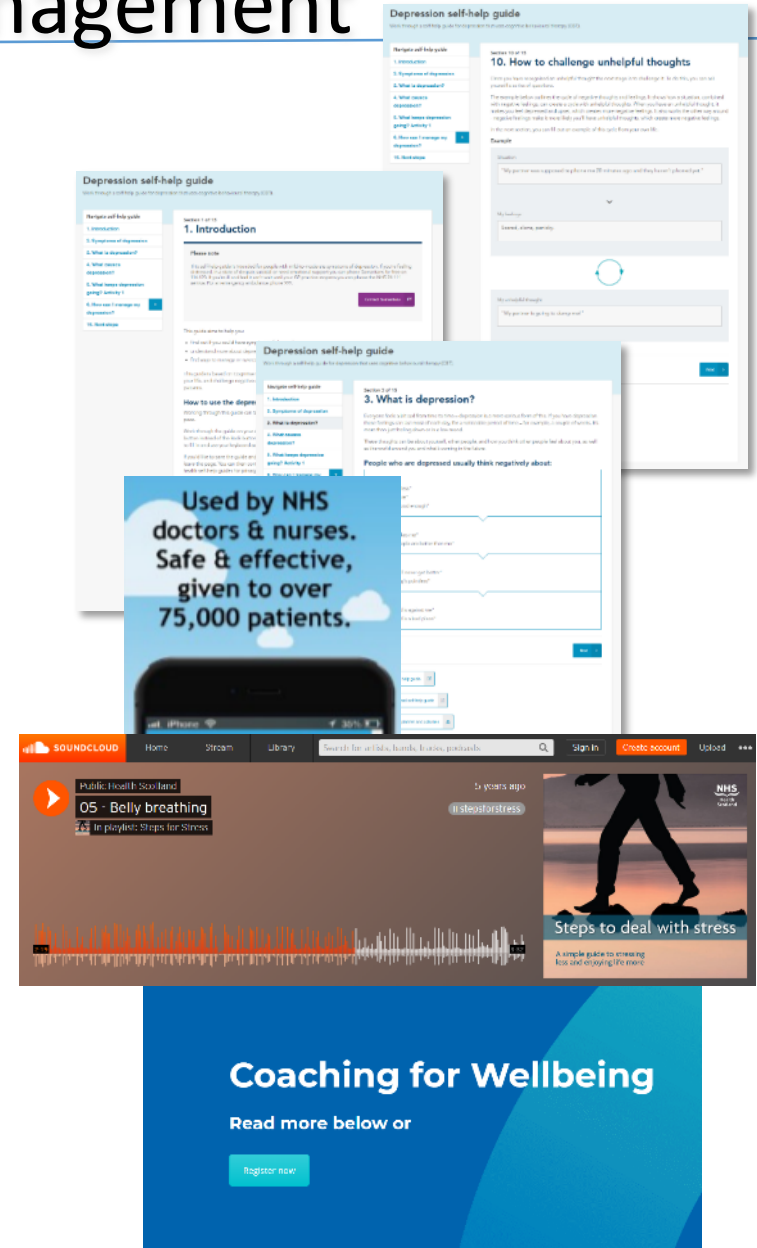


# Online Self-help and Self-management

Online interactive and pdf psychological self-help guides

Focuses on a range of topics including specific Covid and common conditions such as depression, social anxiety, ptsd, bereavement

Supported by range of self-management resources covering relaxation, mood monitoring, coaching, mindfulness, exercise



# Video Enabled Therapy

Tele-psychiatry and tele-psychology  
integrated into existing services

Deliver via Attend Aware Video  
Conferencing Platform

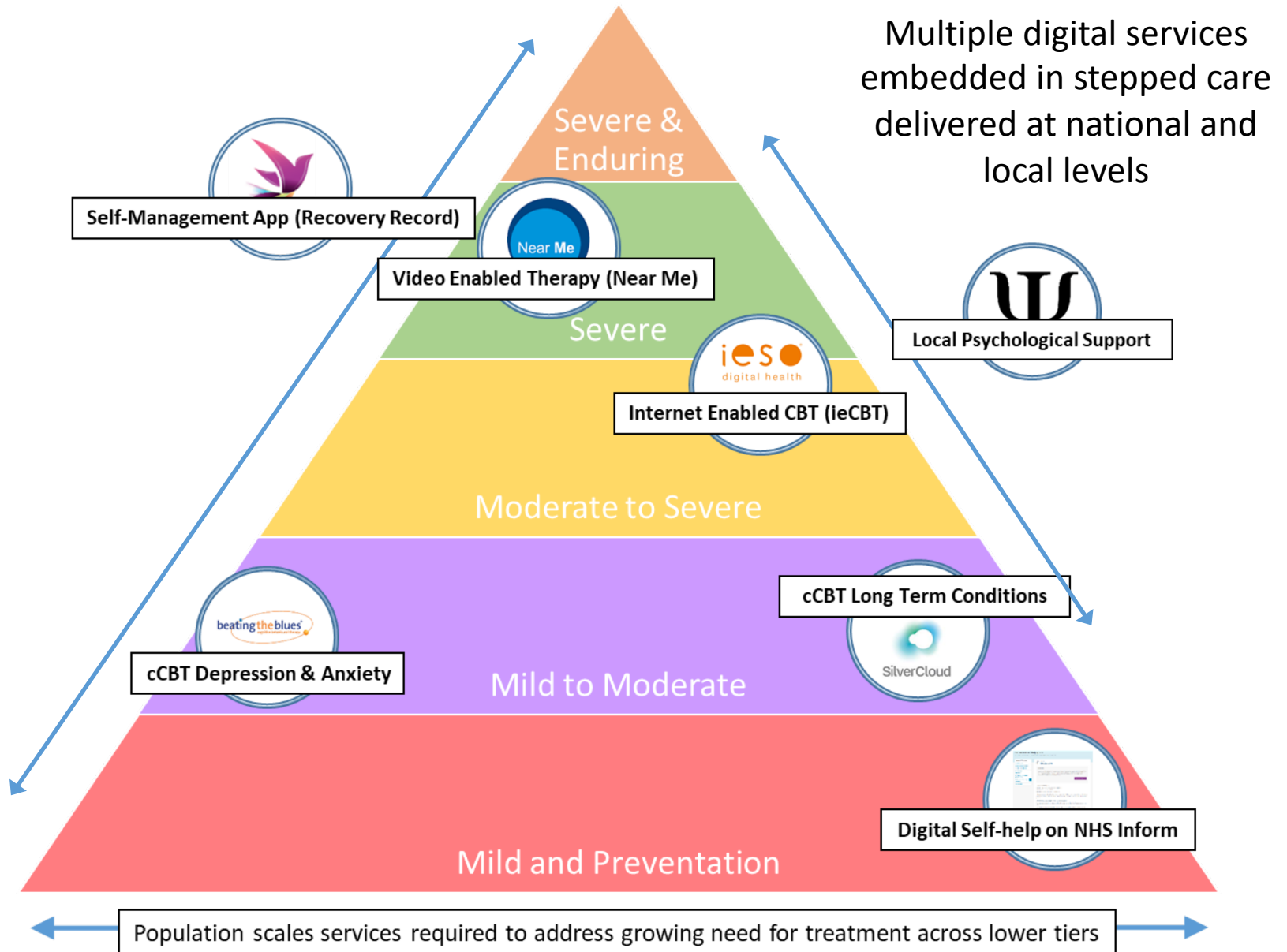
Group Therapy managed through Teams

National implementation programme  
supports rapid deployment

About 3,500 consultations per week

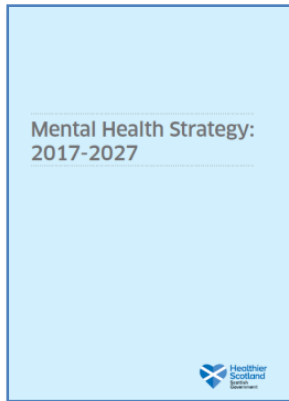


# Integration into Clinical Models





# Integration into National Policy



***Mental Health Strategy Action 25:*** “Develop more accessible psychological self-help resources and support national rollout of computerised CBT with NHS 24 by 2018”

***Programme for Government:*** “In partnership with NHS Health Boards we will expand Computerised Cognitive Behavioural Therapy (cCBT) service provision by increasing the number of treatment options”



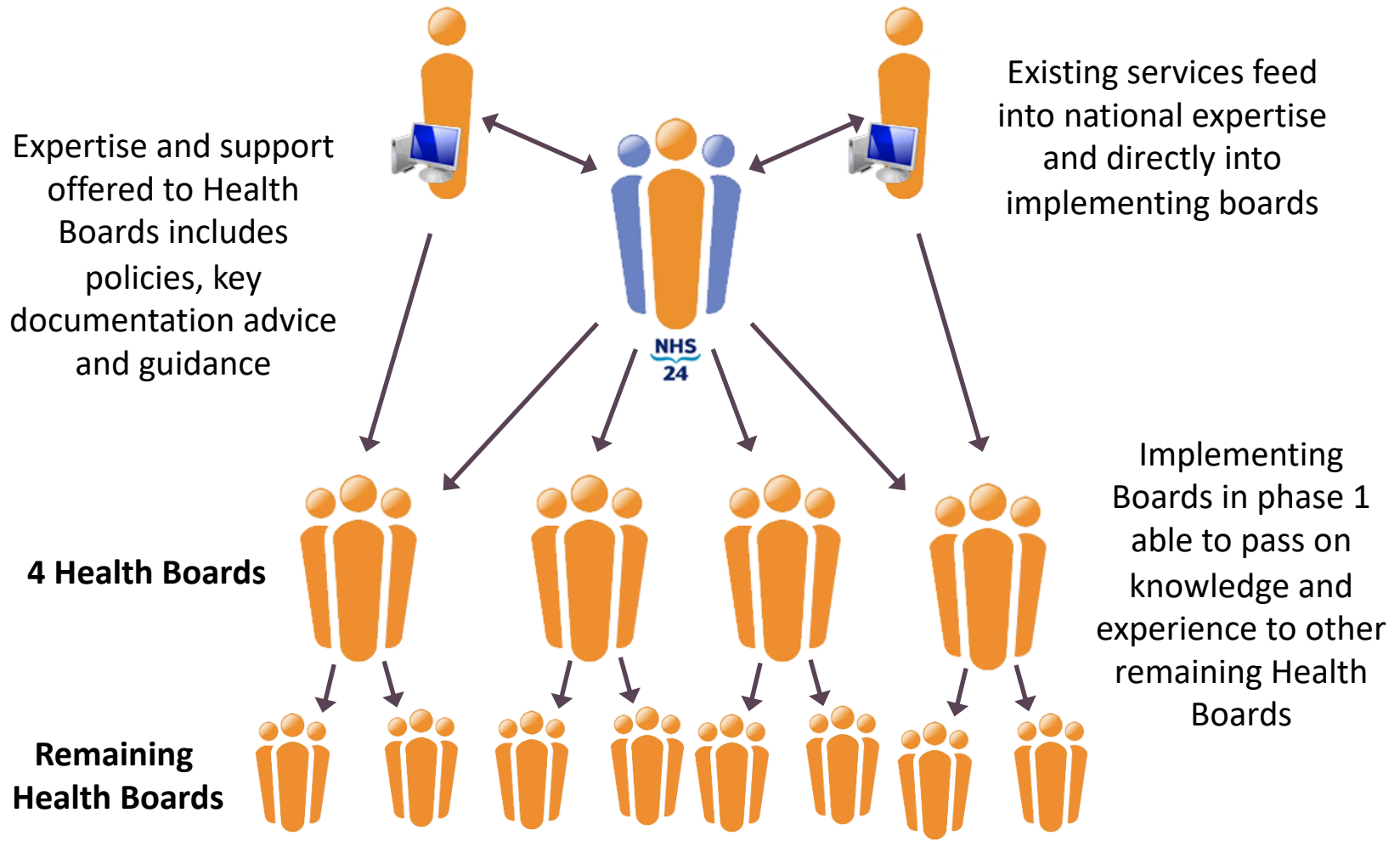
***Suicide Prevention Action Plan Action 6:*** “The NSPLG will work with partners to develop and support the delivery of innovations in digital technology that improve suicide prevention”

# Collaborative Approach



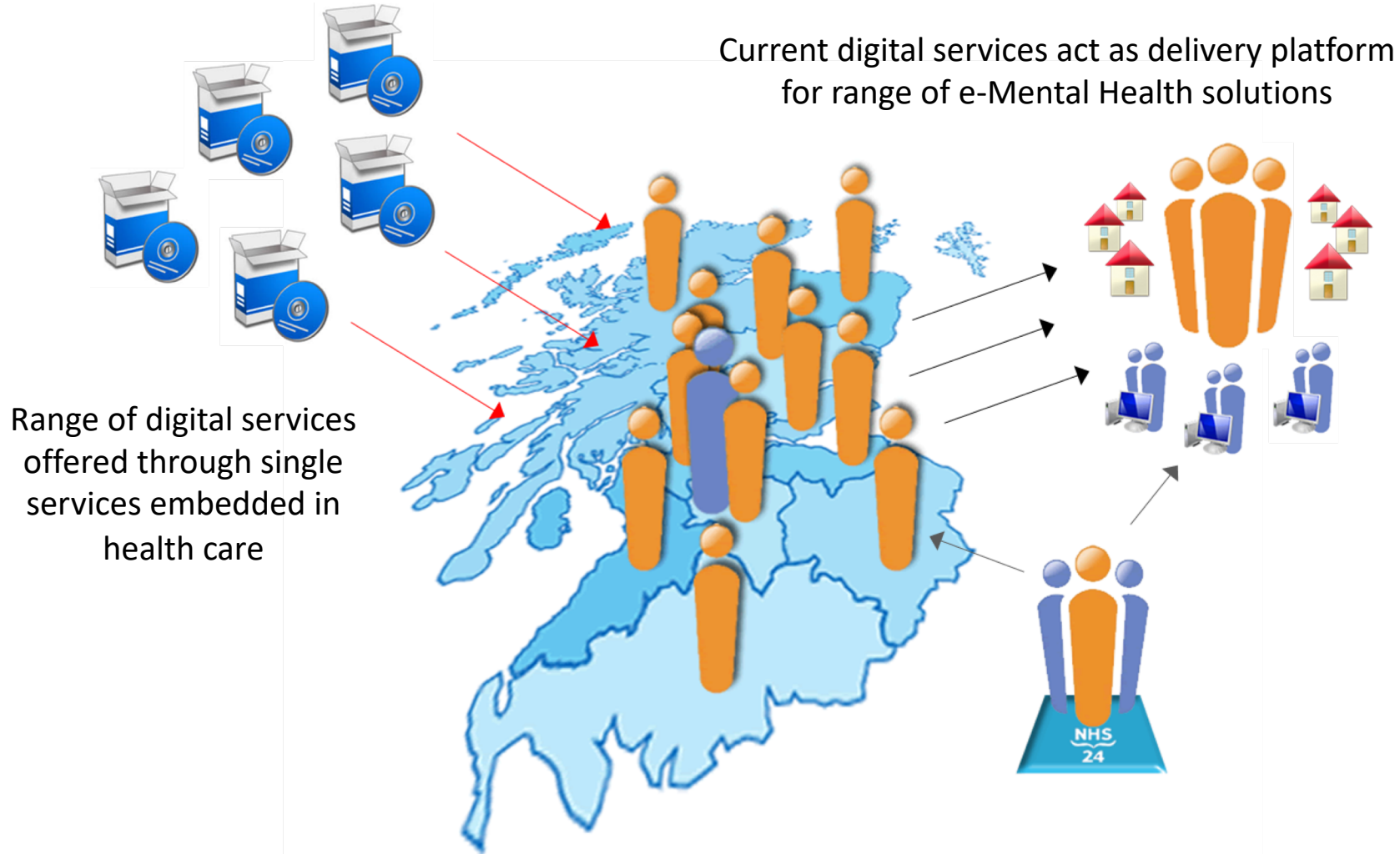
# Supported Implementation Approach

Learning shared through structures approaches



*Nationally supported implementation reduces set-up time from 2 years to 4 months*

# Service Platforms for Delivery



Developing service platforms can greatly reduce implementation time as structures are reused, this enhanced when using a shared learning approach to implementation

# Building Acceptance

---

**Extensive marketing** of service to key referrer groups, driven by strategic approaches

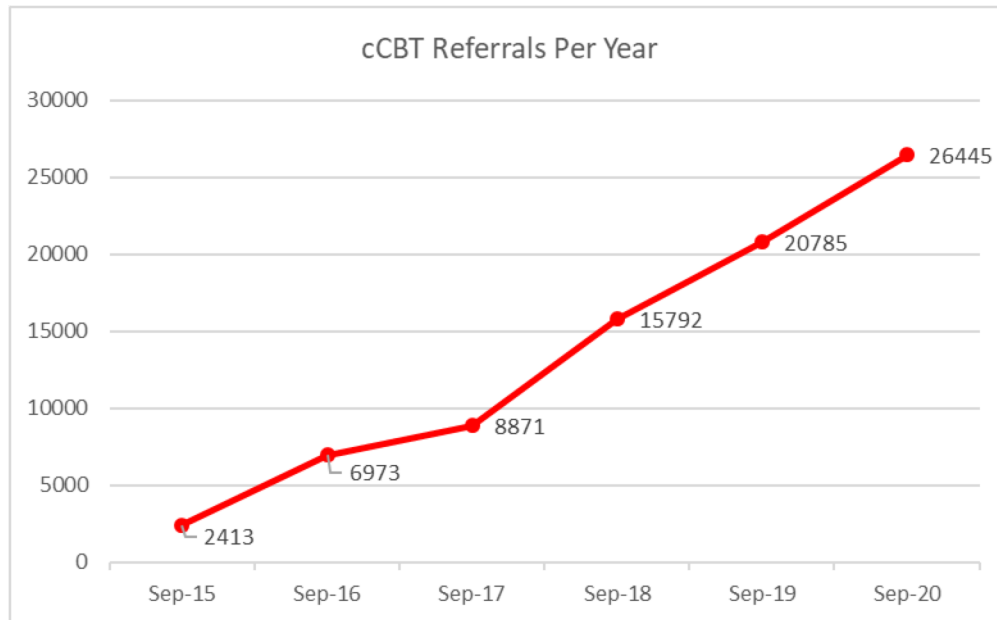
Used to **shape opinion** and address negative perceptions

**2/3 of implementation time** on marketing activity

**Service met expectation created by marketing**

Single **most important activity** in the implementation of cCBT services and is also the **most complex and subtle of tasks**

# Impact of Digital



October 2020 = 3,097  
Biggest month to date

84,428 referrals received  
since 2015

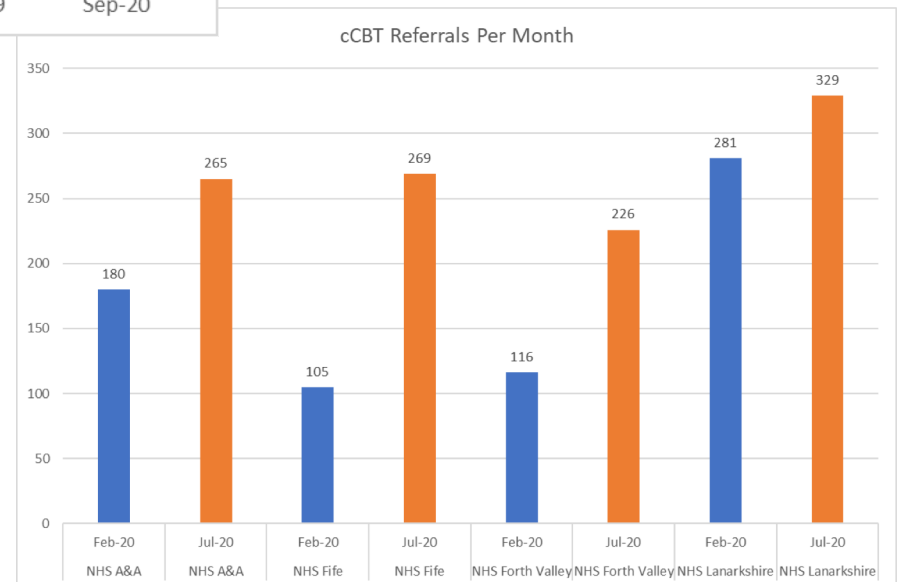
>50 staff with expertise

Suicide Ideation of over 3,600 patients  
monitored a month

85% of referrals from GPs

>25 clinical sources of referral

1 in 5 referrals now digital



# Supporting Staff During COVID

---

# Support Staff Digitally

---

Health and Care staff provided access to



Telephone support, local and psychology based

Psychological First Aid

Access to cCBT and mental health apps

Training specific to Covid-19

Self-help resources specific to Covid



Support funded and sustained beyond COVID



# Staff Access Through Single Point



National resource hub developed specifically for staff in relation to COVID-19

Provides access to practical advice, wellbeing and mental health resources, videos and useful information

This includes; PPE, looking after family and friends, wellbeing and mental health, travel, safety, avoiding burn out and specific advice for key workers

Thank You

---