Sharing Digital Innovations in Mental Health

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Working in Scottish Government and NHS Scotland for over 17 years focusing on the implementation, design and development of unique services and systems, he has been responsible for a number of initiatives and key developments in the field of mental health in Scotland.
Digital Mental Health Programme

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

New role created in 2020

Advisory and implementation lead

Sits across Mental Health and Digital Health and Care Directorates

Role designed to bridge two different worlds

Focuses on implementation and not clinical advice
Digital Mental Health Team

National Programme Team established December 2020

Coordinates implementation work at national and territorial levels

Support local areas to overcome barriers and ensure maximum impact of digital services

Policy developed through Mental Health Directorate and Digital Health and Care Directorate
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”
Digital Mental Health Programme

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
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<tbody>
<tr>
<td>Digital Therapy</td>
<td>Face to Face, Group Therapy and CBT treatment delivered with the use of technology</td>
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<tr>
<td>Online Self-management &amp; Self-care</td>
<td>Self-management, self-care and self-help tools, information and resource made available through digital channels</td>
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<tr>
<td>Video Conferencing</td>
<td>Video Conference assisted therapy and operational support</td>
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Evaluation and Innovation (inc. assessment)
Integration into Clinical Models

Multiple digital services embedded in stepped care delivered at national and local levels.
Digital Therapies 2019 vs. 2020

2019

- Single cCBT treatment – depression/anxiety only
  - 22,000 referrals in 12 month period
  - Sustained funding for cCBT
  - LTC and ieCBT Test of Change

2020

- 10 cCBT treatments – depression, LTC and anxiety
  - Expected to double referrals in 24 months (30,000 this year)
  - Sustained funding for cCBT
  - 4 wellbeing self-referral psycho-educations programs
  - Test of Change Programme Established
  - National rollout of ieCBT
Usage of Digital Therapy

November 2020 = 3,372
Biggest month to date
90,888 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
Innovation

Working in partnership with Innovation Hubs and Clusters such as DHI to support the development of the next generation of technologies

**Emerging Technologies**

- AI Chatbots for CYP – AlliChat, Think Ninja for Signposting
- Gamification Technology – Mindfulness and Relaxation
- Virtual Reality – Phobias
- Machine Learning – Informing Clinical Practice
Building Evidence

Focused on

Evidence to support claims of technologies

Technical, user satisfaction, safety, effectiveness

Research focused

Demonstrates at scale in appropriate live environment

Evidence should be build throughout design, testing and implementation phases

Development of understanding, trust and acceptance is dependant on good evidence
Future Priorities

Child and Young People (treatments and self-management)

Older Adults (Care Homes and Social Care)

Drug Deaths and Homelessness

Expansion of Adult Services

Self-management and Assessment

Self-referral
Other Areas of Work

Use of remote monitoring

Patient management systems and interoperability of digital therapies

Digital inclusion

Workforce training, skills development

Suicide Prevention

Autism and Learning Disability

Staff Support
Thank You