



SilverCloud

MAKING SPACE FOR HEALTHY MINDS



Computerized Cognitive Behavioural Therapy at **inclusionthurrock** (STEP 2 cCBT)

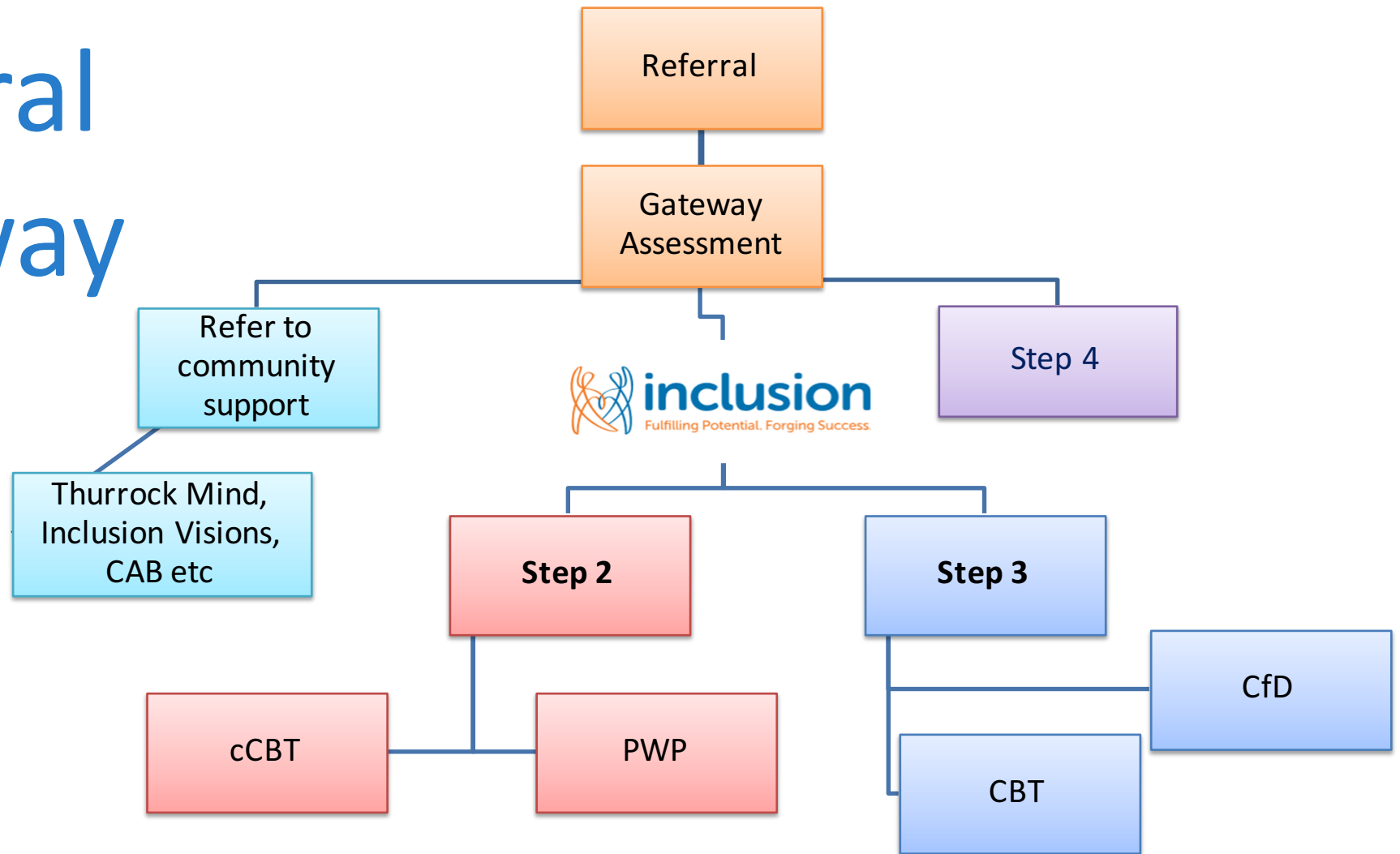
Claire Webb
cCBT Co-ordinator/Counsellor

Aims

- Referrals into the service
- SilverCloud and its impact on our Step 2 offer
- Introducing Be Mindful as a second online platform
- PRISM and our use of volunteers
- Future developments for digital platforms

Referral

Referral Pathway



Referral Criteria

Clients need to meet the following criteria:

- **mild to moderate** PHQ/GAD
- presenting with **mild to moderate** Anxiety or Depression;
or mild GAD, OCD, Social Anxiety Disorder, Phobia or Panic Disorder
- **no** or **low risk**
- can use a computer, tablet or phone
- can read and write
- can commit to **6 reviews every 2 weeks for SilverCloud** or
4 reviews every 2 weeks for Be Mindful

SilverCloud



SilverCloud

MAKING SPACE FOR HEALTHY MINDS



Designed by clinicians

Clinical insight and experience is at the heart of our programmes.



Informed by experts

Developed with research and content from leaders in their fields.



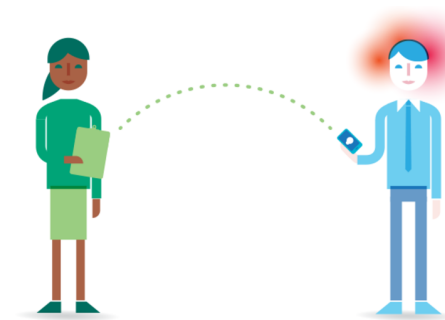
Easily accessible

A flexible online space, available when and where you need it.



Made to work

10 years of research and testing to make effective solutions.



SilverCloud MAKING SPACE FOR HEALTHY MINDS



Be Mindful
Online Mindfulness Course



inclusionthurrock
Fulfilling Potential. Forging Success.

SilverCloud



ANXIETY

SPACE FROM GAD

SPACE FROM OCD

SPACE FROM PANIC

SPACE FROM PHOBIA

SPACE FROM SOCIAL

ANXIETY

SPACE FROM HEALTH

ANXIETY

SPACE FROM DEPRESSION AND ANXIETY



DEPRESSION

SPACE FROM

DEPRESSION



STRESS

SPACE FROM

STRESS



EATING ISSUES

SPACE FOR

POSITIVE BODY
IMAGE



CHRONIC ILLNESS

SPACE FROM CHD

SPACE FROM

COPD

SPACE FROM

CHRONIC PAIN

SPACE FROM

DIABETES

Additional focused modules:

Anger Management

Mindfulness/Relaxation

Sleep Difficulties

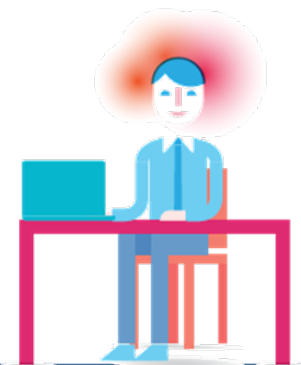
Self Esteem

Employment Support

Outcomes and Feedback

Recovery Rates

	Date From	Date To	Recovery Rate
Year 1	1st April 2017	31st March 2017	53.42%
1st Quarter	1 st April 2016	30 th June 2016	53.85%
2nd Quarter	1 st July 2016	30 th September 2016	41.67%
3rd Quarter	1 st October 2016	31 st December 2016	66.67%
4th Quarter	1 st January 2017	31 st March 2017	57.14%

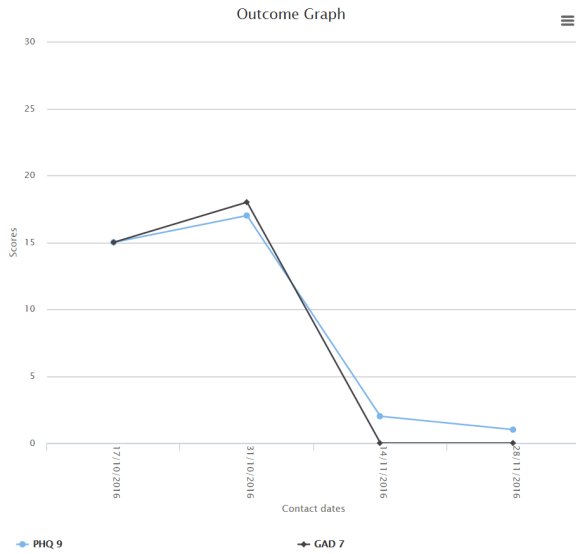


Individual Programmes

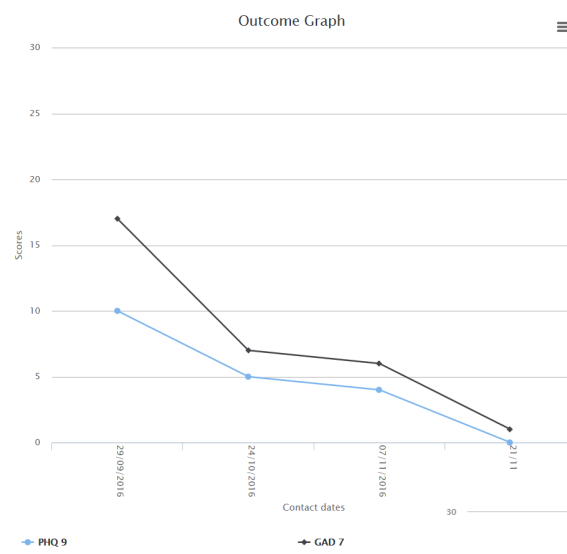
Programme	Recovery Rate	
	1 st April 2016 - 31 st March 2017	Number of clients
Space from Depression	63.16%	32
Space from Anxiety	38.46%	22
Space from Depression and Anxiety	27.27%	38
Space from Stress	60%	12
Space from GAD	77.78%	14
Space from Health Anxiety	*	2
Space from Social Anxiety	40%	9
Space from Panic	83.33%	6
Space from OCD	50%	6
Space from Phobia	-	0
Space for Positive Body Image	*	1



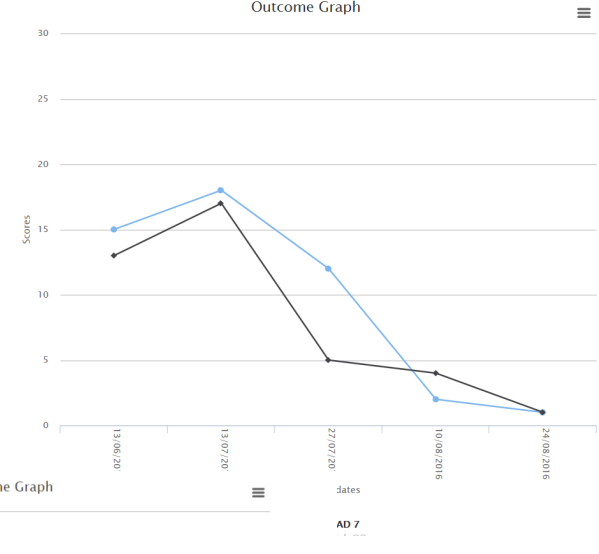
Male, 47, Space from Depression



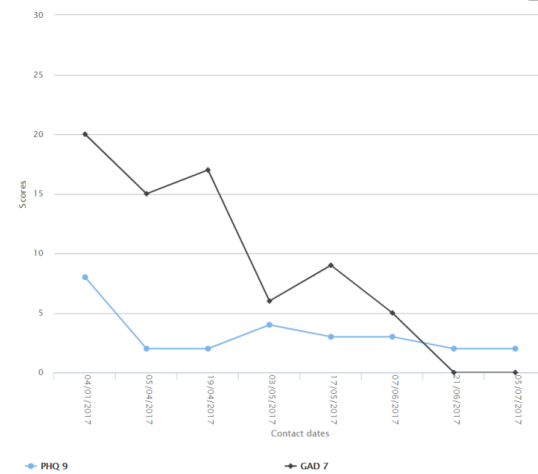
Female, 41, Space from Anxiety



Female, 56, Space from Stress



Male, 40, Space from Health Anxiety



Feedback from clients

“I found it very simple to use. I was able to work through my problems and **solve them by myself**, it was a release.

I found the reviews extremely useful and **confidence building**. It made me feel I was on the right track and improving myself.

The programme **helped me make time for me, to reflect, relax and be calm**. This was invaluable to me.

Female, 44, Space from GAD

“The feedback from my supporter gave me confidence to continue with the course and I gained self-confidence.

I learned how to stay in the present and enjoyed the meditation techniques. I will continue to practice them.

For the first time in a long time I smiled from my heart when I read my first feedback from my supporter, it was and still is a very good moment in my life.”

Female, 62, Space from Depression

Be Mindful

Be Mindful

Be Mindful is an online mindfulness course

- Evaluated for effectiveness and backed up by **Randomised Controlled Trials**
- Uses mindfulness-based cognitive therapy (**MBCT**) and mindfulness-based stress reduction (**MBSR**)
- MBCT is recommended by the National Institute for Health and Care Excellence (**NICE**) as a treatment for recurrent depression

What you'll be practising on the course

WEEK 1: Stepping out of Automatic Pilot
Routine Activity, Mindful Eating, Body Scanning

WEEK 2: Reconnecting with Body and Breath
Mindful Movement, Event Awareness, Mindful Breathing

WEEK 3: Working with Difficulties
Breathing Space, Stress Awareness, Sitting Meditation

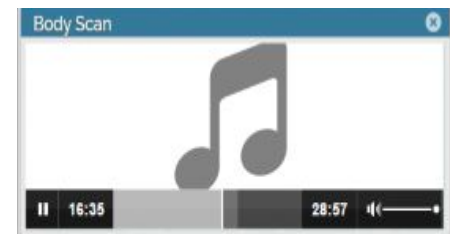
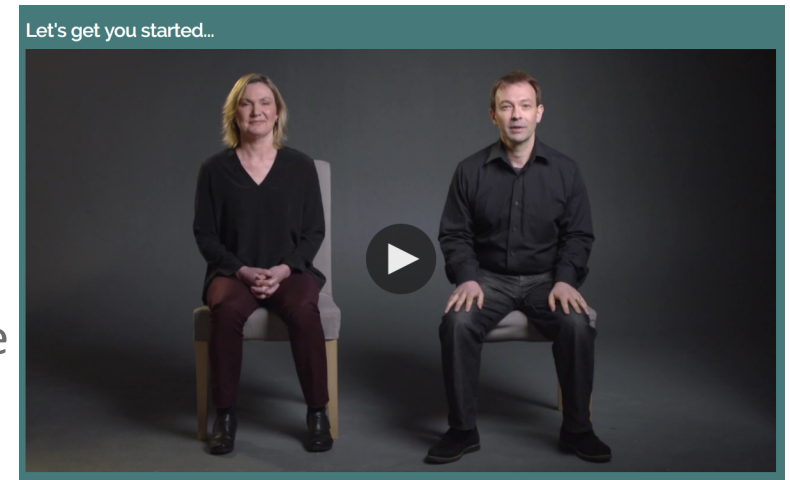
WEEK 4: Mindfulness in Daily Life
Activity Awareness, Stress Strategies, Breathing Space and Action Step

[← BACK TO THE VIDEO](#)

Be Mindful

The course includes:

- 10 easy-to-follow sessions with videos and interactive exercises led by leading mindfulness trainers
Tessa Watt and Ed Halliwell
- 12 assignments to practise in daily life, with supporting emails
- Course handouts to download or print
- 5 mindfulness and guided meditation audio available to download
- Online tools for reviewing progress
- Can be completed in as little as 4 weeks



Feedback

Feedback from online clients

"I liked the fact I was not alone, and had help and support.
The library idea is good too so I will be able to recap etc....
Thank you."

"Very helpful, taking time out to focus."

"I loved the gentle ways and the videos were great too.

Thank you for re-igniting my interest in mindfulness, having practiced in the 60's... this is my time."

"Throughout the course I have managed to confront my negative feelings more, not by always arguing with myself but through gentle encouragement and learning to trust myself more."

Feedback from group

“I enjoyed the sessions and would like them to be longer so we can have **more discussion.**”

“I **enjoyed the face-to-face sessions** and liked trying the different types of meditations exercises.”

“It would be great if the course could be longer so we can experience **more mindfulness practices.**”

“I **found the practices so relaxing** I found myself drifting off at points.”

PRISM

PRISM

Connects IAPTus with online provider

- **Clinical contact created**
 - SilverCloud review, client messages and MDS transferred over
 - Be Mindful MDS transferred over
- **MDS transferred over automatically**



PRISM

Volunteers

- **Allows volunteers to support on SilverCloud and Be Mindful with minimal impact on resources**
 - **No extra paperwork!**
- **PRISM has reduced the amount of time needed to complete a review**



The Future

What's next?

SilverCloud Long-term Conditions

- Specific package to support those with LTCs

'Making the Most Of...' groups

- For both SilverCloud and Be Mindful

Be Mindful group at Thurrock Council for staff

- Dates for a second group confirmed

To Conclude...

- Referrals onto our digital platforms
- Our use of SilverCloud and Be Mindful
- The wonders of PRISM
- Future developments for digital platforms

Contact details

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