

Digitally enabled pathways in children and young's people mental health care

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Digital horizons in mental health



Augmented or Assistive Realities

Virtual Reality

Smartphones Apps and **Diagnostics**

Machine Learning and Al

Digital Devices for Monitoring Physical Health

Electronic Personal Health records

Genomics



Early Access to Help - Prevention/Early Intervention

CYP/Parent/Carer/Concerned Adult recognises that their a potential mental health service and seeks help from Primary care or other agencies



Presentation via A&E (UEC)

Consultation/Advice leading to clarification of needs

Access to a multi-agency network of skilled multidisciplinary professional for early help, advice, consultation or initial assessment leads to:

- Clarify problem and potential solutions
- Referral to CYPMH services
- Identification of other services to meet needs



Assessment

Full bio-psycho-social assessment leads to:

- Formulation of needs
- Agree care plan
- Identify services or functions to meet needs of CYP, family or carers

Specialist Assessment where indicated





Care providers/Multi-agency ecosystem

Voluntary agency
Paediatrics
Social Care
Education

Primary Self-help Sources
Agencies



Mutli-agency collaborative work with CYP and families with use of Routine Outcome Measures throughout the pathway

Transfer or Discharge of Care

Inpatient Services Day patient services

24/7 crisis Support

Risk Management/Intensive Home Support Crisis Bed/Refuge or Other Accommodation Intensive Education Resources Early Intervention In Psychosis

Eating Disorders service

Forensic Care

Care provided by:

Scheduled Specialist Mental health service

CYPMH Care Pathway



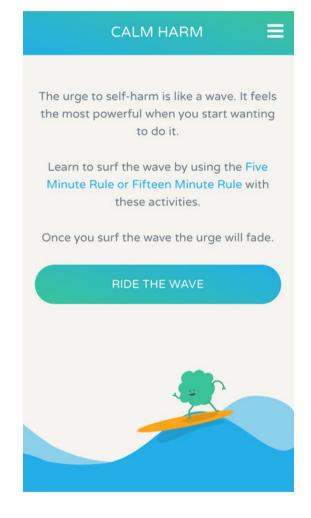
Targeted prevention and early intervention

- Improved information for schools and public
- Apps/gamification /chatbots/VR to support understanding and help-seeking behaviour
- Population analytics to identify people at risk
- Improved local directories of services to better signpost to services



Apps









Assessment

- Improved interoperability facilitating and seamless record management across and between systems
- E-referral systems to support attendance
- Wearables to support assessment
- Al to support diagnosis
- Digitised care plan linked to jargon-busters/support apps



Patient Held Record systems

- Step Up
 - ADI
 - http://www.adi-uk.com/adi-portfolio-health/stepup/
- MyMind
 - Developed by NELFT
 - http://www.nelft.nhs.uk/my-mind-information-forhealth-professionals



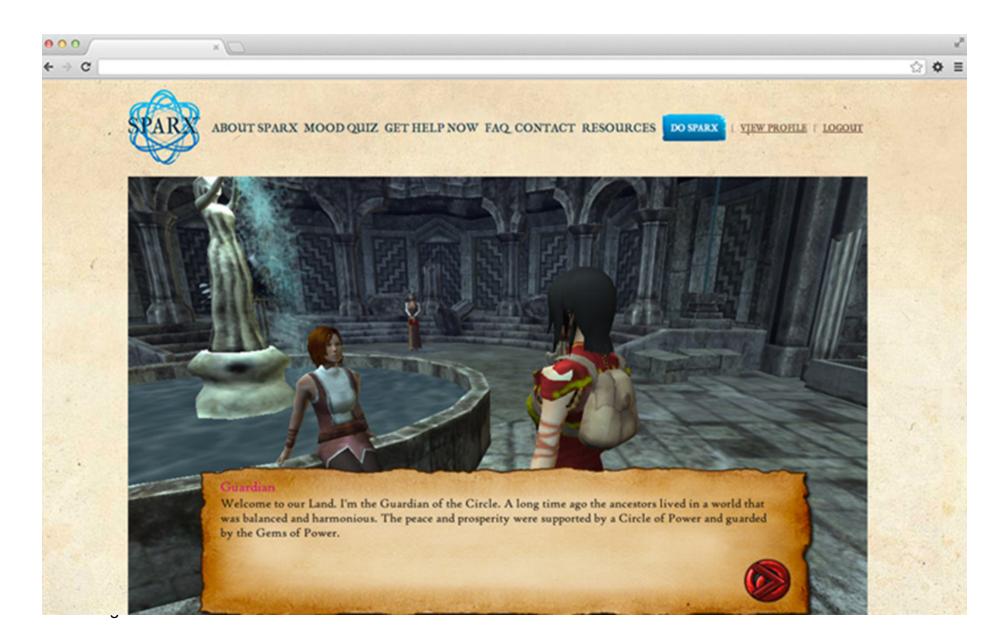


Treatment and care

- Rethinking time/place for 'scheduled care'
- Patient managed/maintained EPR; available across clinicians/practitioners/educators
- continuously updated PROMs
- Wearables/apps to identify crisis risk
- Capacity and demand tools
- interoperability for medicines optimisation
- Apps for ongoing care/ crisis response
- Gamification of treatment



Serious CBT games



Virtual Reality



Blue Room for ASD – NTW/NCL Uni



Augmented Reality



- Brain Power
 - Using Augmented reality to help children with social communication difficulties to learn new skills...







Managing the multiplicity of providers and interplay with other systems

- Improved interoperability and data sharing/linkage between systems
- Link to primary and social care; education; housing to support individual care
- Population analytics to support planning
- Improved information sharing and signposting



Putting the pieces together

- Work with system partners
- Think end to end digital
- Bake in interoperability
- Leverage the affordances of digital automation, analytics



A note of caution

- Don't assume young people want to you technology in the same way you do
- Can young people be the data controller?



