

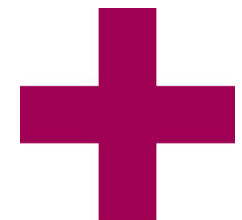
Augmented change: Where next?

**The role of place and personalisation in
technology in psychological therapy**

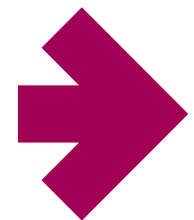
Dr James Woollard

Senior Clinical Fellow in Mental Health Technology and Innovation

25th September 2017



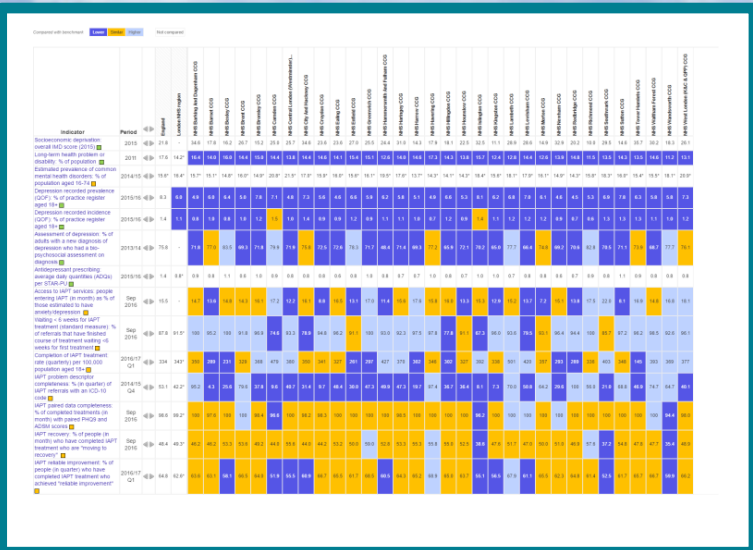
Getting onboard, staying onboard



Anywhere vs Somewhere



Quantified Communities



Showing 1-10 of 19 results
Results per page 10

Trust	Bed occupancy rate	Proportion of admissions gte by GDT times	Help out of hours	Proportion of people on C/Ps with a crisis plan in place	Delayed transfers of care
East London NHS Foundation Trust Trust HQ, 3 Alder Street, London, E1 6SE Tel: 020 7605 4000 See on NHS Choices 0.6 miles away	84.2% acute and beds occupied	100.0% of admissions	8:30 on a scale of 0-10	80.2% of people have a crisis plan in place	0.0% bed days not due to delay
Virgin Care Services Ltd 1 Essex House, 112 Denmark Street, London, WC1R 9LF Tel: 020 322 19000 See on NHS Choices 2.1 miles away	No relevant data available	No relevant data available	No relevant data available	No relevant data available	No relevant data available
Central and North West London NHS Foundation Trust Stephenson House, 25 Hampstead Road, London, NW1 2PS Tel: 020 3214 6700 See on NHS Choices 2.4 miles away	86.7% acute and beds occupied	99.6% of admissions	7:00 on a scale of 0-10	56.6% of people have a crisis plan in place	4.03% bed days not due to delay
Camden and Islington NHS Foundation Trust 26 Portland Square, 4 St. Pancras Way, London, Greater London, NW1 0PE Tel: 020 327 2000 See on NHS Choices 2.7 miles away	87.7% acute and beds occupied	100.0% of admissions	5.78 on a scale of 0-10	80.9% of people have a crisis plan in place	6.17% bed days not due to delay
South London and Maudsley NHS Foundation Trust Maudsley Hospital, Denmark Hill, London, Greater London, SE5 8AZ Tel: 020 3228 6000	81.1% acute and beds occupied	93.2% of admissions	6.79 on a scale of 0-10	46.4% of people have a crisis plan in place	8.03% bed days not due to delay

A Day In The Life of dave38

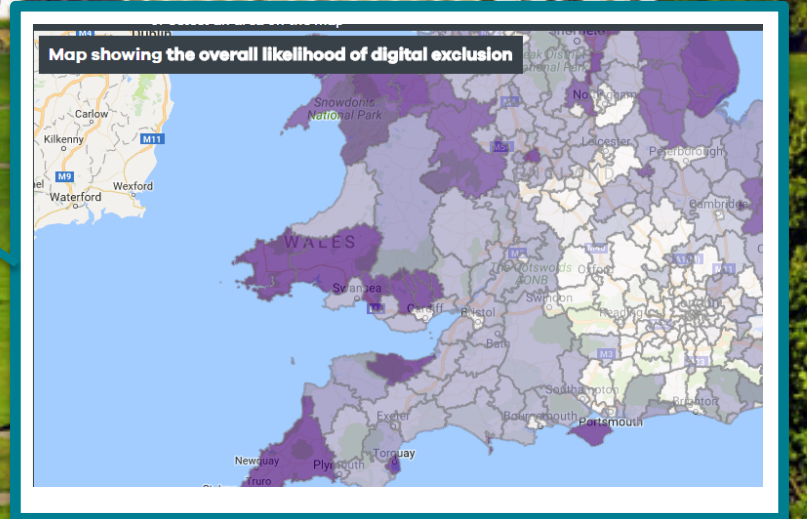
Published on the day 10th of May.
Found in

This morning has been like every other day recently, waking up to more extreme thoughts how to kill myself.

Today it was drinking plant food, took a long time for the thought to disappear but very flat and irritable this morning.

I'm going through a work grievance due to being bullied and I have ran out of sick pay so this will be the first time I ever claim off the social and I fear this but have no other option.

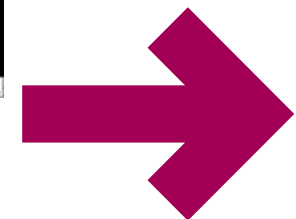
I don't feel ready to seek new employment as my confidence is low and my illness has become worse, so on a difficult unknown journey at the moment.



Place-based care



Anywhere technology?



Someone technology: Personalisation

Awareness of a problem prompted by an App, a friend, a link on chat forum

Initial connection with help, self-triage through digital tools

Online Self-referral to NHS IAPT service

Tailored, Digital Enabled Therapy with support of therapist

Self-Help through digital tools supporting recovery/wellbeing

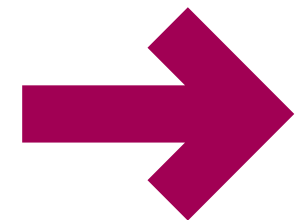
References:
[London Digital Wellbeing Platform](#)
[NHS.UK apps](#)
[NICE IAPT Pilot](#)



Somewhere technology: Localisation



Augmented Realities - somewhere realities?



Towards Blended, Assistive Realities



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