Commissioner for Children and Young People
Western Australia

2016-17
THINKER IN RESIDENCE
Professor Jane Burns

Improving clinician's competence and confidence in integrating digital technology into assessment and treatment

Child and Adolescent Mental Health Service

14 March 2017

Commissioner for Children and Young People
Western Australia

2016-17
THINKER IN RESIDENCE
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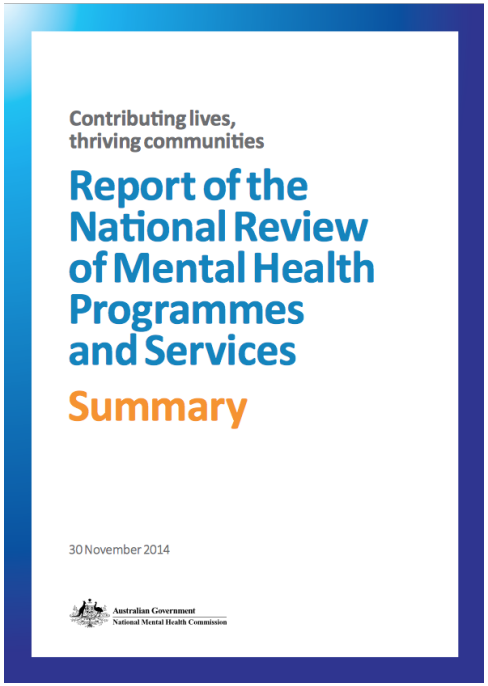
2016-17 Thinker in Residence

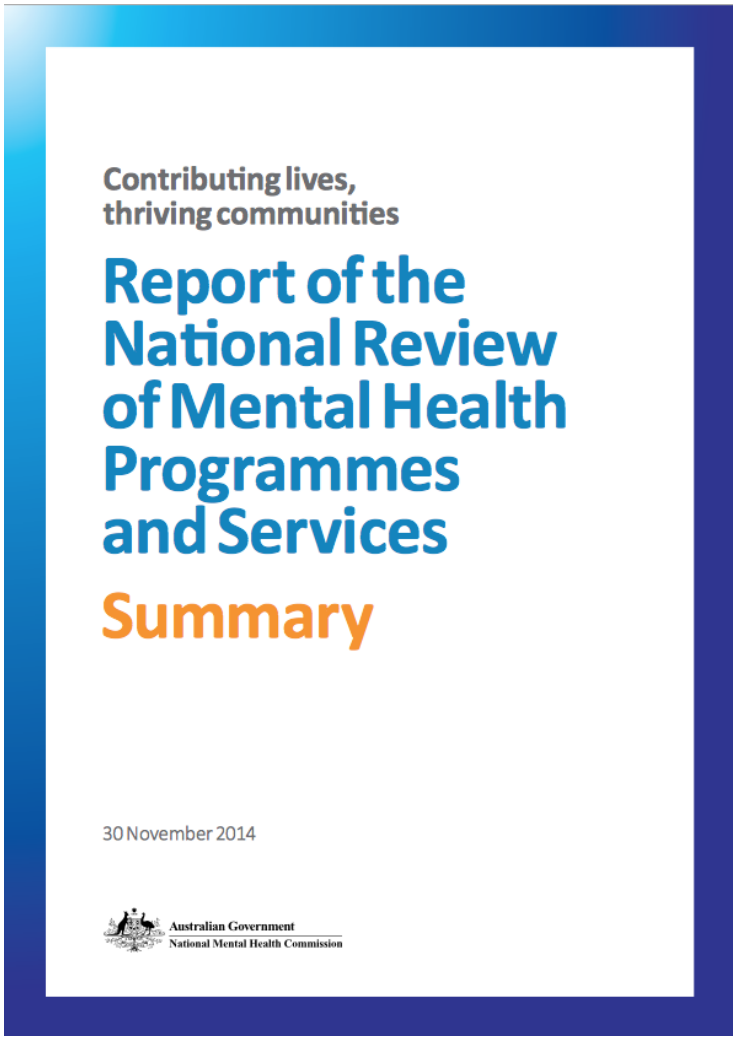
What the report found



- The **current system** is
  - poorly planned
  - poorly integrated
  - a "massive drain on people's wellbeing"

- Has major deficiencies & a lack of support for people who are discharged from hospital after attempting suicide.

Recommendations



IMPROVE ACCESS TO SERVICES AND SUPPORT THROUGH INNOVATIVE TECHNOLOGIES

Improve emergency access to telephone and internet-based forms of crisis support and link crisis support services to ongoing online and offline forms of information/education, monitoring and clinical intervention.

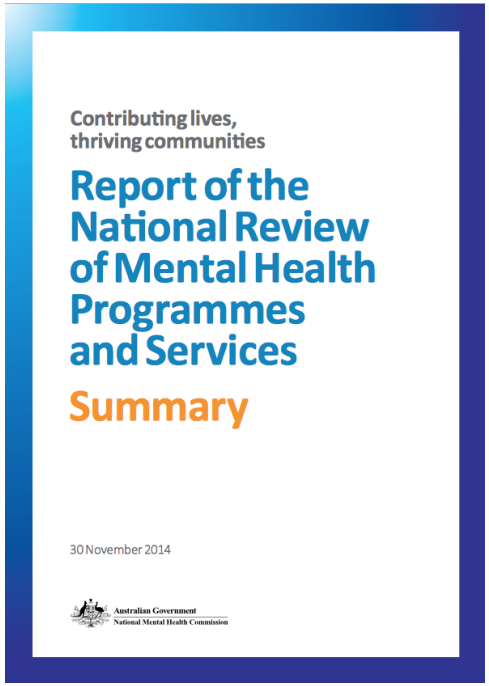
Implement cost-effective e-mental health solutions that build sustained self-help, link to biometric monitoring and provide direct clinical support strategies or enhance the effectiveness of local services.

15 March, 2017

21st Century Mental Health

// Safe. Healthy. Resilient.

2015: What the report found



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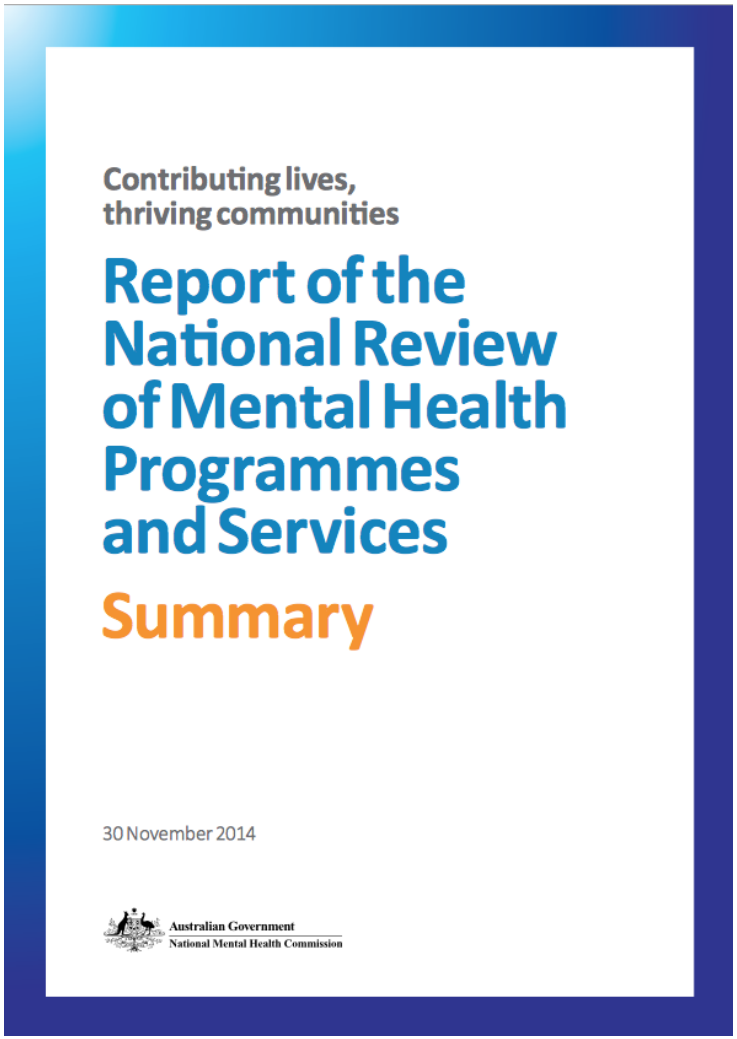

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NATIONAL MENTAL HEALTH COMMISSION
OUR RECOMMENDATIONS ON TECHNOLOGY

A SYSTEM REIMAGINED // MENTAL HEALTH REFORM THROUGH INNOVATIVE TECHNOLOGIES #NMHCReport

YOUNGANDWELL
Cooperative Research Centre

// INTEGRATION
Align, consolidate and integrate the use of e-mental health technologies with the existing mental health system.

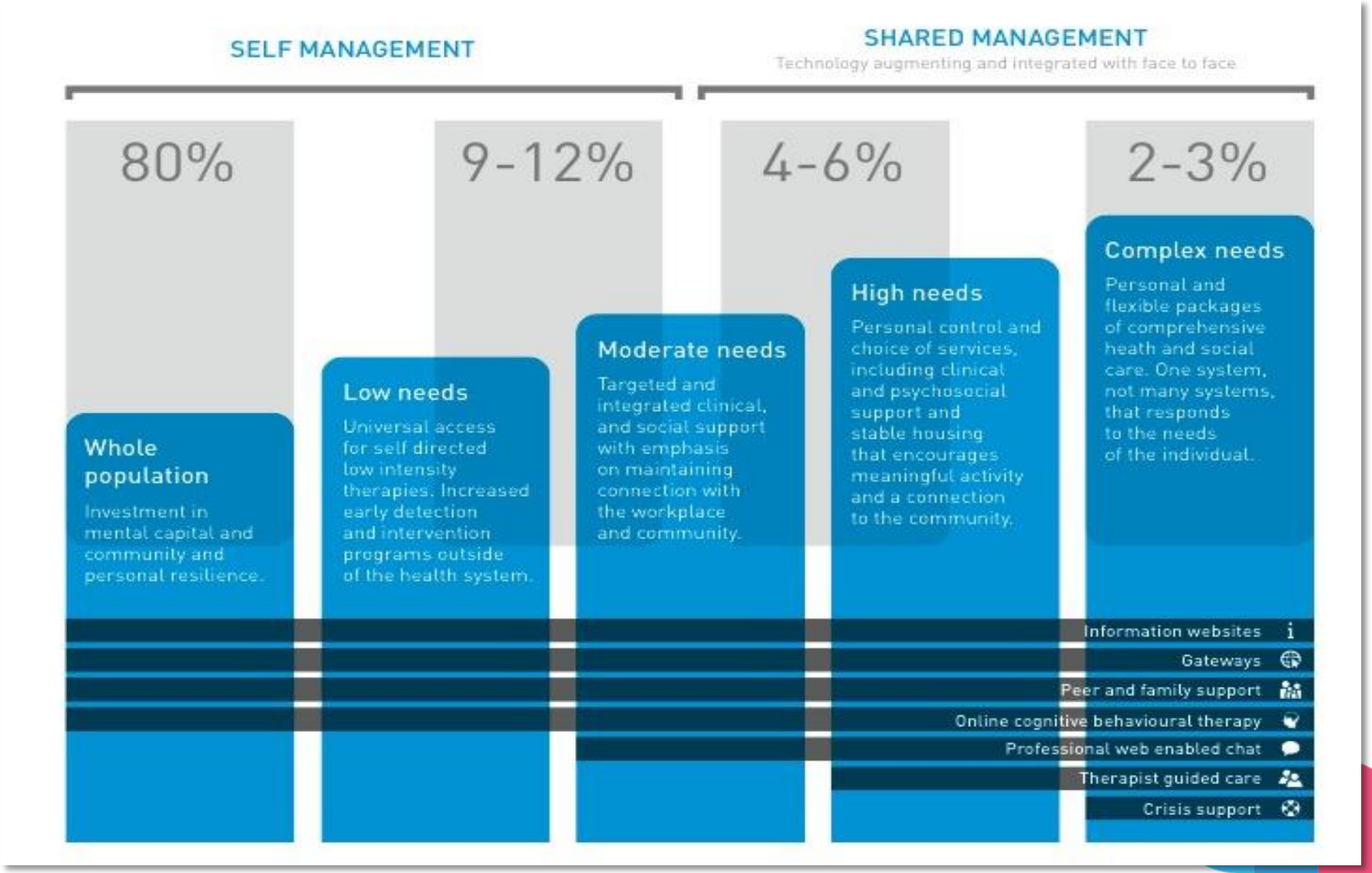
// RE-ORIENT THE SYSTEM
Technologies allow for a tailored approach on a mass scale, placing the individual at the centre of their own care.

// LEADERSHIP
The sector is in need of strategic and transformational leadership in order to move into the 21st century.

// FUTURE-PROOFING THROUGH RESEARCH AND DEVELOPMENT
Leverage new and emerging technologies to develop integrated digital products and services that deliver effective services and augment face-to-face care.

// SUSTAINABLE FUNDING
Transform how the sector is funded through innovative business and funding models for sustainability (such as Public Private Partnerships; social impact bonds, etc)

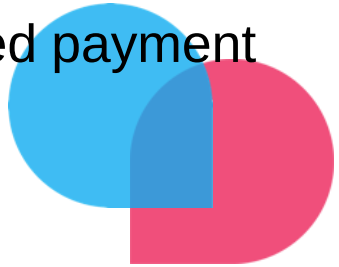
Policy imperative - ***right care*** at the ***right time*** in the ***right way***

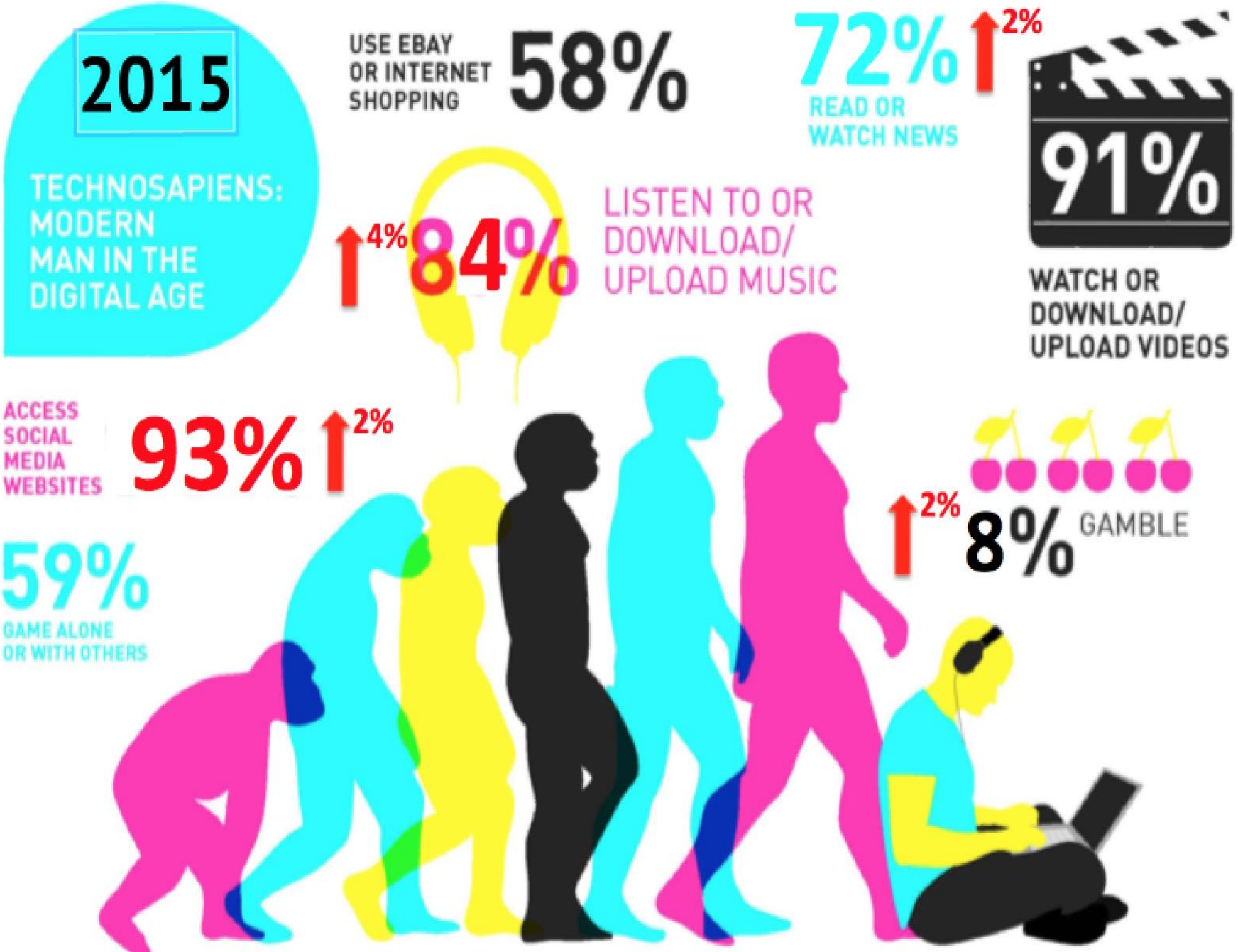


Burns, 2015

Ten challenges facing service providers …

- ‘UBERisation’ of health care – how to respond to disruptive innovation in mental health – e.g. eMentalhealth & community awareness
- Uncertainty in government expectations & need for policy clarity – ‘low intensity services’, ‘packaged care’, ‘stepped care’ etc
- Capability for collaboration & to facilitate co-design
- Flexibility & agility to respond to opportunity & regional/local planning
- Getting to meaningful & effective change – transition pain
- Capacity, investment for development vs. service delivery
- Empowering those with Lived Experience
- Understanding ‘Stepped care’ or clinical staging
- Suicide & Suicide Prevention – lack of data, lack of expertise, Aboriginal & Torres Strait Islander suicide
- Moving from a focus on outputs to outcomes & results based payment

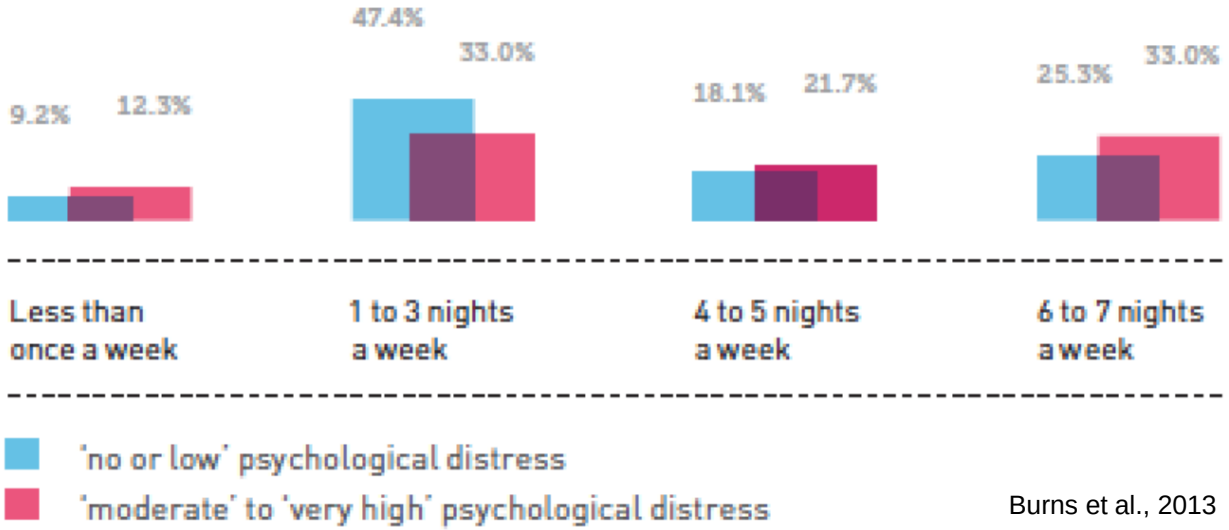



2015
TECHNOSAPIENS: MODERN MAN IN THE DIGITAL AGE
USE EBAY OR INTERNET SHOPPING 58%
72% 2%
READ OR WATCH NEWS
91%
WATCH OR DOWNLOAD/ UPLOAD VIDEOS
4% 84%
LISTEN TO OR DOWNLOAD/ UPLOAD MUSIC
ACCESS SOCIAL MEDIA WEBSITES
93% 2%
59%
GAME ALONE OR WITH OTHERS
2% 8% GAMBLE

‘GAME ON’

Frequency of internet use after 11:00pm

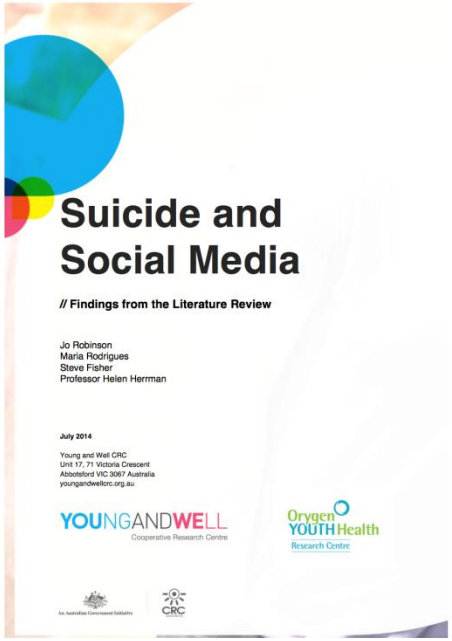
“33% of young men experiencing ‘moderate’ to ‘very high’ psychological distress are online six to seven nights a week after 11.00pm."



Burns et al., 2013

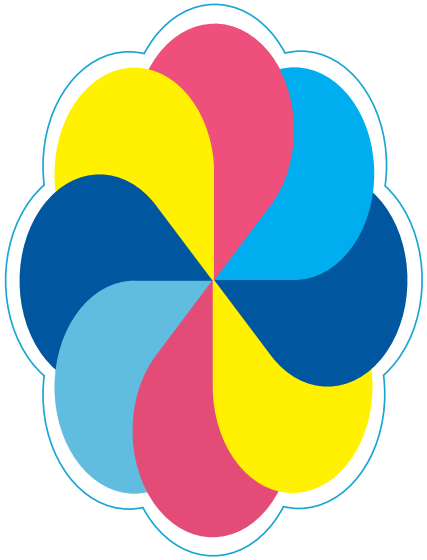
INTRODUCING THE BETTER PRACTICE GUIDE

The role of social media in suicide



http://www.youngandwellcrc.org.au/wp-content/uploads/2014/07/Robinson_2014_Suicide-and-Social-Media_Findings-from-the-Literature-Review.pdf

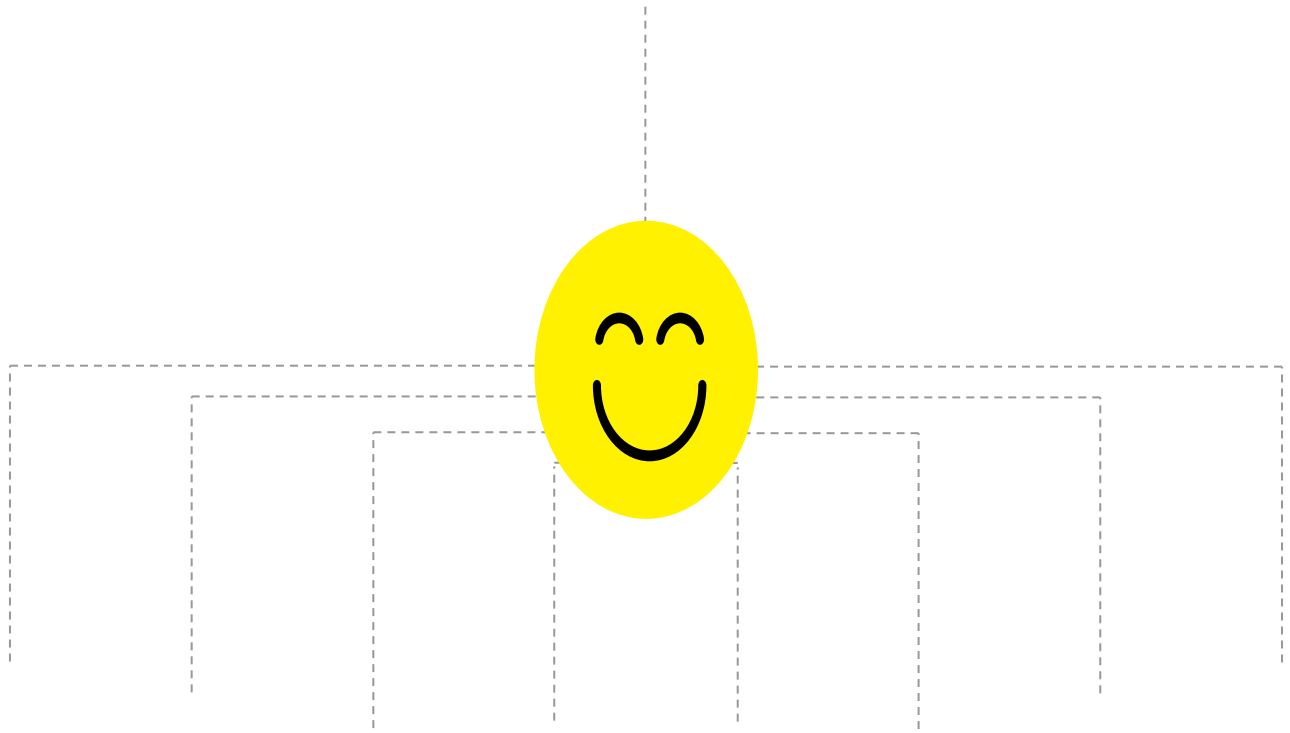
THE **CURRENT** STATE

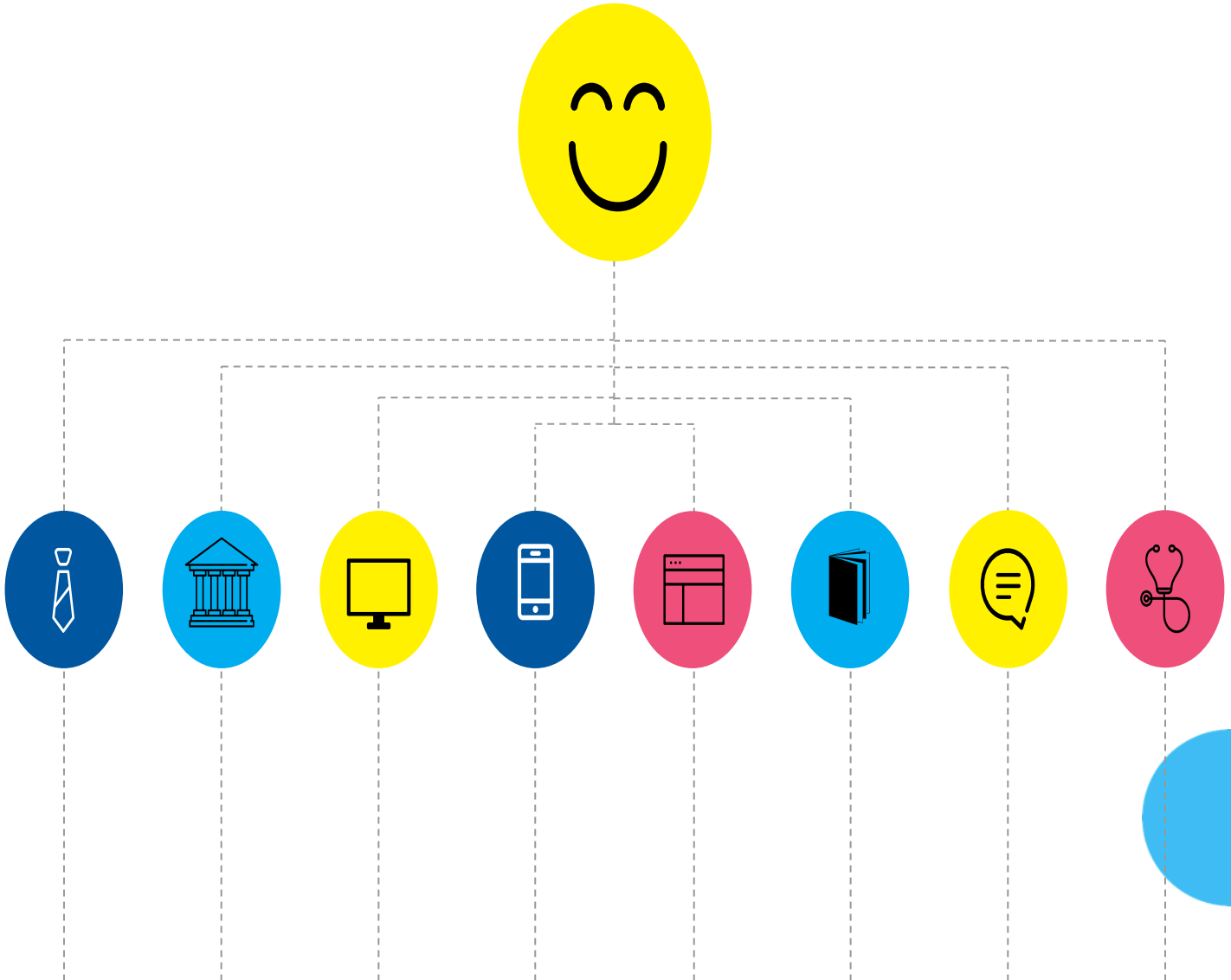


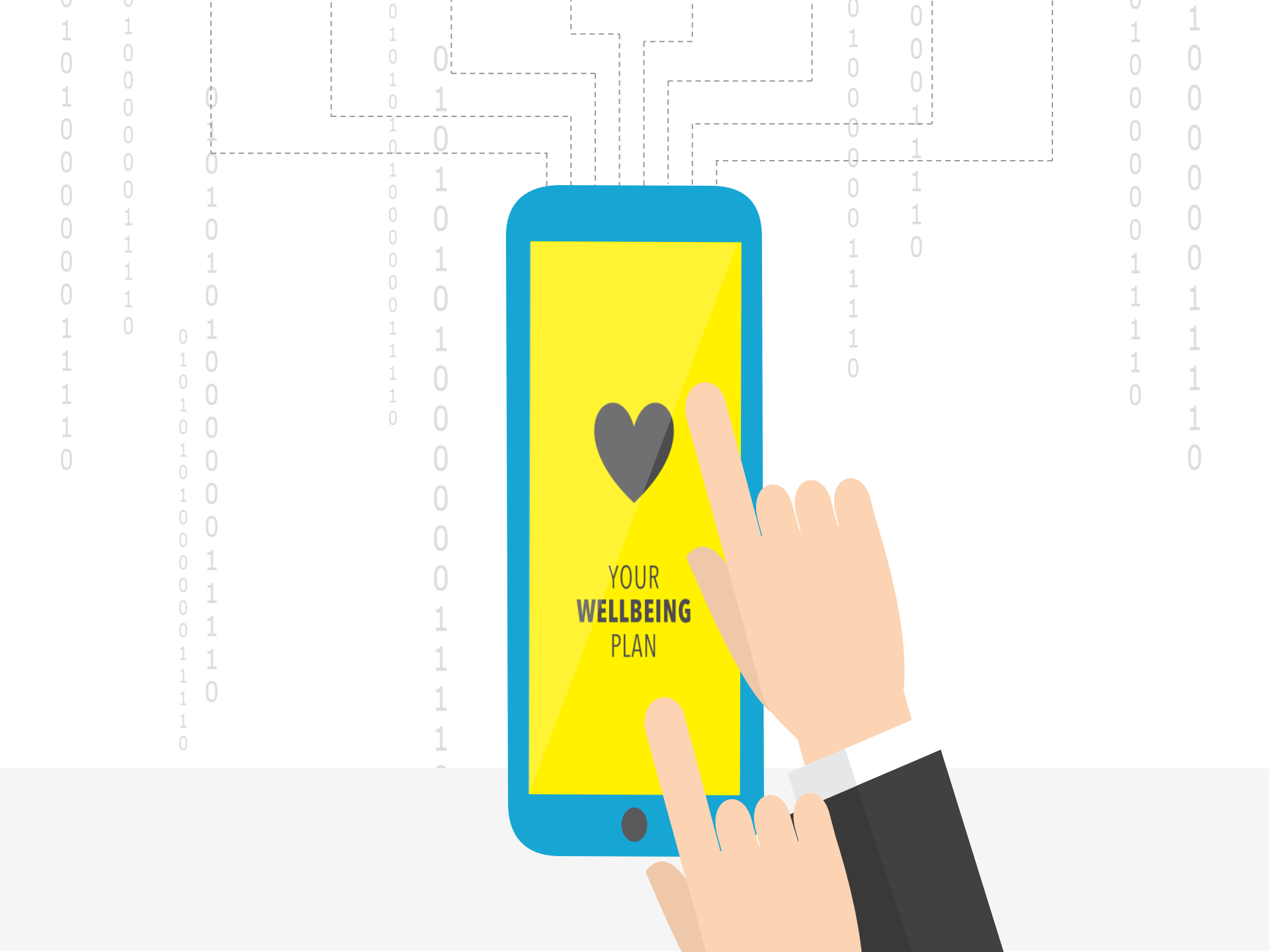
SYNERGY

NO **WRONG** DOOR

NO WRONG DOOR

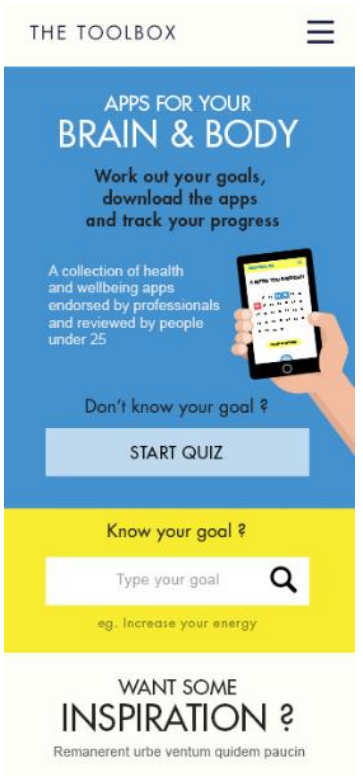





YOUR
WELLBEING
PLAN

YOUR
WELLBEING
PLAN

THE TOOLBOX


THE TOOLBOX
APPS FOR YOUR
BRAIN & BODY
Work out your goals, download the apps and track your progress
A collection of health and wellbeing apps endorsed by professionals and reviewed by people under 25
Don't know your goal ?
START QUIZ
Know your goal ?
Type your goal
eg. Increase your energy
WANT SOME
INSPIRATION ?
Remanerent urbe ventum quidem paucin

SMILING MIND

View in iTunes

Description

Smiling Mind is meditation made easy. A simple tool that helps put a smile on your mind anytime, anywhere and everyday.

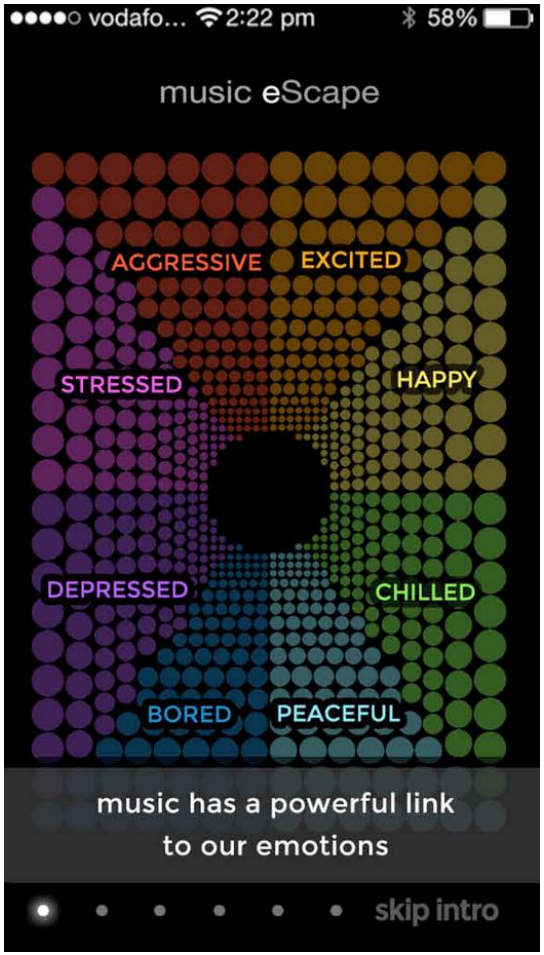
Smiling Mind Support ...More

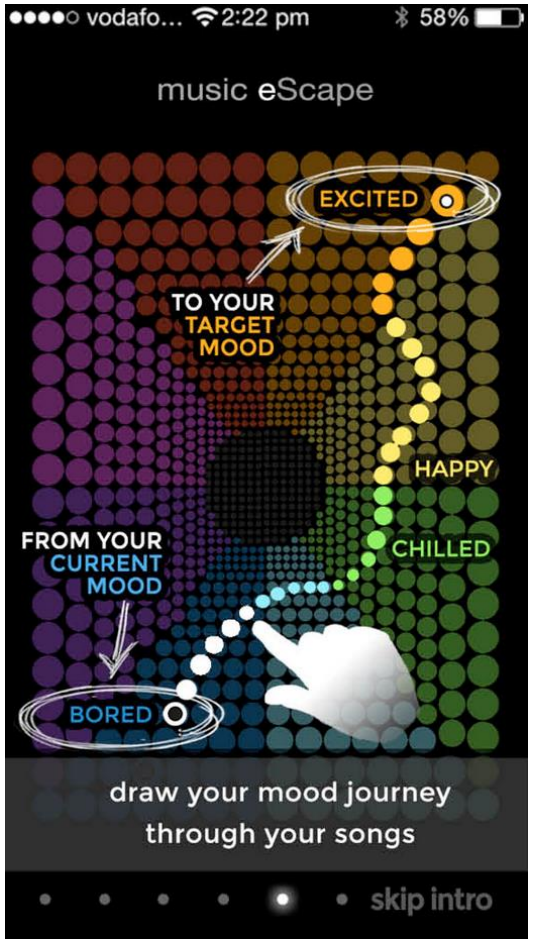
What's New in Version 2.0.1

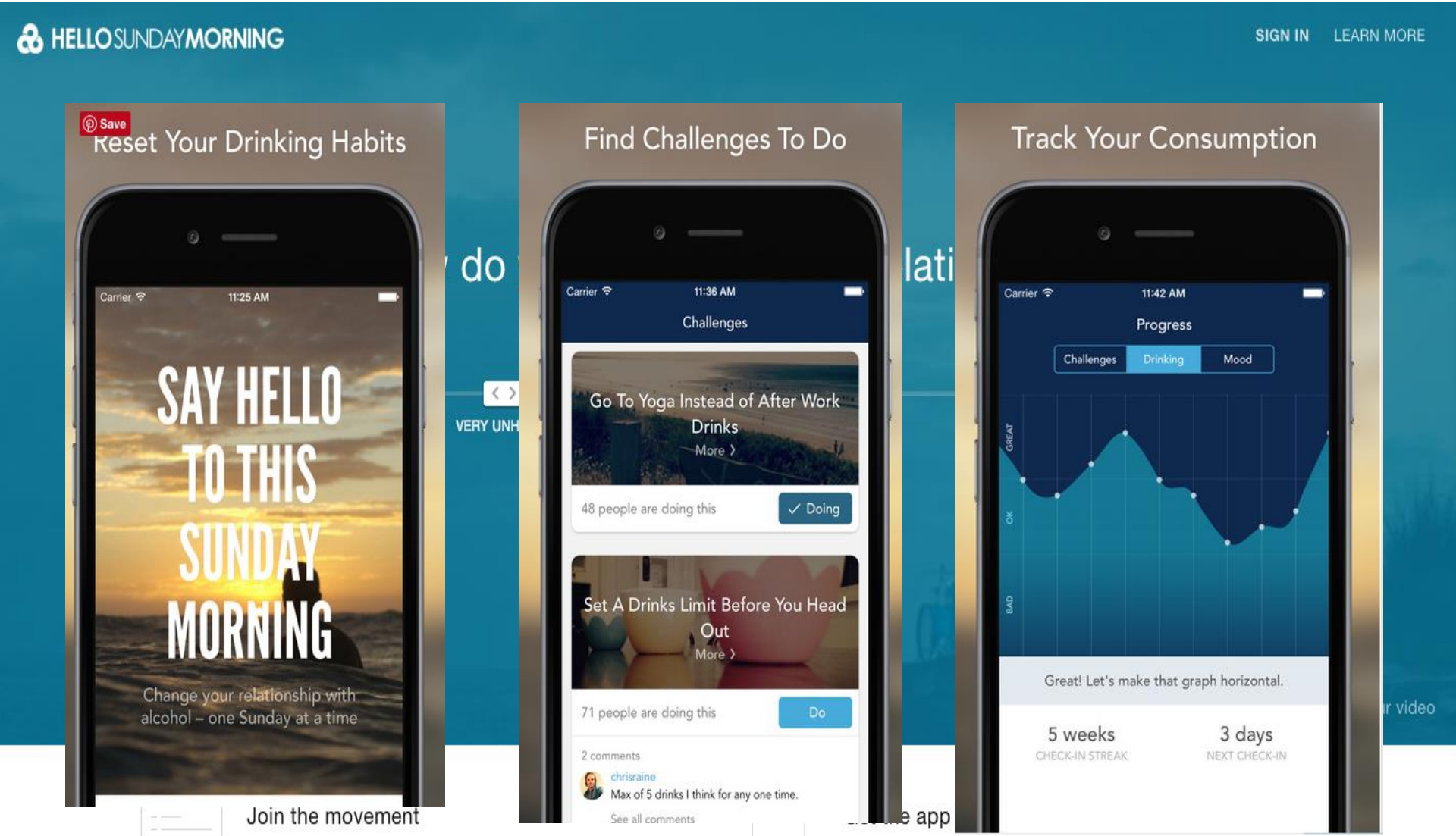
Improved performance and various bug fixes

Getty Images

music eScape







Join the movement

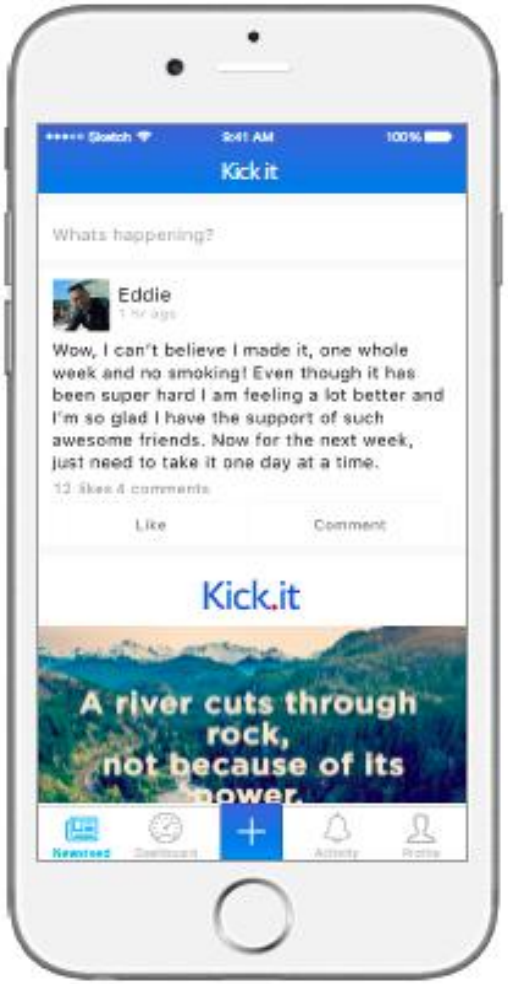
HSM is a movement towards a better drinking culture. Start your journey by answering the questions above.

app

We've just released a brand new HSM iPhone app on the App Store.
Download it now!

Kick.it
TECHNOLOGIES

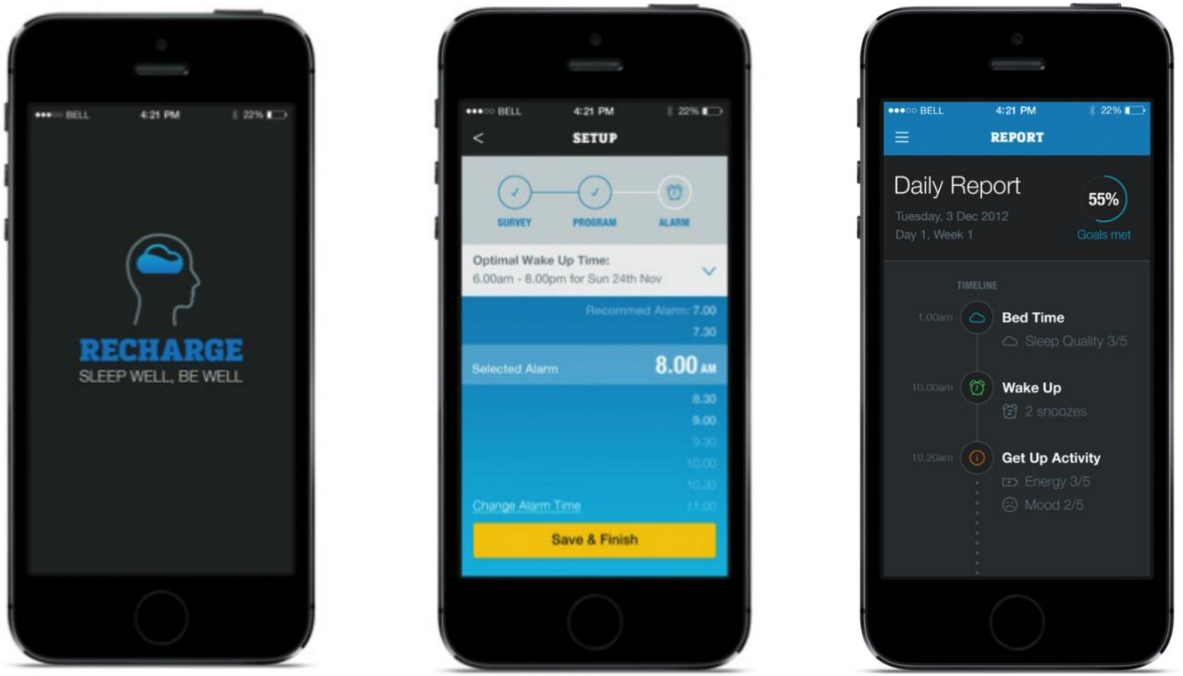
Innovation in Smoking Cessation



www.kick.it
James Stewart | james@kick.it | +64 413 852 712
Kick.it Operations Pty Ltd

// RECHARGE: SLEEP WELL, BE WELL

A free mobile phone app designed to improve young men's wellbeing by helping regulate the sleep/wake cycle through a six week program.



PERSON **CENTRED** CARE

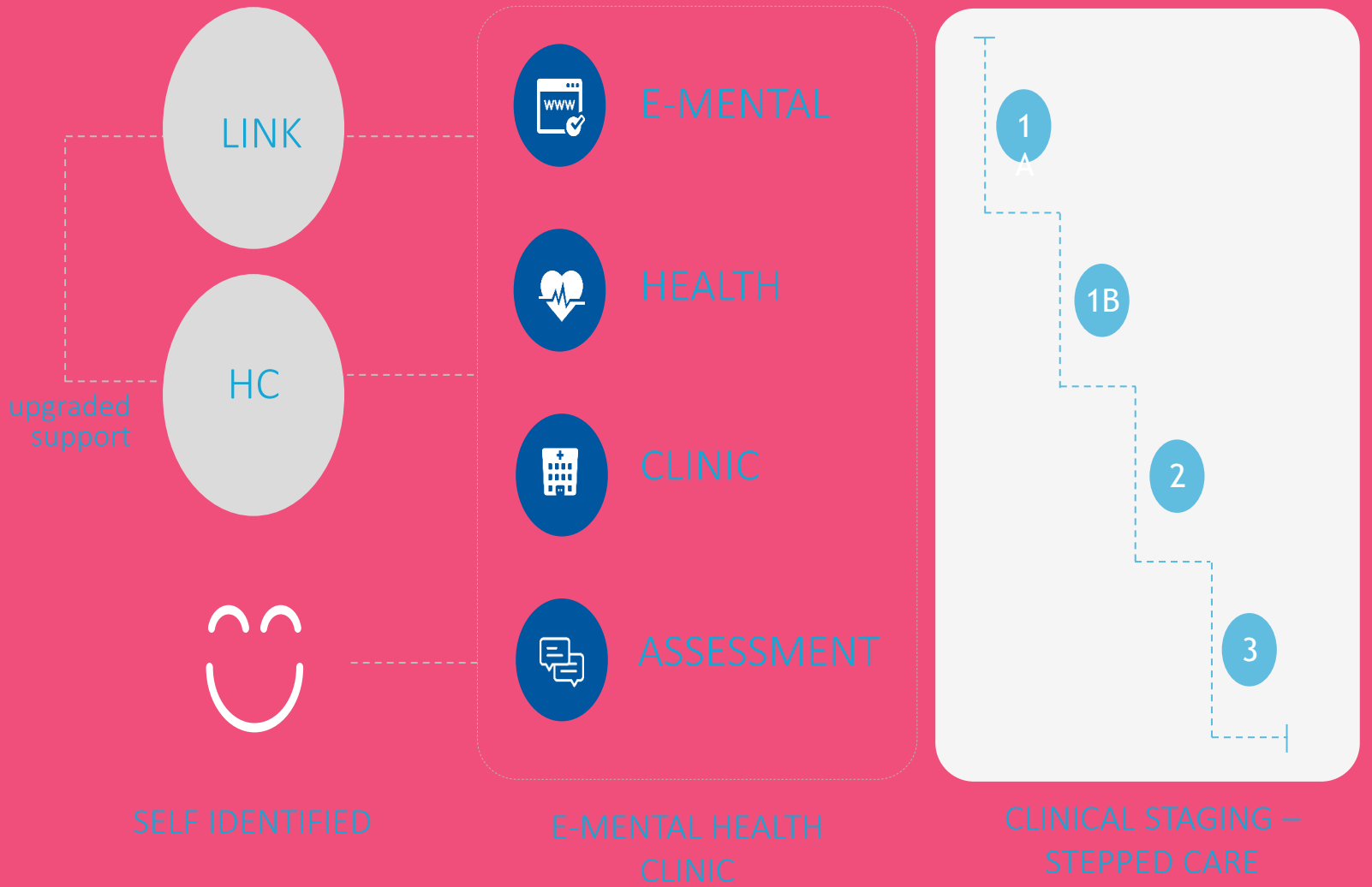
INFO | CUSTOMIZE | EXTRAS

UP3™

The world's most advanced tracker.

Everyone has had a life-changing experience sometime. This is one of those times. UP3™ is simply the most advanced tracker you can buy. Its classic, durable design will stand the test of time. Multi-sensor technology adds breadth and accuracy to Smart Coach. Everything about UP3 says that the bar has been set higher. Wear one and go further.

With Advanced Activity, Advanced Sleep, Food Logging, Smart Coach and Heart Health

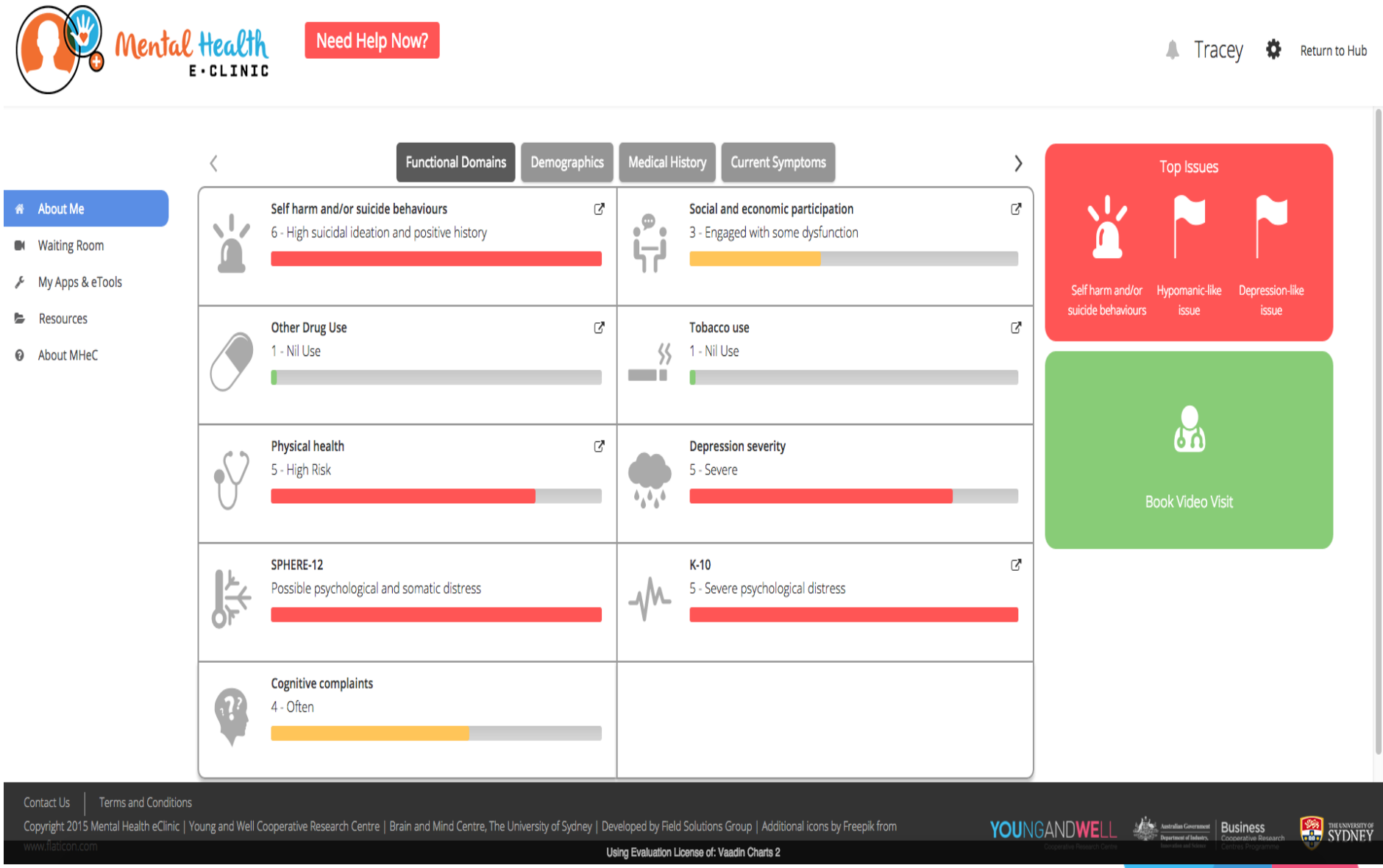

LINK
HC
upgraded support
E-MENTAL
HEALTH
CLINIC
ASSESSMENT
1
A
1B
2
3
ONLINE
CLINICAL CARE
FACE TO FACE
SELF IDENTIFIED
E-MENTAL HEALTH CLINIC
CLINICAL STAGING – STEPPED CARE

CHALLENGES IN SERVICE DELIVERY

// Research Questions

- **HELP SEEKING //** Why don't young people seek help? Is user driven screening appropriate? What does online triage look like?
- **CONSUMER ENGAGEMENT//** Can young people be partners in care? What would an empowered consumer manage online?
- **COMPLIANCE TO TREATMENT//** Are social networking, gaming, digital content creation, mobile applications and virtual worlds a valid and reliable tool to enhance compliance?
- **WORKFORCE CAPACITY//** What role can technology play in rural, remote and regional communities and in vulnerable populations? How do you up skill a workforce in the use of ICT?

"It was 1.30am; I was desperate and had nowhere to turn. I somewhat sarcastically went to Google and typed in 'help'. The Reach Out site was the first result."


Mental Health
E·CLINIC
Need Help Now?
Tracey
Return to Hub
About Me
Waiting Room
My Apps & eTools
Resources
About MHeC
Functional Domains
Demographics
Medical History
Current Symptoms
Self harm and/or suicide behaviours
6 - High suicidal ideation and positive history
Social and economic participation
3 - Engaged with some dysfunction
Other Drug Use
1 - Nil Use
Tobacco use
1 - Nil Use
Physical health
5 - High Risk
Depression severity
5 - Severe
SPHERE-12
Possible psychological and somatic distress
K-10
5 - Severe psychological distress
Cognitive complaints
4 - Often
Top Issues
Self harm and/or suicide behaviours
Hypomanic-like issue
Depression-like issue
Book Video Visit
Contact Us
Terms and Conditions
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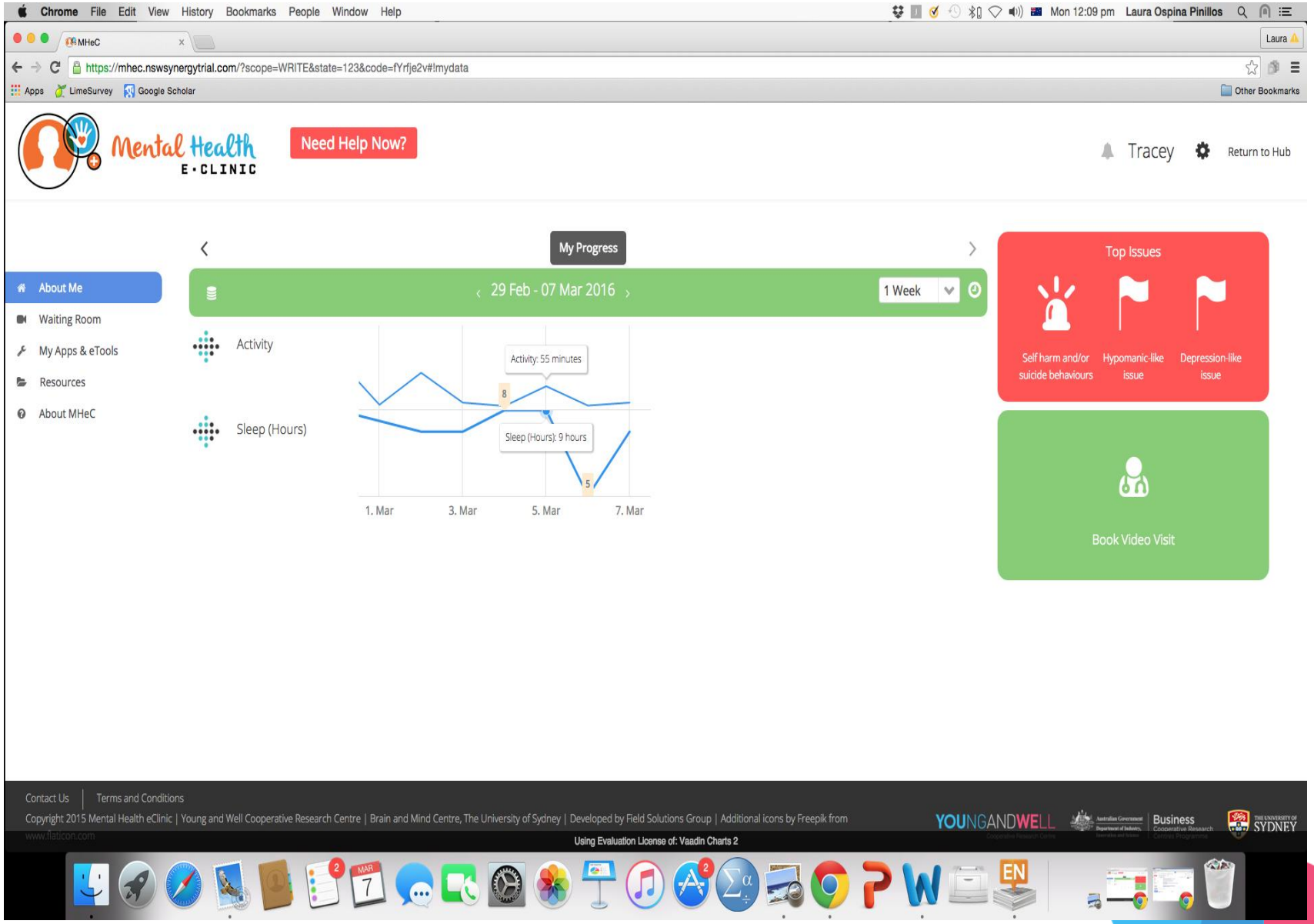
Business Cooperative Research Centres Programme
THE UNIVERSITY OF SYDNEY


Chrome File Edit View History Bookmarks People Window Help
Mon 12:09 pm Laura Ospina Pinillos
MHeC
https://mhec.nswsynergytrial.com/?scope=WRITE&state=123&code=fYrfje2v#!mydata
Apps LimeSurvey Google Scholar
Other Bookmarks
Mental Health E·CLINIC
Need Help Now?
Tracey
Return to Hub
About Me
Waiting Room
My Apps & eTools
Resources
About MHeC
My Progress
29 Feb - 07 Mar 2016
1 Week
Activity
Sleep (Hours)
Activity: 55 minutes
Sleep (Hours): 9 hours
1. Mar
3. Mar
5. Mar
7. Mar
Top Issues
Self harm and/or suicide behaviours
Hypomanic-like issue
Depression-like issue
Book Video Visit
Contact Us
Terms and Conditions
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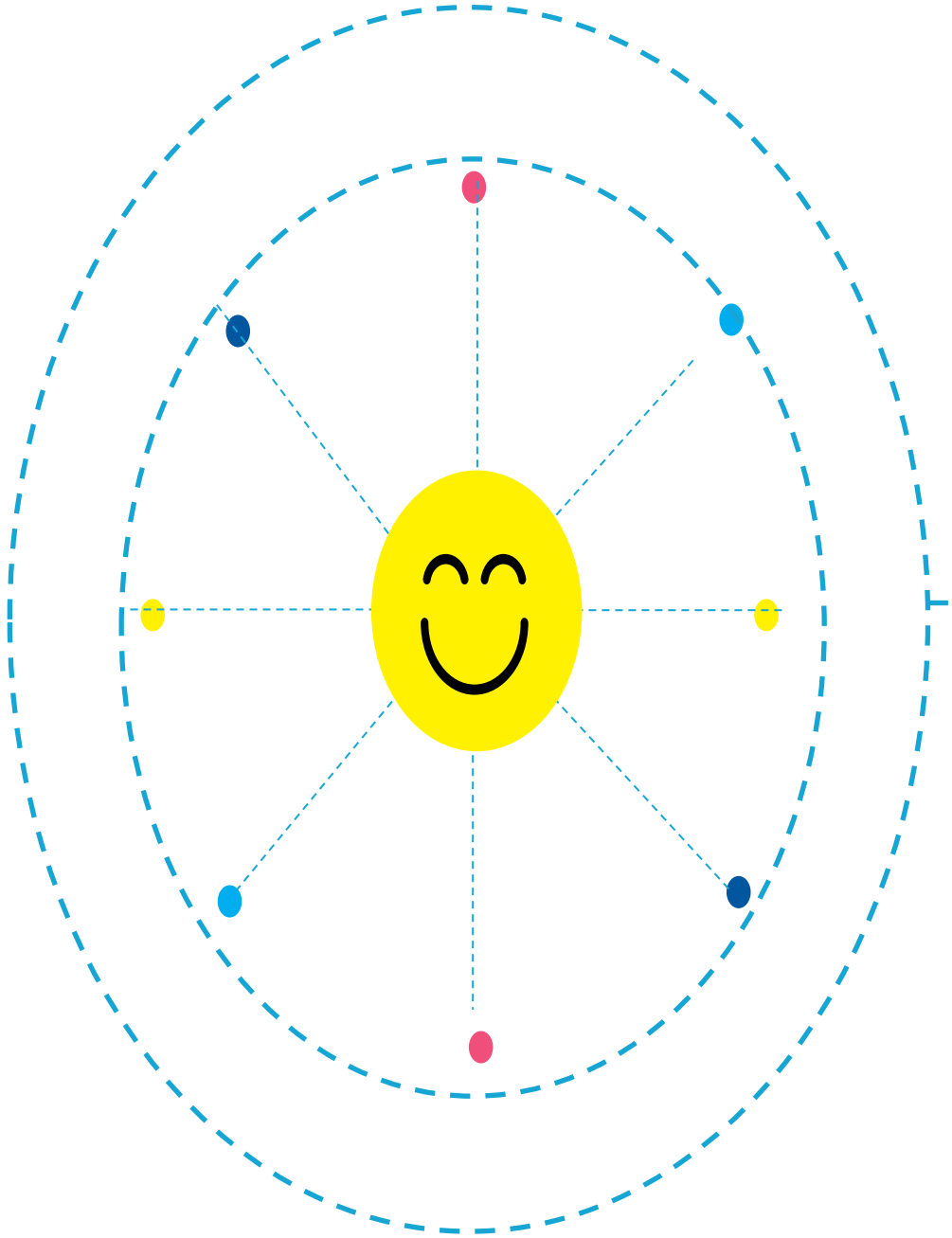
Using Evaluation License of: Vaadin Charts 2
YOUNGANDWELL
Business
SYDNEY



SYNERGY ECOSYSTEM

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Thank you to our partners

Rio Tinto

Australia ECU Edith Cowan University

Government of Western Australia
Department of Education
Child and Adolescent Health Service
Department for Child Protection and Family Support
Mental Health Commission

Disability Services Commission

Telethon Kids Institute
Discover. Prevent. Cure.

Meerilinga™
promoting positive childhoods

yacwa.org.au

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Website www.ccyp.wa.gov.au

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