

Innovation Exchange Webinar on Digital IAPT Solutions for people with long-term conditions

13th December 2022



@HINSouthLondon



healthinnovationnetwork.com



Healthy London Partnership

Housekeeping and Slido

- Please mute your microphone and raise your hand if you have a question or write it in the chat and we will come to you as soon as possible.
- The session will be recorded.
- Slido: Please log-on to Slido using the QR code or event code **#3113388**
 - Please enter your name and email address
 - “What are you hoping to get out of today’s session?”



#3113388

Welcome

Welcome to the Virtual Innovation Exchange webinar exploring how we maximize digital innovation in London IAPT (Improving Access to Psychological Therapy) Services.

The event is focused on how to support people with a Long-Term Physical Health Condition who also have a common Mental Health issue.

The event is hosted by the [Health Innovation Network \(HIN\)](#) in partnership with [Healthy London Partnership](#).

4 companies pitching:

- Limbic Ltd
- SilverCloud
- Minddistrict Ltd
- Mahana Therapeutics Ltd

Please use the Slido to vote for the companies which you would like to be put in contact with after their pitch.



Overview of the Mind & Body Improvement Network

Francesca Brightey-Gibbons, Programme
Manager

IAPT Digital Innovation Event – 13
December

The logo for the Mind & Body Improvement Network is a teal square with white text. The text reads "Mind & Body Improvement Network" in a bold, sans-serif font. The background of the square features a network of white lines and dots, suggesting a digital or interconnected theme.

Mind & Body
Improvement
Network

Why Mind and Body?

- Our 'health' is influenced by a complex interplay between physical, emotional, social and environmental factors;
- We know that:

Nearly half

of people with mental illness also have at least one long-term physical condition.

30%

of people with long-term physical health conditions also have a mental illness such as depression or anxiety

- Integrated mind and body care improves health outcomes, patient experience, reduces costs and improves quality of life;
- Attention to the whole person can support prevention, early identification, support;
- There are significant barriers, health inequalities, discrepancies in delivery and considerable unmet need.

“If the clinicians sees the problem only within the context of his discipline, they don't see the whole me, living with lots of different conditions”



Mind & Body Programme

- Part of King's Health Partners Academic Health Sciences Centre since 2015;
- Undertake number of individual projects where significant, unmet need is identified (e.g., IMPHS, Psychosocial support for critical care patients, haemato-oncology)



Mind & Body Champions & Improvement Network



Identification of mind and body needs

By developing holistic assessments and monitoring to ensure physical and emotional needs are promptly identified, ensuring the appropriate support or treatment can be sought as soon as possible.



Pathway redesign and innovation

By working with organisations and services to develop and embed multidisciplinary care models, creating stepped care approaches to support the patient's and service user's mind and body needs.



Education & Training

Raising awareness and understanding of the connections between mental and physical health, how they can be identified and managed. With this, staff should be better equipped to deliver the care we need, in the right place at the right time.



Expert Advisory Group

Development of Community of Practice

- There is no defined framework or standards for integrated mind and body care;
- Fragmented, variable and inconsistent delivery and focus;
- Existing Mind & Body Champions Network members want more support, resources and engagement activities;
- Research and national examples suggest that the process of improvement in healthcare services is highly social. A community of practice:
 - Can leverage to generate and sustain significant improvements;
 - Offers learning by interaction and sharing of knowledge;
 - Develop perspectives and ideas that are dynamic and beyond what can be achieved in isolation.

Our aims

1. Network



Establish a **collaborative community of practice**, building on the existing Mind & Body Champions Network, to support sharing of knowledge, support and resources.

2. Framework

Theme 1: Integrated Care

Do people receive integrated mind and body care?

| 1. How are people's mind and body needs effectively identified, routinely monitored, and addressed? | | |
|---|--|------------------------------|
| No. | Key line of enquiry | CQC |
| 1.1 | How are people's physical and mental health needs routinely assessed, monitored, and identified? <i>Guidance: Services utilise an approach which proactively identifies mind and body needs of their patients. This may include but not limited to assessment of smoking, alcohol intake, weight, hypertension, physical activity, anxiety and low mood, physical health screening and assessment in patients with mental health needs, mental health screening and assessment in patients with physical health needs, diabetes and cancer screening.</i> | E1.1 C1.5 S2.6 E2.1 |
| 1.2 | What mechanisms are in place for acting upon data captured from mind and body assessments? <i>Guidance: This may include but not limited to clear pathways for onward referral to appropriate care and support for identified needs, ongoing review of</i> | C1.9 S1.7 S2.5 E5.4 |

Set out a **framework for what good quality mind and body care looks like**, supporting organisations and services to deliver care in accordance with guidance and encourage minimum standards.

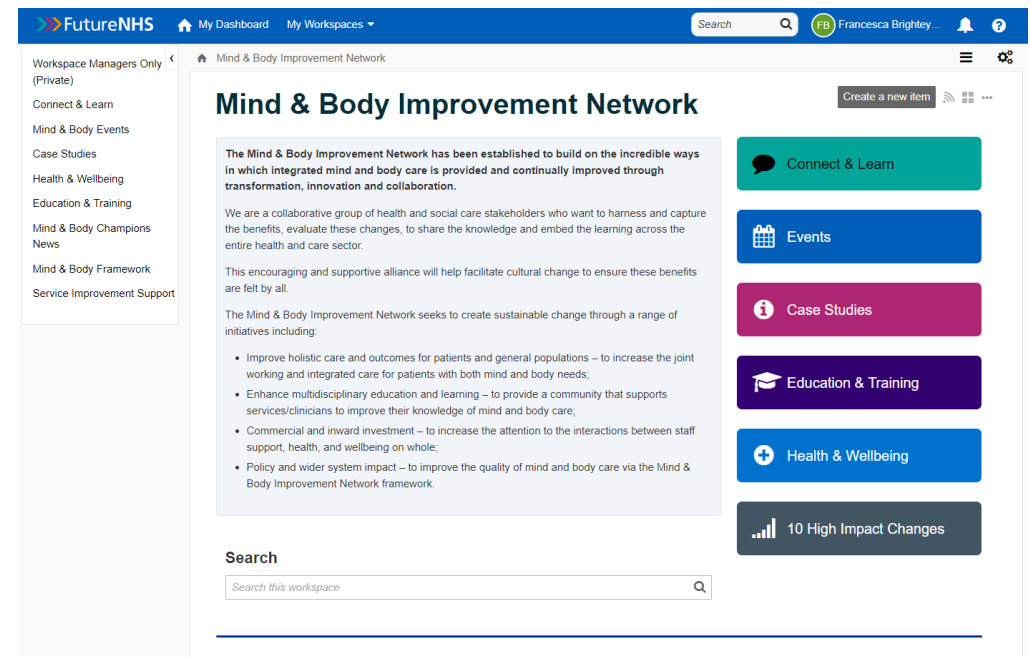
3. Peer-review process



Create a mechanism to **celebrate good mind and body practice, highlight areas of challenge** and improvement, and enable delivery of improvements.

Our Network

- it beyond southeast London. Mind & Body Champions Network has been growing from its start in 2017 and has nearly 1,000 members – we are now growing
- The Mind & Body Network aims to:
 - Enable sharing of knowledge and experiences around common interests and challenges;
 - Provide access to resources, training and good practice case studies;
 - Allow connectivity, communication and collaboration;
 - Support implementation of improvements in mind and body practice.
- It includes regular communications and events, access to training, discussion forums, an online workspace and curated resources.



The screenshot shows the FutureNHS interface for the Mind & Body Improvement Network workspace. The top navigation bar includes 'FutureNHS', 'My Dashboard', 'My Workspaces', a search bar, and user information for Francesca Brightley. The workspace title is 'Mind & Body Improvement Network'. A sidebar on the left lists navigation options: 'Workspace Managers Only (Private)', 'Connect & Learn', 'Mind & Body Events', 'Case Studies', 'Health & Wellbeing', 'Education & Training', 'Mind & Body Champions News', 'Mind & Body Framework', and 'Service Improvement Support'. The main content area features a heading 'Mind & Body Improvement Network' with a 'Create a new item' button. Below the heading is a descriptive paragraph: 'The Mind & Body Improvement Network has been established to build on the incredible ways in which integrated mind and body care is provided and continually improved through transformation, innovation and collaboration.' This is followed by two paragraphs of text and a bulleted list of initiatives. On the right side, there is a vertical stack of five colored buttons: 'Connect & Learn' (teal), 'Events' (blue), 'Case Studies' (purple), 'Education & Training' (dark purple), and 'Health & Wellbeing' (blue). At the bottom right, a dark grey button displays '10 High Impact Changes' with a bar chart icon. A search bar at the bottom of the workspace is labeled 'Search this workspace'.

Intended Benefits

- Support organisations, services and individuals to **identify priority concerns and challenges** related to integrated mind and body care, and work towards their common goals in an **environment of collaboration, innovation and support**;
- Embed approaches to **improvement into everyday practice** and focus efforts on demonstrable improvements;
- Help services to **improve patient experience, quality of care and health outcomes** by supporting changes in practice which centre care around the patient and their needs, rather than their diagnosis or condition;
- **Create assurance** for patients, their families, the public, and regulators that they are focused on delivering integrated care in accordance with best practice, national guidelines and regulations;
- Establish a forum to celebrate and **share best practice examples**, allowing others to learn from successes.

Next Steps

- Anyone working in services can join:
 - You can visit <https://future.nhs.uk/SouthEastLondonMindandBody> and click 'Join';
 - Email MindandBody@slam.nhs.uk for an invite.
- If you'd like to find out more or are interested in collaborating/working with the Mind & Body Programme, please get in touch:
 - Email: Francesca.brightey-gibbons@slam.nhs.uk or mindandbody@slam.nhs.uk



Digital IAPT solutions for people with long-term conditions

Zohra Khaku, **Director of Strategic Partnerships**, Limbic

Limbic digitally transforms the care pathway from start to finish

 **limbic**
Access

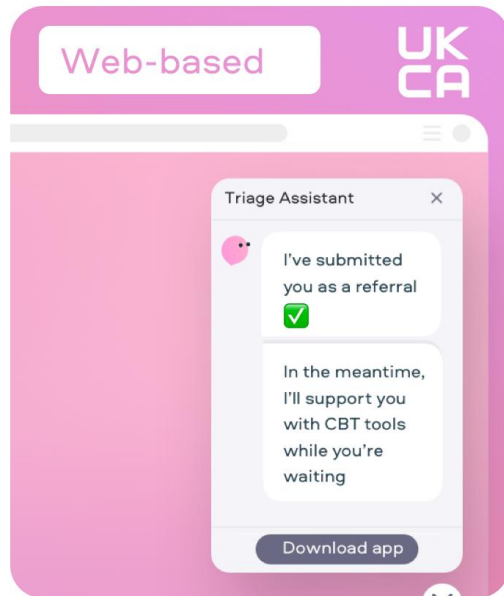
Automated intake and mental health screening

 **limbic**
Care

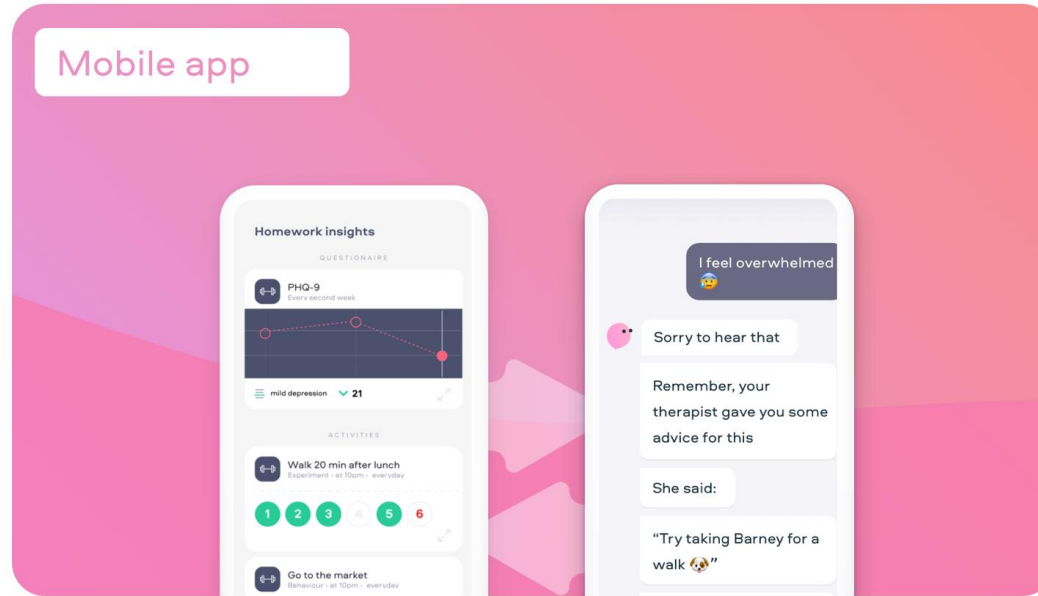
Instant patient support, advanced risk management and clinical support

 **limbic**
Sustain

Personalised relapse prevention toolkit

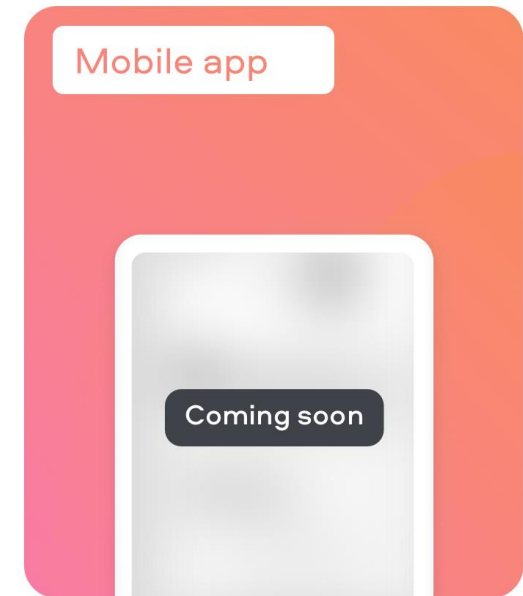


Referral



Wait list

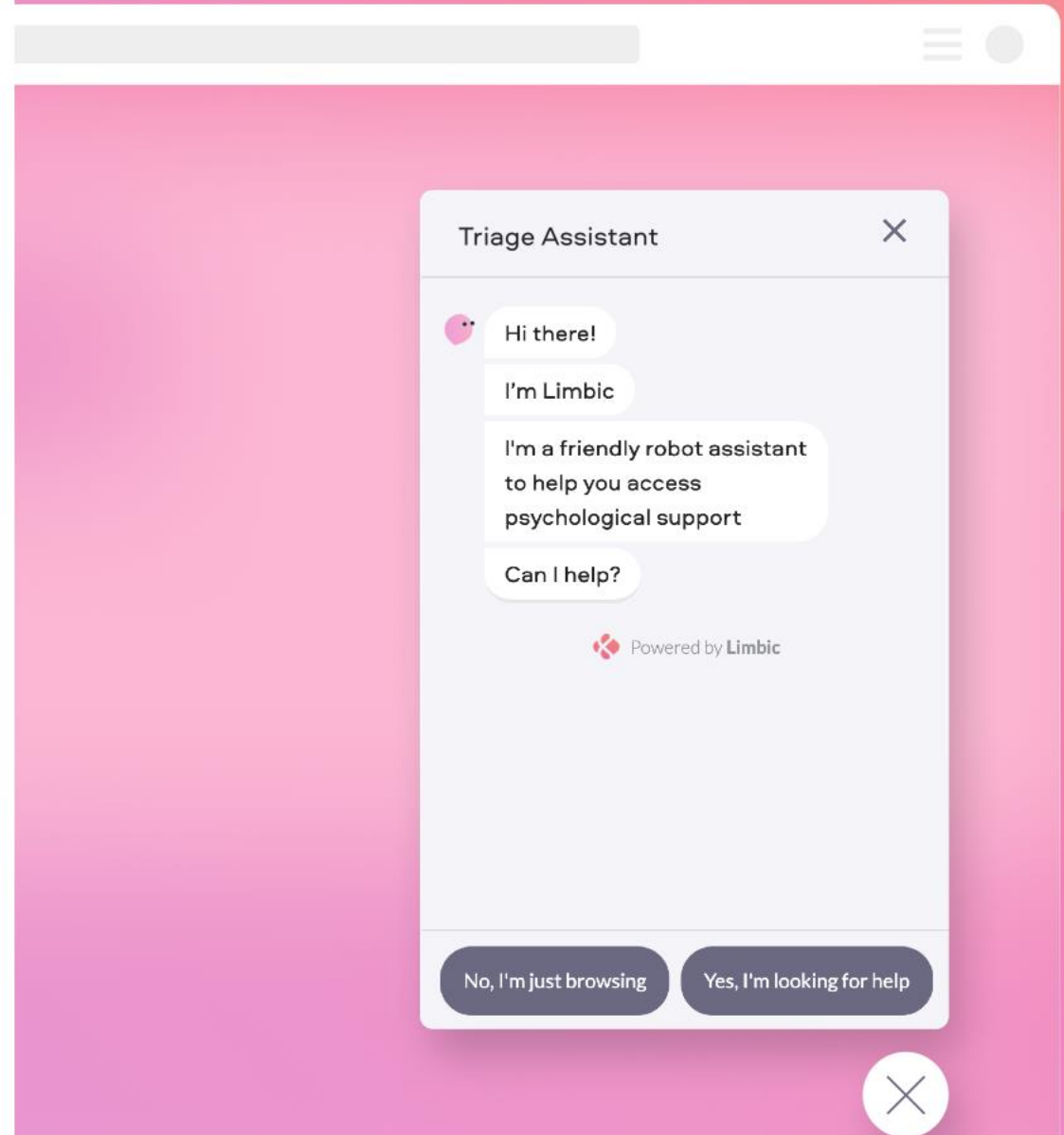
Treatment



Discharge

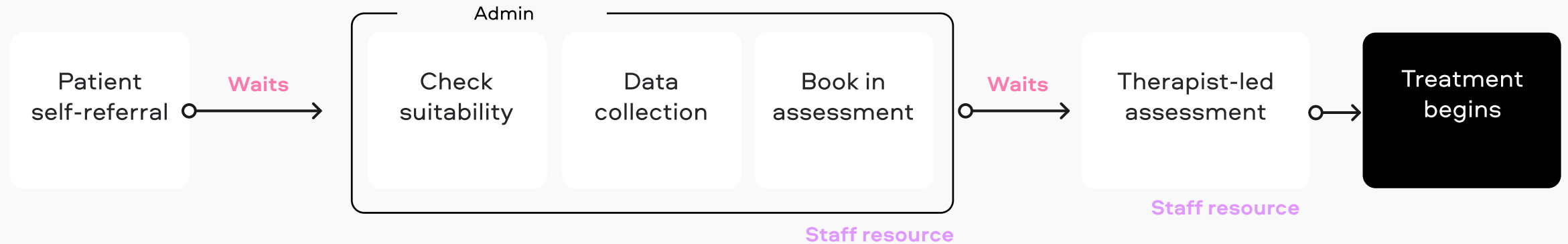
limbic Access

The e-triage chatbot built
specifically for IAPT 🚀



Clinical assessments are primed for digital support

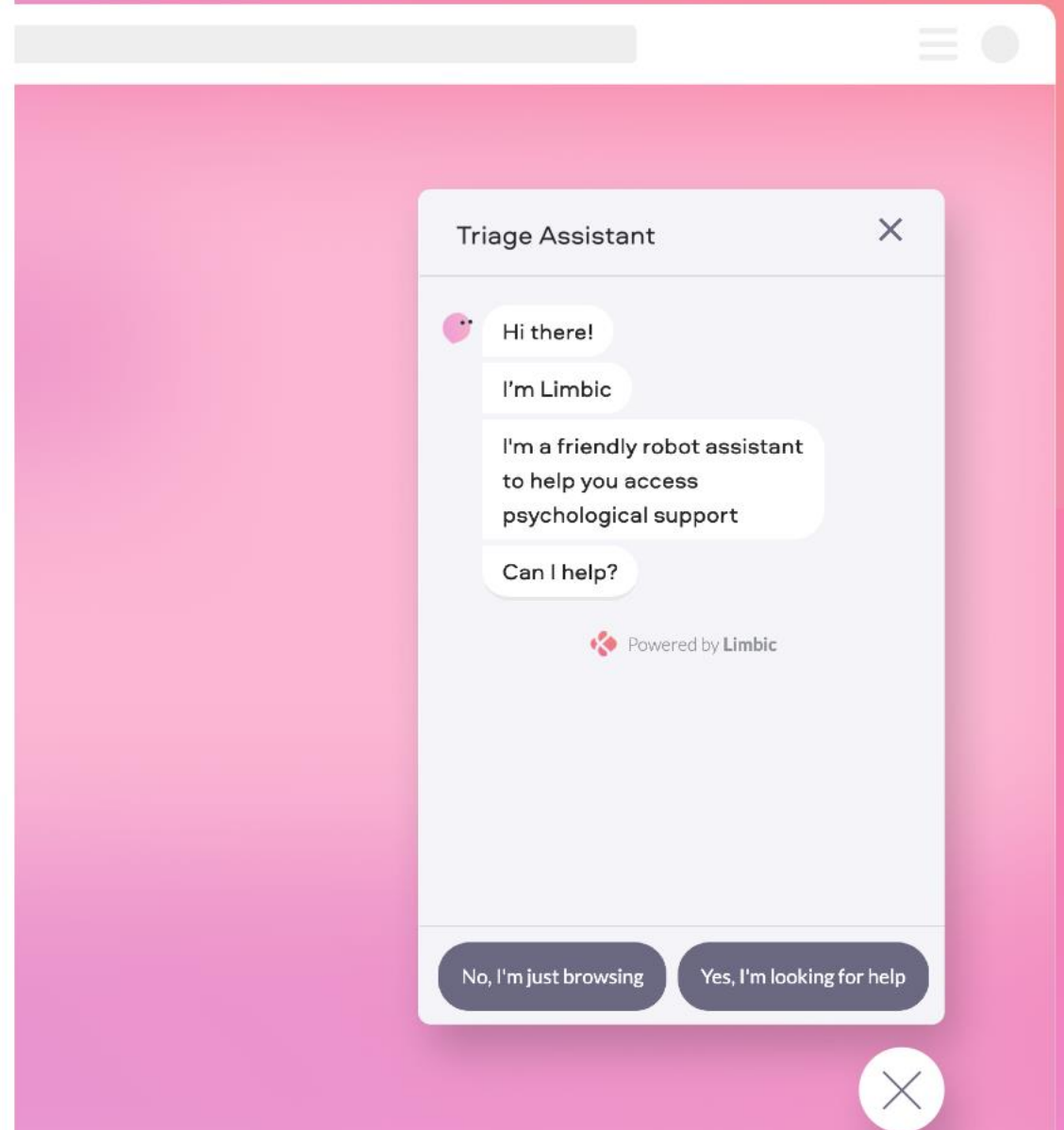
Traditional access journey



Optimised patient journey



1 - Outreach



2 - Questions

Do you have a long term medical condition?

Powered by Limbic

I don't Asthma

Bladder/Bowel Condition Cancer

Chronic Kidney Disease

Submit

Limbic Self Referral Assistant

Asthma

Does your Asthma impact your mood?

Yes

How much does it impact your mood?

Undo Very much

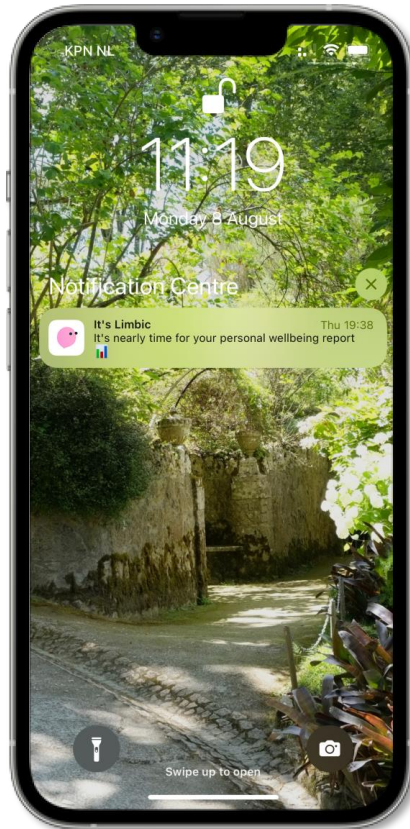
And how well do you think you manage your Asthma?

Powered by Limbic

Not very well Fairly well

Very well

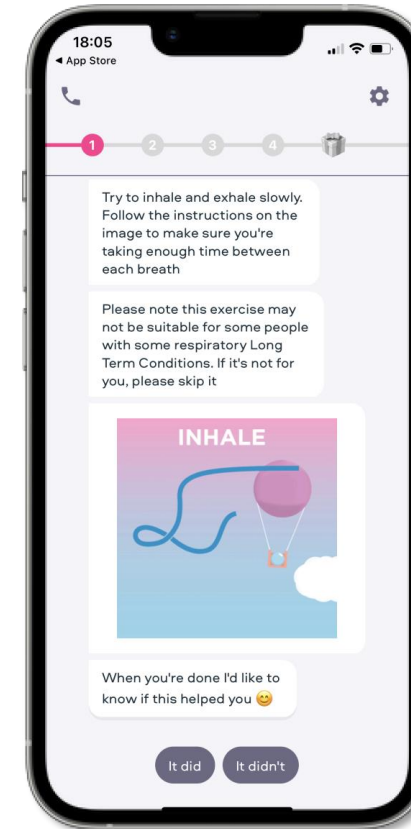
3 - Limbic Care



Push notification



Understand feelings, situation, and associated thoughts

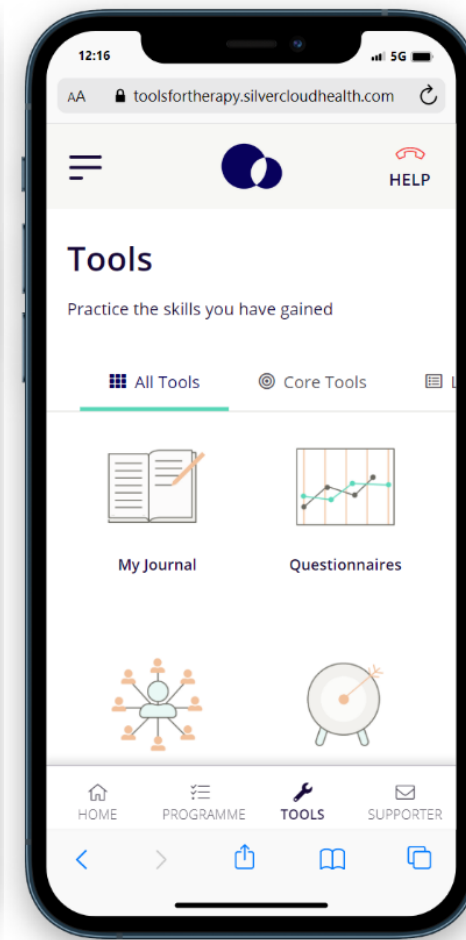
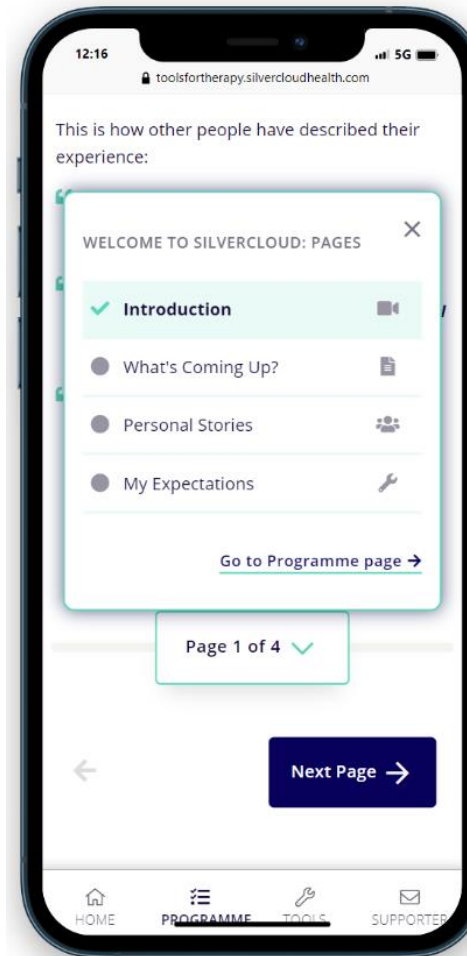
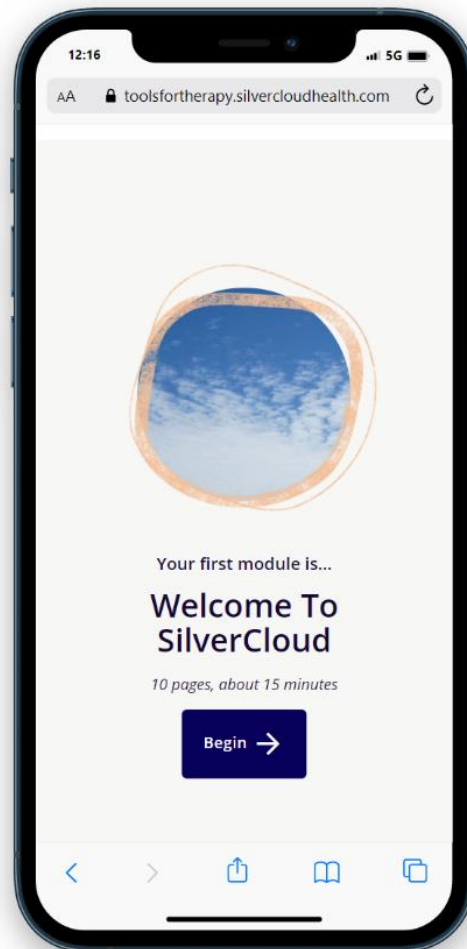
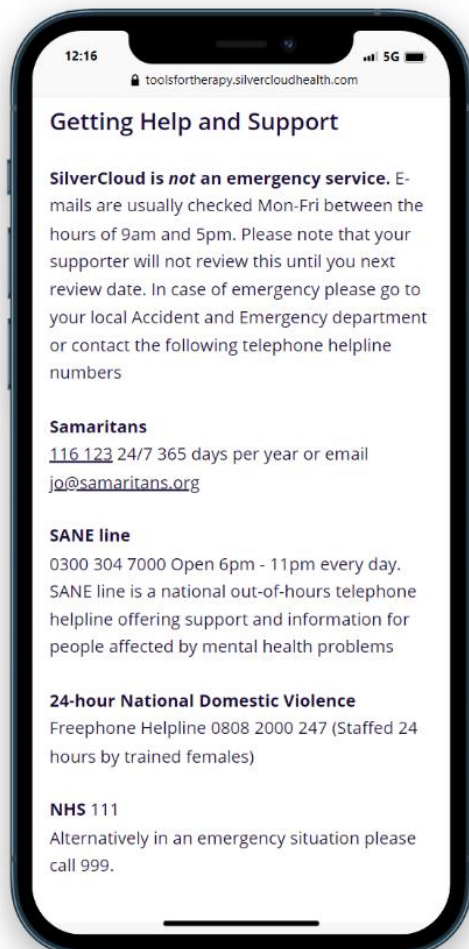
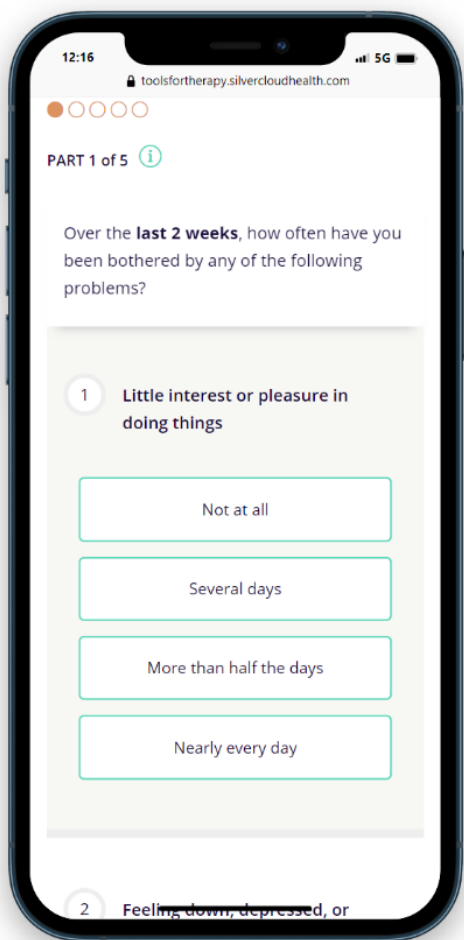


Psychoeducation and CBT intervention

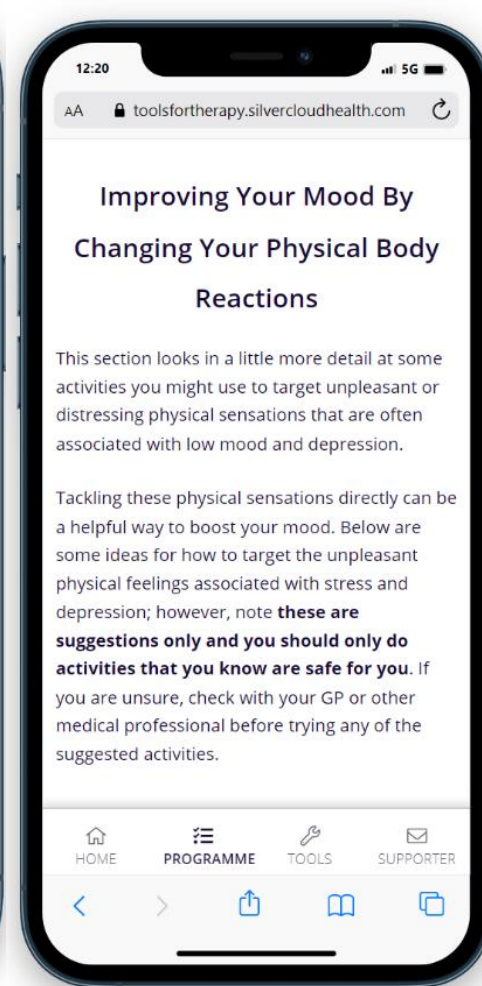
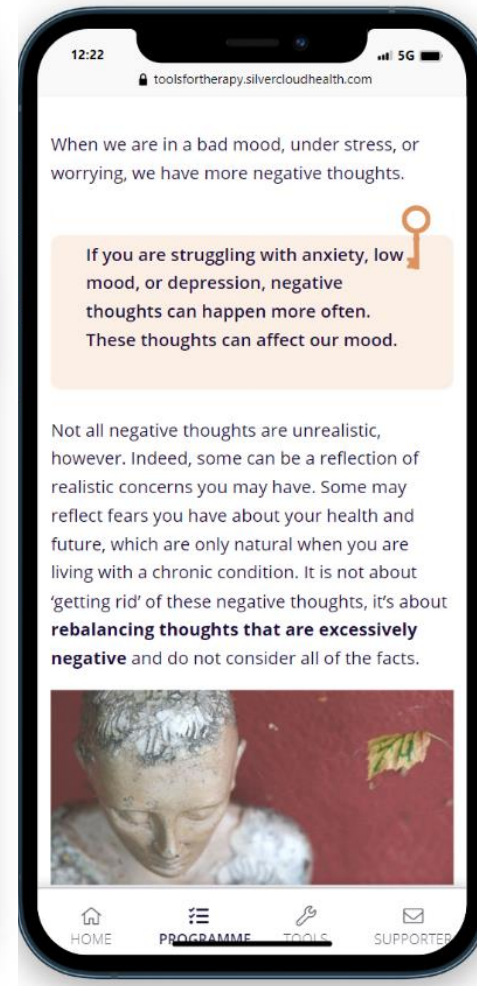
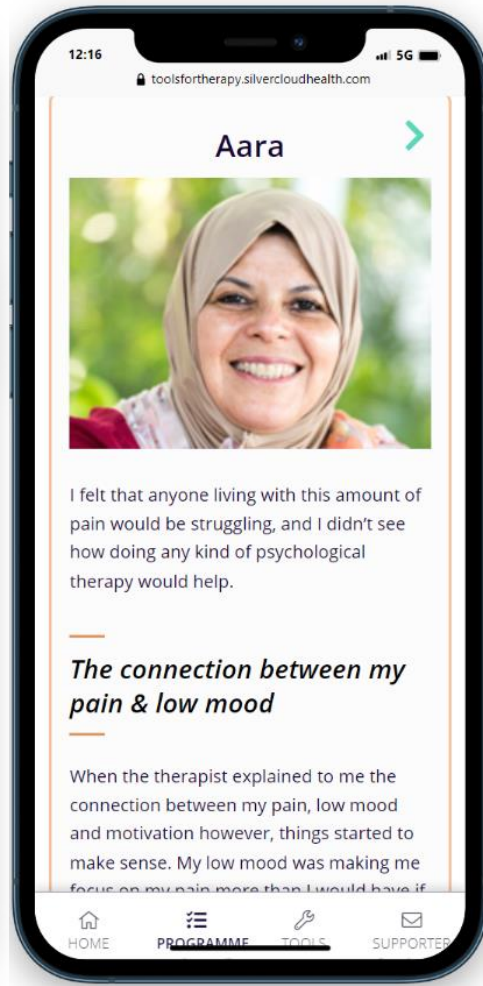
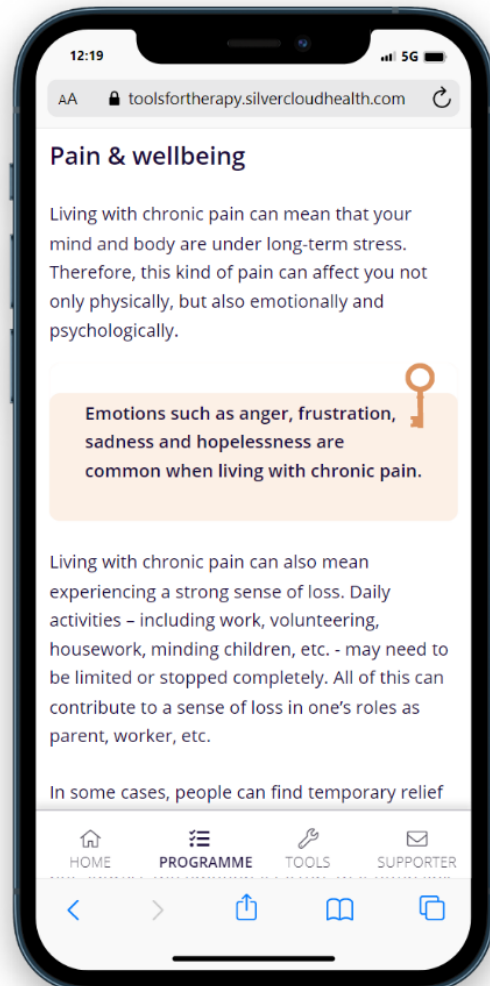
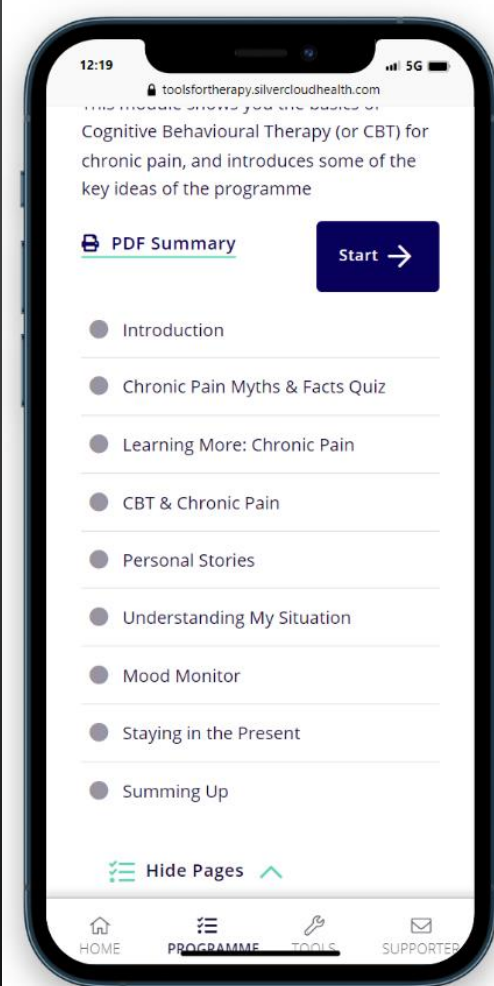


Mental health programmes for people
with co-existing long term conditions

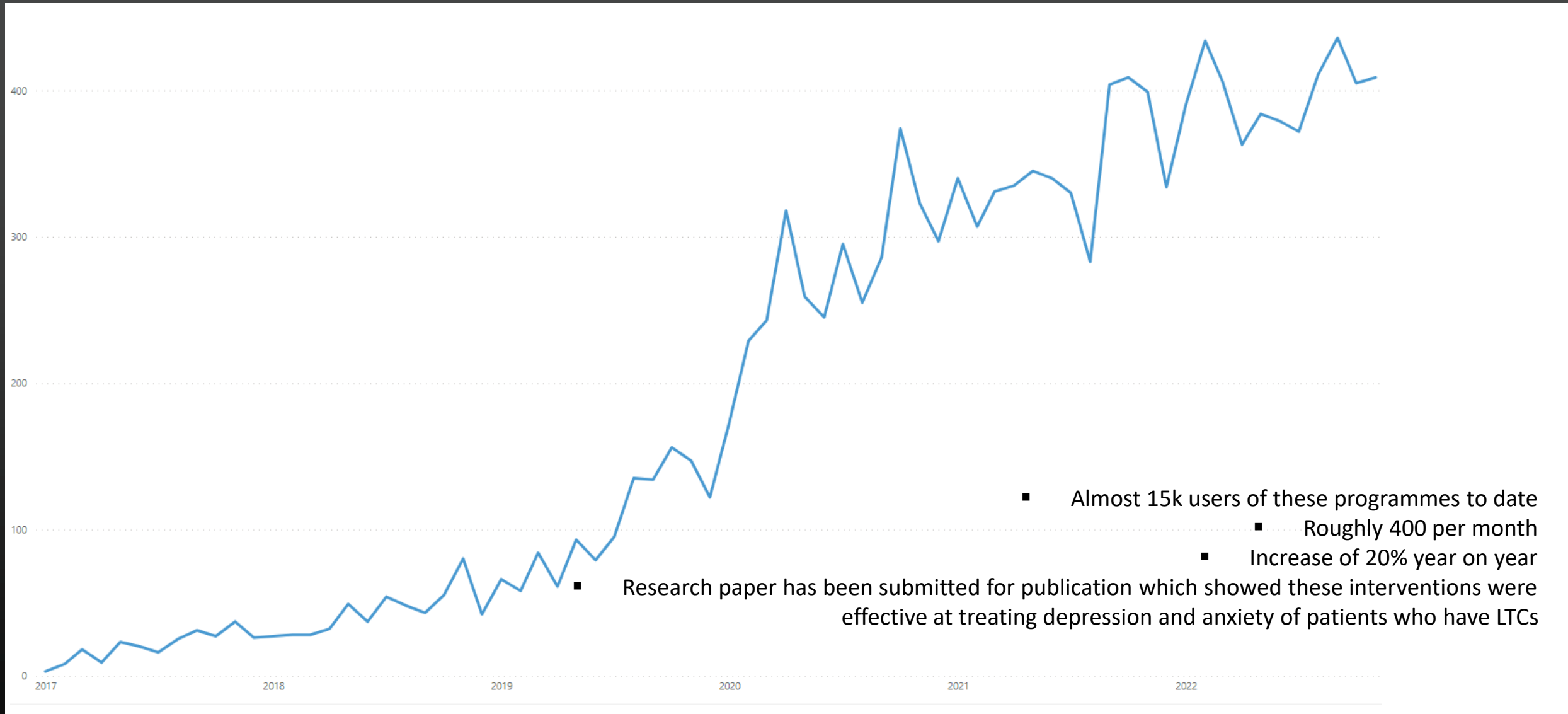
Overview of the SilverCloud system

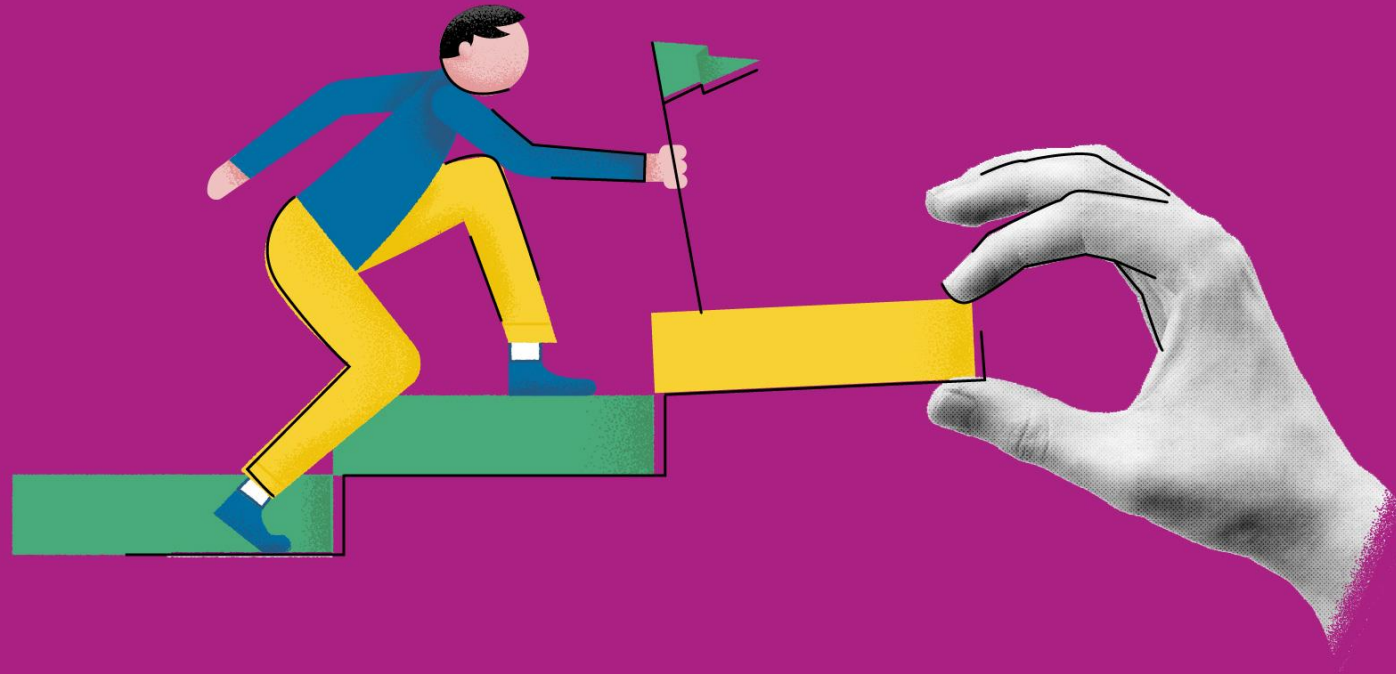


Adaptations for the long term condition programmes



Long term condition programmes – usage across UK services





Minddistrict

Empowering people to master their wellbeing





Experts in **digitally enabled care** and **behavioural change**

- Online mental health platform allowing services to provide digitally enabled therapy to their clients
- Integrated and flexible software allowing for personalised routes to recovery, suitable for many care pathways
- Clients can be guided through their journey with interventions, communication tools, data insights and more
- We work with over 300 organisations around Europe, including NHS services (IAPT and CAMHS), EAPs, research universities and social enterprises
- Over 800,000 users of the platform





Functionalities for digitally supported care



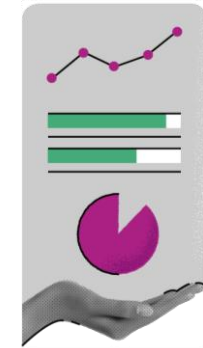
Mobile modules



Diaries



Questionnaires



Data dashboards



Video sessions



Social support



Group conversations



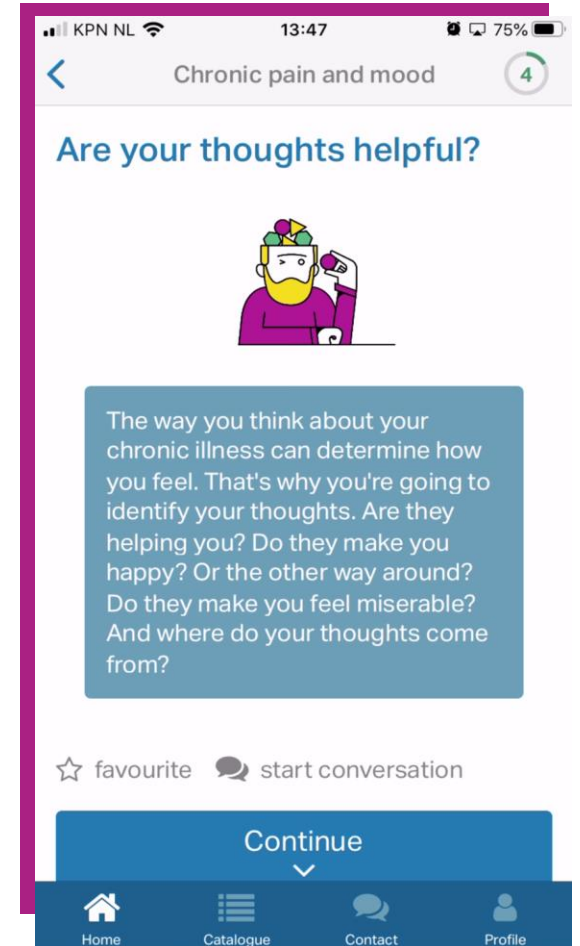
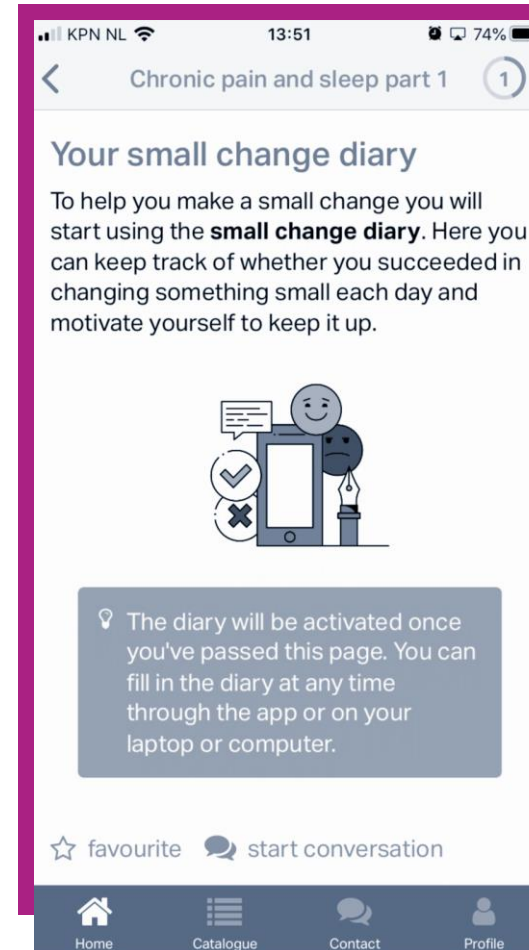
Content management system



Our interventions for long-term conditions

- Currently being used by IAPT services
- ACT and CBT based for mood improvement
- Created based on NICE guidelines
- Psycho-education
- Range of multimedia included – text, audio clips, video content and illustrations

- ✓ Managing type 2 diabetes
- ✓ Musculoskeletal disorders and mood
- ✓ Neurological conditions and mood
- ✓ Stroke and mood
- ✓ Chronic pain and mood
- ✓ Chronic pain and sleep
- ✓ Exercise and diet

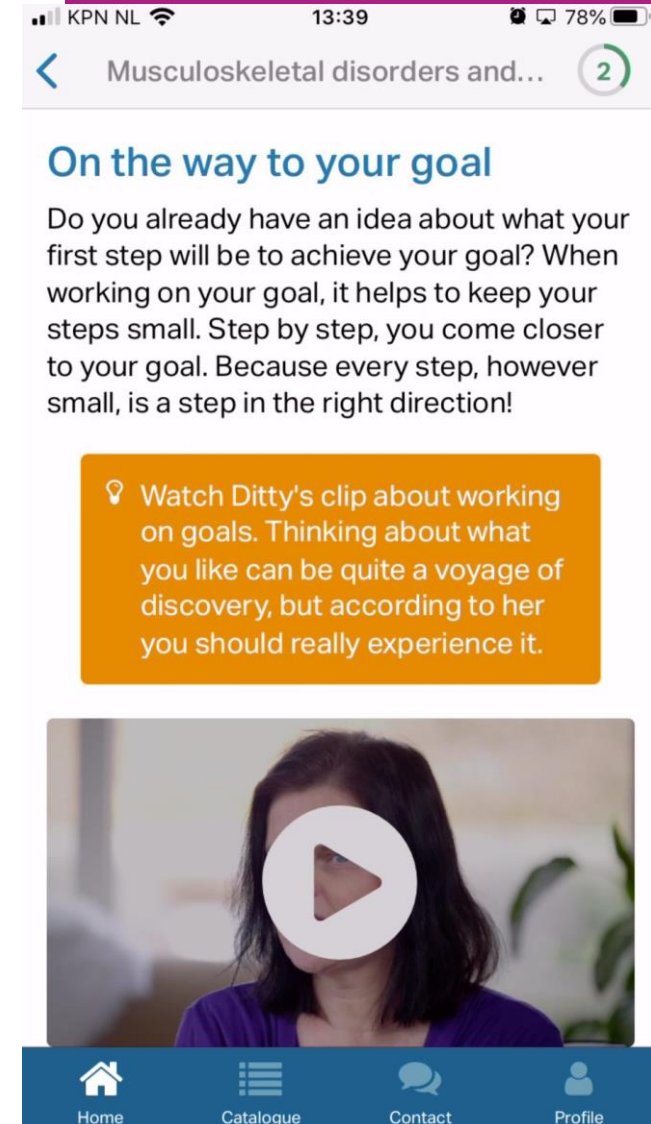


Managing co-morbidity

Practitioners can create bespoke and transdiagnostic digital treatment plans to meet the specific needs of clients.

For example: a client presenting with a longstanding musculoskeletal disorder and low mood may also be found to struggle with low self-esteem and sleep difficulties.

Modules and other content such as clinical outcome measures can be combined to create the right solution for the client.





Overcoming barriers

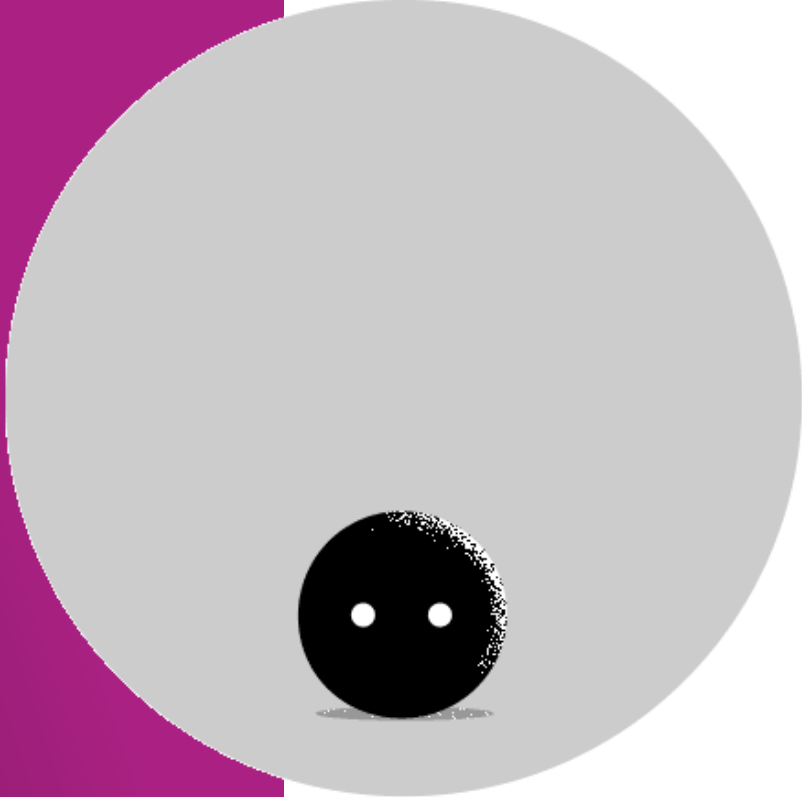
We appreciate that it can be a challenge for IAPT services to integrate long-term conditions into their clinical pathways. We're working with our customers to better understand these challenges, including the perceived stigma of accessing psychological services.

A project we're currently working on is looking at how LTC specific platforms/URLs can help to overcome certain barriers clients may encounter.

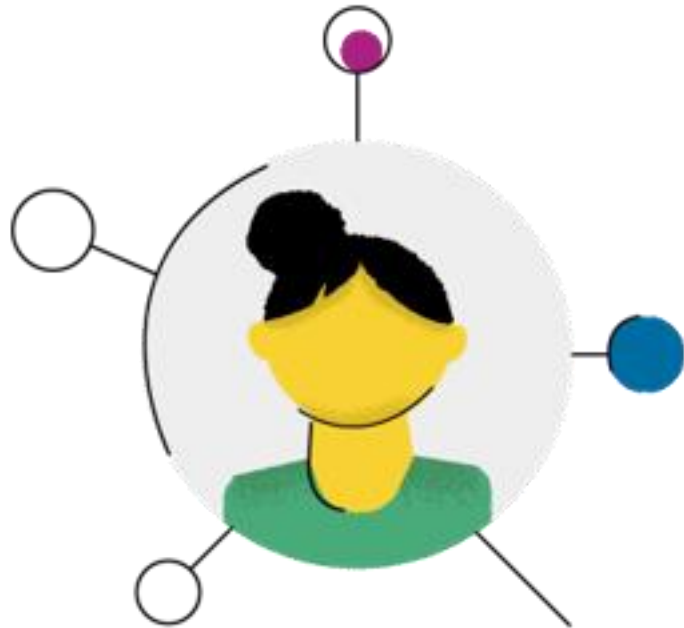
For example, a Minddistrict customer in West London is creating a series of modules to support neurorehabilitation and will be using a bespoke URL.

The Minddistrict CMS enables services to create their own tailor-made solution where necessary.

We are also supporting clinicians with the clinical pathways to help them to provide a more seamless, personalised treatment plan for clients with a long-term condition.



Any
questions?



Let's stay in touch

Dr. Tom Davies

Business Development Manager

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www.minddistrict.com

Thank you!



minddistrict

Mahana Therapeutics

Mahana IBS to increase access, reduce therapist time required and improve IAPT metrics
Working in partnership with Homerton Talk Changes IAPT Service and DigitalHealth.London Accelerator



Jon Scholefield
*Vice President,
Managing Director UK*



**Click for video
(available on
YouTube)**



The program completely turned my life around to the point where IBS is no longer a daily problem for me.



Laura

Are you interested in attending future digital IAPT webinars, and what subject or clinical area would be of interest?

Thank you for joining



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